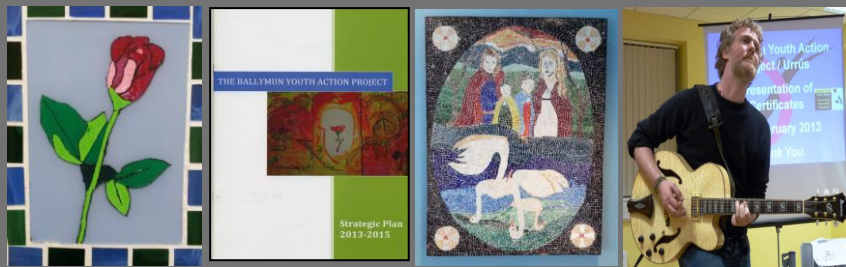


2013

# Annual Report 2013

The Ballymun Youth Action Project Ltd





# **The Ballymun Youth Action Project Ltd. Annual Report 2013.**

## **Chairperson's Introduction:**

The production and publication of this Annual Report is an important opportunity for the Ballymun Youth Action Project to show the work being done, the challenges we are facing and the positive impact being made. In introducing this year's report, I am very conscious of the difficulties faced by individuals and communities as the current economic situation continues to impact on funding and access to resources.

As stated in the conclusion to our Strategic Plan, we believe that a community response to drug and alcohol misuse is central to the development of a comprehensive and integrated local and national strategy. We are aware that it is ambitious to seek development and change when the natural inclination, in times of adversity, is to seek refuge and withdraw. In that context I am happy to point out the new initiatives and programmes highlighted in this the 2013 annual report.

I thank everyone who, despite the challenges created by funding cuts, helped provide a professional and accessible service throughout the year, Thanks to the staff team for their commitment, and to those who used our services over the year. To really reduce the negative impact of drug and alcohol use on individuals, families, and this community, now is the time to engage with the issues. I am happy to state "the Ballymun Youth Action Project is in the vanguard of that engagement".

**Charles Murphy**

Chairperson of Board of Directors.

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## The Ballymun Youth Action Project Ltd. Annual Report 2013.

### **BYAP – Who we are**

The Ballymun Youth Action Project (BYAP) is a community response to drug and alcohol misuse. It was founded in 1981 after three young people from Ballymun died from drugs-related causes. As a response that has come from within the community of Ballymun, we strive to reduce the negative impact of drug and alcohol use on the lives of individuals and families, and on this community.

We seek to do this through

- Working with individuals who are using, reducing, or who have stopped using drugs and/or alcohol;
- Supporting families impacted by drug and alcohol issues;
- Supporting the community in their work of prevention and intervention as responses to drug and alcohol issues;
- And building capacity through training and research.

We believe

- That individuals with addictions can and do recover;
- The families of those affected by addiction do not have to cope alone;
- That the Community can be an effective place to recover.

And our ethos is rooted in

- Valuing individuality;
- Valuing the capacity of individuals, families, and communities.

There are 6 different parts to the Project.

BYAP Core is the original Project. Over time a Day Programme was developed to provide more structured activities. In 1996, Urrús, the training centre was set up. Since then, BYAP has become the project manager for three other initiatives, the Aftercare Team, the Contact Project, and the Infant Parent Support Coordinator. In all there are 16 Staff employed through these different pieces of work.



The work of the Ballymun Youth Action Project is funded from a number of different sources. The HSE, the Local Drugs Task Force, and the Probation Service are the principle funders.

## Context and Key Developments 2013

During 2013 the work of the Project has been influenced in a number of ways by the ongoing national financial situation. Funding continues to be very restricted, with workers in BYAP on reduced staffing levels. The cuts in funding have also affected other agencies and services, leading to an overall reduction in resources available to individuals, families, and communities impacted by drug or alcohol use.

The impact of these cuts was highlighted in the Seminar "Responding to Addiction in a Time of Recession" which was organised by BYAP in June 2013, and the issue was given further attention through the launch of a Community Campaign in October 2013 by Citywide, who have also been working to put drugs clearly back on to the political agenda.

At the same time there is a growing effort to look at the better integration of services and the most effective use of resources. At a local level the *Review of the Dublin North City and County Addiction Service* Report produced by the HSE does recommend significant changes to the way addiction services are provided within the Region, and proposes the inclusion of both drugs *and* alcohol.

The year has also been marked by the tragic deaths of young people. Between 31<sup>st</sup> May and the 10<sup>th</sup> June 2013, five young people died in Ballymun. Their deaths affected the community enormously. There has been a renewal of efforts at all levels to address the needs of this specific group, and to be vigilant about not accepting that this is the fate of our young people.

We also wish to acknowledge the death of Fred Mullin in June 2013. Fred was a member of the Board of Directors of BYAP at the time of his death. Fred has made a huge contribution to the Project over his many years of involvement with us, and he will be sadly missed. We also wish to express our deepest appreciation to David Gibney who resigned from the Board of Directors during 2013, and to welcome Neasa McDonagh who joined the Board during the year.

## Report of Activities 2013.

In the following section the Activity of the Project will be broken down into three sections. The Services Provided to Individuals, the Education and Training services, and the Other Services and Activities.

### A. The services provided to Individuals

During the year, **574** individuals had direct contact with the services of BYAP, through BYAP Core, Day Programme, Contact, Aftercare, or the Infant Parent Support Coordinator.



During that period there were

Face to Face Sessions: Total **4,763**

• 3,013	Individual Counselling Sessions
• 1,154	Key working Sessions
• 385	Brief Intervention Sessions
• 211	Initial Assessments

Other Interventions:

• 471	Programme Sessions Delivered
• 416	Acupuncture Treatments
• 412	Home Visits
• 215	Community Detox Key working Sessions
• 208	Street Outreach Sessions
• 158	Prison Visits
• 104	Drop in Groups
• 99	Prison Programme Sessions
• 96	Interagency Care Plan related Meetings
• 52	Therapeutic Group Sessions

There have also been a whole range of interventions with other groups and organisations in the area which are not recorded as individual contacts. These interventions include:

The Schools Drug and Alcohol Awareness Programme, which originally worked with all of the primary schools in the area, has not been funded since September 2012. However BYAP delivered the programme on a limited basis to 50 local primary school students during 2013, and has provided training and support to all of the local 6<sup>th</sup> Class Teachers in relation to the delivery of the material.

The Boxing Clever Programme, which is delivered in partnership with the Rehabilitation and Integration Service of the HSE, and Dublin City University. The intake on this Course is 22, and the course has just completed its third delivery cycle.

BYAP also works with the Drug Treatment Programme (DTP) and the Detox Programme in Mountjoy Prison. 14 programmes were delivered in 2013, with 126 participants taking part in total

We have also been involved in the facilitation or delivery of pieces of work with the Ballymun Regional Youth Resource (BRYR) the Ballymun Educational Support Team (BEST), Youthreach Ballymun, The Women's Resource Centre, The Ballymun Job Centre, Trinity Comprehensive, Prison Links, Ballymun Local Drugs and Alcohol Task Force, Equal Youth, Care after Prison, and St Margaret's.

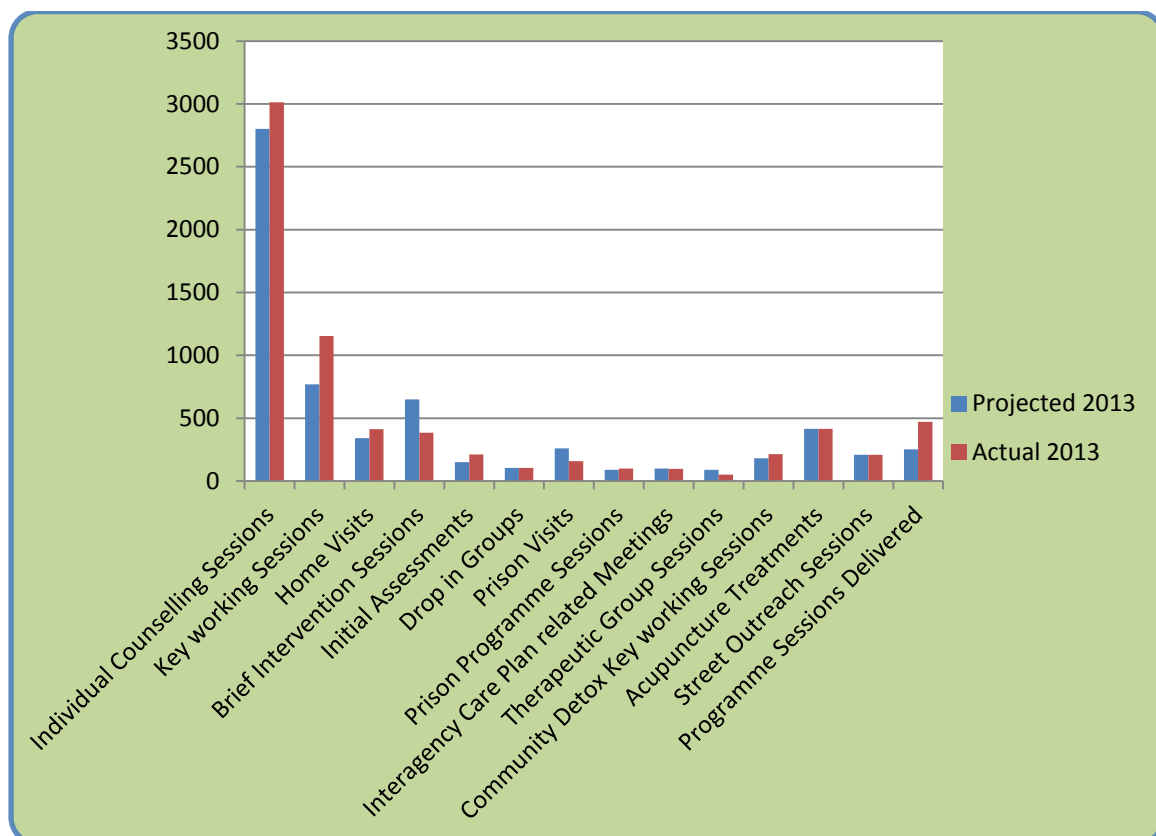


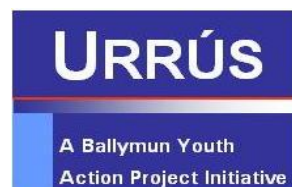
Table 1. Projected and Actual Service Delivery 2013.

During the year there were a range of different programmes delivered to individuals attending the service. The programmes delivered were:

- Cannabis Programme
- Detox Programme
- Relapse Prevention Programme
- Preparation for Community Detox
- Literacy Programme
- Communication Programme
- Topic Groups

## B. Education and Training Services

URRÚS provided training to 529 participants during the year. The courses provided included:



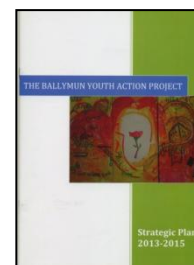
- Community Addiction Studies Course®
- Diploma in Community Drugs and Alcohol Work
- Drug and Alcohol Studies
- Women and Substance Use
- Drug Awareness
- Drug Related Health Issues
- Schools Programme – Teacher Training
- Cannabis Information Sessions
- Introduction and Advanced Introduction to Addiction Studies
- Keyworking and Care Planning
- Community Response to Addiction Issues
- Drug Information & Drug Related Health Issues
- Working with Relapse
- Introduction Level - Motivational Interviewing: Introduction and Intermediate Levels, and Refresher Skills Development Course.

In relation to the **Community Addiction Studies Course**, CASC, 7 Areas completed the module in Summer 2013, with two deliveries in Ballymun. 184 participants undertook CASC during this period. 50 Certificates will be presented to the participants who completed the CASC and the Drug and Alcohol Studies (also at FETAC level 5) in the Ballymun Area during the year. From September 2013 eight new deliveries of CASC started, in Blanchardstown, Ballyfermot, Athy, Newbridge, DunLaoghaire, Limerick, and two CASC courses in Ballymun (one evening time and one during the day)

## C. Other Services and Activities

### Service Developments

The **Strategic Plan 2013-2015** of the Ballymun Youth Action Project was officially launched 24<sup>th</sup> June 2013, by Róisín Shortall T.D. The Plan clarifies our current priorities and provides a framework for the development of our services into the future.



The **Boxing Clever Programme**, which is a 20 week health and fitness/educational programme for participants who are highly motivated and stabilised in their drug use, and/or drug free. It is a partnership programme between BYAP, HSE Rehab and Integration Service, URRÚS, and DCU. The most recent delivery, which started in September 2013, included a fully accredited CASC Module.



During 2013 the **Infant Parent Support Project** became well established. The initiative was developed to meet the needs of children and parents where there are issues related to problem drug and/or alcohol use antenatal and in the infant stages of the child's life. As the first project of its kind nationally, the initial year has been an important one as the Coordinator worked to establish the project and to identify the best ways of working with this group.

### Community Detox.

The Community Detox supports people to reduce or stop their use of methadone or benzodiazepines through a structured non-residential process involving key workers and prescribing doctors. The Community Detox may be chosen as a alternative to residential detox, or as a necessary step toward meeting entry requirements for residential detox. BYAP plays a significant role in the delivery of this service within Ballymun, through the provision of the "Broker" role, and a significant amount of key work with people undertaking a detox.

By December 2013, twenty six individuals had entered the Community Detox Programme, 21 males and 5 females. The main substance for detox was benzodiazepines, followed by Zimovane, then Methadone. There were 11 GP's involved with the Community Detox Programme during 2013, and by the end of 2013, 13 of those who had started the community detox during the period had completed their detox.

BYAP has been involved in the delivery of the **Drug Treatment Programme** in Mountjoy Prison since it started, with six programmes being delivered each year. In 2013 an extra programme, focusing on detox, was initiated by the Prison service, and BYAP took on additional delivery within this programme. Supplementary to the Prison programme BYAP has also been involved with the following Department of Justice initiatives; the "Community Return Scheme", "Restorative Justice", and the Drug Courts.



Informed by the Ballymun Community Alcohol Strategy, and the wider policy shift to include alcohol within the remit of addiction services, significant work was undertaken during 2013 towards the development of a **community alcohol treatment project**, and BYAP have been involved in the development of this exciting new initiative.

The Day Programme also published a **Quarterly Newsletter** which has proven to be a very effective platform for people to have their writing presented to a wider audience. Our thanks to the BLDATF for funding this initiative, and for all those who contributed articles, poems, and reflections, and to those who helped in the design and layout of the final version of each newsletter.





In Sept 2013 the **ACI** (formerly IAAAC), which is the main professional body for addiction counsellors in Ireland, gave official CPD (Continuing Professional Development) recognition to 10 Courses being delivered through URRÚS/ BYAP. This means that qualified counsellors who attend these training courses with us will be able to include them as part of their ongoing professional development.

In July 2013 Ballymun was selected as one of the first **Youth Guarantee Schemes** to proceed in the EU. Under the Pilot Project a range of organisations and services will team up to provide work, training, and education opportunities for young people in the area. BYAP involvement is in addressing the needs of “young vulnerable people facing multiple barriers”, and in particular substance misuse related barriers.

The ongoing development of the **Ballymun Family Support Service**, which is managed by the STAR Project, has led to greater links between the Service and the Ballymun Youth Action Project. In that context BYAP was happy to provide office space and the use of counselling rooms in order to help meet the growing demand of concerned others affected by a loved one’s use of drugs/alcohol.

## Events.

### Seminar “Responding to Addiction in a Time of Recession”.

BYAP hosted a gathering on the 24<sup>th</sup> June 2013 of Community and Voluntary Agencies, Funders, Local People, and Political Representatives, and sought to explore the impact of funding cutbacks, and the implications for this particular sector. Over 80 participants took part representing a wide range of organisations and local communities.



Róisín Shortall T.D. described the seminar as providing a “critical space” to reflect on what amounts to a slow dismantling of the safety net that has been created within local communities, leading to the re-marginalisation of particular areas.

Brian Harvey, having outlined the scale of the withdrawal of resources from community-led responses to poverty and social inclusion, particularly since 2002, echoed the sense among those present that no one could have anticipated the wave of destruction of our social, community development infrastructure that we are experiencing, where Ireland was previously seen as a European Leader in this regard. Mary Ellen McCann illustrated the intimate connection between community issues and drug problems, and she stressed that the Community needs to tell the community story.



A clear message was given regarding the importance of holding on to the developments within the sector that have been created over the last thirty years,

and the “footholds that have been gained” in the creation of community responses and systems.

On the 4<sup>th</sup> November 2013, 23 students from the Diploma in **Community Drug and Alcohol Work** (Dip CDAW) were in UCD to receive their Diplomas. In addition 24 Students began the new cycle in September 2013.



### **Certificate Presentation Events.**

The increased number of programmes delivered during 2013 meant that we had to have two certificate presentations during the year.



The first event took place on the 28<sup>th</sup> of February, with certificates presented by Glen Hansard. 52 people were presented with certificates on the night, for Day Programme and URRÚS Courses. There was a great turnout on the night, and participants from the various courses gave accounts of their experiences. Glen picked up on these themes in his own presentation, and finished off with an impromptu rendition of “Low Rising”, much to everyone’s delight.

The second certificate presentation took place on the 14<sup>th</sup> November, and certificates this time were presented by Emer Costello, MEP, and former Lord Mayor of Dublin. 56 people received certificates on the night, again for both Day Programme and URRÚS Courses, with 80 certificates being presented in total. As each new certificate presentation event is being prepared, more and more people are putting themselves forward to say a few words about what these Courses mean for them, and this time there were plenty of speakers talking about their experience, their hopes and their plans for the future. Our thanks to Glen and Emer for taking the time out to celebrate these events with us during 2013.



As in previous years BYAP organised the Friends remembering Friends Service on the 11<sup>th</sup> February 2013. This event each year invites us to stop and remember those who have died belonging to us. We do this so that their lives are not forgotten, and what they have given to us continues to be celebrated. The theme for this year was “Wishes and Best Wishes”, and each year more and more people have become involved in the planning and organising of the event.

### Art Stairwell Mosaic.

At this stage there are a range of art pieces around the Horizons Building that have been produced by people with a connection to the Project, with many of these being showcased during the 30<sup>th</sup> Anniversary Art Exhibition. In 2013 another piece, "The Children of Lir" was presented to BYAP by The Art Programme Participants in Mountjoy Prison.



BYAP would like to thank everybody who has been involved with us over this last year. In a time of real challenge we have been very struck by, and supported through, people's generosity and commitment. In particular we would like to thank the Company Members, the Board of Directors, the Staff team, and all the people who have used our services over the year. We would also like to acknowledge our gratitude to Supervalu Ballymun, St Francis Xavier's, Bizquip, Tiger, Youthreach Ballymun, and IKEA, for their support during 2013. Through people's generosity we were able to hold the conference in June, celebrate Friends Remembering Friends, and to redecorate the Day Programme room.

## Appendix 1: Financial Statement

### Income and Expenditure Account for the year ended 31 December 2013

<b>Income</b>	<b>793,850</b>
<b>Expenditure</b>	
Cost of Generating Funds	60,207
Direct Charitable Expenditure	827,229
Governance Costs	6,938
<b>Total Expenditure</b>	<b>894,374</b>
Excess (Deficit) Income for Year	
General Fund	(100,524*)

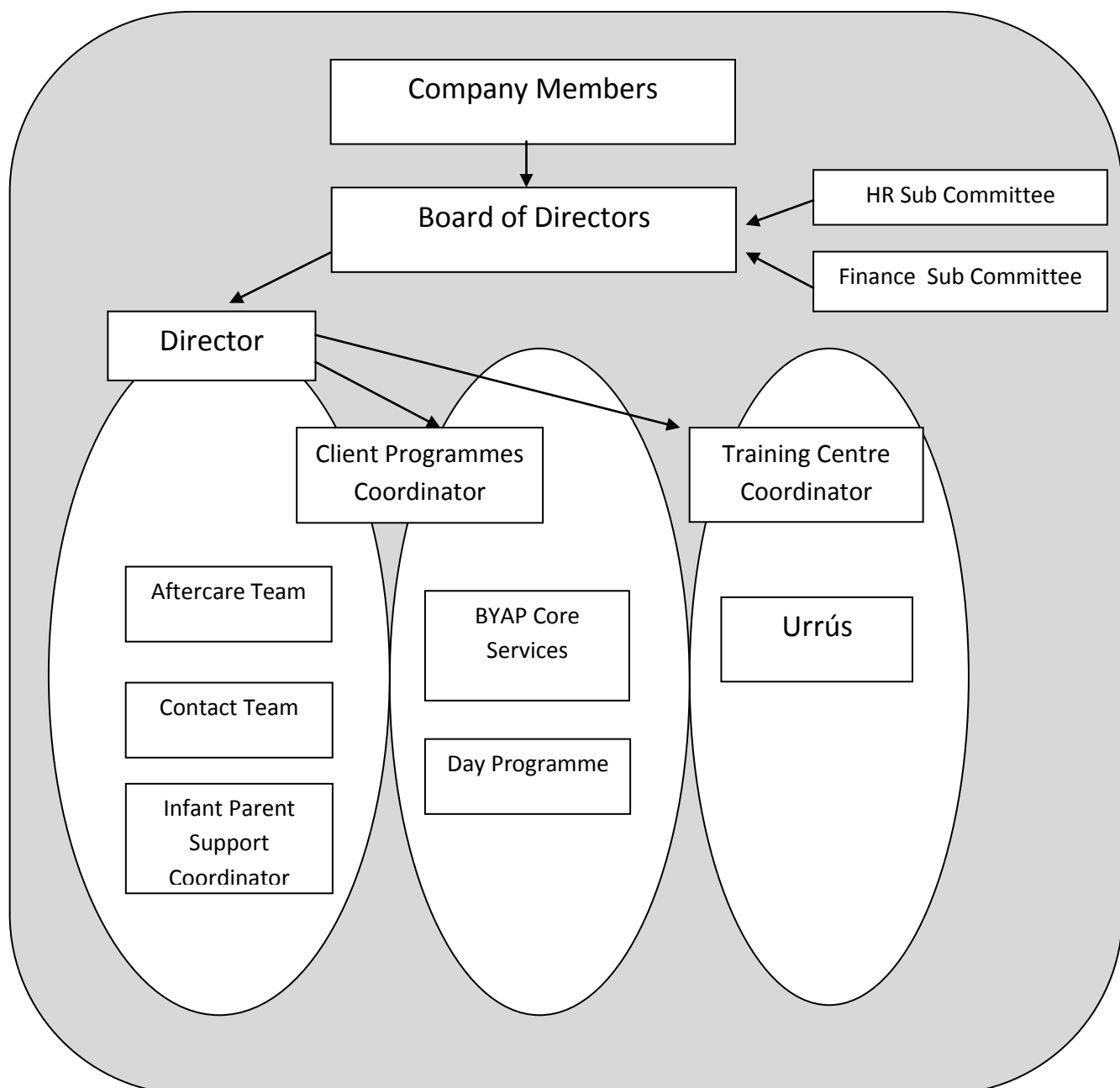
\* €55,000 funding, for work to be done in 2013, was received at the end of 2012 rather than in 2013, and accordingly does not appear as income in the 2013 accounts. This reduces the effective operational deficit to €45,524 for 2013. This shortfall was met from general fund reserves. Recognising the very significant impact of overall funding cuts during the last number of years, and the inability to maintain such a deficit on an ongoing basis, BYAP is actively pursuing additional revenue streams to address this crucial challenge.

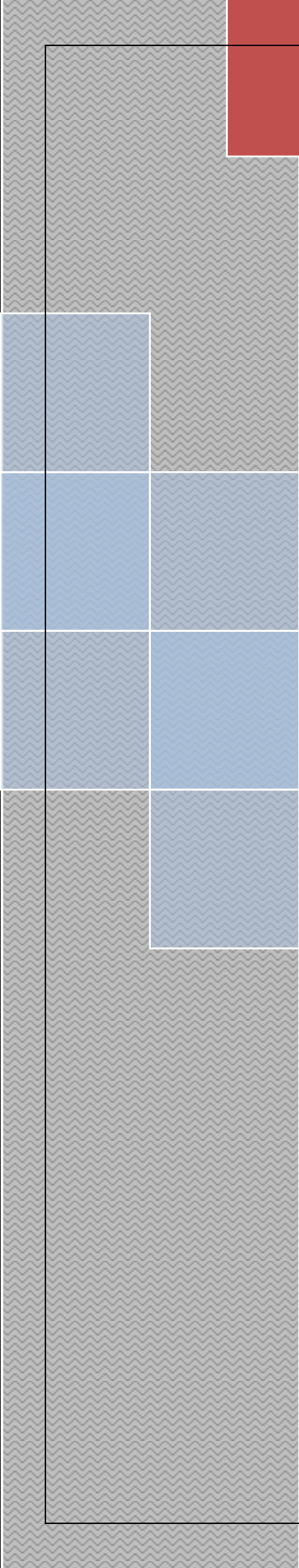
## Appendix 2:

### Ballymun Youth Action Project: Board of Directors: 2013.

Charles Murphy: Chairperson.  
 Pat Carey: Vice Chair.  
 Marian Hackett: Secretary.  
 Margarete McGrath: Treasurer.  
 Niall Guy  
 Fred Mullin (Died June 2013)  
 Neasa McDonagh

### Appendix 3: Ballymun Youth Action Project: Organisational Structure 2013





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