

# H.O.P.E. Annual Report 2010



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# INTRODUCTION

Hands On Peer Education (H.O.P.E.) was established in the late 1990's by local women who believed that education was the key to drug prevention and volunteered to provide peer education to families in the North Inner City.

In 2003 HOPE was funded by the North Inner City Drugs Task Force and we established premises on the North Strand with two part time staff. We now have six people working in the project.

In January 2008 we merged with ICON Drugs Support Services and in March 2010 moved to a new, more cost effective premises in Killarney Court.

**H**OPE commits to making a difference in this community. We are working very hard and have had to overcome some major challenges in this last year. These include budget cuts, moving, staff changes, bereavement and illness in the lives of clients and staff. However, we have also had great success. Despite the obstacles, our client numbers for this year have **DOUBLED** from last year. With less money, we have managed to expand our staff and therefore our services.

## Summary: January 1 to December 31 2010

- **Visits to our service:** 1,344
- **Participated in Education Programmes:** 534
- **Clients for Addiction/Family Issues:** 252
- **HOPE Counselling Service:** 33
- **Participated in Community Detox:** 57
- **Client accessed education programmes and grants:** 17
- **Clients accessed Housing:** 10
- **Sourced crèche places:** 2

# Client Work and Community Detox

HOPE commits to addressing the most important issues facing our clients in the North Inner City and using our resources to the best effect. Our focus over the last year has grown more toward expanding the community detox and case management programme for our clients.

**H**OPE is committed, wherever possible, to moving our clients to a drug free life style, to provide the greatest quality of life for the individual, their family, and this community.

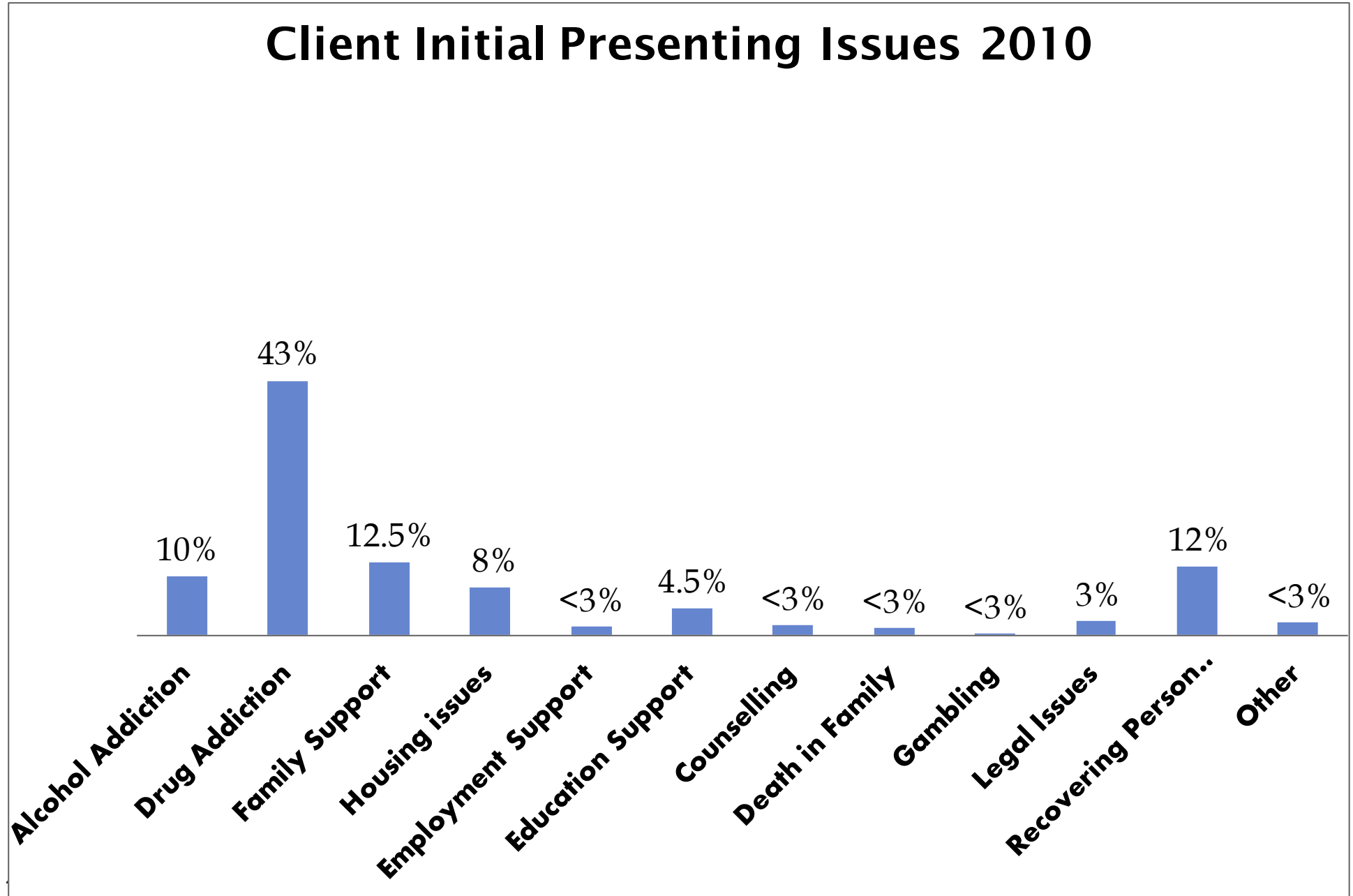
The addition of a new Project Worker (who is being paid through FAS) and a new Office Administrator (CE scheme), a Counsellor (Volunteer) and help from volunteers and placements has made this possible.

**Our community detox programmes consists of: Assessment, one-to-ones, care planning, interagency links, medically supervised detox, drug screening, counselling, a weekly group support, holistic treatments, advocacy, work with families, referral to residential and day programmes, and aftercare support.**

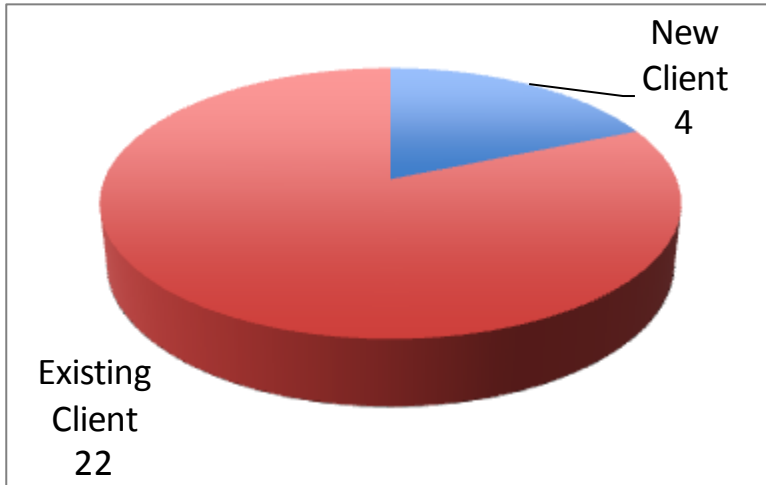
**Our data is displayed in the following pages.**

# Clients for Drug / Alcohol Service

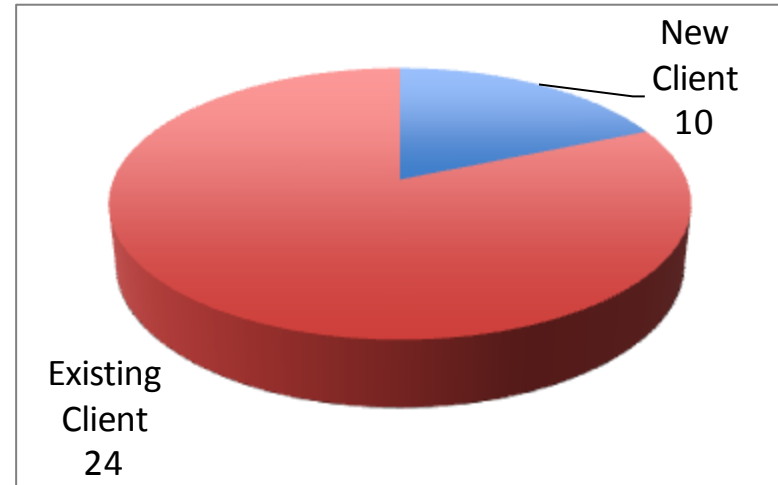
## Client Initial Presenting Issues 2010



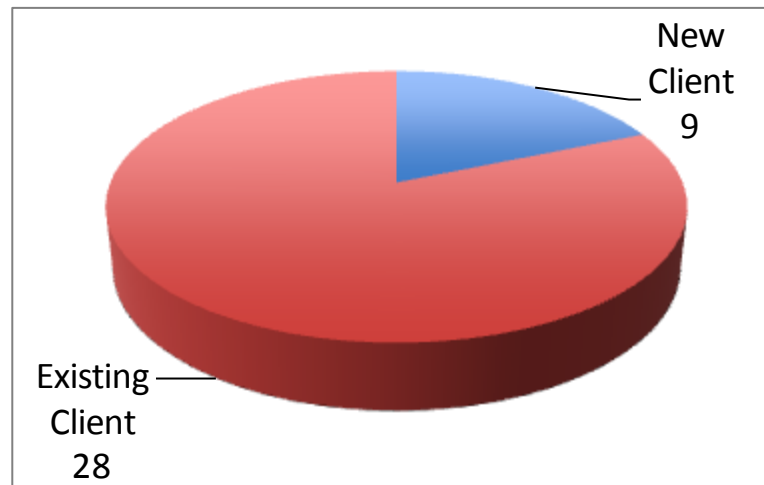
**JANUARY 2010**



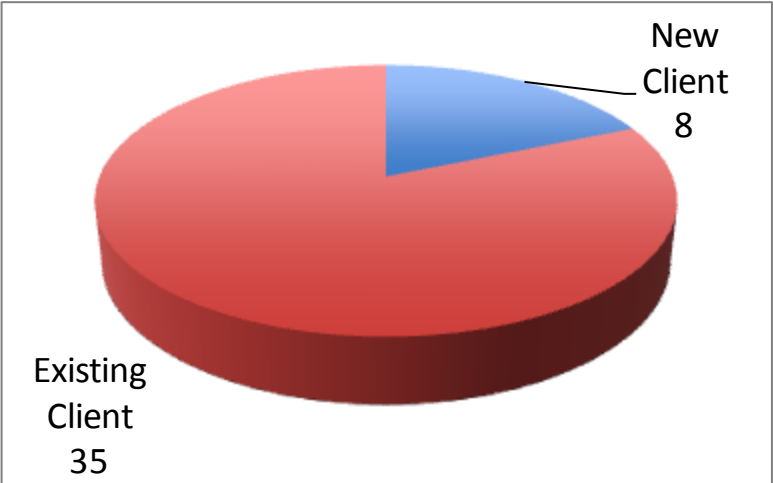
**February 2010**



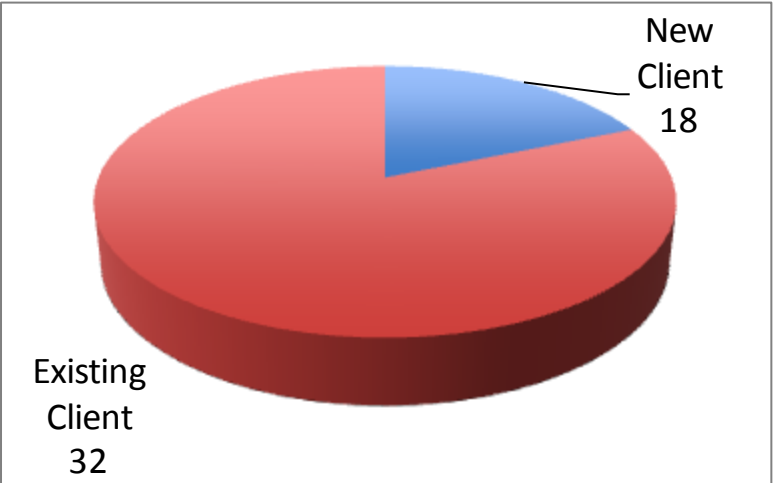
**March 2010**



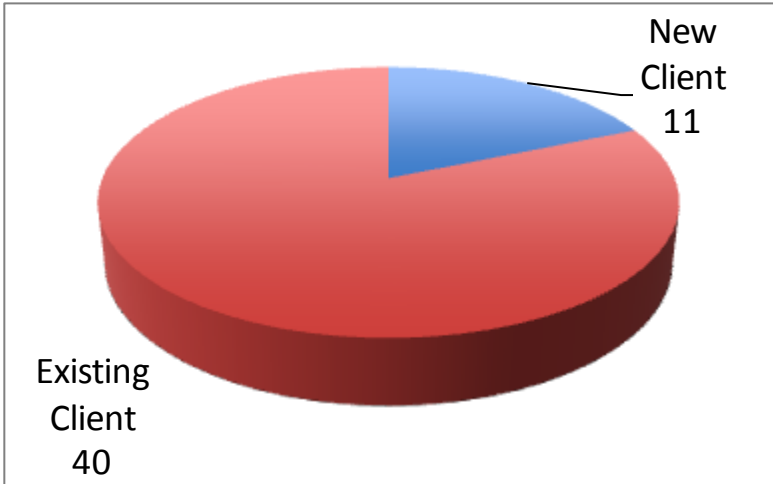
**April 2010**



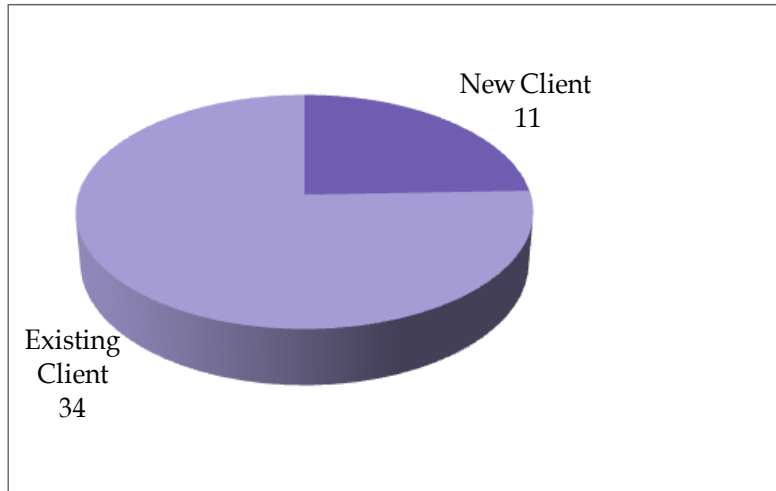
**May 2010**



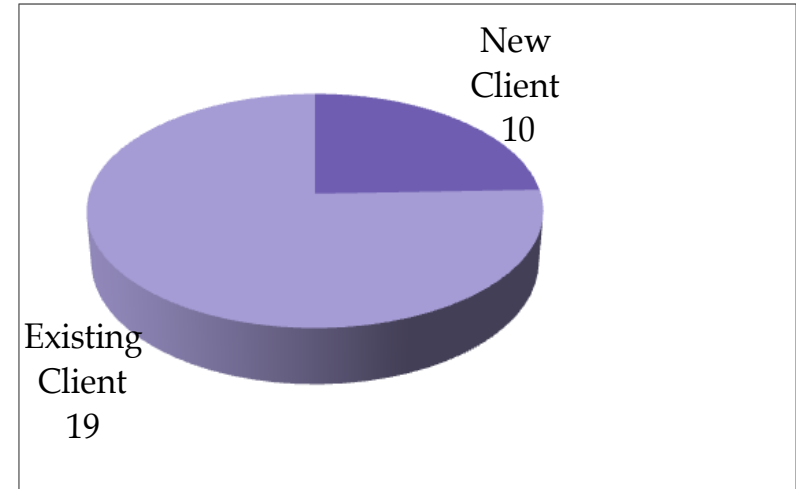
**June 2010**



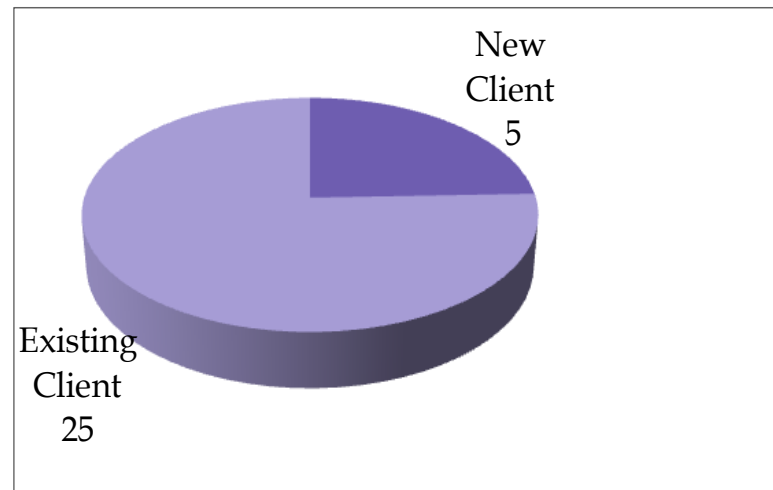
**July 2010**



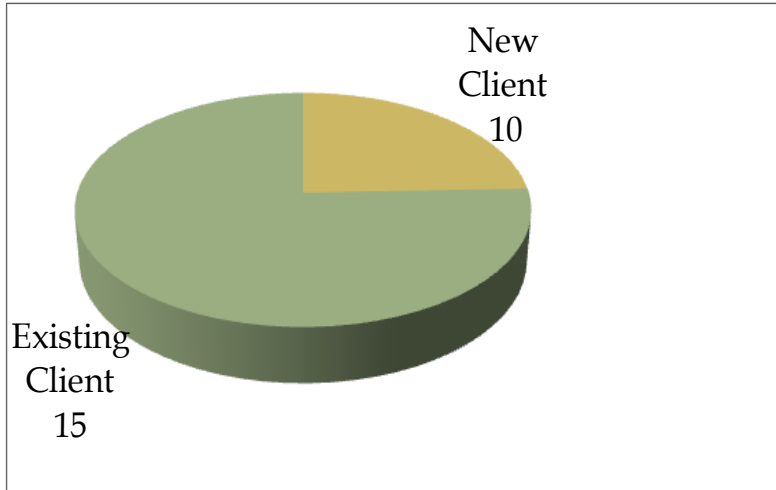
**August 2010**



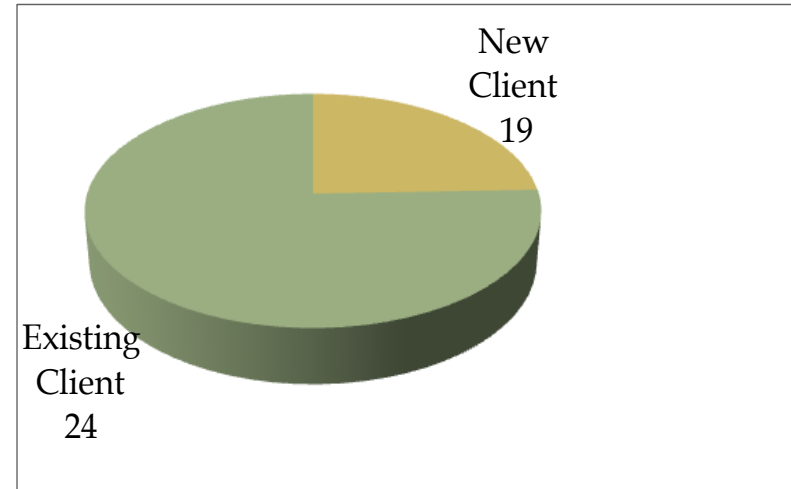
**September 2010**



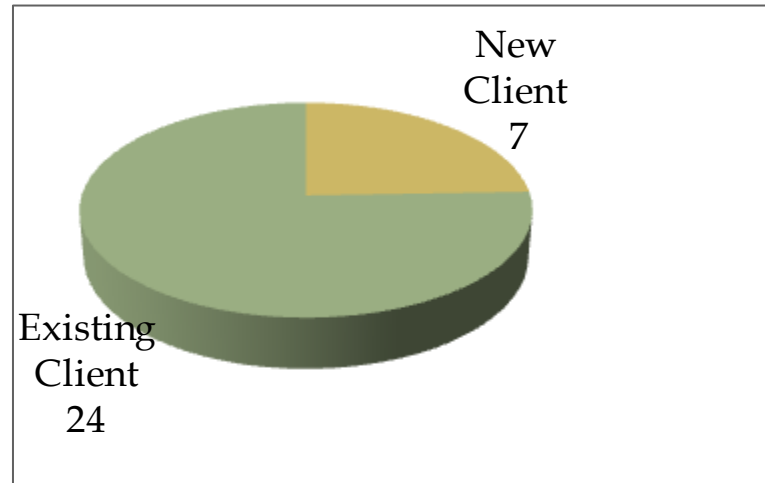
**October 2010**



**November 2010**

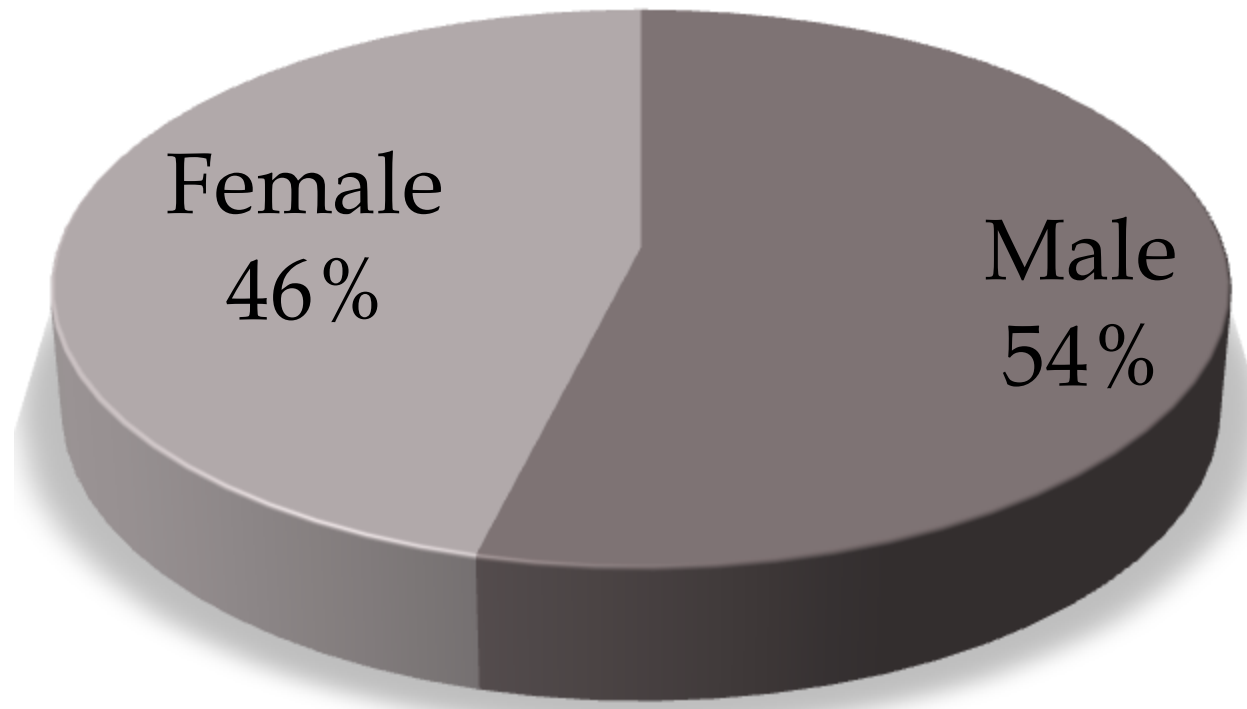


**December 2010**

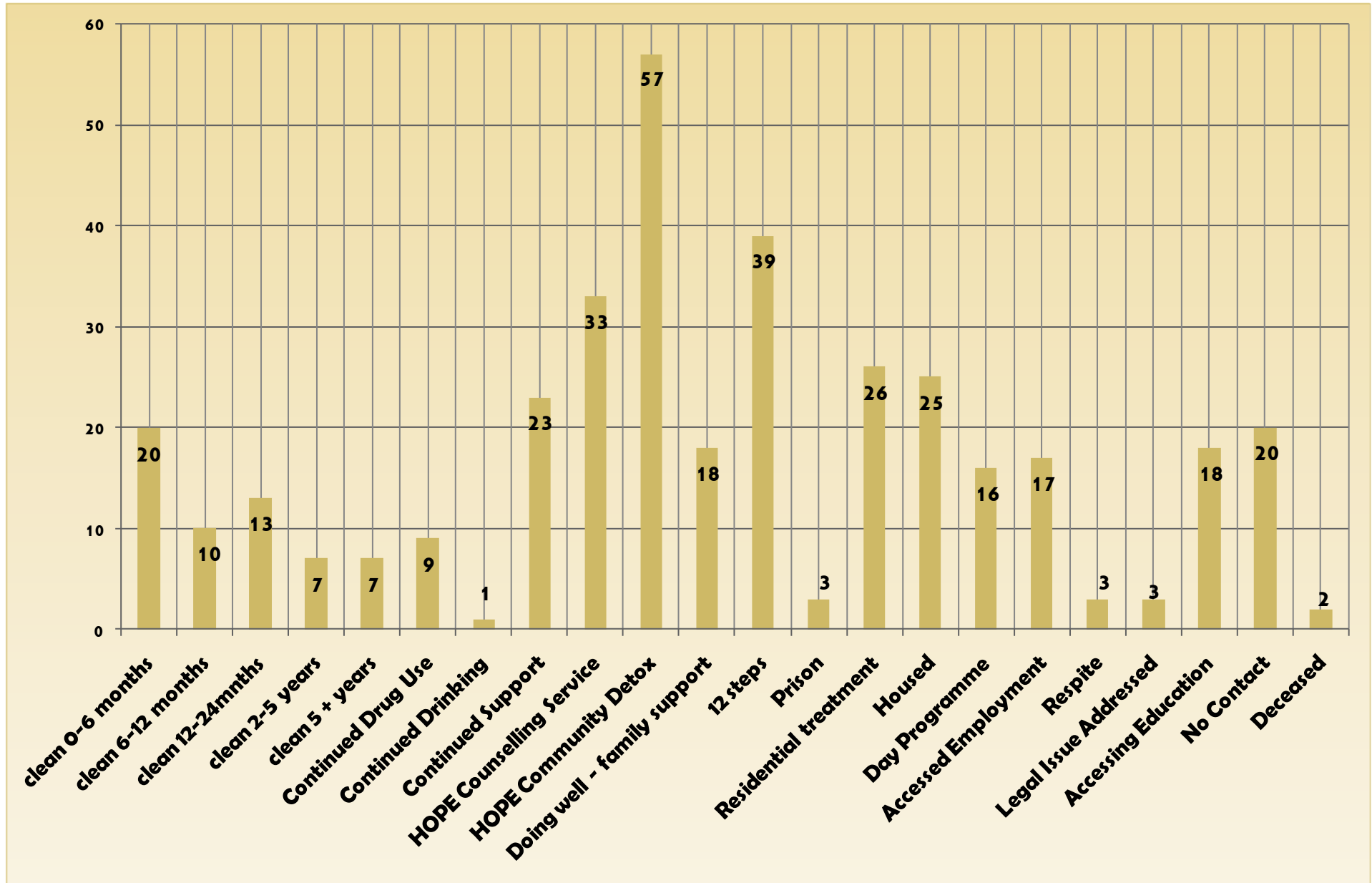




## Drug/Alcohol Clients Gender Balance 2010



# Drug/Alcohol Client Outcomes\* January 1–December 31, 2010



<sup>10</sup> Clean = completely abstinent from drugs and alcohol

\*A few clients have more than one outcome

# Educational Programmes

**H**ope commits to interagency cooperation, sharing of resources and actively participating in this community

In 2010 we have worked on the interagency Strengthening Families Programme, Open Heart House's Education Day, and provided education sessions free of charge to many community projects (next page).

Staff participated on Task Force Community Reps, NIC Old Folks, Home Help Committee, Meetings regarding street drinkers, home help management committee, and Project Promoters meeting, We participated in the NICDTF's Together Making a Difference Day at Liberty Hall, and Learning Together/Working Together run by the Talbot Centre. Senior Project Worker and Client attended the Dail for a Head shop consultation, and the Manager conducted two radio interviews. The team attended several protest marches, YPAR showcase, Christmas tree lighting, Commemorations, Church services, and greeted representatives from several national and international projects.

**I**n this time period we have linked in with the North Inner City Drugs Task Force, Drug Courts, Mountjoy and Dochas Prison, Dublin City Council, Health Centres, doctors, counsellors, social workers, psychiatrists, solicitors, probation service, methadone clinics, educational courses, homeless unit, Maple House, Cedar House, City Councillors and TDs, Pastor Amos, 12 Step Programs, Open Heart House, Talbot Centre, YPAR, ICRG. Day Programmes: Soilse, ACRG, Crinion, Gateway, Saol. Residential Programmes: High Park, Bruree, Cuan Mhuire, Ashleigh House, Peace and Serenity, Victory Outreach, and Lifeline.

HOPE has developed a range of educational programmes that we have rolled out over the years to youth groups, family support groups, parents, day programmes, rehabilitation centres, professionals, schools, etc. in the North Inner City.

All of these programmes are of a high standard and are run free of charge. To be able to keep these free of charge, and cost effective for us, we are not affiliated with any accrediting body. All programmes are designed for practical rather than academic application, and each one is tailored to suit the client group.

## **Topics that we have developed unique and original training programmes on include:**

- **Peer Education** - This is a practical, interactive, 10 week programme empowering teenagers people to deliver drug and alcohol education to their peers.
- **Training for Trainers** - 10 week training programme which gives people the knowledge and materials to deliver drug and alcohol education to a range of client groups.
- **Parenting Skills** for people in early recovery from addiction.
- **Drug and Alcohol Awareness** for All Age Groups.
- **Health Education:** Hepatitis C, Nutrition and Healthy Living.

## **From January 1 to December 31<sup>st</sup> we have run the following programmes:**

H.O.P.E. Training for Trainers: 12 Feb - 16 April. Members of Community and Professionals. 24 participants.

Head shop Ed: LYCS: Feb 23, April 13, 28, May 5 and 12. For 16 - 20 year olds. 50 participants.

Head shop Ed: Ballybough YP: 22 March, 12 and 19 April. 13-16 years olds. Four groups of 6 boys - 24 participants.

Head shop Ed: April, East Wall, two hour session, 12-14 years olds. 30 participants.

Nutrition: Mothers and Children: 24 Feb, 1 March: Hill Street Family Resource Centre - two sessions, 20 participants.

Strengthening Families: 14 weeks, Interagency coordinated by YPAR. Feb 9 - May 18. Approximately 24 participants

Drug Awareness for Parents: Step by Step Programme: 31 March - 21 April - four week course - 19 participants.

Parenting Course: Four week course was run in Merchants Quay High Park April - May, 14 participants.

Recovery Education Talk: Lifeline in Drogheda on the 3 March. 30 participants

Alcohol Education: St. Vincent's Trust - one day for young adults. 22 participants.

Parenting Course: ACRG, May and June. Four weeks. 7 participants.

Head shop Seminar with ICON and NICDTF, June 26. Approx: 50 participants.

Parenting, Job Skills, and Women and Alcohol education in Gateway in August. Approx. 16 participants in each class, four classes. (30 individuals)

Parenting, High Park, Four weeks in September. 10 participants.

Hepatitis C - Open Heart House - October 27- 10 participants.

Drug and Alcohol Awareness - October 2010 - January FAS Sheriff Street, 16-21 years olds - Four groups of 10 each, each course running four weeks - 40 participants

New training developed for Headways professionals on how to work with those with head injuries addicted to alcohol and drugs. 30 participants.

Contributed a session on Rehabilitation Models at Learning Together training run by the Talbot Center. 16 participants

**HOPE is available run any of these trainings free of charge in the North Inner City (training for trainers has a small fee).**

**We tailor a course to suit your client group, timetables, and facilities.**

**Please contact to arrange a consultation**

## **H** OPE commits to tackling the changing community issues.

One example is our work with a big issue in 2010 - Head shop Drugs. We have been very active in community education, keeping on top of the changes and trends, informing and working with our clients. HOPE designed and delivered Head Shop trainings to many members of the community. We also co-facilitated a Head shop seminar on June 26 in conjunction with NICDTF and ICON.

## **H** OPE commits to surviving the current the economic crisis.

We have taken on as many cuts as the project can sustain with out losing more services. We have been creative and managed to expand our services, but the holistic drop in was a big loss. We are still providing an excellent service, but we are running to the bare bones now! Some of our Cost cutting measures included:

- Moving from private rented accommodation a new DCC Premises
- Merging with Icon support services to share our resources
- Cancelling our Weekly Holistic Drop for families affected by addiction, a service we provided for 3 years
- Cutting
- Cutting Administration down to 5 hours a week
- Cutting staff training, work mobiles, and any extras whatsoever
- Renegotiating utilities, supplies, expenses, and overheads
- Cutting out sessional facilitators by increasing workload of current staff
- Acquiring CE placement
- Acquiring FAS work placement
- Putting a Volunteer and Student Placement programme in place

## **H**ope commits to helping our Clients in all aspects of their lives

For example, since January we have helped 17 Clients apply for the Annie Kelly Bursary and / or access education. We have assisted 2 Clients to avail of weekend Respite for their families. We have aided 10 clients access housing, and two get crèche places. We have helped numerous Clients with other housing, legal, employment, education and health issues.

## **H**OPE commits to Best Practice and Professionalism

Since January we have expanded and professionalised our Management Committee to include an Accountant and a Solicitor as well as new members from the community. We have implemented new accounting and payroll systems as well as a new client data base. We have developed a number of policies and procedures to meet our needs, and with the help of Progression Routes have added quite a few new ones and plan to become QUADS compliant.

## **H**OPE is committed to Staff Development

In 2010 HOPE's Manager attended Putting the Pieces Together, fund raising, DEWF Quality Standards, Data-Base and QUADS training. The Manger and Jnr. Project Worker attended three Head shop seminars. The Jnr. Project worker attended Assist Suicide Prevention and CBT training. All relevant staff are in on going supervision. The Financial Administrator and Office Administrator received necessary training on new payroll and accounting systems and new client data base. We have had a good deal of in-house training also, The Manager trained Jnr. Project Worker on delivery of several educational programmes. The Manager and Financial Administrator trained Office Administrator on various aspect of the Job. We have all also provided training and support to several student placements. The Management Committee met with Progression Routes to discuss QUADS, and held the AGM in December. We now have a new Board of Directors.



## Acknowledgments

**I would like to extend my appreciation and thanks to the following:**

Our Board of Management: Carmel Cosgrave, Angela Hart, Dimitiris Karagiorgis (Treasurer), Abigail St. John Kennedy (legal advice), Theresa Brady, Martin Cooke (Chairperson), Catherine O'Connor (Company Secretary)

Staff: Snr. Project Worker: Joe Dowling; Jnr. Project Worker: Frank McGrane; Office Administrator: Alison Gray; Financial Administrator: Elaine Hilliard; Volunteers: James Mullhall, Sue Porter, Natasha Hartford; Counsellor: John Hickey; IT: David Morris, Client Database Project: Katriona O'Sullivan Brennan.

Minister Pat Carey, Community, Equality & Gaeltacht Affairs

North Inner City Drugs Task Force for Project Support

Our Funders, HSE and CDYSB and Rapid Grant

Dublin City Council for Premises

Our Colleagues in the North Inner City and all the Agencies and individuals we have worked with

And, most importantly, all of our Clients for their continued trust in us and willingness to do the work

**IRENE CRAWLEY, MANAGER, HOPE**