

# *Community Awareness of Drugs*



*Drug prevention through  
education*

*Patron: Mary Mc Aleese,  
President of Ireland.*

*Registered Charity No: CHY 6742*

*C.A.D. is in receipt of core funding  
under Section 65 of the 1953 Health Act,  
from the South Western Area Health Board*



## C.A.D. Annual Report 2000

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# Community Awareness of Drugs

## Annual Report 2000

### Introduction

As parents, we have a crucial role to play when it comes to influencing the attitudes and behaviour of our children and young people. As primary educators it is our responsibility to do our utmost to help prepare them for the reality of their world - a world that differs greatly from the one in which we grew up.

Parenting in general has become more difficult as young people are exposed to a wider range of substances both legal and illegal. Yet there is clear evidence that informed, credible parents can and do make a difference when it comes to substance misuse prevention. International research findings' supports this viewpoint. C.A.D., Community Awareness of Drugs has been providing information and training from a preventative perspective to parents and the voluntary/community sector since 1983.

At E.U. level the first of six major objectives to be achieved over the five years 2000-2004 is "*to reduce significantly... the prevalence of illicit drug use, as well as new recruitment to it, particularly among young people under 18 years of age*". At national level the relevant voluntary/ community /statutory bodies carry out various programmes and activities in support of this aim.

***We in C.A.D. firmly believe that every adult should have access to, and avail of where possible, comprehensive drug education programmes as part of an overall policy to reduce the demand for drugs.*** Our plans for the future centre on further developing this particular area of work. On behalf of my colleagues I wish to thank all those who support our efforts in this regard.

Bernie Mc Donnell  
Chairperson/ Co-ordinator

## **Background**

C.A.D. began life as a national federation of voluntary groups who were responding to unprecedented levels of drug misuse in their communities. Initial training and on going support were provided to those who were committed to drug prevention through education. C.A.D. worked effectively as a federation until 1989 when a number of the affiliated groups disbanded.

At that time in the late eighties, drug related problems were not as evident and many volunteers felt they had given enough to their communities. Not wishing to lose what been painstakingly developed the remaining C.A.D. volunteers gave a commitment to “mind the baby”. We knew that drug related problems would resurface sooner or later. Within two years, calls to the C.A.D. office began again in earnest.

Following an internal review of resources in 1991, the Co-ordinator was appointed and together with a small team of highly committed volunteers set about developing a range of drug prevention/demand reduction services for both parents and community workers. These services are:

- (1) The C.A.D. “ Parenting for Prevention” six-session programme.
- (2) The C.A.D. Drug Awareness Presentation for Parents/Guardians.
- (3) The C.A.D. Residential Training Weekend for the voluntary/community **sector**.
- (4) Support for Drug Awareness Groups
- (5) Advisory and Referral Service.

In 1993 our organisation qualified for charitable status. We are in receipt of core funding under Section 65 of the 1953 Health Act. The remainder of our running costs are covered through various grants from a variety of sources, including the Department of Health and Children through the Eastern Regional Health Authority; The People in Need Trust; the Department of Education and Science Home/School Liaison Service; Local Drug Task Forces and their Community Drug Teams; individual members of the public; corporate donations; and, our own “not for profit” course fees.

Over the years there have been many voluntary hours donated to C.A.D. without which the organisation would not have survived. In 1998, to mark the 100<sup>th</sup> Parenting for Prevention programme, C.A.D. were invited to pay a courtesy call on President Mary Mc Aleese. The one hundredth group, parents with children at the Loreto College, Crumlin, along with the staff and management of Community Awareness of Drugs spent an enjoyable morning at the President’s residency. Following this memorable visit, the President honoured C.A.D. by agreeing to become our sole patron.

- An overview of the Year 2000

Fig. 1 Drug prevention through education - C.A.D. services

	Parenting for Prevention Programmes		Residential Training Weekends	Drug Education Talks	Requests for Information from students
Year	Number of groups	Number of participants	Number of Weekends (Participants)	Number of sessions	Number of requests approximately
1995	26	400	2 (62)	14	120
1996	37	575	3 (95)	23	150
1997	33	520	3 (46)	11	250
1998	28	440	3 (92)	8	120
1999	23	250	2 (49)	4	140
2000	13	130	1 (24)	6	100

The C.A.D. Parenting for Prevention six session drug education programme.

Objectives:

1. Provide information on drugs and their effects
2. Explore attitudes, beliefs and decisions about drug misuse
3. Encourage participants to develop a family drug prevention strategy



Parent's Group Parenting for Prevention

This is our primary service and we are happy to report that a further thirteen such family-focused programmes were successfully completed during the year. There were twelve in Dublin and one in Gorey, Co. Wexford. This brings to 166 the total number of groups since the programme was launched.

There were one hundred and twenty nine participants in total during the year 2000, all of whom received the customary certificates on completion of the course. Listed below are the locations; the dates the six-week programme began; the number of people attending each group, as well as which C.A.D. tutors worked with the group:

- Ref 156 Scoil Mhuire, Blakestown, Thurs 27<sup>th</sup> January, 16 participants - Liz
- Ref 157 St Ronan's, Deansrath, Wed 2<sup>nd</sup> February, 12 participants - Liz
- Ref 158 St. Bernadette's N.S. Quarryvale, Wed 16<sup>th</sup> February, 6 participants - Bernie
- Ref 159 Jobstown Community College, Tues 29<sup>th</sup> February, 4 participants - Bernie
- Ref 160 Matt Talbot Community Trust, Wed 29<sup>th</sup> March, 11 participants - Liz
- Ref 161 Gorey, Co Wexford, Wed 3<sup>rd</sup> May, 12 participants - Liz & Sally
- Ref 163 Balgaddy, Tues 9<sup>th</sup> May, 5 participants - Liz
- Ref 162 Georges Hill Primary (MA.C.R.O.) Wed 10<sup>th</sup> May, 18 participants - Bernie
- Ref 164 Firhouse Community & Leisure Club, Thurs 11<sup>th</sup> May, 8 participants - Bernie
- Ref 165 St. Mary's J.S. Rowlagh, Wed 28<sup>th</sup> June, 6 participants - Liz
- Ref 166 St. Mary's Holy Faith, Killester, Tues 19<sup>th</sup> September, 14 participants - Bernie
- Ref 167 Scoil Talbot, Bawnogue Thurs 9<sup>th</sup> November, 10 participants - Liz
- Ref 168 St Andrew's Resource Centre, Tues 21<sup>st</sup> November, 7 participants - Bernie

- Education Days for Community Workers.

In addition to our work with parents, C.A.D. regularly offers educational opportunities to those whose lives bring them in contact with young people and their drug related issues. Two such events were held during 2000. The first was an Education Day at which there were fifty-four delegates. This took place on Saturday the 1st of April 2000, at All Hallows College. The theme for the day was “Drugs, Choices and Experiences”.

The second event was a residential training weekend attended by twenty-four participants held at All Hallows College on the 21<sup>st</sup> and 22<sup>nd</sup> of October 2000. There were twenty-four participants taking part in this intensive training session and with training available from so many sources in the drug education field it is gratifying to know that there are still community workers wishing to attend our events. Participants at both of these events were drawn from community colleges, resource centres, housing associations, parents groups, drug awareness groups, youth services, schools, and the gardai.

We are hugely indebted to our principal mentor Dr. Des Corrigan, Director of the School of Pharmacy at Trinity College for his continued support in relation to our ongoing training. Sincere thanks to Mr. Joe Merry, Senior Outreach Counsellor at the National Drug Treatment Centre, Dublin for his invaluable input during the year 2000, and also to our friends in Coolmine Therapeutic Community and the Merchants Quay Project whose shared personal experiences provide clear reminders of the need to remain vigilant around our young people.

- Drug Awareness Presentations.

As in previous years we responded to requests for single-session drug awareness presentations involving both parents and guardians. C.A.D. delivered six one-off drug awareness presentations during the year 2000, to a variety of community groups and students. Three of these talks were conducted at various locations throughout Dublin and two were in Co. Laois. The remaining two presentations were hosted at the C.A.D. offices. Three of these talks were directed specifically at parents:

- Skerries Community College, VEC,
- Arlington Hotel, Portarlinton, Co Laois,
- Community School, Mountmellick, Co Laois,
- Maylock Training Centre

Two groups of trainee psychiatric nurses, from St Vincent’s, Fairview attended our office on Thursday 16<sup>th</sup> and Thursday 30<sup>th</sup> March and were given a presentation on drugs from a preventative perspective. Having seen at first hand how the C.A.D. office operated, they also had the opportunity to discuss drug related issues with C.A.D. volunteers and staff.



- C.A.D. Training Day.

In October, nineteen regionally based ISPCC staff members participated in a C.A.D. Training Day held at their headquarters. This was a very enjoyable day, and one that C.A.D. hopes to replicate in future years with this and other non-statutory bodies.



ISPCC Training Event



ISPCC Staff

## **National cooperation.**

Community Awareness of Drugs is fortunate to be involved with a variety of different collective bodies involved in the drugs field. We consider that we play an important role in this regard, particularly in view of the fact that we are one of the few community/voluntary organisations to specialise in drug education for parents.

**South Western Area Health Board** provides funding to C.A.D. under Section 65 of the 1953 Health Act. In addition to this invaluable core - funding source, practical assistance is offered to C.A.D. on a regular basis from staff members of all Area Health Boards within the Eastern Regional Health Authority catchment area. On occasion, C.A.D. have worked with other Regional Health Authority staff members.

**Drug Education Workers Forum**, (DEWF) established at the beginning of this year, is comprised of individuals drawn from the Statutory, Voluntary and Community sector who actively work in the area of drug education. D.E.W.F. objectives include peer support, information exchange and lobbying “ all with a view to ultimately enhancing the area of drug prevention through education.

**Dublin North East Drug Task Force Prevention/Education Sub-Group**, this sub committee acts as a monitoring body for the Prevention and Education work across this particular Task Force area.

**AONTAS** – C.A.D. affiliated to this organisation in 1999 in support of their overall aim to promote the importance and value of adult learning and education in Ireland,

**The Wheel**, a voluntary/community sector movement, the Wheel enables organisations and groups to network and discuss ways in which we can all make a more positive impact in terms of policymaking here in Ireland by developing partnerships between statutory and non-statutory bodies. C.A.D. have a specific interest in both the addictions and mental health spokes with respect to both gaining knowledge from, and providing support to, other members.

**Blakestown and Mountview Community Drug Team, Drug Reference Group**, C.A.D. was invited to join this group due to our extensive work in the Greater Blanchardstown Area in recent years.

**Irish Association Of Alcohol and Addiction Counsellors**, the I.A.A.A.C. aims to promote the highest ethical and professional standards within the counselling field, with the C.A.D. Co-ordinator representing the Associate Membership on the National Executive Committee. Bernie has been an Associate Member of the Irish Association of Alcohol and Addiction Counsellors since 1993 representing the Associate Membership on the National Executive for the past two years.

Associate membership is open to anyone who: (a) supports the aims of the Association; (b) is working in the Addictions field; (c) has an interest in alcohol and addiction counselling; (d) wants to be a member of a National Association inclusive of all aspects of addiction; (e) is willing to be involved in the development of the Association; (f) and, may be in pre-accreditation stage of their own professional development.

In February 2000 the I.A.A.A.C. provided Community Awareness of Drugs with the opportunity to participate in two Supervision Training Days. While this particular training event was specifically designed for use in the Supervision of Addiction Counsellors - the two-day event provided an ideal opportunity to observe (and participate) in a model of supervision that could be very useful in formal supervision of non-counsellor 'drugs workers'. In C.A.D. we support the view that those of us providing multi-session, drug education programmes could benefit greatly from regular 'formal' supervision. C.A.D. uses peer supervision mechanisms at present.

- **Meetings and Conferences**

As part of our commitment to on-going training and professional development, C.A.D. representatives attended numerous conferences and seminars, as well as working with a wide variety of groups. These included:

- The E.H.B. "Young People and Drugs", National Conference, Dublin Castle;
- A Merchants Quay Project, harm reduction and needle exchange seminar;
- A seminar on "Working with parents of drug users", held in the Sheldon Park;
- Combating the potential threat of the abuse of controlled drugs in rural areas, Oisín Programme Garda Conference, Monaghan;
- 10<sup>th</sup> Anniversary/Annual General Meeting of IAAAC, Maynooth;
- European Cities Against Drugs 7<sup>th</sup> Mayors Conference, held in Cork;
- "Cocaine - an emerging issue", N.A.N. seminar at Clontarf Castle;
- "Beyond Maintenance", a drug treatment seminar, held at Clonliffe College;
- "Contemporary Approaches in the Therapeutic Community", a seminar at Coolmine;
- The review of National Drug Strategy;
- An Adult Learning Exhibition, at the RDS;
- Presentation of the "Choosers or Losers" research findings by the Children's Research Centre, at St James Hospital;
- 'Parents Against Drugs' conference and training workshop in Vilnius, Lithuania;
- A Drug Education Network seminar on "Effects of Addiction on Children", at Bridge House;
- The launch of the "Beyond Maintenance" discussion papers, at Mansion House;
- The "Mental Health - Whose Responsibility" conference at Buswells Hotel.

As well as those organisations mentioned already, C.A.D. also worked with numerous agencies on a variety of work over the course of the year. These organisations included:

- Blanchardstown Drug Task Force, addiction /prevention sub-group;
- Edenmore Drug Intervention Team;
- Citywide;
- Ringsend & District Response to Drugs;
- Greater Blanchardstown Response to Drugs;
- Corduff Resource Centre;
- Northside Centre for the Unemployed;
- Clondalkin Addiction Support Programme;
- Arklow Drug Awareness Forum;
- Leargas.

- International cooperation.

#### **Lithuania.**

As an organisation with some years experience of delivering drug awareness education programmes, Community Awareness of Drugs has been fortunate enough to develop a network of international links with a variety of statutory and non-statutory bodies. November 2000 saw C.A.D. responding to a request for advice from Lithuania.



Conference Vilnius

Community workers there were reporting that the levels of experimentation and dependency were rising at an alarming rate. They wished to establish a voluntary drug prevention organisation and invited C.A.D. to make a presentation at their conference and facilitate a workshop.

Our sincere thanks must go to our patron, Mary Mc Aleese, President of Ireland, who extended her best wishes to the conference organisers in Vilnius. Thanks should also be expressed to our colleagues in the statutory agencies, particularly those in the Department of Health and Children, the Department of Education and Science (S.P.H.E. Support Services post primary), the National Drug Strategy Team and the Garda National Drugs Unit for providing briefing documents on relevant /current Irish policy for inclusion in the conference paper.

We see this cooperative venture with Lithuania as the beginnings of a “beautiful friendship”, and one in which we are able to assist an organisation in its infancy develop the drug education and prevention services necessary to combat the growing drug problem. We firmly believe that Ireland can learn from the experiences of others in this field. The issue of drug misuse, both legal and illicit is international, and by sharing experiences and providing examples of good practice and policy we can all learn from each other. Some countries are only just beginning to face up to the problem of drug abuse within their borders, due to financial and/or political factors. C.A.D. is only too glad to contribute in whatever way it can, to assist in the preparation and delivery of awareness programmes.

## **Sweden**

C.A.D. is affiliated to European Cities Against Drugs (ECAD). This international organisation is **against** the legalisation of drugs and is **in favour** of new methods to combat drugs, developing care for drug users, proactive and assertive preventive measures and for increasing international co-operation. More than 240 capitals, cities and municipalities in European countries have decided to join ECAD. This represents almost 100 million citizens across Europe, [www.ecad.net](http://www.ecad.net)

## **UK**

The National Drug Prevention Alliance (N.D.P.A.) U.K. This organisation promotes good practice in drug prevention. N.D.P.A. defines drug prevention as the facilitation, encouragement and validation of health-enhancing lifestyles, free of drug misuse. C.A.D. has been affiliated to NDPA since 1993. [www.drugprevent.org.uk](http://www.drugprevent.org.uk)

### **M.Sc. Drug and Alcohol Policy at Trinity College, Dublin**

The co-ordinator of C.A.D.) Bernie Mc Donnell, began the first of a two-year - three days per month - programme of study at the Department of Social Studies, University of Dublin, Trinity College. The course at Trinity was developed with approval and financial support from the Department of Health and Children has been designed to offer a broad critical understanding of how society attempts to prevent or respond to problems associated with the use of licit and illicit drugs.

Candidates for the M.Sc. not satisfying the academic criteria for this post-graduate programme may be accepted to the course if the Selection Committee is satisfied that they have the ability to complete the course and are well placed to present a portfolio of their work. This access route allows candidates without the necessary professional or academic qualifications to apply, the committee examining vocational experience instead.

As a part of the organisation's commitment to on-going training, as well as personal and professional development, this particular course of study is allowing both Bernie and C.A.D. to gain in terms of a clearer understanding of the policy-making environment that we operate in and how best one can contribute to policy making processes in general. The opportunity to develop research, management and policymaking skills in this area will also contribute to the longer-term development of Community Awareness of Drugs.

### **Commitment to ' Good Practice'**

All C.A.D. services are aimed at helping to reduce the demand for 'drugs'. As we are very aware of the need to continually monitor and evaluate all areas of our work, we strive to incorporate the highest standards regarding 'good practice'. We do this through regular training and networking with experienced colleagues in both the statutory and community sector at home and abroad.

In relation to our ongoing training on the pharmacological aspects of licit and illicit substances - we are hugely indebted to our principal mentor, Dr. Des Corrigan. Des is Director of the School of Pharmacy at Trinity College and recently appointed Chairman of the National Advisory Committee on Drugs. He has for a great number of years earmarked three specific training mornings per year for C.A.D. These opportunities to learn about the 'drugs' from a preventative perspective have, on all occasions, been extended to voluntary/ community/statutory 'drugs' workers nationwide.

### **Fundraising**

The question of funding has always been a matter of concern for all involved with C.A.D., especially with regard to the actual core funding. We have recently acquired additional funds under Section 65 of the 1953 Health Act, for which we were very grateful, but like many other organisations in this field, we believe we could achieve so much more if the financial resources were made available to us. C.A.D. hopes to, begin to look more actively at securing a wider variety of sources of funding, concentrating on grants for specific projects that we can undertake, either acting alone, or in coordination



with others. These grants are made available periodically from agencies within the European Union, and also at a national governmental level here in Ireland. In addition to these, we are actively looking at the ramifications of taking on corporate sponsorship for certain areas of our work. The need to explore new avenues, possibly combining our fundraising activities with events that raise our public profile have often been considered by our management committee.

**Members of the Board of Directors for the year 2000 were:**

Elizabeth Corbett  
Alice Gallagher  
Aine Meagher  
Bernadette Mc Donnell  
John Murphy

**Auditors for the year 2000:**

John McElhinney & Co., Chartered Accountants, 7 Seville Place, Dublin 1.



CAD Tutors

## Community Awareness of Drugs

Registered in Ireland No: 125107 National Federation of Community Action on Drugs  
Limited. Company Limited by Guarantee - not having a share capital.  
Registered Charity No: CHY 67 42

Summary of Audited Accounts for the year ended 31<sup>st</sup> December 2000 as prepared by John  
McElhinney & Co., Chartered Accountants, 7 Seville Place, Dublin 1.

	<b>2000</b>
	<b>£</b>
<b>Operating Income</b>	
Statutory Grants (Section 65)	64,750
Statutory Grants (other)	8,500
Non-statutory Grants	-
Course Fees	8,050
Donations	425
	<hr/> 81,725
<b>Operating Expenditure 2000</b>	
Labour Costs	21,874
Overheads	40,726
	<hr/> 62,600
<b>Expenditure carried forward to 2001</b>	
Consultancy fees owed	4,500
Recruitment & part-salary costs	9,594
	<hr/> 14,094
Balance brought forward	5,0

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Our main financial support (Section 65 funding) is paid through the South Western Area Health Board. We were also granted an extra bursary from the SWAHB so that we could produce a training manual to assist the development of our drug education programme for parents.

Donations towards our on-going work were gratefully received from Castrol (Ireland) Ltd, Independent Newspapers and various members of the public who wish to remain anonymous.



Recent Photographic History of CAD















