

Clonmel

Community Based

Drug Initiative

2003 Work Plan

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Introduction:

The evidence from the recent annual report is that the Clonmel Community Based Drug Initiative has carried out a lot of excellent work in the previous twelve months. The following **Work plan** will detail how the Initiative will continue to work successfully on the issues already identified and begin to address issues that are currently being presented through our work on the ground in communities.

In the recently published booklet on “Drug use Prevention” by the National Advisory Committee on Drugs, it draws the following main conclusion: “Is that there is no single *drug problem* with one dramatic solution. Rather, what is called the drug problem is comprised of varying degrees of involvement with a variety of substances, arising from several influences many of which are unrelated to each other.”

In the context of this background (*several influences*) the C.C.B.D.I. has categorised its work plan into the following main headings;

- Community work in the target areas.
- Education and Awareness.
- Support work.
- Influencing Policy and Practice.
- Ongoing Project Maintenance.

It has become patently obvious that the work of a community drugs worker **is** complex, difficult and requires a long-term commitment to the community it works within. The local Initiative has spread its tentacles into many aspects of the local community with the expressed intention of tackling the presenting issues associated with both drug use and prevention from a multi-facet approach, which is what is exactly needed to be effective in the long term.

The challenges for the coming year are:

- More focused approach to gain more community involvement in all aspects of the Initiatives work by the development of Local Community Teams.
- Develop the Parent-to-Parent Program to the point where the worker is in more of a co-ordinators role as opposed to actually running the courses.
- With the assistance of other agencies continue to lobby for the setting up of a proper resourced Community Policing Service in Clonmel.
- Demonstrate and lobby more effectively on the issues affecting families and young people, such as truancy and early school leaving, effective early interventions from agencies like Social Services, Psychological Services etc.
- Greater participation by young people in the decision making process, especially in their local community at an age appropriate level.
- Develop the Family Support Group, increase the numbers attending and strive to involve men in the process.
- Summer programme on the estates, most likely Elm Park as a means of engaging 12-15 year old males in positive recreational activities.

This year will be exciting, challenging and demanding for the project worker, advisory committee and communities involved in our work.

Community Work in the Target Areas

Local Context:

The annual report will state that the last year (2002) had seen huge changes in the community development sector in Clonmel. The **working environment** has changed **positively** and in part the C.C.B.D.I. has been influential through its involvement in a number of groups in helping to bring about some of this new improved community development-working environment. These changes should strengthen the work of the Initiative during the coming year.

The changes are as follows:

- New full time community development worker with C.C.P.
- New Co-ordinator in C.C.P.
- Establishment of new local co-ordinating committee, involving Home School Liaison Officers, Community people, and voluntary/statutory groups, including C.C.B.D.I.
- New full time Co-ordinator with T.A.C.C.T.I.C.
- Full evaluation of work of C.C.P., including the community development subcommittee.
- Better working relations with a host of workers involved in community development.
- Establishment of a School Retention Programme in the area and appointment of a full time co-ordinator.
- Ongoing development of the C.Y.D, Project (Diversion) in the target areas.

The drug **substances and issues** that are prominent and common within all communities are:

- Underage Drinking and ease of availability to youth.
- Cannabis/Ecstasy/Amphetamine use,
- Vandalism, especially of vacant houses used as refuge by youth to use drugs.
- Lack of access to or no community facilities **especially in Elm Park and Cooleens**,
- Early school leavers, and no effective follow up or alternative.
- Residents, while giving recognition to the good work that is going on in some of the areas (Wilderness/Elm Park), perceive that there is still not enough going on to keep young people engaged in positive activities and talk of activities like more youth groups, summer programmes, and late drop in facilities for young people.

The **perceived causes** as elicited from community people for the above are:

- Not enough enforcement of the law towards outlets that supply drink.
- Vastly under resourced community policing throughout Clonmel.
- Lack of effective follow up and enforcement on the issue of truancy/early school leavers, as well as lack of proper supports to assist young people to stay in school.

- Under funded youth services in all areas and not enough personnel to engage the large numbers of young people within the estates.
- Services from service providers, like Social Work Dept, are perceived to be very poor by many people who have experienced or tried to access these services.

Consultation Process:

In the preparation and completion of this Work Plan the following groups/individuals were consulted:

John Murphy	Probation and Welfare Service
Miriam Doyle	Clonmel Youth Resource Centre
Adrian Johnson	Addiction Services Clonmel.
Johnny Casey	Co-ordinator Drug Misuse Services Clonmel.
Sinead O’Mahony Carey	Drug Education Officer.
Cyril Scally	Gardai Station Clonmel.
Eoin O Neill	Waterford Regional Youth Service.
Eleanor Prout	Community Representative
Bemie McLoughlin	Parents Support Group Representative.
Alan Curtis	Clonmel Community Partnership.

Actions Within Community Development for 2003

Action (1) : To increase Community involvement in the work of the Initiative by the formation of Local Community Teams in the target areas initially in Elm Park and Carrigeen/Wilderness as these areas are slightly more developed than the other areas , but also these areas have some community facility to meet in locally. Due to the changing environment me time is only now coming right to attempt this measure.

Specific Aim: To establish two local teams (Elm Park, Carrigeen/Wilderness) that will comprise of representatives from their respective communities who will identify at local level, the needs of their communities in relation to Alcohol/Drug issues. Through there contact with the Community Drugs Worker and supported by him, the issues gathered can either be passed onto the Management Advisory Committee through him or by an approved representative.

Objectives:

- To establish a more formalized method of consultation with these two communities.
- To provide a greater degree of analysis on the issues within estates.
- Promote the inclusion of local needs and issues when planning the areas of work of the project.
- Enhance the capacity of the community in dealing with drug misuse in a collective manner.
- Promote a wider community response to drug misuse.

Method:

Introduce the TACADE model to the following committees: CCP sub-committee on community development, TACCTIC, Rapid and Anti-social committee of the Corporation. Write out to each group in February 2003 asking them to attend information session and elicit their support in promoting this model of development within the stated communities.

Arrange an initial meeting in each community before the end of April 2003. Following a successful launch of this model of work, engage in ongoing support work, which is expected to run for the full duration of 2003. The key principles of the model are as follows:

- ✓ The misuse of drugs is the outcome of a mixture of personal, social and structural factors. To be effective in preventing drug misuse, it is these factors that have to be addressed.
- ✓ Local people know best what a problem is and are the best to work out suitable solutions with support.
- ✓ Each community is different and each community must prioritise the issues that affect them.
- ✓ People become committed to plans and strategies they devise themselves.
- ✓ Action and change occurs most quickly and effectively when people work together.

The model is a six-stage process that absolutely depends on the previous stage having been successful before a group continues onto the next step. The first step is a preparatory stage, which enables the community worker to identify the suitability and readiness of a community for the substantive programme. Stages 2-4 is designed to raise awareness of drug prevention and community development, to recruit interested community members, form them into teams and offer a training programme. Participants will by then have developed an action plan, which is implemented during this stage 5. The last stage (6) is further developments and actions.

Performance Indicators:

- Have two local committees dealing with the issues of drugs been formed.
- Has the needs of the communities been more fully explored as a result of the formation of these committees.
- Has a more supportive environment in which people can name and explore the issues that are of relevance to them been provided.
- Are their more community people involved in the work of the Initiative?

Action (2): To renew the involvement of the C.C.B.D.T, with the existing groups from the Community/Voluntary and Statutory Sectors and develop where appropriate new working relationships.

Specific Aim: To continue to participate and develop the multi-agency approach adopted by the Initiative and in line with the guidelines of the National Drug Strategy, as a best work practice within the work of Drug Initiatives.

Objectives:

- Continue the development of co-operation between the various agencies, such as those already established with: ClonmelCommunityPartnership / Diversion Project / Youth Resource Centre / Health Board / Gardai / Probation and Welfare Service / Parenting Network / Community Mothers Initiative / H.S.L.O, from three schools / C.Y.T.E.
- In relation to TACCTIC, change the level of involvement from Management Committee member, to that of member of a sub-committee. I will write in January to the committee informing them of the decision to leave the management committee in March 2003.
- Illicit help from other organizations, namely Clonmel Community Partnership and TACCTIC in the promotion of aims/objectives of the Initiatives work plan.
- Use the vehicle of the Initiatives involvement with other groups as a means of initiating contact with new organizations/groups in the community.
- Represent the views of the Initiative at agency level and inform them as to our work.
- Question other groups in relation to their work as it affects the Initiative and suggest new/different/innovative ways of working on the issues of drug use as appropriate.

Performance Indicators:

- A better-integrated approach by agencies will have been developed.
- A broader picture of the current situation in relation to drug use/misuse in Clonmel will be more evident as a result of the inter-agency work.
- The profile of the Drug Initiative will be increased.

Action (3) : To continue the development of a summer programme for young people (12-15 age group) in the Elm Park area /Wilderness area.

Specific Aim: To develop a summer programme in the two areas (Elm Park area and Wilderness area) to encourage involvement of young people in positive recreational pursuits and positive engagement with project workers as a means of developing future involvement with the respective projects.

Objectives:

- Meet and explore with C.C.P. (community development sub-committee), Rapid, Clonmel Youth Resource Centre, TACCTIC, School Completion Programme and C.Y.D. the possibility of a joint venture between these organizations and the Initiative, in running a summer programme in 2003 for the 12-15 age group in the above estates.
- In association with the above groups, canvass residents in the early part of the year (before March) to become volunteers and involve themselves in the planning and running of the programme.
- Run programmes for both males/females during June-July 2003 within the
- estates, but keep the sexes separate for all activities.
- To explore the option of running once off programmes such as Art or Dance in the two areas.
- Incorporate drug awareness sessions in the summer programme for the youth.
- To engage approximately 60 young people (30 from each estate) over the period of eight weeks.

Performance Indicators:

- Consultation meeting with agencies will have taken place.
- Residents will have been involved in planning and running of the summer programme.
- An inter-agency approach was achieved in the planning/running of the programme.
- A group of 60 young people (male/female) took part in the programme.
- A number of Drug Awareness sessions were delivered as part of the programme of events.

Actions within Education and Awareness for 2003

Action (I): To engage young people from the target areas in awareness/education on the issues of drugs.

Specific Aim : To run awareness courses for both boys and girls (on a separate basis) in all the target areas in association with other community partners , such as Clonmel Youth Resource Centre, Clonmel Diversion Project, TACCTIC CDP, Drug Education Officer and the Clonmel Community Partnership.

Objectives:

- To run a course for a boys group (13-16 year olds) attached to the Diversion Project in the Elm Park area during January-February 2003,over a four-week period.
- To run a course for a girls group (13-15 year olds) attached to the Diversion Project in Elm Park area during February-March 2003,over four weeks.
- To run an undefined number of courses (possibly three/four) with groups attached to the Wilderness Youth and Community Centre during the calendar year 2003.
- To incorporate awareness training on drugs into the planned summer programme over the June/July period, with the help of the Drug Education Officer.
- To seek support from both TACCTIC and C.C.P. community development workers to engage and run awareness courses for youth in the Garrymore/Bianconi areas of Clonmel.
- Organize and run two residential weekends in the Woodstown Centre for participants of the previous courses as a further intensive programme on issues related to drug use, too include guest speakers. Funding for this has been sought from the V.E.C. and I am awaiting approval.

Performance Indicators:

- All courses as detailed above in association with the Diversion Project and C.Y.R.C. will have taken place.
- Both residential weekends will have taken place.
- Awareness courses will have been run as a result of support from TACCTIC and C.C.P. in the Bianconi/Garrymore areas of Clonmel.
- The summer programme will have incorporated drug awareness modules in association with the Drug Education Officer.

Action (2) : To engage parents from the target areas in education and awareness training on the issues of drugs.

Specific Aim: To raise the awareness level of parents on the issue of drugs and provide them with the opportunity to openly discuss the issues with other parents from their area, in the expectation that more parents will get involved in the work of the Initiative.

Objectives:

- To run two courses of the “Family Communication and Self Esteem” in the calendar year 2003, one ten session course before the summer and one in the autumn.
- To target a group of thirty parents in all through this action and over the two courses.
- To increase the capacity of the communities to respond to the issues of drugs by increasing individual parents skills within their own families.

Performance Indicators:

- Two courses in F.C.S.E. will have taken place during 2003.
- Approximately thirty parents from the target communities will have taken part in the courses.
- Feedback from the courses will indicate that parents skills will have increased

Action (3): To engage a group of local youth to explore the issues of drug usage and to produce a play.

Specific Aim: To work with a group of teenagers from the Wilderness/Carrigeen area who would be specifically interested in helping to produce a play that would demonstrate some of the harmful issues related to involvement in drugs.

Objectives:

- Advertise locally through existing youth groups and select a group of teenagers for this project.
- To work with the education officer and members of a local drama group in producing a play for the late autumn of 2003.
- Perform the play for the local community as a further means of educating the community on the issues of drug.
- Engage at least twelve teenagers in this project.

Performance Indicators:

- The support of the local drug education officer and local drama group was achieved as a means of progressing this action.
- A group of local teenagers undertook to produce and perform a play.
- The play was successful in educating local residents to the issues of drugs.

Action (4): Develop a Parent-to-Parent working group for the South Tipperary Drug Co-ordinating area.

Specific Aim: To assist in the development of a working group that will co-ordinate the running and development of the Parent-to-Parent Programme in South Tipperary. The group will also assist in the development of an Implementation Policy Manual that will help ensure the quality of the delivery of the programme.

Objectives:

- Arrange a meeting of all interested facilitators of the Parent -to -Parent Programme to take place before the end of February 2003, to initiate the formation of this area group.
- Arrange for three further meetings to take place during 2003 for the purpose of the planning, organizing, running and development of Parent-to-Parent Programme in the area during 2003.
- Produce a draft copy of an Implementation Policy Manual for the Parent-to-Parent Programme for the consideration of the Advisory Management Group and the co-ordinating group (when set up), with a dead line of June 2003.
- Assist in the co-ordination and training of Facilitator's of the Parent-to-Parent Programme in association with the Drug Education Officer.

Performance Indicators:

- A working group of facilitators from the Parent-to-Parent Programme will have been established.
- The group will have organised and run courses to meet the needs of the area.
- An Implementation Policy Manual will have been agreed and produced.
- That at least two Facilitator Training courses will have been run during 2003.

Action (5): To build the capacity of the local communities through ongoing training on the issues of drug prevention.

Specific Aim: Attempt to recruit and provide training to a number of local people to deliver education/awareness programmes in their local area.

Objectives:

- Train three to four people in each area to deliver awareness programme at various levels, such as, to under twelve's, teenage groups, parents groups etc.
- Build a team of trained volunteers to assist in the ongoing work of drug prevention within the communities.

Performance Indicators:

- A group of local people will have taken part in a training course designed to assist them to present workshops within their local areas.
- A team of local volunteers will be established and at the least assisting in presenting workshops to the local community.

Actions within Support Work Section for 2003

Action (1): Development of the Support Group Network for parents that are experiencing difficulties with family members who are using drugs.

Specific Aim: To expand the Support Group Network by using the efforts of existing members and by exploring the possibility of a second group.

Objectives:

- Continue the weekly meetings of the present support group.
- Explore the possibility of training for a number of the present support group to enhance their role and build capacity of some of the members to take on a leadership role for the group.
- To produce a flyer /poster to inform the local community to the existence of the support group and encourage involvement by placing them in strategic locations such as the Gardai station, doctor surgeries etc. This has already been agreed with the present support group.
- To set up a second support group and purposely target males for involvement in the group.

Performance Indicators:

- Have weekly meetings took place in agreement with the support group members.
- Training, such as Personal Development, Communication Skills and Facilitation Skills for interested members of the support group will have taken place.
- Posters/Flyers will have been produced and distributed.
- A second support group with males included will have been set up and continues to operate.

Action (2) : Operate a regular half day clinic once a week in the Elm Park Community House as a purposeful designated time for being available to the wider community in that part of town.(this will be in addition to the present ongoing service).

Objectives:

- To facilitate local people in being able to access the community drugs worker at a pre-designated time.
- Encourage further use of the local drug initiative by the local community in that area of town.

Performance Indicators:

- The specific half-day service in Elm Park will have taken place.
- There will have been an increase in the number of people using the service.

Action (3): Development of a local after-care programme by way of one to one or group intervention for those who have had interventions from a drug /alcohol service, this action to be done in association with the local drug co-ordinating unit. (Treatment Sub-Group)

Specific Aim: To explore all aspects of setting up a local aftercare programme and resulting from a positive outcome, support the development of a regular aftercare meeting in Clonmel.

Objectives:

- To facilitate local people (parents/partners and person in recovery) who have had some intervention to access a local meeting.
- To encourage completion of an aftercare programme.
- To further develop a more localized response to all aspects of drug misuse in Clonmel.
- To facilitate a weekly meetings.

Performance Indicators:

- A regular local aftercare meeting will have been set up.
- Local people will have attended the programme of aftercare meetings.
- A greater commitment to the aftercare programme will have been achieved.

Action (4): To develop a set of guidelines for the Parents Support Group.

Specific Aim: To develop and write down a set of operating guidelines for the Parents Support Group to be completed by September 2003 at the latest.

Objectives:

- With the help of City wide Family Support worker (Sadie Grace) start an initial *exploratory* meeting with the members of the support group to agree the process of developing the guidelines, meeting to take place before the end of February.
- In order to facilitate this process the Parents Support Group will hold a two-day intensive residential that will be facilitated by the Citywide Family Support Network.
- The group will, with the help and support of the community based drugs worker, write up a document outlining the guidelines for the support group, this will be completed by September 2003.
- Strengthen the relationship between the local support group and the Citywide Family Support Network.

Performance Indicators:

- An exploration meeting of all members of the support group will have taken place.
- An inclusive two -day residential exploring the views of the support group and documenting the outline of their guidelines for a support group will have taken place.
- There will be a stronger bonding between the group and Citywide as a result of this coming together.
- A written document on guidelines for the support group will have been produced.

Action (5) : The formation of a regular group meeting for workers in the drug area of South Tipperary as a means of ongoing support,

Specific Aim: To hold at least five meetings a year for workers in the area of drugs, purely for the purpose of personal support in their work.

Objectives:

- To develop good work practice, that is, the individual feeling supported in their work.
- To deal with issues of individual stress in relation to the job, within the confines of a confidential peer lead group.
- Encourage relationship building.

Performance Indicators:

- A regular meeting of workers in the drug area will have taken place,
- Members of the group will have expressed a positive benefit of having been involved in the group.
- The group will have expressed an interest in continuing with the meetings.

Actions within Influencing Policy and Practice

Action (1): Undertake a research piece over a two-year period of writing case studies.

Specific Aim: To undertake a piece of research work, possibly over a two year period, that will involve writing case study reports (with clients permission) and present them in a booklet form as a direct means of Influencing Policy and Practice on the issues of substance misuse, in order to try and effect real change.

Objectives:

- To encourage and support clients to write there case history as a means of effecting change.
- To encourage ongoing debate within the various committees (Drug related) as to the effectiveness of our responses in dealing with various situations as arising from these case studies.
- To identify gaps or deficiencies in the services to clients.
- To assist in the ongoing development and co-operation between all the players endeavouring to respond to the issues of drugs in Clonmel.

Performance Indicators:

- A number of case studies will have been written during the two-year period.
- Service providers will have a better understanding of the difficulties experienced by clients.
- Policy and practice will have been some way influenced by the presentation of these case studies.
- An increased feeling of co-operation will be evident as a result of this work, both from a client's perspective and the service providers.

Action (2): Continued representation on various committees.

Specific Aim: To continue the representation of the interests of the Drug Initiative at various committees in order to influence /support the work of the individual committees in relation to the issues of drugs and/ or the development of a wider community response to the issues of drugs.

Objectives:

- In relation to the School Retention Programme, influence and support that aspect of the work with young people who are in danger of dropping out of school or who have recently dropped out of school, because of their involvement with drugs.
- In relation to T.A.C.C.T.I.C., I will seek to represent the CCBDI at an appropriate sub-committee, as opposed to full involvement at present. The objective will be to focus the work of the CCBDI in relation to the Elm Park area. To this end, as previously stated, the Initiative will formally resign from the Management Group of T.A.C.C.T.I.C. by March 2003.
- In relation to the Local Committee of Home School Liaison Officers to continue the Initiatives involvement and build on the very good working relationship that exists.
- In relation to C.C.P. continue the involvement at sub-committee level as a means of influencing their agenda and work plan in relation to substance misuse in the target areas.
- In relation to the Regional Committee for the Demand Reduction Measures on Drugs and it's sub-committees, to continue to raise the matters of importance for the communities at this level.

Actions Within Project Maintenance

This section covers the following:

- Planning for Monthly Management Advisory meetings, one to take place in each of the following months: Jan, Feb, March, April, May, June, July, Sept, Oct and Nov.
- Minute recording/Monthly Reports/Correspondence all to be produced monthly.
- Financial Recording for the Initiative.
- Returns for the Data Co-ordinator.
- Funding applications.
- Liaison with host of other groups, Citywide, other C.B.D.I. etc.
- Reading to keep up to date.
- Office Maintenance/filing.
- Annual Report.
- Yearly work plan, present in draft form to Management Group.
- Consultations with wide range of stake holders on the workplan.
- Planning/Preparation/and Presenting for variety of information engagements.