

2014

# Annual Report 2014

The Ballymun Youth Action Project Ltd





# The Ballymun Youth Action Project Ltd. Annual Report 2014.

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## Chairperson's Introduction:

It is a pleasure to introduce this year's annual report. Our new Patron, Glen Hansard, sets the tone when he writes, "with curiosity you'll have energy, with energy you can work hard and achieve anything." We hope this Annual Report reflects the energy, commitment, creativity, and belief in people that was present in the work of the Project over the last year.



Commentators suggest that the economy is turning a corner, and that the fierceness of funding cuts has ceased. We hope this is reflected in the renewed development of the response at community level to the impact of drug and alcohol misuse.

I thank all who helped to provide a professional and accessible service throughout the year, all those who supported our work, our new Patron Glen Hansard, and finally all who have used our services over the year.

**Charles Murphy,**  
Chairperson of Board of Directors.

## “Becoming a Patron of BYAP”. Glen Hansard

I grew up in Ballymun. My parents moved there from the inner city. A young couple with a child and another one on the way, they applied for government housing, and got the keys to 410 Sillogue road the day I was born. I loved growing up in Ballymun. My earliest impressions of the place are of mothers sitting outside on steps through late summers, football matches on the green, tournaments with my dad's boxing gloves (only one pair, so one glove per fighter!), collecting wood for Halloween bonfires, the Holy Spirit School, and skateboards rattling in the tunnels. It was the late 70's then.

Of course there are darker memories from that time too: domestic violence, drinking, gangs, random battles at any given moment, the growing heroin problem, and the effect the northern situation (and later the hunger strike) had on us all.

Because the flats were emergency housing for a lot of people, they often arrived in a state of trauma and left soon after. The constant influx of new people meant having long-term friends was nearly impossible. All my mates were from somewhere else: it was like a mini-America.

I wasn't aware that my home town had a name for itself until I began to hang out elsewhere. At 13 I left school to follow my dream of being a musician, to follow in the footsteps of the great Bob Dylan, or Leonard Cohen, or Luke Kelly. I had plenty of time to dream. I looked out my window and saw the airport lights flashing failte, or slán, and Dublin Bay off in the distance with its ships filled with



hopefuls running away to a new life or coming home from one.

Around this time I first ventured across the great divide, O'Connell Bridge. It was 1984, and I was 14.

This was a real turning point for me. I met people who weren't like me and it was hugely helpful to my development as a person, an individual with my own thoughts and my own ideas.

I started busking on Grafton St, mostly to avoid my mother and grandmother who sold fruit on Moore St. I'd busk there

every day and sometimes I'd walk home late after missing the last bus. Crossing over the Liffey, up O'Connell street with all its revolutionary history, up by the Gate Theatre with its plays by Samuel Beckett and the like, Parnell Square, Dorset St, Griffith Avenue, streets and roads mostly named after the great heroes of Ireland. Then up the hill to Ballymun, a giant set of lamplit tombstones for the men of 1916 and their vision.

In through the door, up to my room, I'd flop down on the bed with a pocket full of south side coins. I earned them, they were mine. Fair pay for fair work; the first glow of pride.

I was aware of YAP back then, it was in a flat on Balcurris road. I knew Jimmy Judge, one of the original heads who ran it. I always really liked the idea of it; lads and lasses from Ballymun looking out for and helping lads and lasses from Ballymun. There was something punk about it; do it yourself, not waiting around for the government to give a shite, let's dig in ourselves, let's help our brothers and sisters get some perspective on their lives and their addictions. Help them strengthen themselves, find their own confidence, and to help each other do the same.

I was lucky, for right as I started to get into drinking, I also found Dylan, and me uncle's guitar. He was doing time in a foreign prison and the guitar was left at our house. I used to sneak into me ma's room after school, take it from the wardrobe and stand in front of the mirror posing, imagining hundreds of people applauding with their arms in the air. I learned a few chords and me fingers hurt, but that vision pulled me through the pain and frustration, and before long I was playing songs: Knocking on Heavens Door, So Long Marianne.

That was it; I'd found my path in life and every cell in my body wanted it.

Cut to 32 years later and I'm still working for that vision I saw in the wardrobe mirror, as YAP is still working for its vision of upright, confident young individuals. A few years ago Brian Foley asked me

would I say a few words at YAP, tell my story, and hand out certificates to the ones who'd finished their programmes and courses. I must admit I was terrified. Mostly because of the respect I have for the work they do, but even more so for the work the clients do. It's hard to turn a ship around at sea. It takes a good mile to slowdown, and the turning circle is miles wide: there's no quick way to do a donut in rough weather. Quitting lifelong habits is the hardest thing to do, but what it says of the person doing the changes is that they are searching. We only search when we're not satisfied. In fact it is the searching that often times gets one into drugs and drink to start with. A need to know what's on the other side of the curtain. And that same searching spirit then inspires one to want to quit and see what's on the other side again. This is huge. This shows that one major quality has remained unaffected by addiction: curiosity.

The curious mind is the mind that learns, adapts, and succeeds. Being smart is not about academia, the Inter, or the leaving certs, it's about curiosity. People who aren't curious seem a bit stopped.

People who are curious can go on to do whatever they really want to do. With curiosity you'll have energy, with energy you can work hard and achieve anything.

When I was getting into music, it was my older brother and sister and their mates that introduced me to new sounds, and I learned all about Pink Floyd, AC/DC, Bob Marley, Dylan, all the artists I still love the most. It's no surprise that these young folks were also getting into drugs. They had great taste and curiosity. A great mix, but dangerous too, because curiosity knows no bounds. The ones who were strong enough —and fortunate enough— to survive it, are all amazing people to be around today, their sense of true, hard-earned wisdom is a privilege to be around. Some of these folks are here, working with you.

I'm proud to have any involvement with BYAP and honoured to be asked.



### 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.

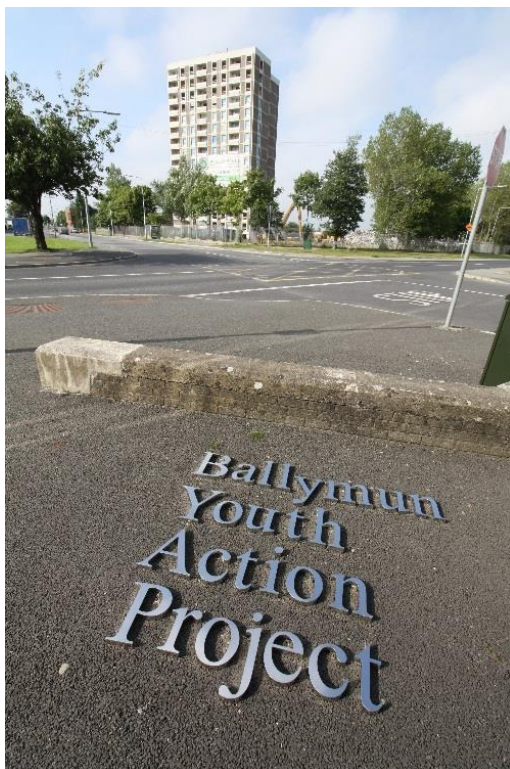
BYAP Core is the original Project. Over time a Day Programme was developed to provide more structured activities. In 1996, Urrús, the training centre was set up. Since then, BYAP has become the project manager for three other initiatives, the Aftercare Team, the Contact Project, and the Infant Parent 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 Drug and Alcohol Task Force, and the Probation Service are the principle funders.

## Context and Key Developments 2014

The year began with a conference hosted by the Department of Health to look at the National Drugs Strategy 2009-2016. Amongst other things the conference reaffirmed the centrality of partnership in any effective response, whether locally and nationally. Meanwhile the other significant policy context, The National Substance Misuse Strategy continues to be operative. Within this strategy there is clear support for stronger partnership between the statutory and the community and voluntary sectors. There is no doubt that having two strategies at the same time does have an impact on planning and seeking to establish sustainable ways of working. At the same time the thrust of both strategies towards the integration of services is welcome news for projects like BYAP coming from a community development and holistic approach.

The *Review of the Dublin North City and County Addiction Service* was published in 2013, and included recommendations that would facilitate a more effective response to need and emerging national policy. During 2014 an Implementation Steering Group, involving both HSE and community sector representatives, elaborated the detail within the recommendations.



Alongside these policy developments, 2014 was also marked by continued uncertainty in relation to the administrative boundaries of Local Drug and Alcohol Task Force and Partnership areas.

In the area of practice there were significant developments during the year. The CARE Project commenced, a community alcohol treatment project which provides a localised integrated care pathway for those presenting with alcohol problems in Ballymun, Finglas and Dublin North City and County. The Ballymun Youth Guarantee Pilot was initiated, and included interventions to address the substance use issues faced by young people who engaged. The Ballymun STRIVE Programme, a joint agency response to crime, also moved into start-up phase during 2014.

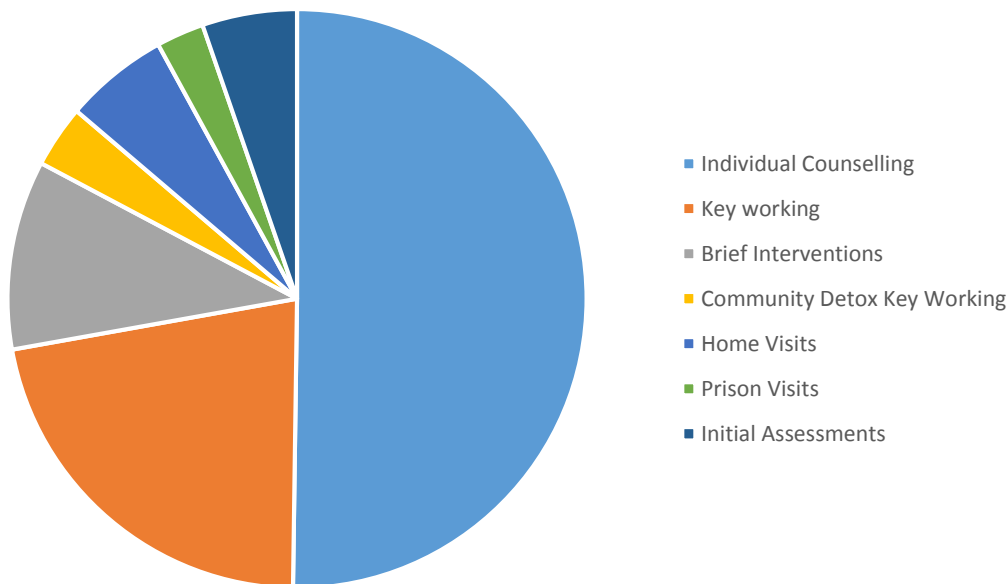
**Report of Activities 2014.**

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.

During the year, **710** individuals had direct contact with the services of BYAP [420 Males, and 289 Females] through BYAP Core, Day Programme, Contact, Aftercare, the Infant Parent Support Coordinator, and the GP Counselling Service

**A. The services provided to Individuals**

The primary work with Individuals during 2014



A closer look at the figures: During 2014 there were a total of **4,920 Face to Face Sessions**, broken down as follows:

Activity Type	2014
Individual Counselling	2,600
Key Working Sessions	1,137
Brief Intervention Sessions	547
Initial Assessments	274
Prison Visits/ Counselling	138
Community Detox Key Working	180
Couples Sessions	44



**Other Interventions:**

Activity Type	2014
Programme Sessions Delivered	94
Acupuncture Treatments	416
Home Visits	301
Street Outreach Sessions	208
Drop In Groups	104
Client Case Meetings	37
Therapeutic Group Sessions	50

*Looking at the “Wheel of Change” I believe that the Ballymun Youth Action Project incorporates the whole wheel, as they are involved in delivering a response which is expansive and involves a continuum of care for all their clients at whatever stage they are caught in the cycle of addiction, from pre-contemplation to contemplation, from high risk to maintenance and from aftercare to relapse prevention.” Lisa – Student on Placement*

**Examining the Figures**

BYAP gathers data as part of the National Drug Treatment Reporting System (NDTRS). Within that data treatment is any activity targeted at people who have problems with substance use, and which aims to improve the psychological, physiological and sociological state of the individual seek help. Treatment is linked to specific goals involving change. Normally it involves reduction or abstinence in relation to the main problem drug. During 2014, 227 individuals provided information as part of the NDTRS. Of these, 133 individuals completed the treatment intervention during that year

During 2014, 146 Treatment discharges were recorded for NDTRS. 84 (58%) of these discharges were linked to identified beneficial outcomes. 65 (45%) were categorised as successful completion of treatment. 15 chose not to continue treatment in relation to the specific goals identified on the basis that they considered themselves sufficiently stable, and 4 transferred stable to another treatment setting.

**Comment**

There have been more initial assessments during 2014 than in the previous year. This reflects the increase of referrals that have come through the new local interagency initiatives, particularly the CARE Project and the Youth Guarantee Pilot.

Client Case Meetings have also increased during this period. In January 2014 the Child and Family Agency TUSLA took over responsibility from a range of services including the HSE Children and Family Services. Through this new structure BYAP has been invited to attend a significantly larger number of case conferences.

There has been a growing recognition, particularly within the aftercare service of the project, of the value of working with couples around the changes being made.



Fig. 1 gives the breakdown for the main problem drug identified in all NDTRS treatment records for 2014, alongside the 146 completed treatments. For completed treatments, Cannabis is the main problem drug for 28% of this group, while opiates come in at 21%. Alcohol and Benzos (including Z Drugs) both come in at 18.5%. Finally, cocaine/crack is the main problem drug for 11%. The gender breakdown for the completed treatments is 97 males, 49 females.

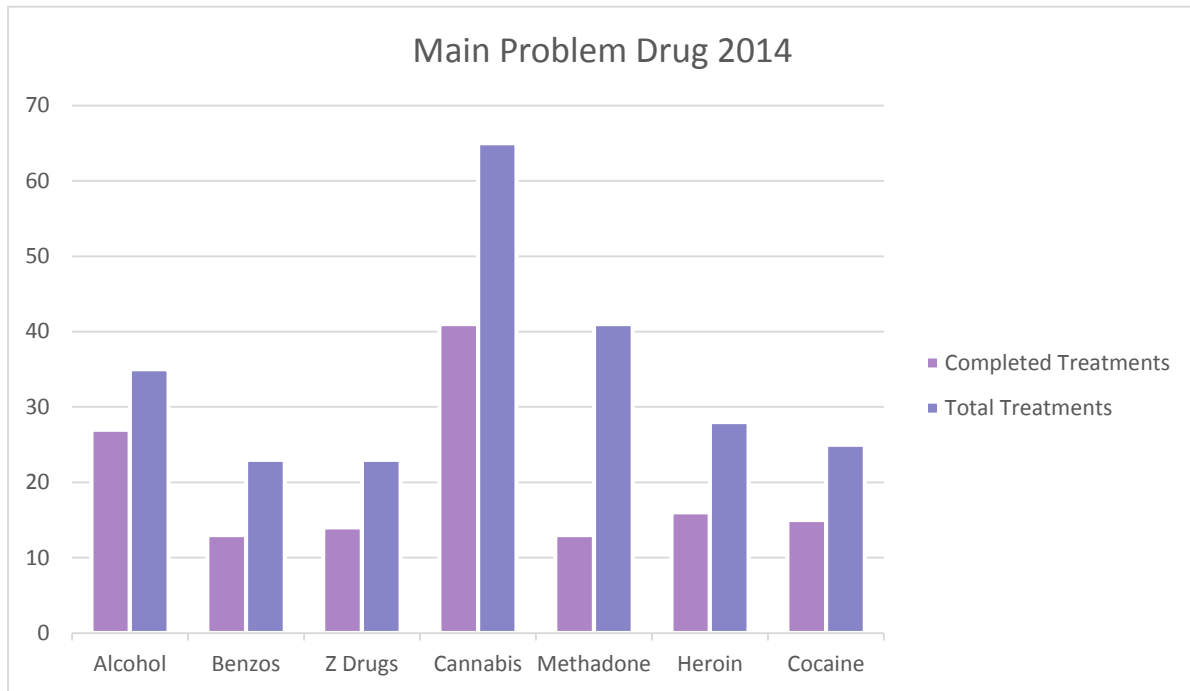


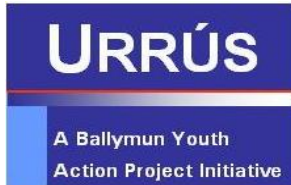
Fig. 1

During 2014, weed (herbal cannabis) was the most frequently named drug that individuals experienced as their main problem. This was the case for all treatments and for completed treatments. During 2014, of the 37 treatments where weed was identified as the main problem drug, 48% of the treatments were completed, with the individual stable at the end of treatment. Within the recording system this is the optimum outcome for treatment. For Alcohol, 67% of treatments were completed, with the individual stable.





## B. Education and Training Services



URRÚS provided the following training during 2014:

- Community Addiction Studies Course®
- Diploma in Community Drugs and Alcohol Work
- Drug and Alcohol Studies
- Performance and Image Enhancing Drugs
- Drugs and Young People
- Diploma Primer Course
- Drug Awareness
- Introduction and Advanced Introduction to Addiction Studies
- Keyworking and Care Planning
- Motivational Interviewing: Introduction and Refresher Skills Development Course.
- Boxing Clever – Health Related Fitness

### The Day Programme provided

- Cannabis Programme
- Addiction and Change
- Relapse Prevention Programme
- Addiction Awareness
- Reduce the Use
- Prep for Reduce the Use
- BYAP Literacy Group

*“Thought I had some knowledge of the topic; but not to the extent of what I have been taught in the course - drugs, individual, the family. Has changed how I view addiction”* CASC Participant

Urrús provided training to 761 participants during 2014.

## Comment

8 areas completed the Community Addiction Studies Course (CASC) during 2014, with two deliveries in Ballymun.

In 2013 Urrús introduced a new Evaluation System for CASC. One area covered is the change in attitude to drug/alcohol misuse as a result of participating in the course. In the Ballymun Course completed during 2014, 78% of respondents strongly agreed that the Course Learning had changed their attitude to the topic, with the remaining 22% agreeing with the statement.

## C. Other Services and Activities



**GP Addiction Counselling Service.** During 2014 two Counsellors from BYAP began to deliver a service within the GP Practices of the Primary Care Team in Ballymun. Initially providing support to GP's in relation to patients that were facing difficulties around their benzodiazepine use, the service has been expanded to include GP patients who are seeking to address their alcohol use, and those wishing to detox.

**Research Alliance.** The UCD Community Drugs Programme (School of Applied Social Science) and the Ballymun Youth Action Project have developed and maintained a significant partnership in regard to community based drug and alcohol education. Currently, in partnership with Urrús, a one year Diploma in Community Drugs and Alcohol Work is delivered annually. This course also provides a pathway for students to progress with credits onto the UCD BSocSc degree programme. This partnership has been underpinned by a shared belief in the importance of community education for addressing complex

issues such as drug and alcohol use as well as shared belief in the value of educational opportunities for those experiencing disadvantage. On this basis, staff at UCD discussed the possibility of developing a shared research strategy between UCD and BYAP that would add further depth to the partnership, while also delivering research that was useful and sustaining to both organisations. This was proposed in the context of the research capacity and expertise within UCD and the practice, research and policy expertise within BYAP, as well as the specialist and often unique work occurring in BYAP in relation to drug and alcohol work.

The first piece of research undertaken by the Research Alliance commenced in early 2014 and was an exploration of the impact of the Boxing Clever Programme.



The **Boxing Clever Programme**, is a twenty week integrated educational, substance use recovery and fitness programme that aims to support participants to develop more resilient identities, while encouraging educational achievement, physical wellness and reduction in harmful or risky behaviours. [See Report "Boxing Clever – Exploring the impact of a substance use rehabilitation

programme" <http://www.drugsandalcohol.ie/23545/>]

During 2014 12 Boxing Clever participants achieved the FETAC award level 5 Community Addiction Studies, and 17 participants achieved FETAC award level 4 Health Related Fitness.

During 2014 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.** On March 12th 2014 the Treatment and Rehabilitation Sub-Committee of the Ballymun Drugs and Alcohol Task Force hosted an event to highlight the work of the Ballymun Community Detox Initiative. The Initiative commenced in July 2012, and supports service users 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 Broker role for Ballymun is facilitated by BYAP, and the Broker co-ordinates the local implementation of the initiative. During 2014 there were 19 referrals into the Community Detox initiative. The positive outcomes since the commencement of the initiative in 2012 include greater engagement, reduced use and drug free status of individuals who commence on the initiative.

**Drug Treatment Programme.** In January a new detox programme was started up in Mountjoy Prison's Medical Unit for detoxing individuals preparing for the drug free programme. It ran for six months but was stopped due to operational reasons.

The drug free programme is still running. This programme is a six week programme involving Ballymun YAP, Coolmine and The Anna Liffey Project. There are normally nine individuals in each group.

**Schools Programme** – BYAP during 2014 was still unable to deliver the 6<sup>th</sup> Class Drug and Alcohol Programme in all schools, however it was delivered in the Holy Spirit School. We also delivered Drug and Alcohol input throughout the year in BEST (Ballymun Education Support Team), with a particular focus on Alcohol and Cannabis.

### Learnings.

During 2014 we sought to identify more clearly the way we work. We looked at our intake and assessment processes. We named more precisely the type of interventions we use. We pushed to identify and measure the outcomes from the different interventions.



This work was encouraged by the increased level of interagency work, for example with the Youth Guarantee Pilot, the CARE Project, and the practice of Community Detox. It also occurred within a wider context of services throughout the addiction field seeking greater consistency of practice. The interagency work also created the impetus to pin down effective interagency practices, including the

establishment of clear guidance in relation to following up on referrals, and the production of reports that identify what are the patterns of referral and take up of services for particular groups of service users.

### Events.

On the 29<sup>th</sup> September 2014, 18 students from the Diploma in **Community Drug and Alcohol Work** (Dip CDAW) were in UCD to receive their Diplomas. In addition 19 Students began the new cycle in September 2014.



The BYAP **Company AGM** took place on the 16<sup>th</sup> October 2014. Along with completing the business of the Company there was a presentation on the Community Alcohol Response and Engagement (CARE) Project.

**Certificate Presentation.**

Glen Hansard, our Patron, presented certificates to all those who had completed courses with BYAP and Urrús over 2014. There were 16 Participants from Day Programme Courses, and 33 who completed the CASC Course in Ballymun during 2014.



As in previous years BYAP organised the **Friends remembering Friends Service** on the 17<sup>th</sup> February 2014.

The **Day Programme** produced 3 newsletters in 2014, with the BLDTAF funding the print of 100 copies each time.



**Recovery Night – Poetry and Song.** In September 2014 we had a night of music, poetry, song and storytelling which was open to all service users of BYAP, and was about celebrating recovery processes. While the turnout was small, the initiative has set in process the development of a more formal recognition event for next year.

**Monday night discussion groups.** In January 2014 we started a set of discussion groups, which was open to everyone in the community to attend. The Monday night discussions included; “What is recovery?”, “The social impact of Addiction”, “Adjusting to change”, “The family in addiction”, and “Loss and Bereavement”. It created a unique space for discussions across all aspects of the service and feedback was very positive.

**Adam and Paul Screening 20<sup>th</sup> March.** The movie 'Adam & Paul' was ten years old in 2014. In March THEATREclub screened the film at a number of services around the city, and documented drug users’ responses to the film, as well as their reflections on the current drug trends. BYAP and the STAR Project hosted the screening in Ballymun.



**Support for the Project.** During 2014 we received support from a range of different people and organisations. Joshua Joseph, a postgrad student of DCU Business School, worked with us on the development of our website. Our thanks too to Supervalu, Bizquip, and others who put themselves out to help out the project in so many ways over the year.

**Organisational.** In September 2014 the Ballymun Youth Action Project initiated the process of working towards compliance with the **Governance Code** for the Community, Voluntary and Charitable Sector in Ireland.

The BYAP Strategic Plan 2013 – 2015 [<http://www.drugsandalcohol.ie/20081/>] was reviewed in December 2013.

## Appendix 1: Financial Statement

### The Ballymun Youth Action Project Ltd.

#### Income and Expenditure Account for the year ended 31 December 2014

<b>Income</b>		<b>858,563</b>
<b>Expenditure</b>		
Cost of Generating Funds	53,227	
Direct Charitable Expenditure	824,180	
Governance Costs	6,558	
<b>Total Expenditure</b>		<b>883,965</b>
Excess (Deficit) Income for Year		
General Fund		<u>(25,402)</u>

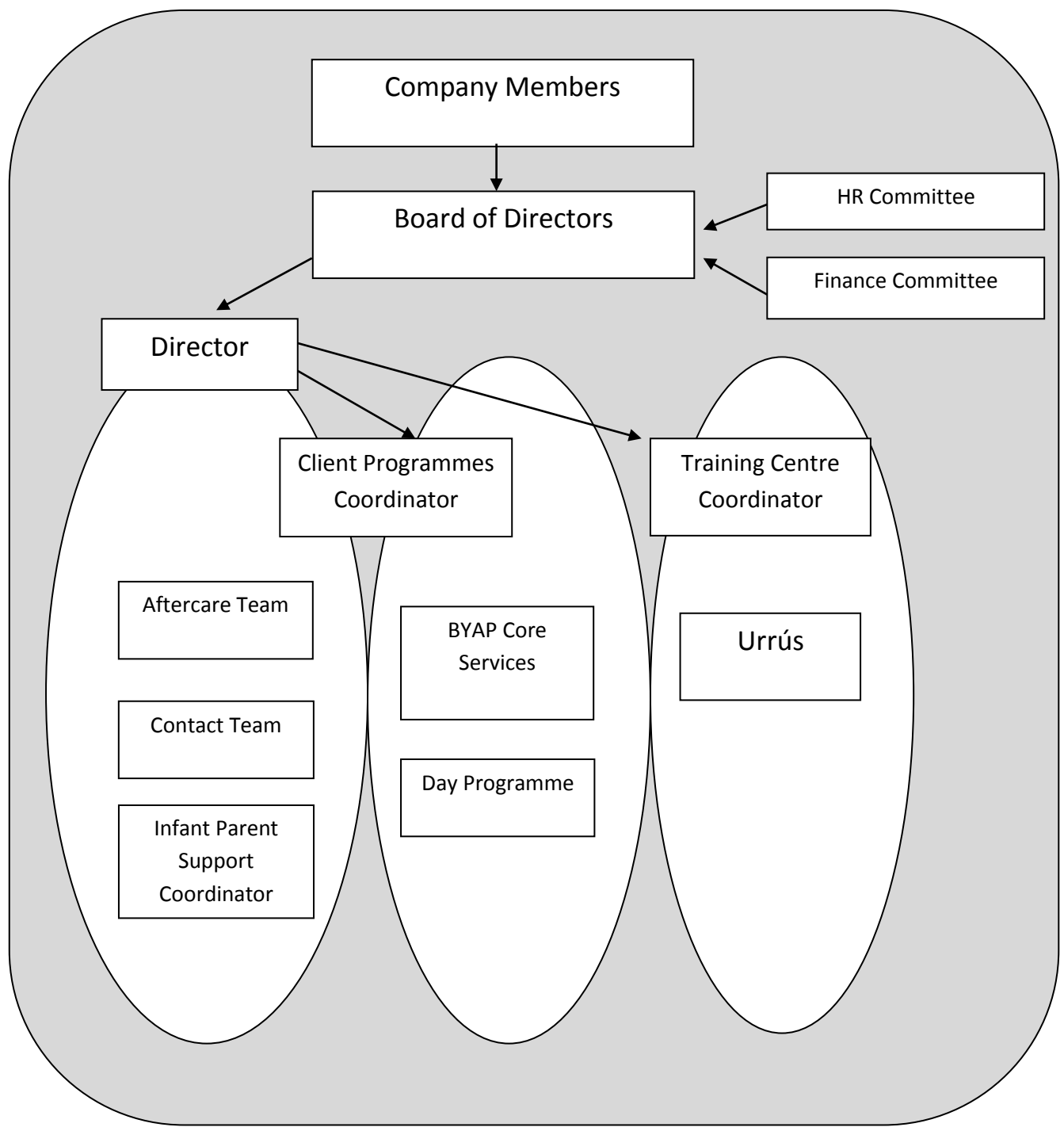
## Appendix 2: Governance.

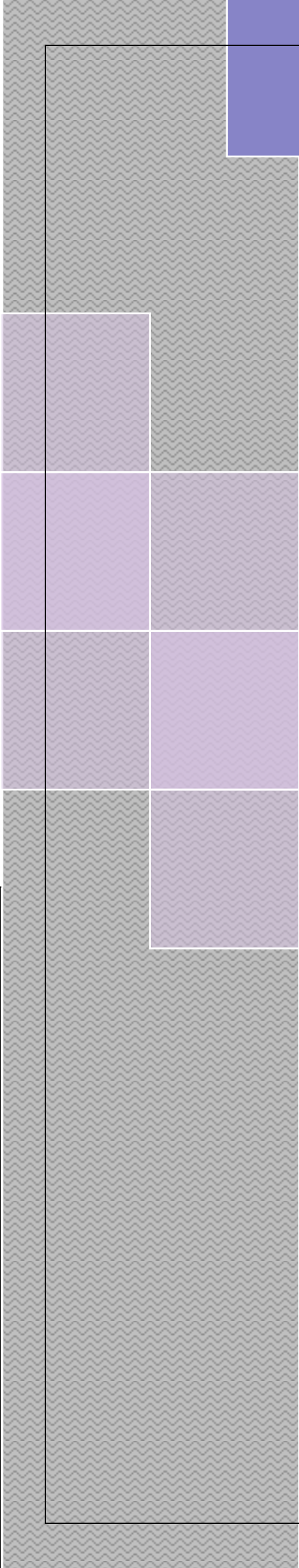
### Ballymun Youth Action Project: Board of Directors: 2014.

Charles Murphy:	Chairperson.	[Board Attendances: 11]
Pat Carey:	Vice Chair.	[Board Attendances: 9]
Marian Hackett:	Secretary.	[Board Attendances: 10]
Margarete McGrath:	Treasurer.	[Board Attendances: 7]
Niall Guy		[Board Attendances: 10]
Neasa McDonagh.		[Board Attendances: 7]

The Board of Directors met 11 Times during 2014.

**Appendix 3: Ballymun Youth Action Project: Organisational Structure 2014**





The Ballymun Youth Action Project Ltd  
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