
2016 Annual Report

Western Region
Drugs & Alcohol Task
Force

Requested by DPU



Mission Statement

To work in partnership with statutory, voluntary and community sectors to significantly reduce the harm caused by substance misuse through a concerted focus on: Supply Reduction, Education, Prevention, Treatment, Rehabilitation and Research

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Section 1: An Overview of the Drug Problem in the Western Region

1.0 Overall Drug Usage in the Western Region in 2015

Introduction

The Western Regional Drug & Alcohol Task Force (WRDATF) was established in 2003. It is assigned responsibility for the development and implementation of a drug strategy for the counties, Galway, Mayo & Roscommon. This Regional Drug & Alcohol Task Force area has a population of 453,413 and encompasses a large catchment region almost a fifth of the geographical area of the country of Ireland.

In line with a large catchment area, presenting substance misuse issues vary from urban areas to rural areas and in some cases from county to county. The WRDATF continues to work in partnership with statutory, voluntary and community sectors to significantly reduce the harm caused by substance misuse in the western region. Nevertheless the WRDATF treatment data indicates a significant and growing drug and alcohol problem which is known to be under reported due to the historic lack of community based service providers and an inability of service users to actively present for treatment in this large catchment area.

Consideration needs to be given to the reason a person presents to a drug/alcohol service looking for help. Not all those presenting for treatment have drug and/or alcohol issues only. Some may present with poly drug and alcohol substance misuse, others with gambling issues also, and a further cohort with more complex co-morbidity of substance and mental health disorders. The Western Drug and Alcohol Task Force and the service providers within the region also recognise the specific needs of family members being affected by substance misuse, and the fact that family members often require support in their own right. Increased referral to 'Family Support Services' is indicative of this growing need.

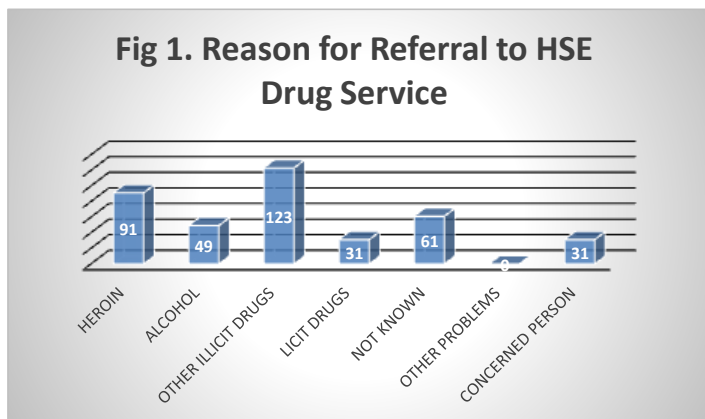
1.1 An Overview of the Drug Problem in the Western Region

- Alcohol remains the most widely abused substance in the Western Region. The Galway City Alcohol Survey (2015) interviewed 500 adults aged 18+ found 38% of drinkers screened positive for alcohol problems, 22% for alcohol abuse, and 11% for alcohol dependency. A high level of this drinking occurs outside of the pub environment. This is in line with national prevalence rates which suggest Ireland has the second highest rate of binge drinking in the world (WHO, 2014).
- Poly-substance-use is an on-going concern within the Western Region. People presenting Opioid Substitute Treatment (OST) may also be prescribed additional prescription medication to assist their treatment. Conversely, some people may also take unprescribed benzodiazepine, zimovane, lyrica.
- Benzodiazepine misuse is increasingly reported among young people. This drug appears to be used as a recreational drug that is cheap and accessible. The consequence of regular use i.e. dependency is unclear among this cohort as is the reported misuse.
- Opiates notably heroin, historically a Dublin centric issue are an ever increasing problem in the Western Region. Heroin use is becoming more evident in Galway City and increased reporting of heroin use in smaller regional towns.
- Cannabis use in the school-aged population is on the increase and the pupil's attitudes are far more tolerant of the drug. Services are reporting concerns about some young people being negatively affected by cannabis use and dropping out of school. The Roscommon Schools Drugs and Alcohol Survey (2016) involved 2,280 pupils in the 9 secondary schools found second level students are more likely to experiment with cannabis than reported in 2012. This survey also shows an overall increase in lifetime use of 63%. Students reporting more regular use shows a small increase of 15% on 2012.

- Significant increase in the sale and supply of drugs amongst the student population in Galway City. Garda reports suggest the number of search warrants being executed at student accommodation facilities has risen in recent months and it is apparent that the sale of supply of drugs in affluent amongst the student population. Anecdotal evidence from the students union suggest an large increase in the use of, ketamine, and GHB as well as regular reported use of cannabis ecstasy, mephedrone, cocaine.
- Cannabis cultivation arrests are becoming a common theme. Garda are reporting sophisticated operative designed to cultivate large amounts of cannabis herb. See Fig 1 for cultivation or manufacture of drugs arrests in Galway, Mayo, Roscommon.

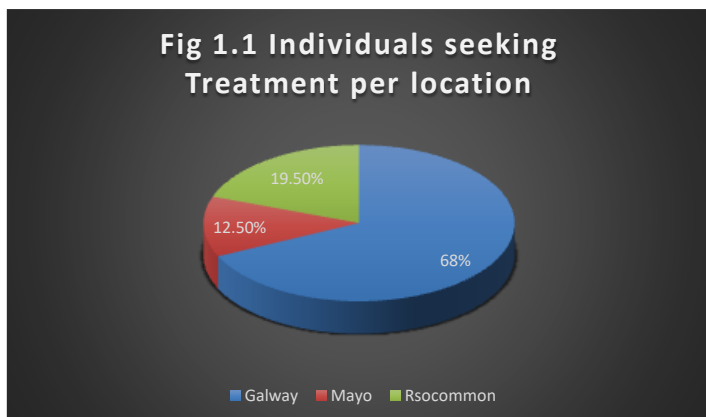
1.2 Reasons for Referral

The HSE Drug Service is the primary substance misuse service within this region. They offer Opioid Substitute Treatment for people presenting with opiate addiction. Additionally they have a counselling service that works with both opiate and non opiate drug users who request psychosocial support from the HSE Drugs Service. The total number of clients presenting at the Drug Services in 2016 was 386. Figures presented in the 2016 report are based on submissions received by NDTRS for cases assessed or treated during the period January to December 2016. The information was supplied by the HRB This does not include treatment episodes for alcohol counselling in the HSE. All referrals for alcohol counselling in 2016 presented to the Mental Health Services. See Fig 1 Reasons for Referral to HSE Drug Service.



1.3 Presenting Substance Misuse

Presenting substance problems have varied across the three counties within the region. Notwithstanding that, the vast majority of people present for treatment within the Galway Region totalling just over two thirds of all referral came from the Western Region. Almost one fifth of all referral came from Co. Roscommon while an eighth of all referral came from Co. Mayo. It is not unusual to amass the majority of referral in Co. Galway due to population variations as well as the urban rural divide couples with a full team of counsellors based in Galway City. However it is unusual for Roscommon referrals to almost double referral in Mayo since Mayo doubles the population of Roscommon. The population for Co. Galway is 258,552 (Galway City is 80,000). The population for Mayo is 130,425. The population for Roscommon is 64,436. See Fig 1.1



(Health Research Board, 2015)

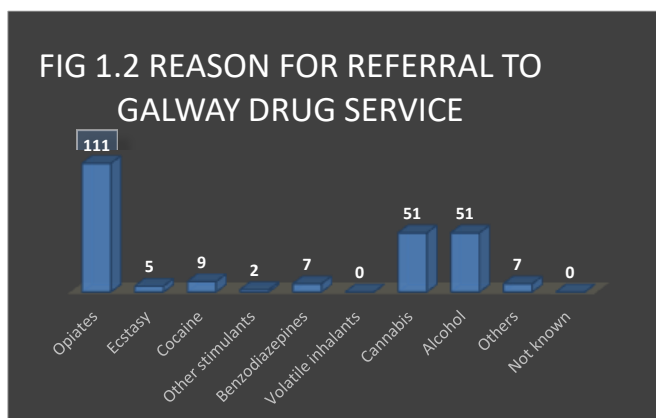
1.4.1 Referral Reasons to Galway Drug Service

Treatment episodes for opiate account for the largest number of referrals. Heroin abuse is becoming a greater problem for service providers with intravenous drug use on the rise. Galway City has the only Methadone Maintenance Scripting Clinic in the region. This is a direct response to the increasing issue of illicit heroin use.

Almost one fifth of all referral to the Galway Drug Service (GDS) are for alcohol issues. This Galway Drugs Service provides alcohol counselling for under 18's so this figure may be indicative of the number of minors presenting for alcohol treatment in Galway. From a whole population report the number of people presenting for alcohol treatment remains unclear because the primary HSE alcohol service is within the Galway Mental Health Services. Unfortunately no NDTRS stats are available from this service provider.

The statistical evidence from the drug service suggests that cannabis abuse especially among younger drug users is a worrying trend. Stimulant abusers notably cocaine abusers are presenting for treatment. Since 2007 onwards there was a decrease in people presenting with cocaine abuse but this appears to be on the rise again. To a lesser extent benzodiazepine abuse is also a worrying trend among young people. There is also an increase in the use of ecstasy and derivatives of ecstasy in the region but this may not reflected in statistical data for 2016 or may be under reported due to limited referrals for treatment support.

Three percent of all referrals are concerned persons which suggest people seeking support for family member. These family members may be seeking support for themselves due to the impacts of drugs and alcohol misuse on the family. The WRDATF acknowledges that family members are clients in their own right deserving of support, information and other ancillary supports as applicable. Family members include parents, children, siblings, grandparents, extended family, friends and broader social networks. This figure again appears low considering the amount of queries, guidance, support requests the WRDATF receive on a weekly basis. See Fig 1.2 for reasons for referral to Galway Drugs Service.

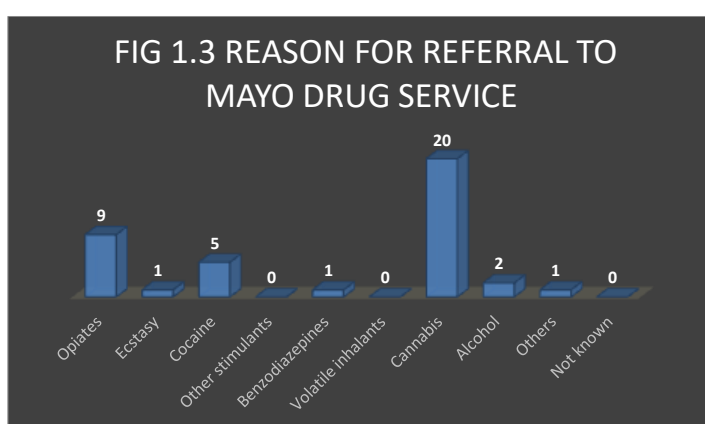


1.4.2 Referral Reasons to Mayo Drug Service

Statistical evidence from the Mayo Drugs Service suggests cannabis is becoming an increasing problem accounting for almost half of all referral for treatment. Heroin accounts for over a fifth of all referrals to treatment in the Mayo Drugs Service. This figure is low in comparison to Galway and suggests opiate addiction is greater in the urban region of Galway City. Presentations for cocaine abuse amount to almost and eight of all referral for treatment New Psychoactive Substances (NPS) and/or ecstasy abusers don't seem to be presenting to treatment. As fig 1.3 shows referral for ecstasy, benzodiazepine and family support are minimal.

Referrals for alcohol also appear quiet low. Mayo Drugs Service provides alcohol counselling for under 18's so this figure is not indicative of the number of minors abusing alcohol in Mayo.

Again from a whole population report the number of people presenting for alcohol treatment remains unclear because the primary HSE alcohol service is within the Mayo Mental Health Services. Unfortunately no NDTRS stats are unavailable from this service provider.



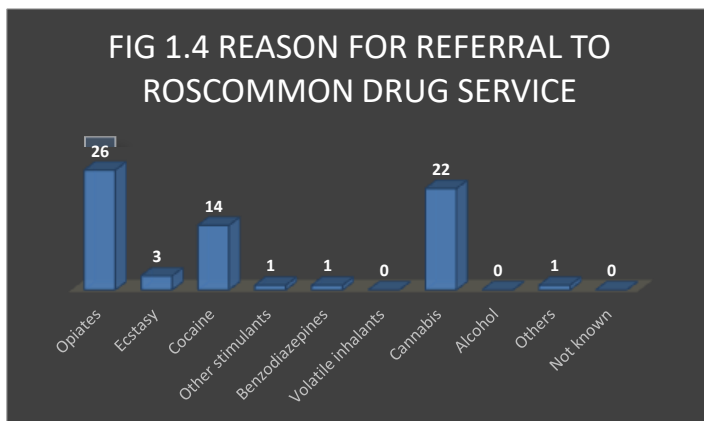
1.4.3 Referral Reasons to Roscommon Drug Service

Heroin accounts for almost 40% of all referrals to treatment in the Roscommon Drugs Service. This figure is three times larger in Roscommon than Mayo but significantly lower than Galway. The figures coupled with anecdotal evidence suggest opiate addiction is a prominent issue in Roscommon. See Fig 1.4 for Reasons for Referral to Roscommon Drugs Service

Statistical evidence from the Roscommon Drugs Service suggests cannabis use among younger drugs users is increasing. The Roscommon Schools Drug and Alcohol Survey (2016) mirrors these reports in one of its key findings which suggest a significant growth since 2012 in 5th and 6th year students in lifetime cannabis use with increases of 81% and 114% in those two years.

Roscommon Drugs Service provides alcohol counselling for under 18's but this service isn't utilised and shows non significant referrals numbers for this service. Again like Mayo, this figure is not indicative of the number of minors abusing alcohol in Co. Roscommon.

From a whole population report the number of people presenting for alcohol treatment remains unclear because the primary HSE alcohol service is within the Roscommon Mental Health Services. Unfortunately no NDTRS stats are unavailable from this service provider. Almost a twelfth of referrals are concerned persons which suggest people seeking support for family member.



1.5 Drug Trends

In 2016 drug trends/usage continued to be a regular agenda item on the Task Force Agenda for discussion and input at each meeting. These are drug trends highlighted by the Task Force and/or responded to by An Garda Síochána, HSE Drug Service, Students Union representatives, or other appropriate organisation/service. These statutory and voluntary agencies give updates on recent data and trends being experienced within their service on a monthly/bi-monthly basis. The following report for 2016 gives an overview of the drug and alcohol problems presenting in the region; the main issues addressed by the WRDTF, as well as the progress made in 2016 in implementing the WRDATF Regional Drugs Strategy *The Way Forward* under the pillars of the National Drugs Strategy.

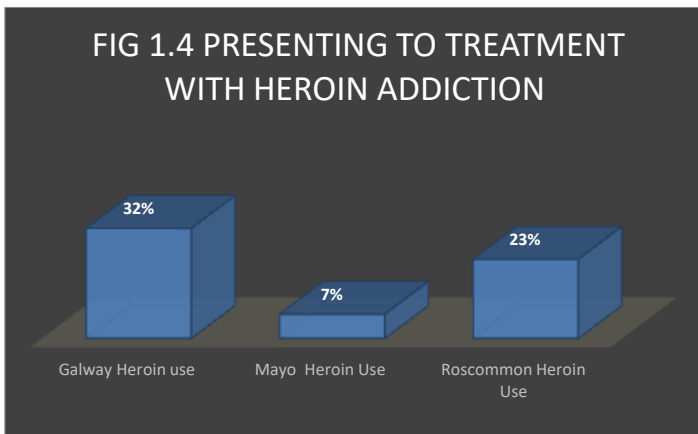
1.4.1 Alcohol

Alcohol remains the most widely used mood altering substance in the region and requires considered awareness from the WRDATF to monitor and engage with policy makers, stakeholders and the general public on how best to prevent and reduce alcohol related harm in Galway, Mayo & Roscommon. Increases in alcohol abuse transcend all age group segments and is not gender specific (Galway City Alcohol Survey, 2015). Nevertheless concerns regarding alcohol abuse among teenagers are worrying and warrant monitoring (Roscommon Schools Drugs and Alcohol Survey, 2016). Reporting evidence suggests increases in underage binge drinking, increased drinking during student festivities notably 'Rag Week' and increased alcohol consumption in the home remain major issues.

From a therapeutic treatment services perspective the Western Area Drug Service provides alcohol counselling to under eighteens only. Adults seeking support for alcohol issues have historically attended the Mental Health Services for treatment. However due to a clinical decision by the Galway Mental Health Services this practise has ceased. At present the Galway Mental Health Services only accept alcohol referrals from people with a primary psychiatric diagnosis and secondary alcohol misuse. This leaves a major gap in alcohol service provision in Co Galway and needs to be addressed immediately by the HSE.

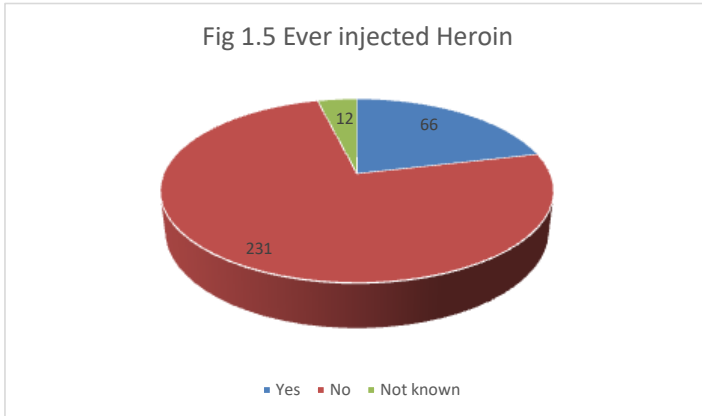
1.4.2 Heroin

2016 notes a continued increase in heroin use in the region, particularly in Galway City. Galway & Roscommon report 32% and 23% of all referral for heroin use while Mayo report a significant lower rate of only 7% of all referral for heroin addiction. Garda statistical data suggests increased heroin use correlates to increased crime in the city. There is a noted increase in reported heroin use in towns in the region with Ballinasloe being an example of a town where there are significant concerns about heroin use and in particular smoking of the drug. See Fig 1.4 for percentile breakdown of treatment for opiates in region.



There is a notable difference in consumption practices in Galway City where services report a dramatic increase or shift to Intravenous (IV) drug use and across both genders. 29% of heroin users presenting for treatment have engaged in intravenous use. See Fig 1.5

From a health perspective, blood born viruses notably Hepatitis C and HIV cases has increased due to the practise of injecting heroin. In response the HSE increased its number of clinics from 3 to 4 to cope with the increased demand. Consequently the waiting list for methadone maintenance treatment has reduced to under a month

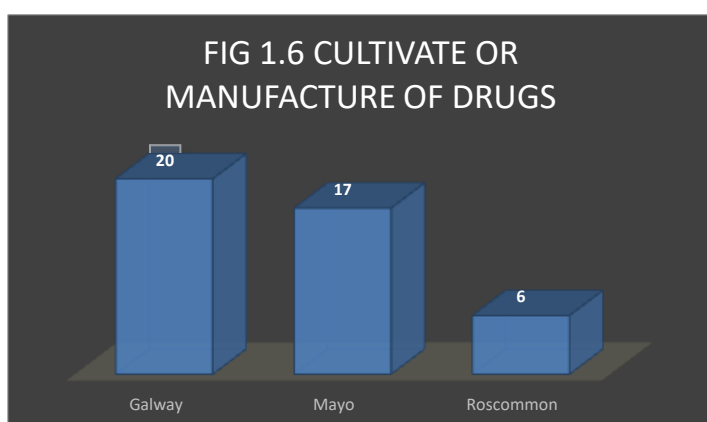


Drug litter and drug paraphernalia in areas within the city notably geographical location of homeless hostels, car park basements, woods, parks, playgrounds etc have being reported and this is becoming an on-going issue. The Task Force discussed the drug-related litter issue and engaged with the relevant stakeholders to begin to address this issue and ensure that the correct information was available regarding disposal of such litter. The WRDATF is guided by the national document 'Guidance Note on Drug Related Litter' (2016).

1.4.3 Cannabis

Cannabis use in the Western Region is a continuous issue for drug service providers. A growing number of service users are presenting for treatment to assist in quitting. Cannabis continues to be a popular drug with many reporting its popularity among young men in the region. The feedback from school and youth service contacts was that cannabis, and in particular high THC Cannabis and synthetic Cannabis, was causing problems for many adolescents in their area. Cannabis is widely available to the adult and juvenile population and this is borne out by the finding of the Roscommon Survey (2016), which has shown an increase in overall use and also experimentation. It is becoming increasingly normalised within Irish society. Increasingly service users are asking for referral to residential drug treatment services to help them abstain.

Concerns continue over the availability of locally-grown cannabis for sale in locations connected to young people (DMCD). There is a reported increase in cannabis use in the region and there have been an increasing number of grow houses discovered within the region. See Fig 1.6 for breakdown of arrests for cultivation of cannabis in Western Region (Garda Siochana).



1.4.4 Benzodiazepine

Benzodiazepine misuse is increasingly reported among young people. This drug appears to be used as a recreational drug that is cheap and accessible. The consequence of regular use i.e. dependency is unclear among this cohort as is the reported misuse. Due to a lack of statistical data on the misuse of this drug, it is unclear to the levels of abuse, the cohort consistently abusing the drug and the attitude of those using the drug to this drug.

1.4.5 Ecstasy

Both official (Garda Siochana Drug Squad seizures) and anecdotal reports suggest an increase in the use of ecstasy and derivatives of ecstasy (mephadrone, GHB) in the region. There is also increased use of ecstasy within the student population and this is mirrored by an increase in the old style raves where after nightclubs people are encouraged to go to industrial units where private events are held and illicit substances are available.

1.4.6 Ketamine

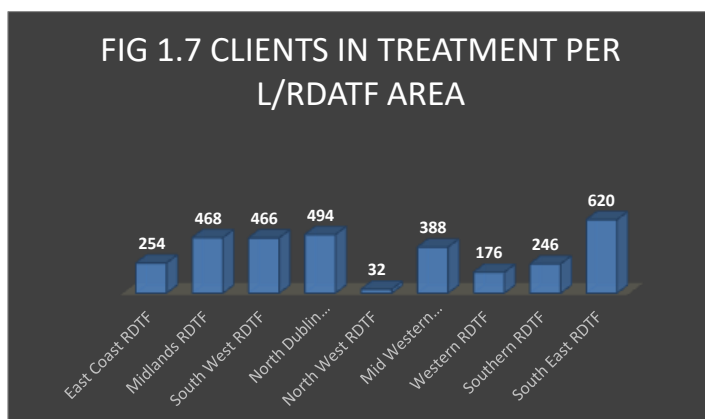
Both official (Garda Siochana Drug Squad seizures) and anecdotal reports suggest an increase in the use of Ketamine in the region as an alternative party drug. Again this fad is mirrored within the student population where the Students Union of NUIG & GMIT report increased use among students and an acceptance of the drug as an alternative or an accompany to other party drugs. Users report they prefer the mellower effect of the Ketamine as opposed to the intense effect of the MDMA (An Garda Siochana Drugs Squad).

1.4.7 Other drug usage

Other drug issues that were highlighted in 2016 included;

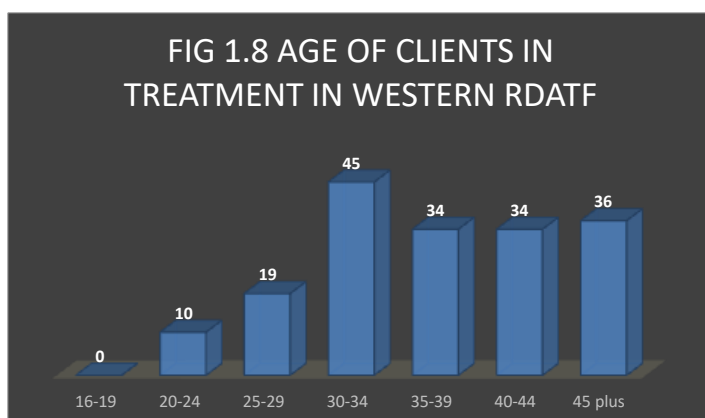
- A presence of emerging drugs and also pills ordered from the internet to include Mephedrone. There is a reported increase in NPS drugs coming into the region. As suggested these drugs can be ordered via the internet. However there are the usual concerns about the content of these substances and the unknown active ingredients.
- Anabolic steroid injecting and use among sport community and within gyms.

1.5 Opiate Substitute Treatment Provision



Methodone

From national perspective methadone maintenance prescribing is relatively low in the Western Region totalling 1.5% of all people in treatment nationally. See Fig 1.7 for a national demographic of the number of patients presenting for methadone treatment in each Regional Task Force Area. The Methadone Treatment Data Analysis per L/RDTF Area prepared by the National Social Inclusion Office based on data supplied by the central treatment list states 176 patients (Clinic & Level 1, Level 2 GP's combined) were prescribed methadone from the period of 1st Jan 2016. 72% are male and 28% are female equating to 127 males and 49 females. 85% of patients on methadone maintenance are 30+ years old. See Fig 1.8 for age breakdown of methadone maintenance patients in Western Region.



The Western Regional Drugs Alcohol Task Force region has one methadone maintenance clinic in Galway City. The capacity of the clinic is 66 service users currently and this varies depending on prescribing GP sessions. The methadone waiting list timeframe currently stands at one month. The clinic is open 4 days a week and this has reduced the waiting list.

Methadone is also dispensed via Level 1 and Level 2 GP's. Level 1 GP's treats stabilised opiate dependent persons who have been referred from HSE methadone maintenance clinic or from Level 2 GPs who are more experienced in working with opiate dependent persons. These GP's can initiate treatment of opiate dependent persons. Currently there are 27 Level 1 GP's and 1 Level 2 GP's prescribing in the WRDATF region. There are 47 suitable pharmacies available to dispense methadone to this cohort.

The statistics also show 20 first time patients were dispensed methadone treatment during this time. The total patient numbers prescribed methadone in the Western Region on the 31st Dec was 155. The discrepancy between 176 patients to 155 patients on the CTL suggests 21 patients exited treatment.

2.0 Emerging Drug & Alcohol Trends in the Western Regional Task Force

Because of the limited community based drug and alcohol services in the area, it is evident that the area is in the very early stages of responding to the level of need and the WRDATF are only scratching the surface of the real problem. However based on the data that is available there are a number of trends emerging: See Table 2,1 below

Table 2.1

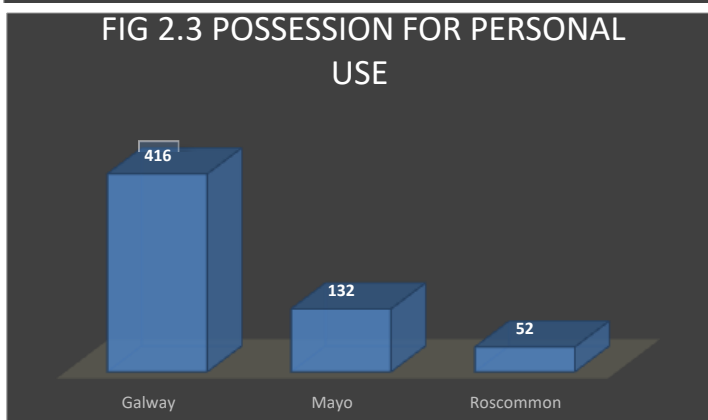
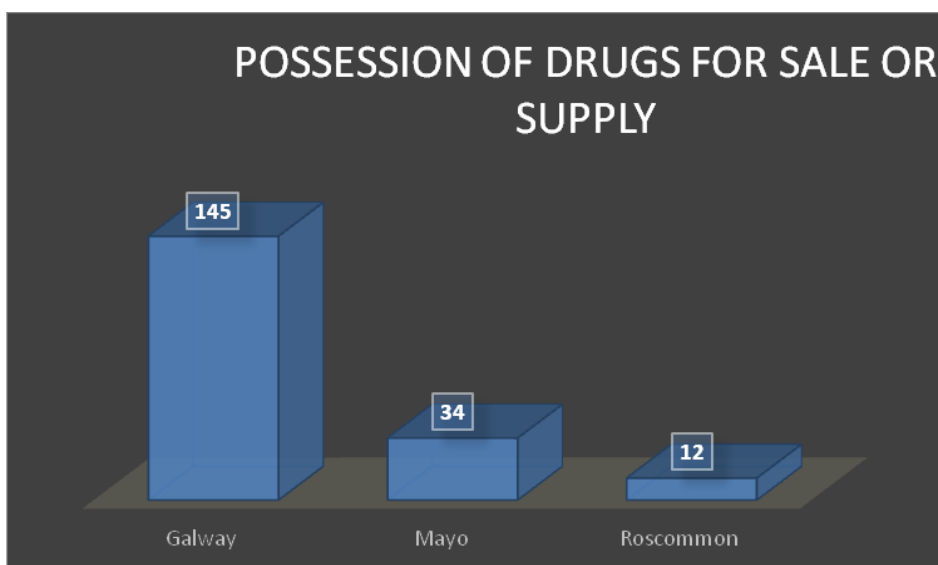
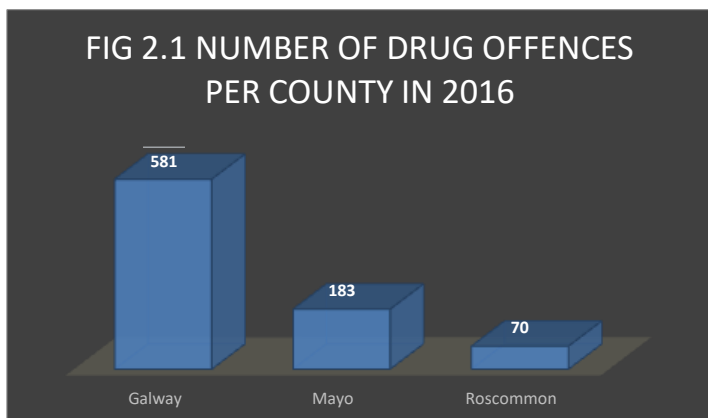
<ul style="list-style-type: none"> Alcohol is a serious issue across the region and with the lack of resources in the area; it still constitutes the highest number of new treatment episodes for primary drug problems. Significant trend suggests high level of home drinking amongst general population. Issues concerning 'prinking' (pre-drinking) may be related to a notable increase in use among the female population.
<ul style="list-style-type: none"> Recent statistics from the area demonstrate high number of young people presenting with problem cannabis use. Cannabis is widely available to the adult and juvenile population and this is borne out by the finding of the Roscommon Survey, which has shown an increase in overall use and also experimentation.
<ul style="list-style-type: none"> A marked increase in commercial cannabis cultivation (grow houses) in rural areas not historically associated with drug crime in the Western Region. In this rural areas significant cannabis cultivation grow house was exposed in 2016. This grow house is one of numerous examples of these industrial grow houses cultivating stronger cannabis. Stronger levels of THC appear to be causing users to experience more intense experiences sometimes leading to mental health issues.
<ul style="list-style-type: none"> Top 3 drug seizures by An Garda Síochána in 2016: cannabis, heroin, ecstasy. This correlate with statistics outlining reasons for referral to addiction services.
<ul style="list-style-type: none"> Garda- Dark Web is very topical at the moment. Huge amounts of drugs are entering the country via the postal system. Customers prefer buying substances online rather than becoming involved with what they see as the criminal element dealing on the streets.
<ul style="list-style-type: none"> Garda – Significant increase in the sale and supply of drugs amongst the student population in Galway City. The number of search warrants being executed at student accommodation facilities has risen in recent months and it is apparent that the sale of supply of drugs in affluent amongst the student population. Ketamine, Ecstasy – and similar (mephedrone, GHB) are increasingly being used with student population. Ketamine is reported as popular because the effect can be mellower than MDMA
<ul style="list-style-type: none"> Gardaí report a change in the drugs market; an increase in availability. Online purchasing of drugs were reported by a number of organisations as a worrying trend and An Garda Síochána report that this is on the increase.
<ul style="list-style-type: none"> Numerous services report an increase in heroin usage, especially in Galway City. Due to the increased misuse of heroin within the region and the growing reporting of intravenous drug use, crime and health related issues are on rise. Intravenous use reported from both genders. Selling of prescriptions medication and prescribed methadone has become an issue. This poses a serious risk to non-prescribed users. To address these issues there is a need for additional Treatment & Rehab front line services.
<ul style="list-style-type: none"> Drug litter and drug paraphernalia are increasingly being reported as a Health & Safety risk to the communities of the Western Regional Drugs Task Force (notably Galway City).
<ul style="list-style-type: none"> Over the counter medication abuse is increasing. This is leading to health implications and addiction issues. The primary over the counter medication being abused is codeine.

<p>Increased use of codeine can lead to renal and kidney failure and in has being implicated in overdose.</p>
<ul style="list-style-type: none"> ▪ Anecdotal evidence would appear to point towards the continued use of new psychoactive substances (NPS) especially among the student populations.
<ul style="list-style-type: none"> ▪ Crystal Meth, GBH / GBL, and Mephedrone are other stimulant substances increasingly abused amongst some members of the gay community.
<ul style="list-style-type: none"> ▪ Increase rise in admissions to A & E following the use of NPS and/or ecstasy tablets.
<ul style="list-style-type: none"> • A lack of rehabilitation places and drug/alcohol counsellors were highlighted during the course of the year. The development of multi-agency Rehabilitation & Integration Services in this area should be progressed to underpin the recovery model.
<ul style="list-style-type: none"> • An increase in family members presenting for support to deal with addiction within the family setting is becoming evident and additional support will be required to meet the emerging need.
<ul style="list-style-type: none"> • The current increase in problematic substance misuse requires increased support and funding in community based drug and alcohol teams. At present the WRDATF does not have the resources to adequately meet the level of demand required for Treatment & Rehab responses. This deficit needs to be addressed. •

2.1 Drug Seizure Figures for the Western Region 2016

An Garda Siochana recorded 834 Drug Offence Arrest in Western Region for 2016.

- See breakdown per country of drug offences Fig 2.1.
- Possession of Drugs for Sale and Supply Fig 2.2.
- Possession for Personal Use Fig 2.3.



Section 3.0 Current Issues and Trends

The WRDATF has utilised a number of mechanisms to respond, highlight and address drug usage and issues in the Western Region. As of 2013 “Current Drug Issues and Trends” has been a standard item on the Task Force agenda to ensure issues in the region are presented and responded to by the WRDATF. In collating “Current Drug issues and Trends” on a monthly basis, the WRDATF can utilise this data to devise and strategically plan an appropriate response to ongoing problematic issues. Responses vary under the five pillars of the National Drug Strategy 2009-2016. Additionally, the WRDATF evaluating Treatment responses and Rehab needs to determine gaps and blocks in the continuum of care.

- One of the main current issues is the lack of access to outpatient counselling for alcohol users. Up until last year there was some availability of the Addiction Support Service provided by the HSE as part of the Community Mental Health Service but they have now been directed to see only services users with a primary mental health diagnosis. This leaves a large gap as the only service available to people now is private counselling and usually people don't have the funds for that.
- For anyone in the Western Region with an alcohol dependency their options are currently Cuan Mhuire or Hope House for inpatient services and then private counselling and Alcoholics Anonymous for further support. There is no statutory outpatient service being provided at present. This is an urgent issue and needs to be addressed. There is a need for a community substance misuse team which provides holistic support to people who are problematically drinking or using drugs.
- An ongoing issue is the lack of detox and treatment beds in the region for drug users. Again there are no detox facilities for drug users in the Western Region, Cuan Mhuire provides 20 detox beds primarily for alcohol users at their facility in Turloughmore.
- Limited integrated support for those leaving treatment centres and returning to their homes and communities. Work needs to be put into developing better relationships with national treatment centres so those returning to the west are provided with more support and information about the services available to them. This would include them attending aftercare services, SMART Recovery, AA ect provided by local organisations.
- Non compliance of Mental Health Alcohol Services in completing NDTRS forms thus reducing the collection of the treatment data that the Health Research Board is compiling. This has the knock on effect of skewing the data for the region and makes it difficult to plan for services and advocate for funding. This is an important national collation programme and all statutory bodies should be compliant with it.
- There are two direct-access homeless hostels in Galway City which attempt to cater for everyone who is homeless. One is male only and the other for women only. These hostels therefore try to cater for people in recovery from addiction, people currently using drugs or drinking problematically, people with mental health problems, people leaving prison, young people, older people etc. Also within the women's service it provides accommodation to women and children fleeing domestic violence. This environment doesn't promote recovery, healing or an environment suitable for families traumatised by domestic violence.

- A headcount takes place within the homeless services on a set date to determine the number of rough sleepers on the street in Galway. This initiative was introduced in 2016 and will provide concrete information on the presenting problem.. Previously conclusions were reached based on the numbers of people accessing services. This was a crude instrument for determining rough sleepers as many vulnerable rough-sleepers do not access main-stream services.
- Drug sourcing has changed dramatically over the last few years. Large quantities of drugs are being bought and sold over the dark web. This is a major problem and exposing greater number to availability of illicit substances. This form of drug dealing appears to offer purchasers the notion of safety of purchases when this is completely untrue.

3.1 Localised Partnership Issues Addressing Substance Misuse in the Community.

Since the establishment of the WRDATF in 2003 alcohol has been identified as, and remains to be, the main substance misused in the Western Region. As a consequence a large focus of the WRDATF has being on alcohol prevention/treatment and strategic planning. The WRDATF believe addressing this huge problem requires a co-ordinated and systematic strategy drawing on a varied approach depending on the target audience. Numerous activities and initiatives relating to alcohol prevention took place in the Western Region throughout 2016 including

- SAOR: Brief Intervention for Alcohol Use.
- Galway Alcohol Strategy.
- Ballinasloe Alcohol Strategy.
- Stay Safe Stay Sober Campaign
- Junior Cert Initiative
- Alcohol Conference
- Start the conversation
- Collaboration with Galway City Partnership

3.2 SAOR: Brief Intervention for Alcohol Use:

The WRDATF in conjunction with the Galway Alcohol Strategy, Brendan Murphy (HSE Training Officer) and Ruth Armstrong, HSE Project Manager-Alcohol rolled out SAOR training in the Western Region and 10 individuals have now become SAOR Trainers. Developed by Paul Goff and James O'Shea of the South Eastern Region, SAOR is currently being implemented within Galway University Hospital by the Galway Alcohol Strategy. The SAOR model incorporates the common elements of screening, assessment, intervention and referral.

A brief intervention for alcohol use is a short, helpful conversation that focuses on assessing, and if necessary, assists a person to consider and alter their alcohol consumption. Brief interventions have shown to be effective in initiating change in alcohol consumption for people with mild to moderate alcohol-related problems and in helping people with more significant difficulties to access specialised alcohol treatment services. The SAOR Model has been adopted by the HSE as the model-of-choice for delivering brief interventions for alcohol use and is being rolled out nationally.

Throughout 2015-16 the WRDATF in conjunction with the HSE West Training Office and Ruth Armstrong, Alcohol Officer, HSE, advertised and liaised with organisations in the region to identify suitable candidates to become SAOR trainers in the Western Region. 19 individuals expressed interest, 12 met all the criteria and were selected and 10 went forward to be trained. A three day

Train the Trainer programme took place between late October and early January (October 28th, November 25th & January 6th). The trainers will complete their supervised training sessions in the first quarter of 2016 and be identified as the WRDATF SAOR trainers for roll out of this training across the region (and the North West).

The trainers have committed to delivering 2 SAOR trainings per year and will engage in trainer workshops and updates. All trainings completed by the trainers will be reported to the WRDATF with a list of participants and evaluations being sent in after each training. In 2016 205 people attended the SAOR Training module. 101 attended in Galway, 51 in Roscommon, 52 in Mayo held over 17 training sessions altogether.

3.3 Galway Alcohol Strategy

This five year strategy was developed to prevent and reduce alcohol-related harm in Galway City by the Galway Healthy Cities Alcohol Forum in partnership with a range of organisations and groups including HSE West, An Garda Síochána, WRDATF, City of Galway, VEC, NUI Galway, GMIT, Galway City Council and Galway City Community Forum. A wide range of agencies, groups, and individuals participated in the consultation process. 2016 was year 4 of the 5-year strategy.

The Strategy is informed by research on effective approaches to tackling these harms and focuses on prevention, supply access and availability, screening, treatment and support services, research monitoring and evaluation. It is hoped that the effect of implementing the strategy will improve the health and well-being of people living in Galway City by reducing the harmful use of alcohol, reduce alcohol-related harm and reduce incidents of alcohol related crime and anti-social behaviour.

Public Awareness Campaign to Promote Galway Alcohol Strategy

- Website - www.galwayalcoholstrategy.ie 926 unique visitors updates and feature - 38 news items
- Local media – 10 local media articles and radio pieces generated via the Galway Alcohol Forum
- Presentation to Galway City Joint Policing Committee on issues relating to preventing and reducing alcohol related harm in Galway City
- Promotion of '*Research evidence to prevent alcohol-related harm: What communities can do in Ireland (Hope, 2015)*'
- Two information seminars in collaboration with Western Drugs and Alcohol Task Force - Alcohol and Cancer (29 people), Alcohol and Older People (36 people)

Policy Development

- One policy workshop delivered to assist with development of alcohol policy
- Submission made on Draft Open Spaces and Beaches Bye Laws
- Integration of relevant Galway City Alcohol Strategy actions into Early Years Plan for Galway City, Western Region Drug and Alcohol Family Support Strategy and NUI Galway alcohol group

Protecting Children and Young People

- Commenced collating information on protecting children and young people from alcohol related harm

Supply, Access and Availability

Alcohol Price

- Contacted all Oireachtas members to continue to advocate for introduction of Public Health (Alcohol) Bill 2015 which includes Minimum Unit Pricing (MUP)

Alcohol Availability

- Communication with TDs advocating for support for introduction of Public Health Bill
- Submission to City Development Plan (2017 – 2023) in relation to issues affecting the availability of alcohol
- Updated list of alcohol licenses and map of outlets in Galway City (281 licenses Galway City)
- Licensing renewal system process communicated through website and mailing list

Alcohol Marketing

- Briefing document prepared for Alcohol Forum on alcohol marketing in public places
- Alcohol images that appeal to young people captured as part of European project – 590 images captured

Enforcement of Legislation

- A total of 156 drink driving arrests in Galway City District – An Garda Síochána

Screening, Treatment & Support Services

Six SAOR training courses delivered in Galway City by Drugs Task Force – Westside (11) GMIT (10) Ozanam House (12) HSE (11) NUIG (13) Probation Services (15)

- Information card on support services for alcohol in Galway City developed and printed
- Family Support Strategy and Handbook developed and launched by Western Region Drug and Alcohol Task Force
- Work commenced on identifying alcohol related presentations at Emergency Department in University Hospital Galway led by NUI Galway and HSE

Research Monitoring & Evaluation

Galway City Alcohol Survey Summary Report prepared and printed

- Presentation at annual NUIG Health Promotion Summer Conference
- Summary report from Galway City Alcohol Survey completed including media release

Monitoring

- Galway Alcohol Forum met three times in 2016 and organised an annual review and planning session - 27 people attended
- Ongoing monitoring of strategy implementation through progress reports and outputs.
- Promotion of local initiatives that are alcohol free e.g. Park Run, Get Ireland Active

3.4 Ballinasloe Alcohol Strategy

The WRDTF, in conjunction with representatives from local statutory and voluntary organisations, began the development of the Ballinasloe Alcohol Strategy. This strategy aims to enhance the way that agencies respond to alcohol-related harm in the town.

In order to get a wide range of views on the issue of local alcohol related harm, agency and community consultations were held and a youth panel was established comprising members of the local Comhairle group. The Ballinasloe Alcohol Strategy was developed in order to help to prevent and reduce alcohol related harm in Ballinasloe. The period of the strategy runs from late 2014 through to the end of 2016 and it incorporates 29 actions that focus on the four pillar areas of:

- Prevention,
- Screening, Treatment and Support Services,
- Supply, Access and Availability
- Research, Monitoring and Evaluation

Projects were carried out during 2016 in each of these key areas including:

- Bye Law Signage developed and displayed in key locations around the town area
- Services literature developed for use by An Garda Síochána, The Courts Service and agency
- Youth panel developed and working on actions in strategy
- Pre-Teen Years Programme run for parents of national school children
- Transition programme completed for sixth class students moving to secondary school
- Junior Certificate Programme delivered to local schools.
- Review of year completed

See supporting materials for a copy of the Ballinasloe Alcohol Strategy in Appendix.

3.4.1 Ballinasloe Response Group

The Ballinasloe Response Group is a community-based organisation that was developed to support and respond to substance-use issues in the Ballinasloe area. It provides advocacy and support for those concerned about their substance use and their families, signposting, and the group also runs awareness events and a vigil annually

3.5 Junior Cert Results Night Initiative:

The ESW role is to support the co-ordination and delivery of the Junior Cert Results Night Initiative (JCRNI) actions in 2016 in line with Nation Drug Strategy recommendations for Counties Roscommon and Mayo. The multi-agency initiative was established in 2012 as a response to the health and safety issues that have arisen around alcohol use and Junior Cert students, it originated in County Mayo and had been extended to County Roscommon. Initially made up of advisory members from An Garda Síochána, Western Region Drug Task Force, South West Mayo Development Company, Castlebar NYP, Castlebar Joint Policing Committee, Garda Youth Diversion Project, No Name Club and St Joseph's Secondary School Castlebar; the aims of this project have been carried into 2015 by WRDTF/SWMDC project workers (ESW & CLW) with assistance from An Garda Síochána and the ISPCC Mayo. The aim is to reduce the overall harm caused by alcohol around junior cert results time. In 2012, the project was successful in reducing the alcohol related harm on Junior Cert results night in County Mayo. An evaluation of the campaign that year found a 100% reduction in reports to An Garda Síochána and Garda arrests on results night compared to the same night in 2011. We have continued to see a reduction in alcohol related harms and arrests as a response to this initiative to date and it is thoroughly welcomed, encouraged and supported by the secondary schools, parents, community members and all agencies involved. In May 2016, we distributed a parent information pack Teenage Years: A parent's guide to protecting your teenager on a night out via the 26 secondary schools and 3 youth reach centres in Mayo, 9 secondary schools in Roscommon to all parents of junior cert students receiving their results in September 2016. The information pack provided information on tips to prepare your child for a night out and focused on enabling communication. It contained an information sheet on alcohol effects and a harm reduction booklet focusing on teenagers going out at night. Every school was written to and offered a parent support information talk if they wished to avail of it. With the aim of further supporting parents around the issue of underage alcohol use and junior cert celebrations. In September 2016, in advance of results night, we delivered harm reduction workshops to students receiving their junior cert results in 29 post primary education establishment in Mayo and 9 Secondary Schools in Roscommon. This campaign titled 'Stay Safe- Stay Sober' focuses on a harm reduction approach to alcohol and explores alternative celebration options that exclude alcohol and drugs. We provided students with a newly designed harm reduction leaflet Teenage Years: A teenager's guide to protecting yourself on a night out and specially designed silicone wristbands that displayed an alcohol harm reduction message. In all, 1812 households in Co Mayo and approximately 600 homes in Roscommon received the Parents Info pack and all 2400+ Junior Cert students attended the 'Stay Safe – Stay Sober' workshops. Media interviews were aired and published to provide information on this initiative and to highlight a harm reduction message to the wider community via local radio and newspapers.

3.5.1 Stay Safe Stay Sober Campaign County Galway

Working in conjunction with An Garda Síochána, alongside Neil Wilson, the Galway Drug Education Support Worker (DESW), and Pat Conway (CLW) and Gillian Conway (DESW), the workers covering Galway on the delivery of this Junior Cert Night and Junior Disco underage drinking campaign. The Task Force covered 16 schools in East Galway, with the cooperation of the Gardaí in Ballinasloe and Loughrea districts, and the nine secondary schools in County Roscommon.. In all, over 1,100 Junior Cert students in East Galway benefitted from the 'Stay Safe – Stay Sober' campaign. This is a highly effective campaign and has a huge impact on the number of problems caused on these nights. A targeted piece of work goes into checking of buses going to junior discos by the local Gardaí.

3.5.2 Stay Safe – Stay Sober County Roscommon

In September 2016, in conjunction with local Gardaí the WRDATF through its funded projects DESW and CLWx2 delivered a harm reduction information campaign in all 9 post primary schools to students receiving their junior cert results. This 'Stay Safe- Stay Sober' campaign focused on a harm reduction approach to alcohol and explored alternative celebrations that exclude alcohol and drugs. The Task Force provided all students with a newly designed harm reduction leaflet 'Teenage Years: A teenager's guide to protecting yourself on a night out' and specially designed silicone wristbands

3.5.3 Stay Safe – Stay Sober County Mayo

Working in conjunction with An Garda Síochána, Pat Conway (CLW) and Gillian Conway (DESW), the workers delivered a harm reduction information campaign in 6 schools in Mayo (Foxford, Ballyhaunis, St Coleman's Claremorris, St Louis Kiltimagh, Charlestown, St Joes Castlebar). 423 young people attended this workshop targeting Junior Cert Night and Junior Disco underage drinking.

3.6.1 Community Partnership Policing

The initiative includes a very strong policing element led by Sergeant De Rís of Castlebar Garda Station. The following occurs from a Garda point of view:

- Engagement with disco venue in advance of results night
- Strong Garda presence in Castlebar town and across the county
- Letter written in advance to all bus companies in Mayo;
- Specific bus company in Galway that was suspected of facilitating alcohol on board was cautioned in advance by Gardaí;
- Radio messages;
- Checkpoints and searches of buses throughout the county;
- Patrols of all local drinking areas carried out;
- Gardaí Involvement in Stay Safe – Stay Sober workshops

Along with a strong policing approach in Mayo we also have a strong prevention/education element with the parent's information campaign in May and the student information campaign in September led and funded by the CLW and DESW.

3.6.2 Parent information Campaign

In May, we distribute via the secondary schools an information pack *Teenage Years: A parent's guide to protecting your teenager on a night out* to parents of all 3rd year students in Co Mayo. The pack also includes a fridge magnet, a letter informing parents of the initiative and other supporting information from MindSpace Mayo, the ISPPC and Supportme.ie. The information pack aims to support parents around the topic of underage alcohol use. Following on from this, parents are invited to attend an information evening to further support parents around the issue of underage alcohol use, staying safe on a night out and junior cert celebrations. In total 1812 households received information packs in 2016.

3.6.3 Harm Reduction Campaign for students in September

In September, we deliver a harm reduction information campaign to all students receiving their Junior Cert Results which includes workshops from CLW/ESW, a member of the Gardaí and ISPPC. We provide all students receiving results with a workshop on practical tips on how to enjoy a night out safely, harm reduction leaflets and specially designed silicone wristbands that will display an alcohol harm reduction message. In total, 1812 students were engaged as part of the initiative in 2016.

We rolled out a very similar initiative in Co Roscommon titled Stay Safe Stay Sober again with the same objective to reduce alcohol related harm on Junior Cert Night. The initiative is identical as in Mayo with 600 students and households engaged.

3.6.4 Mayo/Roscommon Public Speaking Project 2016

South West Mayo Development Company in conjunction with the Western Region Drug and Alcohol Task Force organised a Transition Year *"Alcohol and Society"* public speaking project that involved seven post-primary schools in both County Mayo and Co Roscommon.

The purpose of this public speaking project was to create awareness among young people about the impacts of alcohol upon society and to challenge attitudes that exist in relation to Irish culture and alcohol. It is hoped the project will help to build self-esteem and confidence among the young people who participate and assist in their own personal development. Each of the seven schools in

each county had a separate theme to research and work on which was supported by the CLW/DESW. Schools from each county competed against each other in the County Finals. See below a list of themes teams worked on.

Themes:

- Alcohol and social media
- Alcohol advertising – Should it be banned?
- Alcohol and young people – The parental role
- Alcohol in Ireland – Is there a problem?
- Alcohol and risky behaviour
- Alcohol in the home, Discuss
- Alcohol and sport – Who’s the winner?
- Alcohol, young people and mental health
- Alcohol and peer pressure

3.6.5 Social Media Competition 2016- A Teenagers Guide to Protecting Yourself on a Night Out

The Western Region Drug and Alcohol Task Force joined up with Mindspace Mayo, Mayo County Council, South West Mayo Development Company and Comhairle Na Nóg Mayo in developing a Social Media Competition titled A Teenagers Guide to Protecting Yourself on a Night Out. This project was all about learning new skills, participating on a team, exploring a topic related to young people, learning to make a video and having lots of fun along the way!!

Our theme focussed on A Teenagers Guide to Protecting Yourself on a Night Out. We asked students to consider the importance of a being safe on nights out and develop a message to give to other students on how best to do so under key themes such as

- Practical tips when going out at night
- Peer Pressure and Alcohol – How to deal with it.
- Protecting your mental health on a night out
- Alcohol, young people and the law
- Safety Message- What to do in an emergency

The competition is a great way for students to explore in greater detail this topic and express their own unique understanding and perception of it. It will help students to identify what is an important message, find a way to express that creatively within a group, work collaboratively and develop skills to create a video, which is educational and entertaining to teenagers.

Teams of students, along with a designated teacher, are invited to create a short 1-3 minute long collaborative video. This competition was open to TY and/or 5th year groups in Co Mayo.

3.6.6 Fancy Back Packing Abroad Initiative

The Fancy Back Packing Abroad Initiative was rolled out in conjunction with Rice College Westport Co Mayo and St Nathys College, Ballaghaderreen Co Roscommon supported by An Garda Siochana, RIDC and SWMDC. The main aim of the initiative was to highlight to second level students how a minor drugs conviction can have impacts on ones future job and travel prospects.

3.6.7 Drugs in Schools Projects – Roscommon and Tuam

These are inter-agency initiatives that have been developed to examine the issue of drug use within the school-aged community. Schools have been reporting an increase in cannabis and other drug use and have been seeking different types of support in order to deal with the issue. These working groups have been established by the WRDATF, with the support of stakeholder agencies, in County Roscommon and in Tuam.

3.7 2016 International Foetal Alcohol Spectrum Disorder (FASD) Awareness Day.

The WRDATF, Mayo University Hospital and SWMDC developed a public awareness campaign in Co Mayo to mark International Foetal Alcohol Spectrum Disorder (FASD) Awareness Day on September 9th 2016. The three main messages promoted via radio, newspaper and social media in this campaign were:

- ✓ No amount of alcohol during pregnancy is safe.

- ✓ Don't drink alcohol if you are pregnant or planning to get pregnant.
- ✓ If you are pregnant stop drinking now.

3.7.1 2016 Regional Drug and Alcohol Awareness Week

The overall aim of the Western Region Drugs and Alcohol Task Force is to significantly reduce the harm caused to individuals and society by the misuse of drugs through a concerted focus on Supply Reduction, Prevention, Treatment, Rehabilitation and Research. These aims are in line with the overall aim of the National Drugs Strategy (interim) 2009-2016. An action under the Prevention pillar states *“the development and implementation of a designated drug/alcohol awareness week/day with agreed themes and methodologies”*. With this in mind, the Western Region Drugs Task Force organised a Regional Drug and Alcohol Awareness Week from the 7th-11th of November. The purpose of the week is to increase the awareness of drug and alcohol related issues under key themes in the region. The week was launched in the Mc William Park Hotel by Minister for Communities and the National Drugs Strategy T.D Catherine Byrne. One of the main events in Co Mayo was the Big Debate in GMIT Castlebar.

3.7.2 The Big Debate – Decriminalising Drug Use in Ireland. The Way Forward?

GMIT Mayo Campus

Outdoor Education *For* the motion v Applied Social Studies *Against* the motion.

The main aim of the project is to provide an engaging, active, learner-centered activity where students can further develop confidence and self-esteem while researching and critically exploring the motion from both sides of the argument.

The debate took place as one of the main events of the Western Region Drug and Alcohol Awareness week which took place from 7th – 11th of November.

3.8. Community Based Partnership with WRDTF and Galway City Partnership

The family support development worker was invited by Galway City Partnership (GCP) to discuss drug concerns within Galway City and to explore awareness and training options for both the west and east sides of city. A couple of meetings were held to examine the needs of the community and the needs of community based workers. Areas of immediate concern were the needs of parents struggling with adolescent substance use and worker education around understanding drug issues as well as understanding the impacts on families. The family support worker developed a training plan for 2015 which included 4 workshops for community based workers and one parenting programme. The family support worker collaborated with the Education Support Worker for Galway to support training delivery in this area, the FSW agreed to design and develop a new training course for parents.

The course was delivered to a variety of community based workers based in the city including, social workers, youth workers, Tusla family services, JLOs and community development workers. This was an ideal opportunity to deliver a needs led training programme within their community setting. An average of 23 workers attended each of the four courses. The courses were: New & Emerging Drugs (delivered by ESW & FSW), Harm Reduction (delivered by ESW) Responding to Families Affected by Substance Misuse, and Responding to Drug-Related Intimidation (both delivered by FSW). Evaluations were undertaken after each course and the feedback was overwhelmingly positive. GCP have informed the FSW that they will also complete an end of year evaluation which is welcomed.

Initiatives relating to Heroin in the Western Region include:

3.9 Due to an increased cohort presenting for methadone maintenance treatment the HSE have since extended the clinic dispensing days to 4 days a week to deal with the waiting list.

3.9.1 Currently there are 25 Level 1 GP's prescribing methadone maintenance in the WRDATF region. There are 42 suitable pharmacies available to dispense methadone in the WRDATF region.

3.9.2 The Task Force convened a meeting with the relevant stakeholders to address the issue of drug litter thus ensuring that the correct information is available regarding disposal of such litter.

4.0 Lack of Treatment Services

4.1 Lack of Tier 4 services and treatment of people with alcohol problems continued to be highlighted by the Task Force during 2015. A new Alcohol Liaison Nurse post within Galway University Hospital is still vacant.

4.2 A shortage of regional residential drug detox and treatment services. Referral processes to HSE and other statutory funded detoxification or residential treatment beds needs to be standardised for all Substance Misuse related services, allowing those regions without appropriate tier 4 services to gain access to much needed resources elsewhere.

4.3 Requirement for a GP referral in order to access the HSE Alcohol Counselling service.

4.4 A lack of public awareness of the services that are available to them and the importance of accessing them in a timely manner.

4.5 Parental tolerance of alcohol and cannabis use amongst minors.

4.6 General funding and resource restrictions are putting increasing strain on services and restricting travel and some services in the region have been discontinued.

4.7 Stigma creating a major block to accessing services, particularly for family members.

4.8 Delay in accessing treatment may lead to person destabilising and/or relapse.

5.0 Family Support Strategy: Support for Family Members Affected by a Loved One's Drug/Alcohol Use

A needs analysis was conducted in Counties Galway, Mayo and Roscommon by the family support worker in 2014. The report was published in February 2015. This research will contribute to the development of a family support strategy to identify and help improve service provision to families affected by substance use. The WRDATF Family Support Strategy was launched in 2016.

Substance misuse impacts on the whole family and its time, policy and practice recognise and reflect this need. This strategy has become a roadmap for interagency working in prevention, education, treatment and recovery. The Family Support Strategy has been guided by the needs analysis 2014. The Needs Analysis key recommendations are integral to the development of many of the strategic goals and actions within the Family Support Strategy 2017-2020.

Key Recommendations of Needs Analysis

Based on the literature and the findings of the survey this report recommends drug and alcohol family support services should:

- Improve co-ordination with all relevant services and utilise inter-agency partnership structures;
- Advocate for expansion of drug and alcohol service provision;
- Publicise family support drug and alcohol services better and increase public awareness and knowledge of substance misuse;
- Establish best practice in drug and alcohol family support and provide regular and worthwhile training courses;
- Include service users and family members in development of drug and alcohol family support services: and
- Ensure an inclusive approach which includes ethnic and cultural minorities within this development process

There are minimal supports available to families affected by substance misuse with the exception of the HSE West Drug Service. Families can only access support from residential treatment centres when their loved one is undergoing treatment.

Additional projects and training initiatives also took place within the region supporting agencies and service providers inclusive of statutory, community and voluntary agencies. Here are examples of some of these.

- drug and alcohol awareness work with apprentices,
- Parents initiative and awareness work concerning risky behavior. The number of participants was 2710 on these programme's.
- The Education Support Worker(Galway) trained 17 HSE A&E in exploring responses to NPS.
- Training was also provided to Youthreach's, National schools and the Irish Defence Forces in drug and alcohol awareness. 552 people were trained in these initiatives.
- Partnership with Roscommon Women's Network to develop and roll out Women and Substance Misuse Conference in Roscommon
- Training and Education Initiative with WRDATF and an Garda Siochana
- Tusla Roscommon and Prevention Partnership and Family Support Programmes- training & Education Initiative for Staff, multi agency social action research project
- Parenting Strategy (multi agency).
- Partnership initiative with Midwest Child to Parent Violence (CPV) and Abuse Network- Developed Seminar on CPV and substance use.

4.0 Drugs & Alcohol & Mental Health

4.1 Youth Mental Health Networks

The WRDATF supports and engages in a working partnership with local agencies on the youth mental health networks in Ballinasloe, Roscommon and Tuam. These networks formed from the various community, voluntary and statutory agencies, work with vulnerable young people in each of these areas. Their aim is to provide opportunities for greater communication and collaboration in order to enhance the supports available to these young people in each of these areas. Training workshops and networking events are provided three to four times annually in each location.

Events during 2016 covered issues such as; the impact of parental separation, Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder, bullying and cyberbullying, effects of trauma and loss, managing challenging behaviour, drugs and alcohol, child to parent violence, anxiety and the management of challenging behaviour. These events help up-skill and support adults who are working with young people and, whilst educational, also allow for information sharing between agencies and improved referral pathways.

4.1 Resource Officer for Suicide Prevention

The WRDATF funded workers liaise closely with the local Suicide Resource Officer and help in the development of programmes within Connecting For Life and also the marketing of the ASIST training programme. The most common disorders associated with suicidal behaviour are depression and alcohol use disorders, with alcohol or other substances being present in up to half of all suicides. Concerned families highlight that accidental overdose and deliberate self-harm is not treated adequately when drugs/medication has been abused.

To compound this issue, mental health disorders are almost three times as common among those with alcohol dependence as compared to the general population and 40% of service users managed by CMHTs report drug or alcohol misuse problems. At risk groups also pose a significant challenge; a recent survey of the extent of mental illness in prisoners revealed that 2.6% of sentenced prisoners suffered from severe or enduring mental illness, rising to 7.6% among remand prisoners with 70% being addicted to alcohol or other drugs.

Trainings Provided by the WRDATF

5.0 WRDATF Training Programme. Developing awareness, skills and competencies relating to drugs and alcohol in the Western Region.

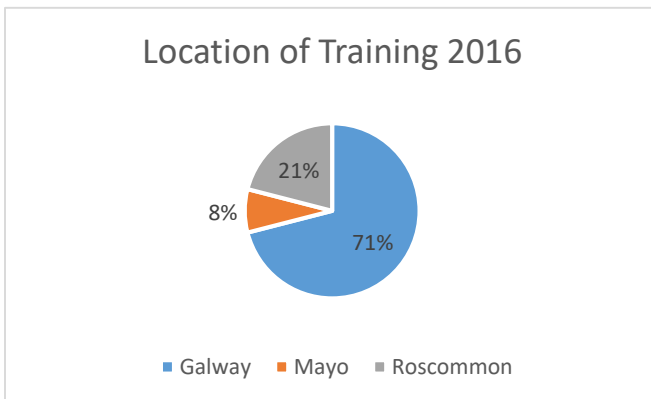
The Western Region Drug and Alcohol Task Force, in conjunction with the HSE West Drugs Service, is offering drug and alcohol-related training to those working in the community, voluntary and statutory sector in the Western Region. The training is offered under the National Drug Strategy Pillars of Prevention and Treatment with a broad range of courses available including awareness-raising and skills development courses available to individuals, groups and organisation across the 4 Tiers of Intervention.

The range of courses offered is developed by the WRDATF Training Committee in conjunction with the WRDTF Development Worker, Education Support Workers and the HSE West Training Officer. The WRDATF then compiles the calendar, circulates it and has developed an administration system to support same.

Courses are spread across counties Galway, Roscommon & Mayo and delivered by a variety of trainers. In order to ensure maximum opportunities for participants to attend, a waiting list is kept for each course. In 2016 the calendar was offered in two segments: January—July, & September —December.

The Task Force provides a centralised point of contact for those wishing to develop their knowledge and skills regarding the topic of drugs and alcohol. Courses cover a gambit of different training modules covering drug and alcohol awareness and education to skills based interventions. Those who attended the training came from a broad range of services and organisations across the region including the Youth Sector, Children’s Services, Homeless Services, Tusla, An Garda Síochána, Housing, Hospitals, Traveller Projects, Mental Health Services, Disability Services, Prison, University, Defence Forces, Private Therapists, Teachers, and Student Placements.

Training Calendar location of training in 2016



In 2016, 286 individuals participated in training via the training calendar. 203 participants attended trainings provide in Co.Galway.60 attended training in Co.Roscommon. 23 attended training in Co.Mayo.

5.1 Training Offered per County in 2016

Training offered per county in 2016:

Galway City	Galway County
<ul style="list-style-type: none"> ▪ 3. SAOR: Screening & Brief Intervention ▪ Drug & Alcohol Awareness Training for student placements ▪ 2. Naloxone & Overdose Training ▪ 2. New & Emerging Drugs ▪ Developing Substance Use Policy ▪ Good Practice in Drug Education ▪ Awareness week ▪ Women & Substance Use 	<ul style="list-style-type: none"> ▪ Harm Reduction & Current Issues ▪ 2. Responding to Drug Related Intimidation ▪ 2. Saor Brief intervention for alcohol use ▪ Awareness week
Roscommon	Mayo
<ul style="list-style-type: none"> ▪ 3 Saor: Screening & Brief Intervention for alcohol use ▪ Trends in Drug SUE ▪ Awareness week 	<ul style="list-style-type: none"> ▪ SAOR: Screening & Brief Intervention ▪ Developing a Substance Use Policy ▪ Awareness week

Training Total for 2016

- Total number of courses offered: 29
- Total numbers of applicants applied: 432
- Total number of places offered/available in 2016: 416
- Total number trained: 286 (5 courses postponed/cancelled)

5.2 Evaluation of training offered:

A generic template is now used by all trainers delivering training on the calendar including external trainers. Based on evaluations, links with organisations, drug and alcohol trends, the training programme will develop and expand to meet the drug and alcohol training needs of the region¹.

The WRDATF Training calendar has proven to be a valued resource in the region with increased interest in the training on offer creating new linkages with groups and organisations. Groups and organisation now see the WRDATF as a resource for drug and alcohol training and are coming to the WRDATF with suggested training course and organisation specific requirements.

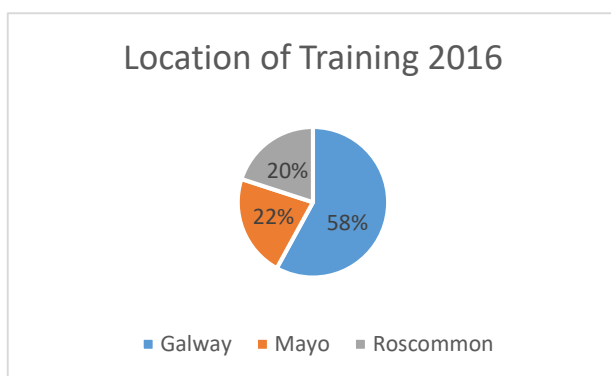
While the Task Force will continue to provide a broad range of courses across the region it plans to respond to the changing needs in the region and keep the training offerings up to date and new, where possible. The systems in place surrounding the trainings have improved as the calendar develops and an extensive training database has also been developed. This has proved very valuable for informing on new trainings and other information events being organised by the Task Force. In 2016 the Task Force staff also decided to keep an in house training calendar. Separate to the external training calendar.

Total for 2016 In House Training

- Total number of courses offered: 12
- Total number of places offered/available in 2016: 199
- Total numbers of applicants: 171
- Total number trained: 165
- (0 courses cancelled)

Total Training provided in 2016 (Internal & External Training Provided)

- Total number of courses offered: 41
- Trainings taking place: 36
- Total number of places offered/available in 2016: 615
- Total numbers of applicants: 603
- Total number trained: 451
- (5 courses cancelled)
- Total trained in Saor is 205.



Total training divided across Galway, Mayo and Roscommon.

A total of 36 trainings took place. 21 in Galway, 8 in Mayo and 7 in Roscommon.

There were no small grants in 2016 and the monies were transferred to training/rehab initiatives.
The breakdown was the following.

Training & Rehab Allocation	€11263
CBCS Training	€4278
SMART Recovery	€2000
Training Room Venue Hire	€2985
Public Consultation For Strategy	€2000
Total	€11263

SAOR Rollout in the Western Region 2016

1. Westside Resource Centre, Galway	2. GMIT Galway	3. Family Life Centre, Boyle	4. Vita House, Roscommon Town
January 12th	January 13th	January 26th	January 27th
Trainer(s) Alan & David 11 attended	Trainer(s) Emmet & Hazel 10 attended	Trainer(s) Danny & Christina 16 attended	Trainer(s) Danny & Christina 16 attended
5. Balla Resource Centre, Mayo	6. Ozanam House, Galway	7. Merlin Park, Galway	8. Roscommon
February 10th	February 23rd	February 24th	March 8th
Trainer(s) Gillian & Pat 9 attended	Trainer(s) 12 attended	Trainer(s) Emmet & Hazel 11 attended	Trainer(s) Gillian & Pat 10 attended
9. Education Centre, Castlebar	10. NUIG	11. Mayo	12. Mayo
March 9th	March 15th	July 21st	July 26th
Trainer(s) Allan & Darren 8 attended	Trainer(s) Claire & Darren 13 attended	Trainer(s) 10 attended	Trainer(s) 11 attended
13. Mayo	14. Tuam	15. Probation Services	16. Vita House, Roscommon
September 21st	September 29th	October 7th	November 22nd
Trainer(s) Cancelled	Trainer(s) Emmet 21 attended	Trainer(s) 15 attended	Trainer(s) Emmet 9 attended
17. HSE Primary Care, Ballinasloe	18. GMIT Mayo		
November 24th	December 5th		
Trainer(s) Emmet 8 attended	Trainer(s) 15 attended		

Training Development & Delivery By Family Support Service

The Family Support Coordinator (FSC) delivered customised training based on organisational requests as well as providing scheduled training through the WRDATF training calendar. Overall, the FSC delivered training to 144 individuals in 2016.

Castlerea Prison Family Resource Centre

The family support worker provided a customised one-day training course to staff and volunteers of the Castlerea Prison Family Resource Centre as per request of their co-ordinator. This workshop focused on the following: basic drug education, impact on families affected by drug/alcohol use, the family challenges on imprisonment and how substance use is linked with recidivism, family breakdown, etc. Eight participants attended.

Tusla Roscommon

The FSC also provided a customised a one-day training for Tusla Roscommon. This was based on a request from Tusla, following a consultation meeting between the FSC and Tusla. The FSC developed training based on identified need of Tusla staff focusing on family support and child protection and welfare within a substance misuse context. Thirty-two Tusla staff attended and training was well received based on evaluations.

Defence Forces

Developed customised training for Renmore Barracks. Co-delivered 2 day training for Renmore Barracks (1 day Privates/1 day for Officers) with ESW and DI Coppinger. This training included impacts on families, debt, intimidation, potential consequences, recovery etc. Fifty-eight members of the defence forces attended.

Hope House Treatment Centre

Developed customised 2-day CPD training for counselling staff in Hope House. The training focused on systemic therapies and family support.

Responding to Drug Related Intimidation - Training Calendar

Responding to Drug Related Intimidation is a training programme developed by the National Family Support Network and the Garda National Drugs Unit. The purpose of the programme is to train practitioners to provide practical steps/information to families who are experiencing drug related intimidation. This course was delivered by the FSC in Ballinasloe with 20 attendees.

Women & Substance Misuse - Training Calendar

This course was designed and delivered by the FSC. This course aimed to give an insight into the following: History & social context of women & substance use; gender differences in substance use; gender specific challenges to accessing treatment; gender differences in treatment and recovery and supporting women within your own role/organisation. The course was oversubscribed and will be delivered again in 2017. Twenty-four attendees. Overall, the FSC delivered training to 144 individuals in 2016.

Training Development & Delivery By Community Liaison Workers

The Community Liaison Workers (CLW) delivered customised training based on organisational requests as well as providing scheduled training through the WRDATF training calendar. They also designed Progressive rehabilitation programmes in 2016 to be rolled out in 2017 as well as training in SMART Recovery in 2016 with the intention of rolling it out in 2017.

Life Skills & Job Activation Programme

The course will be delivered over two days a week for ten weeks. It is intentionally developed to support young people with drug & alcohol issues to further develop life skills and become more job ready. It will do this by providing Industry Certified Training such as Customer Services Skills, Manual Handling, Support Provisional

Licence applications while also providing Life skills and Personal Development through Team Building, Communication Skills, CV Prep, job searching skills and interview Skills, Career Guidance, Money Management and Budgeting, Mindfulness, Exercise, Nutrition and cooking skills, Drug and Alcohol Education. The programme will also provide each participant with four 1-1 mentoring sessions where goal setting will take place and development of course exit plan.

QQI Level 4 Health Related Fitness

The course will be delivered over three mornings a week for sixteen weeks. It is intentionally developed to support people over eighteen with drug & alcohol issues. All participants who complete this programme will receive a QQI Level 4 Health Related Fitness. A large aspect of this course will revolve around physical exercise (kickboxing). This course has been designed to offer maximum potential for people to achieve success. Each participant will be offered 1-1 weekly support and the opportunity to get extra support from GRETB Literacy and Career Guidance services. Other topics will include- Alcohol and Drugs, Life Skills, Digital Technology, Conflict Management, Nutrition and Cooking.

SMART Recovery

SMART Recovery, an acronym for Self Management and Recovery Training, offers a science based, non-faith based programme. The tools and techniques of SMART Recovery are derived from Rational Emotive Behaviour Therapy, Cognitive Behavioural Therapy and Motivation Enhancement Therapy. It is an abstinence based peer-support programme that uses tools and techniques grounded in cognitive- behavioural principles. SMART Recovery meetings last between 60-90 minutes and are steered by a facilitator. The programme focuses on building motivation, coping with urges, problem solving and maintaining a lifestyle balance.

The key tenets of the SMART Recovery approach are that the programme:

- Teaches self-empowerment and self- reliance;
- Provides meetings that are educational, supportive and include open discussions;
- Assists individuals to recover from addiction and live satisfying lives;
- Supports the scientifically informed use of psychological treatments and legally prescribed psychiatric and addiction medication;
- Evolves as scientific knowledge in addiction recovery evolves;
- Differs from Alcoholics Anonymous, Narcotics Anonymous and other 12 step programmes.

Other Training Provided by CLW's Education Training Board

- Provided 4 sessions within GRETB to learners of various different courses.
- Facilitated a Young Men's group at Youthreach education centre.
- Delivered one information session at the National Youthreach Coordinators conference (70 attendees).

3rd Level-

- Contributed to REACT committees in both NUI Galway and GMIT.
- Delivered one session on Family Members affected by someone else's drug or alcohol use to 1st year medical students in NUI Galway (12 attendees).
- Designed and delivered 2 sessions on drug and alcohol interventions to the "Seas Suas" group based on the bystander model (140 attendees in total).
- Distributed information to 1st year students via the "Fresher's health Fair" at NUI Galway.

FASD International Day

Fetal Alcohol Spectrum Disorders (FASD) International Day: Provision of FASD information/support stand with CLW at Mayo General Hospital on international FASD day September 9th, On-going consultation with Mayo FASD working group, development and design of education material on this topic to heighten awareness in care provision and the general community.

Other Projects undertaken in 2016:

Substance Use Policy Development Seminar - Mayo

The National Drugs Strategy 2009-2016, as part of its focus on education and prevention, has identified a need to promote the development of substance use policies in a number of key areas. These include; workplaces, sports, community and voluntary organisations, and also educational establishments. CLW facilitated seminar May 18th, Quay Community Centre Westport. Eight people attended.

The seminar aimed to provide organisations with an

- Introduction to the importance of having a substance use policy
- The stages involved in policy development
- Useful templates and resources

Chem Sex Documentary

The issue of 'Chemsex' received much increased media and professional interest during 2016. Implications for the work of organisations such as AIDS West (host organisation for WRDATF education support, County Galway) were explored. Efforts to bring the issues to a wider stage included a planner training event (now under consideration for 2017) and the public screening of a documentary on the subject.

Galway Safe Application

The usefulness of Information Technology within the prevention/education field came more to the fore. A social media working group was established with other post holders within the WRDATF. A development of an 'app' concerning public safety in Galway was commenced with the 'wire-frame' stage having been completed by the year end 2016. It is envisaged that a renewed WRDATF website will provide opportunities to extend the reach of prevention programmes during 2017 and beyond.

Code of Conduct on Teen Buses

The issue of alcohol use (and potential drug use/inappropriate sexual conduct) on bus transportation to social events for young people was often discussed at parent information events. A working group was established during 2016, headed by the WRDATF to look at a range of measures to address the issues involved. A planned 'code of conduct' for bus and coach companies is currently being developed for implementation during 2017.

Fetal Alcohol Spectrum Disorders (FASD) International Day

Provision of FASD information/support stand with CLW at Mayo General Hospital on international FASD day September 9th, On-going consultation with Mayo FASD working group, development and design of education material on this topic to heighten awareness in care provision and the general community.

Roscommon 'Drugs In Schools' Forum

Co-facilitating a multi-agency consultation group addressing the issue of 'Drugs In Schools' in Co. Roscommon in response to current issues presented. 23 agencies are represented on this forum.

Mayo Sports Forum

Consulting on the development and roll-out of 'Healthy Living Programme' with MSF. ESW designs and delivers the Alcohol workshop component of this programme to second year students in county Mayo. The initiative is coordinated by MSF and involves MTSG, MSP, SWMDC & Mindspace Staff

Substance Use Policy Development Seminar - Mayo

The National Drugs Strategy 2009-2016, as part of its focus on education and prevention, has identified a need to promote the development of substance use policies in a number of key areas. These include; workplaces, sports, community and voluntary organisations, and also educational establishments. CLW facilitated seminar May 18th, Quay Community Centre Westport. Eight people attended.

The seminar aimed to provide organisations with an

- Introduction to the importance of having a substance use policy
- The stages involved in policy development
- Useful templates and resources

Mayo Island Communities

CLW met with representatives of the Mayo Island Communities to explore the idea of an Alcohol Strategy for the Islands. Strategy plans to be revisited in early 2017.

Social Media Upgrade

Working on the development of the new WRDATF website and social media presence. This upgrade involved detailed discussion and consultation with WRDATF and the engineer responsible for building the mainframe of the website. This work started in 2016 and is concluding in June 2017. The process will offer the WRDATF site visitor an easier to access website that can be navigated to offer the appropriate information on training, education, support and or awareness. The new website can be fully managed and altered by WRDATF staff independent of external engineers/ programmers. This will help to create a more dynamic and fluid website.

Respite for Families

The FSC applied for funding under National Lottery grants scheme (2 applications) for respite for families. One application was successful and grant received will be used in 2017 for a family wellness day.

Network Meetings:

- WRDATF Project Network Committee
- Swinford Interagency Network
- Child and Family Support Networks Mayo
- Rice College Westport Working Group
- Castlebar Sports Forum
- Westport Youth At Risk
- Roscommon Schools Drug Project
- Galway Alcohol Strategy
- Ballinasloe Alcohol Strategy

Section 6: Progress made in 2016 in implementing the WRDTF Regional Drugs Strategy *The Way Forward* under the five pillars of the National Drugs Strategy

Pillar: Supply Reduction:

The WRDTF were central in the development and implementation of project and awareness campaign under the pillar of Supply Reduction. We also supported partnership strategies under supply reduction

- Expect To Be Asked campaign, which targets underage alcohol supply and is still operating visibly in Tuam, Ballinasloe and in Roscommon.
- There has also been considerable work on the development of the NASA Bus Safety Campaign. This inter-agency Initiative is due to be commenced in 2017 and targets underage alcohol use in the way to events and venues.

A: Galway Alcohol Strategy (Action 8, 24, 38)

This five-year strategy was developed to prevent and reduce alcohol-related harm in Galway City by the Galway Healthy Cities Alcohol Forum in partnership with a range of organisations and groups including HSE West, An Garda Síochána, WRDTF, City of Galway, VEC, NUI Galway, GMIT, Galway City Council and Galway City Community Forum. A wide range of agencies, groups, and individuals participated in the consultation process.

B: Supply, Access and Availability

Alcohol Price

- Contacted all Oireachtas members to continue to advocate for introduction of Public Health (Alcohol) Bill 2015 which includes Minimum Unit Pricing (MUP)

Alcohol Availability

- Communication with TDs advocating for support for introduction of Public Health Bill
- Submission to City Development Plan (2017 – 2023) in relation to issues affecting the availability of alcohol
- Updated list of alcohol licenses and map of outlets in Galway City (281 licenses Galway City)
- Licensing renewal system process communicated through website and mailing list

Alcohol Marketing

- Briefing document prepared for Alcohol Forum on alcohol marketing in public places
- Alcohol images that appeal to young people captured as part of European project – 590 images captured

Enforcement of Legislation

- A total of 156 drink driving arrests in Galway City District – An Garda Síochána

C: Screening, Treatment and Support Services

Six SAOR training courses delivered in Galway City by Drugs Task Force – Westside (11) GMIT (10) Ozanam House (12) HSE (11) NUI Galway (13) Probation Services (15)

- Information card on support services for alcohol in Galway City developed and printed
- Family Support Strategy and Handbook developed and launched by Western Region Drug and Alcohol Task Force

- Work commenced on identifying alcohol related presentations at Emergency Department in University Hospital Galway led by NUI Galway and HSE

D: Research, Monitoring and Evaluation

Research

- Galway City Alcohol Survey Summary Report prepared and printed
- Presentation at annual NUIG Health Promotion Summer Conference
- Summary report from Galway City Alcohol Survey completed including media release

Monitoring

- Galway Alcohol Forum met three times in 2016 and organised an annual review and planning session - 27 people attended

Expect to be asked campaign (Action 28)

Work on the Expect to be Asked Campaign continued in 2016 in Tuam and Roscommon. All the schools in the two towns participated in the campaign.

Responding to Intimidation Reporting Programme (Action 5 NDS)

2 years on from the initial training in the Western Region, the National Responding to Intimidation Reporting Programme continued to be rolled out. The regional poster is distributed at all events and the WRDATF workers continue to work closely with the nominated inspectors in the region. The Task Force agreed to continue to promote and support this initiative and to try and increase awareness about it. Information sessions were delivered by the Family support worker and Detective Inspector Coppinger.

Pillar: Prevention:

Putting the Pieces Together(Action 2, 33)

Resource aims to enhance the capacity of professionals who work with young people to address the issue of substance misuse. It includes developing knowledge of the various drugs, signs of use, skills on how to work with young people who may be using, various activities to use with young people and policy and procedures in relation to drugs and alcohol related incidents. Other types of training, as listed below, were delivered in conjunction with WRDTF's Annual Training Calendar. In 2015 a total of 167 professionals were trained in Mayo & Roscommon.

Junior Cert Night Initiatives: (Action 28)

Mayo

In May 2016, the WRDATF distributed a parent information pack 'Teenage Years: A parent's guide to protecting your teenager on a night out' via the secondary schools to all parents of junior cert students receiving their results in September 2016. The info pack provided helpful tips on keeping your child safe and enabled discussion for parents with their teenage sons or daughters in advance of the Junior Cert results night. Following on from this, parents were invited to attend one of six information evenings throughout the county to further support parents around the issue of underage alcohol use and junior cert celebrations.

In September 2016, in advance of results night, The Task Force delivered a harm reduction information campaign in all 29 post primary schools to students receiving their junior cert results. This campaign titled 'Stay Safe- Stay Sober' focused on a harm reduction approach to alcohol and explored alternative celebrations that exclude alcohol and drugs. The Task Force provided all students with a newly designed harm reduction leaflet 'Teenage Years: A teenager's guide to protecting yourself on a night out' and specially designed silicone wristbands that displayed an alcohol harm reduction message. In all, 1800 households in Co Mayo received the Parents Info pack and 1800 Junior Cert students in Co Mayo were on the receiving end of our 'Stay Safe – Stay Sober' campaign.

Multi Agency Parents Drug Education Initiative (Action 6)

The Parents Initiative commenced in 2009 as an inter-agency and multi-disciplinary response to schools asking various agencies and individuals to deliver drugs education talks. In line with good practice in substance misuse education, a more holistic and co-ordinated approach was put together, culminating in an initiative which involved the WRDATF (as co-ordinating body), the HSE, an Garda Síochána and the Department of Education and Skills delivering a programme for parents in the school setting that focuses on substance abuse prevention. The format of the initiative involves an initial one-night introductory evening at which presentations are made by the four agencies, followed by a three-night parenting course. The Parents Initiative commenced in Galway in 2009 and was subsequently rolled out in Roscommon and Mayo. The Drug Education Support Workers in each sub-region (Galway and Mayo/Roscommon), hosted by two different organisations (AIDS West in Galway and South Mayo Development for Mayo/Roscommon) were given the responsibility of implementing the initiative within their area.)

Public Speaking Competition: Alcohol and Society in Roscommon & Mayo (Action 28)

Roscommon Schools Public Speaking Project

This project involved the transition year and 3rd year in each of the nine schools in Roscommon during September and October culminating with the grand final held at the beginning of December. The overall purpose of the public speaking project is to create awareness among young people about the impacts of alcohol upon society and to challenge the attitudes that they hold in relation to Irish culture and alcohol. It is the purpose of the project to influence the decisions that they make about drug and alcohol as they progress through their teen years and into adult life.

Pre-Teen Years Resource and Campaign

This resource and campaign was developed to compliment the 'Teenage Years Parent and Teen' leaflets. It is designed to encourage parents to address the issue of alcohol use with their children before they start the transition to secondary school. It was evaluated as highly effective during the year and has been rolled out regionally during 2016 to include all 512 national schools in the region.

Pre-Teen Years is an early-intervention health promotion campaign and leaflet resource designed to help reduce the early adoption of drinking behaviour in school-aged children. It is targeted specifically at the parents of children in sixth class and has been designed in order to encourage parents to start having age-appropriate conversations with their children about alcohol before they make the transition into post-primary education. It is designed to be a companion resource to the 'Teenage Years Parent and Teen' leaflets produced by the Western Region Drugs and Alcohol Task Force and was developed by Pat Conway, Gillian Conway and Emmet Major. The Pre-Teen Years campaign was run as a pilot in counties Roscommon and Mayo between November 2014 and June 2015 engaging 258 primary schools. Due to the success of the pilot the decision was made to roll out regionally in 2016.

Pre-Teen Years resource and Campaign.

- This is a resource pack that is distributed to 6th class parents via the National Schools.
- Pre-Teen Years initiative leaflets and letter went out to the principals of 184 primary schools in Mayo and 90 primary schools in Roscommon, and 238 primary schools in Galway.
- Over 8000 resource packs were distributed within the region.
- This large-scale campaign was successfully evaluated and will be repeated in 2017

Parent Education

This year Parent education has taken place in the form of direct school and youth-club requests, Clare Island SICAP Initiative, Common Sense Parenting and the Pre-Teen early intervention programme. The workshops aim to enhance knowledge of substances, their effects and related issues, develop an understanding of why young people use drugs and challenge attitudes to use. The workshop endorses communication and the importance of the parental role, highlight the signs and symptoms of substance use, guides on appropriate responses to incidents and identifies risk behaviour and available support services. Each workshop lasts between 2-3 hours and follow up support and information is provided. The DESW co-ordinates and delivers the workshops in conjunction with the requesting personnel other agency members, such as An Garda Síochána, where appropriate.

Development and Launch of the Teen Talk Resource for Parents.

This is a new resource that was developed during 2016 in direct response to some of the findings from the Roscommon Schools Survey. Specifically, it was noted that there was a huge discrepancy, particularly in the Junior Cycle, when you ask the pupils and separately, their parents, do you discuss alcohol and drugs. When this is combined with the challenges of delivering the SPHE programme in schools, it becomes very clear that young people are receiving very little drug and alcohol education. This resource was thus developed to help address the overall issue and will be used in parenting initiatives and programmes within the region. It is a companion resource to the Teenage Years and Pre-Teen Years developed and used by the WRDATF. The Teen Talk leaflet was launched during the annual Awareness Week.

Parental Intervention 2016: Actions 29

- Delivery of seven 'Parenting Initiative' courses in Galway.
- Delivery of three other parenting sessions on Drug & Alcohol Awareness In Galway.
- Delivered 3 'New and Emerging Drugs' seminars in Galway
- Delivered 3 awareness sessions with community / support groups.
- See Fig A for Education provision to parents in Mayo/ Roscommon

Figure A

Education Provision to Parents in Mayo/ Roscommon:		
Foroige NYP Westport	In conjunction with Rice College	5
St.Nathys, Ballaghadereen	Wellness Programme Parent Evening	45
Elphin Community College	'Stay Safe-Stay Sober' Junior Cert Talks	20
Castlerea Community College	'Stay Safe-Stay Sober' Junior Cert Talks	12
Abbey CC, Boyle	'Stay Safe-Stay Sober' Junior Cert Talks	22
Four Roads GAA	Club Education Evening: Parent & Teen	62
Naomh Faithleachs GAA	Club Education Evening: Parent & Teen	30
Pre-Teen Years	Early Intervention Workshops x 4	40
Total Education Provision to Parents		216

Youth Intervention

Programmes were established to meet the actions of the National Drug Strategy 2009-2016 in conjunction with, and on request from various organisations throughout the two counties. These programmes focused on skill development elements of wellbeing for teenagers to act as protective factors and positive alternatives to substance use. The programmes varied in participant size and in duration from group to group and were organised and led by varying agencies. However, they all had a holistic wellbeing focus on personal development inclusive of mental health, physical fitness, nutrition and diet with specific time designated to drug and alcohol issues. Many had a skills based element incorporating art or drama therapy, sports and activities, emotional wellbeing activities and stress management and coping skills to build resilience as a key protective factor for substance use (NACD). The ESW role was to introduce and address substance use, provide information, education and facts, aid the development of knowledge and personal awareness, encourage harm reduction, signpost support and referral options and up-skill and support key adult leaders, workers, teachers who work with these potentially high-risk young people. The primary aim was to challenge attitudes towards substance use, particularly alcohol, to increase the awareness and understanding of drug impacts and related issues in an effort to empower young people to make informed decisions. Workshops included risk awareness, promoting healthy decision making, building assertiveness and strengthening communication.

Youth Intervention 2016: Actions 29, 30, 31.

- Delivery of twenty five courses to young people in Galway.
- Delivery of two sessions to other 'at risk' groups in Galway.
- Contributed as part of a working group to the development of a set of guidelines for use by people who organise and run youth party nights. The purpose of these guidelines is to offer

guidance to organisers which will hopefully ensure young people’s safety when travelling to and from, and also while partying at the venue.

- See fig B Education Provision to Young People

Figure B

Education Provision to Young People (YP):		
Kiltimagh Youth Reach	3 harm reduction workshops	22 YP
Ballina Youth Reach	2 Drug Education Workshops	36 YP
Davitt College LCA Group	2 Drug Education Workshops	16 YP
Scoil Mhuire Strokestown	Public Speaking Briefing & Education	60 YP
Abbey CC Boyle	Public Speaking Briefing & Education	54 YP
Glenamaddy Secondary	Alcohol Workshop during ‘Health Week’	144 YP
St.Nathys Ballaghadereen	FBPA Launch & Wellness Programme	130 YP
Ballyhaunis, Mayo Sports Forum	‘Healthy Living’ 4 Alcohol Workshops	110 YP
		572
2016 Junior Cert ‘Stay Safe-Stay Sober’ Workshop attendance		656 YP
Total Number of Young People engaged in Mayo/Roscommon Workshops/Education		1228

An Alcohol Education Seminar was facilitated in Galway Mayo Institute of Technology Castlebar in 2016. The objective of this initiative was to engage students in a positive information session on alcohol. Over fifty students participated in this seminar.

Training Development & Delivery

The Family Support Worker delivered training that was based on organisational requests as well as providing training scheduled on the WRDATF training calendar. The Key National Drug Strategy Actions that guided this work were:

- Action 29: 'Develop a series of prevention measures focusing on the Family that supports families experiencing difficulties due to drug/alcohol use, parenting skills, focuses on children of problem drug/alcohol users aimed at breaking the cycle and safeguarding the next generation'
- Action 30: 'Develop selective prevention measures aimed at reducing underage and binge drinking'
- Action 31: 'Maintain the focus of existing programmes targeting Early School Leavers and the retention of students in school'

Castlerea Prison Family Resource Centre

The family support Worker provided a customised one-day training course to staff and volunteers of the Castlerea Prison Family Resource Centre as per request of their co-ordinator. This workshop focused on the following: basic drug education, impact on families affected by drug/alcohol use, the family challenges on imprisonment and how substance use is linked with recidivism, family breakdown, etc.

Tusla Family Services

The family support worker also provided a customised a one-day training for Tusla Family Services. This was based on a request from Tusla, 2 consultation meetings were held between the FSW and Tusla Training Manager. The FSW developed training based on identified need of Tusla family support workers. The workshop focused on both theoretical and practical aspects of drug & alcohol family support within a regional context. The training day also included real case examples in order to explore the practical challenges and responses for the workers and the families they engage with. Forty-one family support workers attended the training, feedback and evaluations were incredibly positive.

In addition, the following two courses were advertised on the WRDATF training calendar and the Family Support Worker delivered both of these courses:

- Responding to Families affected by substance use in Connemara.
- Responding to Drug Related Intimidation in Ballinasloe.
- Overall, the FSW delivered training to 139 professionals and 10 family members in 2015.

Regional Awareness Week 2016

The WRDATF organised a Regional Drug and Alcohol Awareness Week from the 7th-11th of November. The aim of the awareness week is to increase awareness of drug and alcohol related issues in the region, promote harm reduction and to highlight the support services available in the western region. In total fourteen events will take place during Awareness Week. Each event will stimulate debate by getting people thinking and talking about substance misuse and how it affects us as individuals, families, communities and a society.

A variety of events took place throughout the week across Galway, Mayo and Roscommon. This year core themes are;

1. Child to Parent Violence- focuses on the complicated social problem of teenagers/sons/daughters using violence on parents to control them.
2. Communicating with your Teenager-is designed to improve communications with adolescents through the very difficult period of teenage years.
3. Older People and Substance Misuse- looks at drug and alcohol use among the aging population.
4. Women's Wellbeing- issues affecting women with a particular insight into women and substance misuse.
5. Alcohol & Cancer- discussion on the possible development of cancer from systematic alcohol abuse.

Awareness Week Launch

The launch was held in Claremorris with guest speakers including Minister Catherine Byrne. The FSC spoke at the event and launched the family support handbook.

Child-to-Parent Violence & Substance Use Seminar

The FSC organised a Child-to-Parent Violence & Substance Use Seminar in Galway. She arranged venue, speakers, advertisements, press releases and promotional material. The FSC also acted as MC for the event. It received considerable media coverage and over eighty people attended. This seminar examined the topic of child to parent violence (CPV) and substance misuse, which is a complicated yet growing social problem in Ireland. The aim of this seminar was to raise awareness on the existence and challenges of CPV, and to share evidence based responses centred on research and practice. One of the responses to CPV in Ireland is the Non Violent Resistance programme adapted for use in Ireland by Dr. Declan Coogan. A number of agencies is using this intervention and their experiences was presented during the seminar.

Speakers & Topics:

Eileen Lauster, MSW - Child to Parent Violence and Abuse: An International and National Perspective. Eileen is an author and trainer on the Non-Violent Resistance (NVR) Programme as adapted in Ireland by Dr. Declan Coogan. She was the Research Assistant for the Responding to Child to Parent Violence Project in Ireland and a Research Assistant Fellow with the UNESCO Child and Family Research Centre at NUI Galway. She was the co-author for the "Non Violent Resistance Handbook for Practitioners" with Dr. Coogan as well as journal articles on the same topic. She is an External Tutor at the NUI Galway for the MA in Social Work Programme in the School of Political Science and Sociology during the academic year. Eileen is a CORU registered social worker and an experienced practitioner having worked in child welfare and adult mental health services.

Ann Campbell, MSc. Child to Parent Violence and Non Violent Resistance in the context of Substance Misuse Treatment for Adolescents. Ann works as a Systemic family psychotherapist in YoDA (HSE Youth Drug & Alcohol Service) with adolescents who are experiencing problems with substance use, and with their parents and families. She completed an MSc in Child Adolescent & Family Mental Health in Trinity College, Dublin. Ann has worked in the area of addiction since 1997, initially in a nursing role. In 1999 she completed the Diploma in Addiction Studies in Trinity College Dublin; including a work placement in Turning Point, Melbourne, Australia. Her interactions with adults making changes with substance use prompted her interest in systemic perspectives; she began Systemic Psychotherapy training in Clanwilliam Institute in 1999. Ann joined YoDA in 2007. Ann is co-

author of 'Adolescents and Substance use: the handbook for professionals working with young people', (2014, Radcliffe Publishers, London). Ann has particular interests in research, Narrative therapy, parent's perspectives in adolescent substance misuse and in child to parent violence. She has investigated adolescent use of novel psychoactive substances and presented at various conferences. Ann has served as Chair of Family Therapy Association of Ireland for one year up to March 2015.

Amy Donohoe - Child to parent violence and abuse as an impact of domestic violence – supporting mothers and children in the context of an abusive relationship. Amy is a Domestic Violence Outreach Worker with COPE Galway Waterside House and works with children and families experiencing violence.

Sylvia Gryczuk – Power2Change Child to Parent Violence Intervention Programme: Learning outcomes from working with teenagers and parent/guardians to address the issue of child to parent violence in families. Sylvia is a Youth Justice Project Co-ordinator in Youth Work Ireland Galway, Treo Nua Garda Youth Diversion Project. She is also co-creator of Power2Change- Child to Parent Violence Intervention Programme.

Communicating with your Teenager

This event was a skills-based presentation and workshop designed to help parents bridge the teenage communication gap. Parents were equipped with some new ideas and tools and tips to try with their teenager in order to help keep relationships strong and make home life a bit easier. The Partnerships engaged in this event included Foroige, Youth Work Ireland and the nine local secondary schools.

Speakers & Topic

John Lonergan – Independent Speaker

John Lonergan spent 42 years working in the Irish Prison Service, 22 of those as Governor of Mountjoy Prison in Dublin, Ireland's best known prison, and four of them as Governor of the top security prison in Portlaoise. He entered the prison system in 1968 and through his career he saw human nature at its worst – and often, unexpectedly, at its best – and he developed a deep understanding of both human nature and Irish society. After over 20 years as the most senior prison officer in the country, John now shares the lessons he has learned through his long, fascinating life – from his idyllic childhood in rural Tipperary to coming face to face with the darkest aspects of Irish life.

His description of life in the prison service is not only a gripping account of humanity at its rawest but also invaluable for anyone in a management position anywhere. John focuses on issues like making a difference to others, the importance of community, why we can't enforce change on others, drugs in our society, confronting bullying, reducing the risk of suicide, why sport is so important, and balancing work, home and family.

Since he retired in 2010, he has written his autobiography, entitled 'The Governor,' which was published in 2010, and he has also written a book on parenting, 'Parenting – raising your child in Ireland today,' published in 2013. Furthermore, he has participated in three television documentaries, John Lonergan's School Principles (Wild Fire Productions), John Lonergan's Circus (Independent Pictures), and The Family Project (Animo), all screened on RTE 1. He has also participated in many radio and television programmes on social justice issues and the penal system. He also does talks on leadership, motivation and dealing with humanity. He does after-dinner talks mainly on social justice issues and the societal consequences. In 2014 he gave a TEDx talk in Dublin. He also gives talks to parents of children of all ages, to community groups, voluntary organisations, etc.

He is on the boards of management of Barnardos, The Carers' Association and Archways, a family support non-profit organisation, and ICHAS, a non-profit third level college in Limerick city.

Helen Butler – Youth worker and parenting coach

Helen Butler is a youth worker with over 20 years experience in working with young people. In 2009 she graduated as a life coach and trainer who delivers talk and workshops to community groups and schools nationally.

This event was organised as a direct response to the problem identified in the Roscommon survey. Its purpose was to respond to this need and generate a platform to raise awareness around the issue in the local media. It was also used as an opportunity to build upon and further expand the launch of the Teen Talk leaflet.

Older People and Substance Use;

This event was again organised by myself and promoted in conjunction with HSE Health Promotion and via the Galway Alcohol Strategy Group. The reason this was chosen as a topic is that it is an area which has not received any attention previously and is often misunderstood.

Speakers & Topic

The following speakers discussed drug and alcohol use among the ageing population.

- Maureen Kavanagh CEO of Active Retirement Ireland spoke about the importance of remaining healthy as we age.
- Alice Holton PHD student at RCSI who has been using TILDA data (All Ireland longitudinal study on ageing) to look at older peoples alcohol use and is currently revisiting the data in relation to drug use.
- Thelma Abernathy and Joanne Smith- Addiction NI presented on the importance of engaging and retaining older people in treatment based on their experience of running an over 55's specific service in Northern Ireland.

There is a growing belief that substance misuse within the older population is neglected and seems to be ignored. Anecdotal evidence suggests substance misuse problems may arise for people as they enter their elder years due to a multitude of reasons such as loneliness, boredom, feelings of neglect, pain relief, lack of social interaction ect. As a consequence we decided this is a topic that needs to be discussed.

It received good media attention on radio and website. Feedback from attendees was positive; 42 people attended the event.

Women and Womens' Wellbeing Conference

The FSC worked in conjunction with Roscommon Womens Network (RWN) to organise a conference for women in the community. A series of meetings were held to develop a theme and a panel of speakers that would encourage members of the public to attend. The conference was titled Women & Women's Wellbeing with a focus on the changing patterns of women's substance use, its impacts on the family and wider community with a view to encouraging women to make educated choices and seek help as appropriate. Different ways to fund, promote and locate the conference was explored. Much of the admin work such as invitations & social media were done by staff of RWN. A plan for promotion and transport was developed. Transport was arranged by availing of community buses and posters, invitations, tweets and facebook updates were done by RWN and WRDATF. Considerable time was spent trying to source speakers and it was therefore decided to include different options and contributors. All services in Roscommon were invited to set up stands at the event and 19 organisations did. The conference included talks, reflections, poetry, information stands and drama and was followed by a panel discussion with the audience. Time was given at the end where women could have a light bite, tea/coffee and could chat to service providers, conference speakers and other attendees.

Speakers & Topic

Contributors/presenters included: Sheila Moylett one of the stars of the new RTE hit comedy 'Can't Cope, Won't Cope'; acclaimed poet Jessamine O' Connor of the Millwheel Writer's Group; Dr Madeline Ni Dhalaigh about alcohol, medication and lifestyle and the health effects on it can have on women, Tara Farrell, Chairperson of Roscommon Women's Network; Karen Gavin, HSE, Community Substance Misuse Counsellor spoke about removing the silence around mental health and addiction and how to reach out to the many supports available; Susan Davis of the ANEW group gave personal testimony on her experience of addiction and recovery; and Stephanie Murray, Locum Peer Educator

with the Regari College and Eimer Connaughton, Senior Occupational Therapist spoke about community mental health.

A short drama written by Reidin Dunne of EPIC was acted by two young students. The drama focused on the challenges experienced by two daughters whose mother had substance use issues. It was quite emotive but well received by the audience. The FSC (Debbie McDonagh) was the opening speaker, she set the context for the evening and spoke about the impacts substance use has on women, families and communities, difficulties substance use cause with family relationships and the value of families seeking support in their own right.

It received good media attention on radio and newspapers. Feedback from attendees was incredibly positive; over 200 people attended the event, which can be viewed as a great success.

Alcohol and Cancer;

This event was organised by the WRDATF and promoted in partnership with HSE Health Promotion and via the Galway Alcohol Strategy Group. This topic was chosen to further highlight a study funded by the Galway Alcohol Strategy into attitudes and behaviours with regard to alcohol in Galway City. The findings of this study signified problematic drinking patters among certain cohorts of the sample studied. Additionally, the study revealed limited knowledge among the people studied on the links between alcohol and cancer. In fact this study suggested only 70% of the adult population who participated in this study are aware of the link between alcohol and cancer. To improve people's awareness around alcohol and cancer this conference was held.

Speakers & Topic

Dr. Marie Laffoy was invited to share the information she has collated in her role as Community Oncology Adviser for the National Cancer Control Programme.

- Dr Laffoy presented statistics on the number of people affected by cancer attributable to alcohol use.
- Statistics on the likelihood of contracting cancer depending on how much alcohol is consumed.
- Information on the compounding risks of smoking and drinking alcohol.
- And presented information on the mechanisms by which alcohol causes cancer.

It received good media attention on radio and website. Feedback from attendees was positive; 40 people attended the event.

Pillars: Treatment & Rehabilitation

SAOR: Brief Interventions for Alcohol Use

As part of a national roll out of SAOR: Brief Intervention for Alcohol Use, the WRDATF is working in conjunction with Ruth Armstrong, HSE National Alcohol Officer, Paul Goff and Jim O'Shea, developers of SAOR and the Galway Alcohol Strategy. The aim of this initiative has been the utilisation of trainers in SAOR from across the sectors in the Western Region. To be a SAOR trainer there is a criterion of 10 items. Applicants must complete group facilitation skills, Motivational Interviewing 1 and 2 and a two day train the trainer programme. Currently there are 11 SAOR trainers in the Western Region. In 2016 205 people attended the SAOR Training module. 101 attended in Galway, 51 in Roscommon, 52 in Mayo held over 17 training sessions altogether.

Westport Youth at Risk Personal Development Programme

The Personal Development Programme is a partnership with Westport Neighbourhood Youth project and the Westport Family Resource Centre supported and funded by the WRDATF/SWMDC by means of funding and drug education for a group of boys aged 13-14. The 8 participants have been referred to the Programme by local schools and by parents. They have been targeted because of their behaviour is placing them at risk in terms of potential school exclusion and/or health implications in terms of abuse of alcohol and drugs.

The programme involves building self-esteem and self-confidence, building positive relationships with peers and adults, and addressing issues around their alcohol and drug use through coaching. This programme is an ongoing long term programme with no fixed time limit. The group has been up and running since November 2015. The programme is funded by the CLW Mayo who also supports the group in terms of drug/alcohol information.

SMART Recovery

Training of funded workers in SMART Recovery facilitation commenced in 2016. The intention is to have workers trained in this programme and to start a SMART Recovery group in Galway during 2017. SMART Recovery is an addiction recovery support group that is open to anyone hoping to abstain from substance use or behavioural addictions. It operates a four-point programme based around; building and maintaining motivation, coping with urges, managing, thoughts, feelings and behaviours and living a balanced life. SMART Recovery is an exciting development for Galway and will provide an additional opportunity for help for those looking to remain abstinent. If successful, it is planned to offer SMART Recovery on a wider basis in the region.

Castlerea Prison Pre-Release Programme:

The WRDATF recognises that some people always have and always will engage in behaviour which carry risks, such as drug use. The main objective of harm reduction is to mitigate the potential dangers and health risks associated with the risky behaviours themselves. The aim of the Pre-release drug programme is to engage offenders in drug and alcohol education to challenge attitudes, provide information and space for debate and create a greater awareness of the effects of their substance use. Elements of this programme include the exploration of decision making processes, consequences to substance use, identifying risk factors, harvesting critical thinking whilst incorporating techniques for reducing potential dangers and health risks on release. This programme runs as a component of the larger Prison Pre-Release Programme which aims to develop and support life skills and rehabilitation to community life through input from various agencies and personnel.

Family Support Strategy 2017-2020

The Family Support Coordinator (FSC) in conjunction with the WRDATF Project Development Worker held a series of meetings to discuss the framework for the development of a new family support strategy. An extensive review of drug and alcohol family support literature was conducted by the FSC including national and international research and policy documents. A provisional outline was drawn up and potential themes/topics were identified. Following from this, identified actions were drafted. This was presented to the Family Support Working Group for input and direction. Many of the actions were drawn from the findings and recommendations from the needs analysis conducted by the FSC in 2015. It was agreed to develop a consultation process within the region. The consultation process was a four-pronged process: (internal, targeted focus groups, family consultation and public/interested parties' consultation). The FSC and project development worker developed four overarching strategic aims: Awareness & Information; Capacity Building; Research & Evaluation and Service Provision and Interagency Working in conjunction with the family support working group. These aims were used as a framework for all consultations.

The internal consultation process commenced in late 2015 where feedback and suggestions were sought from funded workers. These were reviewed by FSC & FSWG and in some cases further clarity was sought regarding current family support based work and recommendations were checked within the draft to ensure inclusion.

As part of an external consultation piece, the FSC arranged for an external facilitator to run these sessions. Both the FSC and Development Worker met the facilitator to outline objectives, structure and plan. Dates were agreed and the FSC arranged consultations in Galway, Mayo and Roscommon. Venues were booked and the FSC invited prospective stakeholders and interested parties to these sessions.

A public submission form was developed and sent out through the WRDATF mailing list and was made available on the WRDATF website.

Research into the experiences of families affected by substance use and recommendations based on their experience was completed by the FSC, which was done as part of her MA thesis in Family Support Studies. Twelve families were approached across the region that had previously sought support and participated in semi-structured interviews. The FSC received approval from both the NUIG ethics committee and the WRDATF research and evaluation committee.

Over seventy participants contributed to the strategy. Feedback was also sought from HSE Social Inclusion (Hidden Harm) and Health Promotion (Early Years Strategy) to ensure actions a complementary approach. Data analysis was completed, content changes were updated and 24 outcomes focused actions were developed with a number of actions divided into specific goals. This was finalised by the family support working group and was then presented by the FSC to the task force for ratification.

The FSC wrote preliminary sections of the strategy, e.g Table of Contents, Acknowledgements, Background, WRDATF and Family Support, Needs Analysis, List of Contributors and invited members of the FSWG to write Foreword (Fiona Walsh) and Closing Comment (Dr. Carmel Devaney). The FSC organised a graphic designer and worked closely with her in terms of design and layout. The FSC also examined print options, cost and arranged for printing. Three hundred strategies were printed. The strategy was completed in May 2016.

Family Support Strategy Launch

The FSC organised the strategy launch which was held in June 2016. Invitations, venue, speakers, media, photographer, press releases were arranged by her. Service providers were invited to set up promotional stands at the event. The FSC promoted the event through the press and media. She attended three radio interviews and the Connaught Tribune covered the event. The FSC presented at

the launch event to outline strategy context, aims and vision etc. Other speakers were Dr. Carmel Devaney, UNESCO Child & Family Research Centre and Marion Rackard, HSE National Social Inclusion. This was a very successful event where over 80 people attended and 19 services (vol/com/stat) set up stands at the event. The launch worked well as a networking event and both the strategy and WRDATF received good promotion. The FSC later presented the strategy to Minister Catherine Byrne in Hope House. The strategy is now available on drugs.ie and wrdatf.ie

Family Support Handbook

The Family Support Coordinator convened a working group in 2015 to develop a resource for families/friends of those concerned around substance use. The vision for the handbook was to provide a comprehensive resource, a “one-stop shop” for anyone seeking information. The handbook was divided into various topics and each member of the group was tasked with writing designated sections. There were 22 sections featuring information on signs and symptoms of drug use, understanding addiction, drugs and the law, self-care, health issues, care options, bereavement, supports available in the western region and so on. The role of the FSC was to write a number of sections as well as coordinating the group, work on content, collate contributions from group and highlight gaps in topics. The FSC researched latest information, sourced appropriate support information and wrote about bereavement, crime and prison and drug related intimidation. She also reviewed material, updated draft versions, formatted sections, layout, headings etc and worked closely with other members of the group to ensure that information provided was relevant. The FSC sourced an editor, worked closely with her to ensure clarity and consistency, and did rewrites/changes as applicable. The FSC also wrote additional sections such as introduction, table of contents and acknowledgements. Similarly, the FSC worked with a graphic designer to look at overall design and covers. The aim was to make the book user friendly, using images/pictures where possible and colour code individual sections. The FSC arranged for printing and 2000 copies were printed for distribution. Over 800 copies have been distributed throughout the region and the remaining copies will be distributed in 2017. The handbook is available on drugs.ie and wrdatf.ie

Galway Family Support Group

The G1 Family Support Group was set up in 2015 by two volunteers and supported by the WRDATF and FSC. The FSC provided funding, organised an awareness raising campaign to help promote the group. As part of the ongoing support to the group the FSC organised and paid for facilitator training for volunteer facilitators. She also wrote a 500-word piece for the Galway Diocesan Magazine that is distributed to over 2000 households in Galway city as well as developing an ad for the Galway Advertiser.

Group Facilitation Sessions

The FSC received a request from HSE drug services to facilitate some group sessions for women in recovery group in Castlerea. The FSC met with the group to discuss issues and concerns with a view to developing presentations/talks around these concerns. These sessions focused on relationship building, family resilience and relapse prevention.

Direct family support

The FSC regularly receives calls from family members struggling to get support for drug user and/or themselves. Calls received from outside the region also. Approximately 40 calls received by FSC and had numerous face-to-face meetings with eight family members/concerned persons. Completed 5-step programme with one family member.

Promotion, Networking, Engagement and Consultation

The Family Support Coordinator (FSC) identified & visited service providers and other relevant community, voluntary & statutory agencies. This was viewed as a key factor in the promotion of the family support strategy and the importance of family support, to build constructive relationships with family/community based services, to promote existing resources and mainstreaming of drug prevention training in family support work, to increase awareness that families are gravely affected

by drug/alcohol misuse as well as the co-ordination and integration of efforts related to family support. Outcomes included consultation on Early Years Strategy and Galway Alcohol Strategy which will lead to greater collaboration similar work actions between these strategies and the family support strategy. Input was given for inclusion for drug and alcohol supports for children and families with ISPC and Galway Early Years Strategy. A close working partnership with Tusla has been developed including membership on Tusla CYPSC subcommittees in Galway and Roscommon. The following is a list of agency/networking visits from January-December, 2016

- Community Action Against Drugs (CAD) Bernie McDonnell
- HSE Psychology Dept. Mayo, Cynthia Silva
- National Family Support Network (Siobhan)
- Jigsaw
- HSE Drug Services
- Health Promotion
- Roscommon Women's Network
- National Family Support Network
- Community Awareness of Drugs
- Attended National Drug Strategy Consultation Session
- Attended botGalway and Roscommon PPFS
- Co-delivered presentation for Tusla, Mayo
- Cope, Galway
- Cuan Mhuire
- Hope House
- Bushy Park
- Galway Traveller Movement
- Shine
- Regari College
- Tusla, Tuam
- Tusla, Roscommon
- Renmore Barracks
- Primary Care Centres, Doughiska, Ballinasloe
- Loughrea Family Resource Centre

Network/Group Membership

- Midwest Child to Parent Violence & Abuse Network
- WRDATF Family Support Working Group
- WRDATF Treatment & Rehab subgroup
- WRDATF Awareness Meeting Group
- Tusla Connemara Child & Family Services network
- Prevention, Partnership Family Support (PPFS) Network (Roscommon)
- Prevention, Partnership Family Support (PPFS) Network (Galway)
- GTM Drug Advisory Group
- Parenting Strategy (PPFS Subgroup Galway)
- Peer social research (PPFS Subgroup Roscommon)

Events/Conferences attended:

- ISPC "invest in childhood" event in Castlebar
- Health & wellbeing 0-3 Early Years consultation in ILAS, NUIG
- CAD Hidden Harm conference in Dublin
- GTM Traveller Pride Awards
- Early Years Strategy Launch
- Tusla National Prevention, Partnership and Family Support Conference
- 20th anniversary Bushypark Treatment Centre
- Cuan Mhuire's 50th anniversary

- Galway Alcohol Strategy
- National Drug Strategy Consultation
- Awareness weeks events

Meetings attended:

- Child to Parent Violence Network Meeting
- Tusla PPFS meetings in Roscommon & Galway
- Connemara SFP parenting committee
- WRDTF Family Support Working Group
- T&R Meeting
- P&E Meeting
- Awareness Week Meetings
- Sinead Doody, Facilitator
- Staff meetings
- Fiona Walsh, HSE Drug Service
- Fiona Donovan, Health Promotion
- Roscommon Womens Network
- Shine
- Regari Recovery College
- Fiona Lane, Defence Forces
- Imelda Gormelly, GCP
- Nuala Connolly, NUIG
- Ciara Tyrell, Cope
- Marion Rackard, HSE National Social Inclusion
- Bernie McDonnell, CAD
- Siobhan, National Family Support Network
- Sylwia Grszwek, Treor Nua
- Suzanne, Westside Resource Centre
- Met with Eileen Lauster – re: CPV training
- Attended both Galway and Roscommon PPFS
- Attend Child to Parent Violence Committee
- Attended Tusla Roscommon Family Support Network
- Attend T&R Meeting
- Attend Regional Strategy meetings
- Cecily, Margaret from G1 Family Focus
- Susan Davis, Anew Group, Castlerea
- Marie Cantwell, G1 Family Focus
- Methadone Clinic
- NUIG, ILAS

Other Family Support Provided

- Funded Worker provided face to face 1-1 support to 14 individual Family Members affected by someone else’s drug or alcohol use- 36 sessions in total.
- Funded Worker Provided over the phone advice to 8 Family Members or others concerned about someone else’s drug or alcohol use.
- Funded Worker Co-facilitated the G1 Family Focus Group (Peer-led family support) in Galway city and continue to support their work as Chair of the Committee.

Development of Regional Strategic Plan

The strategy development process started in 2016 and was completed in 2017.

It involved four stages:

- A: Assessing the internal and external environment
- B: Identifying Task Force goals; where it wants to be in 2020
- C: Agreeing the objectives and actions that will achieve these goals
- D: Developing a monitoring and measurement frameworks to assess impact

A: Assess the internal and external environment

1) Provide a context to the Strategy by analysing the current external environment within which the Task Force is operating and the Strategic Plan will be set, as follows:

- identify current national and regional policy on substance misuse
- identify main target groups
- consider the current nature of drug and alcohol abuse in the Western region, using existing research and data
- document existing service provision in the Region
- analyse population demographics, using preliminary results of 2015 Census

2) Undertake a review of the current Strategy and Task Force Structure. The objective of this is two-fold:

- to examine the progress and impact made under the previous Strategy
- to examine the effectiveness of the structures supporting the new Strategy and identify opportunities to strengthen them

B: Identify Task Force goals; where it wants to be in 2020

1) In consultation with key internal stakeholders, define/redefine the Task Force's vision which will stem from the values of those involved. Translate this vision into an up-to-date mission statement to provide a broad statement of purpose for the Task Force.

2) Define key priorities for the period of the plan by identifying the Task Force's strategic goals / priority themes

C: Agree the objectives and actions to achieve Task Force Goals

1) Devise strategies to achieve results, by developing objectives and priority actions which enable the Task Force to achieve its strategic goals.

2) Identify the resources available and agree strategies to maximise them and ensure value for money.

D: Monitor progress and measure impact

1) Devise a clear monitoring and evaluation framework which best suit the strategies and activities in the plan. Build this framework into the programme of work at the outset in order to maximize outcomes.

3. Stakeholder Engagement

An extensive consultation process was undertaken to enable all stakeholders to provide input on the effectiveness of the current Strategy and priorities for the new Strategy. This was the primary emphasis of the Strategic Planning process and will be vital to its success. It aims to secure ownership of the plan and commitment to its implementation by all stakeholders by using inclusive, accessible and flexible methods.

Consultation was undertaken in multiple formats to enable stakeholders to engage in a manner which best suits their needs. The specifics of each engagement process varied and were agreed in

advance with both the WRDATF and the stakeholders themselves. The following groups were part of this process:

- WRDATF Committee Members
- Key Stakeholders in the region
- Key WRDATF Staff
- WRDTAF Funded Projects
- WRDATF Sub-Committees
- Regional Drug & Alcohol Services
- Service Users
- Other Local Services in the Region
- Wider Communities across the Region

Evaluation of Putting the Pieces Together (action53)

In lines with Action 53 of the regional Strategy “Carry out an independent evaluation of the delivery and impact of *Putting the Pieces Together* both within the region and nationally” the research evaluation subgroup developed a tender for an independent evaluation of Putting the Pieces Together in mid-2014.

Putting the Pieces Together is a drug & alcohol resource manual which was developed in the Western Region and launched by then Minister for Drugs John Curran. A working group was established in 2015 to progress an independent evaluation of the delivery and impact of *Putting the Pieces Together* both within the region and nationally. The working group selected the most appropriate tender to achieve this. In 2016 this work was carried out and main alterations to the *Putting the Pieces Together* manual are listed below.

Here is a brief summary of some of the main areas altered as part of the evaluation of the PTPT Manual:

- The resource was resized and reframed. It now stands at 257 pages, down from just over 300 pages. The chapters are as follows: Introduction; Substance Use Education; Planning your Programme; Drug Use; Drugs Facts; Delivering the programme- incorporating Life skills and Drugs Education activities; Scenarios; Moving forward; Closing Chapter.
- Any repetition and misplacement of information has been addressed.
- The group work activities have been colour coded according to group suitability and to give a consistent format for the Group Activities- in terms of layout of the page and ease of understanding the content at a glance.
- The Facilitation Skills chapter has been removed altogether. A greater emphasis instead is placed on the skills needed for Substance Use Education.
- Information on Brief Interventions has been removed. This intervention should only be used by persons trained in Brief Intervention.
- New and relevant Group work on Alcohol, Relationships and Social Media. New and relevant scenarios in the existing activities to make them more relevant. The quiz has been updated and shortened.
- New and relevant Drug Facts sections including new drugs such as Fentanyl and making it more accessible in terms of categories, layout and emphasis. There is an extended Alcohol section included
- The Drug Use chapter has been expanded and updated to include relevant legislation information etc.
- Definitions have been updated where necessary. Examples of this are the DSM-V definition of substance use disorders, the stages of addiction descriptions and the understanding that

problematic substance use is a mental health disorder with physical, genetic and psychological aspects ect.

- The Harm Reduction section has been modified and moved into the Drugs Activities section to improve flow of Putting the Pieces Together.

Roscommon Schools Report Drug & Alcohol Survey

The Roscommon Schools Drug and Alcohol Survey was conducted in May 2016 as one of the actions arising from the Roscommon Drugs in Schools project. The Roscommon Drugs in Schools project is an interagency initiative that has been developed in order to respond to concerns about a perceived increase in levels of drug activity in secondary schools in the region generally.

The concerns being expressed include:

- Drug dealing
- Drug use generally
- Substances being used
- Behaviour in school

This interagency group met, for the first time, in March 2016 to discuss these issues, some possible solutions, and to decide on actions that could be taken. As the Western Region Drug and Alcohol Task Force had previously undertaken a survey of the Roscommon Schools in 2012 it was decided that one of the initial actions would be to conduct a new survey in order to give a baseline to work with and to see if there was any significant change in behaviours within the student cohort in the last four years. It was also decided to conduct a concurrent survey of the parents in the region to examine any concerns that they might have, explore their attitudes and knowledge around the issues and also to elicit their support for future actions that derive from the results of the survey.

This was a large undertaking and provided valuable information about trends in substance use in the school-aged community. This built upon a previous study that took place in 2012 and a total of 2,280 pupils and 543 parents took part in the survey; representing the 9 secondary schools in County Roscommon. The information contained in the report will and has been used to inform ongoing preventative work in the region, in the development of literature and resources and as the basis for developing targeted teen support work in Roscommon.

The survey contains a lot of very useful information and will be helpful in planning for future drug and alcohol prevention and education work in the region and will also feed into service planning and delivery. The survey also, for the first time in the region, attempts to capture the parent's views and attitudes regarding these drugs and this too is important information to be included when developing future programmes. It should be noted that this survey project is only intended to give a general picture of student behaviours in Roscommon when it comes to smoking, alcohol and cannabis use.

The methodology used to gather the information for this survey is very straightforward with people simply being asked to self-report and return the forms for collection. This simplicity does give rise to questions about the usefulness and fidelity of the data derived from the survey. A study that is more structured and that would include other methods of data collection such as interviews and focus groups might be useful to conduct at a later date if funding becomes available to do so.

Task Force News

In June 2016, the summer issue of TF News was produced to inform the main funders, board, staff, funded workers and communities of activities within the WRDTF. Its aim is to keep representatives up-to-date on all funded projects, publications and services in the region and to highlight the initiatives/projects engaged in, or developed by the management, funded workers and staff of the WRDTF.

The summer 2016 issue focused on updates from the WRDATF Training programme and the launch of the family support booklet and strategy. It also contained details of the 2016 Awareness week. This booklet thanked the outgoing Task Force Coordinator Fiona Walsh and Chairperson Martin Lee for all their work. Michéal Durcan was appointed WRDATF Coordinator and Deirdre Hurney was appointed WRDATF Chairperson.



WRDATF Website

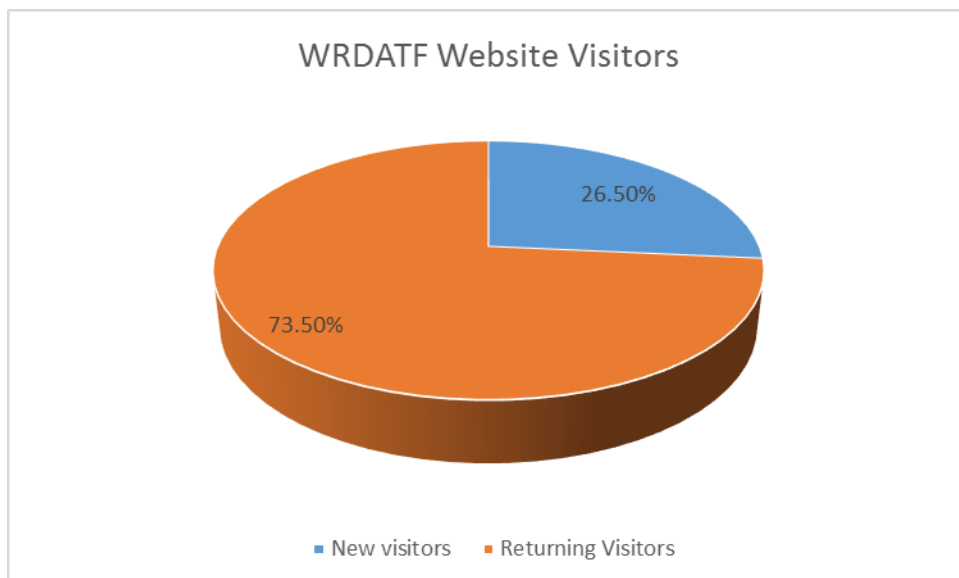
WWW.WRDATAF.IE Website visits in 2016

Statistics from the 1st January 2016 to the 31/12/2016.

The attached PDF gives a breakdown of users to the WRDATF website.

The WRDATF received funding from dormant accounts for social media. The WRDATF decided to build a brand new website. It was agreed that the website needed to be more user friendly and there should be a more emphasis on family support and online training. It was also agreed that it would be important to link the WRDATF website to supportme.ie. The amount of users for the WRDATF is very small and it is important that the traffic to the WRDATF website is increased.

- Sessions 5289
- Users 3979
- Page views 14293
- Pages / Session 2.70
- Avg. Session Duration 00:01:41
- Bounce Rate 56.31%
- % New Sessions 73.47%



Visitors	Numbers
New Visitors	1055
Returning visitors	2924

Section 7: Profile of DTF Funded Projects

Profile:

Education Support Worker (Galway City and County)
Education Support Worker (Counties Roscommon and Mayo)
Community Liaison Worker (Galway City and West Galway)
Community Liaison Worker (East Galway and South Roscommon)
Community Roscommon (County Mayo and North Roscommon)
Substance Misuse Counsellor for People who are Homeless
Practice Nurse: Jigsaw Project
Drug & Alcohol Family Support Training & Development Worker

Drug and Alcohol Education Support Workers (x2)

The role of the Drug and Alcohol Education Support Worker is to support the implementation of the drug & alcohol training resource manual, *Putting the Pieces Together* (PTPT), both regionally and nationally. This training resource was developed by the WRDTF, with the endorsement by Minister Curran, and is being implemented nationally through Regional and Local Drugs Task Forces, Foróige and the National Youth Council. The Drug & Alcohol Education Support Workers have also forged inter-agency collaboration with An Garda Síochána, SPHE, and the HSE Addiction Service to develop a drugs & alcohol parenting information event and parenting programme that is currently being rolled out throughout the counties of Galway, Mayo & Roscommon. The Education Support Worker also develops and delivers local drug & alcohol programmes that respond to the needs of a group or community.

Community Liaison Workers (x3)

The role of the Community Liaison Worker is to assist the community develop its individual responses to substance misuse; forge inter-agency collaborations and joint initiatives to tackle the local problems; help drive initiatives and co-ordinate developments in line with the NDS and regional policies; identify the local impact of substance misuse and local service needs; help groups prioritise needs; and finally assist in drug & alcohol policy development at a local level.

Substance Misuse Counsellor for People who are Homeless (x1)

The role of the Substance Misuse Counsellor for people who are homeless is to provide a drop-in counselling service within the Day Centre; offer one-to-one counselling; refer clients to appropriate services; act as a client advocate; and raise awareness of the current substance misuse issues within the homeless population.

Practice Nurse: Jigsaw Project (x1)

The role of the practice nurse within the Jigsaw Project is to provide individual support to young people between the ages of 15-25 who access the Project; linking young people in with the appropriate services within their own communities for continued on-going support if needed; provide a drop-in service; engage with young people who have drug/alcohol concerns; and work directly with substance misuse counsellors.

Drug & Alcohol Family Support Co-ordinator

The role of the Drug & Alcohol Family Support Training and Development Worker is to; raise awareness around the needs for and supports available to family members affected by substance misuse; support Peer Led Family Support Groups, front line family support workers and other individuals/agencies working directly with families within the western region; support members of the Regional Drug & Alcohol Family Support Network to participate in a number of regional fora including the WRDTF and its sub-groups; provide training to frontline workers, family support programmes/agencies, etc., in relation to the area of addictions and the support needs of family members as per the recommendation of the report of the working group on Drug Rehabilitation, 2007.

Analysis of the impact of the WRDTF Funded Projects

The WRDTF funded projects came about as a result of the first strategic plan “Shared Solutions”. These posts were identified as being the most relevant and regionally appropriate posts required to meet the needs of the region. With the exception of the Family Support Training and Development Worker post, all posts have been in place since approximately 2006/7.

In 2015 the WRDTF funded posts continued to work to the actions of the current regional Strategy Plan “The Way Forward” providing the relevant supports regarding drug and alcohol issues to individuals, groups and services. These range from one to one supports provided by the Nurse in Jigsaw and the Substance Misuse Counsellor for homeless persons in Galway Simon Community to a variety of multi-agency initiatives across the region. Multi agency prevention education initiatives have proven over the last few years to be a strong point of the WRDTF Task Force projects with many initiatives being very successful and replicated elsewhere. Such initiatives include the Regional Multi-Agency Parents Drug Education Initiative, the Galway Alcohol Strategy (in conjunction with Galway Healthy Cities), the Ballinasloe Alcohol Strategy, Family Support Regional Needs Analysis, the Mayo Junior Cert Night Initiative as well as many other local programmes and initiatives (outlined earlier in the report). However the demand for relapse prevention and treatment services continued to be highlighted throughout the year.

Despite the vast area which makes up the Western Region the funded posts continue to provide geographically coverage to the region especially from the CLW and Education Support Workers thus enabling groups and services to access support and input from these workers regardless of their location in the region.

Annual reports from the funded projects 2015 continued to show a move to some newer areas of work or increase in the demand for specific types of supports. Namely this can be seen in the increase in demand for one to one work particularly in the area of family support. This can be attributed to the increase in awareness being created about the impact of drugs and alcohol on families. There was also a trend in the increase in supports provided to the educational sector namely the schools.

The WRDTF identified the need for a renewed focus on outcomes of the work being done and gathering of information on the impact of such work.

In 2014 the WRDTF commissioned an independent evaluation of the funded projects. The evaluation was commissioned in order to ensure that the current resources are best being channelled to meet the current challenges & emerging needs within the region. The outcome of the independent evaluation and the expansion in the demand for early intervention and treatment for alcohol and other drugs, as well as supports for families, particularly evident in 2015 indicate that the WRDTF strategy moving forward will need to reflect these changes.

The final report of the evaluation was completed in 2015 and a report on the evaluation and potential future direction will be presented to the WRDTF in 2016.



Form A: Identifying how funded projects relate to the NDS pillars and progression of the work of each pillar

DRUGS TASK FORCE		Western Region Drug & Alcohol Task Force	
Pillar * :		Prevention	
DTF objective :		<ul style="list-style-type: none"> To oversee the implementation of actions relating to prevention and education identified in "The Way Forward" Second Strategic Plan of the Western Region Drugs Task Force 2011-2014. To identify existing and emerging gaps in prevention, education & research in the region and to recommend appropriate responses to those gaps. 	
Outcomes :		<ul style="list-style-type: none"> The Task Force is currently working through Action 26 -35 of the prevention actions of "The Way Forward" Second Strategic Plan of the Western Region Drugs Task Force 2011-2014. 	
Category **		Project Code	Project Name
Organisation Facilitation		W1	Operational Budget
Education & Prevention		W4	AIDS West Education Support
Education & Prevention		W7	Education Support Worker & Community Liaison Worker Co. Mayo & North Roscommon.
Education & Prevention		W13	Community Liaison Worker East Co. Galway & S. Roscommon
Education & Prevention		W14	Community Liaison Worker Galway City & West Co. Galway
Education & Prevention		W17	Training/ Rehab
Project changes/ terminations in 2016			Small Grants was changed to Training/Rehab in 2016

DRUGS TASK FORCE:		Western Region Drug & Alcohol Task Force	
Pillar * :		Treatment	
DTF objective :		<ul style="list-style-type: none"> To oversee the implementation of actions relating to treatment and rehab identified in The Way Forward Second Strategic Plan of the Western Region Drugs Task Force 2011-2014. To advocate for the filling of existing and emerging gaps in services relating to treatment and rehabilitation. To lobby at regional and national level for Treatment/Rehab Services for the west of Ireland via the WRDTF. 	
Outcomes :		<ul style="list-style-type: none"> The Task Force is currently working through Action 36 -46 of the treatment actions of The Way Forward Second Strategic Plan of the Western Region Drugs Task Force 2011-2014. 	
Category **		Project Code	Project Name
Treatment & Rehabilitation		W6	Nurse, Jigsaw Galway
Treatment & Rehabilitation		W8	Substance Misuse Counsellor for Homeless Persons, Galway Simon Community
Treatment & Rehabilitation		W5	Drug & Alcohol Family Support Training & Development Worker
Project changes/ terminations in 2016		N/A	N/A
Treatment & Rehabilitation		W9	Counsellor For NUIG was cancelled.

DRUGS TASK FORCE:	Western Region Drug & Alcohol Task Force	
Pillar * :	Rehabilitation	
DTF objective :	<ul style="list-style-type: none"> To oversee the implementation of actions relating to rehabilitation identified in The Way Forward Second Strategic Plan of the Western Region Drugs Task Force 2011-2014. 	
Outcomes :	<ul style="list-style-type: none"> The Task Force is currently working through Action 43-46 of the Rehabilitation Actions of The Way Forward Second Strategic Plan of the Western Region Drugs Task Force 2011-2014. 	
Category **	Project Code	Project Name
Project changes/ terminations in 2016	N/A	N/A
Rehabilitation	W16	Service User Group was disbanded in 2014

Section 8: Action 42 of the National Drugs Strategy: Drug User Fora or Service user involvement in funded projects

Due to current staffing situation within the WRDATF we were was not in a position to progress this area in 2015. However we are fully committed to working with a Drug User Fora when we are in a position to offer support/ guidance and/or governance. To assist us in achieving Action 42 we will commit to promoting an advocate for service user involvement in all new developments within the Task Force. Furthermore we will view this item as on-going until we achieve this.

Service User Involvement within Funded Projects:

Funded projects were requested to give feedback on what, if any, service user involvement takes place within their organisations. Most projects are not direct drug services and have a broader remit within the region. Here are some examples of service user involvement from some of the funded projects.

Jigsaw Galway

Jigsaw involves service users through its youth panel. The youth panel (YAP) consists of 15 members (currently recruiting additional members) from across the county who advise Jigsaw on providing and developing its support services for young people. The YAP is a core element of Jigsaw Galway/Roscommon and is fundamental to everything they do. Their role is to represent their own views, as young people in Galway; to represent Jigsaw within their community and to make joint decisions on the running of Jigsaw's services. They are represented on various governance groups throughout the organisation and participate in team meetings, are involved in the staff selection process and other key elements of service delivery and design.

Education Support Worker at AIDS West

The Education Support Worker (ESW) of the Western Region Drug and Alcohol Task Force is hosted by AIDS West, and located in the city of Galway. The ESW engages in Tier 1 intervention as defined by National Drugs Rehabilitation Framework Document in relation to work relating to the prevention pillar of the National Drugs strategy (interim) 2009-2016. This work primarily consists of drug-related information, advice and referral to specialised drug treatment services.

It is estimated (from the HSE drugs service/HSE mental health projects) that between 2–6 people may contact such services monthly following prevention events. AIDS West also operates Tier 1 interventions with clients whose primary focus is requiring support with a positive HIV diagnosis. The counselling that is offered would include referrals to specialised drug treatment services, where appropriate.

WRDTF Family Support Training and Development

The DAFSN receives representations from family members through the family support development worker and other members on occasion. Family members consulted regarding the heads-up training programme to ensure content matched their need. They worked closely with family members in the setting up and promoting a new Family Support Group in Galway. They also organised an awareness week event in conjunction with family members to promote and launch family support group. Both WRDATF FS worker and family members spoke at the event which aimed to highlight the impacts substance use has on the family as well promoting the new group for families.

Galway Simon Community (Participation Groups)

Simon Action Group and The Simon Circle are two participating groups established within the Galway Simon Community. Simon Action Group is a clients' only group. It is for the people who are living in the houses and for those who have moved on into their own places. It is a place for the clients to share opinions and ideas. The clients can make suggestions for change in the way things are done in Simon and plan fun activities.

The Simon Circle is a partnership of people who are living in the houses and people who have moved on, staff and volunteers. This group is about making sure everyone has an equal opportunity to get involved in Galway Simon.

Both groups meet monthly and are independently facilitated. These groups endeavour to develop activities and make changes within the organisation which positively benefits the community.

Client Involvement Strategy 2015-2018

Galway Simon has recently developed a Client Involvement Strategy 2015-2018 which contains 6 core aims focusing on:

- Education, Training and Employment;
- further developing volunteering opportunities for clients in Galway Simon Community;
- creating more opportunities for clients to get involved;
- ensuring clients are involved in decision making;
- involving clients in staff recruitment;
- Making sure clients have enough information to get involved and knowing how their contribution makes a difference.

An implementation group has been established which consists of staff and volunteers.

**Section 9: Governance of the Western Region Drugs Task Force
WRDTF Representatives 2016**

NAME	ORGANISATION	ROLE IN TASK FORCE
Mr Martin Lee	Independent Chairperson (Retired)	Cathaoirleach
Ms. Deirdre Hurney	Independent Chairperson	Cathaoirleach
Ms Imelda Gormally	Galway City Community Forum	Community Representative
Mr Dan Dowling	Co Galway, Community Forum	Community Representative
John Mannion	The Probation Service	Probation Representative
Regina Higgins	Welfare	Welfare Representative
Cllr. Nigel Dineen	Roscommon County Council	Public Representative
Cllr. Christy Hyland	Mayo County Council	Public Representative
Cllr. Declan McDonnell	Galway City Council	Public Representative
Cllr. Tomás O' Curraoin	Galway County Council	Public Representative
Mr Joe McDonagh	AIDS West	Voluntary Representative
Mr. Garrett Archibold	Cuan Mhuire	Voluntary Representative
Mr Bill Griffin	Galway Simon Community	Voluntary Representative,
Ms. Emma Dolan	Galway Simon Community	Voluntary Representative,
Ms Siobhan Duane	Foróige	Voluntary Representative
Mr Martin O'Connor	COPE, Galway	Voluntary Representative
Mr Liam Hanrahan	Galway City Council	Galway City Council Representative
Mr Phil Uibhroithe	Revenue	Revenue
Ms. Angela Toolis	Tusla	Tusla representative
Ms Ursula Fernee	The Probation Service	The Probation Services Representative
Mr. Ken Farragher	Solas	Solas
Det. Insp Mick Copping	An Garda Síochána	An Garda Síochána Representative
Ms Eithne Nic Dhonnchadha	Galway Roscommon Education Training Board	VEC/Dept. of Education & Skills Representative
Ms Fiona Walsh	HSE Western Ares Drugs Service	HSE West Representative
Mr David Collins	Traveller Health Unit	Traveller Representative
Ms Linda Sice	Roscommon Integrated Dev. Company	Regional Partnership Representative
Mr Neil Sheridan	Mayo Community Development Board	Mayo Community Development Board
Ms Orla Walshe	WRDTF Project Development Worker	Task Force Support Team
Mr Gary Kyne	WRDTF Administrator	Task Force Support Team

The Task Force held 3 meetings in 2016. 4 Consultation meetings took place with Doody Consultation in facilitation of the WRDATF Strategic Plan.

Liam Hanrahan resigned in 2016.

Bill Griffin resigned in 2016 and was replaced by Emma Dolan.

Garret Archibold joined from Cuan Mhuire.

Note: PPN's are still in the process of being established in the region and the process of nominating new community representatives have been delayed due to this.

WRDTF Sub-groups
Admin/Finance:

NAME	ORGANISATION	ROLE IN SUB-GROUP
Mr Martin Lee	WRDTF Chairperson	Cathaoirleach
Det. Insp. Tom Fitzmaurice	An Garda Síochána	An Garda Síochána Representative
Cllr. Declan McDonnell	County Council	County Council
Ms. Deirdre Hurney	Chairperson	Chairperson
Mr Con Moynihan	HSE West	HSE (Channel of funding representative)
Mr Joe McDonagh	AIDS West	Voluntary Representative
Ms Fiona Walsh	HSE Western Area Drug Service	HSE West Representative
Mr Gary Kyne	WRDTF Administrator	Task Force Support Team

Det. Insp Tom Fitzmaurice resigned in 2016.

Con Moynihan resigned in 2016.

Deirdre Hurney joined the Admin Finance Subgroup in 2016.

Cllr. Declan McDonnell joined the Admin Finance Subgroup in 2016.

The Admin/ Finance sub-group held 2 meetings in 2016.

Prevention Education

NAME	ORGANISATION	ROLE IN SUB-GROUP
Ms Eithne Nic Dhoonchadha	Galway Roscommon Education Training Board	Education Training Board and Dept. of Education Representative
Super Intendent Gerry Roche	An Garda Síochána	An Garda Síochána Representative
Det. Insp Mick Coppinger	An Garda Síochána	An Garda Síochána Representative
Mr Neil Wilson	AIDS West	AIDS West Representative
Garda Deirdre Holland	An Garda Síochána	An Garda Síochána Representative
Garda Denis Egan	An Garda Síochána	An Garda Síochána Representative
Dan Dowling	Co. Galway Community Forum	Community Representative
Linda Sice	Roscommon Leader Partnership	Regional Partnership Representative
Gillian Conway	South West Mayo Integrated Development Company	SWMIDC & WRDTF Education Support Worker
Garda P J Noone	An Garda Síochána	An Garda Síochána Representative
Georgina Kilcoyne	Tusla	Tusla
Susan Forde	Tusla	Tusla
Ms Orla Walshe	WRDTF Development Worker	Task Force Support Team
Mr Gary Kyne	WRDTF Administrator	Task Force Support Team

SuperIntendent Gerry Roche left the Task Force Prevention Education meeting in 2016 and was replaced by Det. Insp. Mick Coppinger

The Prevention Education sub-group held 2 meetings in 2016.

The group also had one strategy meeting with Doody Consultation in 2016.

Treatment & Rehab:

NAME	ORGANISATION	ROLE IN SUB-GROUP
Dolores Duggan	Hope House	Voluntary Representative
Ms Fiona Walsh	HSE Western Area Drug Service	HSE West Representative
Mr Liam O' Loughlin	Galway Roscommon Education Training Board	Galway Roscommon Education Training Board Representative
Mr. Emmet major	Galway Roscommon Education Training Board	Galway Roscommon Education Training Board Representative
Ms Mags Nash	Bushypark Treatment Centre	Voluntary Representative,
Ken Farragher	Solas	Solas
Brendan Murphy	HSE	HSE
Debbie McDonagh	Family Support Worker	Task Force
Ms Orla Walshe	WRDTF Development Worker	Task Force Support Team
Mr Gary Kyne	WRDTF Administrator	Task Force Support Team

The Treatment/ Rehab sub-group held 2 meeting in 2016.

The group also had one strategy meeting with Doody Consultation in 2016.

Research/ Evaluation:

NAME	ORGANISATION	ROLE IN SUB-GROUP
Ms Fiona Walsh	HSE Western Area Drug Service	HSE West Representative
Dr Saoirse Ni Gabhainn	NUI Galway	Research Representative
Ms. Evelyn Fanning	Healthy Cities	Research Representative
Ms Orla Walshe	WRDTF Development Worker	Task Force Support Team

The Research Evaluation sub-group held no meetings in 2016.

Board Of Directors:

NAME	ORGANISATION	ROLE IN SUB-GROUP
Ms Fiona Walsh	HSE Western Area Drug Service	HSE West Representative
Mr Neil Sheridan	Mayo CDB	Board of Director
Mr. Martin Lee	Retired Independent Chairperson	Independent Chairperson
Ms. Deirdre Hurney	Independent Chairperson	Independent Chairperson
Mr. John Flannery	BOD Member	BOD Member
Mr. Dick O Donovan	BOD Member	BOD Member
Ms. Nuala Forde	BOD Member	BOD Member
Mr. Gary Kyne	WRDTF Admin Finance	Task Force Support Team

The Board of Directors sub-group held 2 meetings in 2016

Neil Sheridan resigned as a board member towards the end of 2016.

Deirdre Hurney joined the board of directors in 2016.

WRDTF Audited Accounts 2016:

PERIOD January -December 2016		
W1 Operational Account	Total Expend	Total Income
W1 Operational Budget 6 Months		€ 80,000.00
W1 Operational Budget 6 Months		€ 80,000.00
Total Income		€ 160,000.00
Expenditure	€160,000	
Balance		€0.00
W17 Training/Rehab	Total Expend	Total Income
Training Rehab Income		€11'263

Training Rehab Expenditure	€11'263	
Balance		€0.00
W5 Family Support Grant	Total Expend	Total Income
W1 Family Support Grant Income 6 Months		€34'371
W1 Family Support Grant Income 6 Months		€34'371
Total Income		€68'743
Expenditure	€68'743	
Balance		€0.00
Dormant Accounts Funding		
Income		€36000
Expenditure	€40000	
Balance		-
		€4000

WRDATF Staff Information 2016

Task Force Co-ordinator Post: The Task Force is currently managed by the HSE Drug Services Manager on a part-time interim basis.

Task Force Staff:

Title of Position:	Office Administrator
Pay Rates	As of the 31 st December 2016 annual gross salary was €42658
Employing Authority	The Western Region Drugs Task Force is the employer for this position.
Function	<p>The role of the Administrator will be:</p> <ul style="list-style-type: none"> • Work closely with the WRDTF Co-ordinator • Typing letters and reports as required. • Answering phones. • Dealing with any enquiries from the WRDTF members, funded groups etc. • Dealing with all incoming/outgoing post and keeping a log. • Computer back up and management of electronic information. • Ordering office supplies. • Assist in setting up administration and accounting systems which comply with procedures set out by funding agencies and by the Drugs Programme Unit • Provide financial updates • Report on DPU funding • Liaise with Channel of Funding regarding any funding issue • Monitor all project spending quarterly • Develop updated financial guidelines • Advertise grants • Ensure all grant invoices are paid on time and that the proper documentation is received • Identify further clarification where necessary regarding RDTF1 forms • Ensure invoices are paid processed and paid • Keep accurate folders of spend in each account Op/ Res/ & Grant • Ensure all accounts are entered correctly on SAGE and keep back up on Excel • Keep accurate accounts of petty cash

	<ul style="list-style-type: none"> • Keeping records for cheque requisition forms for the WRDTF administration budget. • Keeping records for petty cash. • Attending, compiling and circulating minutes of meetings as requested. • Attending all sub-committee meetings, compiling and circulating minutes. • Notifying members of the WRDTF and sub-committees of up and coming meetings. • Attending meetings during and outside regular office hours as required. • Booking of venues for WRDTF meetings. • Keeping track of relevant upcoming information on addiction and circulating same to all WRDTF members. • Assisting with WRDTF open-days; booking venues, sending invitations to groups/agencies, assisting WRDTF funded groups to set up presentations.
Source of funding	Drugs Programme Unit. HSE is channel of funding.

Job Title	Project Development Worker
Pay Rates	As of the 31 st December 2016 annual gross salary was €45491. Maternity leave and took unpaid leave.
Employing Authority	The Western Region Drugs Task Force LTD is the employer for this position.
Function	<p>The role of the Development Worker will be to:</p> <ul style="list-style-type: none"> • Work closely with the WRDTF Co-ordinator to ensure that new and existing project promoters are fully supported as they implement the work of the Task Force • Assist projects in setting up management, administration, staffing, and accounting systems which comply with procedures set out by funding agencies and by the National Drugs Strategy Team. • Assist projects in setting out targets, performance indicators and other evaluation procedures. • Provide support and assistance to projects during the interim funding phase. • Help identify training supports for the WRDTF projects. • Ensure effective communication between the projects and their channel of funding agency. • Assist in the development and roll out of the Strengthening Families Programme within the region. • Co-ordinate the Suil Aniar Challenge. • Support community representatives to fulfil their mandate as representatives of the broader community. Support and/or establish a project's support network. • Support voluntary groups to link back and/or develop links with the Western Voluntary Drug Cluster. • Support members, particularly those from the community sector to maintain effective links with the Task Force, its various sub-groups and their nominating organisations. • Support voluntary representatives to fulfil their mandate as representatives of voluntary groups in the region. • Support representation of 'communities of interest' on the Task Force. • Assist the Task Force in the development and implementation of its policies, initiatives and strategies aimed at reducing existing and future drugs problems.

	<ul style="list-style-type: none"> • Support the co-ordinator to ensure effective communication between the Sub Groups and the WRDTF. • Support and/or develop a service user's forum in Galway, Mayo & Roscommon. • Support development of programmes aimed at progression of recovering/stable drug users into employment. • Link with existing Community Fora /Networks.
Source of funding	Drugs Programme Unit. HSE is channel of funding.

Job Title	Family Support Training and Development Worker
Pay Rates	As of the 31 st December 2016 annual gross salary was €48,528
Employing Authority	Western Region Drugs Task Force LTD is the employer for this position.
Principle Duties & Responsibilities	<ul style="list-style-type: none"> • To support Peer Led Family Support Groups, front line family support workers and other individuals/agencies working directly with families within the western region. • To support members of the Regional Drug & Alcohol Family Support Network to participate in a number of regional fora's including the WRDTF and its sub-groups • To provide training to frontline workers, family support programmes/agencies etc... in relation to the area of addictions and the support needs of family members as per the recommendation of the report of the working group on Drug Rehabilitation, 2007 • To lead the development of the Regional Drug & Alcohol Family Support Network to develop a series of prevention measures that focus on the family as per the recommendation of the NDS 2009-2016 • To raise awareness of family support grants to agencies delivering family support services within the region • To raise awareness around the needs for and supports available to family members affected by substance misuse • To develop protocols and procedures for the establishment of a respite initiative and monitor & evaluate its implementation. • To support the Strengthen Families Programme site co-ordinators & steering committees • To ensure family support groups/organisations are aware of SFP and other family support programmes in the region
Source of funding	Drugs Programme Unit. HSE is channel of funding.

Other Work Carried Out by the WRDATF Committee Team

The Task Force Committee and staff carried out the work as outlined in the 2015 work plan. In addition to the projects contained in this report the following also took place:

- Administration of the Service Level Agreements (SLAs) for all host organisations
- The WRDTF website was replaced by the WRDATF website.
- Bi-annual funding was released to the host agencies in January and July
- Organising and attending Task Force meetings, sub-groups & other related meetings
- Dealing with and responding to all queries from the DPU, HSE & Others
- Gathering and compiling reports
- Co-ordination of annual Regional Awareness Week.
- Dormant Accounts report was complete.
- The WRDATF applied to the national Lottery funding and received €10200 funding.

Section 10: Supporting Documents:

No	Item description	
1	WRDTF Work Plan 2015	√
2	Training Calendar (January to July 2015)	√
3	Training Calendar (September to December 2015)	√
4	Training Calendar Evaluation Report	√
5	SAOR: Brief Intervention for Alcohol Use Plan for Western Region	√
6	Galway Alcohol Strategy 2015 Progress Report	√
7	Galway Alcohol Strategy 2015 Action Plan	√
8	Ballinasloe Alcohol Strategy	√
9	Drug Related Deaths Statistics	√
10	Strengthening Families Programme Galway Report	√
11	G1 Funding focus group Posters	√
12	Family Support Needs Analysis poster	√
13	WRDTF Awareness week calendar of Events	√
14	WRDTF Awareness week brochure	√
15	Newsletter: TF News Summer & winter 2015	√
16	2015 Training Calendar: January to July	√
17	All Funded Workers Work plans 2015 <ul style="list-style-type: none"> • W4: Neil Wilson • W5: Debbie McDonagh • W6: Jen Corbett • W7: Gillian Conway • W7: Pat Conway (previously W15) • W8: Trish Mullins • W13: Emmet Major • W14: Liam O Loughlin 	√
18	All Funded Workers Annual Reports 2015 <ul style="list-style-type: none"> • W4: Neil Wilson • W5: Debbie McDonagh • W6: Jen Corbett (Maternity Leave) • W7: Gillian Conway • W7: Pat Conway • W8: Trish Mullins • W13: Emmet Major • W14: Liam O Loughlin 	√
19	Audited Accounts	√
20	Dormant Accounts Application	√



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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