

Inchicore
Bluebell
**Community
Addiction Team**



Annual Review 2016







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Project Director's Report



2016 started where 2015 left off as another busy year for the organisation. We continued the campaigning work of last year around the enduring need to support socially excluded families and children who are struggling with the impact of addiction and poverty. It has now become very apparent; the knock-on effects of which austerity and social exclusion has had in our communities. This has now impacted over three generations of families within the Inchicore and Bluebell Community and we continue to advocate strongly on their behalf. Early this year, in partnership with other services in the area, we assisted in the development of a Childcare Professionals Network, to highlight and campaign for greater investment to support socially excluded families and it expressed concerns to elected representatives from the area. This group has also partnered well with Aoife Hannan who manages the new Dublin City Council strategic initiative of the Kilmainham and Inchicore Network. This initiative is looking at the much-needed Economic, Social, Environmental and Cultural regeneration and investment into Dublin 8.

This spirit of partnership has also brought new alliances with other local services and the organisation. We were delighted to form a new working partnership with the local Community Mental Health Team. Our new partnership co-designed an innovative Dual Diagnosis Cannabis Group working with clients predominately in their late teens and early twenties with mental health issues and associated drug use. The first pilot programme was an overall success. We hope to role out more programmes in the future as we continue to nurture our working relationship with local mental health services. Our ambition through this partnership, is to provide a new dual diagnosis treatment option in a shared care model, to a cohort of clients who have been poorly served in the past.

This year also saw the organisation align itself to a restorative practice culture and hopefully to spread this culture into our communities. Our whole staff team have been trained in Levels 1 and 2 of Restorative Practice (RP) and Restorative Justice Models. Restorative Practice Practitioner approaches can be used at any point on the continuum of addiction supports, from prevention and early intervention, right through to victim-offender mediation.

RP is an approach that works on restoring relationships where there has been conflict or harm. It is an attempt to incorporate either offender awareness of the harm they have caused, or assist offender efforts to pay back the community for that behaviour. Restorative Justice is a process whereby all parties with a stake in a specific committed offence attempt to resolve collectively.

They try to educate the offender in how to realise the aftermath of the offence and subsequent implications for the victim or community. It also gives a chance for the victim to understand the offenders position when the offence took place. Restorative justice can be an alternative to, or used in conjunction with, other criminal justice responses.

Following this training we instigated a new innovative Restorative Practice Group which was led by our Community Prison Links Addiction Practitioner. The group of 11 former prisoners was an instant success and the results were very encouraging with no recidivism by this group after the first 6 months. We are keen to develop this programme in partnership with Probation and Irish Prison Service and we have already accepted prisoners on pre-release.

We are very excited by this new development and hope to write up an action research report on the outcomes.

As we moved in to the last quarter of the year we entered negotiations on the transfer of undertaking of the Connect Stabilisation Programme. This Programme was formally housed in TURAS but as their service delivery core focus had moved away to target 18-25yr old group, it was felt the Connect Programme was more suited to fitting in with IBCAT's low threshold approach. We will in 2017 be carrying out a full review of the programme and reinvigorate a much needed Task Force wide resource.

Finally to finish the year we immersed the organisation in Continuous Quality Improvement Strategies by inviting Governance Ireland to audit us, we provided Task Force wide training on Board Governance, and also measured ourselves against the HIQA Standard of Better Safer Health Care. We are one of the first organisations Nationally to undertake this type of operational measurement against Better, Safer Health Care and we came out with a service delivery improvement plan to work on in 2017.

I am extremely proud to be leading such a highly skilled team that are dedicated and work very hard in providing a high standard of care to the clients, their children and families. The team are all looking forward to 2017.

"Ní neart go cur chéile"

Stuart Fraser
Project Director



Our Vision

Our vision is that all those living with addiction in Inchicore and Bluebell will have access to a holistic addiction service locally.

Mission Statement

Our mission is to provide a quality service to those living with addiction from the Inchicore and Bluebell areas and to promote local responses to these issues.

Our Values

IBCAT is a values driven organisation. We are committed to change, quality, honesty, innovation and integrity. These strong values are at the heart of all we do, because we believe in people's capacity to change.

We believe in making an impact that not only improves the health of the individual, but has a lasting positive impact on the wellbeing of their families, friends and the communities in which they live. People who use our services are not just people with drug and alcohol problems, they are partners, fathers, mothers, sisters, grandmothers, children, brothers, friends, work colleagues and carers.

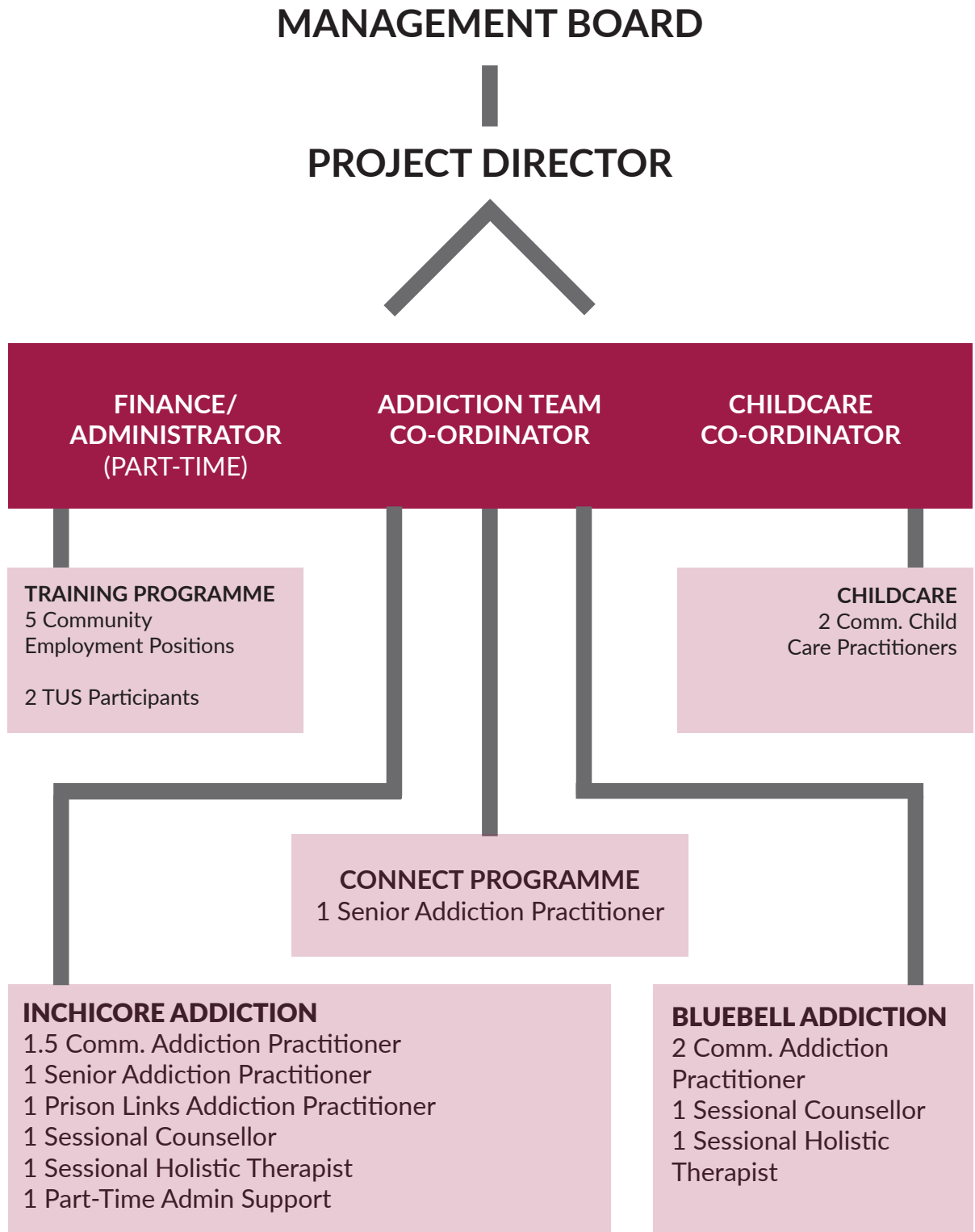
Our Target Group

1. Those who struggle with a wide variety of substance misuse issues
2. Parents coping with substance misuse and their children
3. Family members
4. Inter agency / Community work.

Our Strategic Goals

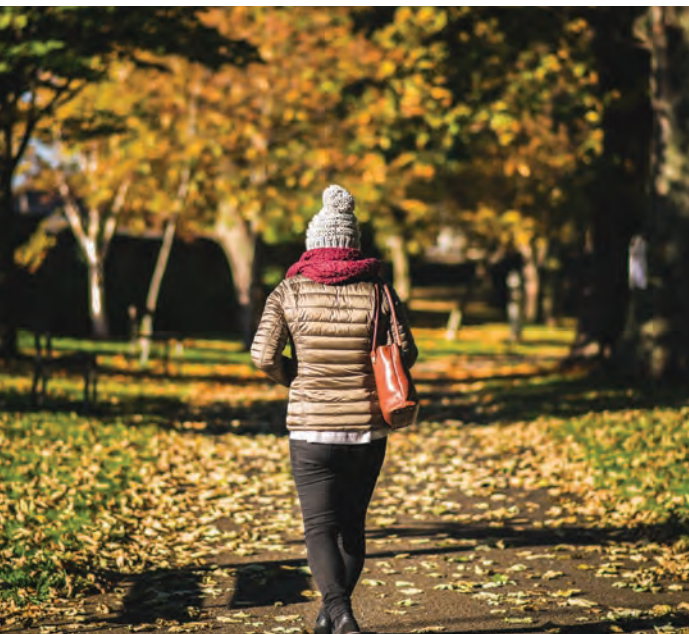
1. To provide a safe environment where people affected by substance misuse can explore in a non-judgemental way the issues that are impacting on their lives.
2. To promote opportunities for individuals to move out of the cycle of addiction.
3. To develop opportunities for children and young people to reach their full potential.
4. To identify gaps in service provision and initiate local and national responses.
5. To promote a better understanding of how the substance misuse problem impacts locally and increase the community awareness of drug and alcohol issues.
6. To develop the structures, roles and responsibilities in accordance with the strategic plan.

Organisation Structure



Our Community Involvement in 2016

We continued to be the voice of those struggling with substance misuse and their families throughout 2016. We represented the Inchicore Bluebell Community Addiction Team in the following areas;



Our Team



Project Director

Stuart Fraser

Addiction Team

Greg Christodoulu - Operations Manager

Marie Dunne - Addiction Practitioner/Family Support (Bluebell)

Grainne Lynch - Addiction Practitioner

Tom Long - Senior Progression & Aftercare Worker

Michael Walsh - Addiction Practitioner (Bluebell)

Mark Kane - Addiction Practitioner

Sorcha Crosse - Addiction Practitioner

Aisling Hollan - Senior Addiction Practitioner (Connect Programme)

Childcare Practitioners

Suzanne Woods - Childcare Manager

Michelle Moran - Childcare Worker

Stephanie Maher - Childcare Worker

Administration & Household Team

Eleanor Burke - Finance and Administration (Part-time)

Jenny Banks - Fundraising and Communications (Part-time)

Sessional Staff

Kathy Grace (Counselling)

Mick Murrin (Counselling)

Andrew O'Shaughnessy (Counselling)

Childcare Relief Workers

Addiction Relief Workers

Community Employment - Solas

Charmaine Doab - Reception (Tús)

Colm Balmer - Housekeeping

Emma Stephenson - Childcare (Tús)

Nicola Whelan - Reception (C.E.)

Sauna McKeever - Reception Bluebell (C.E.)



Project Report

Restorative Practice & Justice Group

The Organisation through our Community Prison Links Addiction Practitioner highlighted a gap in service provision whereby clients on release from prison needed a structured group to help them with this time of transition.

The group started in 2016 in response to recidivism by those on release from prison. The group focuses on how prison affected the clients, their families and the victims of the crime. It meets weekly on Friday's 11am-1pm.

Topics covered include; the impact of crime on the victims, triggers to offend, behaviours and actions around committing crime, feelings of institutionalisation and self esteem. Practical skills such as shopping, housekeeping, paying bills and dealing with government agencies are all covered. The group allows those attending to set the agenda and examine issues that they face in their day to day lives post-release.

To date we have worked with 11 clients. Meeting weekly these service users have not re-offended and are attending regularly. Some clients have gained employment, others have been accepted onto CE Schemes whilst still being supported by the project. This group will continue in 2017.

Plans for 2016 include a Community Reintegration Group to assist those who have been release to positively rejoin their communities.

Prison Links

Our prison links service continued to support those service users currently in prison, pre-entry and upon their release. We worked to develop an open and trusting relationship with these clients who can be referred from many areas such as Prison Staff, Family Members, Self Referral, Solicitors, Probation Services or Local Agency Staff.

We currently support approximately 30 clients who are about to begin their sentence, currently in the prison service or post release in the community. On average we carry out 15 interventions with clients each week. Our Prison Links Worker supports service users to make the most of their time in prison. We also support them upon release with support on positive reintegration into the community and practical help around housing, jobs/training, physical and emotional health.

Our prison links worker also networks with other Community Prison Links workers in the greater Dublin area and with the Probation and Welfare services on behalf of the project.



Progression Group

The Progression Group ran weekly throughout 2016. Clients are referred into this group both internally and externally. These clients are ready to take some responsibility and control of their drug use. They may be ready to stabilise their drug use, engage in a community detox or be working towards going into treatment.

We work with the clients around their goals. They keep a drug diary during this time which tracks their triggers, thoughts, feelings, what they spend on drugs, their behaviours and the good and bad consequences that come from these.

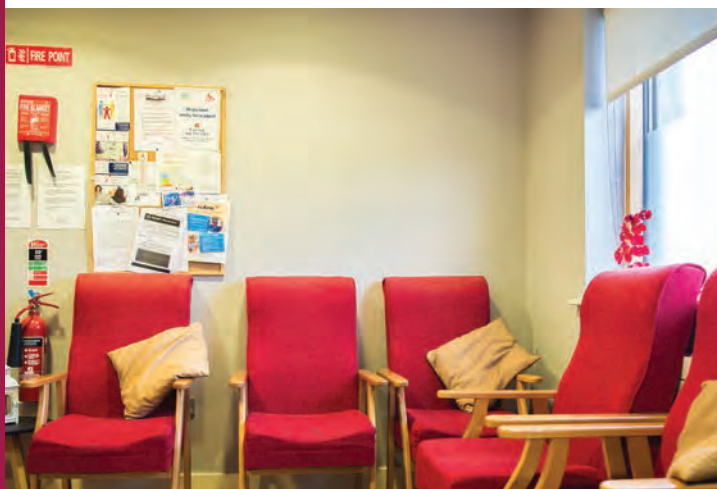
Clients set plans for themselves each weekend and attend the weekly meetings on a Wednesday afternoon 2.30pm - 4pm. This is a safe space where service users can openly discuss and challenge each other around their addiction.

We encourage clients to access outside services in the evening times such as Narcotics Anonymous or Alcoholics Anonymous to support the work we do with them.

The group can cater for up to 10 clients in the programme. Attendance was very good with active participation from all who took part.

Counselling

During 2016 our counselling service continued to provide a safe and confidential space for individual service users and families to examine painful, confusing and uncomfortable issues emanating from addictions, traumas, bereavement, depression, anxiety, phobias, suicide ideation and self harm. Counselling assists service users in recognising any life stage developmental psychological issues such as sexual/physical/racial abuse, eating disorders and educational deficits that may debilitate their ability to reach their full potential.



Most participants highlighted the benefit of a 'safe space' where they could examine their drug use in a non-judgemental environment and begin to take control.

The Progression Group ran weekly throughout 2016.

Continuum of Care:

In IBCAT our holistic approach to our work means we can support clients as they move through the continuum of care. They may initially engage through the drop-in and progress to one of our groups, either Cannabis or Polysubstance Misuse. They then may have moved to our Progression Group and when drug free accessed our Aftercare Group. We also refer clients to education or employment and assist them in the process.

Aftercare Group

The Aftercare Group caters for those clients who are totally drug free. They have either moved from the Progression Group or have been referred in to Kavanagh House from other services.

The Group is peer led with an open format and facilitated solely by the group members every second week. It allows participants to explore how their week is going, any difficulties that have arisen and how they may be able to cope.

Again this is a safe and non-judgemental environment. Participants use each others experiences to help one another live their lives drug free.

The importance of the group can not be underestimated. Many of our clients have come from chaotic lives and moved through the continuum of care to now be drug free. Many of them have restored relationships with their families who now also access support services within our project or with other relevant agencies.

Family Support

Fifteen individuals attended the group with an overall 182 attendances recorded since April 2016. There have been many educational groups facilitated throughout the year including, Cocaine awareness, Alcohol awareness, weed use and its affects, money management and an insight into drug related debt intimidation and supports available through the National Family Support Network. The family members availed of a respite in August where 5 members attended a stay in Wexford, this included networking with a local family support rep and it was very well received by all. The Group facilitator Marie Dunne achieved her 5 step accreditation and going forward some members of the group hope to also acquire a similar training in the future. In December the group completed their year with a Christmas lunch which again was appreciated by all.



In 2016 the group started a creative writing space where they spoke with a small film agency Element Pictures regarding the possibility of turning their pieces into film, this work is ongoing.

The Aftercare Group meets each Thursday evening from 6pm to 8pm.

'A Family Support Group is a safe, confidential, non-judgemental place for family members to discuss issues emerging from the problem of drug or alcohol use within the family. From the shared experiences of the group, members may find useful strategies for coping with their particular problem. More importantly the support group is more than just having a group of friends. It is about respecting each other's right to speak and to let go of the worries and stresses they have as a result of drug or alcohol use in the family.'

*'It's good to come to the group so I can get things off my chest.'
'I go home feeling calmer and in a better space'*

Members Aftercare Group 2016

Addiction Service Report

Drop In

Throughout 2016 we continued to provide a drop in service for our clients. It operates daily from 2.30 – 4.30pm and operates on a harm minimisation ethos. Clients are offered a hot meal and cup of tea.

Throughout the year we offered workshops and information sessions for clients. Some of the areas covered included Drug and Alcohol awareness, Health Promotion, Mental Health and Anger Management. Chair Aerobics was introduced during 2016 and proved very popular!

There were day trips taken to the newly opened and historic Richmond Barracks. We also took a day trip to the Mat Talbot Centre in the Dublin mountains for a Bar-b-que and walk.

Clients are welcome to avail of our Holistic Therapies which include Reiki, Indian Head Massage and Auricular Acupuncture.

A client forum took place during the drop in 2016. Clients were offered an opportunity to voice their opinion about any aspect of the service.

Christmas Tree of Memories, Hopes and Wishes.

For the tenth year the Christmas Tree Lighting Ceremony was held in the grounds of St. Michael's Church opposite Kavanagh House. A Christmas Tree Planning Group involving most of the community based projects in Inchicore met on a weekly basis to work on the project. The symbol of the star was chosen to represent those who have died tragically within Inchicore and Bluebell. Many groups were involved in making the stars.

Our celebrities in attendance this year were Dublin Senior Football Manager, Jim Gavin and player Philly McMahon along with the Sam Maguire Cup.

Christmas can be a lonely alienating time for those marginalised in our community and an event like this can be invaluable for creating a sense of belonging at this time of year.



Clients can have tea / coffee, a hot meal and a chance to socialise in a non judgemental environment. The Drop-In is often the first port of call for new clients. Through this space they often engage further through keyworking and one to one sessions.

*Middle: Jim Gavin, Dublin Manager and Philly McMahon with the Sam Maguire Cup
Right: The St. James' Street Brass Band add to the sense of occasion for the lighting of the Christmas Tree.*

Addiction Service Report

Cannabis Support Groups

These groups run during 2016 were in-house and on an outreach basis in conjunction with the Mental Health Services in Inchicore.

The need for the group was identified due to more and more Cannabis Users suffering with mental health issues.

The group runs on a weekly basis co-facilitated with the Mental Health Nurse. Topics covered include; reducing cannabis use, tools to cope with triggers, handling daily pressures. Increasing awareness around the drug itself and its impact on mental health.

This very successful group will continue to run during 2017.

Men's SMART Recovery Group

In 2016 we piloted running the IBCAT Men's Group as a SMART Recovery Men's Group. SMART stands for Self Management and Recovery Training. This group runs on a Friday morning in Bluebell. It is an evidence based (Rational Emotive Behavioural Therapy) program which is growing worldwide. 2000+ groups are now up and running worldwide. The program uses a 4 point program:

- Building and Maintaining Motivation
- Coping with Urges
- Managing Thoughts, Feelings and Behaviours
- Living a Balanced Life

The aim of the group is teach self empowerment and self reliance. The meetings are educational informative and include open discussions. It teaches techniques for self-directed change.

The outcomes expected from the group are an increased awareness around addictive behaviours and coping mechanisms enabling our clients to access treatments and other supports and to reintegrate into society. It is hoped in the longer term that members of the group would progress to becoming group facilitators.



The Cannabis Supports Groups were run due to the increasing mental health issues suffered by Cannabis Users.

The Men's SMART Recovery Group takes place each Friday in Bluebell from 11am to 12.30pm and has capacity for 10 participants.

Childcare Service Report - General

Morning and Afternoon Groups

Our morning and afternoon groups continued to be very busy throughout 2016. The Morning Group continued to work on a High Scope Model which has supported the children to become more confident, more skilled and to meet their development milestones through the programme we offer. Our Afternoon Group which focusses on the primary school age group provides school collections, supports home work time, daily nutritious meals, small group work, sensory, play and art work where children can express themselves in a safe space. We work in partnership with parents and other childcare agencies to support the needs of the children in this group.

This year we plan to offer parents and children together a therapeutic intervention that aims to support families to strengthen family functioning. To build on family relationships giving both parents and children an opportunity to explore strengths and difficulties. This work will be provided by family therapists who will come to the project and meet families in a private confidential and nurturing environment.

One of our staff members has been on 'Triple P' promoting positive parenting course in March 2017. Triple P is a multi-level family intervention designed to promote positive parenting in the community and prevent a range of social and behavioural problems in children. Triple P ultimately aims to support parents to promote their child's social, emotional and behavioural development. Standard Triple P is a 10 session intervention

delivered individually to families. The 10 week program is an active skills training process to help parents acquire new knowledge and skills.

The sessions provide opportunities for parents to learn through observation, discussion, practice and feedback. DVD footage and modelling are used to demonstrate parenting skills.

Between sessions parents practise and use behaviour monitoring strategies to consolidate their learning. It was developed for parents with pre-adolescent children (up to 10years) who have or are at risk of developing behavioural and emotional disorders.

Triple P is an early intervention strategy that aims to increase parental competence and confidence in raising children. The program seeks to improve the quality of parent-child relationships and help parents develop effective, practical strategies managing a wide range of common behavioural and developmental problems. It achieves this aim by teaching parents skills for promoting their children's development, social competence and self control.

In addition to our usual service provision during 2016 we provided the following;

- 6 week Summer Project
- Summer Project Residential Trip to Carlingford Outdoor Education Centre
- Easter Camp
- Halloween Camp
- Christmas Party
- Parent / Child Play Morning
- Visit by Dentist & P.H.N.
- Annual Pyjama Day
- Parent Information Sessions
- One to One Parent Support



Childcare Service Report - High Scope

High Scope

High Scope has been running in the morning group children's project for over a year now. All children are more confident in making decisions and resolving conflict for themselves using the 6 steps of conflict resolution. Children are learning everyday through active learning and planning for themselves. Children learn to express their initiative, develop self help skills, express their emotions, play with others explore, communicate and develop early logic thinking. The daily routine is important for the children so they have a sense of control. Sensory play and small group time is a big part of our daily routine.

Childcare workers take anecdotal notes of each child through parts of the day on all areas of their development. These anecdotes are measured in a child observation booklet (COR) to track if the child is progressing in their development. 80% of children in 2016 progressed from the infant and toddler COR Booklet to the preschool COR booklet. Infant booklet - 100% progressed to the next level of their development in sense of self and communication and language. 100% progressed in social relations, relating to another child. 90% progressed in exploring and art materials. 100% of children progress in moving whole body parts and moving to music.

Preschool booklet- 100% of children progressed in their social relations, relating to other children and adults and 90% progressed in mathematics and science. 100% progressed in using initiative making choices and plans, solving problems with materials. 80% progressed in creative representation making and building models, 100% of children progressed in language and literacy, using vocabulary, showing awareness of sounds and words, reading and writing.

The five main ingredients in the high scope wheel of learning are active learning at the centre with Assessment, Adult-child interactions, Daily Routine and Learning Environment surrounding.



In High Scope each child has a Child Observation Booklet. Daily observational records are entered in this. It is used to highlight developmental progression.



Sensory Play and Small Group Time is a big part of our daily routine.



Music and Song are important parts of our day. It provides an outlet for self expression and it is fun!

Carlingford Trip



This year we went our annual residential trip to the Carlingford Outdoor Education Centre. We decided that we would bring two smaller groups as this would reduce the children's stress and anxiety levels and there was a lot more opportunities for positive interactions with the children.

Children experienced individual quality time. The environment that we stayed in was a self catering apartment located in the centre of the town which gave the children an opportunity for to integrate and socialise in a very healthy way.

Children experienced a wide variety of outdoor sports in a natural environment beside the coast. The children learned to master new skills both independently and as part of a team such as learning to Kayak, high ropes and zip lining. The children mastered new skills that will stay with them for life. Confidence grew in the children and positive role modelling and healthy attachments were formed.

Overall the whole trip for the children was an opportunity for the children to experience healthy food, fresh air, exercise fun creating great well being and building up special memories.



Our Funders in 2016



Department of Justice, Equality and Law Reform
An Roinn Dlí agus Cirt, Comhionannais agus Athchóirithe



ESB ELECTRIC AID
IRELAND



Katherine Howard Foundation



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Seirbhísi Oideachais Leanúnaigh agus Scileanna



Cork Street Fund

Pro-bono work by a number of organisations greatly appreciated.



www.ibcat.ie

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