

Ballymun

Drugs Bulletin Spring 2012



www.ballymunlocaldrugstaskforce.ie

Minister endorses

Ballymun Community Alcohol Strategy



On March 23rd the Minister with responsibility for the National Substance Misuse Strategy, Róisín Shortall, attended the 4th Roundtable on Alcohol in Ballymun which took place in the Ballymun Civic Chambers. The Minister had been invited to speak about how the Ballymun Community Alcohol Strategy could link with the National Substance Misuse Strategy which, for the first time, combines alcohol and drugs in a single national policy response. The Community Alcohol Strategy addresses all aspects of alcohol related issues in Ballymun (availability/enforcement, prevention, treatment, community awareness, harm reduction) and seeks to use the resources of all of the services already in the community to implement its 41 different actions.

The roundtable on alcohol brings together this mix of local agencies and professionals who experience alcohol related issues through their work to assist in the planning and implementation of the Ballymun Strategy. Over 35 people attended this 4th Roundtable event, representing health professionals, hospitals, City Council staff, GPs, youth workers, teachers, guards, clergy, drug and alcohol services and many more.

(continued overleaf)

Minister endorses Ballymun Community Alcohol Strategy (continued from cover page)

The Minister congratulated all involved in the Ballymun Strategy for their willingness to get involved and work in partnership on this most challenging of issues. She said that a lot of attention is being paid to Ballymun by those involved in drawing up the National Strategy and that much could be learned from how well Ballymun does in implementing its Strategy. Also in attendance was Dr. Ann Hope of Trinity College Dublin who acts as a special advisor to the Ballymun Strategy. Dr. Hope said that while it was very early days in the implementation of the strategy a lot of good work has already been done in raising community awareness and in the education areas. However, she was concerned that not enough was being done regarding Supply, Availability and Enforcement and she encouraged the partners to the Strategy to make more concerted efforts in these areas.

The Roundtable signalled its concerns to the Minister about the need for more action in two particular areas which are a cause for much local concern regarding underage drinking. These are **alcohol deliveries** and **secondary purchasing** (adults buying alcohol for minors). The Minister said that the implementation plan for the National Strategy will address these two areas and she hopes this will be ready in August of this year.

ALCOHOL & HEALTH

PANCREATITIS & CIRRHOSIS OF THE LIVER

Did you know?

- ? "Alcohol related acute pancreatitis hospital admissions rose more markedly than other acute pancreatitis conditions between 1997 and 2004" (HSE, 2008)
- ? "A man who drinks six or more standard drinks a day is 13 times more likely to develop cirrhosis of the liver compared to a non-drinker: a woman needs only four standard drinks a day to increase her risk to the same degree" www.alcoholireland.ie

What do we mean by Pancreatitis and Cirrhosis of the Liver?

There is widespread concern across Ireland due to the increase in the number of cases of alcohol related pancreatitis and cirrhosis of the liver presenting to health care services. The risk of developing both cirrhosis of the liver and pancreatitis is intensified as the amount of alcohol consumed increases.

- **Pancreatitis** is damage to the pancreas gland.
- The **pancreas** is a gland that produces enzymes to help with digestion, and hormones, such as insulin and glucagon, which control blood sugar levels. The pancreas lies deep within the abdomen behind the stomach.
- There are two types of pancreatitis, acute (new, short-term) and chronic (ongoing, long-term).
- The main symptom of acute pancreatitis is pain in the abdomen area but for some there may also be nausea, fever, chills (or both), swollen abdomen (tender to touch), weakness, feeling tired.
- Pain is less common in symptoms of chronic pancreatitis (may indicate that the pancreas has stopped working) with other symptoms related to long term complications such as anemia, diabetes, weight loss.

There is a strong link between heavy drinking of alcohol and both types of pancreatitis. Alcohol can trigger the pancreas to become inflamed and its cells become damaged, making digestion difficult and causing pain.

- **Cirrhosis** of the liver is when scar tissue replaces the normal cells in the liver. The liver can't deal with drugs and toxins and its digestive functions are impaired. Some of the symptoms of cirrhosis of the liver include; jaundice; itching; fatigue; weight loss; susceptibility to bruising; fever; vomiting, and abdominal pain.

What can you do?

(A) If you are having the above symptoms it is important to;

- Avoid/stop drinking as soon as possible
- Contact your local doctor so that they can assess and determine if this is the case and then make the appropriate referrals or treatment options if required.

(B) If you have no symptoms;

- It is still important to look at your drinking patterns and try to decrease your intake.
- The World Health Organization states that alcohol is related to more than 60 diseases and conditions, some of which are entirely caused by alcohol, while alcohol is a contributory factor in others.

COMMUNITY ALCOHOL STRATEGY

LOCAL RETAIL OUTLETS RECEIVE RESPONSIBLE TRADER TRAINING ON ALCOHOL

The Ballymun Community Alcohol Strategy seeks to reduce excessive levels of alcohol use and change harmful patterns of drinking in the area which in turn will lead to a reduction in alcohol related harm and an increase in the community's health, safety, and sense of well-being. A key objective of the Strategy is the provision of local responsible trading/server training to alcohol retail outlets in Ballymun.

In March of this year, 12 individuals participated in training provided to alcohol retail outlets from Ballymun and surrounding areas. This was organised by An Garda Síochána, Safer Ballymun and Ballymun Drugs Task Force and was delivered by the National Off Licence Association (NOFFLA), with venue courtesy of Urrús in the Horizons Building. As part of the training all participants were required to undertake an exam at the end of the day to receive their responsible trading certificate. We are delighted that **all participants passed this exam.** **Congratulations to all involved!**

This training is essential and very important at a local level in terms of encouraging and ensuring the use of responsible trading/serving behaviour. We hope to organise further training in the Autumn for those involved in the serving of alcohol, for example pubs and hotels.



Training Participants

What the participants said about the training

"The course is very informative and covers all areas and scenarios in the sale and refusal of sale of alcohol"

"I learned a lot just from the one day course. I did not expect to come out with as much knowledge as I did. I think it's a helpful course and would recommend it to others in the trade. I found the whole day beneficial"



Buying alcohol for
under 18's
is **criminal** and **irresponsible**

Please support the Ballymun Community Alcohol Strategy.



PARENTS!
Know the **Five A's** on
Teen Drinking

Aware of where your teen is
Assertive in your parenting
Around their environment
Available to listen
Awake when they come home

Ballymun Youth Action Project (01) 8428071
National Helpline 1800 459 459
or www.drugs.ie

Produced by Ballymun Local Drugs Task Force (01) 8832142.



FOCUS ON ALCOHOL - LAUNCH OF NATIONAL REPORT

In February of this year, a steering group report on a National Substance Misuse Strategy was published by the Department of Health. This document sets out key recommendations for the next few years around responding to alcohol related harm in our communities.



National Report Recommendations at a Glance

SUPPLY REDUCTION

- Increase the price of alcohol using approaches such as minimum pricing and excise duties.
- Introduce a social responsibility levy on the drinks industry.
- Introduce a statutory code of practice on the sale of alcohol in the off licence sector.
- Provide that the HSE may object to the granting of a court certificate for a new licence/renewal of licenses.
- Establish standards for server training programmes. Participation by licensees and staff in this training as a condition of the licensing process.
- Strengthen the legislative controls on distance sales
- Introduce further measures to counter drink driving
- Introduce a statutory framework with respect to the volume, content and placement of all alcohol advertising in all media (including digital media).
- Drinks industry sponsorship of sport and other large events should be phased out through legislation by 2016.

TREATMENT & REHABILITATION

- Identify and address gaps in child and adolescent service provision.
- Develop guidelines and practices across all health and social care services for early intervention in responding to alcohol and substance use issues.
- Improve access to appropriate interventions, treatment and rehabilitation services for clients with alcohol and substance use.
- Implement policies and protocols in all healthcare settings to prevent, and respond to issues arising in relation to pregnant women affected by alcohol use.
- Develop family support services including short stay respite programmes for families of problem drinkers, peer-led family support groups, access to information and family and parenting skills programmes.
- Greater promotion and awareness of information on alcohol treatment and rehabilitation services.

PREVENTION

- Labels on alcohol should include the grams of alcohol per container, along with calorific content and health warnings in relation to consuming alcohol in pregnancy.
- Encourage the provision of alcohol-free venues for young people with key involvement of young people, late night and weekend opening.
- Develop clinical guidelines for health professionals in responding to alcohol use and misuse.
- Continue to develop and monitor SPHE (Social & Personal Health Education Programme) in schools.
- Further develop responses aimed at families in relation to alcohol use
- Incorporate a drugs/alcohol intervention programme into certain schemes (for example Garda Juvenile Diversion Programme).

RESEARCH

- Continue to develop ways to gather information on alcohol use and misuse such as; patterns, behaviours, demand for treatment, alcohol related deaths etc
- Examine the economic, social and health consequences of alcohol use and impact of various policy measures.
- Promote and share the findings of various research and ways of good practice to all relevant services.

Departures from Ballymun Local Drugs Task Force



Ballymun Local Drugs Task Force says Bon Voyage to Clare

The members, staff and friends of the Ballymun Local Drugs Task Force were very sad to say farewell to our colleague Clare Horan who returned to her native Burnley, Lancashire at the end of March. Clare has worked with us here in Ballymun for the past seven years as our Project Support and Development Officer. In that time she has played a very important part in Ballymun's response to drugs and has assisted our projects to secure their funding and continue their development. She has also been involved in the ongoing development of our inter-agency Treatment and Rehabilitation network, has helped establish the Ballymun Service Users Forum and has facilitated on 9 of our last 11 Strengthening Families Programmes. As well as these individual pieces of work Clare has been a valuable member of the Ballymun LDTF team and has made a huge contribution to all of our joint initiatives.

Clare will be sadly missed by all and we wish her the very best in her future life and career.

Congratulations and thank you to Superintendent Andrew Watters

We were also sad to say farewell to Andrew Watters who was promoted from Inspector in Ballymun Garda Station to Superintendent in Garda National Headquarters in February of this year. Andrew has been a dedicated member of the Ballymun Local Drugs Task Force for the past five years and although he will be missed by us here locally, we are pleased to wish him our warmest congratulations and the best of luck in his future career.

Introducing our new Service User Forum Representative ... David Fine

1/ Tell us about your role as service user representative.

My role is to represent and improve service users interests in their dialogue and relationships with service providers. The aim is to develop a more pro-active relationship between service users and service providers in order to improve issues around rehabilitation.

2/ What are you involved with in relation to drug issues in Ballymun?

My role has input at all levels, whether it is strategic, local issues or in some cases, on a one to one basis.

3/ Tell us about the forum meetings.

I am working on establishing a service user's forum for the Ballymun area. The purpose of this group is to identify issues that may need addressing and bring them to the attention of the agencies for the benefit of all service users. We meet once a month, please contact me for details or look out for the posters displaying meeting dates. Although this forum has only recently been established, it is doing well and is represented at the service user's national body: SURE.

4/ How can other people become involved?

Any person that wants to improve the status of the service user can contact myself or any member of the Ballymun Service User's Forum.

5/ How can people contact you?

I can be contacted at any reasonable hour by phone on **0876631824**. My e-mail address is: davidfine57@gmail.com



Ballymun Strengthening

5 Years and still going strong!

Congratulations to the parents and teens (12-16 years) who graduated from the Strengthening Families Programme in December 2011!

77 families have graduated from the programme and we began our 11th programme in February 2012, with 12 more families due to graduate in May 2012!

A huge thank you to all the agencies in the area who support this programme through providing facilitators, committee representatives, referrals, site coordinators etc.



Tom O'Donnell Site Coordinator and Clíodhna Mahony, Programme Manager



What is "Strengthening Families"?

Strengthening Families, also called SFP, is a free 15 week programme for Ballymun parents/guardians and their teens (12-16 years) who come together once a week (usually Tuesday) from 6pm to 8:30pm. On the night 3 classes are run: Parenting Skills; Teen Skills; and Family Skills. Each week covers a different topic such as Helping Your Teen Handle Pressure, Managing Stress and Setting Limits. Teens also learn skills such as Communication Skills, Staying Cool in Conflicts and Speaking Up.

Ballymun Local Drugs Task Force fund and manage SFP and local agencies/schools facilitate, refer and support the programme.

The programme gives families an opportunity to come together to share quality time together while developing skills. Childcare and transport is available on request.

Have questions? Want to know more?

Contact Clíodhna on 01 8832142 or by email: Clíodhna@ballymundtf.ie
visit our website

www.ballymunlocaldrugstaskforce.ie



Check out "Ballymun Strengthening Families Programme" on Facebook



Ballymun Job Centre



HSE Family Resource Centre Geraldstown House and Social Work



DCC - Social Support Service



Ballymun Case Management Team - DePaul Ireland



Margaret Aylward C C



Ballymun Regional Youth Resource



Ballymun Educational Support Team



Aisling Project



National Education Welfare Board



Young Persons Probation

ng Families Programme (SFP)

Did your family complete Strengthening Families?
Do you need advice, information or support?



SFP PARENT ADVOCATE WORKER

087 663 4042

A big welcome to Mary Fitzpatrick, our new SFP Parent Advocate Worker. Mary has been involved with SFP since it started in 2008 as a facilitator and we are delighted to say she is now also available to support SFP parents on an **individual** and **group basis** (who are currently on the programme OR who have finished it!).

She will be in contact with all parents/care givers who have completed SFP to arrange meetings for the SFP Parent Support Group. This group will meet once a month for different themes such as dealing with stress, understanding mental health in teenagers, and going over the skills you learned in SFP! This is a great way for parents who met on the course to stay fresh on your skills, and socialise with each other in a relaxed atmosphere. These sessions are for YOU, so we would love to hear from you, if you have specific issues or skills you would like to talk about please let Mary know on the above number.



SFP latest news...

- After the last 4 years of success with SFP for the 12-16 year olds, a new Strengthening Families has just begun in collaboration with the Aisling Project, supported and funded by Ballymun Local Drugs Task Force. This SFP is for a younger age group from 6-12 years old who are in primary school. We started the programme in March and families are due to graduate in June! Ten families are engaged and Aisling staff are delivering the programme with the support of the Programme Manager. We look forward to working with Aisling and the families on this new project!
- Our 4th local training took place in Ballymun for those interested in getting involved. 26 participants including 5 volunteers took part from Dublin and as far as Meath. 8 participants were from Ballymun. Over 90 Ballymun agency representatives and volunteers are now trained in SFP.



SFP Facilitators who completed the training in January 2012

YOUTHREACH

Ballymun
Youthreach



Trinity
Comprehensive



Mater Child and
Adult Mental
Health Service



An Garda
Síochána

youngballymun

youngballymun

St Josephs
Primary School/
Principals
Network



The Star Project



Ballymun Youth
Action Project



Ballymun Local
Drugs Task Force



CAFTA



DRUG AND ALCOHOL RELATED SERVICES IN BALLYMUN

YAP - BALLYMUN YOUTH ACTION PROJECT

Drug and alcohol information, counselling, drop-in and aftercare services.
Horizons Centre, Balcurris Road. Tel: 8428071

THE STAR PROJECT

Education and training for women who wish to stabilise their drug use.
Horizons Centre, Balcurris Road. Tel: 8467930

CONTACT SERVICE

An evening and weekend service which provides drug and alcohol advice and support.
Tel: 086 2609382 / 086 2482861 / 086 2482858

DEPAUL IRELAND BALLYMUN CASE MANAGEMENT TEAM

Support for people with alcohol issues.
Tel: 8623128

REHABILITATION/INTEGRATION SERVICE

Support and guidance for people with addiction issues.
Axis Centre, Main Street, Ballymun. Tel: 8832107

DOMVILLE HOUSE TREATMENT CENTRE

Health Services Executive, Northern Area, Addiction Centre, Main Street, Ballymun. Tel: 8620111

BALLYMUN LOCAL DRUGS TASK FORCE

A partnership between local community, voluntary, statutory agencies and public representatives.
Axis Centre, Main Street, Ballymun. Tel: 8832142

STAR FAMILY SUPPORT SERVICE

Support and information for people affected by a family member or partner who is using drugs.
Horizons Centre, Balcurris Road. Tel: 8467930 (Contact Paul Browne)

OTHER LOCAL SUPPORT SERVICES

BALLYMUN JOB CENTRE

One-to-one support, career advice and guidance. Tel: 8667000

BRYR - BALLYMUN REGIONAL YOUTH RESOURCE

Youth clubs and activities for 10-21 year olds based at the Reco. Tel: 8667600

GERALDSTOWN HOUSE FAMILY RESOURCE CENTRE

A support service for families in the Ballymun Community. Tel: 8422408

NATIONAL DRUG AND ALCOHOL SUPPORT SERVICES

NATIONAL DRUGS HELPLINE

Confidential advice and information. Tel: 1800 459 459

THE HSE INFORMATION LINE

Health and social service information. Tel: 1850 24 1850

THE NATIONAL DRUG AND ALCOHOL PROGRAMME (www.drugs.ie)

Provides information, support and counselling in relation to drugs, substance misuse or addiction.

DRINK AWARE (www.drinkaware.ie)

Is the national campaign to raise awareness of the impacts of drinking and drinking habits.

Visit www.ballymunlocaldrugstaskforce.ie and check out the 'Support Services' section for information on drop-in services, rehabilitation & detox programmes, advice centres, clinics and helplines.