



Inchicore Bluebell Community Addiction Team

Annual Review 2014



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Project Director's Report



2014 started as the last 5yrs started with further reductions in our funding through government austerity measures, which again had the knock on effect to our ability to provide services. Most staff had to take reductions in hours to their working week therefore compromising their ability to fully provide services to our client group in a way we would like. However despite the challenges the team faced they still managed to maintain a high level of client contact and effective programmes.

This year showed impressive increases to our aftercare group by 28% compared to 2013 which showed the need for people to access supports to maintain their drug free status and sobriety. This in turn has direct social impact within our communities and given people hope in recovering from their addiction. In an attempt to continually respond to the needs of our service users we initiated another new group dealing with poly-substance misuse titled "Let it Shine" this was a pilot programme that was run out from September and had a mixture of approaches including CBT, Psychoeducational, contingency management and harm reduction. The outcomes are in the appendix but it saw significant reductions in the groups drug use with financial savings going back into the household. Our Bluebell Project also worked hard in developing their service outreaching and attracting new clients from the Bluebell area. Our childcare project continues to have significant impact in the lives of pre-schoolers and after school children. A highly skilled and dedicated team work hard to ensure that our little ones have a safe and thriving environment to support parents and assist in their development.

The end of the year saw a change in the leadership of the organisation. It is at this point that the organisation has to say a massive heartfelt thank you to the leader of the organisation for the last 15yrs - Celine Martin. Celine has worked extremely hard, with vision and determination to create an excellent service which has the client at the core of its values. She steered the organisation through growth, mergers and more recently the austerity measures. Without her selfless dedication to the organisation it wouldn't be in the strong position it is now. I personally would like to thank Celine for the support she graciously showed me in the handover period and handing over a fantastic organisation with a great staff team.

So finally it leaves me to introduce myself, I have worked in health care, addiction and social enterprises as a Nurse and Manager for the last 25 years in Scotland, England and currently Ireland since 2006. I relish the opportunity to work with this great organisation and continue to develop the service delivery from such strong foundations. I look forward to serving the community to assist the most marginalised people in our community and also to work with other community stakeholders to develop the local area and support people reaching their full potential. I look forward to meeting you all.

Stuart Fraser
Project Director

Our Vision

Our vision is that all those living with addiction in Inchicore and Bluebell will have access to a holistic addiction service locally.



Mission Statement

Our mission is to provide a quality service to those living with addiction from the Inchicore and Bluebell areas and to promote local responses to these issues.



Our Values

The Inchicore Bluebell Community Addiction Team works in a confidential and non-judgemental way with all those struggling with drug addiction. We operate our service based on mutual respect, dignity and equality. We respect and listen to the voice of those who avail of our service. Self care and self empowerment of all those who attend or work in our project are of paramount importance.

Our Target Group

1. Those who struggle with a wide variety of drug and alcohol addiction
2. Parents coping with addiction and their children
3. Family members
4. Inter agency / Community work.



Our Strategic Goals

1. To provide a safe environment where people affected by addiction can explore in a non-judgemental way the issues that are impacting on their lives.
2. To promote opportunities for individuals to move out of the cycle of addiction.
3. To develop opportunities for children and young people to reach their full potential.
4. To identify gaps in service provision and initiate local responses.
5. To promote a better understanding of how the addiction problem impacts locally and increase the community awareness of drug and alcohol issues.
6. To develop the structures, roles and responsibilities in accordance with the strategic plan.



Services Delivered in 2014

The Inchicore Bluebell Community Addiction Team provides a wide range of services to those struggling with addiction, their children and their families. During 2014 we had 25,311 intervention types with those who need us in the community. The usage of some of our services has once more increased between 2013 and 2014. *Below is a table of some of our interventions.*

Name of Service	Interventions 2014 (Inchicore)	Interventions 2014 (Bluebell)
Aftercare Group	252	
Alternative Therapies	241	142
Brief One to One	2410	507
Cannabis Support Group	126	
Children's Project Afternoon Group	1335	
Children's Project Drop In	65	
Children's Project Morning Group	1267	
Client Phone Calls	3702	860
Crisis Intervention	219	35
Drop In (morning and afternoon)	2588	1420
Family Support	204	
GP Visits Facilitated	81	
Men's / Women's Group	167 (417.5 hours)	205 (512.5 hours)
Outreach	808	36
Polysubstance Misuse Group	93	
Planned One to One - Keyworking	1399	652
Prison Visits	305	
Professional Counselling Session	352	113
Professional Phone Calls	812	162
Street Contacts	338	84
Work with Child/Parent/Family/ Parenting Programme / Group Work	352	

Services Delivered in 2014



In 2014 we delivered over 465 professional counselling sessions and 2051 planned 'one to one - keyworking' visits. Our bereavement counselling sessions are funded by TUSLA. This work can be a lifeline to those who have lost loved ones in tragic circumstances.



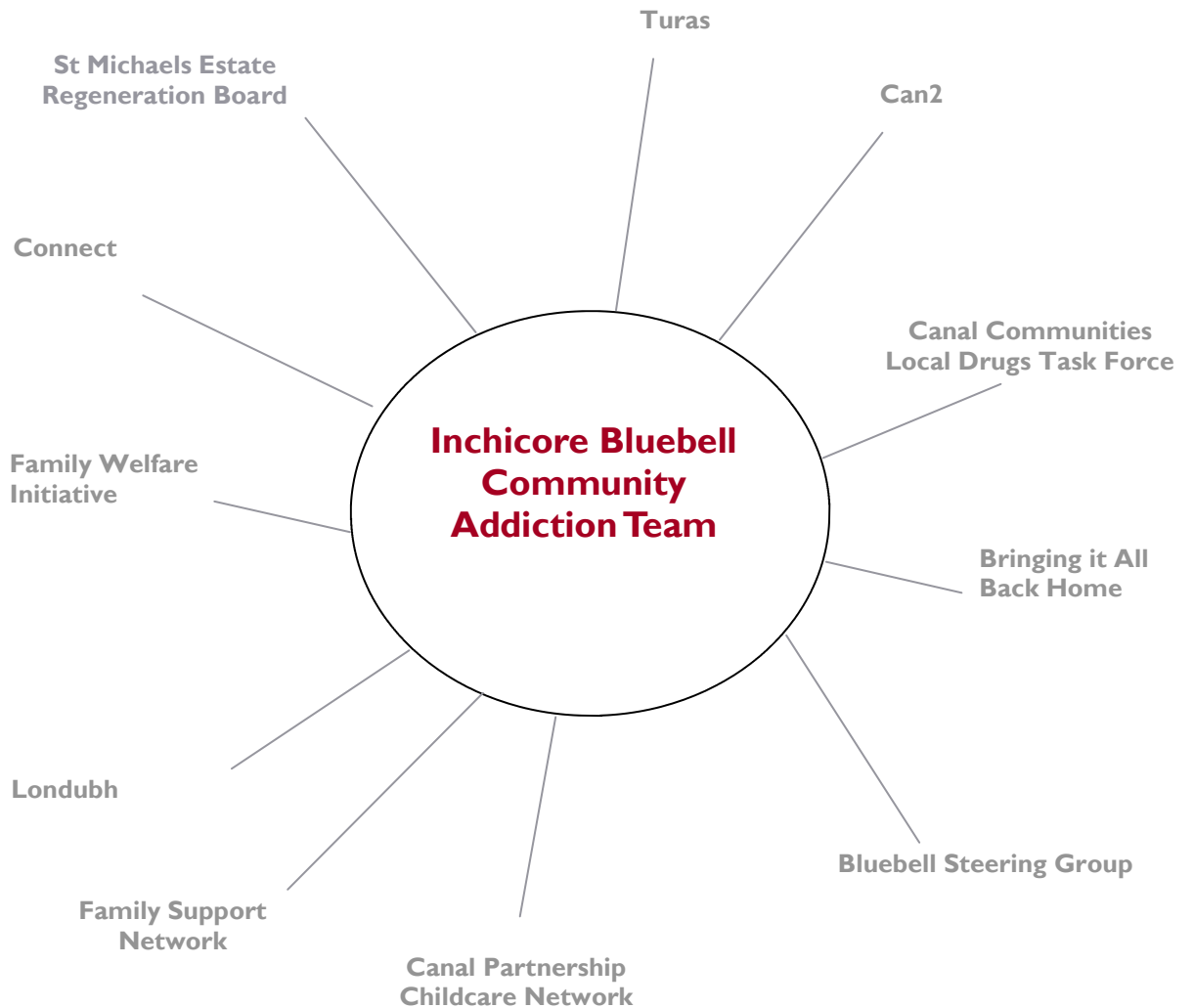
We had 2667 visits to our Children's Project during 2014. Children engage in educational and developmental play and have a hot meal each day.



At Christmas we distributed hampers to 41 families, toys to 22 families, 12 turkey and ham vouchers from butchers and 10 turkeys. These were donated in conjunction with the CDP, Goshen Food Bank Redeemed Christian Church, Calvery Christian Centre and the St. Vincent De Paul

Our Community Involvement in 2014

We continued to be the voice of those struggling with addiction and their families throughout 2014. We represented the Inchicore Bluebell Community Addiction Team in the following areas;



Project Report

Suicide Prevention - Continuation of this vital service

In 2014 we continued our specialist counselling and support service for those who present to the service with suicidal ideations. This service operates due to vital grant aid from ESB ElectricAid. This has proved an invaluable service to our clients who are suffering with mental health problems alongside their addiction.

The logo for ESB Electric Aid Ireland, featuring the text "ESB ELECTRIC AID" in a bold, blue, sans-serif font, with "IRELAND" in a smaller, blue, sans-serif font below it.

We have noticed an increased demand for this service during 2014. The project has worked on a client centred basis, meeting individual needs with intensive follow up work and support. We link in with St. James's Psychiatric Team as part of this work.

We also drew together a number of local community projects struggling with suicide presentations in the work. This group has identified the need to develop a suicide protocol to help workers when the issue of suicide presents. This need is expanding across our community.

Christmas Tree of Memories, Hopes and Wishes.

For the eighth year the Christmas Tree Lighting Ceremony was held in the grounds of St. Michael's Church opposite Kavanagh House. A Christmas Tree Planning Group involving most of the community based projects in Inchicore met on a weekly basis to work on the project. The symbol of the star was chosen to represent those who have died tragically within Inchicore and Bluebell. Many groups were involved in making the stars.

Our celebrities in attendance this year were singer Brian Kennedy and Conan Byrne From St. Patrick's Athletics.

Christmas can be a lonely alienating time for those marginalised in our community and an event like this can be invaluable for creating a sense of belonging at this time of year.



Top: Some organisers of the event along with the tree.
Above: Singer Brian Kennedy along with Conan Byrne, St. Patrick's Athletic Football Club

Project Report

Cannabis Group

During 2014 we continued the very successful Cannabis Peer Support Group. Clients from both Bluebell and Inchicore attend the group on a Monday evening for 2 hours. It provides a safe space where users can explore their cannabis use and make more informed choices.

Those who attend learn how to set goals around reducing their use. They have an opportunity to practice new skills and learn how to cope with cravings. They gain a deeper understanding of their addictive behaviours and become aware of the impact of their cannabis use on themselves and others.

Clients are evaluated every three months on how their cannabis use is affecting them financially, physically, emotionally and socially. This evaluation then places the service user on the 'cannabis ladder' scale and allows the community addiction worker to track progression among the group.

We aim to continue this group throughout 2015 and maintain the steady attendance which we have had.



Our Cannabis Support Group meets weekly on a Monday evening.

'I feel a lot more confident since joining the group and have learned a lot about triggers. I have cut down on my weed use and have more structure to my week. I was anxious about joining the group but I have really enjoyed the chats and supports within the group.'

Member of Cannabis Peer Support Group 2014



Some of the members of the Family Support Group on their retreat. This retreat was part-funded by the Local Drugs Task Force Respite Fund

Family Support

The Family Support Group provides a forum for those living with addiction to meet and share information and support one another. It is facilitated by our Family Support Worker. It meets weekly on a Tuesday evening.

In 2014 two members of the group attended the National Family Support Annual Conference. The group also went on a retreat to a holistic centre in Co. Westmeath.

The family members live with addiction in their lives. These retreats and the weekly group provides a safe space for them to socialise and learn new skills.

Project Report

Polysubstance Misuse Group

In 2014 we started a new Polysubstance Misuse Group in response to a worrying trend among service users around the misuse of several drugs and alcohol.

The aim of the group was to give those attending factual, relevant information so that they could be more aware of their drug use and make more informed choices. The group was designed to encourage the clients to build on their own individual resources. Peer support was encouraged at all times.

The group was called the Let it Shine Group and attendees were given 'loyalty' cards with incentives for regular attendance.

10 clients took part in the assessment. All 10 clients were on the methadone programme. All participants were poly-substance misusers. The amount of different drugs used by the group ranged from 3 to 7 weekly with the average client using 5 different drugs weekly. The group consisted of long-term experienced drug users, 5 males and 5 females. The age range was 31 to 52 with the average 38.



Recent years have seen a shift in the drug use of service users. With polysubstance misuse a worrying trend. The main drugs used would be benzodiazepines, alcohol and methadone



Our Polysubstance Misuse Group met weekly during 2014.

The following findings were evaluated using the 'happiness scale'. Attendees saw an increase in 'happiness' in all areas of their lives;

Drug Use:	+14%
Job / Education	+37%
Money Mgt	+26%
Social Life	+38%
Personal Life	+13%
Relationships	+32%
Legal Issues	+15%
Emotional Life	+34%
Communication Skills	+27%
General Happiness	+39%

Progression

Two of the clients who attended the clients went on to enter stabilization and detox programmes. Another client started studying social studies and links in with a progression worker. Two more clients are also linking in with the progression group with one of these having completed a jobs club programme.

Addiction Service Report

Drop In

Throughout 2014 we continued to provide a drop in service for our clients. It operates daily from 2.30 – 4.30pm and operates on a harm minimisation ethos. Clients are offered a hot meal and cup of tea.

Throughout the year we offered workshops and information sessions for clients. Areas covered included Cannabis Use, Social Welfare Rights, Coping with Benzo withdrawal Symptoms, Alcohol Awareness, Hepatitis C, Positive Self-esteem. There were day trips planned to Bray, Dublin Castle, Kilmainham Gaol and the Royal Hospital in Kilmainham.

We held a very successful creative writing course whereby a facilitator funded by D.C.C. Came to the drop in and worked on various pieces of writing, poetry and reflections with the clients. They found this very therapeutic.

In 2014 we provided a harm reduction / needle exchange during drop-in each Friday from 4-5pm. This service was facilitated by the HSE.



Above: Drop in provides a safe space for clients to socialise in a non-judgemental environment.

Prison Links

Our prison links service continued to support those service users currently in prison and upon their release. We worked to develop an open and trusting relationship with these clients who can be referred from many areas such as Prison Staff, Family Members, Self Referral, Solicitors, Probation Services or Local Agency Staff.

We currently support approximately 22 clients who are in the prison service and carry out about 9 visits per week. Our Prison Links Worker supports service users to make the most of their time in prison. We also support them upon release with support on positive reintegration into the community and practical help around housing, jobs/training, physical and emotional health.

Our prison links worker also networks with other Community Prison Links workers in the greater Dublin area and with the Probation and Welfare services on behalf of the project.



In 2014 there were 305 prison visits. The main prisons we visit are Mountjoy, Cloverhill and Wheatfield.

Addiction Service Report

Women's Group

Our Women's Group ran throughout 2014. This year was the second year running with women from both Inchicore and Bluebell. The group ensures that the women who access our service have a safe and confidential environment to discuss women's needs.

The group engaged in a pottery workshop, motivational interviewing, effective listening skills, group work, harm reduction sessions, sexual health sessions and beauty therapy. The Women's Group held a graduation ceremony for those who attended in 2014.

The Women's Group is facilitated jointly by the Canal Communities Local Drugs Task Force and IBCAT.



We held 167 Women's Groups during 2014 with an average of 11 women attending.



The Men's Group participate in workshops around Parenting, Active Listening, Conflict Resolution, Anger Management, Triggers to Use.

Men's Health Group

Our Men's Health Group is for adult male clients aged 18 and upward. This group is made up of active drug users who may or may not be on a methadone programme. The aim of the group is to educate the clients on physical and mental health issues and to create a sense of belonging in the group.

The men meet each Friday for breakfast in Bluebell and participate in a varied programme of workshops. In 2014 we had service users from both the Inchicore and Bluebell projects.

Other Events and Service throughout 2014

- Support GP Clinic
- Auricular Acupuncture
- Alternative Therapies
- Craft Workshops
- Christmas Events
- Sports Afternoon
- Benzo Workshops
- Parenting Skills
- Outreach
- Intercultural Work
- Continuation of Harm Reduction Programme with HSE

Progression & Aftercare Work

With the funding and support of the Oblate Community and The Sisters of Mercy we have been in a position to provide progression and aftercare support to those who are actively engaged in ceasing their drug or alcohol dependency.

This has been a huge success with a vibrant and active attendance at weekly meetings and in one to one work.

Many clients have been referred on to residential detox units and treatment centres such as Keltoi, Cuan Dara, Coolmine and Simon Detox. We aim to continue this service throughout 2015.

Childcare Service Report

Morning and Afternoon Groups

Our morning and afternoon groups continued to be very busy throughout 2014 with 1267 visits to the Morning Group and 1335 visits to the Afternoon Group.

We also provide a Drop In service for those parents who are accessing other services in the project. In 2014 we had 65 visits to this Drop In service.

In addition to our usual service provision during 2014 we provided the following;

- 6 week Summer Project
- Summer Project Residential Trip to Cavan Centre
- Toddle Waddle Annual Walk
- Easter Camp
- Halloween Camp
- Christmas Party
- Art Therapy Workshop
- Parent / Child Play Morning
- Visit by Dentist & P.H.N.
- Family Welfare Response Initiative
- Effective Parenting Group



The summer activity programme is fantastic for the children. It introduces them to new experiences and most importantly is great fun!

The Next Step Group

In 2014 we continued with our on-going programme for children between the ages of 15 to 18 year olds. All of these young peoples' lives were affected by the misuse of drugs.

The group aimed to build self esteem, communication, relationship skills and personal development. Emphasis in the group was on fun and participation. We had extremely good attendance and have had very positive feedback from those young people attending the group.

This group has been a resounding success and we are actively researching fundraising opportunities to allow us to continue it.



Spending time with animals can be very therapeutic for children living in a stressful environment.

Childcare Service Report

Wednesday Group

Six 6th class children attend our weekly 'Wednesday Group'. Our Childcare staff work with these vulnerable children to help them with their transition from primary to secondary school.

Topics covered include self-esteem, bullying, identifying supports within their family and the community, life skills and safety. This work is of enormous benefit to these children who are making a major transition in their lives.



6th class to Secondary School can be a major change for these girls. Being part of a group can be a great support and stability for them during this time.



Outreach

Outreach also formed part of our work in 2014. When families were finding it difficult to cope and were isolated we provided outreach services. These outreach visits can often give us a good insight into the child's family life and allow us to engage with them in a more meaningful way. They included school collections, individual work with parents and facilitating professional and medical appointments.

Many thanks to the Oblate Community of St. Michael's who continue to facilitate us with the use of the DeMazenod Centre for our group work



Toddle Waddle and Parents Afternoon 2014

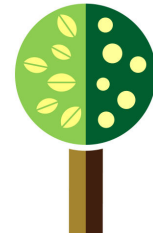


Trip to Causey Farm 2014

Our Funders in 2014



Department of Justice, Equality and Law Reform
An Roinn Dlí agus Cirt, Comhionannais agus Athchóirithe



ESB ELECTRIC AID
IRELAND



Department of Health & Children
AN ROINN SLÁINTE AGUS LEANAÍ



The Community Foundation for Ireland
10 YEARS Strengthening Communities through Philanthropy



An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

Katherine Howard Foundation



Seirbhísí Oideachais Leanúnaigh agus Scileanna



Canal Communities
Local Drugs Task Force



An Roinn Sláinte
DEPARTMENT OF HEALTH
DRUG PROGRAMME UNIT



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Dublin City
Baile Átha Cliath



National Development Plan 2007 - 2013

Cork Street Fund

Pro-bono work by a number of organisations greatly appreciated.

Our Team

Stuart Fraser - Project Director
(Management Team)

Addiction Team

Greg Christodoulou - Project Co-ordinator (Management Team)
Marie Dunne - Community Addiction Worker/Family Support
Michelle Dunphy - Community Addiction Worker
Mark Kane - Progression Worker
Michael Walsh - Community Addiction Worker (Bluebell)
Sandra Walsh - Community Prison Links Worker
Sara Toal-Dunne - Community Addiction Worker (Part-time)
Mark Ward – Community Addiction Worker

Sessional Staff

Kathy Grace (Counselling)
Monica Gorman (Suicide Counselling)
Mick Murran (Counselling)
Marie McEwen (Alternative Therapies)
Childcare Relief Workers
Addiction Relief Workers

Inchicore
Bluebell
Community
Addiction Team



Childcare Team

Suzanne Woods - Childcare
Co-ordinator (Management Team)
Michelle Moran - Childcare Worker
Katya Mealy – Childcare Worker
(part-time)
Jessica Piggott - Childcare Worker
(part-time)

Administration & Household Team

Michelle Walsh - Finance and Administration
(Part-time) (Management Team)
Jenny Banks - Fundraising and Communications
(Part-time)

Community Employment - Solas

Gerard Golabeck - Reception (Tús)
Bernard Moran - Housekeeping
Jessica Sinclair - Childcare
Tom Long - Support (C.E.)
Emma Stephenson - Childcare (Tús)
Nicola Whelan - Reception (C.E.)
Alex Vdovykovskyy - Reception Bluebell (C.E.)

Appendix I - Plan for 'Let it Shine' Group

Who's it for?

The group is open to all clients who are using more than one drug type.

Aim:

The aim of the group is to give the clients factual, relevant information so that the client can become more aware of their drug use and make more informed choices. The group is designed to encourage the clients to build on their own individual resources in a non-judgemental environment. Peer support is to be encouraged at all times.

Contingency Management:

Contingency Management is particularly useful in group therapy settings which meet once a week. But in general, contingency management can work when facilitators follow three basic principles:

1. Frequently monitor the behaviour that you are trying to change (attendance, behaviour in group, etc.)
2. Provide tangible, immediate positive reinforcement each time that the behaviour occurs such as vouchers.
3. When the behaviour does not occur, withhold the positive reinforcement. In this way, Contingency Management interventions can effectively help:
 - reducing alcohol and drug use
 - retain alcoholics and addicts in treatment programs
 - Promote positive contributions to society.

Plan for positive reinforcements;

Every group that a client attends and participates and abides group rules = 1 credit

Attend and participate and abide by group rules and collect 4 credits = €10 phone credit

Attend and participate and abide by group rules and collect 8 credits = €20 food voucher

Attend and participate and abide by group rules and collect 8+ credits = Graduation Meal €20

Appendix II - Evaluation of 'Let it Shine' Group

10 clients took part in the assessment. All 10 clients were on the methadone programme. All participants were poly substance misusers. The amount of different drugs used by the group ranged from 3 to 7 weekly, with the average client using 5 different drugs weekly. The group consisted of long term, experienced drug users, 5 males and 5 females. The age range was 31 to 52, with the average age 38.

The following report is based on the current drug use tool from the comprehensive assessment.

Heroin.

Prior to the group 8 clients were using heroin on a weekly basis. The average money spent weekly on heroin was €115 per person. After the 12 week programme only 3 clients disclosed that they were using heroin weekly, that equates to a 63% decrease. The average money spent decreased to €32, that's a 74% reduction.

Cannabis.

Prior to the group 5 clients were using cannabis on a weekly basis. The average money spent weekly on cannabis was €97 per person. After the 12 week programme 4 clients disclosed that they were using cannabis weekly, that equates to a 20% decrease. The average money spent decreased to €45, that's a 54% reduction.

Alcohol.

Prior to the group 5 clients were using alcohol on a weekly basis. The average money spent weekly on alcohol was €102 per person. After the 12 week programme 3 clients disclosed that they were using alcohol weekly, that equates to a 40% decrease. The average money spent decreased to €52, that's a 49% reduction.

Crack Cocaine

Prior to the group 4 clients were using crack cocaine on a weekly basis. The average money spent weekly on alcohol was €225 per person. After the 12 week programme 2 clients disclosed that they were using alcohol weekly, which equates to a 50% decrease. The average money spent decreased to €25, that's a 89% reduction.

Benzodiazepines

While 8 clients disclosed that they used benzodiazepines only 4 said that they bought illicit benzodiazepines. The average money spent weekly on benzodiazepines was €27 per person. After the 12 week programme 3 clients disclosed that they were using benzodiazepines weekly, that equates to a 25% decrease. The average money spent decreased to €15, that's a 45% reduction.

Appendix II - cont.d

The following findings were evaluated using the “happiness scale”. There was an increase in happiness in all area of their lives;

Drug Use +14%

Job or Educational prospects + 37%

Money Management + 26%

Social Life + 38%

Personal Life + 13%

Relationships + 32%

Legal Issues + 15%

Emotional Life + 34%

Communication Skills + 27%

General Happiness + 39 %

Progression

One client entered the Lantern detox facility and detoxed from methadone a 6 week period. He then went to High Park for a further 12 weeks treatment. At the present time he is drug free and links in with our aftercare worker. One client started studying social studies in the Parnell education programme. She is still taking part in this course and is linked in with the progression worker. One client entered Cuan Dara to stabilize on methadone and to detox from alcohol. This client was a long term drug user and chronic alcohol user. She is now alcohol free and links in with our progression worker. One client completed a jobs club programme and is also in the progression group. One client is now part of our progression group.

www.ibcat.ie

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