

2016

Annual  
Report



Community Awareness of Drugs

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## Foreword by Chairperson

2016 marked another busy and successful year for CAD. Demand for the Family Focus Programme continues to grow, illustrating the ongoing need in communities, not just in the greater Dublin area, but beyond for a programme that aims to inform, upskill and connect parents, guardians and carers of young people in matters of drug education.

The success of the Family Focus programme in providing a 'toolkit for carers' is further supported by the results of the evaluation undertaken of the tutor training programme in the North East. The experience of both the tutor training programme and its evaluation illustrate the potential for further expansion, of the programme into other regions.

Other highlights in the CAD calendar include the Education Days. The contributors to such days bring renewed energy and enthusiasm to people working in the community sector in a way that allows them deal with the challenges of their work. Coupled with this CAD supported personnel from a range of other agencies, including Ruhama, St John of God and the National Learning Network in delivery of programmes designed to meet their individual needs, all of which received hugely positive feedback.

All of the above, and more, as you will read in this report, was carried out despite ongoing financial challenges as a result of the limited funding available over the past few years. CAD continues to explore ways in which the identified objectives of the organisation can be met in the context of these challenges and in line with best practice in this area.

I would like to thank all those who supported CAD throughout the year, whether through attendance at our courses, fundraising events or formally through funding from HSE and South Inner City Local Drug Task Force. None of the above would have been possible without your support.

Finally, I would like to thank, Director of Service, Bernie McDonnell, Senior tutor Paula Tunney and Development Officer, Anthea Carry for their ongoing dedication and commitment to their work. Without this none of the above would be possible.

Anne Potts

(Chairperson, 2016)

## Introduction

Community Awareness of Drugs is a voluntary organisation and registered charity that provides drug education and training for parents / guardians / carers and a broad range of community workers. All services are delivered under the auspices of our National Drug (Substance Misuse) Strategy and related strategies.

Our Family Focus Programme continues to go from strength to strength in Dublin and surrounding counties. Mention must be made to Paula Tunney, Senior CAD Tutor for her excellent work with groups. Congratulations to the new tutors in the North East (Cavan, Monaghan, Louth and Meath) some of whom ran their first Family Focus programmes in 2016. Discussions have begun with Supt Colette Quinn at the National Juvenile Office in relation to the possibility of JLO's (Juvenile Liaison Officers) training to deliver Family Focus Programmes.

2016 saw the launch of '*Community Based Drug Education – an evaluation of the CAD Family Focus Drug Education Programme and Tutor Training Programme*' (Leckey Y. & Casey M. Jan 2016). Special thanks for the hard work which went into this important evaluation of two CAD services. Thanks also to the Family Focus Tutors who supported the process.

CAD ran exciting education days for Community Workers to further enhance their skillset. '*Hidden Harm- Everybody's Business*' was run in conjunction with Marion Rackard of the HSE's Hidden Harm National Project. '*The Changing Face of Substance Abuse in 2016*' afforded participants an ideal opportunity to update their drug related knowledge. CAD has delivered "Drug Awareness and Motivating Change" as part of the Ruhama volunteer training programme for the past five years. Ruhama are the organisation who support women in prostitution. Also for the fifth year in succession, we worked with the National Learning Network who provide rehabilitation and vocational training for people with a wide variety of disabilities. Their learners are distant from the labour force and feel excluded from community activities yet engage so well with our programme "Drug Awareness and Assertiveness". Similar success has been achieved with St John of God's STEP Programme for young people with mental health issues.

Feedback from all services is excellent as you will see from the evaluation feedback contained within this report, prepared by our Development Officer, Anthea Carry. Anthea is our right-hand –person for all CAD services doing an excellent job in the process.

The word Governance is never far from the lips of the directors many of whom are painstakingly going through related documents before they become CAD policy. This process is in line with legislation/regulation from the Governance Code, Charities Regulator, Companies Registration Office or the Revenue Commissioners, Charities Section.

*Decriminalisation – not such a good deal* is paper that came about as a result of our membership of the Supply Reduction Committee of the National Drug Strategy. Here we outline our opposition to relaxing drug related laws in Ireland. Our belief is that perception of harm would diminish, drug use would increase with a subsequent increase in problem use. The paper can be downloaded from the news section of our website [www.cadaboutdrugs.ie](http://www.cadaboutdrugs.ie)

Finally, to all the individuals and agencies who supported our work during 2016, we extend our warm wishes and heartfelt thanks. Our first year twinning with the Simon Community in a carol singing event proved beneficial to both charities. Thanks to all of whom made it such a success. To the HSE and the South Inner City Local Drug Task Force, our main funders, we thank you for your support throughout the year. Thanks also to guardians of National Lottery Funding who recognised our initiatives are worth supporting and without whom it would not have been possible to reach so many parents/learners. We trust readers of this report find the information to be of benefit.

**Bernie Mc Donnell**  
**Director of Services**

## Evidence from Family Focus Programme Evaluations

### Evaluation 1: Mobilising an Educated Response

As part of a 25 year review of the CAD organisation an independent researcher was appointed to examine the work that had been carried out between 1983 and 2008. The researcher completed a full evaluation of the Family Focus programme as part of this work. As part of this evaluation focus groups which consisted of past participants on the Family Focus programme were interviewed. Two important questions were asked: Why did they participate in the programme and what did they get from the programme? Some findings are outlined below.

#### Why did they participate in the programme?

- ❖ The Family Focus Programme was available and participants were either made aware of its existence (usually through involvement in schools, with the Home School Community Liaison being the main source of information) or they sought it as a group who were concerned about drug use in their community,
- ❖ Age of children. Many parents took part prior to their children reaching adolescence or when they were about to begin second level education.
- ❖ Drug use had become an issue within the family.
- ❖ Drug use was evident in their communities.
- ❖ Personal experiences of drug issues in their communities while growing up in the 1980's and 1990's.

#### What did parents get from the programme?

- ❖ Parents received information they did not already have and this information made them aware of potential situations and actions they could take if necessary.
- ❖ Tools for positive parenting and effective communication elements of the programme were considered to be especially useful when children became teenagers.
- ❖ The majority of parents commented on the section of the programme dealing with drugs in the home as being extremely useful and remarked how it 'opened their eyes'.
- ❖ Links were forged with other parents who took part and a concerted effort was made to look out for each other's children and to approach other parents if there was reason to believe their child was involved in drugs.

### Evaluation 2: Impact evaluation of the Family Focus programme

Findings have shown

- ❖ Increased participant knowledge and confidence in dealing with alcohol /drug issues in the home.
- ❖ Specifically considerable improvements were found in relation to knowing if their child had a problem with alcohol/drug use and knowing what to do to help prevent misuse of alcohol/drugs.
- ❖ Improved parent-child relationship was evident; parents were interacting with their children in a more positive way with many reporting they could have an open discussion with their child about drugs and consider themselves a good influence on their child.
- ❖ The majority of participants indicated they would be confident implementing what they have learnt on the programme and in developing a family orientated drug prevention strategy.

## Evaluation of Family Focus Tutor Training Programme in the North East

Thanks to funding from the North East Regional Drug Task Force research related to the fidelity of the delivery of our Family Focus Programme in the North East (Cavan, Monaghan, Louth, Meath region) was also undertaken. 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 undertook the evaluation.

Following are the key points were made by the researchers:

- ❖ All trainees were satisfied with course preparation and content over both training days.
- ❖ All trainees were satisfied with training delivery methods and programme material.
- ❖ All trainees commended the facilitators knowledge and skill in addressing questions providing impartial feedback to the group
- ❖ The majority of trainees were confident in their ability to deliver the programme post training

### Effectiveness of CAD Trainers

Comments relating to both course preparation and content were extremely positive. Trainees commended the facilitators on the effort and time in preparing for the programme. Some examples include:

*“Your welcome, friendliness and professionalism is to be admired – a good team, good motivators”*

*“Good balance of knowledge and practical skills”*

*“Well done girls for all the hard work that this obviously took to put this together”*

*“This is an intensive course and I feel it was well covered. Handouts and folder is user friendly”.*

*“I felt that the programme was very informative...I was kept interested in it at all times”*

*“It was a programme of learning, fun, information and skills”*

*“I feel that the programme has been well thought out and it’s obvious that a lot of time went into it – overall excellent”*

### Trainee Tutor Fidelity Trainee

Tutor fidelity was assessed over the course of six weeks when trainers co-facilitated delivery for the first time. Five trainees delivered the programme during the evaluation. Findings show that adherence to delivery of the weekly key components was high and overall delivery performance results found strong agreement for participant engagement techniques such as prompts, engagement questions and responding to questions across all 6 weeks.

The full evaluation report which includes recommendations for future delivery is available on the CAD website. [Community Based Drug Education Evaluation Report 2016](#)



## Family Focus Trainers in the North East



The following staff were supported by their agencies to take part in the training

Alan Duff	ISPCC
Anita O'Shea	An Garda Siochana
Cecilia Sherry	Coxs Demesne YCP
David McCague	Monaghan Family School Liason Service
Declan McKenna	North Monaghan School Completion Programme
Frank Fitzpatrick	CDA Trust
John Brady	An Garda Siochana
John Sullivan	Meath Community Drug and Alcohol Programme
Marlene Rice	School Completion Programme, Been Hill College
Mary Cullivan	CDA Trust
Susan Funcheon	Tusla
Vincent McGrory	Garda Youth Diversion Project
Cathy Whelan	Meath Community Drug and Alcohol Response
Angela Murphy	Kells People Resource Centre
Anne McDonagh	Kells People Resource Centre
Patricia Egan	Meath Community Drug and Alcohol Response
Phyllis McGoldrick	Meath Community Drug and Alcohol Response

Also pictured above and Jim Mullery, Chairman of NEDATF, Andy Ogle, Co-ordinator of NEDATF and Yvonne Leckey, Independent Researcher, NUIM

## Service Provision 2016

### CAD 'Family Focus' Six Session Drug Education Programme

**Objectives:** *To provide information on drugs and their effects; To explore attitudes, beliefs and decisions related to substance misuse and to develop a family focused drug prevention strategy.*

#### **Dublin & Wicklow**

1	Mourne Road Schools, Drimnagh	Paula
2	St. Kevins Community College, Dunlavin	Paula
3	Colaiste Cill Mhantain, Wicklow	Paula
4	Newtownmountkennedy Primary School	Paula
5/6	Baldoyle Family Resource Centre x 2	Bernie
7	Palmerstown Community College	Paula
8	St Matthews, Ballyfermot	Paula
9	Kilcoole	Paula
10	Moyle Park, Clondalkin	Paula
11	Tiglin Day Centre	Paula
12	St Colmchilles, Knocklyon	Paula
13	St Killians, Bray	Paula
14	CEART Wicklow Travellers Group	Paula



#### **North East – Cavan, Monaghan, Louth & Meath**

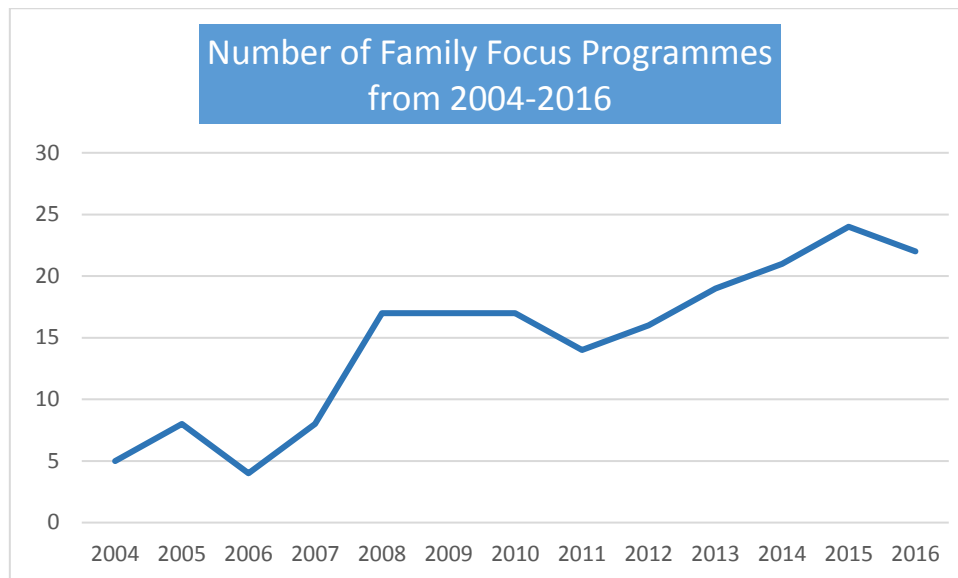
1	Athboy Community School	Trish & Phyllis
2/3/4	Boyne Community School X 3 am & pm	Cathy & Trish
5	Drogheda	Anita & Alan
6	Castleblaney	Susan & Frank
7	Beauford College	Trish & Phyllis
8	Meath Community Health	Cathy

A total of 197 participants attended the Family Focus Programme in 2016, 19 were male and 178 female. That equates to a minimum of 2995 contact hours with participants

***Since the first programme in September 1993 to the end of 2016 the programme has been delivered***

***399 times to 4849 parents***





From 2004 – 2016  
192 groups attended by 1,982 individuals

#### What parents say about our Family Focus Programme.

“I have found this course very interesting and very informative. I feel I have learned a great deal especially about the dangers in my own home. The class was conducted in a very relaxed and friendly way. I looked forward every week to attending. I enjoyed the vibe in the class. I would highly recommend this course to all parents/guardians. Thank you.” **Palmerstown Community College**

“This is a very valuable course, every parent of a teenager should have the opportunity to do it. It’s opened my eyes and gives good knowledge and tips about how to talk to kids and have background information.” **Colaiste Cill Mhantain, Wicklow**

The course was very informative and enjoyable. I learned a lot about things I wasn’t aware of. I had a great laugh over the last few weeks. **Mourne Rd., Drimnagh**

“Excellent course. Very informative, really like the format – scenarios and sharing of information in a nice and relaxed environment. Thank you very much”. **Newtownmountkennedy Primary School**

“Enjoyed participating in the programme. Very informative delivery and learned a lot from others sharing their experiences. We are now aware of where help is available if it is needed. Also to keep lines of communication open with our young people as they need lots of support”. **Castleblaney**

“The programme was really well facilitated and targeted to meet the needs of the group attending. There was a great balance of information given with practical examples – slides /pictures and exercises which meant the time flew by and was not too busy”. **Baldoyle Family Resource Centre**

## Service Provision 2016

### CAD Conferences and Education Days

Since 1983 CAD has been consistently providing Education Days for a broad range of Community Workers. While some target 'new to post' workers others are provided as valuable drugs, including alcohol, updates.

On 22<sup>nd</sup> April 2016 a full day conference was delivered to a record number of attendees. The aim of the day was to empower frontline workers to support children and young people affected by parental problem alcohol and other drug use.

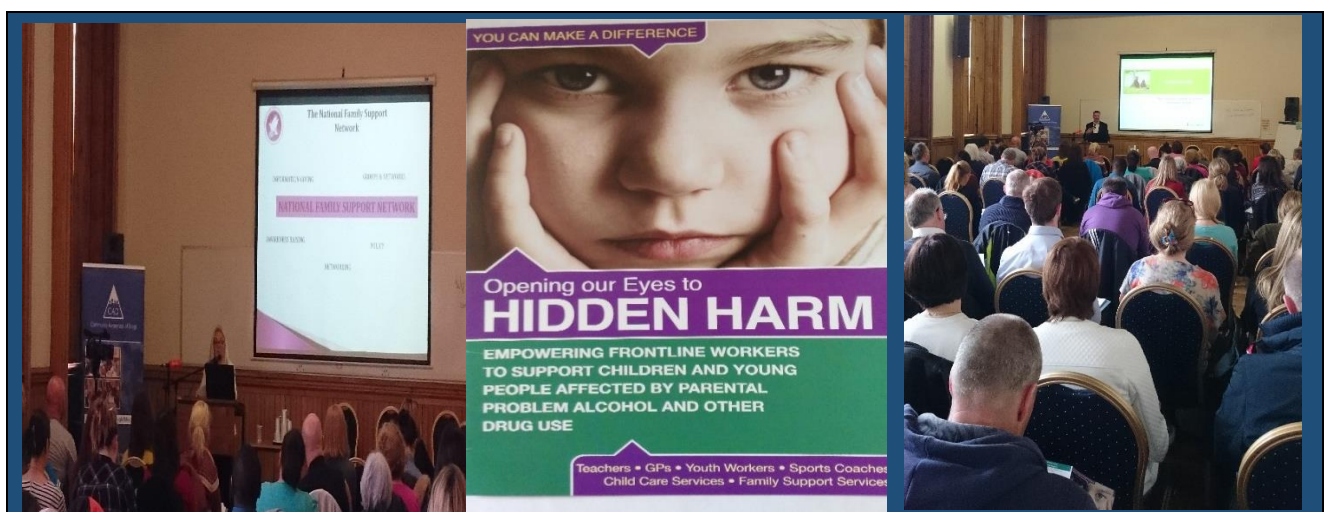
#### Hidden Harm, Everybody's Business?

During the morning session Marian Rackard from the HSE outlined the HSE's Hidden Harm project and what we hope to achieve by opening our eyes to the problem of parental substance abuse. Research indicates, at the most conservative estimate, that 1 in 11 children and young people are living in a situation where alcohol or other drug use is an issue. Of course shame, fear and stigma mean the harm is concealed so the exact number is not fully known. Cynthia Silva, Senior Psychologist with the HSE highlighted Fetal Alcohol Spectrum Disorder (FASD) and Robert Dunne from the Lorien Project in Barnardos, Tallaght, gave further insight into the impact on children of parental substance misuse. The morning ended with a panel question and answer session with the speakers.

In the afternoon Siobhan Maher, from the National Family Support Network spoke about family intervention and introduced the 5 step model. Anita Harris from Coolmine Therapeutic Community followed with information about promoting a stable environment for children through the PuP Programme (Parents Under Pressure). The day ended with Al-Anon and Alateen speakers.

**Call to Action :** CAD supported the Alcohol Health Alliance call to action aimed at encouraging the public to contact their local TD to ensure the public health alcohol bill is implemented within the term of the next government.

The Public Health (Alcohol) Bill contains a range of measures designed to tackle our harmful relationship with alcohol. This has a huge impact on our nation's physical and mental health and causes the loss of 88 lives every month.



The second conference of 2016 took place on 27<sup>th</sup> September and tackled the challenges for Irish communities as a result of substance misuse.

### **The Changing Face of Substance Misuse in 2016. Challenges for Irish Communities**

Professor Des Corrigan, Government and EU Drugs Advisor presented an in-depth examination during the morning of the local, national and international trends in substance misuse and their impact. He provided participants with a breakdown of drugs and demystified polydrug use. Philip James, Clinical Nurse Specialist with the HSE and co-ordinator of Louth/Meath adolescent substance use service, addressed the issue of adolescent substance misuse. He spoke about the journey of a young drug user, what we are doing and what we can do in the area of prevention. Bernie McDonnell, CAD Director of Services gave an overview of the CAD Family Focus Drug Education Programme and the day finished with Coolmine Therapeutic community sharing personal experiences.

### **Feedback from those who participated in our Education Days in 2016**

*“There was great variety in the talks & subjects overall. It was great to see research element included also. Personal speakers were a powerful insight into effects of hidden harm - very effective”*

*“Personal experiences were absolutely outstanding, powerful, grounding”*

*“Great to experience the shared passion for the issue of Hidden Harm and genuine excitement at seeing badly needed development in this area”*

*“The speakers covered a spectrum of ways to approach and support all involved when someone has an issue with substance misuse”*

*“Practical advice given, very organised and informative with useful tools presented, great range of speakers, backgrounds and experience”*

*“High calibre speakers, mix of topics, integration of topics and organisations. Lovely venue”*

*“Personal stories made all the other speakers information become real. An extremely enjoyable day. Learned so much & want to do so much as a result. Many thanks to the fab CAD team”*

## Numerous agencies availed of CAD Education Days during 2016 some of which are listed below

- *Aids West*
- *Barnardos*
- *Blanchardstown Youthreach*
- *Baldoyle Family Resource Centre*
- *Ballyogan FRC*
- *Bray LDATF*
- *BRYR*
- *Cabra LDATF*
- *CARP*
- *CDA Monaghan and Alcohol Service*
- *Ceim Eile Youthreach*
- *Colaiste Chraobh Abhann*
- *Community Lynks Project*
- *Crinian Youth Project*
- *Crosscare*
- *Cuis Youth Project*
- *Daish Project TSAS*
- *Donnycarney Youth Project*
- *Dublin Simon Community*
- *East Youth Service*
- *Finglas LDAFT*
- *FOCUS Ireland*
- *Foroige*
- *Garda Siochana*
- *HSE Addiction Services*
- *ISPCC*
- *KDYS Youth Centre*
- *Kilmore Youthreach*
- *Neighbourhood Youth and Family Project*
- *Nova*
- *North Dublin Regional Drug & Alcohol Task Force*
- *North Eastern Region Drug & Alcohol Task Force*
- *Pavee Point Traveller & Roma Centre*
- *Salvation Army*
- *St John Bosco Youth Centre*
- *Templemore College of Further Education*
- *The Talbot Centre Addiction Service*
- *The Snug Counselling Service*
- *Tiglin*
- *Tusla Child & Family Agency*
- *WRDAFT*
- *Youthreach Blanchardstown*



## Service Provision 2016 : CAD Tailored Programmes

According to the Steering Group Report on a National Substance Misuse Strategy it is stated that “Prevention measures should also be tailored to the needs of specific target groups across a range of settings”. CAD’s tailored programmes have evolved over time. We deliver multi session training and single sessions on site for staff, volunteers and vulnerable young people.

One such tailored programme is delivered, on an annual basis, to the team of volunteer workers supporting women affected by prostitution at **Ruhuma**. The training focuses on Drug Awareness information and Motivating Change techniques. In 2016 the feedback echoed the positive comments from previous years. Participants listed the following aspects of the training as most beneficial in their work.

“Case studies and discussion”

“Role playing helped to put skills into practice”

“The support networks”

“Motivational change”

“Information provided by experienced and knowledgeable facilitators/trainers”

CAD delivered yet another successful **St John of God STEP Programme** in 2016. The STEP group are 18 to 22 year olds with intellectual and/or mental health issues. This is the seventh year of collaboration with St John of God. Some issues that arise include bullying by family members, pressure to drink alcohol or smoke cannabis, being asked to buy alcohol for young people, low self image and feelings of insecurity.

Topics covered on the 8 week course include rights, ways of behaviour, saying no, recognising and dealing with anger, listening skills, problem solving and acknowledging qualities in oneself. Issues around cigarettes, alcohol and medicines in the home are explored along with basic information on illegal drugs including head shop products available on the internet.

CADs relationship with the **National Learning Network** continued in 2016. Individuals who are distanced from education and employment participate in the 8 week programme to learn about the importance of making positive decisions with regard to alcohol and drugs. There is a significant assertiveness element to the training. The continued success of this important programme is as a result of participant engagement and consistent positive feedback.



### **Additional tailored training programmes undertaken during 2016 were**

➤ Mourne Road Parenting Course	<i>Paula</i>
➤ Pobalscoil Neasain, Baldoyle. Single session.	<i>Bernie</i>
➤ Scoil Treasa Naofa Primary School, Donore Ave, Dublin 8. Single session.	<i>Bernie</i>
➤ St John of God, STEP Programme. 8 x 2 hour sessions	<i>Paula</i>
➤ National Learning Network in Phibsboro. 8 x 2 hour sessions	<i>Paula &amp; Bernie</i>
➤ National Learning Network in Mulhuddart. 8 x 2 hour sessions	<i>Paula</i>
➤ National Family Support Network Workshop, Annual Conference	<i>Bernie</i>
➤ Supt. Colette Quinn and her team, Single session regarding Family Focus and JLOs	<i>Bernie</i>
➤ The Changing Face of Substance Misuse – Challenges for Irish Communities	
➤ Hidden Harm – Children living with and affected by parental substance misuse.	
➤ NCI Students Union – The Changing Face of Substance Abuse	<i>Bernie</i>
➤ Lycee Francais – Drug Awareness for Parents	<i>Bernie</i>
➤ St Mary’s College Rathmines, Parents Association	<i>Bernie</i>
➤ Dun Laoghaire Further Education Nursing Students	<i>Bernie</i>
➤ Loretto College, Balbriggan – Transition Year	<i>Bernie</i>
➤ Training Day for Care Workers in Dun Laoghaire	<i>Bernie</i>

The training day for Care Workers from the Dun Laoghaire area workshop had the following objectives:

- Provide an update of on drugs & their effects;
- Provide statistical data in relation to trends in drug use;
- Discuss drug debt intimidation
- Increase knowledge around signs and symptoms of drug use;
- Provide strategies and approaches to motivating change around drug use.

*Feedback was excellent as can be seen in Appendix 2:*

***Cottage Home, Child and Family Services, Evaluation Report.***





## Meetings, Committee Membership & Media 2016

CAD makes a significant contribution to committees around the city and county. We enjoy inter-agency support of our initiatives. In our view, attending committee meetings makes sense, builds relationships and has a positive effect on service delivery. Below is a list of the meetings and committee membership that took place throughout 2016.

- Department of Health, Supply Reduction Focus Group for Drug Strategy 2017 X 4
- Education and Prevention Focus Group for Drug Strategy 2017 X 3
- Ireland Funds Workshop
- Johnny Hancox Cavan Centre
- Launch of evaluation and distribution of resource
- Dublin North East LDTF
- Taking Grandparents for Granted – NFSN
- Governance Sub Committee X 2
- Launch HOPE Annual Report
- HSE S39 Meeting Bridge House
- National Learning Network Launch
- Dublin North East LDTF
- Annual General Meeting
- Supt. Colette Quinn and her team regarding JLOs
- Drug Awareness for General Population, Ringend & District Response to Drugs
- Western Regional Drug and Alcohol Task Force
- Citywide General Meeting
- Prevention and Early Intervention – NDRDATF
- Meeting with Maureen O’Sullivan TD
- Launch of the Public Consultation to inform the National Drug Strategy 2017
- Braddog Centre meeting with Maureen O’Sullivan & colleagues

### Media

- Prime Time – Richard Downes Interview on 13<sup>th</sup> October
- Claire Byrne Live on 12<sup>th</sup> January
- Sunday AM with Ivan Yeats and Anne Daly on TV3 on 24<sup>th</sup> January
- 98FM with Frank Greaney

## Focus Groups regarding the National Drug Strategy 2017

During 2016, CAD's Director of Services attended a total of seven focus groups meeting in Hawkins House. Four of these related to **Supply Control** and a further three looked at issues to do with **Prevention and Education**.

With regard to Supply Control CAD developed a paper entitled "Decriminalisation – not such a good deal".

At present, CAD is opposed to any move to decriminalise drugs on the basis that it would likely diminish perception of harm, lead to an increase in use which in turn would likely lead to an increase in problem use.

In the case of the Prevention and Education focus group, our recommendation for inclusion in the strategy focused on the non- formal sector. This sector has long since contributed to the delivery of substance misuse related education and training programmes for parents, grandparents, guardians, carers, a broad range of community workers and vulnerable / young people. The focus group acknowledged their contribution and the pressure that austerity measures had placed on them.

The non-formal sector is ideally placed, through a range of tailored programmes, to respond to a broad range of drug related problems. Examples from CAD's suite of tailored programmes include 'Family Focus Drug Education Programme' for Parents, Educators and Community Leaders. CAD also has a programme for those who come in contact with vulnerable individuals e.g. homeless persons, volunteers and staff working with women in prostitution and those living in transitional housing projects. Another area CAD cater for is young people with special needs i.e. those distanced from education and the labour force and /or with mental health issues. Programmes are delivered from a preventative perspective and include information on 'harm reduction' in relation to those who "choose to use".

While declaring its bias, CAD highlighted the benefits of Parental Drug Education Programmes where the informed parent, grandparent, guardian or carer is seen to play a pivotal role in the drug education of their young people. "A key element of CADs work is the building of partnerships and collaborative working with multiple statutory services and community organisations in order to facilitate the delivery of the Family Focus Programme" (p8 Evaluation) Partnerships between the voluntary /community sector, the HSE, local or regional drug task forces, home /school/community liaison person and Family Resource Centres which involve the CAD Family Focus Drug Education Programme is an example of evidence based practice within the sector. *Ref: Community Based Drug Education – An evaluation of the CAD Family Focus Drug Education Programme and Tutor Training Programme. Yvonne Leckey, Martina Casey. Jan 2016. Advice and Support: Professor Catherine Comiskey, National Advisory Committee on Drugs and Alcohol. (NACDA)*

Recommendations. Undertake a study to ascertain the number and geographical spread of multi-session parental education programmes available around the country. Identify gaps in service provision.

Undertake a study to identify tailored programmes in Ireland at this time i.e. programmes that have been specifically designed to respond to a given need within a family or community.

Update information on the Health Research Board website and in the booklet produced in 2015 to outline programmes on offer per agency.

Add the following. Prevention Education for vulnerable young people.

CAD felt an important target group is young people with special needs. Research suggests that persons with any type of disability, experience substance use rates 2-4 times greater than the general population. Young people with special needs e.g. ADHD, conduct disorders and mental health difficulties are a higher risk of problematic drug use (Snow et al 2001). Past learners who participated in the CAD Drug Awareness and Assertiveness training in the National Learning Network (NLN) found that it increased their knowledge

of the risks associated with drugs and alcohol. National Learning Network provides rehabilitation and vocational training for people with a wide variety of disabilities who are distant from the labour force and feel excluded from community activities. Learners also found the training increased their confidence around their ability to manage difficult situations they may face.

Source: Drug Education with Special Needs Populations – identifying and understanding the challenges, *Drugs Education Prevention & Policy* 8 (3) 261-73

Recommendation: Research in this area is “thin on the ground”. Conduct research to ascertain if young people with special needs are being provided with opportunities to access drug awareness and assertiveness training. *Education and Prevention*.

## Decriminalisation

In May 2016 CAD developed a proposal entitled “Decriminalisation – Not Such A Good Deal” for the attention of John Carr, Chairperson of the National Drug Strategy, Supply Reduction Control Focus Group.

This proposal relates to the more recent suggestions to decriminalise drug use in Ireland. Community Awareness of Drugs (CAD) is opposed to any such move on the basis that it would likely diminish perception of harm, lead to an increase in use which in turn would likely lead to an increase in problem use. This stance is supported in the literature with the recent publication of a cross national study <sup>(1)</sup> which indicates that cannabis liberalisation in 38 countries was associated with higher likelihood of ever use, past-year use and regular use of cannabis. (See below)

1. Our proposal calls for greater awareness and further development of currently available options in the interests of those concerned.
2. It seeks to provide an alternative interpretation of available evidence.
3. It questions whether we do in fact have failed drug policies here in Ireland

On this occasion, we have taken one drug namely cannabis to highlight some of the problems likely to be associated with increased use. Needless to say every illegal drug has its own set of harmful side effects – too many to cover at this time. We suggest that problematic drug use, with political will, is arguably manageable. We fear that any move to relax the law would complicate matters even further and signal completely different outcomes. This would have a negative effect on society at large and vulnerable young people in particular. We urge members of the Supply Reduction Focus Group and the National Drug Strategy related Steering Group to acknowledge that use of drugs was associated with higher likelihood of ever use, past-year use and regular use of cannabis following liberalization of drug policy in 38 countries. Seven of the countries that colleagues have showcased as having introduced ‘decriminalisation without difficulty’ are now included in the list of countries with increased use following liberalisation.

We spoke in positive terms of Gardaí and Judiciary Discretion, Spent Convictions, the Drug Treatment Courts, the Irish Association for the Social Inclusion of Offenders and Voluntary, Community and Statutory Services – all of whom can play a pivotal role in helping ex- offenders get their life ‘back on track’. There may be significant room for improvement but we do not, in our view, believe we have failed programmes/policies/laws. Finally, we urge that a comprehensive review be undertaken of the current programmes and policies here in Ireland before any move is made to introduce decriminalization. In this way, we can ascertain, in so far as we can, what works and does not work in Ireland. At the same time the NACD might look at policies in other countries to get a second snapshot of what is happening outside Ireland. Such an approach could be taken under the auspices of the forthcoming National Drug & Alcohol Strategy and in support of young people and their parents /guardians carers and communities.

The document can be downloaded from the news section of our website [www.cadaboutdrugs.ie](http://www.cadaboutdrugs.ie)

## Staff and Directors 2016

Bernie Mc Donnell	Director of Services
Paula Tunney	Senior CAD Tutor
Anthea Carry	Development Officer
Anne Potts	Chairperson
Simon Conry	Treasurer
Lynda Mc Namara	Company Secretary
Alison Barker	Director
Darina Shouldice	Director (retired 26/1/16)
Joseph Kiernan	Director (retired 4/2/16)
Gerry Donnelly	Director
Olivia Walsh	Director

## Grant Aid in 2016

HSE South Western

SICLDTF

SICLDTF Small Grant

National Lottery Grant

The Credit Union

Canada Life

St. Patricks Cathedral

**Other fundraising** Laurie Hartz Live at Ayrfield Community Centre & Carol Singing with Dublin Simon Community . Private donation from former director.

## Financial Overview

Income received	€107,721	Audited Accounts by:
Salary and Wage costs	€86,774	John Mc Ellhinney & Co
Total expenditure	€116,923	Chartered Accounts & Statutory Audit Firm
Deficit	(9,191 )	7 Seville Place
		Dublin 1

# DRUG AWARENESS & MOTIVATING CHANGE



2016

## **CAD Drug Awareness & Motivating Change Workshop**

Community Awareness of Drugs (CAD) developed and delivered a workshop on Drug Awareness & Motivating Change to the staff of the Cottage Home Child & Family Services. The objectives of the workshop were to:

- Provide an update of on drugs & their effects;
- Provide statistical data in relation to trends in drug use;
- Discuss drug debt intimidation
- Increase knowledge around signs and symptoms of drug use;
- Provide strategies and approaches to motivating change around drug use.

The workshop was broken into two sessions with the morning session providing an update on drugs, their effects and trends in drug use. There was also a group discussion to facilitate further learning. In the afternoon session the focus moved to motivating change for clients who would be engaged in or encounter drug misuse. This session covered an introduction to the Wheel of Change, Change Talk, Solution-Focused Approaches and related strategies to motivate clients towards change.

### **Location**

St Paul's Parish Hall, Glenageary, Co Dublin

### **Workshop Facilitator**

Bernie Mc Donnell, Director of Services Community Awareness of Drugs

### **Date**

Tuesday, 29<sup>th</sup> November 2016

### **Attendance**

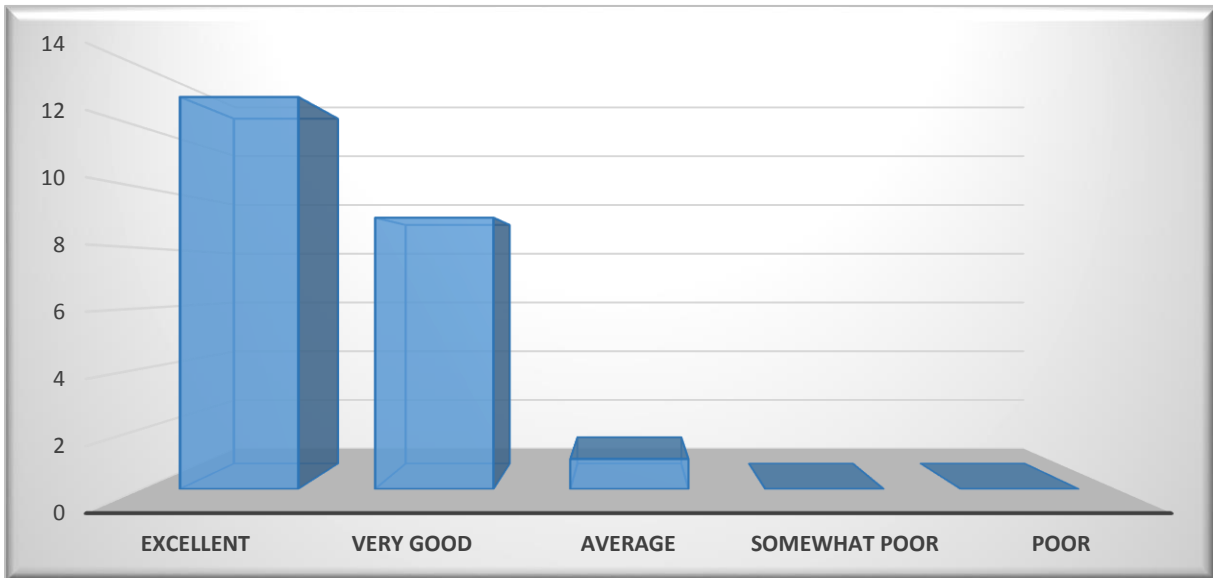
There were 24 participants in attendance all working within the Collage Home Child & Family Services. We had a 96% evaluation response rate.



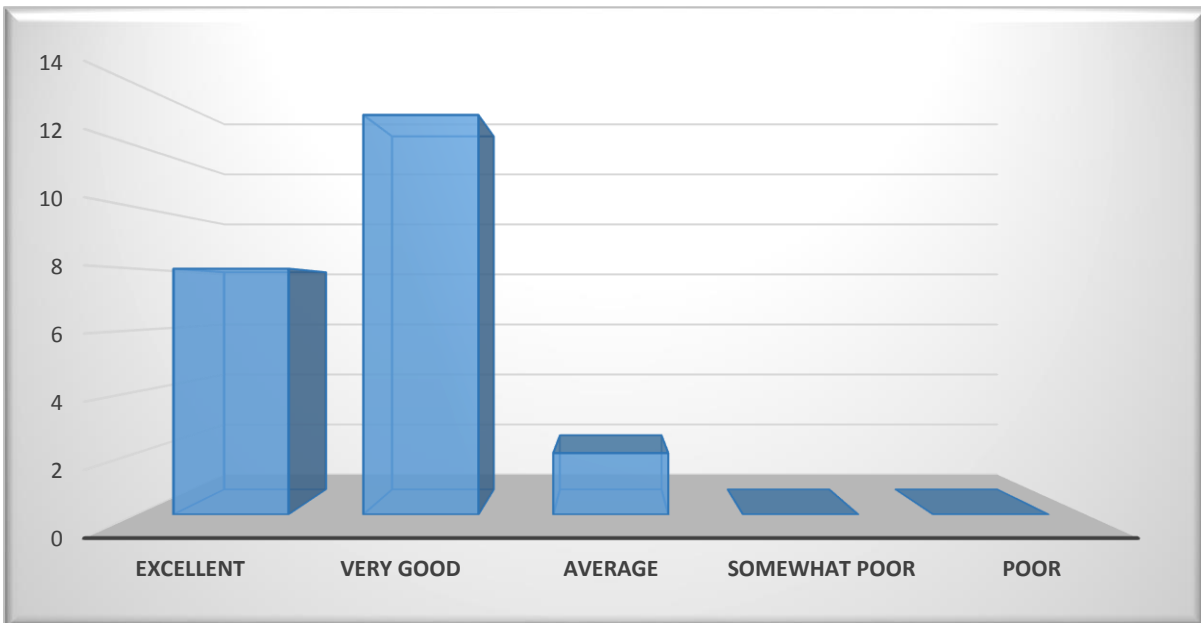
Please tell us how much you agree or disagree with the following statements.



**Overall how good was the drug awareness presentation in the morning?**



**Overall how good was the presentation on motivating change in the afternoon?**





## What did you like most about today's events?

*"How the session flowed. Balance in allowing time for discussion and information"*

*"I found the statistics interesting. Also enjoyed the group work"*

*"Really detailed up to date information on drugs which really provided me with a sense of the reality of young people and adult experiences"*

*"It gave me better understanding of current drugs and their effects"*

*"a lot of information given on the amount of drugs available"*

*"Awareness of the wheel of change (refresher) and language motivating change talk, scenarios, situations very*

*"Excellent presentation style. Very relevant information"*



*Please tell us how much you agree or disagree with the following*

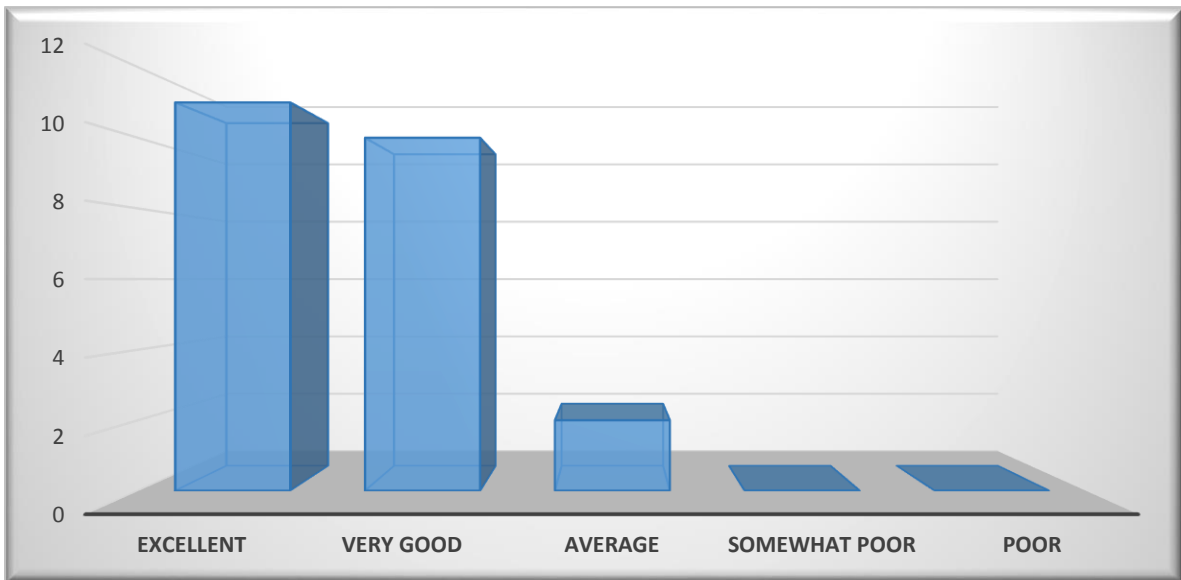
*statements.*

*"relevant to work and also personal life"*

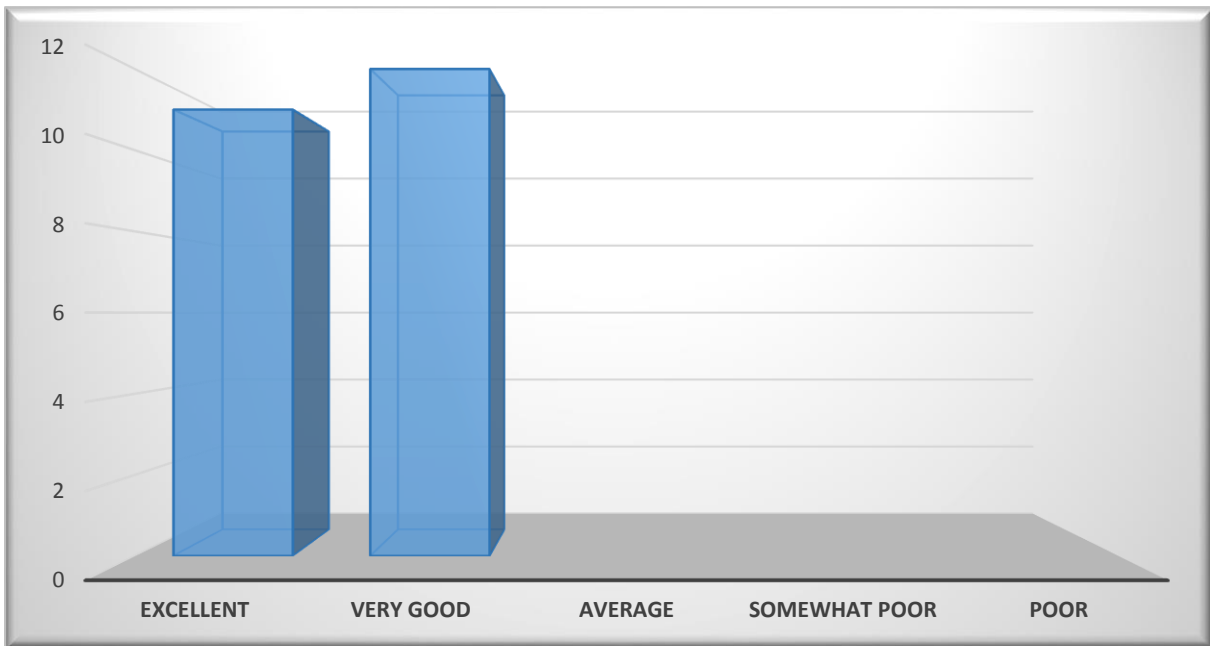
*"The way information was presented. Being told when breaks would talk place"*

*"Scenarios - very useful exercise"*

**The content of the event was relevant and informative**

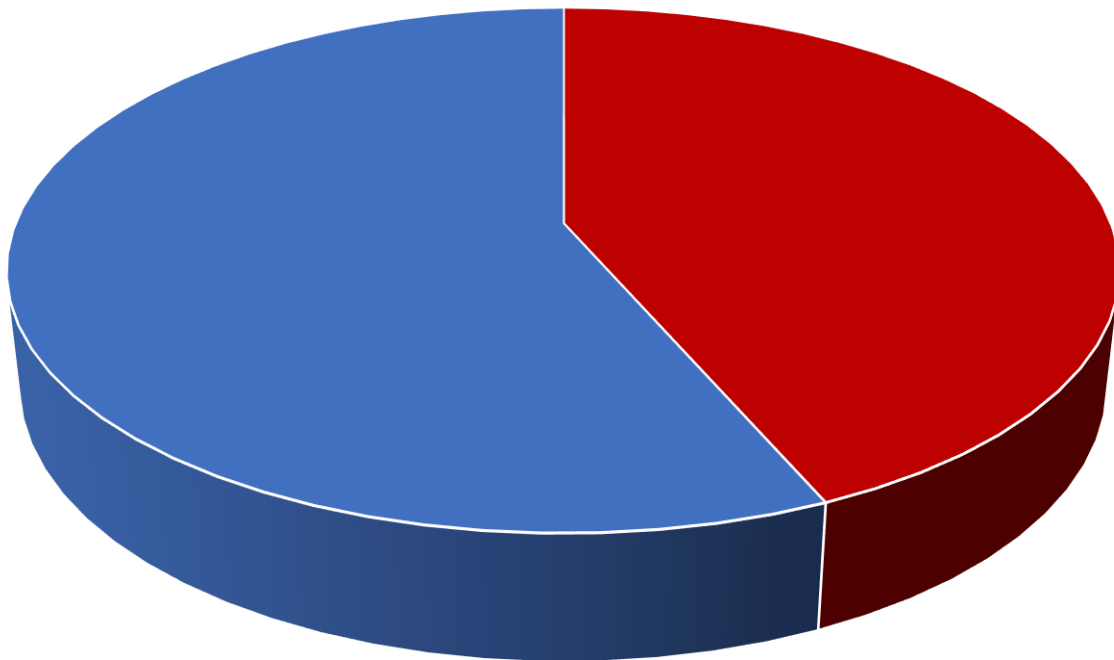


**The event was well organised**





**As a result of today your knowledge and understanding of Drug Awareness and motivating change has.....**



■ Not changed ■ Increased slightly ■ Increased significantly



**Is there anything else you would like to add?**

*“I found the tutor to be very social and was very good at energising the group”*

*“Thanks!”*

*“Bernie’s presentation style was enthusiastic confident and information ensuring I stayed interested”*

*“Thank you very useful”*

*“Facilitator had a very empathetic, non-judgemental approach – very motivating”*

*“Very informative discussion”*

## **CONCLUSION**

The workshop was well received. It is evident from responses that the objectives of the event were met.

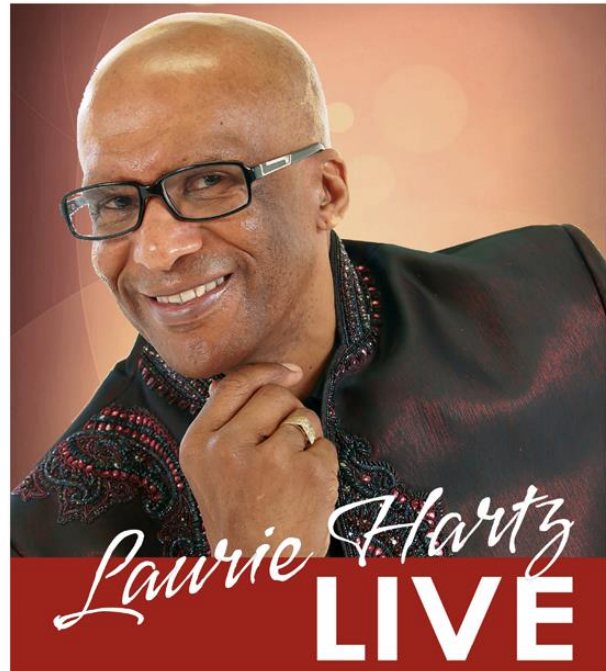
Using feedback as a guide for improvement, future events could include more group work, practical examples and open discussion to enhance the learning experience. More time could be given for practicing ‘Motivating Change’ within the group.

The afternoon session was fast paced and more time would have enhanced this section of the day.

**FUNDRAISER IN AID OF**  
**COMMUNITY AWARENESS OF DRUGS (CAD)**  
**DRUG PREVENTION THROUGH EDUCATION**



**Main Event:**  
**The**  
**Sensational**  
**Laurie Hartz**



**Support Act: Sherlock**

**Friday 8th April 2016**  
**Ayrfield Community Centre**

**Tickets: €10**

**DOORS OPEN AT 7.30pm AND SUPPORT ACT FROM 8.30PM**

Ticket sales: The Bar in The Ayrfield Community Centre after 8pm on 847 9613  
or Contact Bernie Mc Donnell on 087 2464995

 Community Awareness of Drugs





**Tuesday, September 27th**  
**10am-4.30pm (registration 9.30am)**

**CARMELITE COMMUNITY CENTRE**  
**56 Aungier Street, Dublin 2**

# Education Day

## **THE CHANGING FACE OF SUBSTANCE MISUSE IN 2016** CHALLENGES FOR IRISH COMMUNITIES



**ATTENDANCE FEE • €60 (includes lunch)**

Concession price of €50 for unwaged, students and CE participants

**TO REGISTER •** complete attached registration form and return to [acarry@cadaboutdrugs.ie](mailto:acarry@cadaboutdrugs.ie)  
For further information call 01 8783656

**PARTICIPANTS WILL BE AWARDED 6 CPD POINTS FOR A FULL DAY'S ATTENDANCE**

**PROF. DES CORRIGAN**  
GOVERNMENT & EU DRUGS ADVISOR

Examining the local, national & international trends in substance misuse and their impact

**PHILIP JAMES**

CLINICAL NURSE SPECIALIST/CO-ORDINATOR  
LOUTH/MEATH ADOLESCENT SUBSTANCE USE SERVICE

Under 18s - addressing challenges in adolescent substance misuse  
What we do & what can we do?

**BERNIE MC DONNELL**  
CAD DIRECTOR OF SERVICES

An Overview of the CAD Family Focus Drug Education Programme

**COOLMINE THERAPEUTIC COMMUNITY**

Shared Personal Experiences

Community Awareness of Drugs | 5 Gardiner Row | Dublin 1  
[www.cadaboutdrugs.ie](http://www.cadaboutdrugs.ie) |  CommunityAwarenessofDrugs

# COMMUNITY AWARENESS OF DRUGS



## HIDDEN HARM - EVERYBODY'S BUSINESS?

*CHILDREN LIVING WITH, AND AFFECTED BY, PARENTAL SUBSTANCE USE*

**Friday, 22nd April 2016**

**9.30am - 4.30pm**

*Registration 9.00am-9.30am*

**Purcell House  
All Hallows College  
Gracepark Rd  
Drumcondra  
Dublin 9**

Cost: €60 (includes lunch)

€50 concession for Students,  
unwaged & CE participants

*To register complete and  
return the attached  
registration form along with*

### **Hidden Harm National Project**

**Marian Rackard, HSE Alcohol Programme**

### **Irish Perspective; Alcohol Misuse & FASD**

**Cynthia Silva, Senior Psychologist, HSE, Early Intervention & Disabilities**

*'It must be me'*

**The impact on children of parental substance misuse**

**Robert Dunne, Project Leader, Barnardos Lorient Child & Family Services**

### **Family Intervention - The 5 STEP Model**

**Siobhan Maher, National Family Support Network**

28 | Page

### **Parents Under Pressure (PUP)**

**Anita Harris, Coolmine Therapeutic Community**



# Calling all Cuala Members

*Come carol sing with us  
on Saturday 17th December  
At St Michael's Church,  
Dun Laoghaire  
Get your Christmas Cheer on!*



## Supporting TWO Great Causes

Dublin Simon Community working to prevent and address homelessness in Dublin & Community Awareness of Drugs providing Drug Prevention & Education to Parents and In Local Communities since 1983

For further information  
contact Damian Byrne on  
[cualassip@gmail.com](mailto:cualassip@gmail.com)  
Or Anthea Carry on  
086 875 2702