



Community Awareness of Drugs

Annual Report | 2014

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Introduction

Established in 1983, Community Awareness of Drugs is a voluntary organisation and registered charity that provides drug education and training for parents / guardians / carers/community workers, and vulnerable young people. We are funded through the Addiction Services (HSE Mid Western), the South Inner City Local Drug Task Force, not for profit course fees and donations.

2014 saw CAD continue to make our contribution to forward the aims and objectives of the National Substance Misuse Strategy. Our work with parents / guardians / carers (Family Focus Programme) continued to gather momentum. This year, in addition to our delivering our primary service in Leinster we welcomed a new pilot programme that would see Family Focus being delivered in the North East Region of Ireland. Further details of this pilot can be found on page 11.

Our next service is our Education Days for community workers which occurred twice this year with events held in March and June in All Hallows College. Entitled 'New Drugs – Latest Trends' they included presentations from our principle mentor Dr. Des Corrigan and Gary Broderick from The North Inner City's SAOL project. Feedback was overwhelmingly positive. A second much valued dimension to these days is the sharing of personal experiences from parents and young people whose lives have been adversely affected by substance misuse and addiction. We are indebted to Coolmine Therapeutic Community and their Family Association for this segment of the training.

For an overview of the agencies that sought training from CAD along with feedback from those who attended, see page 6. It is worth noting that such education days for community workers have been delivered by CAD for the past thirty years.

Tailored Training is our next service. This is where we respond to the needs of a particular agency and provide training accordingly. For example our popular 'Drug Awareness & Motivating Change' Workshop was run in Ruhama where we worked with staff / volunteers who regularly work with women in prostitution. This is our fourth year to deliver this training.

From time to time we work directly with vulnerable young people who may be early school leavers or who may have mental health issues. In 2014 we had the opportunity to undertake such training with

young people at the Education & Training Board funded project in Clondalkin and the STEP Programme in the St John of God.

Finally, our single session presentation was run in five communities in Dublin and eight in County Meath. It is worth noting that in some communities parents won't or can't attend a multi session programme so single sessions provide an opportunity to get some valuable substance misuse information.

By now, readers will have realised we are fully committed to substance misuse prevention/intervention and anything we can do in that regard. For examples of the way we engage parents in our Family Focus Programme see the extracts on page 5 of this report.

Finally my sincere thanks to my team here in CAD - Paula, Trevor and Philip who worked so hard during the year. To the six new Directors who came on board - I appreciate your continued support and guidance. To those Directors who retired during the year thank you for the time, dedication and support you have given to CAD in your role - it is greatly appreciated. To Ursula who continues to lend her expertise to the board – many thanks.

To the new Trainee Tutors in the North East of Ireland – great effort in getting this project off the ground. We are really impressed with the feedback you are getting from your Family Focus Participants, all your hard work is paying off.

Finally to the agencies who recognised our worth and continued funding our work – albeit on a reduced level. Thanks here to the HSE South Western and the South Inner City Local Drug & Alcohol Task Force. To the Bonnybrook Fairfield Riversdale Family Support Group – thank you for sponsoring programmes in the Coolock region. Finally to KBC Bank and Dublin Bus thank you for supporting our work and assisting us in continuing to roll out our programmes at local community level.

Bernie Mc Donnell
Director of Services

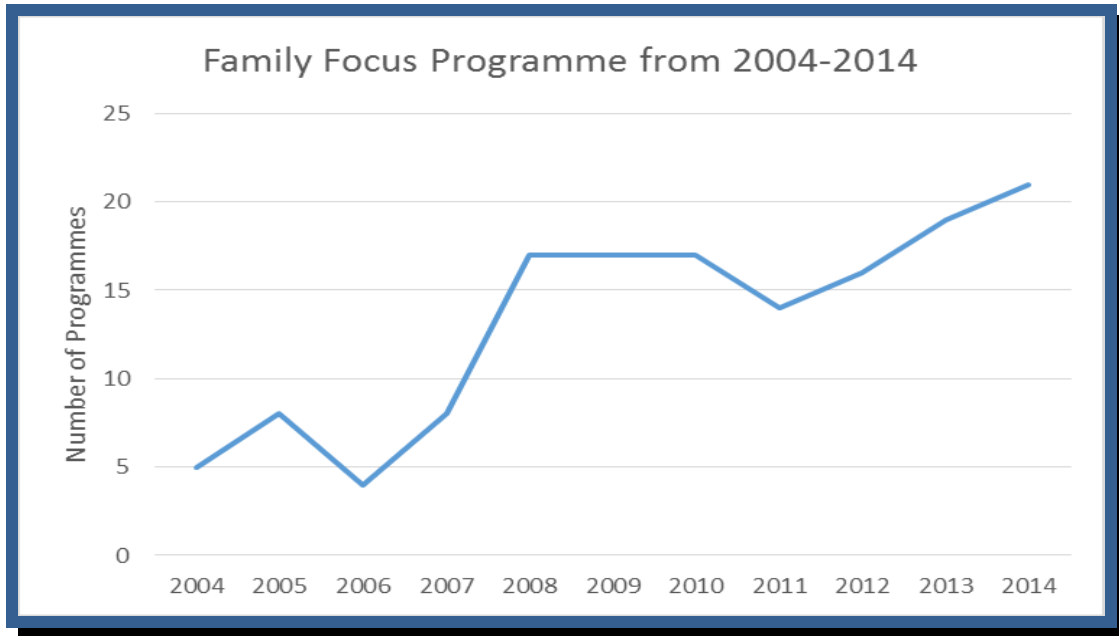
CAD 'Family Focus' Six Session Programmes

From inception in 1993, CAD has run 355 Family Focus Programmes attended by 4352 individuals up to December 2014. During 2014 CAD ran 16 x 6 session x average 8 persons x 12 hours = 9216 contact hours in the following communities.

Our Lady of Good Counsel, Mourne Road, Drimnagh
St. Joseph's SNS, Bonnybrook, Dublin 13
Colaiste Dhiuligh Coolock
Selesian College - Celbridge
Tiglin, Arklow
Rosary College
St Philomena's Bray
Donabate Community College
St. Wolstan's College Celbridge
St. Francis SNS Priorswood
Palmerstown Community College
St Feargal's NS Bray
Cabra Parkside Community Centre (four local schools together)
Moyle Park Secondary School, Clondalkin
Belmayne / Clongriffin Community (The Hub)
Scoil Na Mainistreach, N.S. Celbridge



From January to December 2014, eleven programmes were sponsored by the HSE Addiction Services Mid Western, and the remainder were sponsored by South Inner City Local Drug & Alcohol Task Force, Dublin North East Drug & Alcohol Task Force, BFR Family Support Group, Home/ School Community Budgets and KBC Bank.



This graph represents the number of Family Focus Programmes that ran annually from 2004 – 2014

Feedback from Family Focus Participants

“I found this course on drug and drink awareness very informative, as I thought I knew what I needed to know about drugs and their effects. It has really opened my eyes to what is out there at the moment and how easy it is for our children that are growing up now to be drawn into taking drugs and drinking. I am happy I done this course and I think it gives you an insight in what to look for in our children and the signs. I don’t think that it does need to add or change anything in the information that has been given. Thank you Bernie”.

Participant of Cabra, Parkside (Sponsored by KBC Bank)

“I was blind before I did this programme, it opened my eyes to what’s going on, what to look out for, and to be honest be well able to identify if my child was taking something”.

Participant in St Francis, Priorswood

The Hub, Belmayne/Clongriffinm, November 2014



"I found the programme to be very informative and of enormous benefit to me both personally and professionally. I feel the programme should be offered to every community on a regular basis. Thanks a million for everything."

Participant in Clongriffin

CAD Education Days in All Hallows College

For over thirty years now Community Awareness of Drugs has been providing a means of updating drug information to voluntary, community and statutory Community Workers through our Education Day and Tailored Training Programmes. During 2014 we ran two such Education Days in March and in June with 109 people attending in total. A third one planned for October did not happen due to a low uptake of places in the registration stages. As this is written over 60 people have registered for our March 2015 Education Day.

Agencies that attended

2Gether Counselling Service
AIDS West/WRDTF
Athy Alternative Project
Balbriggan Youth Service
Ballymun Family Support Service
Belong2
Chrysalis Community Drug Project D7
Community Prison Links Worker Cherry Orchard
Crinan Youth Project
Crosscare
Cumas
Don Bosco Residential Aftercare Services
Dublin 12 P&E Worker Don Bosco
Dublin Counselling Service
Dublin North East Local Drug Task Force
Dublin Simon Community
Dun Laoghaire Rathdown Outreach Project
Ferns Dioceses Youth Services
Finglas Youth Resource Centre
Foroige Balbriggan Youth Service
Irish Bishops Drugs Initiative
Jigsaw
Le Cheile Mentoring & Youth Justice Services, Portlaoise
Merchants Quay Ireland
PACE
RADE
Salvation Army
Simon Community Westmeath
Soilse
Stanhope
Stewarts Hospital Day Care Services
Tallaght Probation Project
Tallaght Rehabilitation Project (TRP)
Teenline Ireland
The Dales Centre, Darndale
The Snug Counselling Service
Tolka Area Partnership
CAD Trainee Tutors from the North East Area
Waterford RDTF



Feedback from those who participated in our Education Days in 2014

"The whole course was very informative and delivered in an excellent way. Very enjoyable all around."

"I really enjoyed Gary's presentation as it was so relevant and his style of facilitation it was very interesting and really engaged me. I could listen to Gary all day. It was great to become aware of this organisation. It has been very informative and well worthwhile."

"Nice mix between knowledge and clinical work."

"Speaker was very passionate and informative. He did not bog people down with scientific terms."

"Demystifying the facts about Cannabis (forms and effects about Weed and Skunk)"

"The content and the breakdown which was made relevant to the way you work with people"

"Very informative, interesting and sparked some ideas and actions going forward"



CAD Tailored Programmes

CAD's tailored programmes have evolved over time. On a continuous basis we receive enquiries and requests to deliver specific training on site for staff, volunteers and vulnerable young people.

One such tailored programme that is delivered on an annual basis is the work with Ruhuma, an organisation that supports women affected by prostitution. Here volunteers are trained in Drug Awareness and Motivating Change techniques. As with all our programmes we ask participants to complete a training evaluation form. To date the end of session feedback is always very positive and below is a snapshot of what participants said:

- Very Informative
- A lot of different approaches to engage with clients
- Prepared me well for the challenges I will face
- Good information on services available
- Trainers very professional and approachable
- Practical advice and interesting
- Comprehensive
- I know how to change a negative situation in to a positive
- Tips on how to start conversations
- Services and supports and now I can refer people
- Cycle of change
- Clarified the variety of drugs and their effects



Other tailored training programmes undertaken during 2014 were

- Pilot Tutor Training Programme in the North East (Cavan Monaghan Louth Meath). This pilot tutor training is discussed in greater detail later in this report
- Sophia Housing, Drug Awareness & Healthy Living, staff and tenants transitional housing project.
- ETB Ronanstown Engaging Young People in Drug Awareness
- St John of God, STEP Trinity / Sandyford.
- Ruhama - staff / volunteers who support women in prostitution
- Fusion CPL – CE Supervisors – Community Prison Links.
- Parenting & Drug Awareness, Mourne Road Drimnagh parents.

CAD Single Session Programmes

CAD Single Session programmes are presentations delivered to adults at local community level in schools or the workplace, these presentations incorporate an overview of contemporary drug issues along with an opportunity for questions and answers. CAD can adapt the presentation to suit the needs of a particular audience which allows us provide information on local resources. In 2014 we CAD had five such presentations for parents were held at the following venues.

Ard Scoil Rís, Griffith Ave.,
St Feargal's Bray
Rosary College, Crumlin
Scoil Colm, Crumlin Road
Castleknock College

The feedback from each session was positive with three leading to Family Focus Programmes. While not ideal, single session presentations facilitate parents who are not available to attend multi session programmes, to gain an insight into contemporary drug related issues. Accessing help through the Drugs / HIV Helpline is another dimension to the presentation as is the Crimestoppers/ 'Dial to Stop Drug Dealing' campaign.



Pilot Tutor Training Programme in the North East (Cavan, Monaghan, Louth & Meath)

CAD is always seeking new ways to make its resources and knowledge available to receptive audiences. In light of feedback received at a CAD Education Day, CAD reached out to Andy Ogle – the Co-ordinator of the North East Regional Drugs Task Force (Cavan, Monaghan, Louth, Meath) about the situation. Andy recognized the value of the Family Focus programme and the way was paved to liaise with the Prevention and Education Sub Committee of that Task Force. CAD was invited to submit a proposal which was successful and from that came a Pilot Tutor Training Programme.

In 2014 we interviewed for trainee tutor candidates and found fifteen that were suitable for our project. The training involved two full days in the delivery of our Family Focus Programme, in the HSE Education Centres in Kells and Ardee, followed by a commitment to attend at least two CAD Education Days in Dublin throughout 2014. Each Education Day involves learning from Dr. Des Corrigan, Government and EU Drugs Advisor, followed by an afternoon of additional training from CAD Tutors Bernie Mc Donnell and Paula Tunney. The two days training was completed in February 2014 with facilitators from Meath Community Drug and Alcohol Response, The Irish Bishops Drugs Initiative Louth Community Drug Action Team, Kells People's Resource Centre.

Feedback from the Trainee Tutors

"I enjoyed the programme, content was excellent. You were very knowledgeable. You gave a lot of time on the facilitation of the programme which was good rather than focusing on the content. Support from group was very positive. I'm excited about the prospect of running out one in the future/probably would have been better if there had been a gap week between the two Fridays. But that is just me."

"I got great information and felt more confident when everyone else facilitated a session. I feel more confident that the information that we have to give out to parents is more manageable now to me. Although nervous about today I felt the facilitator's feedback to me will help to enhance my skills. I felt it is a much more lively programme than 'Parent to Parent' and I feel the parents can engage with it more."

“Thanks very much Bernie & Paula. Looking forward to getting the training off the ground. Today was excellent to getting a good feel and starting point. Good overview so it has moved the planning on a bit. Your welcome, friendliness and professionalism is to be admired – a good team, good motivators. Very glad to see the programme coming into Meath and North East. Great potential to keep it alive and ongoing. Good job girls!”

“I feel that this is a brilliant programme and was facilitated very professionally by both Paula and Bernie. It was very informational and also in a comfortable setting as in the girls were on our level and not like feeling higher than us. I can’t wait to learn all the information so I can co-facilitate the programme. So well done to the both of you!”

We in CAD are very optimistic about reaching more parents further afield now that the initial training is complete and the trainee tutors are motivated to roll out the programme. However, due to the tutors taking the time to become more familiar with the content and the summer months fast approaching it was not until September that the first programme got off the ground. This programme took place in Scoil Dara, Kilcock with seven participants in total and the feedback was excellent. By the end of 2014 there was a total of five successful programmes run in the region attended by a total of 33 parents/carers. There is clear evidence in Meath that parents/carers welcome this initiative to their area.

Feedback from participants of our Family Focus Programme in Scoil Dara, Kilcock

Delivered by Trainee Family Focus Tutors Phyllis & Trish from Meath Community Drug & Alcohol Response (MCDAR)

“I set out on this course to become more informed about drugs and I can honestly say that I gained more than expected. The facilitators were friendly, engaging, professional and Phyllis and Trish were welcoming and made the difference to the programme. Most enjoyable and worthwhile – many thanks my family will gain from this experience”.

“Very informative, educational in a very gentle kind way. Good info about drugs and also on parenting in general good info on physical look and names of drugs. Good info on what to do if you have found drugs

or what to do – where to go. Girls very homely kind approachable and enjoyable to listen to + so educated on what they are talking about”.

“As a result of the programme, I feel that I am a lot more aware about the problems, risks, availability and dangers of drugs (including alcohol). I have more confidence in making my child aware of the dangers and in protecting my child and helping her be responsible.”

“I feel the programme was informative and interesting and educational to me. There was a friendly and relaxed atmosphere every evening. Plenty of engagement from participants of the programme each evening. Co – ordinators were excellent.”

Thanks to funding from the North East Regional Drug Task Force a piece of research is underway related to the fidelity of the delivery of our Family Focus Programme in the North East (Cavan, Monaghan, Louth, Meath region). We would like to take this opportunity to express our thanks to Professor Catherine Comiskey in the National Advisory Committee on Drugs and Alcohol for her support and direction and to Martina Casey and Yvonne Leckey, the independent researchers who are undertaking the evaluation, we look forward to your findings.

Committee Membership

Attending committee meetings makes sense, builds relationships and has a positive impact on service delivery. During 2014 CAD attended committee meetings including the following:

- North Dublin City and County Regional Drug Task Force Prevention and Education committee (Bernie)
- The Dublin North East Local Drug Task Force Prevention & Education committee (Bernie)
- The Dublin North East Strengthening Families Programme (Bernie)
- Dun Laoghaire Rathdown Community Addiction Team (Paula)

CAD Professional Development

Service delivery is our priority however, when possible CAD avail of professional development opportunities. During 2014 we attended the following:

- Innovation in Social & Community Development (ITB)
- The Wheel Leadership Network Meeting (Ulster Bank)
- South Inner City DATF ' Service Users Event'

Staff & Directors 2014

Staff

Bernie McDonnell, Director

Paula Tunney, Senior Tutor

Trevor Bissett, Development Officer

Phillip Isard, Development Officer

Incoming Directors 2014

Anne Potts (Chairperson)

Simon Conry (Treasurer)

Lynda Mc Namara (Company Secretary)

Alison Barker Board member

Joe Kiernan Board member

Darina Shouldice Board member

Ursula Nolan (continues her board membership.)

Retiring Directors 2014

John Murphy

Bernie McDonnell

Liz Corbett

Sally O Gara

Grant Aid in 2014

Funding from KBC Bank sponsored 6 Family Focus programmes

Dublin Bus Spirit Initiative sponsored work with young people in the National Learning Network

National Lottery funds part sponsored our IT upgrade

CRH, Clondalkin part sponsored our IT upgrade

Financial Overview 2014

Income Received	€101,091
Salary and Wage Costs	€63,316
Overheads	€30,054
Bank Deposit Interest	€13
Surplus for year	€7,734

Audited Accounts by:

John McIlhinney & Co.

Chartered Accountant

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