



Monaghan and Cavan Youth Substance Support (MaCYSS)

Rapid Assessment/Consultation July 2021

MaCYSS is an initiative of Alcohol Forum Ireland

MaCYSS
Monaghan & Cavan
Youth Substance Support



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CEO Foreword

It is with great pride that I invite you to read this report, completed by our development worker for the new MaCYSS service in Cavan and Monaghan, Niamh McDaid. Our new under 18s service was developed in a historically unique set of circumstances, against a backdrop of a global pandemic, unprecedented social restrictions, and remote working arrangements, all of which posed significant challenges to getting this new initiative off the starting blocks.



I am hugely proud as CEO of Alcohol Forum Ireland of the work that our staff Niamh, Catherine, and Gemma have delivered during that period of time to develop a new, innovative and much needed service for young people and their families in Cavan and Monaghan. The work would not have been possible without the support of all of our partners in the community, voluntary and statutory sectors who and without funding from Tusla, the HSE Social Inclusion Unit and the North-East Regional Drug and Alcohol Task Force. The collaborative working has been fantastic to date, and we look forward to continued working together.

This rapid assessment provides an overview of the literature and demonstrates local people's perspectives on concerns in relation to alcohol and other drug (AOD) use among young people in Counties Monaghan and Cavan. The research gathered from this rapid assessment will be used to provide effective young person-centred services ensuring that supports are accessible to all young people in Monaghan and Cavan who need them.

Young people's substance use rarely features dependency, however substance use among young people is a cause for concern given this vulnerable period in cognitive and emotional development. Very few young people need residential treatment, substitute drug services, or even structured therapy – almost all need support on other issues in life. Usually, drug and alcohol use among young people is a symptom rather than a cause of vulnerability. Many young people have broader difficulties in their lives that AOD use compounds i.e., mental health concerns, social & societal issues, interpersonal relationships difficulties, educational and vocational struggles, among others. Substance use, therefore, cannot be dealt with in isolation but needs addressed within the context of other issues that affect the lives of young people. This requires a full assessment of not only the young person's development needs but also where appropriate the parents or caregivers' capacities to respond appropriately. To achieve an effective youth AOD service, it must function as part of a network of interdisciplinary agencies that support the young person to achieve their goals now and to prevent lasting and further problems into adulthood.

MaCYSS service is rooted in putting the young person at the centre of the service and supporting whole family involvement. MaCYSS engage people in an accessible way, and to help communities and public agencies to work together to improve services.

We would like to acknowledge the assistance and support of the Youth Alcohol & Substance Interagency Group (YASIG) and the Rapid Community Assessment Group (RCAG) throughout the process of the rapid assessment.

Kieran Doherty
CEO

Background

In 2020 Alcohol Forum Ireland was awarded the contract for a Development of a Young Persons' Addiction Service in Cavan and Monaghan. The development of this service was prioritised by HSE Social Inclusion Unit CHOI and supported by the Department of Health strand 2 funding. The successful tender document provided an opportunity to develop a service framework and was based on a network model approach.

Cavan and Monaghan are above national average for mortality due to alcohol related causes and for hospital admission rate for mental and behaviour disorders due to alcohol. The rate of alcohol related offences in Cavan and Monaghan for drink driving were highest nationally and above average for disorderly conduct (Goggin et al 2019). While there have been many developments in the region in the areas of prevention, education, family support and treatment, there was, across services, an acknowledgement that Cavan and Monaghan lacked an under 18 addiction service and key agencies came together to prioritise funding for the development of this service.

Alcohol Forum Ireland were delighted to be awarded the contract to develop and deliver this service in Cavan and Monaghan. Alcohol Forum Ireland is the only Irish Charity that works across many of the alcohol harm related areas including youth alcohol and other drugs (AOD), intervention, family support, alcohol related brain injury, community action, education, training, and research.

Monaghan and Cavan Youth Substance Support (MaCYSS) is a youth (12-18yrs) and family AOD service delivered by Alcohol Forum Ireland in partnership with, and funded by, the HSE, TUSLA and North-Eastern Regional Drug and Alcohol Task Force. Working together with service providers MaCYSS will deliver advisory, assessment, clinical intervention, and shared care coordination for Youth AOD in line with best international treatment standards. Support and intervention for youth AOD and their families delivered through MaCYSS Cavan and Monaghan Network will be holistic, trauma informed, age appropriate, family centric and culturally safe for young people with AOD concerns.

MaCYSS is overseen by a multi-agency steering group, Youth Alcohol & Substance Interagency Group (YASIG) and the Rapid Community Assessment Group (RCAG) was established to support the rapid assessment and project (see Appendix 1).

Context

In undertaking this rapid review, it was important to look at the literature on youth alcohol and other drug (AOD) use and how it can be associated with other issues that affect the lives of young people. A recent report from the European school survey project on alcohol AOD (ESPAD, 2019), indicates that 72% of young people in Ireland drank alcohol with 41% having had drunk alcohol in the previous 30 days. 20% of school aged children used illegal drugs, cannabis being the most used drug (ESPAD, 2019). The widespread concern about AOD use among young people is its effect on their physical health, mental health and development (O'Dwyer et al 2021).

Evidence indicates that substance use can cause a myriad of health and social harms, not only to people using but also causing harm to their community, family and friends (HRB, 2021). One of the main priorities of the EU drug strategy 2021-2025 is drug related harm (HRB, 2021). The national drug and alcohol strategy, 'Reducing Harm, Supporting Recovery' (2017-2025), outlines clearly that children and young people should be protected and supported to achieve overall good health and one of the key objectives is to prevent and delay AOD use in young people.

In undertaking this rapid assessment it was important to look at the national research on AOD use among young people but also to create a mechanism to listen to and consult with local people and those providing supports and services across the counties of Cavan and Monaghan. There has never been a dedicated youth drug and alcohol service in the counties of Cavan and Monaghan and therefore, there was a lack of service data on AOD use among young people. It was important in developing this service that the needs and concerns of both local people and service providers were heard.

Impact of alcohol and other drugs

According to O'Dwyer et al (2021) alcohol consumption in Ireland is high with people drinking in a harmful way. In 2019, on average every person in Ireland aged 15 and over drank 10.8 litres of pure alcohol a year – the equivalent of either 40 bottles of vodka, 113 bottles of wine or 436 pints of beer. Given one in four people in Ireland don't drink at all, actual consumption rates among those who do drink are much higher in real terms. A survey from the Department of Health (2016) stated that over 26% of adults had taken other illegal drugs in their lifetime. Research has shown that excess alcohol can lead to ill-health including heart and liver disease, cancer, alcohol dependence and alcohol related brain injury (HSE, 2019). Other drug use can lead to overdoses, diseases such as HIV/AIDS and hepatitis C, other drug related health problems and offences (Bates, 2017).

Research indicates that 80% of school aged children had their first alcoholic drink by age 17 with 42% of this age group reported having been given alcohol by a parent or guardian (HBSC, 2018). Research has suggested that during the teenage years substance use can lead to more risky behaviours and experimenting with alcohol and other drugs (Martin et al, 2020). This can disrupt important brain development including physical and mental ill-health, dependency and social relationships (Hanson et al 2011; PHA, 2017). For instance, a person is 4 times more likely to become dependent on alcohol if they start drinking before the age of 15 than people who wait until the age of 21. The brain needs time to mature and develop which may not happen until mid-twenties or later (Gogtay et al. 2004). Alcohol is a neurotoxin and is known to impact brain health across the lifespan (Mewton

et al 2020). Evidence indicates that adolescents may be particularly sensitive to the neurotoxic effect of alcohol due to maturation changes occurring in the brain (Mewton et al 2020). Chronic long term alcohol dependency may also lead to lasting changes in the brain known as Alcohol-Related Brain Injury (Cox et al 2004) which typically emerge in the fifth and sixth decade of life (MacRae & Cox 2003). It is widely known that showing healthy behaviours and having a good relationship with your child will mean, they are more likely to be protected from the negative effects of alcohol (PHA, 2017).

Models/interventions with young people including whole family approach

The model being developed as part of MaCYSS is strongly informed by evidence, drawing on several evidence-based models/interventions that have been proven to be effective with young people and/or their families. They include assessment, brief intervention, and a whole family approach. The people involved and part of developing the network underpins those models and will include motivational interviewing and brief intervention training. The role of screening and brief intervention is widely used within health care settings and proven to be a successful way in helping people with substance use problems (O'Shea et al, 2017). SAOR 2 training has been delivered within the Cavan and Monaghan network in 2021 and will continue to be rolled out.

Martin et al (2020) found that interventions which included family members had positive outcomes for the family and individual as well as a decrease in drinking alcohol. A report carried out by Quinn and Comiskey (2019) recommended that mental health services should be a 'whole family holistic model' compared to the medical model. O'Shea et al (2017) suggest that multiple factors are involved when dealing with an individual's substance problem including social environment, family and psychological factors. O'Shea et al (2017) also suggests that family is a 'dynamic system' in helping with substance use behaviour.

Lack of communication, conflict and disengaged parenting can have an increased risk of youth AOD use. Families can be an important protective factor in young people's lives especially when it comes to AOD use (Crane et al, 2016). The most recent Planet Youth County Report Galway found that AOD use was higher among young people with less support and monitoring from parents and family. Family can play a vital role in our young person's health and wellbeing by not approving alcohol use inside and outside of the home (Planet Youth County Report Galway, 2020)

Harm reduction

Central to the network model and MaCYSS therapeutic approach, the service uses a harm reduction model. Harm reduction works to reduce the adverse health, social and economic impacts of drug use on communities, families and individuals (HRB, 2021). Harm reduction includes a focus on the prevention of harm, rather than on the prevention of substance use itself with attention and focus on the individual's active substance use. An example of harm reduction includes a clean needle exchange programme that can reduce rates of transmission of hepatitis C, HIV, or other infectious disease for individuals suffering from heroin use disorder. Research has suggested that interventions which include harm reduction can reduce AOD risk behaviours (HRB, 2021).

Network model approach

The MaCYSS project in Cavan Monaghan is underpinned by a network model approach. This approach supports and enables young people and their families whose lives are harmed by AOD use access pathways to a combination of personalised, social, emotional, and other community services that enable young people to overcome alcohol and drug related problems and achieve and sustain recovery.

A whole community recovery approach (including appropriate harm minimisation) to youth AOD use would include actions in a number of areas aimed at reducing harmful drug and alcohol use on a continuum of care. Therefore, the response must be multi-faceted and include the broad range of existing community supports and services for young people supported by dedicated young person's drug and alcohol workers. Strong collaborations and referral pathways between MaCYSS and local agencies will maintain an appropriate and safe delivery of the youth AOD and family care. MaCYSS recognises that it will take a real commitment, concerted effort and a "services working together approach" to achieve a system-level change so that we can be effective in preventing and reducing youth AOD-related harm.

If we want to reduce youth AOD consumption and harm, Boys et al (2001) suggest that there is a need to understand how AOD use plays a role in young people's lives as well as addressing both drugs and alcohol together. The National Drugs strategy recognises that there is a need to improve supports for young people at risk of early substance misuse, through improving access to a range of resilience building initiatives and partnerships between statutory, health and social service, education and youth services.

Key Findings



70%

of people said that there is a problem with Young People drinking alcohol and taking drugs in their area



46%

of people believe that mental health is a key factor influencing alcohol and other drug use among Young People in their area



68%

of people believe that peer pressure is a key factor influencing alcohol and other drug use among Young People in their area



57%

of people believe that boredom is a key factor influencing alcohol and other drug use among Young People in their area

Key Findings



20%

of people said it is acceptable to let a 15yr old drink alcohol at home...

however...

62%

of people said it is acceptable to let a 16/17yr old drink alcohol at home



88%

of service providers believe that both peer pressure and alcohol advertising are key factors in influencing AOD use among Young People in their area



80%

of service providers said they refer onto other services as appropriate when Young People present with AOD issues



96%

of service providers believe that issues at home including parental AOD use is a key factor influencing AOD use among Young People in their area

Methodology

Extensive research has been carried out to evaluate both action and participatory research which aims to empower the people and stakeholders involved in the study/work, increasing their control on what happens in their community (Bergold and Thomas, 2012; McIntyre, 2008; MacDonald, 2012).

This consultation adopted an action research approach which refers to the fact that the findings of the research will have a direct impact on how the work in addressing underage AOD use in Cavan and Monaghan is developed. In addition to the data collected, the action-oriented research will result in “action steps” that are context bound rather than in developing or testing theory that can be generalised. From research carried out by Amaya and Yeates, (2014), they explain how local knowledge and ownership can more than likely lead to the findings being put into practice.

In January 2021, the Rapid Community Assessment Group (RCAG) was established to support the process of the rapid assessment delivered by Alcohol Forum Ireland. The group consists of key representatives from Cavan and Monaghan working with young people including An Garda Síochána, TULSA, ETB, Mental Health Service, HSE and Monaghan and Cavan County Councils. The group met on a monthly basis and assisted with the mapping of the relevant services and existing community responses, involving a structured review of what agencies and organisations across the statutory, community and voluntary sectors were currently providing.

Consultation

The purpose of the consultation was to engage with services providers, parents, adults and young people to gain perspectives on concerns in relation to AOD use among young people in County Cavan and Monaghan. The evidence-based research gathered will be used to provide effective young person-centred services ensuring that supports are accessible to all young people who need them.

Data Collection

A mixed methodology approach was carried out to collect data involving the following:

- 5-minute community survey sent out to the wider community and counties Cavan and Monaghan
- A survey for service providers, statutory agencies, and organisations in Tiers 1-4
- Focus groups with representation from young people, families, and individuals currently accessing support and services, service providers and the wider community
- Semi Structured interviews with service providers, statutory agencies, and organisations. The interview questions were determined by the data collected from the online survey.

The two surveys were accessible online using the survey platform SurveyMonkey. The 5-minute community survey opened on 4th May 2021 and closed on 18th May 2021. The service provider survey opened on 11th May 2021 and closed on 28th May 2021. The focus groups and semi structured interviews were carried out between the 16th and 30th June 2021. The data collection tools used were piloted with the Youth Alcohol & Substance Interagency Group (YASIG), RCAG members, Youth Reach Monaghan and Cavan and the working group of Planet Youth in Cavan and Monaghan.

Sampling

This research used both opportunistic and targeted sampling techniques. Participants were people who live and/or work in County Cavan and Monaghan. Participants were recruited using existing networks within Cavan and Monaghan, social media, mainstream media, the Public Participation Network (PPN) and Children and Young People's Services Committee (CYPSC) contacts. To gain a wider participation from the community we aimed to target different groups, for example LGBT, ethnic minority groups including Travellers. The participants were informed that the survey is completely voluntary and can withdraw at any time. Consent was obtained prior to the completion of the survey, focus groups and semi structured interviews. Ethical approval was not required for this consultation as it asks for people's knowledge and experience of the topic for service development and improvement (Tulsa, 2020).

Limitations

We acknowledge there were possible limitations to this consultation. For example, it is possible that as an opportunistic sampling strategy was used that it may be over representative of people who had an existing interest in the issues being researched. However, to mitigate the bias, we also used a targeted sampling technique which focuses on responses from particular groups who were less likely to take part in the consultation, for example, those who have an increased risk of AOD issues.

Survey Results

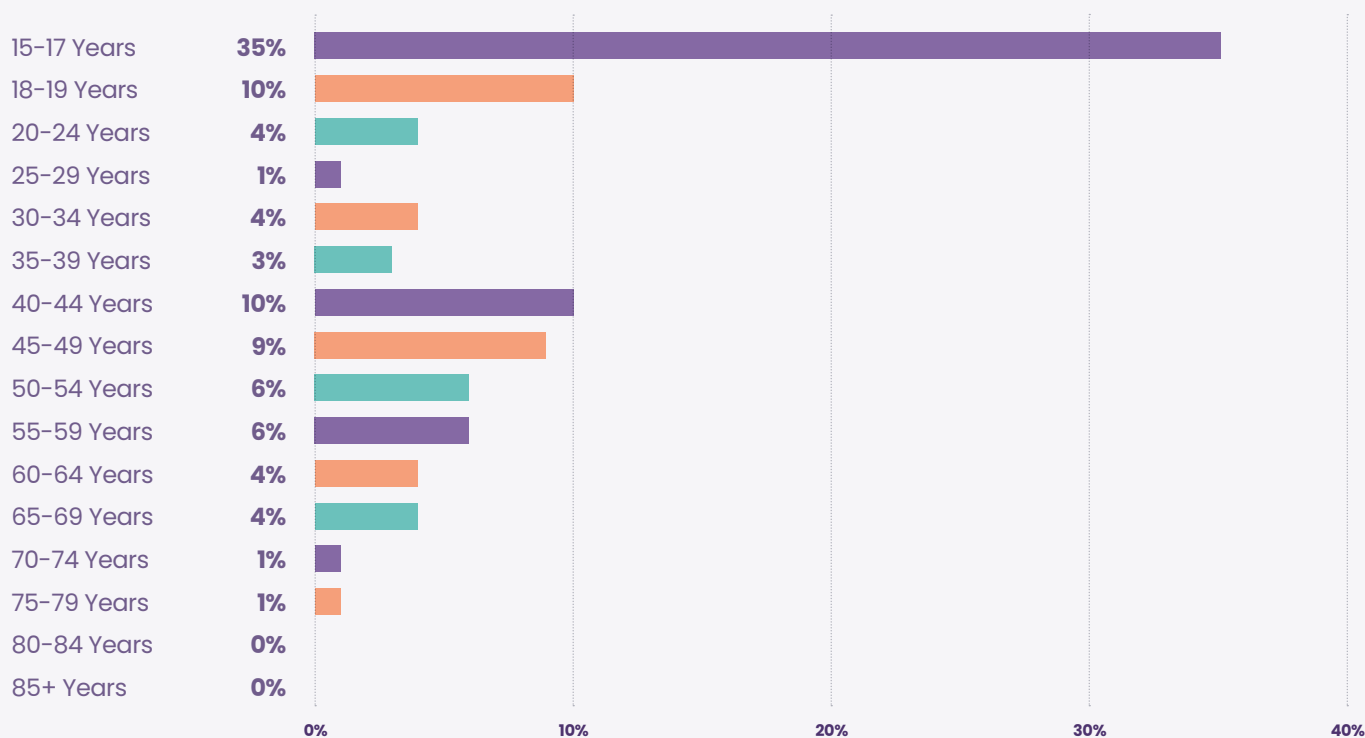
Community survey

230 people from Monaghan and Cavan took part in the MaCYSS community 5-minute Survey.

	Male	Female	Non-binary	Other	Total
Cavan	47%	54%	0%	0%	56%
Monaghan	34%	63%	1%	2%	44%

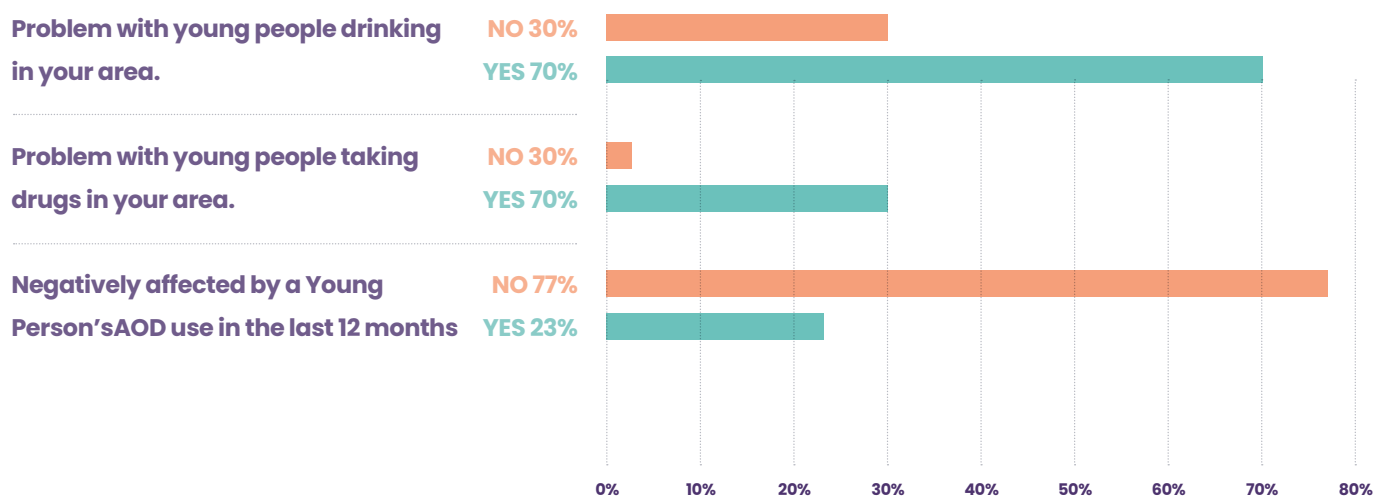
	White Irish	White Irish Traveller	Other White	Black or Black Irish	Asian or Asian Irish	Other
Ethnicity or cultural background	89%	1%	1%	1%	3%	1%

The age range of participants



Problem with AOD use

Participants reported the following:



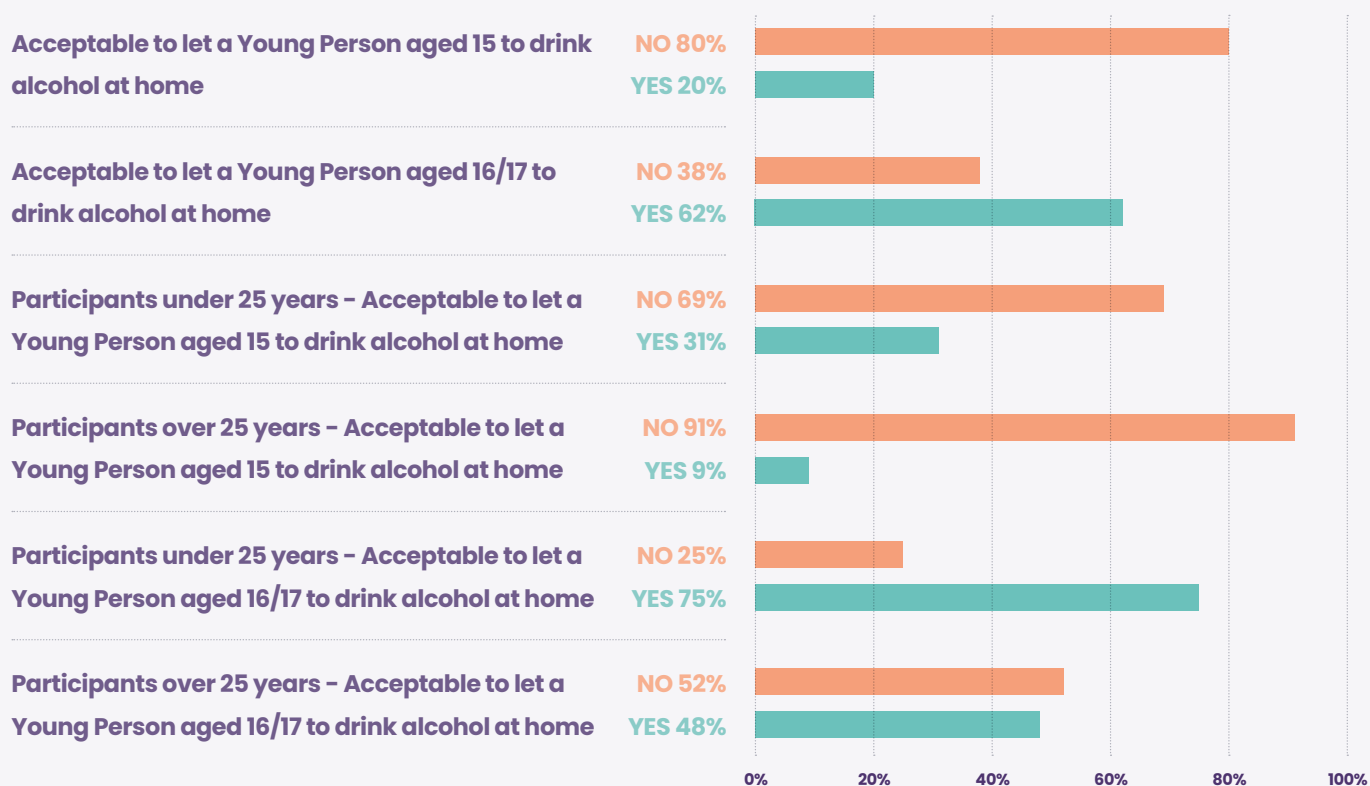
Factors influencing youth AOD

Participants believe to be the key factors influencing AOD use among Young People in their area and compares participants answers under and over the age of 25 years.

	%	Participants under 25 years	Participants over 25 years
Peer Pressure	68%	50%	50%
Ireland's drinking culture	58%	50%	50%
Boredom	57%	50%	50%
Mental Health issues	46%	60%	40%
Issues at home including parental AOD use	45%	50%	50%
Availability of alcohol	42%	52%	47%
Lack of awareness around the harmful effects of AOD	41%	40%	60%
Parental attitudes and rule setting within the home	39%	51%	49%
Lack of youth facilities in the area	36%	40%	61%
Low self-esteem	34%	45%	55%
Difficulty at school	24%	62%	38%
Low socio-economic status	21%	32%	72%
Leaving school early	17%	47%	53%
Alcohol advertising	12%	54%	46%

Attitudes towards young people drinking in the home

Participants reported the following:



Attitudes towards Public health measures

Participants reported the following:

	Agree strongly	Agree a little	Neither agree or disagree	Disagree a little	Disagree strongly
There should be a minimum price for alcohol below which it can not be sold	35%	28%	16%	10%	11%
Advertising of alcohol which appeals to Young People should be banned	55%	21%	14%	6%	3%
Advertising of alcohol on TV and radio should be confined to after 9pm to protect children	52%	20%	16%	8%	5%

Priorities and gaps at the local level

The information gathered in the table below is from the open-ended questions as part of the survey. It shows the ten most frequent answers for each question.

What do you think is a priority for Young People in your area?	What services would you like to have for Young People in the community?	What do you believe are the most urgent needs for you, your family or your community?
Sport (14%)	Youth Clubs (19%)	Safe meeting Spaces (13%)
Recreation Facilities (12%)	Sport/Clubs (14%)	Mental health services (9%)
Socialising (8%)	Mental health services (8%)	Support services (6%)
AOD Education (6%)	Hang out space (8%)	Youth Groups/Clubs/Café (5%)
Mental health supports (5%)	Youth Café (6%)	Employment (3%)
Friends (3%)	Safe meeting spaces (4%)	Public Transport (3%)
School (3%)	Counselling (3%)	AOD Support (2%)
Non sport activities (3%)	Drama Group (3%)	Counselling (2%)
Clubs (2%)	Public Transport (2%)	Garda presence (2%)
Football (2%)	Volunteering (2%)	Sport (2%)

Service Provider participants

26 service providers from Monaghan and Cavan took part in the survey. 20% and 24% of services are based locally in Cavan and Monaghan respectively while 30% of services are based regionally in both County Cavan and Monaghan. 91% of service providers reported that their service fits into either Tier 1 or Tier 2 compared to only 1% reported that their service fits into Tier 3 or Tier 4.

The supports provided to young people presenting with AOD issues are shown in the table below.

	Education/prevention	Family support	1-1 support	Peer mentoring	Referring onto other services	Diversion route activities	Harm reduction	Other
Supports provided	76%	68%	60%	28%	80%	24%	36%	24%

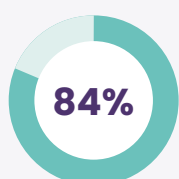
Training

The table below shows service providers and/or volunteers who have completed training courses listed in the last two years (left-hand column). 73% of service providers also reported that had they had an opportunity to incorporate the training skills in their work with young people and/or their parents while 23% said the training was not applicable. On the right-hand column, it shows service providers and/or volunteers who identified what training would be useful to them in becoming part of the network which supports and becomes part of the referral pathway for MaCYSS service.

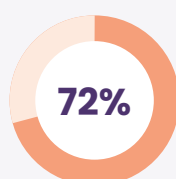
Percentage that have completed training in the last 2 years	Training courses (see Appendix 2)	Percentage that are interested in training
0%	Make Every Contact Count e-learning module	70%
0%	Make Every Contact Count face to face workshop	48%
67%	SAOR 1	44%
27%	SAOR 2	48%
0%	Minor Award in Children & Families: Hidden Harm (Level 9, 10 ECTS)	44%
13%	Community Reinforcement Approach (CRA) or Adolescent Community Reinforcement Approach (A-CRA)	48%
13%	Understanding Harm Reduction	52%
20%	Putting the Pieces Together	65%
27%	Parents under Pressure (PuP)	61%
53%	Applied Suicide Intervention Skills Training (ASIST)	35%
7%	5-Step Method	39%
40%	Motivational Interviewing (MI)	39%
0%	Know the Score	22%

Key gaps identified

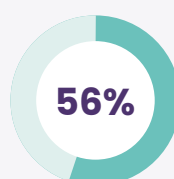
Key gaps in services and supports in relation to Young People's AOD concerns, as reported by service providers.



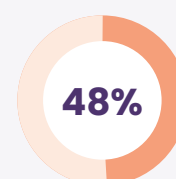
Lack of Under 18's addiction service



Parents understanding of the issue



Waiting time



Lack of support

Recommendations

The findings of this rapid assessment are inclusive of 230 community members and 26 service providers. The recommendations reflect the needs identified as priorities in both surveys, together with reflections and input from the YASIG and RCAG members. Central to the information gathered in both surveys is a clear recognition that people do feel there is a problem with youth AOD use in their area. The findings also chart a direction for further action by both the MaCYSS project team and all of the organisations involved in the network.

The results from the community survey show that 80% of participants said it's not acceptable to let a 15 year old drink alcohol at home however only 38% said it's not acceptable to let a 16-17 year old drink alcohol at home. This indicates more awareness and education is needed about how AOD intake can disrupt important teenage brain development. When asked what services young people would like in their area and what are the most urgent needs, the top answers were youth clubs, sport, safe meeting places, recreation facilities and mental health services. This suggests that young people are keen to socialise in a safe and fun way, develop relationships with their peers and to look after their mental health. The results from the service provider survey indicate that participants are interested in certain training courses related to AOD and training would be useful to them in becoming part of the network which supports and becomes part of the referral pathway for MaCYSS service.

Based on the review and extensive consultation with the project partners, network members, community and young people themselves the following actions are recommended:

- **Building skills and capacity of network:** There is a clear need for investment of time, energy and resources to build the capacity and skills of network member organisations. MaCYSS, which is still at an early stage of development, is the first young persons' addiction service in Cavan and Monaghan, therefore, building and sustaining the network, the referral pathways and a complimentary mix of personalised, social, emotional, family and community services will take time. Early data from the initial referrals received by the MaCYSS service would indicate that many of the young people presenting could have benefitted from earlier identification and intervention.
- **Development of a training framework to support network member organisations:** It is recommended that the MaCYSS project develops and promotes a suite of training, inclusive of foundational training in alcohol and other drugs for Tier 1 and Tier 2 services within the network.
- **Development of a promotional and communication strategy for the MaCYSS project.** Key to the success of achieving MaCYSS' overall strategic aims will be the adoption and implementation of a communications strategy. As a new service and the first of its kind in the two counties, it is important that a clear communications strategy which incorporates radio, print, social media and communications through statutory and community networks is developed and delivered.
- **Build youth involvement into project development as a core element.** The initial project plan committed to 'hearing the voice of young people' and much work has been undertaken in this area to date, including the involvement of young people in the rapid review, the naming of the service and the development of a promotional video. As the project continues to develop it is recommended that this positive youth engagement is further strengthened through client participation and enabling young people who are service users to have an input in decision making and evaluation processes.
- **Empower parents:** It is strongly recommended that the MaCYSS project develops a clear and area wide strategy to involve, empower and increase the skills and understanding among parents and guardians in the area of youth alcohol and other drug use.

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Appendix 1

Members of the YASIG

Name	Organisation
Patricia Garland	HSE Social Inclusion (Co-Chair)
Cathal Grant	TUSLA (Co-Chair)
Collette Deeney	Monaghan CYPSC
Ste Corrigan	Cavan CYPSC
Maureen McIntyre	CMETB
Emer Mulligan	HSE Suicide Prevention
Mary Rose Smith / Cathal Hand	HSE Primary Care
Padraig O'Brienne / Una Forde	HSE Mental Health Service
Sheila Das	HSE CAMHS
Andy Ogle	NE-RDATF
Kieran Doherty / Paula Leonard	Alcohol Forum Ireland
Sean McGovern	HSE Social Inclusion (Admin Support)

Members of the RCAG

Name	Organisation
Niamh McDaid	Alcohol Forum Ireland (Chair)
Antoinette Brady	TULSA
Charlene Duff	TULSA
Patrick Merrick	An Garda Siochana
Edel Gililand	An Garda Siochana
Martin Jones	HSE
Maureen McIntyre	CMETB
Fiona McEntee	Monaghan County Council
Grainne Boyle	Cavan County Council
Stephanie Kane	NE-RDATF
Helen Greenan	HSE CAMHS
Gemma McCabe	Alcohol Forum Ireland
Paula Leonard	Alcohol Forum Ireland
Kieran Doherty	Alcohol Forum Ireland
Catherine Sheridan	Alcohol Forum Ireland (Admin Support)

Appendix 2

Training courses

Make Every Contact Count e-learning modules – HSE

Provides effective tools and knowledge to carry out a brief intervention with patients or service users

Make Every Contact Count face to face workshop – HSE

Provides effective tools and knowledge to carry out a brief intervention with patients or service users

SAOR 1 (Support, Ask and Assess, Offer Assistance and Referral) – HSE

Screening and Brief Intervention for Alcohol and Substance Use

SAOR 2 (Support, Ask and Assess, Offer Assistance and Referral) – HSE

Screening and Brief Intervention for Alcohol and Substance Use

Minor Award in Children & Families: Hidden Harm (Level 9, 10 ECTS) – LYIT and Alcohol Forum Ireland

The course explores the impact of problem parental alcohol and other drug use

Community Reinforcement Approach (CRA) or Adolescent Community Reinforcement Approach (A-CRA) – The Learning Curve Institute

Behavioural intervention programme designed to support recovery from substance use disorders

Understanding Harm Reduction – Urrus/The Ballymun Youth Action Project

Outlines the health issues experienced through substance misuse

Putting the Pieces Together – West Regional Drugs and Alcohol Task Force

An integrated approach to working with young people, parents and communities on the subject of drugs and alcohol

Parents under Pressure (PuP) – Coolmine Treatment Centre

For families who are facing multiple adversities including parental substance abuse, mental health problems, family conflict and severe financial stress

Applied Suicide Intervention Skills Training (ASIST) – National Youth Council of Ireland

To help people at risk of suicide

5-Step Method – National Family Support Network

Works with family members and offers support to people who have been negatively affected by a loved one's substance use or problem gambling

Motivational Interviewing (MI) – Addiction Training, Therapy and Supervision

To help people increase their motivation to change

Know the Score (for Post Primary Teachers) – HSE

Resource to engage senior cycle students (15-18 yrs) on the risks associated with alcohol and other drugs

Support & Information

If you have any queries relating to this project you can contact us on the details below:

T: 085 744 2857

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Niamh McDaid
Development
Officer



Gemma McCabe
Therapeutic
Practitioner



Catherine Sheridan
Clerical
Officer



Building a
Better Health
Service

Seirbhís Sláinte
Níos Fearr
á Forbairt



North Eastern Regional
Drug & Alcohol
Task Force

Cavan - Monaghan - Louth - Meath

MaCYSS is an initiative of Alcohol Forum Ireland

MaCYSS
Monaghan & Cavan
Youth Substance Support



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