



COMMUNITY AWARENESS OF DRUGS (CAD) ANNUAL REPORT 2019

5 Gardiner Row, Dublin 1.

CHY 6742

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FOREWORD

I am delighted to introduce our Annual Report for 2019.

Since its inception in 1983, CAD has developed a unique suite of invaluable drug prevention and education programmes. We have continually adapted and improved these programmes to ensure they remain up to date and relevant. We are confident that these programmes make an important contribution to achieving the goals and objectives of the National Drugs Strategy.

I would mention in particular our Family Focus Programme which since our establishment has been helping to ensure 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.

The harm caused to individuals, families and broader communities as a result of substance abuse continues to be a significant problem within society. Never has the need for targeted prevention and education programmes to assist communities in recognising and dealing with the scourge of drug abuse been more relevant than it is today. CAD is determined to continue to play its part in providing our communities with the tools, the skills, the knowledge and the support they need to meet this challenge head-on, just as we have been doing for almost 40 years.

2019 was another busy and productive year for the organisation in terms of programme delivery and meeting the needs of the community. Demand for our programmes is a continuing indication of the huge need for ongoing education in this area. In addition, CAD, through its activities, provides 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.

That said, it is also important to recognise that 2019 was another challenging year for the voluntary and community sector as a whole and CAD was no exception. Like others in the sector, CAD continues to face an uncertain funding environment year to year but we have come to accept that this is a feature of operating as a small charity in the not for profit sector. We have met

these challenges in the past and will continue to strive to do so in the future.

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. I would particularly like to thank our funders, the Health Service Executive (HSE) and South Inner-City Drug and Alcohol Task Force and to acknowledge the work that they and other Drugs Task Forces around the country do on a daily basis.

I wish to both compliment and sincerely thank the staff 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.

Finally, I would like to express my sincere appreciation to my fellow board members, 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.

“Never has the need for targeted prevention and education programmes to assist communities in recognising and dealing with the scourge of drug abuse been more relevant”

I would like to conclude by urging all those in positions of power and influence not to let up in the national effort to tackle the problems of substance abuse in our communities. I also urge you to continue your recognition for the important contribution that those of us in the voluntary and community sector make to that effort and ask that you also continue your invaluable contribution to the funding of our work and I look forward to the necessary flexibility in that funding to ensure that our programmes and services can reach the widest possible audience.

Gerry Donnelly
Chairperson

INTRODUCTION

Our aim in CAD is to help adults learn about drug misuse prevention by the delivery of cross sector drug education and training programmes, thus promoting a healthier Ireland. In CAD such programmes engage parents, guardians, carers, community workers, service users, vulnerable young people and the corporate sector. Examples of the policies that direct the work undertaken by CAD in 2019 are the National Drug Strategy 2017-2025 and the Healthy Ireland Initiative 2013- 2025.

“many families and services sadly lost valued family members or service users due to overdose”

2019 by far has been the most challenging year to date not in terms of the cross sector ‘Suite of Services’ we deliver (p.5) but because of our statutory funding situation. For the first time in our history the HSE has categorically stated that the funding they provide through a section 39 and a Local Drug Task Force grant must only be spent in CHO 6 & 7 where the funds originate. What this means is that unlike the past thirty six years, the HSE is no longer recognising the cross task force nature of our work or our national remit. Discussions are ongoing.

One of the main challenges for CAD is that, *“Drug education workers who provide educational programmes in non-formal education settings are unacknowledged in Ireland’s most recent national drug strategy. This poses a risk to education programmes that take place in non-formal settings, and diminishes the role of youth and community services/organisations in abating illicit drug use at local and community levels”*.

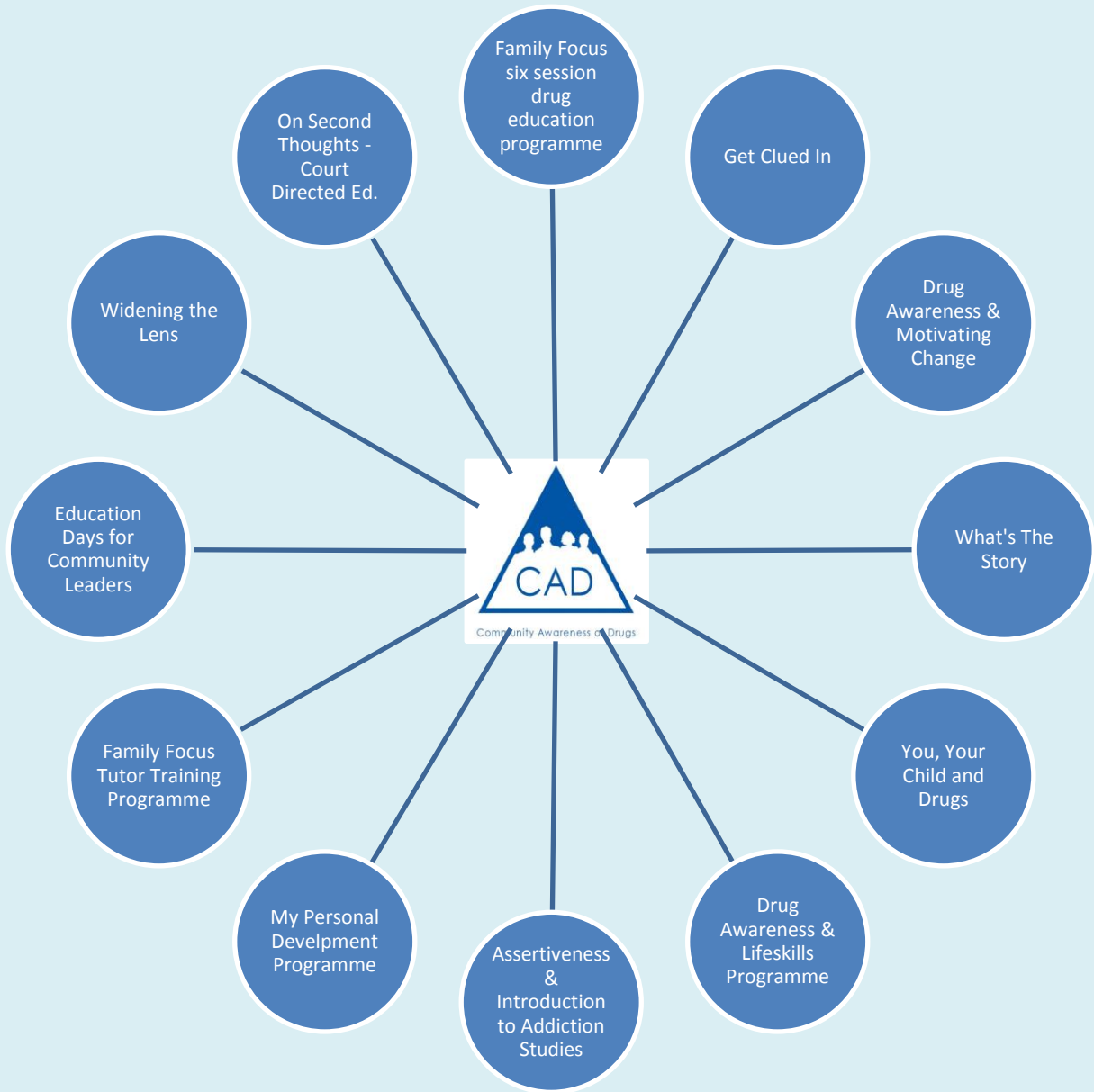
(Darcy, Clay, (2018), The precarious position of drug education workers in Ireland, Economic and Social Review, 49, (3), pp. 361-372.)

In terms of the drug related environment within which we operated during 2019, misuse of alcohol remained uppermost with problems also associated with cannabis, cocaine and crack cocaine following thereafter. In addition, the misuse of tablets both prescription and those sourced over the internet (Benzodiazepine and Opioid) remained a considerable challenge for the Garda National Drugs and Organised Crime Bureau as they concerned themselves with supply of these substances in our communities. In the case of such use, addiction counsellors continued to speak of the challenge of counselling service users whose memory is impaired by the misuse of ‘benzos’. Attempts at goal setting remained a major difficulty in therapeutic settings. In addition many families and services sadly lost valued family members or service users due to overdose.

In relation to 2019 we in CAD wish to acknowledge the support we received from a variety of sources regarding our funding dilemma. To our statutory funders we hope we can find a mutually beneficial way forward. To CAD staff, board members and volunteers we highly value the time and effort you continue to invest in our organisation. To the new Board Members, you are most welcome. Finally, we thank the many community groups who availed of our training along with the members of the public who we were privileged to work with on such an important issue as drug misuse prevention. We wish you all good health.

Bernie McDonnell M.Sc.
CEO/CAD

Community Awareness of Drugs (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. (CAD Memorandum & Articles of Association)

We have designed and developed a successful suite of educational and training services to help realise our goals, which we continued to deliver during the course of 2019:

1. **CAD Family Focus Drug Education Programme** consists of six weekly sessions for members of the general public including parents, a broad range of community workers and more recently with court directed drug education persons. Delivered to over 5,200 participants in 460 groups.
2. **CAD 'Get Clued In'** – a drug/alcohol update presentation for staff or members of the public, including parents of second level students.
3. **CAD 'Drug Awareness & Motivating Change'** workshop is a one-day staff/volunteer training programme which has been availed of by agencies such as Ruhama and residential care workers as in Rainbows Community and Cottage Home Residential Care Homes.
4. **CAD 'What's The Story'** – Consists of eight weekly sessions as an add-on to 'Reduce the Use' or 'Stabilisation programme', delivered in conjunction with Merchants Quay Ireland and CASADH. This programme explores young people's drug use through the eyes of an adult who has had personal experience of alcohol misuse and/or drug taking.
5. **You, Your Child and Drugs** is a drug/alcohol update for parents of primary school children.
6. **CAD 'Drug Awareness & Life Skills'** Programme is delivered to vulnerable young people over eight weekly sessions, including 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.
7. **CAD 'Assertiveness & Introduction to Addiction Studies'** course is an eight session programme for participants attending drug services, and has been delivered at CARP Tallaght and Tiglin Day Programme.
8. **CAD 'My Personal Development'** Programme explores how to achieve and expand on full potential, and has been delivered to service users and parents in a variety of locations.
9. **Family Focus Tutor Training Programme** – Delivered in conjunction with the North East Regional Drug and Alcohol Task Force. A two day training programme for community workers who have completed addiction study courses or related community based experience.
10. **CAD 'Education Days' for Community Workers** is a one-day course, including CAD service activity along with guest speaker's presentations of new information, evidence and updates on drug related matters. (Delivered 1-3 times per year depending on demand).
11. **'Widening the Lens'** on Adolescent Substance Misuse and Mental Health Related Issues is a two session programme for adults.
12. **CAD 'On Second Thoughts'** is a Court directed interactive drug education presentation. (See also Family Focus programme).

Engaging Parents in Drug Education

The three priority prevention goals which CAD adheres to and which are set out in the current National Drug Strategy are: 1. Promote healthier lifestyles within society 2. Prevent the use of drugs and alcohol at a young age and 3. Develop harm reduction interventions targeting at risk groups. (Department of Health:2017).

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.

Sometimes parents don't feel confident that they have the skills to help children avoid drugs. They may lack both basic knowledge of drugs and confidence about their knowledge of drugs, inhibiting their ability to communicate clearly and effectively (Vellerman et al:2000).

A UK Report 'Drug Education in Schools' (Ofsted:2005) identified that parents feel that drug training should include the provision of accurate up to date information on drugs and their effects; advice on how to talk to their children about drugs and advice on where to access local sources of information. We in CAD support the view that parents can be a powerful protective factor when it comes to substance misuse

Drug prevention and Education Forum 2019

During 2019 CAD attended the Drug Prevention and Education Forum where drug education for parents was considered by the forum delegates as an essential gap that needs to be addressed. Effective drug education ideally includes parental engagement. The lack of parental engagement must be considered and given importance by practitioners and policymakers (p.10, NDPE Forum 13th June 2019, Rapporteur Report Dr Laura O Reilly, Urrus/Ballymun Youth Action Project).

Ireland's National Drug Strategy – Reducing Harm – Supporting Recovery

Vision: "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" p8. To realise this vision, the first of five strategic goals have been identified as the Promotion and protection of health and wellbeing. CAD through our service activity clearly continues to promote health and wellbeing in line with the National Drug Strategy strategic goals.

Healthy Ireland

Another important policy is the Healthy Ireland Initiative which aims to "Protect the public from threats to health and wellbeing". CAD plays its part in that regard as a member of the Healthy Ireland Network. See the following for our service activity which supports both the National Drug Strategy, the Healthy Ireland initiative and other relevant policies.

CAD Service Activity 2019

“CAD is determined to continue to play its part in providing our communities with the tools, the skills, the knowledge and the support they need to meet this challenge head-on”

Gerry Donnelly – Chairperson CAD

During 2019 CAD delivered eight of the six session ‘Family Focus’ drug education programmes, six tailored training programmes/workshops two court ordered presentations and ten single presentations in the following communities:

Family Focus six session Programmes

St Killians Community School, Bray

Portmarnock Community School

Spellman Centre, Ringsend

Gleanart College, Arklow

St. Louis Cluster, Ballyfermot

Dominican Campus, Ballyfermot

DNE / Baldoyle Family Resource Centre

Mourne Road Schools

Single Presentations to Adults

RECO Youth Service Ballymun

St Joseph’s N.S. Finglas

SAFE Finglas (Suicide Awareness)

Community Alert Wicklow

Presentation Secondary School Kilkenny

Tailored Training 6/8 sessions

Tiglin Co Wicklow

CARP, Tallaght

Palmerstown College

CASADH Crumlin

Workshops

Ruhama South Inner City

Salvation Army

Drogheda Youthreach

First Trust Bank, Limerick

CBS James’ Street

Presentation Convent Athenry

SVP Volunteers Sth. Inner City

Court Directed Motivational Drug Awareness Presentation

Court directed drug awareness presentations x 2 – CAD Office

Testimonials from 2019



"(The CEO) presented an insightful and educational talk to parents. We learned a lot and would recommend her talk wholeheartedly. Every parent needs awareness on how to help our children. CAD provides that throughout the country".

Doreen Geoghegan: Presentation Parents Council, Athenry

"I liked that we could talk about how hard it is to be the mother of teenagers and nobody judged us, we are all the same".

Parent: Mourne Road School's, 'Family Focus' programme

"I came to the CAD programme with wish to learn all about all types of addiction and drugs. I hoped to be able to solve some questions that I have on how to recognise, how to help, what to do if you come across, how to help my child or any other person, or me. This programme gave me lots of information and knowledge to do so. Thank you for that".

Parent: St Killian's Community School, Bray, 'Family Focus' programme

"Absolutely brilliant, lots of information on every sort of drug. I started on week 1 only knowing very little now I'm much more aware of early signs to look out for, how to speak and approach it and where to get support. Also how to start talking to your kids from a very young age".

Parent: Spellman Centre, 'Family Focus' Programme



Parents & Home School Community Coordinators St. Louise's Ballyfermot

"I have really enjoyed this programme very unexpectedly as I was unsure if I needed to do anything. In the end it was very informative. I've learned so many new things and ways to discuss these issues with my children. Change? I don't think I could have asked for anything to be added as if there was anything that wasn't mentioned we could bring up and discuss".

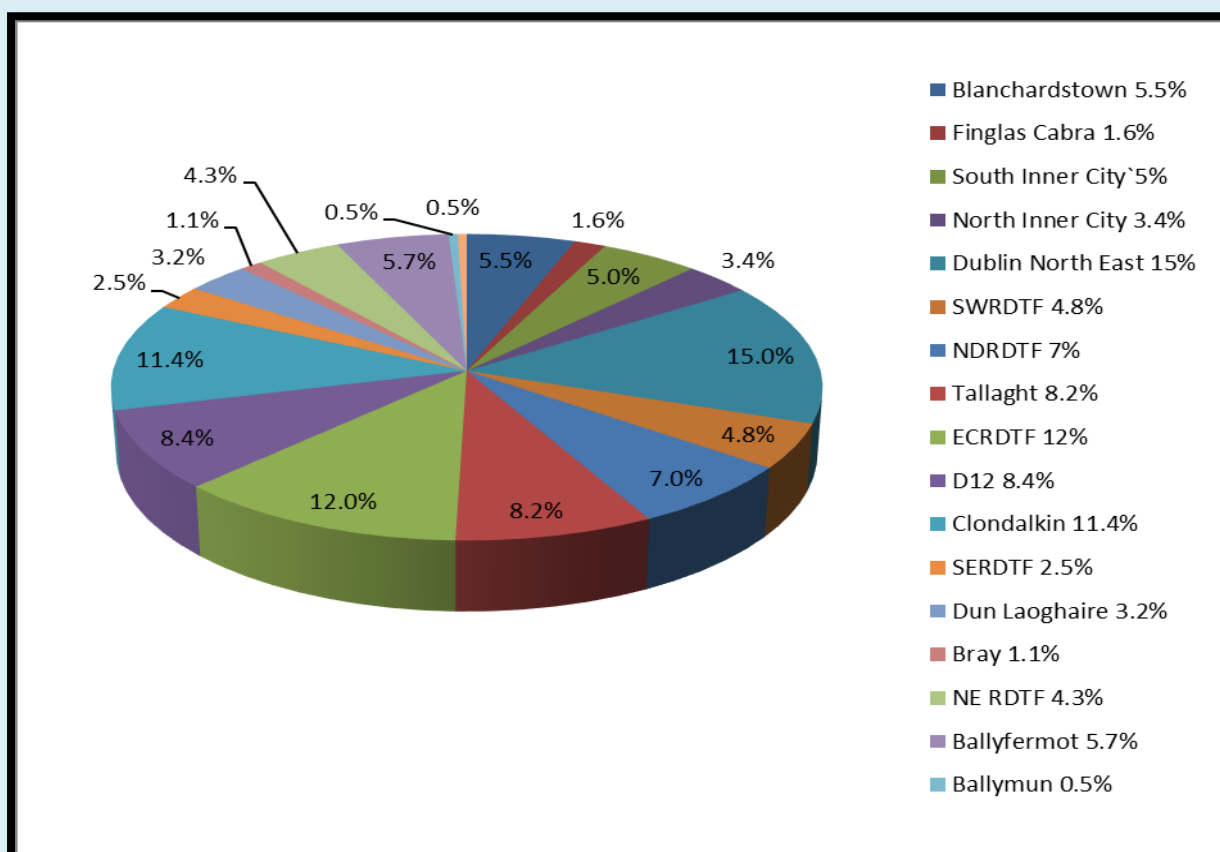
St. Louise's Home/School/Community Cluster, Ballyfermot. 'Family Focus'

"I found the course to be very helpful as I was not aware of all the programmes out there to help family and teens cope with drugs, alcohol and I found Bernie very easy to approach and she was eager to help and explain the course in a way that I feel I could cope if I was in a situation involving drugs with my family member".

(ibid)



Spellman Centre Ringsend Graduation



CAD Family Focus Breakdown by Drug Task Force (DTF)

In total 440 groups have completed our family focus programme up to December 2019. Of the 5217 participants 85% were female. Cumulatively this involved 62,604 individual learner hours.

7 YEAR DATA ANALYSIS

	Family Focus	Family Focus N.E	Tailored Training	Single Session	Seminars	Court Directed	
2013	20	0	7		1	0	28
2014	16		7	5	1	0	29
2015	19	5	8	1	2	0	35
2016	14	8	4	4	2	0	32
2017	20	5	3	5	2	1	36
2018	10	0	4	6	1	0	21
2019	8	0	7	9	1	2	27
Total	107	18	40	30	10	3	208

Note 1: There was an average of 30 initiatives delivered per annum

Note 2: Family Focus, Family Focus NE and Tailored Training are all multi-session programmes

Tailored Training

Feedback

“The course itself was very helpful to our participants in raising their awareness around substance misuse from a parental prospective. Every week you delivered something new and exciting with lots of handouts so that the participants could have something to consider when they got home. Many of the group have young children and teenagers and this was a real wake up call for them. This information was really helpful to them and will no doubt create a lot of thought in the days ahead.”

CASADH – Dublin 12

“We (the staff) have just had a presentation in our Centre from Bernie McDonnell, the Chief Executive Officer of Community Awareness of Drugs. Bernie provided an excellent summation of the range of drugs being used in Ireland and statistics surrounding use. I would recommend this for Centres and am providing Bernie’s details in this email. CAD also provide a one day training programme called ‘Drug Awareness and Motivating Change’ which is something we could maybe consider running between Centres in the future.”

Drogheda Youthreach



Photo: Ruhama

“The part of the day where we received services regarding people we may meet and the instructions were very helpful and I felt a little more confident in my ability to manage various situations”

“Wheel of change- Better idea of where they’re at and how best to respond and help them”

“Drug education very informative/ Case studies very thought provoking- very good”

Ruhama - Dublin

Training Consultant Paula Tunney

(Former Senior CAD Tutor)



Paula worked with CAD from 2006 to early 2019 when she left to take up her dream job working with early school leavers. Paula made a significant contribution to CAD education and training programmes during her time with us. She was terrific to work with. We will miss her dearly.

CAD – Keeping an eye on the wider picture

Why is Prevention Important?

“Substance use prevention aims to stop or delay people from beginning to use psychoactive substances. It can also help those who have started to use to avoid the development of substance use disorders and associated health and social problems. Prevention also has a broader intent: to encourage the healthy and safe development of children and young people, so they can realise their talents and potential. It does this by helping them positively engage with their families, schools, peers, workplace and society.”

(EMCDDA: European Prevention Curriculum: 2019: p13)

How we did it in 2019

'Connecting for Life' – HSE Suicide Prevention Programmes

During 2019 CAD were invited to handle the administration related to the following HSE Suicide Prevention Programmes: ASIST, Safe Talk and Understanding Self Harm. The work was undertaken with guidance from Sandra Taylor, HSE Suicide Resource Officer for CHO 9 (North Dublin). In all, CAD handled: acquiring the venues; engaging the fourteen trainers and administering the bookings for a total of the 564 participants who availed of this important training. The Resource Officer thanked CAD for our input and administration of the training programmes in 2019 (email 17/12/19). CAD wish to acknowledge those who availed of CAD services as a direct result of seeing our website content when they sought the HSE training Courses. It was a win/win situation where drug education / training needs were subsequently met by CAD in addition to the mental health training provided by the HSE.

Note: In early 2020 CAD were informed that an alternative arrangement was being made by the National Office of Suicide Prevention for 2020.

CAD Education Day for Community Workers April 5th 2019

Dual Diagnosis – What to do in the first instance!

Being faced with a client with both Substance Misuse and Mental Health Issues can be a daunting experience. Knowing what to do in the first instance can be hugely beneficial all round. Clinical Nurse Specialist in the HSE Adolescent Drug Services, Philip James took us on that journey and discussed related issues. Dual Diagnosis – What to do in the first instance was held on April 5th in the Margaret Aylward Centre in Glasnevin, Dublin. No CAD training day would be complete without hearing personal experiences of those in recovery or those whose lives have been hugely impacted by a loved one's substance misuse. Once again we were thankful for parents from the Family Association, Coolmine along with service users from Ashleigh House and The Graduate Programme in Coolmine. Community based collaborators in attendance were as follows:



Philip James

Clinical Nurse Specialist, HSE
Adolescent Services,

Louth /Meath

CAD Education Day for Community
Workers, Margaret Aylward Centre,
Dublin 11

Collaborators – Dual Diagnosis Education Day

Co-ord Regional Family Support, Kildare.
Resource Manager /Teacher Youthreach Blanchardstown
Teacher St. Joseph's Secondary School, Drogheda
Addiction Counsellor Mental Health Services, Newcastle West
Jobstown Assisting Drug Dependency (2)
Guidance Counsellor, St. Joseph's Secondary School, Drogheda
Deputy Principal, St. Joseph's Secondary School Drogheda
Clondalkin Addiction Response Programme
Social Care Worker Five Rivers Blanchardstown
Volunteer ISPCC
Safer Blanchardstown
Manager Heads Up, Kildare
Dublin West Area Partnership
Training Officer Foroige
Youth Officer Foroige
Drug Prevention and Education Officer, Foroige
Exchange House
Donnycarney Youth Project
Rialto Community Drug Team
Regional Supervisor, ISPCC
Civil Servant, DEASP Intreo Dundalk
Ruhama Outreach Caseworker
Rialto Community Drug Team
Volunteer Dublin Simon Community
Drug and Alcohol Support Workers, CUIS Balbriggan (2) School Completion Worker
Whitestown Addiction Response Programme (WASP)

Dual Diagnosis – Substance Misuse Update

Shared Personal Experiences

What did you like most about today's events?

"The fact that we were talking about real issues and sharing the experience of services" (HSE West Community Mental Health).

"The mix of theory and practical information via the case studies from the speakers. (Exchange House).

"Diverse issues discussed, knowledge of speakers was apparent and extremely informative". (DEASP)

Meetings

- South Inner City 'Services and Service User' Group Exchange House
- North Dublin City and County Regional Drug Task Force. (Richie Stafford)
- An exploratory research project on working with young people involved in the illegal trade of drugs. St Andrews Community Centre, Rialto. Citywide.
- The Wheel. Report on the review group on the role of voluntary providers in publicly funded health and personal social services.

>SVP Bernie Hughes	>Citywide, Academy Plaza Hotel
>SIC DATF Liberties College	>Danielle Walsh Ronan, UCD student interview
>Eoghan Murphy	>Niall Flynn
>The Wheel, Investing in Community	>Anthony Byrne
>Board Meetings	>Citywide – What next for Communities? Buswells
>HSE Bridge House Louise Devlin	>HSE Lecture Theatre - Governance
>Citywide Ashling Hotel	>SAOR Training, Ballymun
>Chemsex Presentation, CASADH	>Sureskills Fitzwilliam Place – Excel Training (HSE)
>Childrens Rights Alliance	>Fountain Resource Group, SIC Tom Brunkard

Ongoing Professional Development

A UCC accredited Certificate in 'Mental Health in the Community', outreach Dublin North East Drug Task Force, Artane

During 2019 the CEO completed a Certificate in 'Mental Health in the Community' which was held in the Dublin North East Drug Task Force. The Task Force sponsored a large proportion of the fees, to which we are very grateful. Attendance at the course involved a commitment of consecutive Fridays in the academic year along with occasional Saturdays.

The CEO would highly recommend the course to community workers, the curriculum gave a tremendous insight into highly sensitive topics associated with 'Connecting for Life' – Ireland's Mental Health Strategy and helped to develop related skills. Both group work and individual tasks helped the skills building element of the course. The CEO completed the course of study on her own time attaining first class honours in the process.

DONATIONS



Donation from Damien Carbery

Damien Carbery Website Dev.

CAD wish to acknowledge Damien's extensive contribution to our website development.

Donation from Brian Garrigan

Manager Computer Doc (Fairview) to CAD CEO.

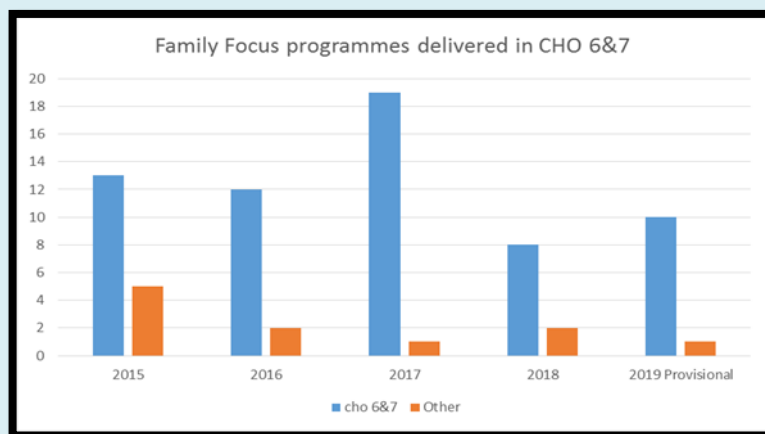
CAD wish to acknowledge the recycled laptop donated by the Computer Doc in Fairview.

€500 donation from a former Director.

All donations are very welcome and much appreciated

FINANCE & GOVERNANCE

Family Focus Participating schools and educational centres in CHO 6 & 7 where core funding originates



Note: 2019 includes 6 x six session Family Focus and 4 x six/eight session Tailored Training

Grant Aid in 2019

Financial Overview 2019

Statutory Grants:	HSE S39 €33,795
	SIC DATF €42,900
Income received	€106,816*
Salary and Wage costs	€68,140
Total expenditure	€102,221*
Surplus	€4,595

*Note: Including additional budget/costs for HSE Suicide Prevention training

Community fundraiser: Musical Bingo in the Ayrfield Community Centre

CAD: Registered in Ireland No. 125107

Audited Accounts by:

Hugh Mc Carthy & Associates

Chartered Accountants

163 Lower Kimmage Road

Dublin 6W

Staff

Bernie Mc Donnell	CEO and Director of Services
Paula Tunney	Senior Tutor

Voluntary Board of Directors

Gerry Donnelly	Chairperson (appointed 11 th February 2016)
Olivia Walsh	Treasurer (appointed 7 th December 2016)
John Murphy	Company Secretary (appointed 18 th October 2018)
Alison Barker	Director (resigned 3 rd October 2019)
Ancilla O Reilly	Director (appointed 24 th May 2018)
Eoghan Murphy	Director (appointed 3 rd October 2019)
Niall Byrne	Director (appointed 3 rd October 2019)
Anthony Flynn	Director (appointed 3 rd October 2019)



Plans for 2020

As CAD moves towards celebrating 40 years of providing high quality prevention education and training to the community and voluntary sector in 2023 the Board of Directors and CEO will engage in a review of CAD services in line with the requirements of the National Drugs Strategy and our funders the SICLDTF and the HSE.

In meeting the developmental goals of CAD in 2020 the organization will endeavor to focus on the following areas;

- **Completing** compliance with the Governance Code
- **Responding** to emerging trends in Substance misuse
- **Rebuilding** our Training Team
- **Updating** our Family Focus Programme
- **Hosting** an update day for past participants of Family Focus
- **Broadening** our client base for CHO 6 & 7
- **Securing** additional funding streams
- **Continuing** professional staff development
- **Developing** a response to court appointed drug education
- **Exploring** mainstream and social media options

