A photograph of two women standing in a lush garden filled with green plants and red flowers. They are both wearing purple t-shirts and holding a long, purple banner with white text. The woman on the left has blonde hair and glasses, and the woman on the right has blonde hair. In the background, there is a concrete wall and a green metal fence. The overall scene is bright and natural.

#FINGLASDOESRECOVERY



FAST

Finglas Addiction
Support Team

RECOVERY for a better life

ANNUAL REPORT 2020

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Chairperson Statement



Mary Flanagan
Chairperson

When I began to reflect on the past year, I was at a loss trying to find the right way to sum up 2020. The common purpose, focus and determination of all staff in this unprecedented time has been a source of deep pride in what has been achieved at FAST. As you read this report, it must be acknowledged that the disruption caused by COVID 19 created a unique opportunity for the team to work together and co-create new ways of working that will exist beyond the pandemic.

This report acknowledges this collective effort which is truly captured by the Chief Executive in her reflections and ensured that the service users and their families remained forefront in all that we did during 2020. Throughout the year the team responded to the daily challenges with enthusiasm, demonstrating their ability to be agile, and supported each other. Many of the team took on new roles and responsibilities, responded to service needs and supported many changes in new ways of working.

Despite the disruption of the year, FAST continued to strengthen its outreach services to ensure that they could provide more comprehensive and integrated care to align with our strategic priorities. Central to this was collaboration and working in partnership with key stakeholders. The team continued to promote and maintain safe human contact at a time in life when it was most needed.

I want to thank my fellow board members who played an active part in supporting the organisation during the year. We had some changes to our board in 2020 and I want to say thank you to those who resigned and welcome our new board members. Finally, on behalf of the board I want to thank the team and the CEO for their continued commitment to FAST. We are grateful to them for continuing to deliver on our mission and values during the year despite the challenges faced.

Mary Flanagan

“
The common purpose focus and determination of all staff in this unprecedented time has been a source of deep pride in what has been achieved at FAST.”

CEO Forward



Amy Roche
CEO

2020 marks a year like no other as we emerge a more resilient organisation having been impacted by a global COVID pandemic. 2020 was a year where FAST witnessed people and their families more than ever seeking supports with problem drug and alcohol use and related issues. Within the restrictions of several lockdowns and waves of COVID cases FAST at times were required to close their doors and work remotely finding creative ways to maintain service provision and reach out to the most vulnerable in society using digital platforms, phone supports and outreach.

Although we had been restricted in the services we could provide and at times had to close our building FAST still saw an increase in numbers attending our services in 2020.

Overall 657 connected with FAST and 87% (n573) of those attended our service compared to 81% in 2019.

This increase in service demand was met by a committed Team of staff and volunteers who not only provided high quality support to families and people accessing FAST (266 women and 313 men attending) but adapted their own lives during an adverse global event to bring work into their homes and ensure those seeking our services were still able to access remote supports, assessments, one to one key working, counselling and group support.

In the initial period of the global pandemic like many others, FAST responded to the call from the Department of Health to re-deploy some of our resources and respond to the National crisis response for homeless people. In April 2020 FAST in collaboration with the HSE Homeless Health Team, the FCLDATF, the BLDATF and other addiction services, set up and staffed a 24/7 accommodation unit for homeless families in Dublin city centre. This was a short but intensive support period for those involved and we were delighted to be in a position to support these families and work together with our sector peers. A total of 24 people, 17 of which were children (u18), were supported during this time. FAST also supported a HSE COVID isolation unit for homeless people by re-deploying 1

full time project worker to work on a 24/7 rota for 9 weeks.

As part of our Strategic priorities FAST continued to recognise the value in our communication and collaboration across the community. In 2020 FAST utilised our communication platforms and our networks to create an inspiring message of Recovery, actively participating in International Recovery Month and leading out on the inaugural "Finglas Does Recovery". Along with participants, our community partners and Recovery Stakeholders we hosted several events and ran a social media campaign which celebrated people in recovery. This campaign aimed to bring a positive dialogue and educate the wider community by giving people in recovery an opportunity to share the significant impact they and their recovery has on not only them but their families, community and wider society. The aim is also to constructively challenge the negative stigma and labelling of people seeking support for addiction issues which can cause discrimination and social exclusion.

In 2020 FAST welcomed some new developments including the Pilot of a Recovery Advocate role. The Recovery Advocate role is similar to that of a Recovery coach and will use their direct experience of services and recovery to assist FAST in developing Recovery activities and services. This is a non-clinical role and does not aim to provide primary treatment but to consolidate the gains participants have made during treatment aiming at Whole Person Recovery. This is a paid role, the first paid role of its kind in Ireland and will be key in creating strategies for developing recovery capital, maintaining a drug free lifestyle, increasing career / education opportunities, reducing recidivism and building positive relationships.

As an organisation committed to innovation and growth, providing responsive treatments to those who most need it, FAST introduced an Assertive Outreach service in August 2020. This was to address the needs of those harder to reach groups and provide a mobile service in the community engaging with homeless rough sleeps, young people at risk, people with long history

of Alcohol use and Street Drinkers. In addition we have been working closely with other services in the area and wider Dublin providing in reach, assessment, sign posting and referrals including: HSE addiction services, Feed Our Homeless (Homeless / Outreach), Local Youth services, Garda Diversion project, Homeless accommodation services, high risk families, hospitals etc.... The aim of the Outreach service is to engage with people seeking supports across a continuum using a holistic approach and creating interagency care plans that give access and appropriate treatment pathways for those experiencing problematic drug and alcohol use. From August to Dec 2020 the Outreach services had 135 engagements with 27 people including 12 people availing of ongoing case management supports in FAST and 7 onward referrals to further treatment and supports including HSE addiction services, harm reduction support, community detox, residential treatment and stabilisation / day programmes. We look forward to expanding our outreach services into the future.

FAST further demonstrated its commitment to creating access and treatment pathways by meeting people in their community, this is evidenced through our ongoing work with the Abigail Women's centre in collaboration with De Paul and Novas. In 2020, the service worked with 42 participants, compared to 39 in 2019. The needs of the residents of Abigail are complex and of the 42 women we worked with, 27 presented with a Dual Diagnosis. FAST has recently welcomed the news that a Clinical Lead had been appointed in the area of Dual Diagnosis and we continue to advocate for the re-establishment of a Mental Health Clinical Programme to address dual diagnosis; and to develop joint protocols between mental health services and drug and alcohol services as committed to in the 2017 – 2025 national drug and alcohol strategy Reducing Harm supporting Recovery.

In 2020 we experienced a challenge reaching out to families due to Public Health measures and restrictions. Some did not feel equipped to engage remotely using digital supports. This

FAST further demonstrated its commitment to creating access and treatment pathways by meeting people in their community.

was due to the following as reported by staff and families: IT literacy or access to IT equipment, challenging home environments with no privacy (often living with family member who had problematic drug / alcohol use) and many family members were in a vulnerable cohort or living with someone with compromised immunity and had to cocoon. However we continued to offer 1 to 1 and online group support to as many family members as possible in 2020 and assisting in trying to overcome barriers as noted above. Overall there was a 21% decrease attending compared to 2019 (n30) with 116 people availing of our family support service with issues including living with drug and alcohol use in the home, drug debt intimidation, domestic abuse and financial difficulties resultant from loved ones addiction.

During 2020 FAST witnessed a similar trend to the previous year, and we continue to see the impact of Cocaine use as the most reported main drug of choice with a further 5% increase this year. Overall 35% of all participants worked with in 2020 cited cocaine as their main problematic drug of choice.

We also see over a quarter of participants accessing the service citing alcohol as their main problematic issue (28%) a 2% increase on last year. Reporting as main drug of choice saw

a 4% increase in those presenting with heroin (20%) and a 2% increase (10%) presenting with benzodiazepine on last year. A 9% decrease in cannabis use, cited as primary drug issue, but of note, most people report poly drug use on further assessment.

In 2020 we were delighted to continue our Partnership with Finglas Tidy Towns who helped us to bring our FAST Garden back to life and support us to maintain the grounds throughout the restrictions including the restoration of the pond and a beautiful water fountain feature supported also by the Dublin North West Area Partnership. We were fortunate to be in a position to have such a wonderful therapeutic space particularly during the pandemic as this allowed us to increase the numbers of people accessing our services on-site as we could facilitate an outdoor space for groups and 1 to 1 supports. FAST wishes to thank Finglas Tidy town's volunteers once again for their ongoing commitment and support with our plans for the use of this outdoor space.

Finally, on behalf of our participants, staff and volunteers and board members, we thank you for all your support in 2020, without which, we could not have delivered our services and supported the positive and long term change in our clients' lives. We look forward to your continued support in 2021



OUR VISION

Leading an innovative centre of excellence where people can recover and have fulfilled lives in their community

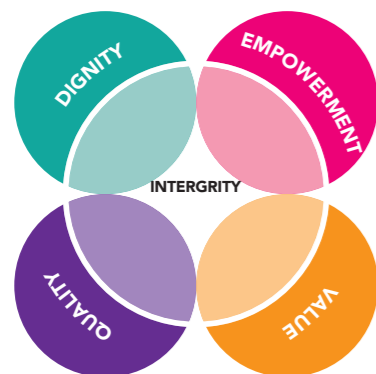


OUR MISSION

We will provide accessible quality services for those affected by drug and alcohol use and mental health issues

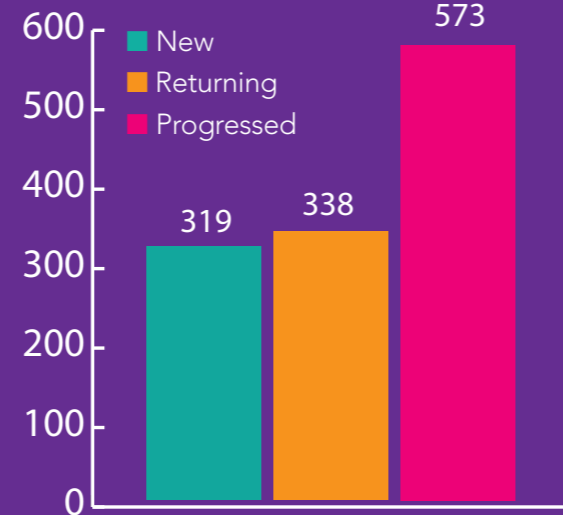


OUR VALUES

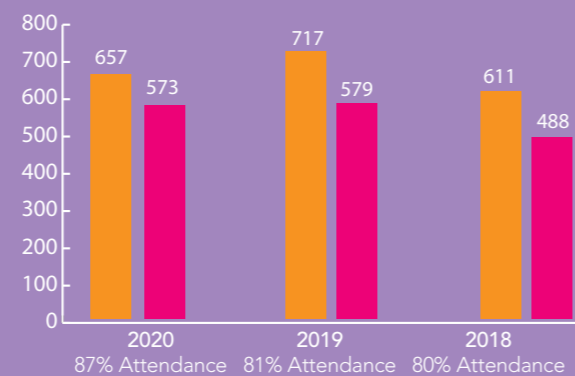


ANNUAL SERVICE SUMMARY

657 Clients contacted FAST



Participants Engaging with FAST

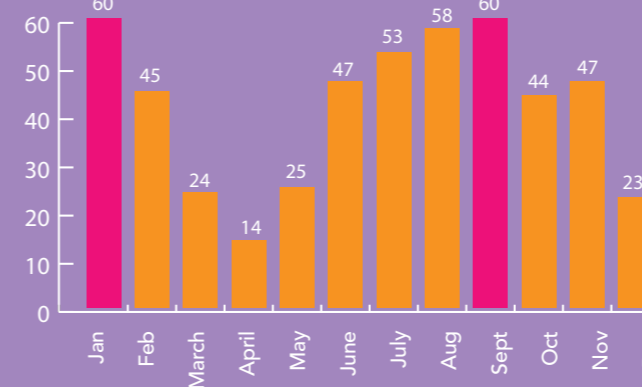


268 Female
(266 in 2019)

304 Male
(313 in 2019)

1 Transgender
(0 in 2019)

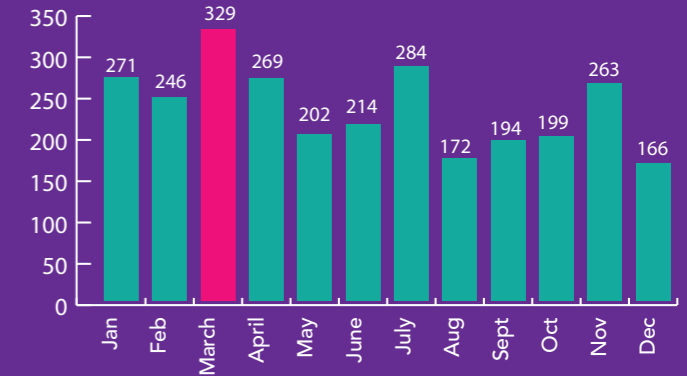
Assessment Attended Monthly 2020



2020 Offered: 744
Attended: 500 - 67%

2019 Offered: 984
Attended: 538 - 54%

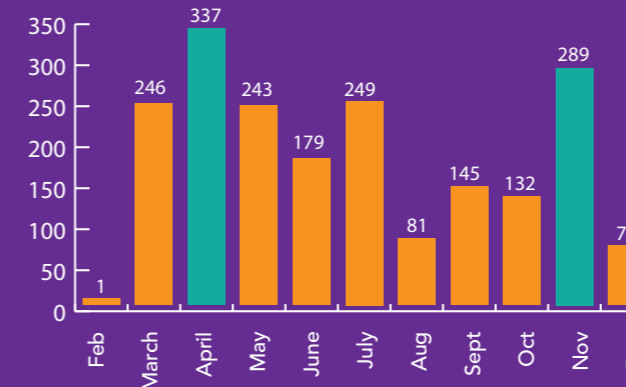
One-To-One Attended Monthly 2020



2020 Offered: 3,933
Attended: 2,872 - 73%

2019 Offered: 4,384
Attended: 2,792 - 63%

Tele Work Appointments Offered



15 GROUPS

6 ONLINE

136 PARTICIPANTS

Reduce the use: Focus on Alcohol
Relapse Prevention - PDU
Aftercare Programme
5 Step Programme
Recovery Social Group
Open Information Session

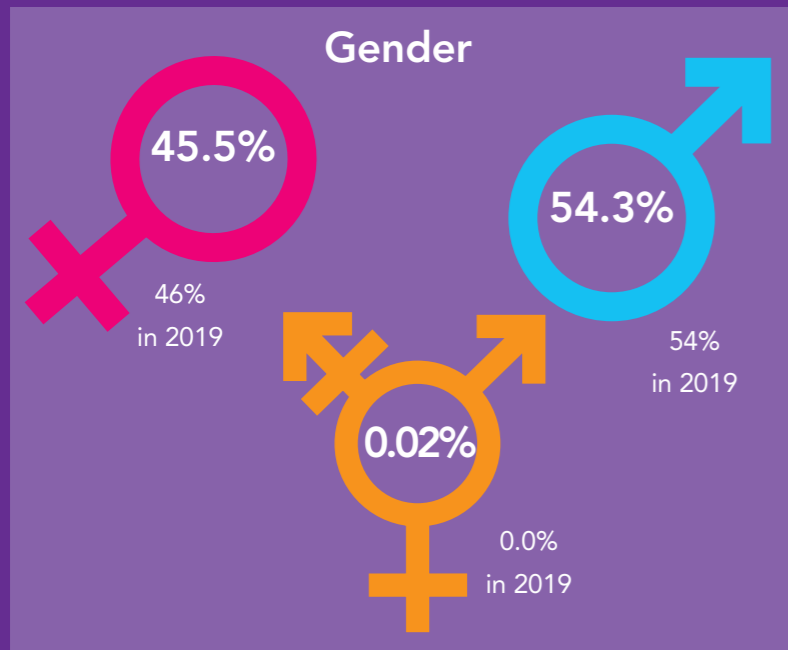
SUBSTANCE & DEMOGRAPHIC 2020

Substance Issues Reported in 2020

Main Substance use Presenting in 2020 (v 2019)

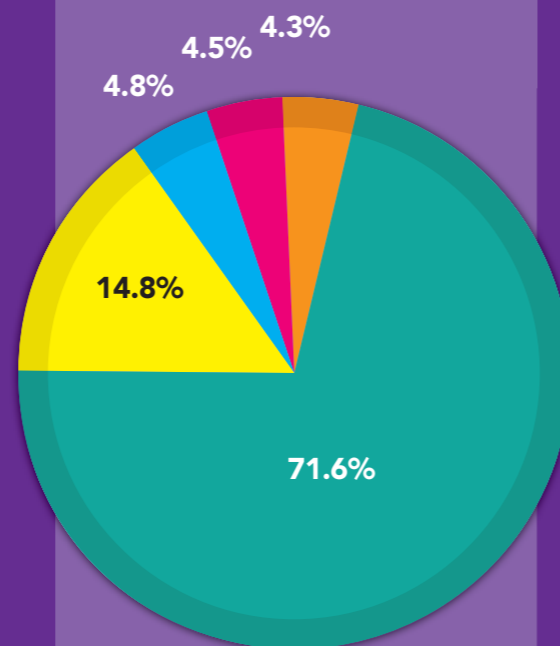
DRUG TYPE	CHANGE	2020	2019
Cocaine	▲	35%	30%
Alcohol	▲	28%	26%
Opiates	▲	20%	16%
Benzodiazepines	▲	10%	8%
Cannabis	▼	7%	16%

Attending Clients Demographics



Area of Residence

- Dublin North West
- Dublin North Central
- Dublin North
- Meath
- Dublin - All other Areas.



Age Profile

Age Profile Attending	Total	Female	Male	Transgender
18-25	79	22	57	0
26-40	249	117	132	0
41-55	174	81	93	0
55+	71	48	22	1

Finglas Does Recovery Campaign

FAST, supported by The Recovery Academy of Ireland (RAI), Dublin City Council, Finglas Cabra Local Drug and Alcohol Task Force (FCLDATF), HSE Social Inclusion, An Gardaí Síochána and local projects, played an active part in promoting Recovery throughout International Recovery Month September 2020. Along with our partners and many people in Recovery and in spite of the nation's ongoing fight against COVID we brought Finglas into the Recovery movement and launched FINGLAS DOES RECOVERY 2020. We delivered initiatives to create a positive message and space across the community of Finglas to talk about the positive impact of Recovery and promote social inclusion.

'Finglas does Recovery' offered a campaign to create a visibility of recovery, end the stigmas and get behind people in recovery. Men and women in recovery are achieving great things in life; they are successful professionals, academics, doctors, entrepreneurs, they are mothers, fathers, daughters, brothers, sisters. They are providing local services in your area; they are your local shop keeper, youth worker, milkman, accountant, hairdresser, sports star and counsellor. They are part of our national leadership and they are most likely at this moment supporting and inspiring other people in recovery.

Inspired by Ballymun does recovery in 2019 – an event support by the HSE, DCC, BLDATF we delivered a number of actions to create a positive campaign in Finglas and across Dublin including :

A short video 'FINGLAS DOES RECOVERY' supported by the FCLDATF which included some well-known local faces alongside the community, public representatives, service providers, people in Recovery and their families.

The video 'Finglas Does Recovery' was professionally shot and was about highlighting the positive impact on people, their families and the Community when people gain recovery and abstain from drug and

alcohol use and the related lifestyle.

This video formed part of an awareness campaign and events to launch and celebrate international recovery Month - Sept 2020 and was shared far and wide throughout Finglas, Dublin and across the nation having over 23,000 views on social media.

Light up Finglas for Recovery month
A main feature of Recovery month is to light up areas with the Recovery colour Purple and with the support of HSE Social inclusion, FAST and DCC we created a positive message in the form of giant hanging posters 'Finglas does Recovery' and purple up-lighting on the Church of the Annunciation Parish of Finglas West, thanks to the support of the Archdiocese and Fr Cahill. This was

launched by The Lord Mayor of Dublin Hazel Chu and was published on local and national radio and media.

Finglas Does Recovery launch event
Due to COVID restrictions we had to change our plans to have a small launch event at the church and individual launches throughout local services working with people who have problem drug/alcohol use. We premiered the video and provided promotional Finglas Does Recovery packs to help create visibility – these packs contained t-shirts, key chains and some goodies donated by local homeless charity 'Feed the Homeless'. Services visited included The Loft Cabra, The Voyages Finglas, Sankalpa, The Den youth services, Aylward Green (Focus Ireland) and The Abigail Womens' centre.



Top : Finglas Does Recovery launch
Left: Recording of Finglas Does recovery
Right: Family Peer Support

2020 A Year Like No Other

Covid-19 – An Impact on FAST staff & participants

In line with the national government health guidance, the majority of FAST's employees commenced working from home (WFH) for approximately two months (March through to May 2020). COVID-19 challenged the organisation to adapt to new ways of working, and to provide additional supports to staff due to increased levels of stress, uncertainty and the need to work from home. It also tested the organisation's capacity to change and adapt to meet the needs of our participants, their families and their community as FAST is a client facing organisation and WFH is not entirely compatible with the ongoing needs of our service users.

According to EMCDDA¹

"The current public health crisis raises serious additional concerns for the wellbeing of people who use drugs, ensuring service continuity for those with drug problems, and the protection of those offering care and support for this population."

Therefore, during the lockdown period, in the four week period in April 2020 FAST conducted a snapshot review analysis of presenting needs of participants and in July FAST conducted a survey² with both staff (12 responded) and participants (27 responded) on the impact COVID -19 had on them during the lock-down period (March to July 2020), to get a better understanding on the impact COVID -19 had on them and what needed to change in the event of further lockdowns.

The overall conclusion of our surveys and interim snapshot review indicated that both staff and service users of FAST had been impacted upon significantly. FAST's team responded exceptionally rapidly and appropriately to the needs of those who avail of our services during this time. Financial constraints of the service impacted upon the ability of the service to provide all staff with adequate equipment, which led to staff having to be even more resourceful. Therefore FAST applied for several community grants (Dublin City Community Enhancement Programme

and the HSE National Lottery Grant) to fund new mobile equipment (Laptops / POD stations / New Phone system).

The Finglas community response to the COVID pandemic towards FAST has been positive and significant. FAST received three donations from community groups to aid in the delivery of our services. These funds enabled us to open more rapidly than would have been otherwise possible.

With the further lockdown in October through to December FAST was well equipped to switch to WFH with relative ease and maintained our services without interruption, maintaining ongoing connection with both clients and staff using mobile technology and online communications (Zoom / Google Meets).

Throughout the Covid crisis, staff continued their role of keeping people safe, adapting how they work to meet the needs of the people they work with and the restrictions of the Covid situation.



Zoom: One of many Team meetings

1. EMCDDA update on the implications of COVID-19 for people who use drugs and drug service providers EMCDDA, Lisbon, March 2020
2. <https://fasttd.ie/wp-content/uploads/2020/08/COVID-19 - An Impact on FAST staff & participants V1.pdf>

Recovery Advocate Role

A Reflective Piece

When I applied for the role of Recovery Services Support Advocate in FAST I was unaware at the time that this would be the first role of its kind in Ireland. As someone who has had a lived experience of addiction followed by a lived experience of recovery and who is now a number of years post treatment I felt I was a suitable candidate for this new and exciting role.

To be given the opportunity in a professional capacity to share my experience of this was a dream come true. My lived experience has been that with the right help and support it is possible for those still in addiction to find recovery and go on and live a more rewarding life, a life with purpose.

So, with this in mind I took up my new role with enthusiasm, energy and excitement. Initially I facilitated the Recovery Social Group (RSG) and during this time organised the filming and recording of a recovery-based drama "The Journey" with the members of the RSG and this is still available for viewing on FASTS Facebook. Also, with the RSG I ran a Recovery through Art Class. All the time building and sharing my experience of recovery with the participants.

FAST ran its very own Finglas Does Recovery Campaign which as Recovery advocate I did media interviews and promotion through interagency visits with our service partners. I conducted a recovery special podcast also to promote recovery in Finglas. I used FASTs Social media platforms to promote recovery and shared recovery content on these to help make recovery more visible.

I conducted research during my time in this role also. The "recovery through sport survey". I spoke as the recovery advocate many times to the Recovery Planning group and shared my experience and encouraged those seeking recovery that it is possible.

I facilitated the Aftercare Groups, Alcohol Support Group and did some Outreach work during my time in FAST.

My engagement and interaction with those I met while in this role was always to ensure that people knew I was the Recovery Advocate and living proof that they could achieve their goals just like I had. I would always endeavour to nurture this belief in them, just like it had been nurtured in me. To conclude I feel this role was a huge step for the recovery movement and services as a whole. It was progressive and ground breaking and I wish all future recovery advocates success promoting recovery. WE DO RECOVER

Robbie



“With the right help and support it is possible for those still in addiction to find recovery and go on and live a more rewarding life, a life with purpose”

PDU Service

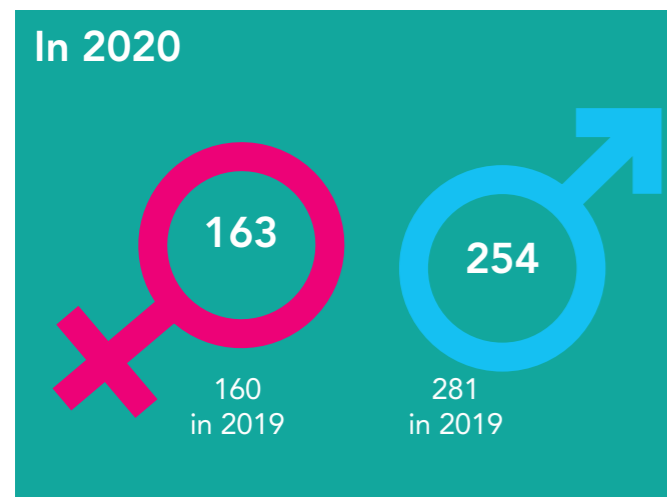
FAST poly-drug use (PDU) service has been in place since 2014 and it continues to offer diverse therapeutic and holistic interventions to support participants to reduce or stop drug/alcohol use. The key to the treatment program is that care is tailored to the individual needs of each client.

The PDU service uses a combination of evidence based models to explore patterns linked to drug and alcohol misuse and to identify effective strategies to promote change.

- Cognitive behaviour (CBT)
- Community reinforcement approach (CRA)
- Mindfulness based relapse prevention (MBRP)
- Motivational interviewing (MI)

Number of people Supported by PDU

During 2020 FAST PDU service engaged with 417 people, compared to 441 people in 2019.



Attending	Female	Male	Total
Assessment	108	220	328
Comp Assessment	32	46	78
One to one	548	696	1244
Crisis Intervention	14	7	21
Drop-In	7	5	12
Phone Call	153	124	277

Though less participants attended the PDU service in 2020 than in 2019, (n24) the PDU team continued to offer services on an individual basis during the pandemic lock-downs. FAST offered 2266 scheduled appointments, split equally between online and on site.

Services offered on an individual basis were less impacted upon than group services with an **increased attendance** in individual sessions particularly with female participants where there was an higher number both accessing and continuing to attend online / phone sessions

Summary of PDU Service attendance 2020

On Site	Offered		Attended	
	Female	Male	Female	Male
Assessment	63	151	45	100
			71%	66%
Comp Assessment	27	85	19	33
			70%	39%
One to One	326	485	190	329
			58%	68%

Online	Offered		Attended	
	Female	Male	Female	Male
Assessment	78	162	63	120
			81%	745%
Comp Assessment	17	20	13	13
			76%	65%
One to One	418	434	358	367
			86%	85%

Reported Poly Drug Use In 2020

- 46 % of participants reported use of more than one drug including alcohol
 - 28% Two
 - 13% Three
 - 5% Four or more

Group Therapy: In 2020 due to Health Guidelines on conducting group sessions the PDU service was significantly impacted on.

50 participants availed of the following Group supports:

- 3 Weeks : 6 participants Open information Session (February – March)
- 24 Weeks : 29 participants; Relapse Prevention group VIA Zoom (April to August)
- 10 Weeks : 12 participants ; "Reduce the Use group VIA Zoom (October to December)

New in 2020

Open information Session was established as a no need for appointment service where people who were seeking support or information on what treatment options are available and how they can access services to best meet their needs and support them with their problematic drug or alcohol use. This programme began immediately before the lockdown and was well attended. FAST intends to re-establish this programme in 2021.

Are you or someone you know experiencing problematic drug or alcohol use?

Do you / they need some help and support?

WE CAN HELP!

Open information group

Every Monday at 10am- 12pm
No need to make an appointment for this group
You are welcome to just attend FAST at
2a Wellmount Rd, Finglas West, Dublin 11

This open group is for anyone seeking support and information on what treatment options are available and how they can access services to best meet their needs and support them with their problematic drug or alcohol use.

If you want more information please contact us on (01) 811 0595 or visit our website <https://fast8d.ie/>

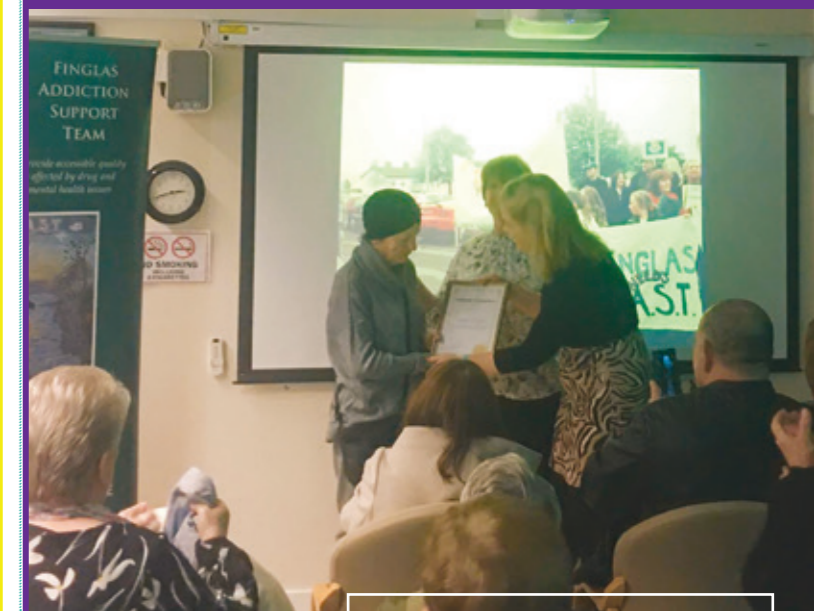
Finglas Addiction Support Team provides accessible quality services for those affected by drug and alcohol use and mental health issues.

Pauline O'Connor

Celebration and Recognition of her Service to her community



FAST were delighted to host an event to celebrate Pauline O'Connor, one of the founding members of FAST. She was presented with a certificate in recognition of her enormous contribution that she has made to both FAST and the Finglas Community. She has inspired and led many over the years and we are very grateful to her, as is the Finglas community. Thank you Pauline.

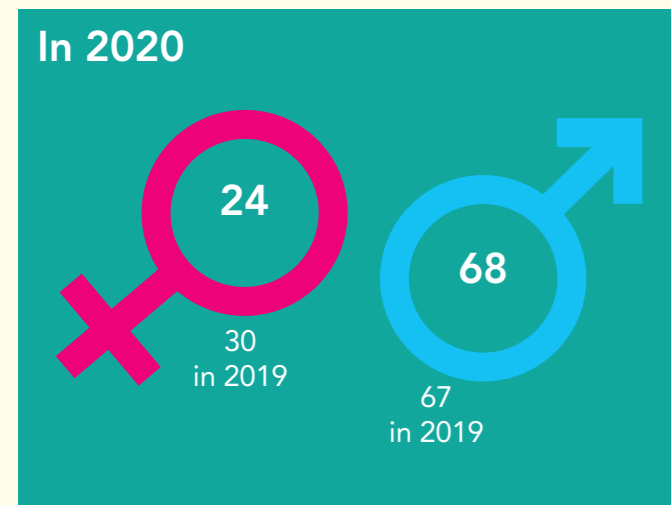


Pauline being presented with her Certificate by the CEO of FAST and her peers

Counselling Service

The counselling service at FAST aims to establish therapeutic relationships with participants who can then use this process to address underlying trauma and issues around problematic substance use that are affecting their lives. The counselling service provides support to those in active addiction, stabilization or those who are drug and/or alcohol free seeking support to maintain a lifelong recovery.

FAST offered 861 appointments with 70% attendance compared to 777 in 2019 with a 66% attendance rate.



Though slightly less participants attended the Counselling service in 2020 than in 2019, (n5) the counselling team continued to offer services during the lock-downs. FAST scheduled 861 appointments approx. 60:40 between onsite and online.

Online appointments achieved better attendance as compared to onsite appointments services with 10% increase in attendance for both male and female clients.

Total Attendance 2020

Attending	Female	Male	Total
Comp Assessment	28	75	103
One to one	136	374	510
Crisis Drop In Appointment	4	5	9
Inter-Agency Work	0	3	3

Counselling Appointments

On Site	Offered		Attended	
	Female	Male	Female	Male
Comp Assessment	34	85	23	64
			68%	75%
One to One	120	298	85	192
			71%	64%

Online	Offered		Attended	
	Female	Male	Female	Male
Comp Assessment	7	12	5	11
			71%	92%
One to One	62	243	51	182
			82%	75%

Outcomes

127 Care plan Objectives Set. With improved outcomes of

- mood 85%
- physical Health 70%
- quality of life 78%
- decreased or zero substance use 75%

Progressions: Total 16 positive progressions to further treatment with 14 agencies

- 6 referrals onto other Local Services
- 4 referrals into residential services
- 5 referrals onto day programmes in detox centres
- 1 referral to other counselling service

Continuing our DCU Collaboration:

FAST has an established collaboration with DCU and this continued in 2020, in spite the barriers presented to both organisations during the pandemic. FAST facilitated a student from the Masters in Psychotherapy programme for a three month work placement which provided them with learning around working therapeutically with those with substance misuse issues.

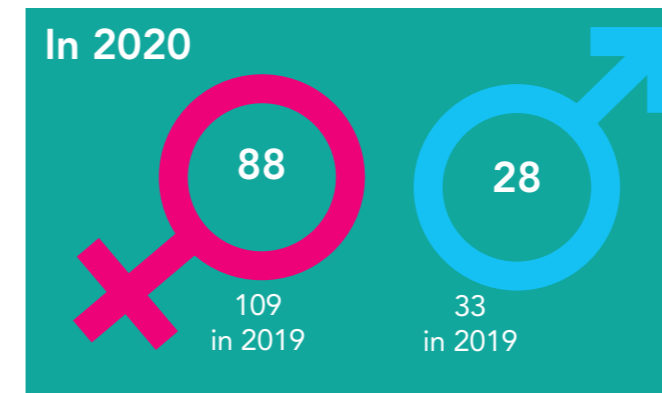
Family Support Service

FAST has been providing a Family Support Service since 2004 and it continues to respond to the needs of family members who have been affected by problematic substance use. Family members can avail of both one-to-one (8-12 sessions) and group (1) supports. Due to the pandemic, 2020 proved to be particularly challenging due to the age profile of the service cohort, with 60% of those accessing the service over the age of 65.

Nonetheless, FAST offered 640 appointments with an 86% attendance rate (n556) compared to 867 appointments with 67% (n583) in 2019.

Number of people Supported by Family Service

During 2020 FAST family service engaged with 116 people, compared to 146 people in 2019. The ratio of female to male remains consistent with approx. 10:3 attending in 2020 & 2019



Age	Female	Male
15-29	9	2
30-44	28	8
45-59	26	9
60-75	19	0
>75	6	0

The Family Support Group focuses on mental health & wellbeing. Its aim is to help clients identify potential triggers, explore self and family members using healthy coping mechanisms, and find new ways of coping and responding.

We provided three - 5 Step Method -programmes during 2020. This programme explores how the problem affects those attending in their own right as well as their families. It gives strategies to cope and reduce levels of stress

In December, eleven participants attended an overnight Educational Event held in the Carlton Hotel. Our guest facilitator was Kevin Kenny who gave a presentation on Reiki and Bio Energy with regard to their benefits on our day to day lives. Kevin finished his presentation with a meditation session on wellbeing.

Groups: All online	Attended	
Gradute Group	Jan-Feb	12
Family Support group	Apr-Jun	11
5 Step Programme	Jun-July	7
5 Step Programme	Aug-Sept	4
5 Step Programme	Nov-Dec	4

Outcomes

95% of participants attending Groups have shown improvement in

- improved coping mechanisms
- increased self-esteem and strength
- reduced stress levels
- reduced negative patterns of behaviour
- increased knowledge in mindfulness techniques to reduce stigma and isolation

Collaboration

FAST established a new collaboration with Feed our Homeless who have been an excellent partner in offering assistance by providing food hampers on a weekly basis to participants who are in need of such help. They also refer people to FAST that they engage with while providing their service.

Mid- year we were invited by Pathways, an Outreach Education Service to Prisons, to give a presentation on our family support service to a group of their students. This was very well received. Following on from this we were asked to deliver a seminar to the prisoners in Shelton Abbey Prison.

The voice of participants

"The support to me through covid was exceptional, it helped me through some tough times, I really struggle with my mental health and wellbeing, I had nowhere to turn only FAST and I am very grateful for the support and the care I received, the group was super and I looked forward to it weekly." RD

"I have been attending FAST for some time now and immediately felt very welcomed and included. I have learnt some invaluable skills of self-care and other resources and tools through the 5 step programme and the family support programme. It is a safe space for me to come to when I need extra support and knowing there is someone you can pick up the phone to or go into for a support makes such a difference and I am extremely grateful for it. I have met likeminded people and feel part of something special, the services that FAST offer are amazing and went completely beyond my expectations and have benefited my life in so many ways and am feel very lucky to have found them.SG

Abigail Centre

FAST has been working in partnership with DePaul and Novas (Abigail Centre) since 2016. The Abigail Women's Centre meets the needs of homeless women who require supported accommodation for a temporary period in the Dublin region. In 2020 FAST continued to provide a response to presenting emerging needs of the women by providing them with an opportunity to address their problematic use of drugs and alcohol. The service achieves this by providing, through a referral process with Abigail, the following:

- Psycho-social supports
- Drug and alcohol screening
- Mental health assessment
- One to one key working and care planning
- Group support sessions and workshops
- Signposting and treatment referrals

In 2020, the service worked with 42 participants, *compared to 39 in 2019*. 37 attended two or more sessions, and their needs continue to be complex in nature and with 27 presenting with a Dual-Diagnoses. During the COVID pandemic access to the centre was restricted so FAST continued to provide a service using voice and video calls.

In Person	Online/Phone
31 Assessment	10 Assessments
21 Comp Assessments	8 Comp Assessments
115 One to One	73 One to One

Outcomes: Total 29 positive outcomes

- 12 Participants reported a decrease in poly drug use
- 10 Participants reported as being drug free
- 7 participants reported periods of sobriety

Progressions: Total 44 positive progressions to further treatment

- 6 referrals onto other Local Services
- 21 referrals into FAST groups
- 11 referred onto Education & Advocacy services
- 3 participants entered day programmes in detox centres
- 3 referrals to other addiction services as people moved on from Abigail House

Continued in 2020

A Social-Emotional Learning programme, The Morning check-in, was established after a successful pilot in 2019. The main purpose being to increase motivation in engaging in activities outside the house setting and to improve communication and planning skills.

This ran for seven weeks with 5 participants at any one time. All participants who engaged demonstrated an increase in emotional awareness and planning skills. Though the pandemic impacted upon this initiative, FAST will resume this once health Guidelines permit.



Assertive Outreach

In 2020 FAST developed a new initiative - an Assertive Outreach service. An Assertive Outreach worker was appointed to provide outreach and assessment, creating treatment pathways and enhance drug and alcohol service accessibility for people in the Finglas / Cabra area. In its seminal year it became quickly apparent how much this service was needed for those harder to reach groups, engaging with homeless rough sleepers, young people at risk, and Street Drinkers.

Between July and December - over a period of 65 days- the FAST Outreach Team engaged 134 times with 27 people in Finglas (North, South, East and West) and Cabra area.

Month	Out Reach Days	People Engaged with
Aug	5	24
Sep	8	26
Oct	11	31
Nov	8	26
Dec	10	27

The Outreach Service provided vital in-reach support and referral to participants in Wellmount & Tolco Clinic to access groups in other agencies & FAST including

- stabilisation programmes
- detox preparation
- reduce the use
- counselling
- recovery social group

FAST also provided a weekly In-Reach drop in service to Finglas Youth Service & The Den, where we provided support and information to young adults.

A weekly Outreach with Feed Our Homeless was established where we provided addiction support and information to homeless people who presented with problematic substance use.

A Participants perspective:

I engaged with the outreach support & group from fast, I was welcomed with into the group really nicely. I was brought into the Granby centre where I met the worker it was a great benefit to me I was put on a detox program to get me off tablets, it started and moved down a tablet every 2 weeks I found at the start taking them was a bit hard as I was consuming 3 times that amount I was been prescribed. I got through the program and now engage with the support group I'm not taking any tablets now and could not have been a better outcome to me. They were very helpful and still are to me at present.

LOCALITIES VISITED

- Finglas East
- Finglas North (Village)
- Finglas South
- Finglas West
- Cabra East
- Cabra West

We have increased visibility within the community, building a rapport with homeless people and we are seen as an established point of contact within Finglas/Cabra for help in accessing our service and signposting and advocacy with other agencies in the community.

Outcomes & Interagency

With the support of Dublin Simon Community we sourced accommodation for 5 people. We provided hygiene and showering facilities to them in the interim.



Outreach team in FAST Hi-Vis Jackets

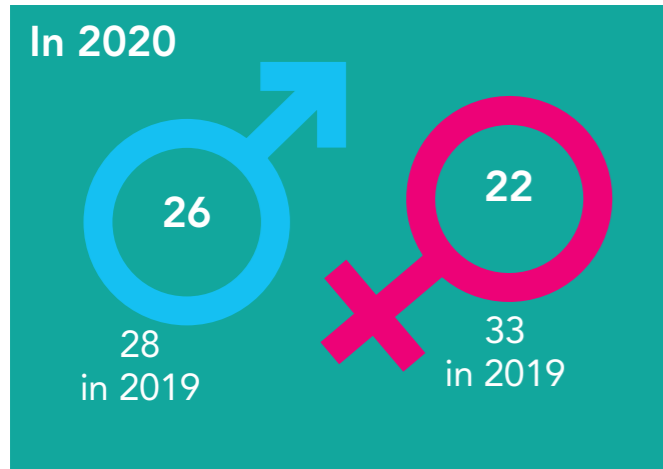
Recovery Social Group

The Recovery Social Group is a weekly drug & alcohol free environment for people in recovery from problematic drug or alcohol use facilitated by people in recovery. Despite the pandemic the recovery social group met 44 times in 2020 on Monday evenings both on site and on ZOOM, thereby allowing participants to focus on building and maintaining their social network and supports and enhancing their personal recovery capital.

To build on the participants individual functioning and enhance Recovery capital the group engaged in some fun filled recreational events such as :

- Healthy eating - a peer led cooking group
- Meditation & Yoga
- Introduction to Martial Arts
- Pamper Event

Under the guiding hand of our Recovery Advocate, Robbie, the Recovery Social Group celebrated the end of the year with a performance of their production *The Journey*. They wanted to let people know that with the right support you can turn your life around and live a life worth living, but ultimately they wanted to give hope to others and show them the way.



	On Site	Online
Group Sessions	32	12
Avg Attendance	10	5

**Today They Choose Life,
Today They Choose Recovery**



Aftercare

FAST has provided an Aftercare programme since 2006 usually structured in one group. In 2020 there was a significant increase in those seeking Aftercare support, so additional groups were established to facilitate this need. To maintain the integrity of the service, and in accordance with Government health guidelines, three smaller groups were established.

The FAST Aftercare group creates a rich learning environment in which people learn to face every day struggles which would otherwise feel overwhelming if faced alone. In Aftercare we provide support to participant to build on their recovery capital enabling a life-long recovery.

In 2020 the Aftercare Service provided support for 37 participants throughout the year compared to 23 in 2019 through the following:

- One to one key working and care planning
- Group support sessions
- Workshops

Average attendance to Aftercare Groups

	On Site	Online
Group 1	7	8
Group 2	5	6
Group 3	5	5

	On Site	Online
Assessments	44	4
One to one	116	4
New Participants	20	

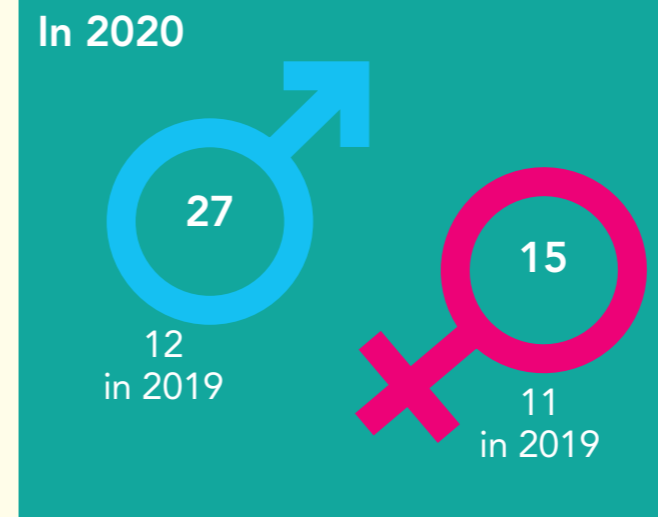
Outcomes:

- 90% maintained a substance free status
- 100% Improved physical health
- 100% meaningful use of time - emotional health
- 100 % No offending behaviour
- 4 participants returned to employment

Progression:

Due to the pandemic restrictions many of the activities the group would engage in were curtailed. However FAST, in collaboration with Dublin North West Area Partnership, hosted two educational workshops

- 40% engaged with guidance services provided with DNWAP
- 75% gained an increased knowledge on Educational options and resources
- 4 participants were referred to educational service



Continued in 2020

Doing fun activities and learning to enjoy life without alcohol or drugs is another essential part of Aftercare. This was curtailed significantly in 2020, however the group still managed to go on a long walk in the Phoenix Park in December.

FAST Team

The Board of Management of FAST comprises of:

Directors	Role	Attendance
Mary Flanagan	Chairperson	7/8
Janis Maxwell	Secretary	5/8
Fintan Lalor	Treasurer	6/8
Brian Dalton	Director	6/8
Dr. James Kirrane	Director	2/8
Denise Proudfoot	Director	7/8
Gregory Langan (Resigned April 2020)	Director	2/2
Marie Nally	Director	5/8
Sgt Damien Mangan	Non-Director	4/8
Susan Looby (Appointed Nov 2020)	Director	1/1
Amy Roche	Executive in attendance	8/8

The BOARD met 8 times during 2020, including the AGM

The FAST staff team work tirelessly to achieve the aims and objectives of the FAST strategic and operational plans. The 2020 team is made up of:

Staff Member	Role
Amy Roche	CEO
Mick Williams	Head of Services
Sinead O'Brien	Head of Finance and Operations
Andy Robertson	Addiction Counsellor/Psychotherapist
Eleanor Dunn	Addiction Counsellor
Robert Redmond	Recovery Services Support Advocate
Terry Hamilton	Assertive Outreach Worker
Jackie Cahill	Recovery Coach
Linda Phillips	Family Service/PDU Service
Lorraine Giltrap	Project Worker
Natalie Carr	Project Worker
Tom Bissett	Project Worker
Trish Mestres	Project Worker
Michelle Milne	Project Worker
Jimmy Dixon	Caretaker
Donna McCarthy	Administrator
Liz Sweeney	Reception Support (CE)
Bernadette Nerney	Receptionist (<i>Maternity Cover</i>)
Debbie Kearns	Student Placement & Volunteer
Joanne Loye	Student Placement
Tony McCarthy	Volunteer
Dave Shipsey	Acupuncturist (To March 2020)



Structure, Governance & Management

FAST Ltd. is registered in Ireland as a company limited by guarantee, not having a share capital. The Directors are elected at the AGM and are engaged to ensure a mix of professional skills and personal experiences.

In 2020 one member of the Board of Management (BOM) resigned and one new member was appointed as Director.

The BOM met 8 times during 2020 including the AGM. The BOM also facilitates attendance at subcommittees i.e. Audit, Finance and Governance.

The BOM worked tirelessly in 2020 to ensure the ongoing implementation of the FAST Strategic Plan 2017 – 2020 and will continue to drive this working document throughout 2021 while a new strategic plan for 2022 and beyond is developed.

The BOM continued to operate under the Governance Code alongside the Charities Governance throughout 2020.

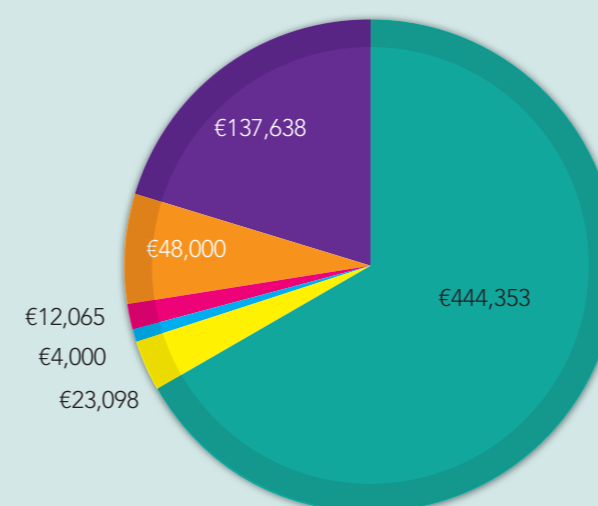
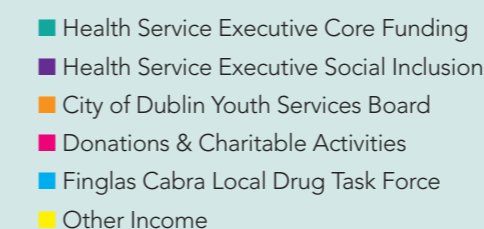
The BOM delegates the management of FAST to the Chief Executive Officer who maintains an oversight and monitoring role. This is enabled via strong communication systems between the management team, the staff and the BOM of FAST.

Income & Expenditure 2020

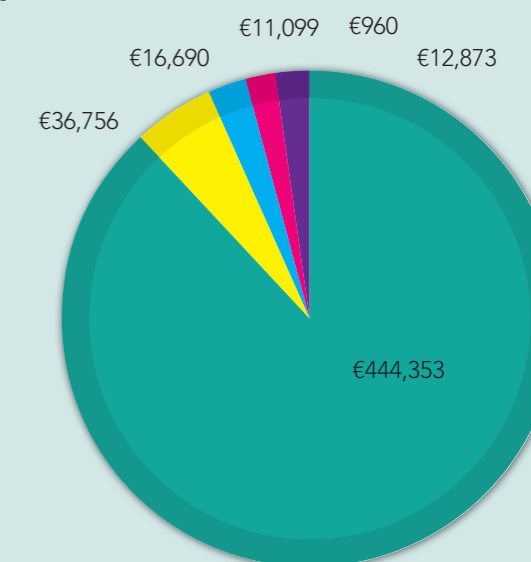
Finance Review

The statement of Financial Activities and Balance Sheet for the year ended 31st December, 2020, are set out on pages 20 to 21. The surplus for the year was €51,044 which compares with a surplus for the prior year of €41,605

Total Income € 669,155 (€632,744 in 2019)



Total Expenditure € 618,111 (€591,139 in 2019)



Financial Overview 2020

The financial results for the year ending December 31st, 2020

FAST shows a total income for 2020 of €669,155 and a total expenditure of €618,111 showing a net surplus of €51,044.

Funding Sources 2020:

Funding received from State Bodies	
Health Service Executive (Core)	€444,353
Health Service Executive (CH09)	€137,638
City of Dublin Youth Services Board	€48,000
DEASP	€9,988
Total	€639,979

Funding generated

FCLDTF Funding	€4,000
Dublin City Council	€7,875
Dublin Northwest Area Partnership	€250
Donations	€4,190
Other Funds	€12,860
TOTAL FUNDING (2020)	€669,155

EMPLOYEES AND REMUNERATION

The average number of persons employed (including executive trustees) during the financial year was as follows:

	2020	2019
	Number	Number
Administration	2	1
Project Workers	10	12
Manager	3	3
	15	16
The staff costs comprise:	2020	2019
	€	€
Wages and salaries	473,867	440,984
Social security costs	50,420	47,710
Pension costs	17,365	16,972
	541,652	505,666

Income & Expenditure 2020-Continued

Statement of Financial Activities For the year ended 31 December 2020

	Unrestricted Funds 2020 €	Restricted Funds 2020 €	Total 2020 €	Total 2019 €
Income				
Donations & Legacies	3,920		3,920	183
Charitable Activities	2,270	635,366	637,636	629,859
Other incoming resources	23,409	4,190	27,599	2,702
Total Income	29,599	639,556	669,155	632,744
Expenditure				
Charitable Activities	22,380	595,731	618,111	591,139
Net Income (expenditure)	7,219	43,825	51,044	41,605
Gross transfers between funds				
Net movement in funds for the year	7,219	43,825	51,044	41,605
Reconciliation of funds				
Balances brought forward at 1 January 2019	1,273,315	102,626	1,375,941	1,334,336

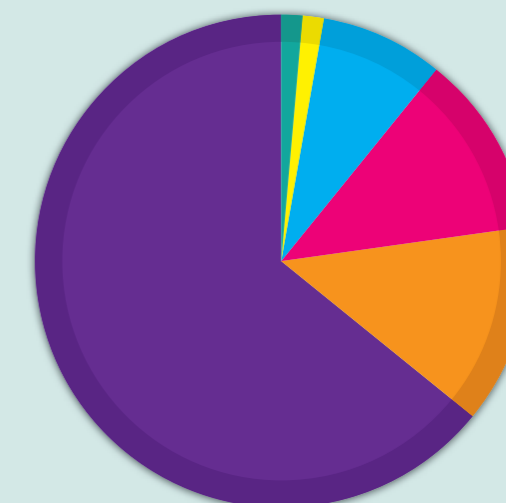
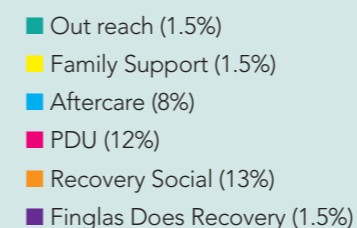
BALANCE SHEET as at 31 December 2020

	2020 €	2019 €
Fixed Assets		
Tangible assets	1,265,982	1,265,982
Current Assets		
Debtors	1,066	1,027
Cash and cash equivalents	228,124	130,564
Net Current Assets	161,003	109,959
Total Assets less Current Liabilities	1,426,985	1,375,941
Funds		
Restricted funds	146,451	102,626
Unrestricted	9,552	7,333
General (Unrestricted)	1,270,982	1,265,982
Total Funds	1,426,985	1,375,941

CASH FLOW STATEMENT as at 31 December 2020

	2020 €	2019 €
Cash flows from operating activities		
Net movement in funds	51,044	41,605
	51,044	41,605
Movements in working capital:		
Movement in debtors	(39)	(497)
Movement in creditors	(46,555)	(16,971)
Cash generated from operations	97,560	24,137
Cash flows from financing activities		
Net increase in cash and cash equivalents	97,560	24,137
Cash and cash equivalents at 1 January 2020	130,564	106,427
Cash and cash equivalents at 31 December 2020	228,124	130,564

Individual Program Costs as % of Total Program Costs %



Feed Our Homeless & FAST Outreach Team Members



Acknowledgements

FAST wish to acknowledge the following for their support throughout 2020:

Health Service Executive (HSE)
Finglas Cabra Local Drug and Alcohol Task Force (FCLDATF)
Dublin City Council (DCC)
Bank of Ireland, Finglas Branch
Dublin City University (DCU)
Dublin North West Area Partnership (DNWAP)
Masseys Funeral Directors

Finglas Community
Dunsink Avenue Residents
Collins Estate residents
Finglas Tidy Towns
Valley Park Residents
FAST Participants
FAST Staff
Joanne Loye – Student placement

FAST Board of Management
Tony McCarthy - Family Support Volunteer
Deborah Kearns – Student Placement & Volunteer
Community, Voluntary and Statutory Agencies
Local TDs & Councillors



FAST
Finglas Addiction
Support Team



Team Building 2021

The FAST Team embarked on a social distance hike in July along the Wicklow Way in the Dublin Wicklow Mountains. Working in such a busy service is extremely rewarding but can create its own challenges for staff, as well as tirelessly promoting positive mental health and wellbeing to all our participants they too need to take time out to be mindful of their own wellbeing. Our reward was a fantastic cup of tea at the end.

FAST wishes to say a special Thank You to all our staff and volunteers for their ongoing commitment and support during 2020 – the year like no other.

Finglas Addiction Support Team (FAST)

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Company Reg. No: 378645 CHY: 17626
Charity Number: 20066017

FAST is funded by the Finglas/Cabra Local Drug & Alcohol Task Force & the HSE as part of the National Drugs and Alcohol Strategy

