



East Coast Area

Family Support Network

Information Booklet

for families affected by
drug & alcohol misuse



Family support groups have been running in the East Coast area for over 10 years. Family support within addiction is vital to the family unit as it provides family members with the opportunity and encouragement to take care of their own needs. The needs of family members other than that of the drug using family member are often ignored once addiction enters the home. Family members need support to cope with the issues they face on a daily basis and to assist them in caring not only for the person in addiction but for themselves also. Through coming together members gain support, learn skills and coping strategies from each other. This is why Family Support Groups within local areas are a vital resource for families living with addiction.

The East Coast Area Family Support Network started up in September 2009 and represents the needs of family members living with addiction from Arklow, Wicklow, Bray and the Dun Laoghaire Rathdown area. The aim of the network is to support Family Support Groups within the area and highlight issues at both a local and national level.

The network developed this booklet to provide information to families living with addiction in the east coast area. In the booklet you will find a directory of services that family members may find useful. The booklet also contains information on a number of key issues facing families living with addiction including guardianship, care options, bereavement, intimidation and prison.

The network hopes you will find this booklet a useful resource. If you feel you need any further information or would like to access a family support group please contact any of the groups listed inside.

Regards,

Geraldine Fitzpatrick
Chairperson

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FAMILY SUPPORT

“Through the support group you learn how to look after yourself. And when I started to look after myself, I was able to take back control. We learned how to say no. Now it was an awful hard life, I’m glossing over it, but at that stage it was a nightmare. We didn’t know how to cope.”

(Duggan, 2007: 67)

What is the impact of addiction on the family?

Over the last number of years, a lot of time, energy and resources have been put in place to help individuals with their addictions. Traditionally, most of the time, attention and resources were focused on the individual with the specific addiction. Although family members were grateful for any intervention given to their loved one's addiction, the needs of the family were often ignored or not understood. Families experience feelings such as loneliness, isolation, fear, betrayal, helplessness, despair and anger when a loved one is going through the process of addiction.

What is family support?

Family support encourages people who have a common problem of either living with or being emotionally attached to someone in addiction, to come together on a regular basis. The goal is to provide a safe, confidential, caring environment which supports individuals to share and discuss issues that affect them. Individuals will receive support and encouragement from family support workers/facilitators and experience feelings of acceptance, encouragement and understanding from their peers within the group. Family support workers/facilitators may also be able to provide one-to-one support to family members.

How could family support help me?

Instinctively, most parents dealing with a loved one who is at any stage in the addiction process will firstly try to help the individual. The most commonly asked questions include; where can my child get help? How can they get into treatment? What have I done wrong? What is not usually asked is how can I as a parent or partner or sibling get help for myself? Family members also suffer physically, emotionally, psychologically, financially and socially. Through group support, families and loved ones can work through difficult times from listening to others stories and by sharing how they coped in similar situations. Some family support groups offer holistic treatments such as massage, acupuncture, relaxation methods and counselling to help members cope with stress during difficult times.

FAMILY SUPPORT SERVICES IN THE EAST COAST AREA

Circle of Friends

Contact: Marian Davitt

37 Beechwood Close

Boghall Road

Bray

087 9388174

Fortnightly family support group

Dun Laoghaire Rathdown Outreach Project

Contact: Christy Rankin

45 Upper Georges Street

Dun Laoghaire

01 2803187

Weekly family support group and one-to-one family support.

Ray of Hope Family support Group

Contact: Triona Woodroffe

087 36409657

Weekly family support group in Wicklow/Arklow

National Family Support Network

Contact: Megan O Leary

16 Talbot Street

Dublin 1

01 8365168

Information for families and referral service

Dun Laoghaire Rathdown Community

Addiction Team

Contact: Geraldine Hanlon

8 Leopardstown Office Park

Burton Hall Avenue

Sandyford Industrial Estate

Dublin 18

01 2176140

Weekly family support group & one-to-one family support

Bray Travellers Family Support Group

Contact: Christy Moorehouse

97 Rear Main Street

Bray

Co Wicklow

01 2762075

0879019351

Fortnightly family support group and one-to-one family support

SWAN Family Support Service

Contact: Sharon Perry

57 Ennel Court

Loughlinstown

Co Dublin

01 2825932

Women only family support service



GUARDIANSHIP

“We had everything to show we were minding the child, but we couldn’t get child benefit. We never claimed for the child, we didn’t know about it”. (Duggan, 2007: 70)

Guardianship

Some family members take on the role of caring full-time for the child(ren) of drug using family members. This may be as a result of a loved one's chaotic drug use, a drug related death or the ill health of the drug user due to drug use. These carer's are known as guardians and often it is grandparents who take on this role. The information provided below may be of help if you find yourself taking on this role.

The Guardianship Payment:

What are the types of payments available?

The guardianship payment can be either contributory or non-contributory. Contributory payments are based on the child(ren)'s parent(s) PRSI contributions. The child(ren)'s parent(s) must have paid a minimum of 26 weeks worth of PRSI payments at some point in their life. The payment as of 2011 is €161 per week per child.

If a child(ren)'s parent has not made these contributions you can apply for the non-contributory guardianship payment. In this case it is the child(ren) who is means-tested and not the guardians or the parent(s). The means include any income the child(ren) has or property or an asset they own that could bring in money or provide the child(ren) with an income. The child(ren)'s own home, any payment from the Department of Social Protection and income from certain charitable organisations do not count as means. The maximum non-contributory payment is €161 per week per child as of 2011. Whether or not you get the maximum guardian's payment (non-contributory) will depend on the means test.

For current rates of payment please visit www.welfare.ie.

Who is regarded as an orphan?

In order to qualify for the guardianship payment a child(ren) needs to be considered orphaned. This means that both parents have died, one parent is dead or unknown or has abandoned and failed to provide for the child(ren) and the other parent is unknown or has abandoned and failed to provide for the child(ren). A claim cannot be made for any child(ren) who resides in the same home as their parent.

Who can apply for guardian's payment both contributory and non-contributory?

A guardian is the person who cares for and is responsible for the child(ren) and who the child(ren) normally lives with. This may or may not be a legally appointed guardian. Anyone in this role can apply for guardian's payment. A person who has been deemed a relative foster carer and who is in receipt of foster care allowance for the child(ren) cannot receive guardianship payment. The payment is made until the child is 18 years of age or 21 if the child remains in full-time education until then.

What other social welfare payments can be paid with guardian's payment?

If you are a guardian you can get a payment from the Department of Social Protection in your own right and still get a guardian's payment for any qualified orphan living with you. However, you cannot get a qualified child(ren) increase for any child(ren) for whom guardian's payment is paid. If the parent of the child(ren) is in receipt of lone parent allowance for that child it will be stopped once a guardianship payment for that child has been awarded.

When and how do I apply?

If you are a guardian you should apply where possible within three months of having the child(ren) coming to live with you. You can still apply after this time frame but you may not get the payment backdated after the three month period. You need to fill out application form GP1 and send it to the Orphan's Section, Department of Social Protection, Social Welfare Services Office, College Road, Sligo. Forms can be obtained from your local Social Welfare Offices, Citizens Information Centre or downloaded from <http://www.welfare.ie/EN/Schemes/BirthChildrenAndFamilies/ChildRelatedPayments/Pages/gpnc.aspx>

What documents do you need with your claim?

Your birth certificate

Birth certificates for the child(ren) (long version only)

Death certificates of deceased parent(s) if applicable

Independent written confirmation of parental failure to provide for the child(ren) – you can approach social workers, school principals, Gardaí and co-ordinators of local drug projects for this type of written confirmation.

Supports available:

Taking on the role of guardian is a big decision and it can impact on your life and the life of your family. Some guardians have described that at times they feel isolated, tired and overwhelmed. Guardians have often described feeling fearful that the child(ren) they care for will be taken from them and brought to live in an unsuitable environment or they worry what will happen to the child(ren) if they, the guardians, fall seriously ill. Some guardians may have stopped parenting many years previously or may never have been a parent, for example, adult siblings sometimes take on this role. There may be local community services that can help you in your new role and it is important to contact these services and try to use them where possible.

What types of support or services can be of help to guardians?

Public health nurses particularly when caring for babies and infants.

Community based childminding and crèche facilities.

Afterschool clubs and/or homework clubs can give guardians some free time to manage household tasks or to maintain employment.

Summer activity programmes both day and residential with local youth services.

Some children may have behavioural or developmental difficulties and in this case it can be important to ask advice from schools, doctors or locally based services around referral for specialist interventions, for example, assessments with speech therapists, psychologists and child counsellors.

Free legal advice in relation to issues concerning legal custody of the child or access to the child.

Social work services if difficulties or issues arise with the child's parent(s).

It is useful to inform the school of the caring arrangement to overcome possible difficulties with regard to parental consent.

It can be useful to keep a file of important documents and decisions made in relation to the child.

Guardians often photocopy documents before submitting the originals to various Departments in case they get lost or are needed before they are returned. Community welfare officers may support guardians with once off payments or payments to tide guardians over while awaiting a decision on a social welfare claim.



CARE OPTIONS

“I wouldn’t change fostering my granddaughter for the world but it can be lonely at times and she misses her mum something awful” (Family member, 2011)

What happens when parents can not provide adequate care for their children?

The HSE has a statutory responsibility to provide alternative care services under the provisions of the Child Care Act 2001. Children who require admission to care are accommodated through placement with relatives, foster care, adoption or residential care. Children in Ireland are not taken into foster care in the first place, unless the HSE assesses that the child is at risk.

What is foster care?

All parents set out with the best intentions in the world. Sometimes the realities of parenting are too much. Families are unable to manage for a variety of reasons. When it is no longer possible for children to remain at home with their parents, they may come into the care of the HSE, either with the agreement of their parents or through the intervention of the court.

Children of all ages need foster care – from birth to late teens. Some children need short-term care; others may need long term care. Some children need to find a home that allows them to stay with their brother or sister. In an ideal situation, the child placed in foster care will return to his or her own family as soon as this is possible.

What is relative foster care?

Relative foster care happens when another family member becomes foster parent of the child. For example, a grandparent, aunt, uncle, adult sister/brother. In this situation, the relative of the child is assessed by the HSE in exactly the same way as all other foster parents.

In making their decision about the relative becoming a foster parent to the child, the HSE will decide what is in the best interest of the child. The assessment will be conducted by a social worker who, over several sessions, will talk to you about your family and personal history, your motivation to foster and your capacity to help a child or young person in need. Garda checks are made on all applicants. The HSE pays a maintenance allowance of €312 for children under 12 years of age and €339 for children over 12 years of age per week for each child in foster care. This allowance does not affect tax or state benefits.

What is residential care?

The HSE may provide residential care for children who can no longer be cared for by their family in their own home. Where parents are unable to cope due to illness or other problems they may agree to their children being taken into the care of the HSE. This is known as voluntary care. In these cases while the HSE has care of the children it must consider the parents' wishes as to how the care is provided.

Residential care refers to care that can be provided in a home (for children in the care of the HSE) staffed by care staff. The home or centre is referred to as a children's residential centre.

The purpose of residential care is to provide a safe, nurturing environment for individual children and young people who cannot live at home or in an alternative family environment.

This information was obtained from the HSE website, should you require further information you can visit www.hse.ie or contact your local HSE office.



BEREAVEMENT

“His addiction brought about a family struggle where we all dealt with it differently, the plight to save him and then hope that it would come good in the end was wiped out when he died. Then we all grieved differently. Addiction and death can tear a family apart.”

(Family member, 2011)

Bereavement:

Tragically sometimes families can experience bereavement if their loved one dies as a result of their drug use. From 1998–2008 a total of 4,064 drug-related deaths and deaths among drug users was recorded by the National Drug Related Deaths Index. The death of a loved one is a devastating experience and family members often struggle to cope. Below are some of the most common reactions and coping mechanisms that families may experience or use following the death of a loved one.

What is meant by grief?

Grief affects us all in different ways and that is why we are only experts in our own grief. There is no one “right way” to grieve. Grief is a normal response to loss and lasts far longer than extended family, friends and acquaintances realise. Family members may grieve in different ways and this can create conflict in the family. It can be useful to be able to identify different expressions of grief so that you can build an understanding of the grieving process within the family. Grief is a powerful and sometimes overwhelming journey. You may go through physical and emotional reactions in response to the loss of your loved one. This is normal but very difficult.

What are the symptoms of these physical and emotional reactions?

- ◇ A need to tell, retell and remember things about the person and the details of the loved one’s death
- ◇ Loss of appetite or overeating
- ◇ A feeling as though a part of you has died
- ◇ Restlessness, aimless activity, difficulty concentrating , difficulty making decisions and forgetfulness
- ◇ Searching for or expecting the person who died to walk in the door or call on the phone; hearing the person’s voice; seeing the person’s face; dreaming about the person
- ◇ Wondering if you are losing your mind
- ◇ Going through the "motions" of everyday living
- ◇ Physical exhaustion, sleeplessness, lack of desire to get out of bed
- ◇ Feeling fragile and vulnerable
- ◇ Living in dread of bumping into people
- ◇ Guilt – thoughts and feelings of “If only I had...” as well as awareness of aspects of the relationship that were less than perfect
- ◇ Tightness in the throat, heaviness in the chest, a “lump” in the stomach
- ◇ Respiratory reactions – excessive yawning, gasping, sighing, hyperventilating
- ◇ Constantly feeling cold
- ◇ Wanting to avoid all family occasions

- ◇ Difficulty going away without missing the person / difficulty coming home without missing the person
- ◇ Finding it hard to cope with the changing seasons
- ◇ A feeling of numbness or an empty feeling that seems indefinable
- ◇ Crying at unexpected times and experiencing mood changes for minor reasons
- ◇ Anger – at God, at the people around us, at the person who died, at things which did or did not happen
- ◇ Searching for answers
- ◇ Difficulty with special days, such as birthdays, anniversaries, weddings, holidays
- ◇ Feeling able to cope, then falling back again

Coping with Grief:

All of these reactions are natural and normal. It is important not to ignore one's feelings, but instead to learn to communicate them. It is so important for bereaved partners, parents and siblings to take care of themselves during this difficult time.

Are there any suggestions that can help me cope with my grief?

- ◇ Record how you are feeling or write to your loved one in a journal, use your journal to express feelings you can't express face to face
- ◇ A balanced diet, rest and moderate exercise are especially important at this time, walking is ideal to help clear the head
- ◇ Go easy on yourself; you will not be able to do what you normally do physically, grieving is exhausting
- ◇ Be patient with yourself and your emotions
- ◇ Avoid major decisions if possible (moving house, changing jobs, etc.) for at least a year
- ◇ Avoid making hasty decisions about your child's belongings. Do not allow others to take over or rush you. Do it at your own pace when you are ready
- ◇ Cry freely as you feel the need. It is a healthy expression of grief and releases tension
- ◇ Talk about your feelings or find other ways to express your emotions (writing/ art)
- ◇ Find a good listener, someone who will just let you talk
- ◇ Often talking to another family member who has lost a loved one can help as they are on the same journey as you, just a little bit further down the road
- ◇ One's religious faith or spirituality may also be a source of support, comfort, strength and hope at this time

If you feel unable to cope, are anxious all the time or are having difficulty managing the intense emotions you are experiencing don't suffer in silence. It might be helpful to seek the advice of your GP or a professional counsellor.

How can I go about seeking support for myself?

Seeking support is not an admission of failure but can be an important part of the journey towards coping. If you are a bereaved family member and would like to speak to someone about what you are experiencing your local family support service can help you to find a service that is suitable to your needs.

This may be a bereavement support group, bereavement counseling or a referral to the medical profession for example:

Anam Cara is a group established by bereaved families that offers mutual support to each other. They also arrange seminars that are attended by bereaved family members. Their website is www.anamcara.ie.

Rainbow is an organisation that offers support to children who have been bereaved. For further information on the services provided or for contact numbers please visit their website www.rainbowsireland.com.

How much does a funeral cost?

Funerals are expensive. It is a good idea to be clear about what the funeral director is offering, and at what cost. A detailed breakdown of all charges should be given to the family. Some Funeral Directors are dearer than others, so you may like to seek a number of quotes. The price of a coffin can have a large bearing on the final bill, as can, for example, the number of limousines hired. You might also like to consider cremation rather than burial. There can also be many additional costs, for example, books for signing condolences, flowers, music for the ceremony, and the church offering.

Is there any help towards funeral costs available?

You may be entitled to either a Bereavement or Funeral Grant. Ring the Department of Social Protection, 1890 20 23 25 or 1890 500 000 for an application form. If you are in difficulty with funeral expenses you can apply for assistance to your local Community Welfare Officer (before you make any payment to the Funeral Director).

Do you have money concerns as a result of being bereaved?

A number of financial issues can arise for families after a death, among them difficulties in getting access to a dead person's money to pay for funeral expenses, or indeed living expenses for children or a spouse. Unless there is a joint account it is not easy to get access to the deceased's money until probate (process of proving a will is genuine) is taken out. However, a financial institution may release a small amount of money if a personal representative or the next-of-kin signs an agreement that the bank or building society will not lose if there are other claims on the money. If the dead person was a social welfare recipient the payment usually continues for six weeks after the death. The local social welfare office will advise if the payment was for unemployment or other social welfare benefits. The Pensions Service Office, 1890 500 000, will advise in the case of pensions such as the Widow's/Widower's pensions, or the One-Parent Family Allowance. If you find yourself in financial difficulty after the death of a loved one or as a result of funeral expenses MABS is a national, free, confidential and independent service for people in debt or in danger of getting into debt and will be able to provide you with assistance. The MABS helpline number is 1890 283 438.



INTIMIDATION

“The mother didn’t want her husband to know so she got a credit union loan. Mother was too frightened to go to the police in case her son ended up dead. Even after paying off her son’s debt she still feels frightened when she sees the dealer and is cutting back on things to pay off the credit union loan so her husband doesn’t find out”.

(O’Leary, 2009: 30)

Intimidation of families as a result of drug related debt

Not all families who are living with drug use experience intimidation as a result of drug related debt. Unfortunately some families do experience intimidation and it can be helpful to have considered this issue and to have some information on it. Sometimes families are targeted to repay a debt(s) that a drug using family member(s) has run up.

How do drug users try to repay the debts?

Initially drug users often try to repay these debts on their own in a variety of ways for example full cash payment, cash payment and/or dealing, holding or hiding drugs, violent crime, sex/prostitution. If drug users cannot repay the debt in this way or if the drug user is sent to prison or enters treatment sometimes the family can experience intimidation to try to force the family to repay the debt.

What types of intimidation can families experience?

Intimidation of the family can take the forms of verbal threats, physical violence, damage to home/property and or sexual violence or the threat of sexual violence. Most commonly mothers of drug users, siblings of drug users and fathers of drug users are the targets of intimidation but other family members can also become targets. An intermediary is normally used to collect the debt and not the dealer themselves.

How have families tried to repay drug related debts?

Families have tried to repay debts using a variety of methods; salaries/wages, credit union loan, bank loan, borrowing from friends or family, illegal money lenders, selling personal property, social welfare payments and re-mortgaging the family home.

What is this experience like for families?

Being intimidated is a very frightening experience for families and the levels of violence shown can be quite severe. Different families respond in different ways to this experience for example some families repay the debt, some families are unable

to repay the debt or refuse to repay the debt, some families are caught in a constant cycle of repaying debts or paying debts for a number of loved ones and some families decide to report their experience. Intimidation does not always stop after full repayment.

What are the options for families?

The Family Support Network in partnership with the Garda National Drugs Unit has developed a confidential reporting system. If you wish to report an issue of intimidation please contact your local family support service or the national Family Support Network and they will be able to put you in contact with a Senior Inspector who has knowledge of the issue and can discuss your options with you. At no point will you be forced to enter into a process that you do not wish to. Your phone call to any of the below agencies will be treated in the strictest of confidence.

Family Support Network

16 Talbot Street

Dublin

Phone: (01) 8365 168

Email: info@fsn.ie

Garda National Drugs Unit

Phone: 01 6669900



SUPPORTING FAMILIES OF PRISONERS

“I’m so lonely – even with five children –especially at night when they’re in bed. It’s hard not being able to share problems.”

*(Prisoners’ Families Info-line:
Living with Separation)*

Supporting families of prisoners

Some family members can be living in dread of their loved ones being sent to prison. For others it comes as a complete shock. For some it isn't a new experience. But if it happens to you, or you know someone going through it for the first time there are a few things to take on board.

How can I best support my children during this time?

Many arrests take place in the home. This can be very traumatic, especially if children are present. Older children may be just as traumatised, especially when their friends get to hear about it. Children may worry about where their parent(s) are. Will s/he be coming back etc.? They may also feel they are in some way responsible. If some of these fears can be dispelled, then the child(ren) will be happier and more content. Make time to listen to children, allow them to ask questions and make time for tears and anger.

Their opinions should not be ignored. Be honest and open. Share your own feelings. Don't exclude them by not saying anything and do seek advice – contact local family support/youth services. It is usually better to tell them the truth.

Some effects children may encounter include the children becoming babyish, fretful, clingy, isolated, anxious, attention seeking or aggressive. Some children however may be perfectly comfortable with the facts of imprisonment. Mothers with partners in prison can be tempted to compensate their children for the loss of their father by spending more than they can afford on birthdays and Christmas. However, some women may feel they are better at managing money without their partner, especially if their partner had an alcohol or drug problem.

How can I prepare my children for visiting the prison?

If you do decide to take children, it is a good idea to prepare them for being searched by practicing 'standing like a tree'. Pre-visit behaviour can include sickness, irritability, excessive quietness or over excitement. Go to the toilet or get a drink so that a teenage visitor gets time alone with their parent. Don't force the young person to come on the visit. They can write letters. There is no e-mail.

What can I do to try to maintain family life?

When a partner enters prison, the family becomes a one parent family and must adapt to a new way of life. It can be felt that the prisoner is powerless to solve these problems from inside the prison. The first visit or two may feel overwhelming because you will have so many practical things to talk through. However, there can be comfort in looking forward to the visits. They can be the high point of the week for prisoners. Good visits can sustain both partners. Undoubtedly, some couples will run into difficulties. Maybe the partner did not know about their partner's activities before being convicted.

Is it a common response to feel shame and guilt?

For some families, the nature of the offence is a source of shame. Some women partners feel a great sense of guilt, as if the offence was somehow their fault. Other families report being harassed by neighbours. Keep a record of dates and events – this is useful if you need to call in the Gardaí or the local authority. It is normal for family members of people in prison to feel angry, let down, disappointed and ashamed. These feelings are normal and family members are not guilty – no matter what other people think.

What practical issues might I face?

After the shock of the guilty verdict, family members may be faced with other issues such as money problems and transport to the prison. In most cases, the prisoner's solicitor will be able to pass on information to families regarding which prison s/he is being sent to. The first visit to the prison can be worrying and frightening. All visitors including children and babies will be searched. The presence of the drug detection dog can be used as a reason for a visitor to refuse to carry drugs in for a prisoner. If you are feeling lost and need to talk to someone, it can be tempting to discuss your worries with the partner of another prisoner, but it may get back to your partner, perhaps being misinterpreted along the way. It can be helpful to speak to someone outside the family. You could ask to speak to the welfare services attached to the specific prison you are visiting. In the Dublin region, there are a number of prison links workers whose contact details are available through

local drugs task forces. Local community development initiatives or family support services may also be able to offer support. Your local family support service can help you to access relevant information to your situation for example what supports are available for your children or where you may be able to access financial support.

***With special thanks to the
Clondalkin Addiction Support Programme (C.A.S.P.)
for providing us with this information***



DIRECTORY OF SERVICES



Addiction Services in the East Coast Area

HSE Patrick Street Addiction Centre

99 Patrick Street
Dun Laoghaire
01 2808472

Offering: Methadone treatment, full doctor service, outreach, parent support programme (Barnardos), counselling service

Integration Support Project (ISP)

4 Prince of Wales Terrace
Quinsboro Road
Bray

Contact Thomas Manley
01 2868266

ISP works with individuals who are in the recovery stage of their substance misuse, people who move on from frontline and/or low-threshold services. People who have returned to the community post residential treatment, detox or time spent in prison where they may have become drink or drug free but still have on-going addiction related support needs.

Bray Community Addiction Team

37 Beechwood Close
Boghall Road
Bray

01 2764692

brayaddictionteam@eircom.net

Offering: Counselling, referral, drop in, one-to-one support, family support, outreach and home visits, women's group, cocaine service, prison visits, needle exchange

Bray Community Addiction Team

2B Dublin Road
Bray
Co Wicklow

01 2745630

brayaddictionteam@eircom.net

Offering: Counselling, referral, drop in, one-to-one support, family support, outreach and home visits, women's group, cocaine service, prison visits, needle exchange

Bray Local Drug Task Force

Centenary House
35 York Road
Dun Laoghaire

01 2803335

niamhmc Linden@eircom.net

The role of the task force is to co-ordinate the overall development of drug services in their area. They are very useful to contact for up-to-date information on services.

Cluain Mhuire Service

Newtownpark Avenue
Blackrock
Co Dublin

01 2172100

Offering: Inpatient service, outpatient service and detoxification

DAISH – Bray Travellers Community

Development Group

97 Rear Main Street
Bray
Co Wicklow

01 2762075

Christy Moorehouse: 087 9019351

Mick Mason: 086 886882

btcdgadmin@eircom.net

www.btcdg.ie

Offering: One-to-one support, advocacy, parent and sibling support, prison links, referral to rehabilitation services, referral to health promotion services, education & prevention programmes, drug awareness workshops, needle exchange

Dundrum Satellite Clinic

(only runs in the evenings)

Dundrum Clinic
Upper Churchtown Road
Dublin 14

087 2392054 or (01) 2983116

Co-ordinated by Dr McGovern and is a community based health service

Addiction Services in the East Coast Area

EAST COAST Regional Drug Task Force

1st Floor Offices
Morton's Lane
Wicklow Town
Co Wicklow
0404 64978

Keri.goodliffe@gmail.com

The role of the task force is to co-ordinate the overall development of drug services in their area. They are very useful to contact for up-to-date information on services

Dun Laoghaire Rathdown Outreach Project (DROP)

45 Upper Georges Street
Dun Laoghaire
Co Dublin
01 2803187

www.drop.ie

Offering: Free & Confidential Rehabilitative Morning Programme, one to one addiction support, cocaine/polydrug service, family support, drug free support, counselling, holistic therapies, education, Community Employment Scheme, harm reduction advice

Forest Healthcare

Glendalough
Co Wicklow
1850 882 772

info@forest.ie

www.forest.ie

Offering: Private residential treatment, counselling, motivational interviewing, family therapy, holistic activities.

HSE Addiction Outreach Services

HSE Outreach services provide Needle Exchange services support and referral as part of an overall Harm reduction Strategy. This confidential service is available to anyone.

Outreach workers in the Dun Laoghaire Rathdown Area

Marlene Smith 0866057149 (Patrick Street)
Sean Mg uidhir 0866057150, (Dundrum)
Michael Gormley 0863803843, (Loughlinstown)

Dun Laoghaire Rathdown Community

Addiction Team

8 Leopardstown Office Park
Burton Hall Avenue
Sandyford Industrial Estate
Dublin 18
01 2176140

www.dlrcat.ie

Offering: Free, discreet and confidential support services including complementary therapies, counselling, drop-in service, family support, individual & group support, outreach and referral

Dun Laoghaire Rathdown Local Drug Task Force

Centenary House
35 York Road
Dun Laoghaire
01 2803335

aoifes@dlrdrugtaskforce.ie

www.dlrdrugtaskforce.ie

The role of the task force is to co-ordinate the overall development of drug services in their area. They are very useful to contact for up-to-date information on services

Hanly Centre

Eblana Mews
Eblana Avenue
Dun Laoghaire
01 2809795

www.thehanleycentre.ie

Offering: Alcohol assessments, counselling, family intervention programme, group therapy, break the cycle programme, life skills in school programme, workshops in alcohol and addiction recovery coaching

HSE Arklow Clinic

Castle Park Health Centre
Arklow
Co Wicklow
01 280 3335

Offering: Methadone treatment, full doctors service, nursing service, outreach

Addiction Services in the East Coast Area

HSE Counselling Services

Centenary House
35 York Road
Dun Laoghaire
Co Dublin

01 2803335

Offering: Addiction counselling services

HSE Killarney Road Addiction Centre

Killarney Road
Bray
Co Wicklow
01 2762918

Offering: Methadone treatment, parent support (Barnardos), full doctors service, nursing service, counselling referral, outreach

Narcotics Anonymous

Nationwide, Various locations
01 672800

info@na-ireland.org

www.na-ireland.org

Offering: Self-help support groups for people with drug related problems

Southside Women's Action Network

57 Ennel Court
Loughlinstown
Co Dublin
01 2825932

swan@swannetwork.ie

www.swannetwork.ie

Offering information and advice on a host of topics from social welfare to family law, drug and alcohol misuse advice and support, health services and support, family support

St John of God Hospital

Stillorgan
Co Dublin
01 2881781

www.sjog.ie

Offering: Inpatient, outpatient, family therapy, detoxification

Toranfield House

Coolakay
Enniskerry
Co Wicklow
01 2762300

www.toranfieldhouse.com

Offering: Private addiction treatment programmes for alcohol, illegal drugs and prescription drugs, on-site detox, behavioural health for dual diagnosis treatment, family care programmes

Wicklow Travellers Group

CEART
Crimion Park
Wicklow Town
0404 61878

youth@wicklowtravellersgroup.ie

www.wicklowtravellersgroup.ie

Offering: Traveller specific service, 10 week drug awareness course for 15-18 year olds, drop-in service for under 18s, boys only group Thursday evenings 6-8pm, mixed group on Wednesday evenings 6-8pm

Family Resource Centres in the East Coast Area

Ballyogan Family Resource Centre

41 Ballyogan Avenue
Carrickmines
Dublin 18
Contact: Collette Farington
01 2953219
ballyoganfrc@gmail.com

Balally Family Resource Centre

The Scout Den
Wedgewood
Dublin 16
Contact: Ann-Marie Duffy
01 2952167
bfrc@gofree.indigo.ie

Ballyboden Family Resource Centre

29 Whitechurch Way
Ballyboden
Dublin 16
Contact: Jean Garland
01 4935953
bfrc@dna.ie

Rosemount Family Resource Centre

3 Waldemar Terrace
Main Street Dundrum
Dundrum
Dublin 14
Contact: Fidele O'Riordan
01 2166131
frcrosemount@gmail.com

Hillview Resource Centre

33/34 Hillview Grove
Ballinteer
Dublin 16
Contact: Gilmar Doyle
01 2965025
greenspace@eircom.net

Greystones People's Project

28 Burnaby Court
Greystones
Co Wicklow
Contact: Nicola Lawless
01 2557528
gpproject@eircom.net

Youth & Family Services in the East Coast Area

Anam Cara

HCL House
Second Avenue
Cookstown Industrial Estate
Tallaght
Dublin 24
01 4045378 or 085 2888888
info@anamcara.ie
www.anamcara.ie

Offering: Bereavement support to parents and siblings

Bray Youth Service (CYC)

St Bricin's
Herbert Road
Bray
Co Wicklow
01 2050502
info@bys.ie
www.bys.ie

Offering: Prevention education programme to 6th Classes in Bray LDTF Area and support in the delivery of prevention education to local youth clubs

Youth & Family Services in the East Coast Area

Breakfast/Homework Club

Marian Centre Ltd
Greenpark Road
Bray
Co Wicklow
01 2861082

mpshwc@eircom.net

Offering: Education & prevention, family support, childcare services and work with children at risk

Dun Laoghaire Youth Service

62 Mulgrave Street
Dun Laoghaire
Co Dublin
01 2806147

Email: dlys@ess.dlvec.ie

www.dlys.ie

Dun Laoghaire Youth Service (DLYS), is a joint project of Catholic Youth Care and Dun Laoghaire VEC. We provide youth work services through area based youth projects (Loughlinstown, Ballybrack, Cois Cairn, Sallynoggin, Shanganagh, Mounttown as well as Central Dun Laoghaire), a playground facility on Library Road, information provision (DLYIC), Boolabus Youth Theatre, Adventure Sports, LAB Garda Youth Diversion Project, Parachute Programme Drug Awareness and the training and support of staff and volunteers.

These projects provide planned educational and developmental projects for young people between the ages of 10 and 21 years of age. Programmes are delivered using a variety of interactive methods such as; drop-in's / youth café's, outdoor adventure sports, the arts, sports, leadership training, young women's and men's groups, residential, drug education programmes and crime prevention programmes for example. If you require more information regarding our services please contact us on the number above.

East Wicklow Youth Service

The Vault Youth Centre
Coomie Lane,
Arklow
Co Wicklow
Contact: Fiona Creedan, Youth Outreach
Worker
0402 39646

Offering: Drug Education cation and prevention work with children in schools, family support, information, advice, after school activities and work with early school leavers and children at risk

Little Bray Youth Project

Little Bray Family Resource Centre
Ard Chualann
Fassaroe
Bray
01 2867644 / 01 2745630

lbfrcadmin2@eircom.net

Offering: Education and prevention, drop in service, advice, information, family support and after school activities

Dun Laoghaire Youth Information Centre (DLYIC)

Youth Centre
Library Road
Dun Laoghaire
Co Dublin
01 2809363

Email: info@youthquest.ie

www.youthquest.ie

The aim of DLYIC is to provide information that is complete, impartial, accurate, practical and up-to-date in an informal and supportive environment. The important element of youth information is that it acts as a first point of contact for a young person. It helps the young person identify where help can be found and supports him/her in availing of that help.

Headlamps

Headlamps School Support Project
St Philomena's Primary School
Ravenswell
Bray
Co Wicklow
01 2860487

Offering: Education and prevention work with children in schools, family support, information, advice, after school activities and work with early school leavers and children at risk

Youth & Family Services in the East Coast Area

Lucena Child & Adolescent Psychiatry Services

Sessa House
Vevay Road
Bray
01 2866886

lucena.bray@sjog.ie

www.lucenaclinic.ie

Offering: Mental health support to children/adolescents

Lucena Child & Adolescent Psychiatry Services

Century Court
100 Upper Georges Street
Dun Laoghaire
01 2809809

lucena.dunlaoghaire@sjog.ie

www.lucenaclinic.ie

Offering: Mental health support to children/adolescents

Lucena Child & Adolescent Psychiatry Services

Summerhill
Wicklow Town
Co Wicklow
0404 25591

lucena.wicklow@sjog.ie

www.lucenaclinic.ie

Offering: Mental health support to children/adolescents

Rainbows Ireland

National Office,
Loreto Centre
Crumlin Road
Dublin 12

01 4734175

ask@rainbowsireland.com

www.rainbowsireland.com

Offering: Programmes to assist bereaved family members

Springboard Family Support Service

27 Ferrybank
Arklow
Co. Wicklow
0402 24828

springboard@eircom.net

Offering: Support to families experiencing difficulty in Arklow town and surrounding areas for example individual work and parenting programmes are offered.

Springboard Family Support Project

C/O Loughlinstown Health Centre
Loughlinstown Drive
Loughlinstown
Co Dublin
01 2814934

springboardballybrack@hotmail.com

Offering: Support to families experiencing difficulty in Loughlinstown and Ballybrack areas for example individual work and parenting programmes are offered.

Southside Travellers

Unit 5, Furze Road,
Sandyford Industrial Estate,
Dublin 18
01 295 7372

sharon@southsidetravellers.ie

Offering: Addiction support, support with advocacy & accommodation, children & young people, health & wellbeing, adult & community education, training & employment

Strengthening Families Programme

Centenary House
35 York Road
Dun Laoghaire
Co Dublin
01 2803335

aofes@dldrugtaskforce.ie

Offering: A 15 week skill enhancing programme that works not just with parents or children alone but with the entire family. The programme aims to improve family life.

Youth & Family Services in the East Coast Area

Teen Challenge

Tiglin
Ashford
Co Wicklow
0404 40010

www.teenchallenge.ie

Offering: Drug prevention and awareness, outreach, pre-induction, rehabilitation and family care programme

Wicklow Child & Family Project

The Mall
Wicklow Town
0404 64725

wcandfp@indigo.ie

Offering: Family counselling, one to one counselling, drop-in support, information and advocacy

St Fergal's Resource Centre

107 Oldcourt Avenue
Bray
01 2760376

sfresctr@indigo.ie

Offering: Adult education, information, childcare, homework club, services for women and a craft room.

Teen Counselling Dun Laoghaire

72 York Road
Dun Laoghaire
Co Dublin
01 2844852

dunlaoghairteenc@crosscare.ie

www.crosscare.ie

Offering: Professional counselling service for adolescents and their families who are experiencing difficulties

Women's Refuge Bray

Bray
Co Wicklow
01 286 6163 (24 hours)
Outreach: 086 803 6595 (Mon-Fri)

bwr@eircom.net

www.braywomensrefuge.com

Providing support and relevant information for women regardless of whether they are resident in the refuge or not. Assisting women to understand their legal rights and entitlements. Increasing general public awareness on the issues relating to domestic violence. Lobbying the state regarding relevant legislation to make Ireland a safer place for all who experience violence and abuse.

Helpful websites

www.citizensinformation.ie Citizens Information is an Irish Government website provided by the Citizens Information Board. The site provides public service information for Ireland.

www.drugs.ie A site providing information and support on drugs and alcohol.

www.samaritans.org The Samaritans provide confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

www.aware.ie Support services helping to defeat depression.

www.childline.ie Safe and secure support for children and teenagers experiencing difficulties.

www.welfare.ie Department of Social Protection website. Promoting active participation in society through the provision of income supports, employment services and other services.

www.garda.ie An Garda Síochána website.

www.hse.ie The Health Service Executive website.

www.svp.ie The Society of St Vincent de Paul website which is a voluntary and charitable organisation in Ireland working for social justice and the creation of a more just, caring nation. This organisation offers practical support to those experiencing poverty and social exclusion, by providing a wide range of services to people in need.

www.mabs.ie Assisting people who are experiencing financial difficulties and are looking for advice on money management.

www.youthquest.ie Dun Laoghaire Youth Information Centre is a free and confidential one-stop shop for information that is relevant to you as a young person. Its aim is to empower you to make informed decisions and positive life choices.

www.paveepoint.ie A non-governmental organisation committed to the promotion and realisation of Travellers' Human Rights. We are a partnership of settled people and Travellers, working together. We operate regionally, nationally and internationally to ensure that Irish Travellers and their counterparts are recognised and respected, that their human rights are implemented, and that inequalities and discrimination faced by Travellers are named and addressed.

www.womensaid.ie Women's Aid is a leading national organisation that has been working to address the issue of domestic violence in Ireland for more than 35 years. Our direct services to women experiencing domestic violence underpin and inform all our work toward ending violence against women.

