

**H.O.P.E. (Hands on Peer Education Limited)
Annual Report 2011**



Introduction

Hands On Peer Education Limited (HOPE) 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 a premises on the North Strand. In January 2008 we merged with ICON Drugs Support Services and in March 2010 moved to a new premises in Killarney Court.

A summary of our work from January 1 to December 31 2011:

Visits to our service:	2,055 – (this increased from 1,219 in 2010)
Participated in Education Programs:	405
Individual Clients for Addiction/Family Issues:	287
Clients who became totally drug and/or alcohol free in 2011	67

1,116 client appointments, averaging 4 visits per client, and 939 other visits for a wide range of support.

HOPE Counselling Service:	12
Client we helped access educational programmes and grants:	15
Clients we helped access housing	23
Sourced crèche places:	4

Cover Photo: Staff and Management Committee

Back Photo: Manager and Management Committee Chairperson

H **HOPE commits to Staff Development.** We are a small project with hard working staff made up of two full time positions, one part time CE, two sessional staff, and volunteers. We have overcome the challenges of working understaffed, with very little resources due to yearly budget cuts. However, staff moral stays high despite the nature of the work, and the many cases of bereavement and illness in the lives of clients and staff in 2011. Staff are Garda cleared and the project workers are in outside professional supervision. We have weekly team meetings and staff supervision. Staff are provided with regular training and up skilling. HOPE's voluntary Board of Directors changed in the last year, and consists of six individuals made up of professionals (a solicitor and an accountant) and members of the community. We have regular meetings. We updated our Memorandum and Articles of Association this year, and registered changes in the Board of Directors.

HOPE commits to best practice and professionalism. Our participants are assured a confidential service and that best practice standards are in place. Our health and safety, confidentiality, dignity and respect in the workplace and drug and alcohol policies have always been strictly adhered to. We are now in the process of becoming QUADS compliant and hope to have this process finished by the end of 2012. We keep accurate records and regularly revise our reporting methods, and operate on the basis of integrity, transparency, and accountability.

HOPE commits to interagency cooperation, sharing of resources and actively participating in community. In 2011 we shared information, resources, training and/or liaised regarding client care with many agencies and individuals, including the following: North Inner City Drugs Task Force, Dublin City Council, Health Centers, doctors, counselors, social workers, psychiatrists, solicitors, probation service, Garda, prisons, methadone clinics, educational courses, homeless unit, The Sanctuary, Suaimhneas, Maple House, Cedar House, Back Lane hostel, Haven House, City Councilors and TDs, Pastor Amos, 12 Step Programs, Project Promoters, Prevention and Education Network, Oasis, AKIDWA, Barndardos, Independent Colleges, Liberty College, ASSIST, CTA, Simon Community, TURAS, Open Heart House, Dublin Aids Alliance, Talbot Centre, YPAR, ICRG, Soilse, ACRG, Crinion, Gateway, Saol. Merchants Quay High Park, and day programs; Cuan Mhuire Bruree, Athy and Farnanes in Cork, Coolmine day program and Ashleigh House, Peace and Serenity, Victory Outreach, and Lifeline.

HOPE commits to surviving the current the economic crisis. Some of our cost cutting measures over the last three years have been: moving from private rented accommodation a new Dublin City Council Premises, merging with Icon Support Services to share our resources, cancelling our holistic treatments service; cutting administration hours down to 5 hours a week, cutting back on staff training, work mobiles, renegotiating utilities, supplies, expenses, and overheads; cutting sessional facilitators by increasing workload of current staff, acquiring a CE placement, putting a volunteer and student placement programme in place. This is still not enough to cover us, so we are planning some fundraising events for 2012 in order to keep our basic services running..

Client Work and Community Detox

HOPE 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. We believe that any addict (except in some cases of dual diagnosis) can become completely drug and alcohol free. We do not agree with long term methadone use, and feel this is not a solution to addiction, and does not help the individual reach their full potential. We would like to see this cycle of what is now multigenerational drug substitution, drug abuse, and alcoholism broken. We feel that with support, any individual can break this cycle.

Our community detox programmes consists of: assessment, case management, key working, care planning, building interagency links, helping access a medically supervised detox either in or out patient, counselling, holistic treatments, advocacy, work with families, referral to residential and day programmes, and aftercare support.

HOPE commits to helping our clients in all aspects of their lives. Some of our advocacy work is as follows:

- We have aided clients find housing, by helping them fill out forms applying for housing and rent allowance, searched the internet with them for suitable housing, finding out what their entitlements are, helping them speak with landlords etc.
- We have put helped clients access employment, write CVs, and supported them through the interview process.
- We have helped clients source crèche places, and access other supports for their children.
- We have helped clients apply for the Annie Kelly Bursary and other grants.
- We have helped clients research, find and apply for suitable educational and development courses.
- We helped four clients who were suffering a great deal of stress in their lives avail of a weekend respite for themselves and their families.
- We have supported clients through bereavement, both emotionally and practically with arrangements.
- We have supported many clients through court and other legal difficulties.
- We have visited our clients in prisons and hospitals, and in the home when they cannot get out.
- We have given client support for their physical and mental health issues, and helped them find the appropriate programmes and care, and have liaised with doctors, psychiatrists, and community nurses regarding same.

Case Study—One Client's experience in 2011

We will call her Amy. She is 22 years old and had been on drugs since the age of 14. She lives in this community and her father was a long term drug user who was engaged with services in this community. He was well known to our senior project worker and he helped get him into a stabilisation day programme and access to medical care and support. He eventually died of AIDS but not before meeting up with the senior project worker and asking him to promise he would look after his daughter, who had started using drugs.

Amy engaged with our service in September 2010. She was on a cocktail of head shop drugs, drinking, and taking cocaine. She had several suicide attempts and was suffering with depression. She was under threat of her 3 year old daughter being taken into care. She was living in an inner city flat complex and felt it was an unsafe environment. She was single and felt very alone. She was engaged with a HSE social worker, and a doctor, but did not feel she was getting the help she needed.

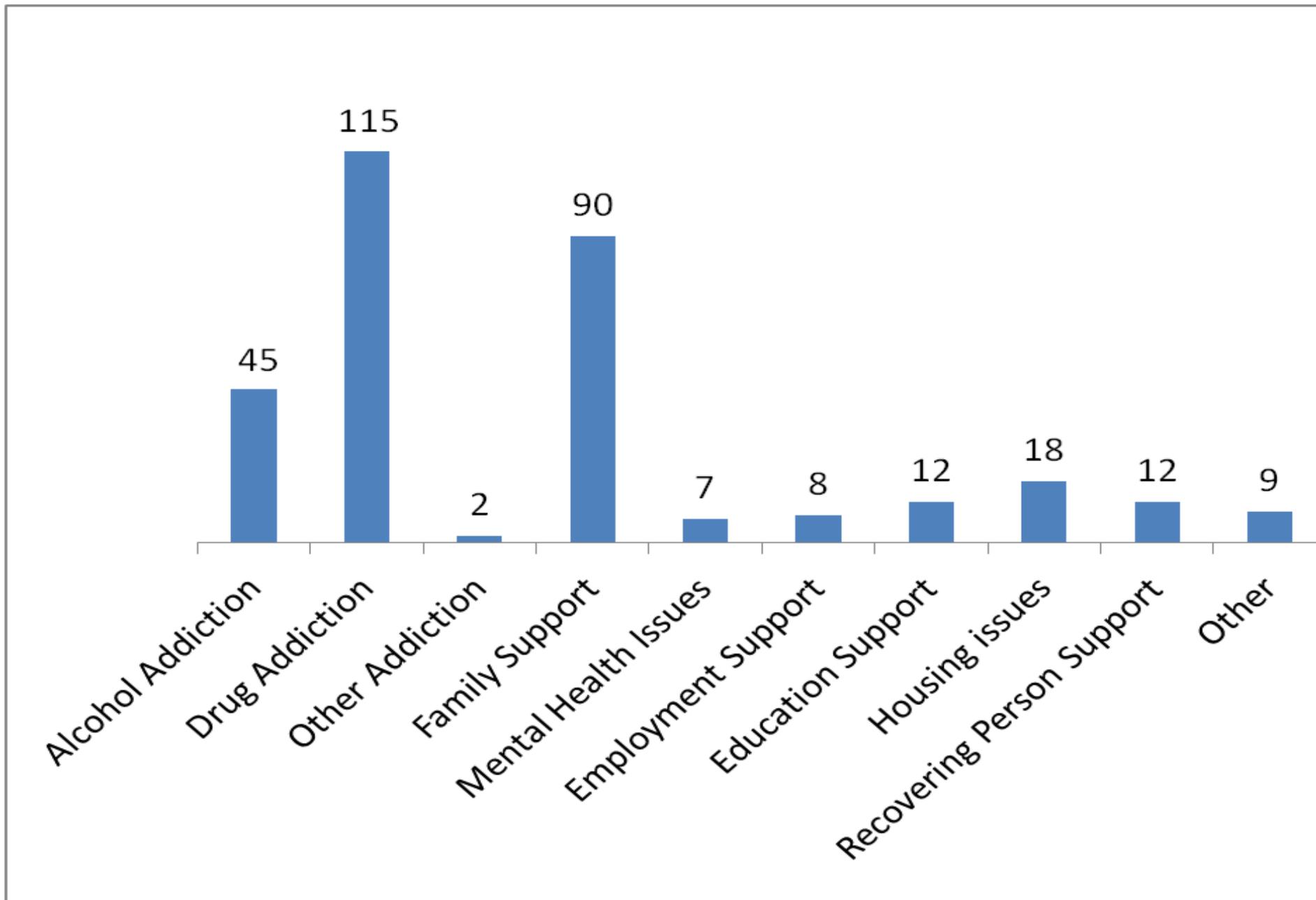
She was made very welcome in HOPE. She was given the option of our community detox programme. We suggested that if she was willing to do her bit and follow the plan laid out for her to become drug free, then we would do everything in our power to help her. To this end, over the last year she has come into the project on a regular basis. The key worker assigned to her case has had a total of 46 visits with this client since September 2010. These include coming into our service on a regular basis, as well as phone contact. He has attended four case conferences with the social work team regarding keeping her child. He met with her GP, visited her after a suicide attempt and linked in with the psychiatric services in St. James's Hospital. He met with social services in Rotunda Hospital and visited her there after she had her second child. He linked in with the Gateway project, as well as meeting with Amy's granny, partner, and mother on several occasions, and staying in regular contact with them.

The following results have been achieved thus far:

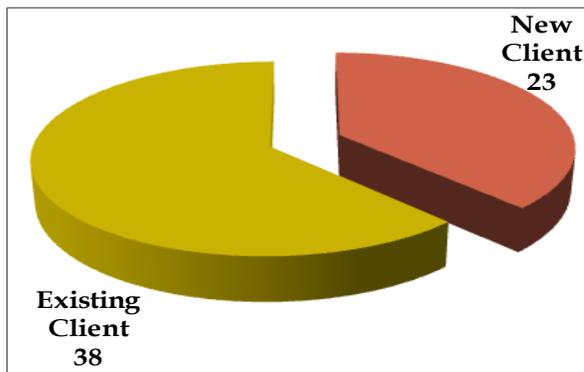
- HOPE developed a relationship with her (she phoned us when she was in labour!)
- She slowly came down off of all substances and is now 11 months drug and alcohol free.
- Through negotiations with social workers her child went into the care of her granny until she was drug free. This was best for all concerned.
- We referred her and she was accepted on to Gateway (currently on maternity leave).
- She got into a healthy relationship with a partner who has never been a drug user and is supportive and engaged with our service.
- We helped her get financial aid for last Christmas.
- We are working in conjunction with the Dublin City Council on her moving out of the flat complex.
- She gave birth at the end of November to a healthy baby girl.
- She regularly attends 12 step meetings.
- We organised for her a number of holistic treatments at the Sanctuary
- We referred her to Oasis counselling service where she is engaged in suicide prevention and personal counselling.

The above case study shows the unique ability/skills of projects' community-based action to help with these issues.

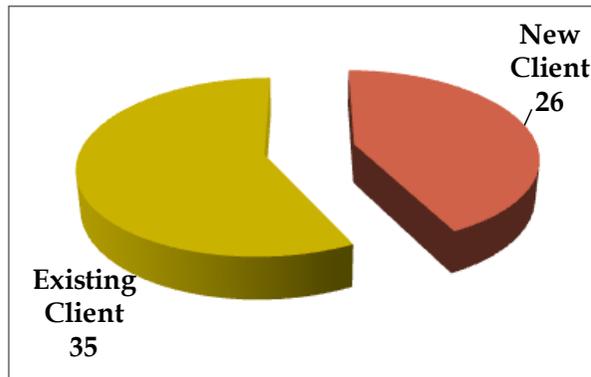
Initial presenting Issues (most clients have multiple issues, the primary one cited)



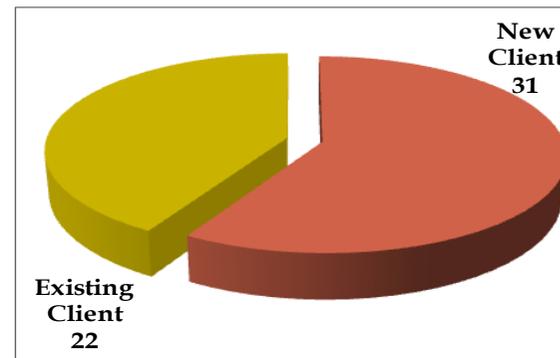
January 2011



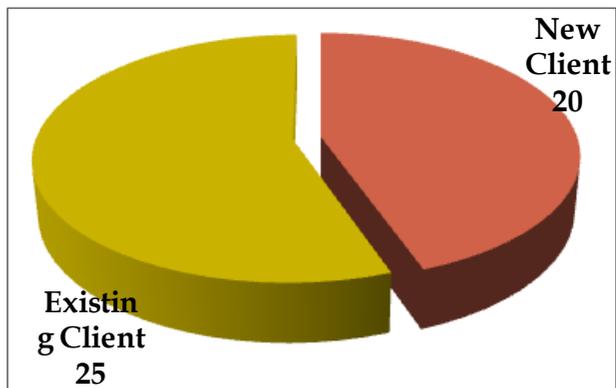
February 2011



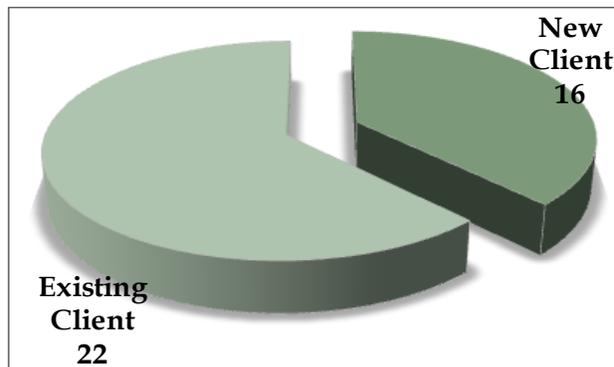
March 2011



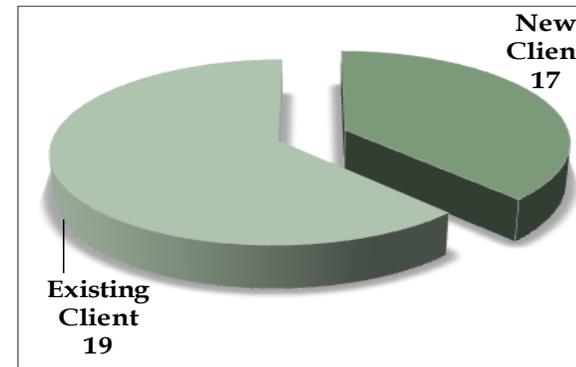
April 2011



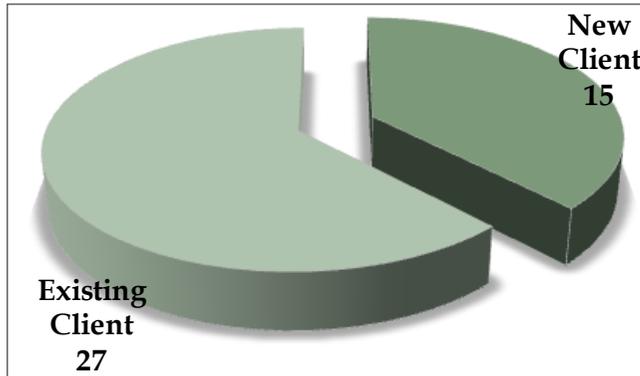
May 2011



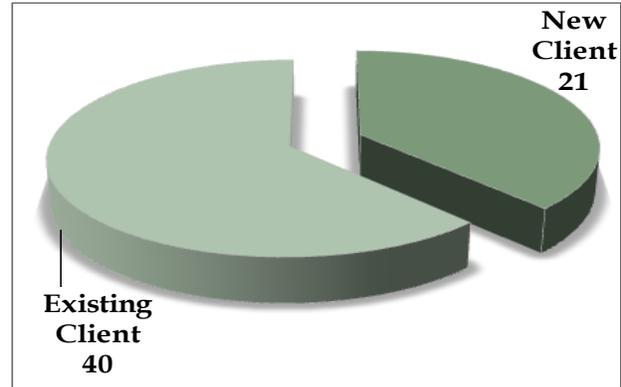
June 2011



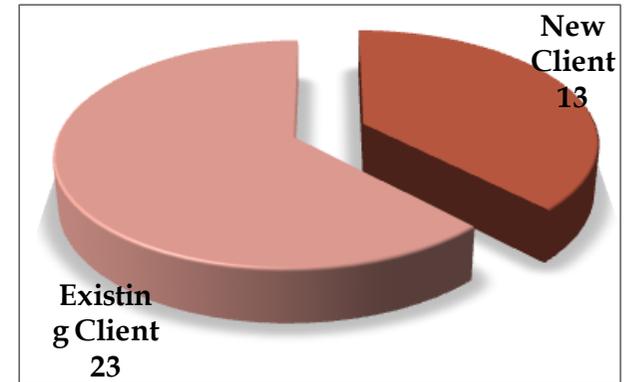
July 2011



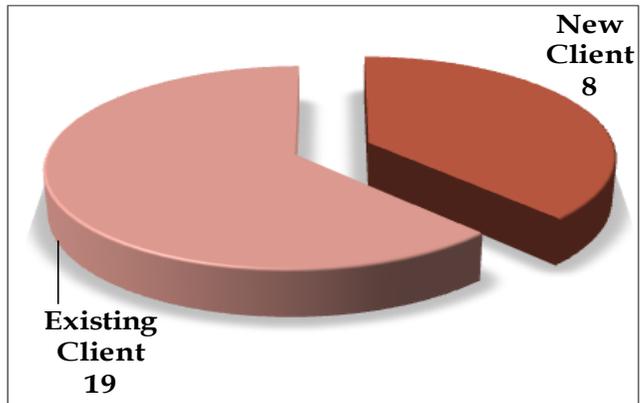
August 2011



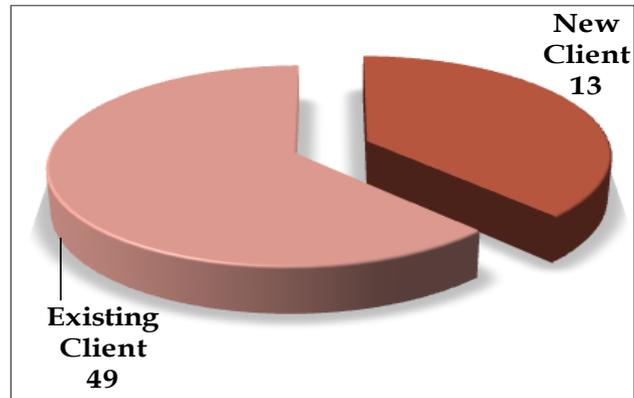
September 2011



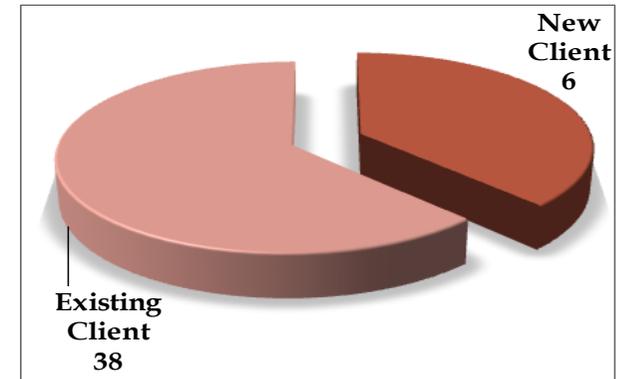
October 2011



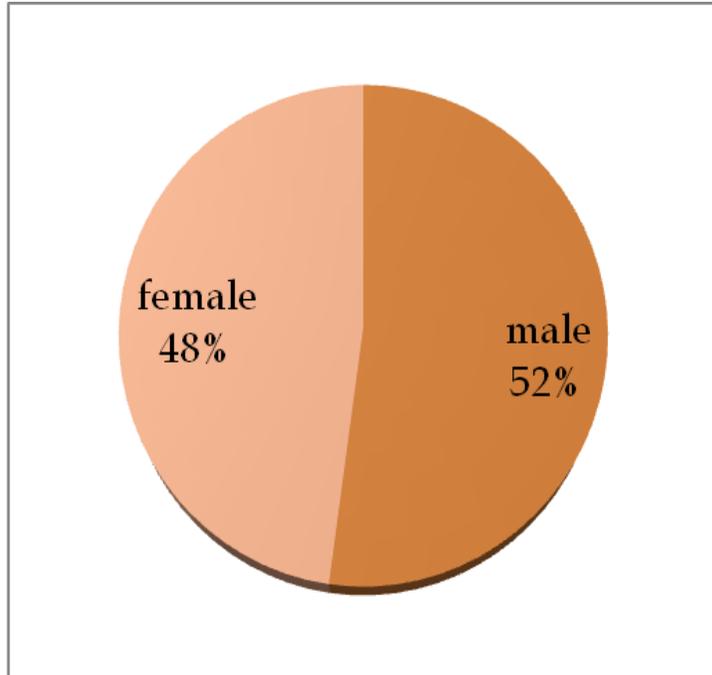
November 2011



December 2011



Age Range and Gender Balance 2011



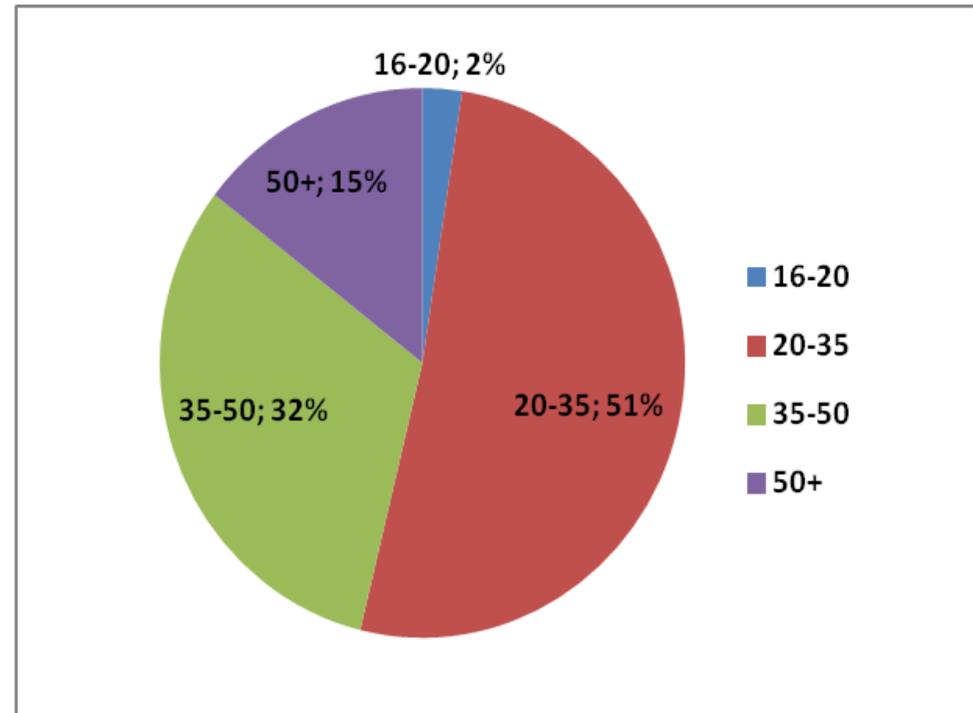
Of 405 trained in our Educational Programs this year :

- 243 were over 18
- 162 were under 18

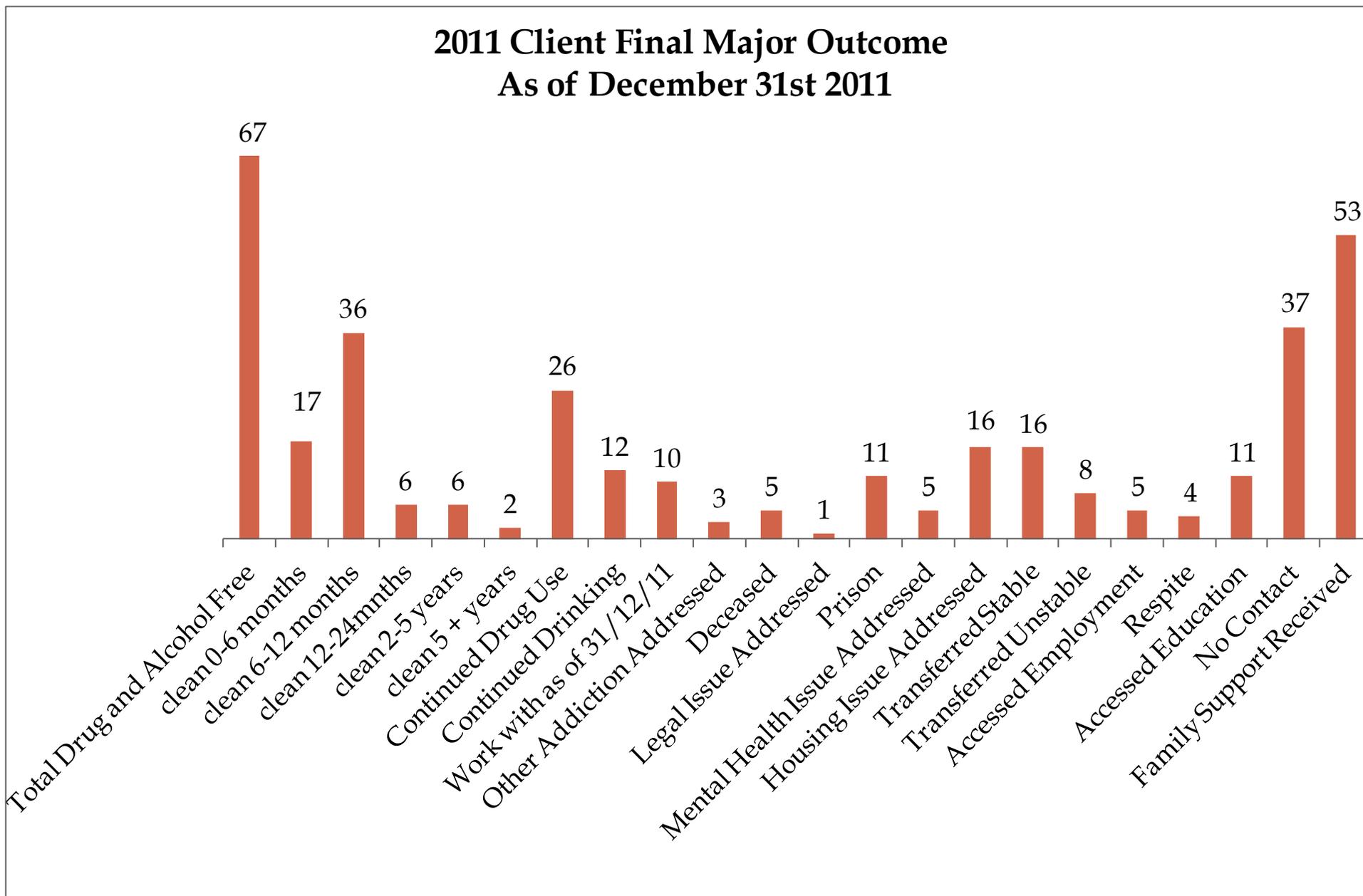
For our clients with Drug and Alcohol issues our remit is adults.

When clients under 18 present to us, after an initial assessment (often with a family member), we will usually refer them on to an appropriate service. The majority of our drug using clients are in the 20-35 age range, and family members and those presenting with alcohol issues are often in the 50+ range.

Over the 12 month period our clients ages were as follows:



Drug/Alcohol Client Outcomes* January 1—December 31,



¹⁰ Clean = completely abstinent from drugs and alcohol

*A few clients have more than one outcome

Educational Programmes

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 either free or for a minimal charge. To be able to keep these cost effective for us, we are not affiliated with any accrediting body (this would cost 500 euro per student). 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 for youth:** This is a practical, interactive, 10 week programme empowering teenagers to deliver drug and alcohol education to their peers.
- **Peer Education for working with HIV:** Developed in conjunction with Open Heart House a practical, interactive, 8 week programme helping people facilitate groups with HIV positive clients..
- **Training for Trainers:** 7—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, drug and alcohol related illness and injury.

Education Rolled out in 2011

- Peer Education: February - April, 8 weeks. Taught a diverse group of young people drug and alcohol facilitation skills to deliver to their peers (20 participants X 8 Sessions x 3 hours).
- Training for Trainers: April - May, 7 weeks. Taught adults to facilitate drug and alcohol education, giving them a complete programme (15 participants x 7 sessions x 3.5 hours).
- Drugs Awareness. FAS Sherriff Street: January to February, 4 weeks. 16 – 21 years olds (8 participants x 4 session x 1.5 hours).
- Drugs Awareness: FAS Sherriff Street. March - April, 4 weeks. 16 – 21 years old (8 participants x 4 session x 1.5 hours).
- Drug alcohol education day for professionals, mental health facility for youth in Portrane (12 participants x 2 hours).
- Presentation on HOPE's community detox at City Clinic (30 participants x 1 hour).
- Presentation on HOPE's community detox at Progression Routes (25 participants x 1 hour).
- Crystal Meth education for youth at LGBT Sunday afternoon workshop (10 participants x 3 hours).
- Presentation on HOPE for Acts of Compassion trainings day, African Community, (50 participants x 1.5 hours).
- On May 12 co-ran with NICDTF/P&E Network a Youth Drug Prevention day at the Mansion House. It was a great success, HOPE's Peer Education youth helped facilitate (approx. 89 participants x 6 hours).
- Drugs Awareness: FAS on Sherriff Street, April- May, 4 weeks. 16 – 21 years olds (8 participants x 4 weeks x 1.5 hours).

- Drug/Alcohol Prevention and Education: June – July, FAS on Sherriff Street, 4 weeks. 16 – 21 years old. (19 participants x 4 weeks x 1.5 hours).
- Peer Educators HIV: July – August, 8 weeks. Developed and delivered for first time a new training in partnership with Open Heart House. Developed a new training manual for this course. Teaching people with HIV or related issues to work with people with HIV in a variety of support situations. This course was run over 6 weeks. (12 participants x 6 session x 4 hours).
- Drug/Alcohol Prevention and Education: August 18: Training for staff of FAS on Sheriff Street on drug and alcohol education and how we work with their young people (11 participants x 3 hours).
- Emerging Communities Drug Awareness, August 25: Presentation for Acts of Compassion training day, African Community in Community Centre (50 participants x 1 hour)
- Parenting: September - October, 4 weeks. Merchants Quay Ireland Day programme (16 participants x 4 weeks x 2 hours).
- Parenting: Step by Step, November (8 participants x 4 weeks x 2 hours).
- Training for Trainers: October – December, 8 weeks (14 participants x 8 session x 3.5 hours).

HOPE is available run any of these trainings in the North Inner City
Please contact the Manager to discuss

Some of our other activities in 2011

In 2011 we developed a HIV Peer Education manual and delivered for the first time, in conjunction with Open Heart House, a HIV Peer Education Training. This was a great success and we plan to roll it out again. We also participate each year in Open Heart House's Education Day.

Started planning to participate for the second time in the interagency Strengthening Families Programme in the North Inner City.

We had a stand at the World Mental Health day being run by the local health centers and a stand at the NICTF Project Expositions and Conference at Croke Park.

In 2011 we began taking student placements from Independent Colleges and Liberty College, as well as volunteers from a number of organizations.

With the Prevention and Education Network and we planned a youth education day at the Mansion House which was a great success. 89 transition year students attended and receive drug, alcohol and sex education. Teen Peer Educators trained by HOPE facilitated some of the sessions.

The Manager in 2011 participated in the steering group for Progression Routes tasked to help develop the protocols.. Manager is also on Project Promoters committee and Prevention and Education Network. Snr. Project worker is on the NIC Old Folks Committee, and Advocacy Worker has been invited to be on the ICON community reps advisory committee.

Some of the community events staff attended were: AKIDWA open day; Bardardo's open day; LYCS Christmas Dinner; CTA community protocols forum; Independent Colleges open day; CTA Education Day at Croke Park; TURAS graduation; Soilse Awards Ceremony; Progression Routes Information Days; TUS workshop on CE Schemes, the Christmas tree lighting, Commemorations, Church services, and greeted representatives from several national and international projects.

Sadly in 2011 we also attended (too) many funerals of local residents, clients, and former clients..

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.**
- **Staff: Snr. Project Worker: Joe Dowling; Project Worker: Frank McGrane; Office Support and Advocacy: Alison Gray; Financial Administrator: Elaine Hilliard; Counsellor: John Hickey. Students who completed placement: Brian Doyle, Jodie Kavanagh, Lauren Brennan and Lisa Anderson.**
- **North Inner City Drugs Task Force for support, Funders the HSE and CDYSB; Dublin City Council for Premises.**
- **Our Colleagues in the North Inner City and all the agencies and individuals we have worked with AND all of our Clients for their continued trust in us and their willingness to put in the work. IRENE CRAWLEY, MANAGER**

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Drop in hours 10 am—1 pm Monday to Friday.

Open until 5 pm and some evenings.



Martin Cooke, Chairperson, HOPE

