



# 2018 Annual Report



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## FOREWORD

I am delighted to introduce our Annual Report for 2018. The Report sets out in some detail the suite of educational and training services provided by Community Awareness of Drugs (CAD) and it is clear that 2018 has been another busy and successful year for the organisation. Since 1992, CAD has delivered its Family Focus Programmes aimed at ensuring that parents and community workers are kept up to date and skilled in addressing problems of drug and alcohol use and misuse in their own families and communities.

Demand for our programmes, including tailored and specifically targeted programmes – in particular the Family Focus Programme- delivered by CAD, is a continuing indication of the huge need for ongoing education in this area. In addition, CAD, through its activities, is delighted to provide important networking opportunities and a supportive environment for those involved in the frontline of dealing with the perils of drug and alcohol use on a daily basis

CAD has faced many challenges in recent years, not least in regard to funding. We are not alone in that respect and acknowledge that such difficulties are part and parcel of operating as a small charitable organisation in the not for profit sector. I am confident, however, that we will continue to rise to these challenges in the future. In this regard I wish to both compliment and sincerely thank the staff and supporters of the organisation for their ongoing commitment to ensuring that requests for CAD's services continue to be met. Without them, none of our achievements during the year would have been possible.

I consider it important to note that the work being carried out by CAD is particularly relevant in the light of the Government's National Drug Strategy, 2017 – 2025, *'Reducing Harm, Supporting Recovery – a health led response to drug and alcohol use in Ireland 2017-2025'*.

The vision outlined in the Government's Strategy is for *'A healthier and safer Ireland, where public health and safety is protected and the harms caused to individuals, families and communities by substance misuse are reduced and every person affected by substance use is empowered to improve their health and wellbeing and quality of life'*. This vision is reflected in the aims and objectives of the programmes offered by CAD further illustrating the relevance and importance of the work carried out by our CEO and her team.

I would like to thank all those who supported CAD throughout the year and contributed to the success of our work, whether through attendance at our courses, participation in fundraising events, or otherwise and I would particularly thank our funders, the Health Service Executive (HSE) and South Inner-City Drug and Alcohol Task Force.

Finally, I would like to express my sincere appreciation to my fellow board members of Community Awareness of Drugs all of whom give of their time, commitment and expertise on a voluntary basis. Their ongoing support and guidance throughout the year has been critical to our success.

Gerry Donnelly  
Chairperson

## INTRODUCTION

CAD was set up in 1983 and ever since has played a significant role in mobilising an educated community response to an escalating drug problem, a role we continue to fulfil today.

Community Awareness of Drugs began life as the National Federation of Community Action on Drugs (NFCAD) which was formed to respond to drug issues across Dublin in the 1980s. Established as a federation of organised community groups, NFCAD began to gather information on drugs and the signs and symptoms of drug use and to offer training and support to local communities and families. The formation of local groups occurred across Dublin yet the problems associated with drug use and the solutions individual groups devised to deal with these problems were particular to each community.

During the 1980s, early work consisted of providing drug awareness training in communities. A handbook was prepared by NFCAD to help affiliated groups develop a drug prevention strategy for their community. Weekend courses were organised to provide parents and community workers with information on drugs, training in public speaking and presentation skills, so they in turn could educate other parents and voluntary community workers.

Since its formation Community Awareness of Drugs has continued to grow and its research and workshops provide parents and community workers with support and information on drug and alcohol misuse.

CAD continues to contribute to local and national drugs strategies through the education and support services we provide and the alignment of our strategies with local and national goals.

*“More education and public awareness campaigns are needed and information should be provided through schools, parents, communities, television, internet, social media and mobile phone apps”*  
(Reducing Harm, Supporting Recovery – a health led response to drug and alcohol use in Ireland 2017-2025, Department of Health, 2017)

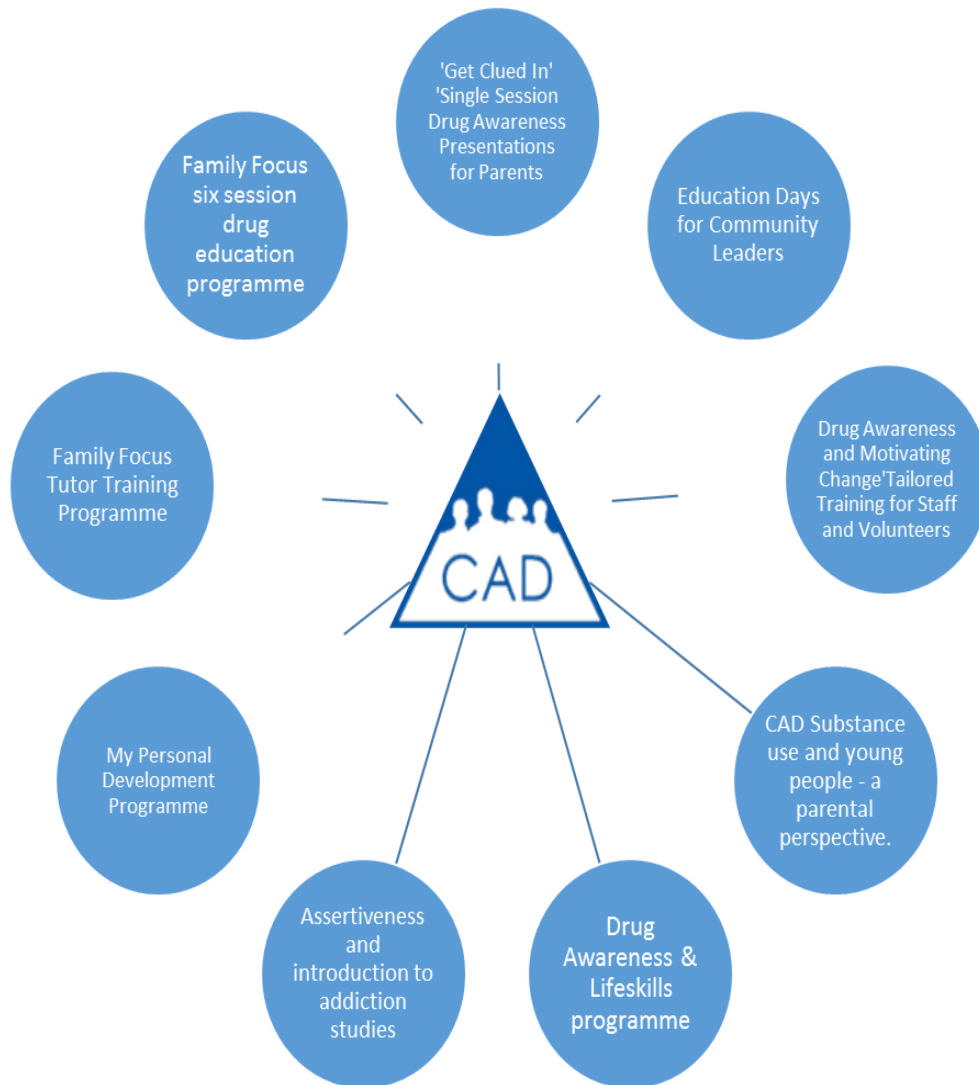
Throughout our service activity, evidence can be found that we help to ‘breathe life’ into the Government’s drug strategy by working with a cross-section of Irish society: parents, grandparents, guardians, carers, community workers, agencies, professionals and vulnerable young people. The shadow remains on our horizon that we have yet to find a funding model to suit our individual needs. We struggle on with a 60% reduction in funding imposed during the recession. Thanks largely to staff commitment and those who support our fundraising efforts we continue to engage with ‘learners’ from across the country.

We wish to acknowledge the continued support of many of our sponsors, funders, and collaborators, including the HSE, South Inner City LDATF, Dublin North East LDATF and the North Dublin Regional DATF, the Department of Education & Skills, Home-School Liaison Service and our contacts at local community level.

Thanks also to our volunteer Board of Directors, Senior Tutor Paula Tunney, Development Officer Margaret Fox, support volunteers Natalia & Pat and outgoing Chairperson Anne Potts.

Without your dedication and support, our important work would not have been completed. To the agencies who entrusted your clients to CAD, we thank you for helping us to continue to provide our important work to the communities that need our support. Bernie McDonnell CEO.

## CAD SERVICES



Our main objective is to participate in the education of the public in general and in particular parents, community workers and young people, with regard to drug and alcohol misuse and the prevention thereof.

We have designed, developed and continually updated a successful suite of educational and training services to help realise our goals, all of which we continued to deliver during 2018:

- 1. CAD Family Focus Drug Education Programme** consists of six weekly sessions for members of the general public including parents and a broad range of community workers. Delivered to over 5,000 participants in 436 groups since 1992.
- 2. CAD Family Focus Tutor Training Programme** for community workers, delivered in conjunction with the North East Regional Drugs Task Force.
- 3. Get Clued In – A Drug / Alcohol Update for Parents.** is an information presentation for staff or members of the public, including parents' associations of second level schools. Presentation plus Q & A lasts 1.5 hours
- 4. You, Your Child and Drugs – A drug /alcohol update** for parents of primary school children. Presentation plus Q & A lasts 1.5 hours
- 5. CAD Substance Use and Young People – a Parental Perspective** consists of eight weekly sessions as an add-on to *Reduce the Use* or stabilization programme, delivered in conjunction with Merchants Quay Ireland and CASADH. This programme explores young people's drug use through the eyes of a parent who has had personal experience of alcohol misuse or drug taking.
- 6. CAD My Personal Development Programme** explores how to achieve and expand your full potential, and has been delivered to service users and parents in a variety of locations.
- 7. CAD Education Days for Community Workers** is a one-day course, including guest speakers' presentations of new information, evidence and updates on drug related matters.
- 8. CAD Drug Awareness & Life Skills Programme** is delivered to vulnerable young people over eight weekly sessions, including to learners in The National Learning Network, St John of God's STEP programme, CARP Tallaght, as well as Leaving Certificate Applied students at the Holy Family Community School in Rathcoole.

9. **CAD Drug Awareness & Motivating Change** workshop is a one-day staff/volunteer training programme which has been availed of by agencies such as Ruhama, Rainbows Community and Cottage Home Residential Care Home,

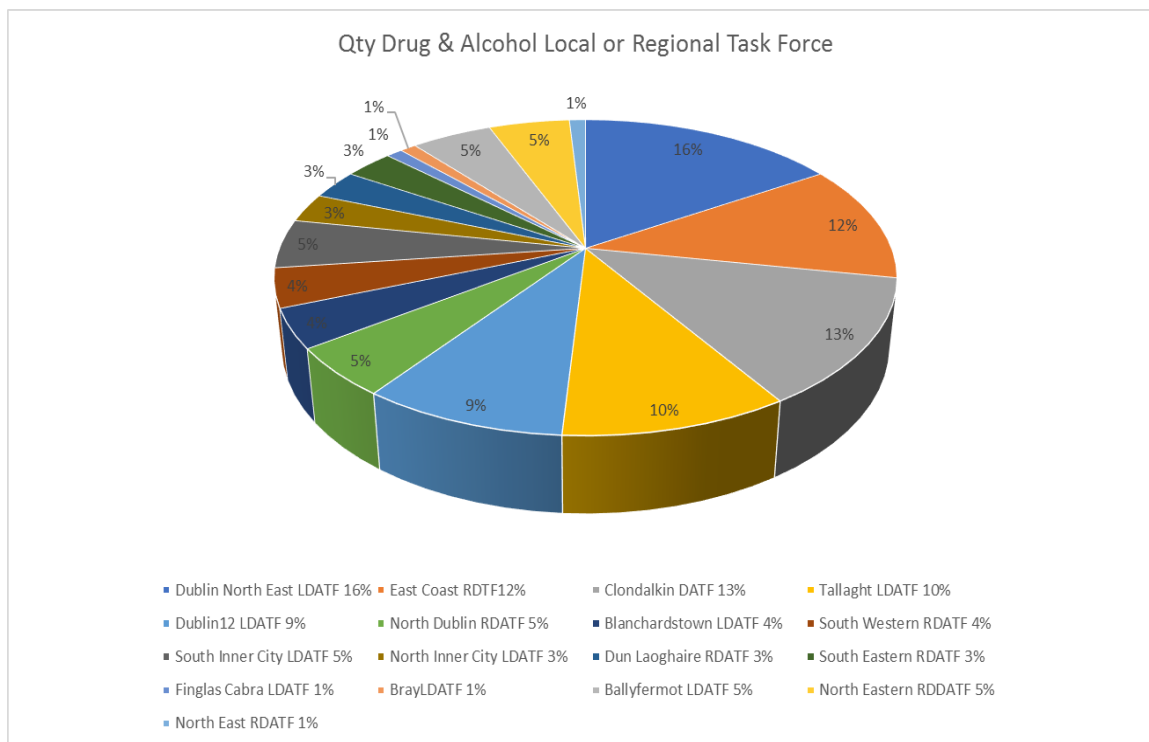
10. **CAD Assertiveness & Introduction to Addiction Studies** is an eight session programme for participants attending drug services, and has been delivered at CARP Tallaght and Tiglin Day Programme in 2018.



Dominican Campus, Ballyfermot.

## CAD SERVICE USERS

### CAD Family Focus Breakdown by Drug Task Force (DTF)



339 groups completed our Family Focus up to December 2018. This involved 5,142 participants - parents, guardians, care and community workers. The average group size was ten. This gives a total of between 61,704 and 77,130 contact hours in total on these cross-task force initiatives.

Family Focus Participating schools and educational centres during 2018 included:

- Mourne Road Schools
- Scoil Manstreach, Celbridge
- Dominican Campus, Ballyfermot
- Kilbarrack Coast Community Project
- Palmerstown Community College
- Spellman Centre, Ringsend
- Dominican Campus, Ballyfermot
- St. Philomenia's Bray
- Portmarnock Community School
- Spellman Centre Ringsend.



### What participants said about the CAD Family Focus Drug Education Programme:

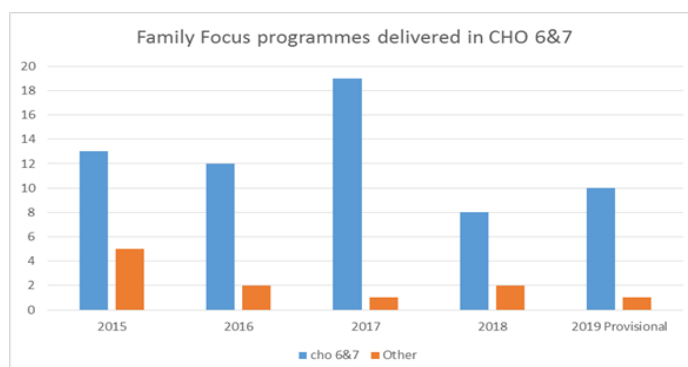
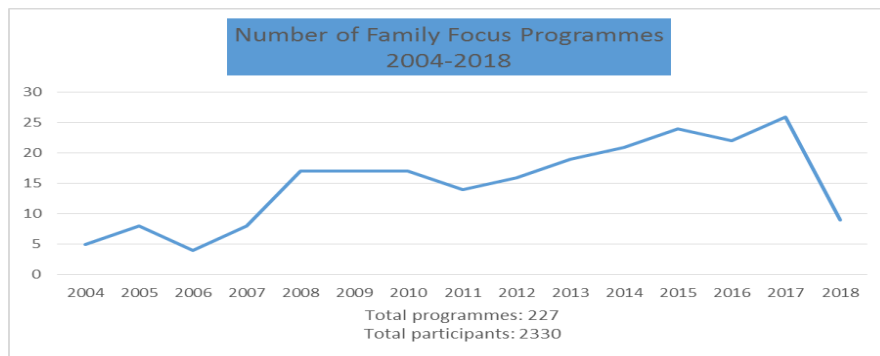
'I felt the program was delivered very well, for me personally. *'Life stories'* told really helped me understand the knock-on effect of drug and alcohol abuse. It definitely made me more aware and had a significant impact on my decision to go on and learn about addiction studies later in the year.' **Dominican Campus, Ballyfermot.**

'Learned a lot of signs to look out for if my child ever considered going down this road. There was a lot of information handed out and a lot of chat about important things. It was an eye opener.' **Mourne Road Schools**

'I found the course very informative, interesting and detailed. It was an eye opener in terms of all the substances legal and illegal that are out there. The practical steps that can be taken in talking to teenagers/keeping dialogue open. It was excellent.' **School Na Mainistreach, Celbridge.**

'I found the program very educational, a lot of things I did not know. Hand-outs were brilliant to be able to look back over topics on that evening. If I felt a parent needed help around any of the topics mentioned over the weeks I can show them my hand-outs, I am very grateful for this program, very much appreciated. Thank you'. **Kilbarrack Coast Community Programme.**

'Very enjoyable and informative, delivered very well and professional. Facilitator warm and friendly, gave us time to ask questions, like the interactive style with everyone having a voice.' **Kilbarrack Coast Community Programme.**



## **Additional programmes delivered by CAD during 2018**

### **CAD Tailored 6 / 8 Session Programme Delivery**

- CARP Killinarden: Self-esteem add on to *Reduce the Use* Programme CARP Killinarden: Introduction to Addiction Studies & Drug Awareness
- Tiglin: Drug Education and Assertiveness Programme Mourne Road Schools: Self-esteem programme for parents

### **CAD Tailored One-Day Programme Delivery**

- Ruhama: Drug Awareness & Motivating Change
- Rainbows Community, Julianstown Co Meath: Drug Awareness & Motivating Change.

### **CAD Single Session Presentation Delivery**

- St Tiernan's Balally: Parents' Association of Community Colleges –
- GROW: St. Andrews Centre
- Palmerstown Community College: New parents Coffee Morning
- St. Paul's College, Raheny: Parents' group
- Naas County Council: Staff talk
- An Cosain, Tallaght: Presentation to mature students

### **CAD Education Day**

#### **Mental Health Update - Exploring Available Supports, Margaret Aylward Centre, Glasnevin**

- Suicide Prevention—The Work Being Done
- Connecting for Life—Local Area Plan Critical Incident Response Plan (Sandra Taylor, HSE Resource Officer for Suicide Prevention)
- Mental Health Promotion— The Little Things Campaign (Roisin Lowry, Healthy Ireland Coordinator)
- Mental Health / Crisis Support at your GP Surgery (Cora Raymond, Suicide Crisis Assessment Nurse (SCAN), North Dublin)
- Emotional Health: How Samaritans Can Help (Frances Gallagher, Dublin Samaritans)
- Living with the Aftermath of Suicide (Dr. Briege Casey, DCU)

## CAD COLLABORATION

A cross section of agencies networked at the CAD Mental Health Update - Exploring Available Supports, 2018.

Drogheda Women's Refuge  
Clare County Council  
An Garda Síochána  
DNELDTF  
Dublin Simon Community  
PACE  
Cairde  
Monaghan County Council  
B. Nanetti Counselling  
Clondalkin Addiction Support  
Programme  
Addiction Services, City Clinic  
Kilbarrack Coast Community  
Project  
Tusla

Baldoyle Family Resource Service  
SOSAD Ireland  
Keltoi  
National Youth Council of Ireland  
FSN Finglas Support and Suicide  
Prevention Intervention Network  
Probation Service  
Cavan County Council  
Health & Safety Authority  
Wicklow Educate Together NS  
Finglas Youth Resource Centre  
SouthHill Outreach



## FINANCE & GOVERNANCE

### Grant Aid in 2018

HSE S39 grant €33,795

SIC LDATF grant €42,900

### Financial Overview 2017

Income received	€97,048	Audited Accounts by:
Salary and Wage costs	€71,237	Hugh McCarthy & Assoc.
Total expenditure	€96,874	Chartered Accountants
Surplus	€174	163 Lower Kimmage Rd.

**Community fundraisers:** Musical Bingo in the Ayrfield Community Centre; Sing for Simon & CAD - Carol Singing in The Jervis Centre.

### CAD Professional Development Activities

- Reduce the Use Programme, SAOL Project.
- Certificate in Mental Health in the Community, UCC Accredited, DNELDATF sponsored.
- Schools Alcohol & Drug Education & Prevention Seminar, HSE Alcohol Programme, Health & Wellbeing Schools Division.
- Dublin City North Young Peoples Services Committee (CYPSC) Healthy Ireland Health & Wellbeing Action.
- The Untold Story – Harms experienced in the Irish Population due to others' drinking. College of Surgeons
- Healthy Ireland Networking Event, Dublin Castle
- Citywide Meeting, St. Andrews.
- National Volunteer Management Conference, UCD.
- Clondalkin LDATF – Develop Action Plan
- Drug Policy Unit & HRB National Drugs Forum, AVIVA Stadium

➤ **Additional Meetings attended by CEO during 2018**

Crosscare Drug Awareness Programme.

HSE Resource Officer for Suicide Prevention.

HSE (S39 funding)

ND RDATF Meeting.

Strategic Inter- Agency South Inner City.

Spellman Centre Graduation, Ringsend

Connecting for Life, Dublin North City & County, Grangegorman

Services Sub Group SICLDTF

Living Together Working Together event, Talbot Centre

North Dublin Regional Drug & Alcohol Task Force Meetings

**Staff**

Bernie Mc Donnell                      CEO and Director of Services

Paula Tunney                              Senior Tutor

Margaret Fox                              Development Officer

**Volunteer Board of Directors**

Gerry Donnelly                              Chairperson (appointed 11<sup>th</sup> February 2016)

Anne Potts                                      Chairperson (resigned 13<sup>th</sup> September 2018)

Olivia Walsh                                      Treasurer (appointed 7<sup>th</sup> December 2016)

Lynda Mc Namara                              Company Secretary (Retired 18<sup>th</sup> October 2018)

John Murphy                                      Company Secretary (appointed 18<sup>th</sup> October 2018)

Alison Barker                                      Director (appointed 7<sup>th</sup> January 2015)

Ancilla O Reilly                                      Director (appointed 24<sup>th</sup> May 2018)