
2017 Annual Report

Western Region
Drugs & Alcohol Task
Force

Requested by DPU



WESTERN REGION

Drug & Alcohol Task Force

Meitheal Drugaí an Iarthair

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 2017

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 Regional 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. An ever increasing number of referrals to the 'Family Support Services' is indicative of this growing need.

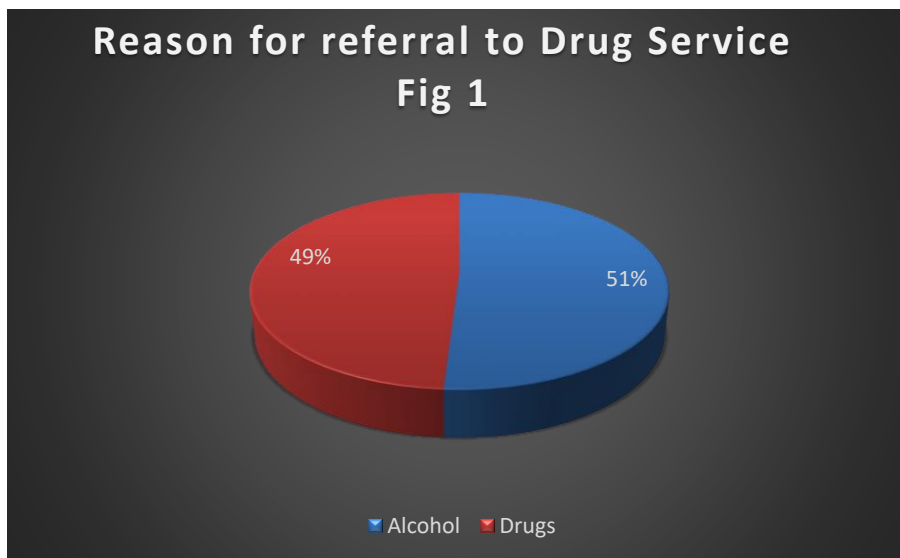
1.1 An Overview of the Drug Problem in the Western Region

- Alcohol remains the most widely abused substance in the Western Region. Presentations for treatment show 51% of all referrals to treatment are for alcohol abuse (see. Fig 1) which amounts to 460 referrals. This is in line with national prevalence rates which suggest Ireland has the second highest rate of binge drinking in the world (WHO, 2014). A localized survey carried out in 2015 in Galway City offers greater insight to problematic drinking in Galway City. 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. Currently this is the most up to date data available on alcohol patterns in the region although the WRDATF are collating information on drinking patterns from the drinksmeter.ie.
- Cocaine misuse is increasing in popularity in 2017 and this re-emergence of the drug is an issue across all social divides. This dramatic increase may be down to potency, cost and availability and cocaine use seems to incrementally rise in line with an upsurge in the economy. Garda reporting and HSE Drug Service reports both indicate a marked increase in seizures and treatment referrals. This trend appears to be nationwide. In the Western Region cocaine consumption is primarily in powder form as opposed to crack cocaine (rock form)
- 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 although its availability reduced in the later end of 2017 due to Garda policing of organized drug dealing. Nevertheless it is still an ever increasing issue in the Western Region.
- Poly-substance-use is an on-going concern within the Western Region. People presenting for Opioid Substitute Treatment (OST) may also be prescribed additional prescription medication

to assist their treatment. Increased unprescribed Pregabalin (Lyrica) is reported as been misused within the opiate using population.

- Benzodiazepine misuse is increasingly reported among in the HSE drugs service. This drug appears to be on the increase in this region. Its increased popularity may be due to accessibility and cost. The consequence of regular use i.e. dependency is correlated to an upsurge in referrals to the HSE drugs service. Reported from youth drug services and youth mental health services on the increased use of benzos and sedative hypnotics among the teenage population.
- Drug misuse among the student population is similar to 2016 reports, there hasn't been any spike/reduction reported from the Students Union. However ecstasy use appears to be on the rise and the potency of the drug has increased. Similar to last year ketamine is still commonly used also. However alcohol remains the most widely misused substances by the student population (primarily drinking at home). Cannabis is the most used illicit substance among the student population. Anecdotal evidence from Garda updates suggest the student population are increasingly purchasing drugs via the internet/ dark web. In addition some reported use by students of 'smart drugs' (e.g. 'Adderall') designed to enhance brain performance, especially in the lead up the examination season.
- The Family Support Service cites alcohol as the predominant reason family members seek support from this service. Cannabis dependency and associated issues such as drug debts are common reasons also for referral to this service. Family members tend to not want to engage in the drug related intimidation programme as they often want to "protect" their loved one or are afraid for their safety. This service has also noticed an increase in referrals for problematic benzodiazepine misuse and increased cocaine use.

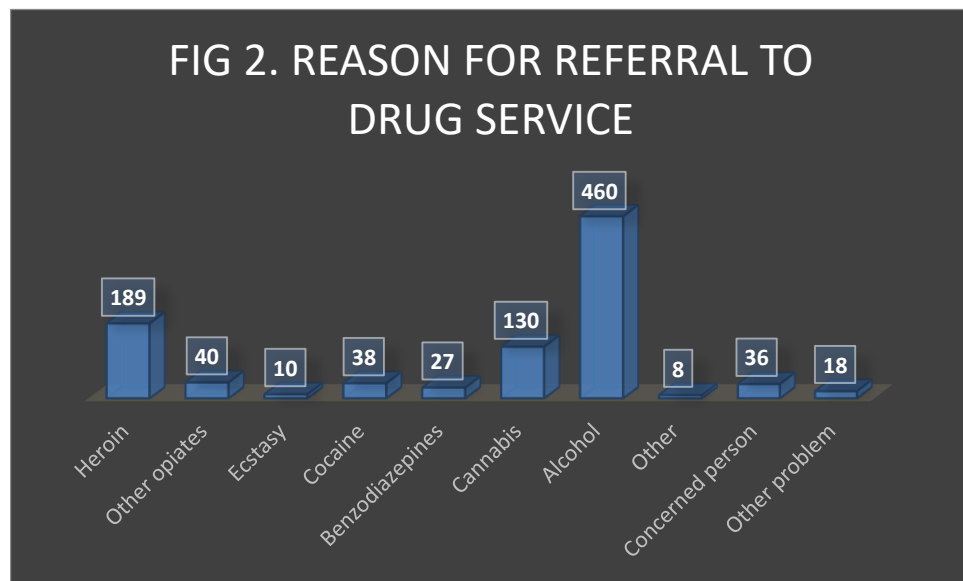
1.2 Reasons for Referral



The HSE Drug Service is the primary substance misuse service within this region. This service offers 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. From the data provided it is not possible to surmise the total number of clients presenting to the HSE Drug Services in 2017 as the data available from the NDTRS groups all HSE and non HSE support services together. All data figures below are grouped together.

What can be inferred from this data is that most of the illicit drug referrals are to presentations to the HSE drugs service. Thus heroin is the most prominent referral issue for the HSE Drugs Service followed by cannabis. The Drugs service do not provide an over 18's alcohol service.

Figures presented in the 2017 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.



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 area totalling just under two thirds of all referral came from the Western Region. Almost one fifth of all referral came from Co. Roscommon while just over a seventh of all referral came from Co. Mayo.

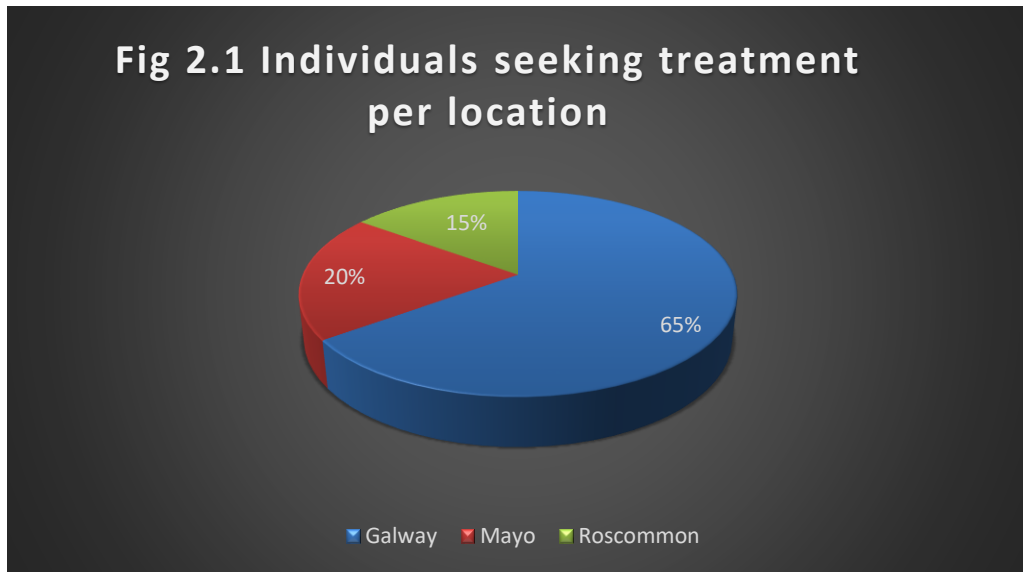
It is not unusual to amass the majority of referral in Co. Galway due to population variations as well as the urban rural divide couples with a full team of counsellors based in Galway City. However, the differential between Roscommon & Mayo is more difficult to explain as the population of Mayo is over twice that as Roscommon with similar compliments of staff. Having said that, the Mayo Roscommon data differential is decreasing from 2016.

The breakdown in individuals seeking treatment per location in 2016 was

- 68% Galway (down 3%)
- 19.5% Roscommon (up .5%)
- 12.5% Mayo (up 2.5%)

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 2.1



(Health Research Board, 2016)

Referral Reasons to Galway Service

Treatment episodes for alcohol account for the largest number of referrals to the Galway Services. 291 clients referral to the Galway Support Services (GSS) are for alcohol issues. This Galway Drugs Service provides alcohol counselling for under 18's and a limited service for adults. The adult alcohol service has only one counsellor delegated to work with over 18 for primary alcohol counselling. These referral figures for alcohol may be indicative of the number of minors presenting for alcohol treatment in Galway plus adults presenting for primary alcohol treatment in HSE and non HSE support services. Additionally, it may also include clients presenting with poly substance abuse inclusive of alcohol. From a whole population report the number of people presenting for alcohol treatment in Galway remains unclear because the primary HSE alcohol service is within the Galway Mental Health Services. Unfortunately, no NDTRS stats are provided from this service provider.

Treatment episodes for opiate addiction account for the second largest number of referrals. Amongst these referrals are presentations also for methadone maintenance treatment and not only psychological/ psychosocial support. Heroin abuse is becoming an ever increasing 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 which has shown a 27.5% increase in referrals to the Galway Support Service from 2015.

The statistical evidence from the drug service suggests that cannabis abuse is on the increase. Referrals to treatment have increase by 28% on 2016. Indicative of this trend has seen an increase in younger people presenting for cannabis treatment and this is a worrying development. Increased benzodiazepine use has also been reported. Referrals for treatment have increased by 39% and similar to cannabis, increased benzodiazepine abuse is reported among young people.

Benzodiazapine referrals have jumped from 7 referrals in 2016 to 18 referral in 2017. This marked increase of 257% highlights the ever increasing issue benzos are becoming among the general population in the Western Region.

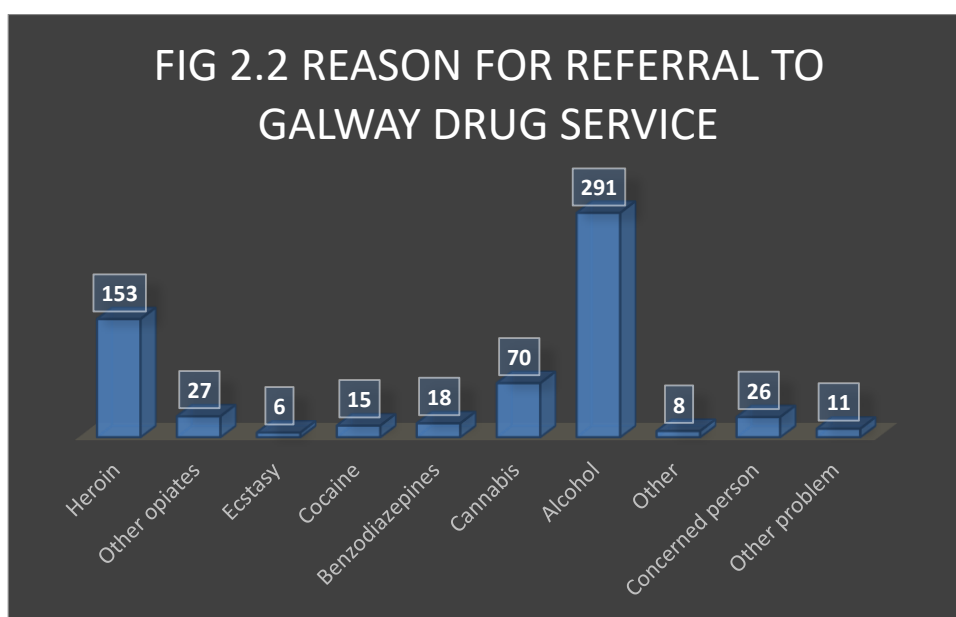
Stimulant abusers notably cocaine abusers are again presenting for treatment. Since 2007 onwards there was a decrease in people presenting with cocaine abuse but this is on the rise again. The drug service has seen a 40% increase in referrals for cocaine addiction in 2016. Historically cocaine treatment figures are usually an under representation of problematic cocaine misuse in the region as this cohort can be difficult to engage in treatment.

Anecdotally there appears to be a reported increase in the use of ecstasy and derivatives of ecstasy in the region. However there is only a slight increase in referrals reflected in statistical data for 2017 for treatment for ecstasy. There appears to be no direct correlation between use and presentations for treatment of this stimulant at present.

Twenty six referrals listed as concerned people are 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. Family members include parents, children, siblings, grandparents, extended family, friends and broader social networks.

The WRDATF also acknowledge family members are clients in their own right deserving of support, information and other ancillary supports as applicable. The WRDATF recognises the increased need for family support services based on the amount of queries, guidance, support requests the WRDATF receive on a weekly basis. To support family members the WRDATF now offers a Family Support clinic on Thursday mornings in the Family Resource Centre ARD Doughiska, Galway. The WRDATF also decided after consultation with the HSE to reallocate funding to open a Family Support Service in Mayo in 2018.

See Fig 2.2 for reasons for referral to Galway Drugs Service.

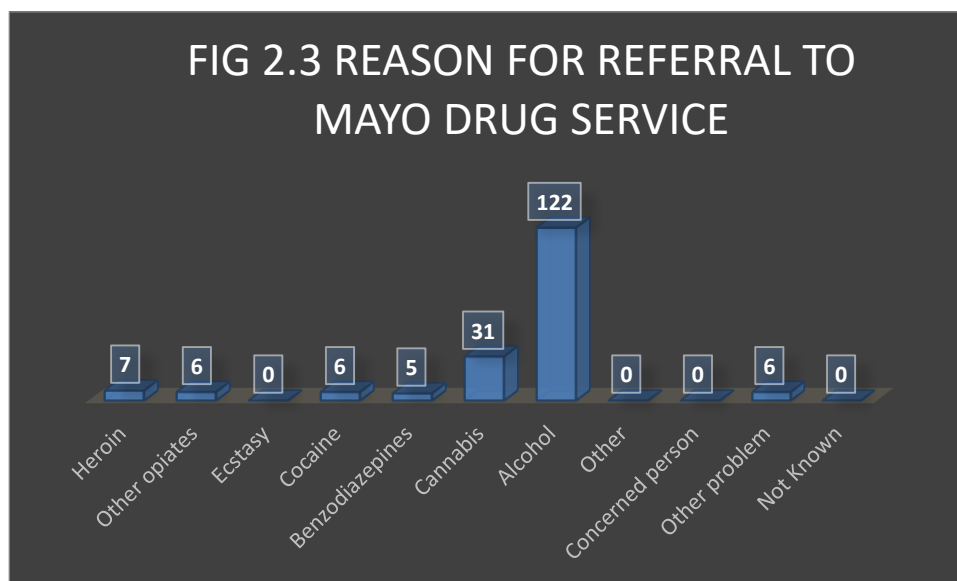


Referral Reasons to Mayo Drug Service

Similar to the Galway Support Services, treatment episodes for alcohol account for the largest number of referrals to the Mayo Support Services. 122 clients' referral to the Mayo Support Service (MSS) are for alcohol issues. This Mayo Drugs Service provides alcohol counselling for under 18's only. This referral figure for alcohol may be a combination of the number of minors presenting for alcohol treatment in Mayo plus clients presenting to non HSE support services in Mayo. Additionally, it may also include clients presenting with poly substance abuse inclusive of alcohol. From a whole population report the number of people presenting for alcohol treatment in Mayo also remains unclear because the primary HSE alcohol service is within the Mayo Mental Health Services. Unfortunately, no NDTRS stats are available from this service provider.

Statistical evidence from the Mayo Drugs Service suggests cannabis is becoming an increasing problem accounting for a 35% increase in referral for treatment since 2015. Similar to a national trend younger people are presenting for cannabis treatment to the Mayo Drugs Service.

Treatment for heroin addiction is comparable to cocaine addiction and other opiates in Mayo Drugs Services. When measured against presentations for opiate addiction in Galway there is a 95% differential between Mayo & Galway. These figures suggest opiate addiction is greater in an urban region and this is indicative of the national landscape. Presentations for cocaine abuse are slightly up on last year but not comparable to national increases. Presentations for benzodiazepine treatment are up 75% on last year figures and similar to cannabis presentations younger people are starting to attend the service for benzodiazepine treatment. New Psychoactive Substances (NPS) and/or ecstasy abusers don't seem to be presenting to treatment. As Fig 2.3 shows referral for ecstasy,



1.4.1 Referral Reasons to Roscommon Drug Service

Similar to the Galway & Mayo Drugs Service, treatment episodes for alcohol account for the largest number of referrals to the Roscommon Drugs Service. 47 clients referred to the Roscommon Drug Service (RDS) are for alcohol issues. However, the number of people presenting for alcohol treatment are quiet low in comparison to Galway (84% decrease in referral for alcohol). In comparison to Mayo there is a decrease of referral for alcohol treatment by 61%,

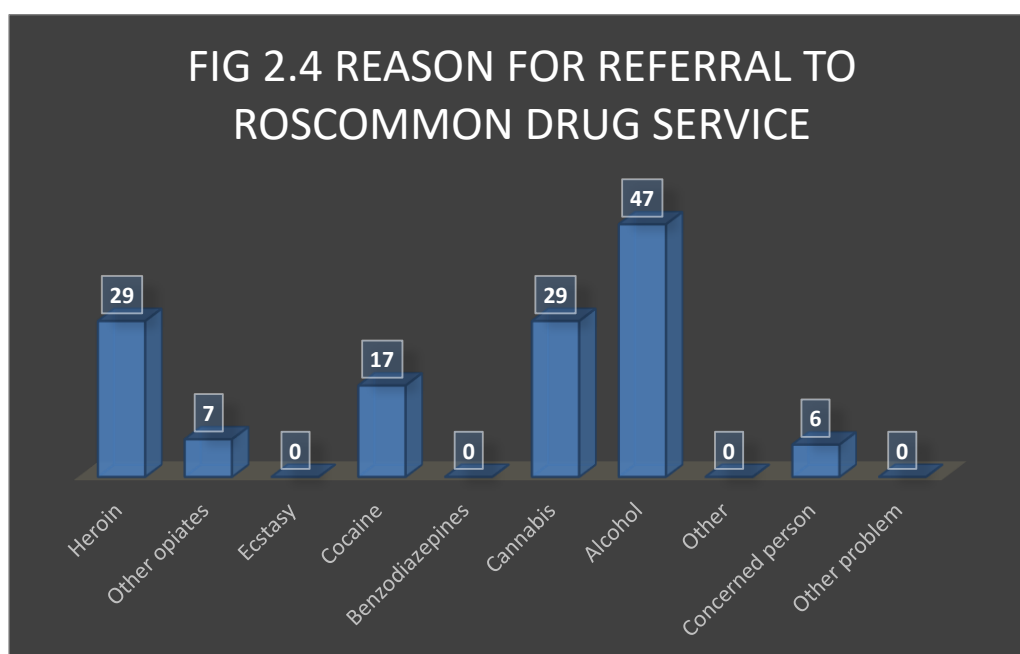
Similar to Mayo, the Roscommon Drugs Service provides alcohol counselling for under 18's only. This referral figure for alcohol may be a combination of the number of minors presenting for alcohol treatment in Roscommon plus clients presenting to non HSE support services and/or Castlerea Prison. Additionally, it may also include clients presenting with poly substance abuse inclusive of alcohol. From a whole population report the number of people presenting for alcohol treatment in Roscommon also

remains unclear because the primary HSE alcohol service is within the Roscommon Mental Health Services. Unfortunately, no NDTRS stats are provided from this service provider.

Heroin treatment presentations are similar to cannabis presentations in Roscommon Drugs Service. This figure is over three times larger in Roscommon than Mayo (Castlerea Prison stats may account for this difference) but significantly lower than Galway almost 80% lower. The figures coupled with anecdotal evidence suggest opiate addiction is a prominent issue in Co. Roscommon.

Statistical evidence from the Roscommon Drugs Service similar to Galway & Mayo 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 year on year since 2012 in 5th and 6th year students in lifetime cannabis use with increases of 81% and 114% in those two years.

Presentations for cocaine addiction are up 18% on last year in Roscommon. Alarmingly the largest number of people presenting with cocaine issues are documented in the Roscommon region. This figure may be influenced by data collated in Castlerea Prison. Nevertheless, this trend needs to be monitored. Conversely there are no presentations for benzodiazepine misuse and no presentations to treatment for ecstasy. See Fig 2.4 for Reasons for Referral to Roscommon Drugs Service



1.5 Drug Trends

In 2017 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, UISCE, 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 2017 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 2017 in implementing the WRDATF Regional Drugs Strategy 2017-2020.

1.5.1 Alcohol

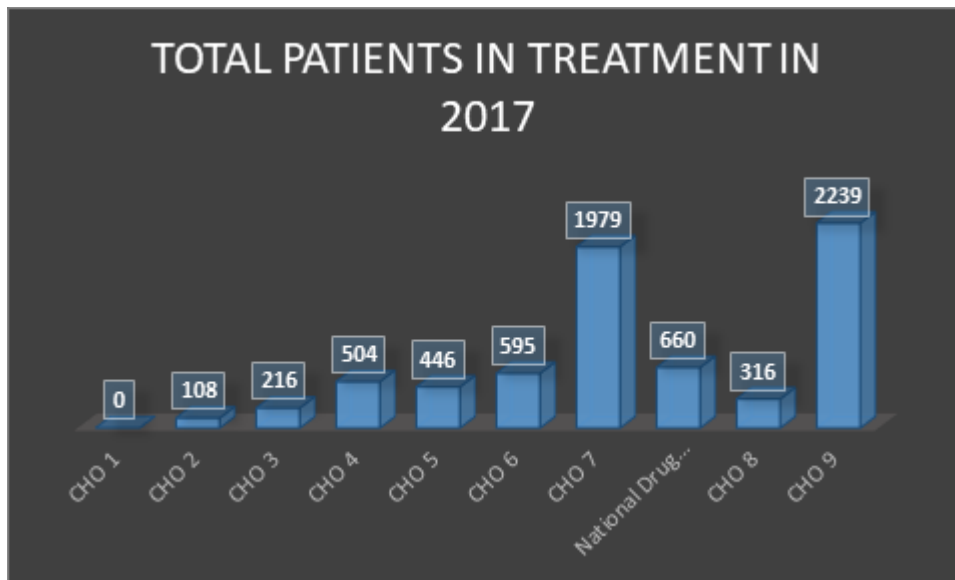
Alcohol remains the most widely used mood altering substance in the region and requires considered awareness from the WRDATF to monitor and engage with policy makers, stakeholders and the general public on how best to prevent and reduce alcohol related harm in Galway, Mayo & Roscommon. Increases in alcohol 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 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 a limited adult cohort based in West County Galway and to under eighteens presenting for support. 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 practice 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 this undoubtedly causing increased problem for the user, their families and the general community. It's imperative this lack of service provision is addressed immediately by the HSE. In Co. Mayo & Co. Roscommon treatment for alcohol misuse appears to be more accessible to the general public from the Mental Health Alcohol Service HSE.

1.5.2 Methadone

The Western Regional Drugs Alcohol Task Force region has one methadone maintenance clinic in Galway City. The capacity of the clinic is 65 service users currently and this varies depending on prescribing GP sessions. Currently the methadone clinic has no waiting list. The clinic is open 4 days a week and this has reduced the waiting list from one month to no current waiting list. There are 73 clients attending Level 1 GP's in 2017. 20 new clients commenced in the methadone treatment programme in 2017. Overall 108 clients are receiving methadone maintenance in the Western Region in 2017. From a national perspective CHO2 (Western Region) is the second lowest prescriber of methadone nationally.

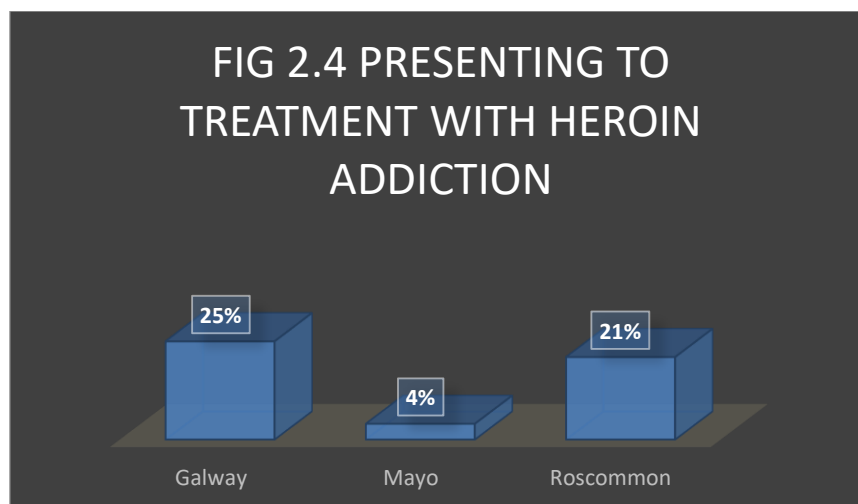
Methadone is also dispensed via Level 1 and Level 2 GP's. The Level 1 GP's treat stabilised opiate dependent persons who have been referred from HSE methadone maintenance clinic or from Level 2 GP who is more experienced in working with opiate dependent persons. The Level 2 GP can initiate treatment of opiate dependent persons. Currently there are 18 Level 1 GP's and 1 Level 2 GP's prescribing in the WRDATF region. There are 47 suitable pharmacies available to dispense methadone in the region.



1.5.3 Heroin

Data reports for 2017 suggest a continued heroin problem in the region, particularly in Galway City. Co. Galway & Co. Roscommon report 25% and 21% of all referral for heroin use while Mayo report a significant lower rate of only 4% of all referral for heroin addiction. Garda statistical data suggests increased heroin use correlates to increased crime in the city. Last year (2016) indicated an increase in injecting practices and there is no indication thus far this practice of injecting heroin has reduced in 2017. From Garda reporting, heroin use is increasing in Galway City. From a health perspective, blood born viruses notably Hepatitis C and HIV cases has increased due to the practice of injecting heroin. In response the HSE now offers four clinics weekly to meet this need. Consequently, there is no waiting list for methadone maintenance treatment.

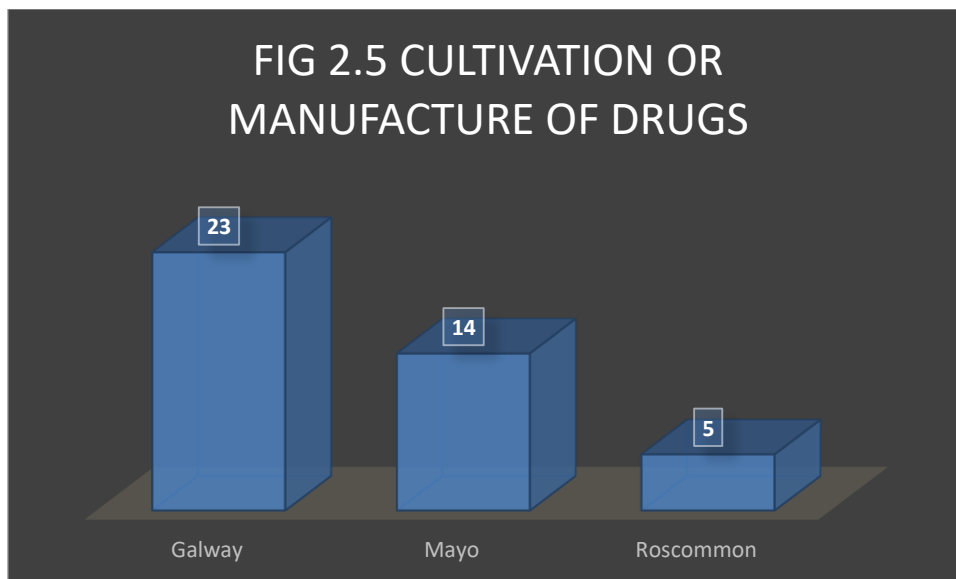
Noticeable drug litter and drug paraphernalia in areas within the city markedly geographical location of homeless hostels, car park basements, woods, parks, playgrounds etc have being reported and this is becoming an on-going issue. The Task Force discussed the drug-related litter issue and engaged with 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).



1.5.4 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 the most popular illicit drug used in the region. The feedback from family members, school and youth service contacts, suggested 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 from using this drug.

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. However, Garda reporting on arrests for cultivation of cannabis show a similar number of arrests to 2016 (down 2%). In Co. Galway there have been an increasing number of grow houses discovered within the region (up 13%). In Co. Mayo that number has reduced (by 18%), likewise the number has also reduced in Co. Roscommon (down 17%). See Fig 2.5 for breakdown of arrests for cultivation of cannabis in Western Region (Garda Siochana).



1.5.5 Cocaine

Anecdotal reports suggest an increase in potency and a subsequent increase in usage. An increase in the misuse of this substance has led to an increase in referrals to the HSE Drugs Service for treatment and a notable increase in seizures reported by An Garda Siochana at the WRDATF meetings. 38 persons attended the HSE Drugs Service for cocaine treatment in 2016. In 2015 the reported figure was 9 persons. Considering persons using cocaine have historically been hesitant to attend to services for treatment this figure is an indication of increased misuse of this substance and needs to be monitored.

1.5.6 Benzodiazepine

Benzodiazepine misuse is increasingly reported both in the HSE Drugs Service and among Youth Services in the region. 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. However, there is a marked increase in referrals to services in the region for benzodiazepine treatment. This is a marked increase from 9 to 27, a 300% increase from 2016 to 2017. Xanax (Alprazolam) also seems to be commonly available for €2 per tablet. Reports suggest teenagers are using this drug recreationally.

1.5.7 Ecstasy

Ecstasy/ MDMA has reportedly increased in strength and this has led to a resurgence of ecstasy use among the 15-34 cohort. Anecdotal evidence suggests the increased potency has coincided with an increase in demand for the drug. The cost of the drug has also increased. There is no reason to think that ecstasy use in the Western Region isn't similar to national averages. Therefore, we can assume that almost 5% of the 15-34 age cohort use ecstasy in the Western Region. For reference Ireland second highest for MDMA consumption in the 15-34 years' age category (4.4 percent - the EU average is 1.8 percent (EMCDDA, 2017).

1.5.8 Ketamine

Similar to 2016 reports 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).

1.5.9 Other Drugs

New psychoactive synthetic drugs seem to be commonly available within the club culture scene. These drug types are changing continuously and can be easily purchased via the dark web. Due to the variations of the substances it is very difficult to monitor what type of substance is being purchased, its potency levels and the effect of the drug on the user.

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

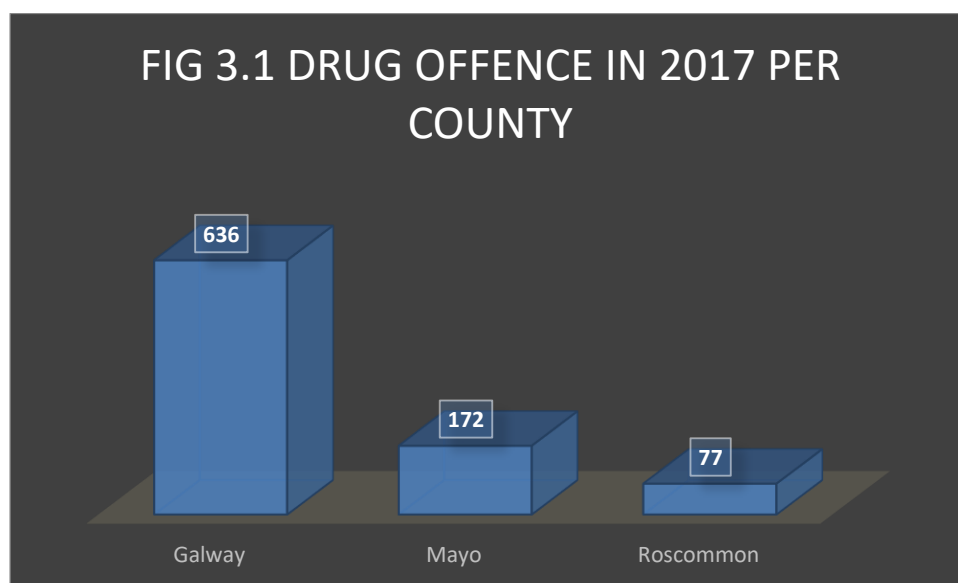
<ul style="list-style-type: none"> Alcohol is a serious issue across the region and accounting for the lack of resources in the area (lack of NDTRS form completion), it still constitutes the highest number of new treatment episodes for primary drug problems. Significant trend suggests high level of home drinking amongst general population. Issues concerning ‘prinking’ (pre-drinking) may be related to a notable increase in use among the female population. To gain some insight into the drinking habits of the general population, the WRDATF have introduced the drinksmeter in 2017 to the region. Drinks Meter is an anonymous, confidential, cross platform digital application for delivering Brief Advice on your drinking behaviour. It also collates all information on drinking patterns.
<ul style="list-style-type: none"> Recent statistics from the area demonstrate high number of people presenting with problem cannabis use. In 2017 one hundred and thirty people presented to HSE Drugs Service for cannabis treatment. 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 among the juvenile population. It is too early to surmise if this increased early exposure is correlated to the increase in referrals to the HSE Drugs Service but this is probable. Higher potency cannabis is now the norm with THC levels up to 16-17%. Synthetic cannabis (spice) has been reported in Castlerea Prison).
<ul style="list-style-type: none"> Last year (2016) showed a marked increase in commercial cannabis cultivation (grow houses) in rural areas not historically associated with drug crime in the Western Region. In these rural areas significant cannabis cultivation grow house was exposed in 2016. Statistics from an Garda Síochána shown a slight reduction (2%) in cultivation arrests for the Western Region. As to whether there is a correlation between reduced cultivation arrests and reduced cultivation is debatable. Nonetheless, we know these grow houses are specializing in the growth of high potency cannabis. This cannabis is then sold in the region leading to varied psychological health issues for some users.
<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 reporting- Dark Web is very topical at the moment. 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. 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. Similar patterns of purchasing reported in 2015/2016.
<ul style="list-style-type: none"> Garda reporting– 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 its apparent the supply of drugs are readily accessible amongst the student population. Ecstasy appears to be the most popular synthetic drug used by the student population. Similarly, Ketamine is reported as popular because the effect can be mellower than MDMA. NSP (mephedrone, GHB) are increasingly being used with student population also.

<ul style="list-style-type: none"> ▪ Numerous services report an increase in heroin usage, especially in Galway City. Garda reporting suggests a reduction in organized supply of heroin the region. Nevertheless 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. Reported Lyrica use is also on rise. 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.
<ul style="list-style-type: none"> • Increased use of codeine can lead to renal and kidney failure and in has being implicated in overdose. Zanax (benzo) is becoming more available to purchase without a prescription. The cost of buying one zanax on the street is €2. The lost cost appears to be appealing to teenagers and there are reports of increased use of this drug among this cohort.
<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 although due to the increased potency of ecstasy this demand for NPS appears to have peaked and may be reducing.
<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 benzos, NPS and/or ecstasy tablets.
<ul style="list-style-type: none"> • A Needs Analysis was carried out in 2017 by the WRDATF in conjunction with Public Health HSE. This analysis will offer clarity on service provision or lack of service provision within the region with recommendation on how best to progress service provision.
<ul style="list-style-type: none"> • A new Family Support Worker post was advertised in Dec 2017 to meet the increase in family members presenting for support to deal with addiction within the family setting. In 2017 it was becoming increasingly evident that additional support would 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.
<ul style="list-style-type: none"> • Provision has been made from the DPU for additional funding of €25,000 (€10,000 + 15,000) to all Regional Drug Task Forces (RDTF) as one off payments sanctioned by Minister Catherine Byrne. To apply for this funding the RDTF's must furnish the DPU with a detailed plan on how these monies can meet the plan of the National Drug Strategy-Reducing Harm, Supporting Recovery 2017-2025.

2.1 Drug Seizure Figures for the Western Region 2017

An Garda Siochana recorded 885 Drug Offence Arrest in the Western Region for 2017.

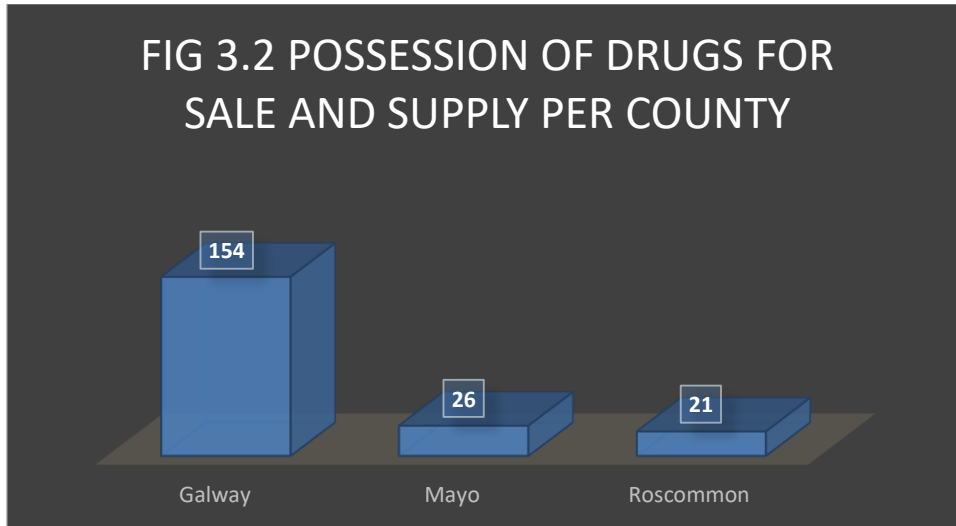
- See breakdown of arrests per country for drug offences Fig 3.1.
- Possession of Drugs for Sale and Supply Fig 3.2.
- Possession for Personal Use Fig 3.3.
- Cultivation or manufacture of Drugs Fig 3.4
- Obstruction under the Drugs act



Drug Offences in 2017 Per County.

- Galway has shown a 9% increase in arrests for drug offences from 2016-2017.
- Mayo has shown a 6% increase in arrests for drug offences from 2016-2017.
- Roscommon has shown a 10% decrease in arrests for drug offences from 2016-2017.

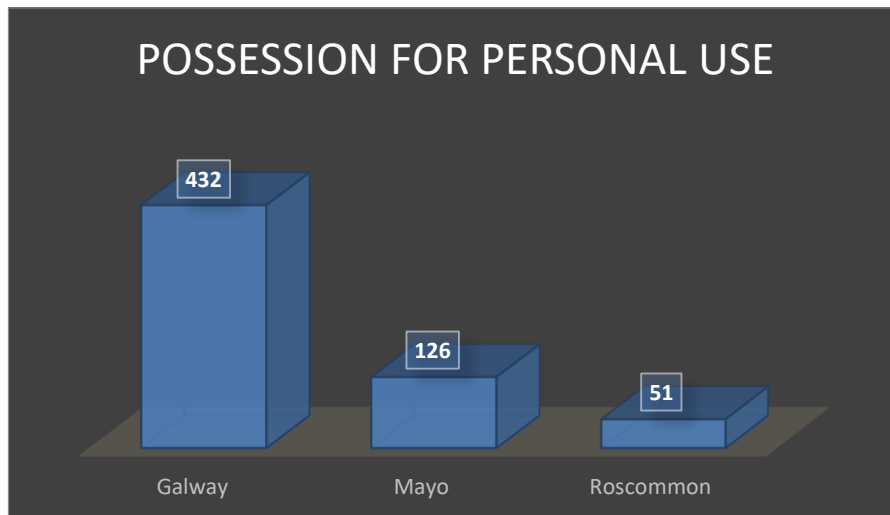
FIG 3.2 POSSESSION OF DRUGS FOR SALE AND SUPPLY PER COUNTY



Possession of Drugs for Sale or Supply (PDSS) per County

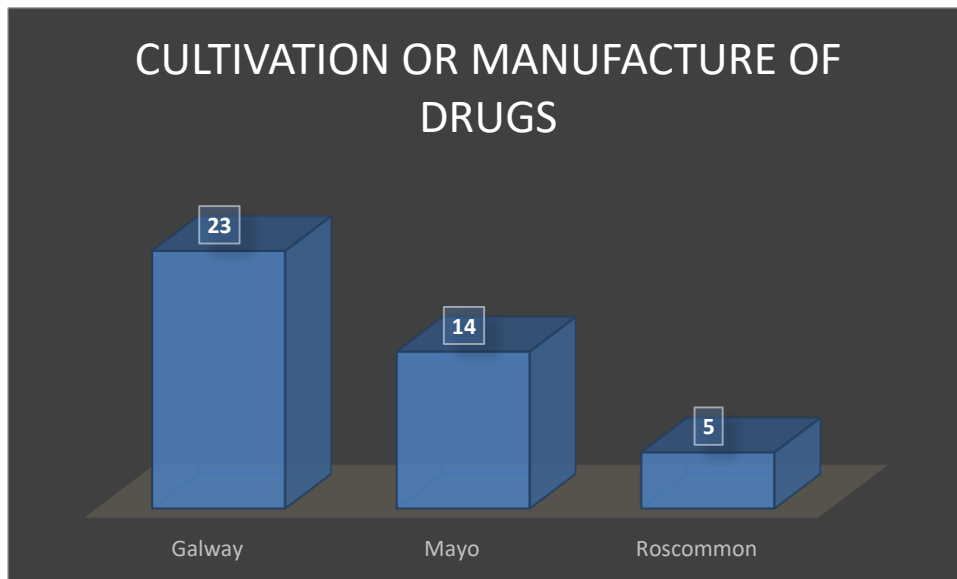
- Galway has shown a 6% increase in arrests for PDSS from 2016-2017.
- Mayo has shown a 24% decrease in arrests for PDSS from 2016-2017.
- Roscommon has shown a 43% increase in arrests for PDSS from 2016-2017.

POSSESSION FOR PERSONAL USE



Possession of Drugs for Personal Use (PDPU) per County

- Galway has shown a 4% increase in PDPU from 2016-2017.
- Mayo has shown a 5% decrease in arrests for PDPU from 2016-2017.
- Roscommon has shown a 25% decrease in arrests for PDPU from 2016-2017.



Cultivation or Manufacture of Drugs (CMD)

- Galway has shown a 13% increase in arrests for CMD from 2016-2017.
- Mayo has shown a 18% decrease in arrest for CMD from 2016-2017.
- Roscommon has shown a 17% decrease in arrests for CMD from 2016-2017.

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 on-going problematic issues. Responses varied under the five pillars of the then applicable National Drug Strategy 2009-2016. Additionally, the WRDATF are continuously evaluating treatment responses and rehab needs to determine gaps and blocks in the continuum of care.

- As highlighted in the 2016 Annual Report, the primary current issue in Galway is the lack of access to outpatient alcohol services ie. counselling for alcohol users seeking support. In 2016 a decision was reached at a clinical governance meeting to offer alcohol support and counselling in Co. Galway only to people referred with a primary mental health diagnosis and a secondary alcohol use disorder. This leaves a large gap in service provision for people presenting with alcohol issues only. Unfortunately ignoring these issues will undoubtedly increase problems for health services into the future in Primary Care, Accident & Emergency and the Mental Health Services as well as the Addiction Services.
- For anyone in the Western Region with problematic alcohol use or dependency their options are, Cuan Mhuire or Hope House for inpatient services and then SMART recovery, Alcoholics Anonymous for further support and/or homeless services if appropriate and/or private counselling. There is one counsellor in the HSE Drugs Service who has a dual remit for drugs and alcohol referrals. This service is only available in West County Galway. As highlighted above, there is no statutory outpatient service being provided at present in Galway City. This is an urgent issue and needs to be addressed. There is an urgent need for a community substance misuse team which provides holistic support to people who are problematically drinking and/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 Coolarne, Co Galway.
- 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 etc. provided by local organisations.
- Non-compliance of Mental Health Alcohol Services in completing NDTRS forms, thus reducing the collection of the treatment data 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 and all statutory bodies should be compliant with it.
- In October 2017 a Specialist Mental Health Team was established in Galway City. This Multidisciplinary Team was established under the HSE and Galway City Council is additional to the Multidisciplinary Team operating under the auspices of Galway Simon Community for over a decade. The team comprises of a Principle Social Worker (Mental Health), Social Worker (Mental Health), Occupational Therapist (Mental Health).

- 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 substance misuse 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.
- As reported in 2016 drug sourcing has changed dramatically over the last few years. Large quantities of drugs are being bought and sold over the dark web. The drugs are then sent to parcel motels. This is a major problem and exposing a greater number of people to illicit substances. This form of drug dealing appears to offer purchasers the notion of safety and of quality merchandise when this is completely untrue.
- Drug debts and drug related intimidation are still occurring and the problem appears to be worsening. Family members tend not to want to engage in the drug related intimidation programme as they often want to "protect" their loved one or are afraid for their safety. These inflated debts are leading to increased crime in the region and increased problems within the family setting (both increasing child to parent violent, and mental health issues).
- The WRDATF Family Support Service received numerous calls last year from family members (particularly mothers) where they either brought a family member to A&E or they were brought by ambulance to A&E due to drug overdose or seizures. Many family members contend that their loved ones' drug use is symptomatic to their mental health issues. However, they are usually released from A&E without the option of further support and/or detox. In some cases they are advised they will receive an outpatient appointment which families report is not sufficient during times of crisis. Family members report being quite distressed where deliberate overdoses and self-harm are evident only to be told they need to sort out their drug problem as the MH services can't help them. There is a dire need for dual diagnosis support in the region.

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 coordinated 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 2017 including:

- SAOR: Brief Intervention for Alcohol Use.
- Galway Alcohol Strategy Priorities 2017.
- Junior Cert Initiative
- Harm Reduction Campaign for Students
- Stay Safe Stay Sober Campaign Roscommon
- Stay Safe Stay Sober Campaign Galway
- Ballinasloe Response Group.
- NASA Bus Safety Initiative
- Junior Cert Initiative
- 2017 International Fetal Alcohol Spectrum Awareness Day
- Alcohol Awareness During Pregnancy
- Helplink Counselling

3.2 .1 SAOR: Brief Intervention for Alcohol Use:

Developed by Paul Goff and James O’Shea of the South Eastern Region, SAOR 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.

SAOR is currently being implemented within the Western Region as a direct community response to problematic alcohol misuse. By implementing SAOR the WRDATF are implementing action 13(a) of the Galway Alcohol Strategy (2013-2017): *Promote the range of alcohol screening tools available, and advocate for the use of these tools by relevant agencies and groups.* The SAOR model incorporates the common elements of screening, assessment, intervention and referral.

Throughout 2017 the WRDATF provided seventeen SAOR trainings that culminated in one hundred and fifty-seven persons trained in SAOR. These trainings were offered in Galway, Mayo & Roscommon. One hundred and six were trained in Galway, twenty-seven in Mayo, and twenty-four in Roscommon.

3.2.2 Galway Alcohol Strategy Priorities 2017

The 2017 priority actions are built on implemented actions for 2016. It’s hoped these priority actions will initiate changes in public policies (regulation, enforcement, laws, system change) to prevent and reduce alcohol related problems, rather than focus on individual change (treatment for people who are alcohol users/ dependent).

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, WRDATF, HSE West, An Garda Síochána, 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. 2017 was year 5 of the 5-year strategy. The WRDATF have been instrumental in devising the strategy and in highlighting priorities for 2017. 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. See priority actions for 2017 (Appendix 1).

3.2.3 Junior Cert Initiative

The Education Support Worker (ESW) role is to support the co-ordination and delivery of the Junior Cert Results Night Initiative (JCRNI) actions in 2017 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 2017 by WRDTF 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. The initiative includes a very strong policing element led by Castlebar Garda. 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 Community Liaison Worker (CLW) and ESW.

3.2.4 Parent Information Campaign

In May 2017 the WRDATF 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 2017. 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 2017, 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.

3.2.5 Harm Reduction Campaign for students in September

In September, the WRDATF 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 ISPCC. 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, 1800 students were engaged as part of the initiative in 2017.

3.2.6 Stay Safe Stay Sober Mayo/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, 1700+ households in Co Mayo and approximately 600 homes in Roscommon received the Parents Info pack and all 2100+ Junior Certificate students received the 'Stay Safe – Stay Sober' harm reduction workshop. 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.

3.2.7 Stay Safe Stay Sober Galway

Working in conjunction with An Garda Síochána, Neil Wilson, the Galway Drug Education Support Worker (DESW) covering Galway on the delivery of this Junior Cert Night and Junior Disco underage drinking campaign covered 22 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 1,900 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 Garda.

3.2.8 Ballinasloe Response Group

The Ballinasloe Response Group is supported by the WRDATF. It 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.

3.2.9 NASA Bus Safety Initiative

The NASA Bus Safety Initiative is an inter-agency project that was commenced in County Galway in September 2017 in order to help address concerns about underage drinking taking place prior to, and on the way to, youth events, socials and discos. This has become a significant public health and safety concern and causes a problem for parents, for venues, for An Garda Síochána and for the bus operators, not to mention the young people themselves.

The NASA (No Alcoholic Substance Allowed) Initiative endeavours to address this issue in several ways and an approved NASA Bus List has been developed of operators who undertake to provide a safe, professional service to the young people of Galway and their parents.

This commitment on behalf of the NASA operators requires them to have their child-safeguarding and protection policy in place, their Garda vetting in order and to adhere to the NASA Voluntary Code.

The partners in this initiative are the WRDATF, the HSE, the RSA and An Garda Síochána.

3.3.0 2017 International Foetal Alcohol Spectrum Disorder (FASD) Awareness Day.

The WRDATF, Mayo University Hospital and South West Mayo Development Company (SWMDC) developed a public awareness campaign in Co Mayo titled Alcohol and Pregnancy Don't Mix to mark International Foetal Alcohol Spectrum Disorder (FASD) Awareness Day on September 9th 2017. 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

3.3.1. Alcohol Awareness During Pregnancy

The WRDATF partnered with the Galway Traveller Movement (GTM) to look at the issue of alcohol during pregnancy. This pilot programme was offered not only to expectant mothers but also grandmothers, aunts, sisters etc. This took the form of a baby shower where three staff gave awareness talks on alcohol during pregnancy. During the day staff met with young mothers informally to discuss any issues that may have arise. The purpose of the programme was primarily designed to dispel myths (alcho pops don't cause harm, its ok to drink in final trimester etc.) and deliver the health message that there is no safe amount of alcohol during pregnancy. Information about nutrition, birthing and breastfeeding was also provided. Avoidance of alcohol whilst breastfeeding was also highlighted. The resultant evaluation of the pilot has been very positive and it was agreed to deliver again in 2018.

Helplink Counselling Service

The WRDATF in conjunction with TUSLA Galway tendered for an accredited alcohol counselling service to provide 600 hours of counselling to all Tusla clients who required support for problematic alcohol misuse. This service was not available to the general public. The counselling support service was provided by 'Help Link'

who won the tender for counselling support to Tusla clients in Co. Galway. The funding was provided by Tusla as a one off to negate the lack of alcohol counselling for Tusla clients in Galway.

4.0 Drugs & Alcohol & Mental Health

4.1 Youth Mental Health Networks

Tuam Youth Mental Health Network: This is the network for professionals working with young people in the Tuam district. Its purpose is to provide an up skilling on topics related to juvenile mental health and to improve referral pathways. This is done through quarterly training events. Events in 2017 were: Young people and substance use, working with refugees, Internet safety for professionals and lastly, ADD & ADHD.

4.2 Galway Safe App

The Galway Safe App is an application we developed to reduce water tragedies in Galway City. As a direct consequence of these awful tragedies, the Western Region Drug & Alcohol Task Force have devised a digital app which we believe may assist somewhat in reducing future tragedies in this area. The 'Galway safe' app aims to provide a system whereby an individual can easily contact up to three individuals when the app believes the person may be in a potentially risky situation and also provide straightforward access to other support services and the emergency services. The app is a direct response to the dangers young people may encounter when their mental health is compromised under the influence of alcohol and illicit drugs. The app was launched in late 2017 with national press coverage and endorsements from a wide range of local emergency services and support organisations including an Garda Síochána, Fire Brigade & the RNLI.

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 have 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.

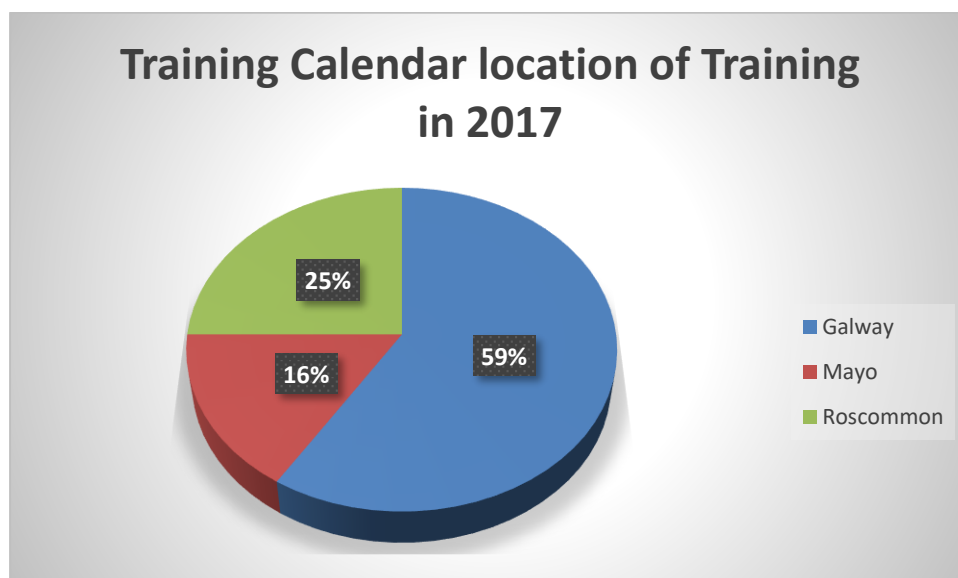
The Western Region Drug and Alcohol Task Force, in conjunction with the HSE West Drugs Service, is offering drug and alcohol-related training to those working in the community, voluntary and statutory sector in the Western Region. The training is offered under the previous National Drug Strategy Pillars 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 2017



In 2017, 313 individuals participated in training via the training calendar. 206 participants attended trainings provided in Galway City and County. 44 attended training in Co. Mayo. 63 attended training in Roscommon.

5.1 Training Offered per County in 2017

Galway City	Galway County
<ul style="list-style-type: none"> ▪ 3. SAOR: Screening & Brief Intervention ▪ Harm Reduction ▪ CPV ▪ Solution Focused Brief Therapy ▪ CRA ▪ Motivational Interviewing 1 ▪ Motivational Interviewing 2 ▪ Naloxone ▪ Cannabis Issues and Responses 	<ul style="list-style-type: none"> ▪ Saor Brief intervention for alcohol use ▪ PTPT ▪ Mindfulness & Cognitive behavior 1
Roscommon	Mayo
<ul style="list-style-type: none"> ▪ New & Emerging Drugs ▪ PTPT National Refresher ▪ Motivational Interviewing 1 ▪ PTPT Refresher ▪ PTPT National Train the Trainer ▪ Solution Focused Brief Therapy <p>Total Training in 2017</p>	<ul style="list-style-type: none"> ▪ Motivational Interviewing 1 ▪ Motivational Interviewing 2 ▪ PTPT 2 day ▪ CPV

- Total number of courses offered: 35
- Total number of courses takes place: 24
- Total number of places offered/available in 2017: 630
- Total number trained: 313 (11 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 region.

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.

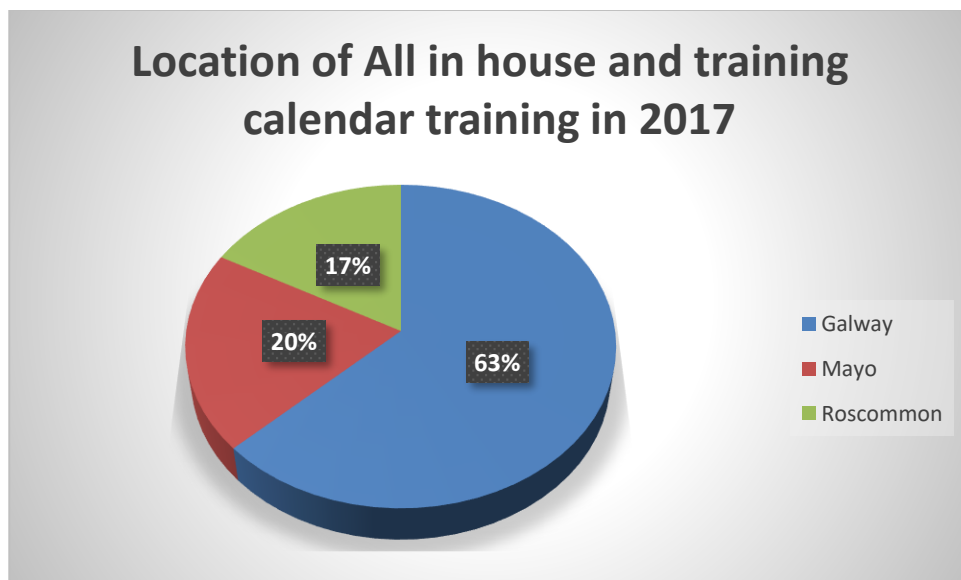
While the Task Force will continue to provide a broad range of courses across the region it plans to respond to the changing needs in the region and keep the training offerings up to date and new, where possible. The systems in place surrounding the trainings have improved as the calendar develops and 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 2017 the Task Force staff also decided to keep an in house training calendar. Separate to the external training calendar.

Total for 2017 in House Training

- Total number of courses offered: 17
- Total number of places offered/available in 2016: 270
- Total number trained: 215
- (0 courses cancelled)

Total Training provided in 2017 (Internal & External Training Provided)

- Total number of courses offered: 52
- Trainings taking place: 41
- Total number of places offered/available in 2017: 900
- Total number trained: 528
- (11 courses cancelled)
- Total trained in Saor is 190.



Total training divided across Galway, Mayo and Roscommon.

- A total of 41 trainings took place.
- 26 in Galway.
- 8 in Mayo.
- 7 in Roscommon.

SAOR Rollout in the Western Region 2017

1. Galway	2 Tusla Galway	3. Loughrea Galway	4. Tusla Galway
February 23rd	March 2nd & 3rd	March 21st	May 9th & 10th
Trainer(s) Emmet & Hazel 17 attended	Trainer(s) Danny Meenan 16 attended	Trainer(s) Emmet & Hazel 10 attended	Trainer(s) Danny Meenan 10 attended
5. Saor Ballintubber GAA	6. Castlebar	7. Galway	8. Roscommon
May 20th	June 14th	June 21st	June 26th
Trainer(s) Gillian & Pat 8 Attended	Trainer(s) Pat & Gillian 12 attended	Trainer(s) Emmet & Hazel 12 attended	Trainer(s) Gillian & Pat 16 attended
9. Galway Traveller Movement	10. Tusla Mayo	11. Tusla	12. Raheen Woods Athenry
June 28th	October 4th & October 5th	October 11th & 12th	November 29th & 30th
Trainer(s) Allan & Emmet 8 attended	Trainer(s) 15 attended.	Trainer(s) Danny Meehan 16 attended	Trainer(s) Emmet Major 17 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 87 individuals in 2017 and funded training for the Child-to-Parent Violence Training.

- **Castlerea Prison Family Visitor**

1 day training on Addiction, Families & Prison. This course was developed and delivered by the Family Support Coordinator. It gives an overview of drug & alcohol issues, drugs & criminality, impact on families and issues surrounding safety (disposing of drug supplies/dealing with family members under the influence etc) and complications for the prison population. (10 attendees)

- **Defence Forces**

The Family Support Coordinator & DI Michael Copping delivered a one-day training to Privates & Officers. Although the earlier part focuses on Drug & Alcohol education, it highlights DF policies and specific issues pertaining to drug and alcohol use and the increased risks in the military service. (45 attendees)

- **Drug Related Intimidation Programme x 2.**

Based on request, the Family Support Coordinator delivered a two-hour information workshop in Tuam due to concerns of drug debts and related harm in the community. This workshop was delivered to community based workers in Tuam and surrounding area. As part of the work of the ESW in Headford, a need arose for information on drug dealing/debt/intimidation. The local community in conjunction with Neil Wilson organised an evening for the FSC to meet with the public to provide information and discuss drug related issues already mentioned. Although, there appeared to be a great demand, the turnout was relatively poor. (18 attendees)

Foundations for Life Drug Awareness

- Delivered one-day drug education & prevention programme to the Foundations 4 Life participants. Workshop was well received. (14 attendees)

Child-to-parent violence.

- As a follow up to a CPV seminar organised the previous year by the FSC, training was sourced due to the level of interest arising from the seminar and also is an action item in the FS strategy. Eileen Lauster (researcher and approved CPV trainer) was hired to run a 2-day CPV/NVR training programme. Due to demand for places on the course, a second one was run in Mayo later in the year. These courses were promoted/advertised through the WRDATF Training Calendar.

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 and delivered Progressive Rehabilitation Programmes for 2017 as well as training in SMART Recovery in 2016/2017. One CLW offered SMART in Galway in 2017.

Foundation for Life Programme

The course was delivered over two days a week for ten weeks in Castlebar, Co. Mayo. It is intentionally developed to support young people (18-25) with drug & alcohol issues to further develop life skills and become more job ready. It by provided 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 also provide each participant with four 1-1 mentoring sessions where goal setting and development of course exit plan too place. Fifteen participants completed this training with an 85% completion rate.

Foundations Programme.

This programme was delivered for 14 weeks (3 days a week) from October to December 2017. Similar to the Foundations for life programme, it is intentionally developed to support young people (18-25) with drug & alcohol issues to further develop life skills and become more job ready. It by provided 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. There was a 70% completion rate (12 participants).

QQI Level 4 Health Related Fitness

The course was delivered over three mornings a week for sixteen weeks. It started in March and was completed in July 2017. It is intentionally developed to support people over eighteen with drug & alcohol issues. All participants who complete this programme received a QQI Level 4 Health Related Fitness. A large aspect of this course will revolve around physical exercise directly related to the QQI Level 4 course. This course has been designed to offer maximum potential for people to achieve success. Each participant is 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. There was a 50% completion rate in 2017 (8 participants).

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. This aftercare support programme was offered in Galway City on Thursday nights in 2017. The numbers varied per night. On average the SMART group consisted of 6 persons.

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. GRETB Learners (Youth and Community Development level 4) 1 session 01/02/17- 18 attendees.

- Delivered Drug Policy workshop to youth workers and ensured that all youth clubs receiving funding under the Young People’s Services and Facilities fund have an up-to-date drug policy in order to receive funding.

3rd Level Training/ Workshops.

- Contributed to REACT committees in both NUI Galway. REACT- NUI Galway 04/12/17- 12 attendees
- Designed and delivered 2 sessions on drug and alcohol interventions to the “Seas Suas” group based on the bystander model (126 attendees in total).
- Distributed information to 1st year students via the “Fresher’s health Fair” at NUI Galway.
- NUI Galway- 1st Year induction presented re Safe App and Drinks Meter- 160 attendees.
- GMIT 1st Year induction- as above but two sessions 120 attendees.

Seas Suas project in NUI Galway

Delivered two sessions to students interested in learning how to intervene safely if someone is at risk.

- Seas Suas- 24/01/17- 42 attendees (skills based with 2016 group).
- Seas Suas- 10/10/17- 84 attendees- 1 hour alcohol lecture based. Based on the bystander model, The CLW input was part of a larger input by multi agencies.

Mayo Sports Forum (MSF)

- 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.

Mayo Island Communities

Ongoing engagement with Mayo Island Communities regarding targeted initiatives for the Islands. Pre-Teen Years Resource and Campaign ‘*The 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. The campaign was rolled out regionally to an estimated 5000 parents. All 278 primary schools were engaged in Mayo and Roscommon with leaflets and the option of follow up parent’s talks.

FASD International Day

Provision of FASD and ‘Alcohol & Pregnancy’ information/materials/support stands and radio interviews on these topics on international FASD day September 9th. On-going regional consultation and collaboration with Mayo FASD working group, developing and designing education material and initiatives to heighten awareness in care provision and the general community. In 2017 information was provided at the following agency locations:

- Roscommon Women’s Network Castlerea
- Safelink Boyle
- Primary Care Centre Roscommon Town

- Vita House Roscommon
- Mayo General Hospital Foyer & Prenatal OPD
- Mayo Traveller Support Group Castlebar
- Family Life Centre Boyle
- Primary Care Centre Boyle

Fancy Back Packing Abroad Initiative

The fancy back packing initiative was delivered in St Colman's Secondary school Claremorris. This included poster campaign, education workshops that explored decision making and consequences of drug use.

WRDATF Other Trainings Offered

Hope House/Cuan Mhuire Treatment Centre and HSE Addiction Counselling Staff

The WRDATF in conjunction with Jim O Shea developed a customised 2-day CPD training for counselling staff in Cognitive Behaviour Therapy and Mindfulness. The training focused on increased self-awareness and cognitive counselling skills. The WRDATF believe this up skilling will ultimately have a positive effect on service users experience while accessing treatment.

Putting The Pieces Together' Second Edition

- Proofing and editing this new training resource.
- Development of training content and materials for National roll-out.
- National training offered to all Regional and Local Drug Task Forces requests.

Chemsex Trainiing

The issue of 'Chemsex' received much increased media and professional interest during 2017. In November a training day was held in Galway that was headed by David Stuart of the Dean St clinic in London. His expertise in the area combined with his passionate activism was well received and will help to move forward the relevant issues in Ireland around Chemsex.

2017-2020 WRDATF Strategic Plan

2017 saw the WRDATF develop its new Strategic Plan 2017-2020. A lot of detailed consultation followed by intense discussion and planning led to the development and publication of this strategic plan. By engaging in such a lengthy and fruitful process we were able to formulate key themes, objectives, and outcomes that set the pillars of this strategic plan over the three years. These processes of thorough staff strategic developmental consultations lead to the development of a cohesive, integrated and up to date strategic response to the current needs within the region.

Section 6: Progress made in 2017 in implementing the WRDTF Regional Drugs Strategy *The Way Forward* under the five pillars of the National Drugs Strategy

Pillar: Supply Reduction:

Progress made in 2017 in implementing your local drugs strategy under each of the five headings below (i.e. the five pillars of the National Drugs Strategy):



2017 saw the WRDATF develop its new Strategic Plan 2017- 2020 and was therefore a transition year with regard to progress made with local drug strategy.

All Task Force representatives, staff and funded workers were involved in the extensive consultation process and development of the actions.

When the strategy was completed each worker was supported to develop an Annual Implementation Plan (AIP) and an overall AIP for the Task Force was developed encapsulating all the proposed actions for the year (Sept 2017 to Dec 2018).

Pillar: Supply Reduction:

The WRDATF 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.

- NASA Bus Safety Campaign. This inter-agency Initiative commenced in 2017 and targets underage alcohol use on buses on the way to events and venues. 7 bus companies were engaged with and took part in training as part of the initiative.
- Galway City Strategy to Prevent and Reduce Alcohol Related Harm: the Alcohol Forum continued to gather data on the number 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.
- Responding to Intimidation Reporting Programme (Action 5 NDS) Based on request, the Family Support Coordinator delivered a two-hour information workshop in Tuam due to concerns of drug debts and related harm in the community. This workshop was delivered to community based workers in Tuam and surrounding area. As part of the work of the ESW in Headford, a need arose for information on drug dealing/debt/intimidation. The local community in conjunction with Neil Wilson organised an evening for the FSC to meet with the public to provide information and discuss drug related issues already mentioned. Although, there appeared to be a great demand, the turnout was relatively poor. (18 attendees)
- Expect To Be Asked campaign, which targets underage alcohol supply and is still operating visibly in Tuam, Ballinasloe and in Roscommon.

Pillar: Prevention:

Progress made under the Prevention Pillar in 2017 include:

Alcohol & Pregnancy Seminar

Both Orla Walshe and Debbie McDonagh organised a seminar in conjunction with HSE Health Promotion & Improvement (Evelyn Fanning). The conference was themed *Alcohol & Pregnancy – Exploring the key issues before, during & after pregnancy*. The topic was thoroughly researched and potential speakers were identified. The aim of the seminar was to highlight and address both risks and harms arising from alcohol consumption during pregnancy as well as alcohol-related issues pre and post pregnancy. A poster was designed, a media plan was generated and arrangements were made to hold it in the Connacht Hotel, Galway. Considerable promotion of the event through press releases, mailing lists, mainstream & social media and poster dissemination to highlight the event was done between the WRDATF and HSE HP.



The speakers included:

- Professor Moira Plant, Emerita Professor of Alcohol Studies, University of the West of England & Adjunct Professor Curtin University, Perth, Australia.
- Dr Catherine Anne Field, Lecturer, Discipline of Health Promotion, School of Health Sciences, National University of Ireland, Galway.
- Mr Justin Gleeson, Drug Liaison Midwife, HSE Addiction Service
- Dr Malie Coyne, HSE Clinica Psychologist and NUIG lecturer in Clinical Psychology
- Dr Mary T. O'Mahony, Specialist in Public Health Medicine, Department of Public Health, HSE South

Topics included:

- Alcohol Use in Ireland: Where are we now?
- Fetal Alcohol Spectrum Disorders: A Whole Body Diagnosis
- Alcohol Misuse In Pregnancy. Changing attitudes and developing pathways
- Alcohol in pregnancy & its Impact on Infant Mental Health
- FASD in Ireland and first steps towards prevention

Interest in the event exceeded original expectation with over 130 participants from a variety of sectors attended on the day. The conference received considerable coverage on Galway Bay FM and numerous requests for the presentations were received by those who couldn't attend. An evaluation was carried out with participants on the day. Speaker presentations are available on www.wrdatf.ie

Following the conference Dr Moira Plant ran an afternoon workshop with Midwives in University Hospital Galway.

Drinks Meter



The slide features a dark blue background with a subtle pattern of water droplets. On the left, there is a logo for 'DRINKS METER' consisting of a network of interconnected nodes and lines. On the right, there is a logo for 'GLOBAL DRUG SURVEY' which is a 3D cube made of smaller, multi-colored cubes. The title 'Rationale for the Drinks Meter' is centered at the top in white text.

Rationale for the Drinks Meter

- Identification and Brief Advice (IBA), when implemented effectively, has been proven to improve alcohol related outcomes and generate savings in treatment of conditions connected to the use of alcohol
- Dr Adam Winstock, the developer of the Drinks Meter, is a consultant psychiatrist and addiction medicine specialist with over 15 years of clinical experience in delivering IBA and training people on IBA
- The Drinks Meter addresses these challenges by offering an online solution supporting delivery of IBA that is not dependent upon clinician time as it can be used opportunistically and as part of face to face consultation

Drinks Meter is an anonymous, confidential, cross platform digital application for delivering Brief Advice on your drinking behaviour. It is available on line at www.drinksmeter.ie and free on the app stores as well as the link we have provided in this e-mail. The drinksmeter is a user-friendly confidential interface that enables the individual to quickly and easily input their information on their drinking habits into their phone, tablet or PC. The drinksmeter assesses alcohol intake using weekly units, calories, unhealthy food equivalents and expenditure as well comparison to national guidelines and other people. The drinksmeter offers feedback on alcohol consumption that is adjusted for personal risks including family & medical history (e.g. BMI, prescription medication, mental illness and addiction). In essence, the drinksmeter is a flexible design that supports opportunistic, self-directed BA as well as augmenting face to face consultation.

Regional Drug & Alcohol Awareness Week 2017.

In 2017 the Regional Drug & Alcohol Awareness week consisted of one major conference: Young People & Substance Use in a Digital Age Conference



Programme Outline:

9.30: Registration & Tea/Coffee

10.00: Welcome & Opening:

Mr Michéal Durcan, WRDATF Coordinator

10.15: Road Map for the Future: WRDATF New Strategic Plan 2017-2020

Ms Sinead Doody, Doody Facilitation & Consulting Ltd

Section 1: Substance Use in a Digital Age: Trends & Responses

10.40: Chaired by: Dr Catherine Anne Field

10:45: Adapting to the Digital Age

Mr Jimmy McGovern, Union of Students of Ireland Vice

President for the Border Midlands & Western Region

11.05: Emerging Trends in Ireland's illicit Drug Market

Detective Sergeant Brian Roberts, Garda National Drugs & Organised Crime Bureau

11.30: Tea/Coffee Break

11.45: Ireland & beyond: Using the trends of the past & present as a guide to a better future

Dr Bobby Smyth, Consultant Child & Adolescent Psychiatrist

12.15: Panel Discussion: Chaired by Dr Catherine Ann Field

Other in-house training which took place in 2017 included:

- Castlerea Prison Family Visitor – 1-day training on Addiction, Families & Prison. This course was developed and delivered by the Family Support Coordinator. It gives an overview of drug & alcohol issues, drugs & criminality, impact on families and issues surrounding safety (disposing of drug supplies/dealing with family members under the influence etc) and complications for the prison population. (10 attendees)
- Defence Forces – The Family Support Coordinator & DI Michael Coppinger delivered a one-day training to Privates & Officers. Although the earlier part focuses on Drug & Alcohol education, it highlights DF policies and specific issues pertaining to drug and alcohol use and the increased risks in the military service. (45 attendees)
- Delivered one-day drug education & prevention programme to the Foundations 4 Life participants. Workshop was well received. (14 attendees)

Child-to-parent violence.

As a follow up to a CPV seminar organised the previous year by the FSC, training was sourced due to the level of interest arising from the seminar and also is an action item in the FS strategy. Eileen Lauster (researcher and approved CPV trainer) was hired to run a 2-day CPV/NVR training programme. Due to demand for places on the course, a second one was run in Mayo later in the year. These courses were promoted/advertised through the WRDATF Training Calendar.

Pre-Teen Years Campaign

This is a health promotion campaign that is run in May through all 470 primary schools in counties Galway, Mayo and Roscommon and is the only one of its type nationally. It is 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 developed in order to encourage these parents to initiate age-appropriate conversations with their children about alcohol, preferably before they make the transition into post-primary education. Over 9,000 Pre-Teen Years leaflets are distributed to these parents and the schools are offered additional support talks, if required, by Neil Wilson and Gillian Conway.

Roscommon Schools Public Speaking Project

The Alcohol and Society public speaking project ran in the 9 post-primary schools in Roscommon. This project was undertaken by all of the Transition Year in each school throughout the autumn term and the grand final was conducted in December. The purpose of the competition is to get these young people to have a critical look at alcohol use across society and form an independent view for themselves thereof.

Stay Safe Stay Sober Campaign County Mayo

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, 1700+ households in Co Mayo received the Parents Info pack and all 2100+ Junior Certificate students received the 'Stay Safe – Stay Sober' harm reduction workshop. 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.

Stay Safe Stay Sober Campaign County Galway

In conjunction with An Garda Síochána, Neil Wilson, the Galway Drug Education Support Worker (DESW), and Emmet Major and Liam O'Loughlin, the Community Liaison Workers (CLW) covering Galway, worked on the delivery of this Junior Cert Night and Junior Disco underage drinking campaign. The Task Force covered the 45 schools in mainland County Galway. Over 2,500 Junior Cert students in 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.

Stay Safe Stay Sober Campaign County Roscommon

In September 2017, in conjunction with the local Gardaí as above, the WRDATF delivered this harm reduction information campaign in all 9 post primary schools in County Roscommon and approximately 600 homes in Roscommon. This Stay Safe, Stay Sober campaign supports both an abstinence and a harm reduction approach to alcohol and explores 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. 600 students attended the presentations.



Cannabis Leaflet

A new information leaflet on Cannabis was developed by Emmet Major and Gillian Conway. This was in response to the increased levels of Cannabis use by young people highlighted in the Roscommon and Tuam school surveys. The Cannabis leaflet is widely available throughout the region and is used in support of all WRDATF education programmes.

Youth Party Guidelines (get copy for appendix)

Worked with Multi agency partners to develop a set of guidelines aimed at youth party organisers with advice and guidance focused at reducing harm for young people.

R.E.A.C.T

Membership on the GMIT and NUI Galway R.E.A.C.T groups working towards developing campuses with a focus on alcohol harm reduction.

Putting the Pieces Together

Putting the pieces together' was re-launched with a new edition. Training courses were planned at a local, Regional and national level. Refresher courses were also made available for those who previously completed the training



International Foetal Alcohol Spectrum Disorder Awareness Day. (TWF 30) (NDS 28)

Provision of FASD and 'Alcohol & Pregnancy' information/materials/support stands and radio interviews on these topics on international FASD day September 9th. On-going regional consultation and collaboration with Mayo FASD working group, developing and designing education material and initiatives to heighten awareness in care provision and the general community. In 2017 information was provided at the following agency locations: Roscommon Women's Network Castlerea; Safelink Boyle; Primary Care Centre Roscommon Town; Vita House Roscommon; Mayo General Hospital Foyer & Prenatal OPD; Mayo Traveller Support Group Castlebar; Family Life Centre Boyle; Primary Care Centre Boyle

Fancy Back Packing Abroad Initiative (TWF 28)

The fancy back packing initiative was delivered in St Colman's Secondary school Claremorris. this included poster campaign, education workshops that explored decision making and consequences of drug use.

Mayo Island Communities

Ongoing engagement with Mayo Island Communities regarding targeted initiatives for the Islands

Pillar: Treatment & Rehabilitation

Progress made under the Treatment & Rehabilitation pillar include:

Wellness/Respite Day

The Family Support Coordinator (Debbie McDonagh) organised a Wellness Day on the weekend of 22nd April for families affected by substance use with the support of the HSE Drug Services. The purpose of this day was to give families a small break away for their daily lives and to focus on themselves in terms of awareness, healing, support and self-care. The day included working with alternative therapists focused on self-care and wellness. Caitriona and Martina are both experienced therapists that utilize difference approaches to promote wellness. Over 20 family members attended. Booked rooms in a hotel in Loughrea for the day, designed a poster and promoted through services. Recruited two alternative therapists and the day was broken into group work sessions, lunch, group work session and final close out. Self-care items were purchased in advance and given to attendees at the end of the day. Transport was arranged for those who had no access to car/public transport. All family members reported feeling supported and needed some time away from their difficult situations. They also identified that they appreciated meeting other family members experiencing similar situations.

Establish structured family support service

The aim is to provide a more structured family support service that makes it more accessible to family members. Firstly, a drop-in clinic was provisionally agreed to be set up in ARD FRC in Doughiska, Galway. A memorandum of understanding was drafted between WRDATF/ARD FRC/GRETB. Various revisions were made to the MOU to protect all parties and was approved by the Family Support Working Group (FSWG). New drop in service to be rolled out in January 2018.

A new family support project worker post for Mayo was approved by the Task Force coordinator. The FSC developed a tender to find a host organisation and advertised on Activelink. Ballinrobe FRC was selected based on a scoring criteria used by the FSWG. A job description, skills match and application form was developed by the FSC and signed off by the FSWG. The post was advertised before Christmas. Shortlisting and interviews to be held in January 2018.



Family Support Handbooks

Made some edits and design changes from first version. A further 2000 handbooks were printed in 2017 and approximately 3000 handbooks have been delivered around the region to date. Many of these handbooks are placed in public spaces (e.g. libraries) as well as with family support services, community based organisations. More to be disseminated in 2018. A copy of the handbook was posted to every GP in the region with the offer of sending more on request. Take up from GPs was poor despite feedback from families and other professionals that the book is useful. The family support handbook is also available online at wrdatf.ie / drugs.ie / mayo.ie and other local websites.

Family Support

Due to greater presence of family support services and the promotion of the family support handbook, the family support coordinator received approximately 40 calls last year both from practitioners and family members themselves. Other referrals came from drug & alcohol helpline and National Family Support Network. Family members typically found our contact details through our website. Provided phone support to numerous family members, also worked with 2 family members directly as they were unable to access other support at the time.

Foundation 4 Life. (TWF 28)

The Foundation 4 Life programme ran from 25th April – 12th July 2017, in Lough Lannagh Holiday Village, Castlebar, Mayo, two days per week from 10am to 4pm. In total this programme successfully engaged 14 young people who were Not Engaged in Employment, Education or Training (NEETS) aged between 18-25 years. NEETS young people are often the hardest to reach young people in our communities and their needs can be manifold and complex. Including previous alcohol or drug issues, low self-esteem and confidence, challenge's to mental health i.e. poor diet, lack of sleep, breakdown of relationships, pressure to achieve, lack of motivation, non-supportive social environment ie peers/parents/community.

The Foundation 4 Life Course is a Life Skills and Job Activation programme, it was designed to support young people to further develop life skills and become more job ready. It did 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 Preparation, job searching and interview skills, Career Guidance, Money Management and Budgeting, Mindfulness, Exercise, Nutrition and cooking skills, Drug and Alcohol Education. The programme is developed by South West Mayo Development Company through the SICAP programme in conjunction with the Western Region Drug and Alcohol Task Force supported by Mayo County Council, Local Employment Service, Mayo Sports Partnership and Mayo Sligo Leitrim Education Training Board.

Foundations NEETS Programme in County Roscommon

Foundations was a Life Skills and Job Activation programme to engage the 18-24 year-old NEETs community in County Roscommon.

Main goals:

- To engage with hard to reach young people not in education, training or employment (NEETS)
- To work with these young people in a supportive way to reengage them into suitable education, training or employment/self-employment.
- To provide valuable life skills development.
- To provide certified, structured training.
- To provide job readiness training, CV preparation and mock interviews.

Each young person who participated had a reason of some sort that they fell into the NEETS category. There was a genuine explanation as to why they fell out of, or just don't fit into, mainstream employment and training. It can be because of a mental health or addiction issue, some kind of traumatic life event or perhaps a poor educational experience. Or sometimes a combination of all of these. The Foundations programme was intended to provide a mechanism to work with them in a supportive way and help get them back on track. Sixteen young people started the fourteen-week programme and eleven completed it.

QQI Level 4 Health Related Fitness

The course was delivered over three mornings a week for sixteen weeks. It started in March and was completed in July 2017. It is intentionally developed to support people over eighteen with drug & alcohol issues. All participants who complete this programme received a QQI Level 4 Health Related Fitness. A large aspect of this course will revolve around physical exercise directly related to the QQI Level 4 course. This course has been designed to offer maximum potential for people to achieve success.

- Each participant is 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.
- There was a 50% completion rate in 2017 (8 participants).

SMART Recovery

The WRDATF established a SMART recovery support group in Galway City in March 2017 on a pilot basis. Over the course of 2017 over 50 people attended this facilitated peer-support group, which runs every Thursday evening. Additional work was commenced in expanding SMART Recovery on a wider basis in the GMR region and a number of additional facilitators have been trained using the SMART Recovery online course. It is hoped to establish further SMART Recovery groups in Mayo and Roscommon.

5-Step Method and C.R.A.F.T

5-Step Method and C.R.A.F.T being offered to people affected by someone else's drug and alcohol use. Weekly drop-in clinic established in east of Galway city.

Peer-led Family Support Group

Supported the peer-led Family Support Group and assisted in the planning and running of a Commemoration Of Hope.

SAOR training

The SAOR Model has been adopted by the HSE as the model-of-choice for delivering brief interventions for people displaying problematic alcohol misuse. 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

Pillar: Research Evaluation

Progress made under the Research Evaluation pillar include:

Family Support

The Family Support Co-ordinator wrote an academic paper based on research conducted by FSC with families affected by substance use in the West of Ireland. The paper provides an insight the experiences of family members who sought support as well as recommendations made by them. This paper is authored by Debbie McDonagh (Family Support Coordinator) and co-authored by Dr Carmel Devaney & Dr Nuala Connolly (NUIG). It will be published in the journal *Childcare in Practice* in 2018.

Evaluation of the Galway City Strategy to Prevent and Reduce Alcohol Related Harm

The Galway Alcohol Forum tendered and oversaw the evaluation of the GCAS. In 2018 the task force and Health Promotion and Improvement Staff oversaw the evaluation of the strategy, setting the terms of reference, meeting with the evaluators and attending feedback meetings. The evaluation was completed in 2017 with the final document available in early 2018. In brief there was broad agreement reached by partner agencies for another strategy although in order for this to happen the strategy needs a home.

Tuam Garda District Drugs in Schools Survey

The Tuam District School Survey was conducted in April 2017 as one of the actions arising from the Tuam Drugs in Schools project. The 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.

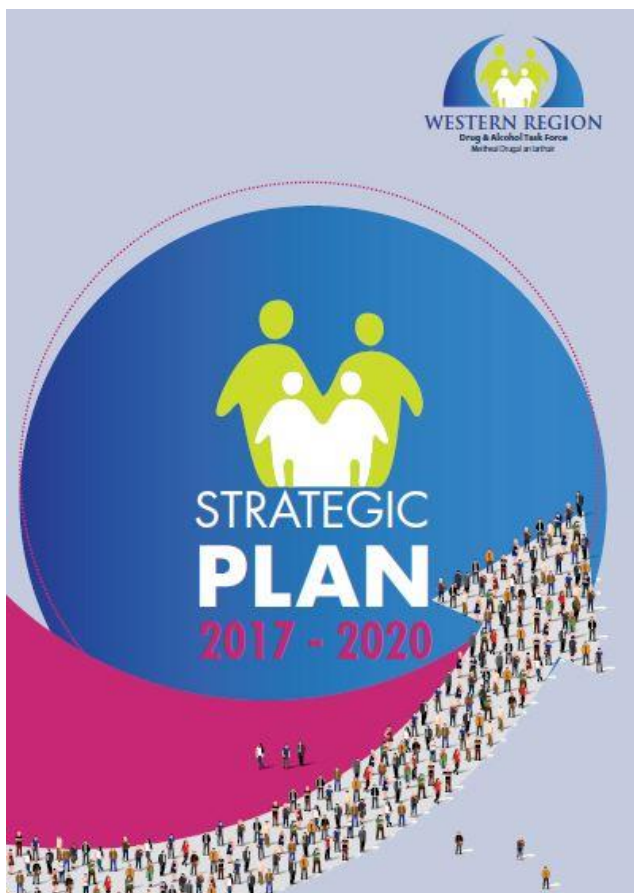
The concerns being expressed include:

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

This survey was a large undertaking involving all the students in seven schools and provided valuable information about trends in substance use in the school-aged community. This built upon a previous study that took place in 2013 and a total of 2,394 pupils took part in the survey. The information contained in the survey 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 Tuam.

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. It highlighted the large number of very high-risk young people in the district and a very significant rise in cannabis use in the last 4 years.

The methodology used to gather the information for this survey is very straightforward; the students were brought class by class to the computer rooms in each of the schools and filled in the anonymous questionnaire using Survey Monkey.



WRDATF New Strategic Plan 2017 – 2020

The new Strategic Plan has moved away from the five pillars of the previous National Drugs Strategy and is in line with the new national substance use strategy Reducing Harm Supporting Recovery – A health-led response to drug and alcohol use in Ireland 2017 - 2025.

The key themes of the new WRDATF Strategic Plan are as follows:

- **Collaboration and Policy:**

The goal of which is to facilitate the development and delivery of health-based, person-centred, collaborative responses to drug & alcohol issues across the region.

- **Training and Awareness**

The goal of this is to increase knowledge, understanding and skills on drug and alcohol related matters through quality information and evidence-based training and supports.

- **Rehabilitation Support Pathways:**

The goal of this is to assist rehabilitation and recovery through the delivery of a range of educational, personal development, training and employment opportunities.

- **Community Engagement**

The goal of this is to build capacity of local communities to effectively address drug and alcohol issues.

- **Family Support**

The goal of this is to promote the development and delivery of effective support and services to families affected by drug and alcohol misuse.

- **Organisation Effectiveness**

The goal of this is to develop the Task Force as an effective organisation working to best practice standards

Each theme of the new strategic plan has identified objectives, key outcomes and key actions.

A full copy of the report can be found on www.wrdatf.ie

WRDATF Website

WWW.WRDATF.IE Website visits in 2017

Statistics from the 1st January 2017 to the 31/12/2017.

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.

Sessions: 5632

Users: 3855

Page views: 17638

Pages / Session: 3.13

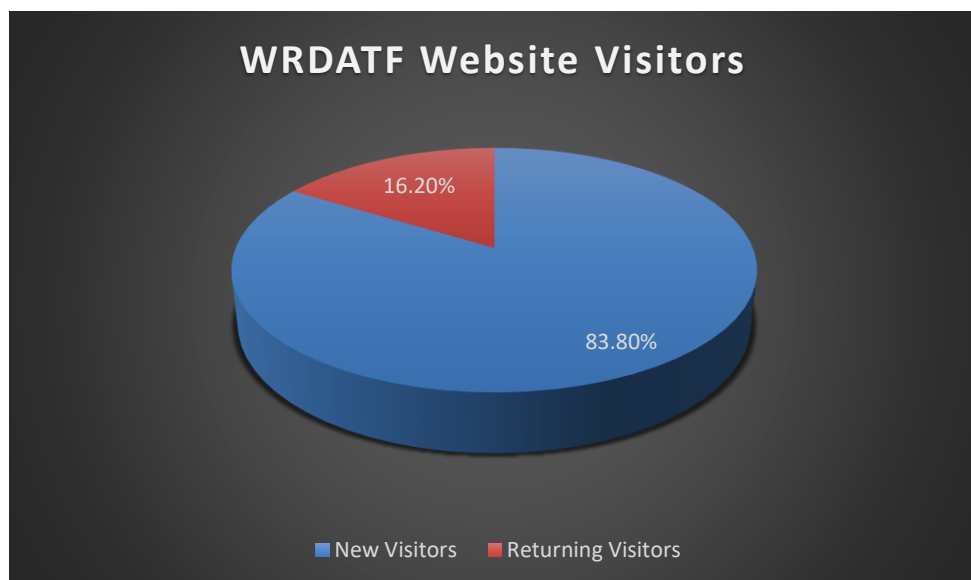
Avg. Session Duration 00:02:16

Bounce Rate 51.62%

% New Sessions 83.8%

% Returning Session 16.2%

Visitors	Numbers
New Visitors	3230
Returning visitors	625



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 Coordinator

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.

This position ceased in 2017 and was replaced by a Drug & Alcohol Family Support Worker in early 2018.

Drug & Alcohol Family Support Co-ordinator

The role of the Family Support Coordinator (FSC) is to support families, family support workers and other individuals/agencies working directly/indirectly with families within the western region. Training and education is provided to front line workers, agencies and communities in the area of addiction and the support needs of family members. The FSC also develops customised family support programmes and information materials, supports family support groups, organises awareness raising events as well as promoting the needs of families affected by substance use. Following the completion of the regional needs analysis and the development of the Family Support Strategy 2017-2020, the FSC will oversee and drive the strategy in the region.

Analysis of the impact of the WRDTF Funded Projects

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 Strategic Plan 2017-2020. 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 and Strategic Plan 2017 -2020. 	
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			

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 WRDATF Strategic Plan 2017-2020. 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 and the WRDATF Strategic Plan 2017-2020. 	
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 Coordinator
Project changes/ terminations in 2016	W6	Jigsaw Nurse was terminated in 2017. It was replaced by the family support worker for Co. Mayo who started in 2018.

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 WRDATF Strategic Plan 2017-2020. 	
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 and the WRADTF Strategic Plan 2017-2020 	
Category **	Project Code	Project Name
Project changes/ terminations in 2016	N/A	N/A

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

Page 10 Strategic Plan Document

Objective 2 Promote the participation of drug and alcohol users, service-users and their families in the planning, development and monitoring of local responses to drug and alcohol misuse.

Key outcomes:

Improved outcomes for people affected by drug and alcohol misuse through more responsive, accessible supports and services.

Greater involvement of people who are affected by drugs and alcohol in the development of services and supports in the Region, including those delivered by the Task Force.

Key action

Develop and implement a service-user participation strategy for Task Force services and programmes at individual, service and strategic level.

AIP 2017/18 Action

1.2.1 (a) Develop a framework for improving service-user participation in TF programmes and structures

1.2.1 (b) Provide training for staff / funded worker on good practice in service-user participation

1.2.1 (c) Commence process of implementing the service-user framework on a phased basis

1.2.2 (a) Organise a presentation on best-practice in service-user participation to the TF Committee meeting

1.2.2 (b) Design and deliver a training programme on service-user participation to local communities, groups and organisations

Section 9: Governance of the Western Region Drugs Task Force

WRDTF Representatives 2017

NAME	ORGANISATION	ROLE IN TASK FORCE
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
Ms. Emma Dolan	Galway Simon Community	Voluntary Representative,
Ms. Claire Williams	Galway Simon Community	Voluntary Representative
Ms Siobhan Duane	Foróige	Voluntary Representative
Mr Martin O'Connor	COPE, Galway	Voluntary Representative
Sr. Maureen lally	Tochar Valley	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
Mr. Jimmy McGovern	USI Representative	Union of Students of Ireland.
Det. Insp Mick Coppinger	An Garda Síochána	An Garda Síochána Representative
Mr Martin Reilly	Castlerea Prison	Castlerea Prison Representative
Ms Eithne Nic Dhonnchadha	Galway Roscommon Education Training Board	VEC/Dept. of Education & Skills Representative
Mr. Donal Walsh	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. Siofra Kilcullen	Mayo Community Development Board	Mayo Community Development Board
Ms. Hannah McHugh	UISCE	UISCE
Ms Orla Walshe	WRDTF Project Development Worker	Task Force Support Team
Mr Gary Kyne	WRDTF Administrator	Task Force Support Team

Liam Hanrahan resigned and was replaced by Peter Salmon.

Emma Dolan was replaced by Claire Williams.

Sr. Maureen lally joined from Tochar Valley Network.

Martin Reilly joined from the Irish Prison Service Castlerea

Tomas O Curraoin resigned.

Eithne NicDhonnchadha replaced by Donal Walsh.

Neil Sheridan replaced by Siofra Kilcullen.

Jimmy McGovern joined the group as the USI representative,

The Task Force held 8 meetings in 2017.

WRDTF Sub-groups

Admin/Finance:

NAME	ORGANISATION	ROLE IN SUB-GROUP
Mr Martin Lee	WRDTF Chairperson	Cathaoirleach
Cllr. Declan McDonnell	County Council	County Council
Ms. Deirdre Hurney	Chairperson	Chairperson
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

The Admin/ Finance sub-group held 3 meetings in 2017.

Prevention Education

NAME	ORGANISATION	ROLE IN SUB-GROUP
Ms Eithne Nic Dhonnchadha	Galway Roscommon Education Training Board	Education Training Board and Dept. of Education 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. Debbie McDonagh	WRDATF Family Support	WRDATF
Ms Orla Walshe	WRDTF Development Worker	Task Force Support Team
Mr Gary Kyne	WRDTF Administrator	Task Force Support Team

Det. Inspector Mick Coppinger resigned in 2017.

Ms. Debbie McDonagh joined the Prevention/Education Sub-group in 2017.

The Prevention Education sub-group held 2 meetings in 2017.

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
Micheal Durcan	WRDATF Co-ordinator	HSE
Debbie McDonagh	Family Support Coordinator	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 meetings in 2017.

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 2017.

Board of Directors:

NAME	ORGANISATION	ROLE IN SUB-GROUP
Ms Fiona Walsh	HSE Western Area Drug Service	HSE West Representative
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. Micheal Durcan	WRDATF Co-ordinator	HSE
Mr. Gary Kyne	WRDATF Admin Finance	Task Force Support Team

The Board of Directors sub-group held 2 meetings in 2017

WRDTF Audited Accounts 2017:

PERIOD January -December 2017		
W1 Operational Account	Total Expend	Total Income
W1 Operational Budget 6 Months		€ 40,000.00
W1 Operational Budget 6 Months		€ 40,000.00
Total Income		€ 80,000.00
Expenditure	€80,000	
Balance		€0.00
W17 Training/Rehab	Total Expend	Total Income
Training Rehab Income		€5,632
Training Rehab Expenditure	€5,632	
Balance		€0.00
W5 Family Support Grant	Total Expend	Total Income
W1 Family Support Grant Income 6 Months		€17'186
W1 Family Support Grant Income 6 Months		€17'186
Total Income		€34'372
Expenditure	€34'372	
Balance		€0.00
W6 Family Support Mayo	Total Expend	Total Income
Family Support Income		€23'163

Training Rehab Expenditure	€23'163	
Balance		€0.00

WRDATF Staff Information 2017

Task Force Co-ordinator: The Task Force is currently managed by Micheal Durcan.

Task Force Staff:

Title of Position:	Office Financial Administrator
Pay Rates	Annual gross salary was €42891. Grade 4 LSI.
Employing Authority	The HSE 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 • Keeping records for cheque requisition forms for the WRDTF administration budget. • Keeping records for petty cash.

	<ul style="list-style-type: none"> • 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	Annual gross salary is €53157. Grade VI
Employing Authority	The HSE 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. <p>Support and/or establish a project's support network.</p> <ul style="list-style-type: none"> • 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.

	<ul style="list-style-type: none"> • 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. • 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 Coordinator, Grade VI
Pay Rates	In 2017 the annual gross salary was €49’795
Employing Authority	The HSE 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.
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Other Work Carried Out by the WRDATF Committee Team

The Task Force Committee and staff carried out the work as outlined in the 2016 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 WRDATF 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	WRDATF Annual Implementation Plan 2017	√
2	Training Calendar (January to July 2017)	√
3	Training Calendar (September to December 2017)	√
4	WRDATF Strategic Plan 2017 - 2020	√
5	SAOR: Brief Intervention for Alcohol Use Plan for Western Region	√
6	Galway Alcohol Strategy 2017 Evaluation Report	√
7	Putting the Pieces Together : A Drug and Alcohol Resources for Trainers Second edition	√
8	Family Support Strategy	√
9	Drug Related Deaths Statistics	√
10	Tuam Drugs in school survey results	√
11	Foundations Roscommon 2017 Evaluation	√
12	Pre-Teen years leaflet	√
13	WRDATF Awareness week calendar of Events	√
14	WRDATF Cannabis leaflet	√
15	All Funded Workers Work plans 2017 <ul style="list-style-type: none"> • W4: Neil Wilson • W5: Debbie McDonagh 	√

	<ul style="list-style-type: none"> • W7: Gillian Conway • W7: Pat Conway • W13: Emmet Major • W14: Liam O Loughlin 	
18	All Funded Workers Annual Reports 2017 <ul style="list-style-type: none"> • W4: Neil Wilson • W5: Debbie McDonagh • W7: Gillian Conway • W7: Pat Conway • W13: Emmet Major • W14: Liam O Loughlin 	√
19	Audited Accounts	√



Feidhmeannacht na Seirbhíse Sláinte Health Service Executive

Produced by: The Western Region Drugs Task Force Phone: 091-480044

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Appendix 1 A: Prevention

Aim: To communicate and engage with policy makers, stakeholders and the general public on how best to prevent and reduce alcohol-related harm in Galway City

Public Awareness

1 Raise public awareness of the burden of alcohol-related harm to the people of Galway City

2 Raise public awareness of the benefits of effective action to prevent and reduce alcohol-related harm

3 Raise public awareness on how to influence policy to prevent and reduce alcohol-related harm

1a. Engage with specific groups to increase awareness of alcohol-related harm (e.g. Education, Youth, Parents, Voluntary and Community sector)

1b. Communicate the impact of alcohol on health (tailor messages to specific audiences)

1c. Communicate the link between alcohol and social harm

2a. Communicate user friendly information on what works to prevent and reduce alcohol-related harm

3a. Engage with key stakeholders to implement policies to prevent and reduce alcohol related harm e.g. Public Health Alcohol Bill

Policy Development

4 Support organisations and workplaces, to develop policies

4a. Advocate and support organisations to develop policies to prevent and reduce alcohol related harm e.g. guidance on why and how

4b Integrate the goals of the Galway Alcohol Strategy into other Galway City plans (e.g. LECP, Gastronomy, Capital of Culture)

Protecting Children and Young People

5 Protect children and young people from alcohol-related harm and alcohol promotion

5a. Seek to reduce exposure of children to alcohol and alcohol promotion in public places

Support Alcohol Free Activities

6 Encourage activities in Galway City that are free from alcohol

6a. Encourage and promote social and recreational activities that are free from alcohol
Public

B: Supply, access and availability

Aim: To ensure that key factors influencing alcohol supply, such as price, availability and marketing, are regulated and controlled to prevent and reduce alcohol-related harm in Galway City

Alcohol Price	
7 Influence national policy in relation to alcohol pricing	7a. Advocate for the implementation of minimum pricing e.g. Public Health Alcohol Bill
Alcohol Availability	
8 Limit the availability of alcohol in Galway City	8a. Update information on number of outlets selling alcohol in Galway City and map density
9 Promote and strengthen legislation and enforcement relating to the sale of alcohol	8b. Limit availability of alcohol at civic, sporting, festivals and public events 8c. Monitor compliance with alcohol byelaws 9b. Communicate the process for granting and renewal of alcohol licenses
Alcohol Marketing	
10 Reduce the exposure of children to alcohol marketing in public places	10c. Advocate for reducing exposure of children to alcohol marketing in public places
Enforcement of Legislation	
12 Continue to enforce legislation and bye-laws relating to alcohol	12a. Monitor and support enforcement of legislation in relation to sale and supply of alcohol e.g. sale to and for minors, drink driving, not selling to intoxicated people

C: Screening, treatment and support service

Aim: To use information and research in decision making to prevent and reduce alcohol-related harm in Galway City

Goals

Priority Actions 2017

Screening, Support and Brief Advice

13 Increase the availability of screening and brief advice

14 Promote and advocate for the development of treatment and support services to meet the needs of people affected by alcohol

13a&b Promote use of screening and brief advice and SAOR training

14a. Communicate information on alcohol treatment, support and rehabilitation options for people living in Galway City

14b. Advocate for adequate level of services in Galway City to prevent and reduce alcohol-related harm

14f. Provide information and supports to those affected by another's drinking

14g. Support the implementation of the Western Region Drug and Alcohol Task Force Family Support Strategy

D: Research, monitoring & evaluation

Aim: To use information and research in decision making to prevent and reduce alcohol-related harm in Galway City

Research

15 Increase knowledge of evidence based practice in preventing and reducing alcohol-related harm

15a. Communicate evidence based practice in preventing and reducing alcohol-related harm

15c. Support research on the burden of alcohol for the Emergency Department

Monitoring and Evaluation

16 Monitor and evaluate the progress and impact of this strategy

16a. Galway Healthy Cities alcohol forum will monitor implementation of the 2017 action plan through quarterly meetings and annual review event

16b. Undertake an evaluation of the implementation of Galway Alcohol Strat