

Inchicore  
Bluebell  
**Community  
Addiction Team**



**Annual Review 2017**







## Table of Contents

1. Project Director's Review	4
2. Vision, Mission Statement, Values	6
3. Target Group, Strategic Goals	7
4. Services Delivered in 2017	8
5. Our Community Involvement in 2017	10
6. Our Team 2017	11
7. Project Report	12
8. Addiction Service Report	13
9. Childcare Service Report	15
10. Funding in 2017	20

# Project Director's Report



It was another busy year for the organisation filled with challenges, change and new programmes. At the start of 2017 we took on the Connect Programme which is a 16week stabilisation programme for service users. The programme had previously resided in the Turas Project but due to a strategic change of focus by the organisation they believed that another project with a low threshold ethos would be best placed to take the initiative forward. Following a tender for expression of interest we successfully applied and were given the responsibility to host the initiative and review the programme. This has been done this year when we reviewed and restructured the programme to bring it up to "Safer Better Healthcare Quality Standards" We hope to go on to get the programme accredited under National Framework for Qualifications in the future to bring further added value and impact with the participants. We would like to thank the HSE and Task Force Review Group for their support in this transition.

Another first for the organisation was the introduction of a Benzodiazepine Support group, this was instigated following research in the Canals Task Force area, which showed that there was an enduring problem with benzodiazepine use among service users across the task force, and one that was poorly served. The programme was full and had a high completion rate, we hope to run this again next year. Special thanks to HSE Chief Pharmacist Dennis O'Driscoll for his expertise and input into the programme. I would also like to thank all our HSE partners Louise Devlin and Kerry Goodliffe for their support this year in facilitating changes to our service delivery.

Another new initiative that we launched was our new Social Media Strategy, where we created a new interactive website with associated Facebook and Twitter Platforms to inform service user and stakeholder contacts and information shares. This

has been successful, and we had increased referrals since launching. A special thanks to Jenny Banks our Project Innovation Officer for her hard work on getting this to launch.

We had measured the organisation against the new Quality Standard Framework Safer Better Healthcare and we were pleased to achieve an 85% compliance to this standard. However not to stop there we also developed a road map on what other improvements were needed to increase that compliance score in the future.

Our Board members rotated this year and we give thanks to the outgoing board members who had served the organisation and gave of their time so willingly. With new board members in situ we are now ready to formulate a new Strategic Plan for 2018 - 2021 and aim to launch March 2018. This will be in line with the new National Drug Strategy that was launched earlier this year Reducing Harm, Supporting Recovery: "A health-led response to drug and alcohol use in Ireland" 2017 - 2025 Although we welcome the new strategy it must be said that it is another year that the sector has had to manage without any further investments and a pay freeze for another year. We would urge Minister Byrne and the Government to revisit this as soon as possible and to begin to address the years of austerity that people had to undergo.

I would like to thank the all the staff within IBCAT who have worked extremely hard this year to undertake new challenges and support our service users. They are a high performing team and great to work with. I look forward to 2018.  
"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 value 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

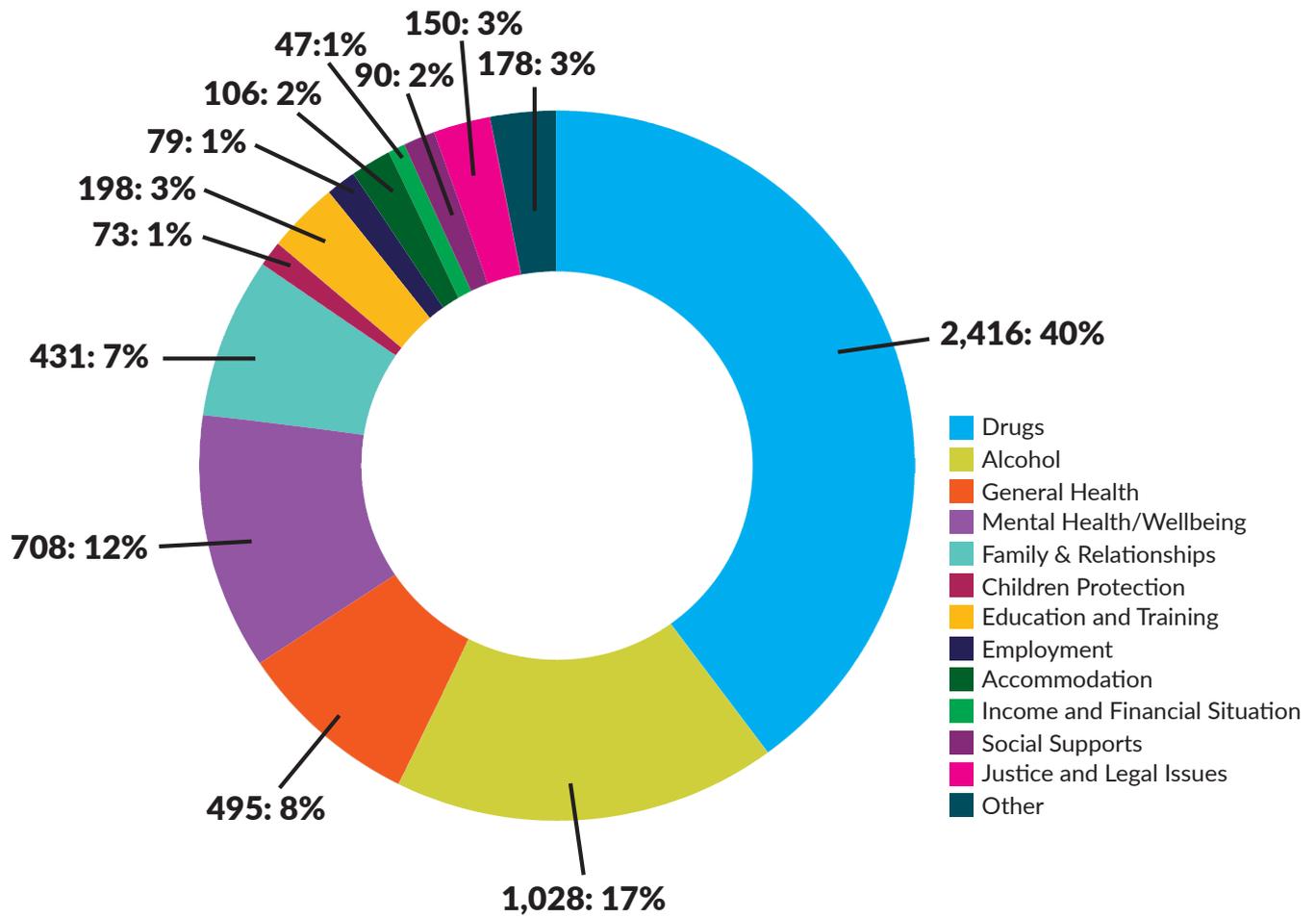
1. Those who struggle with a wide variety of substance misuse issues
2. Parents coping with substance misuse and their children
3. Family members
4. Inter agency / Community work.

# Our Strategic Goals

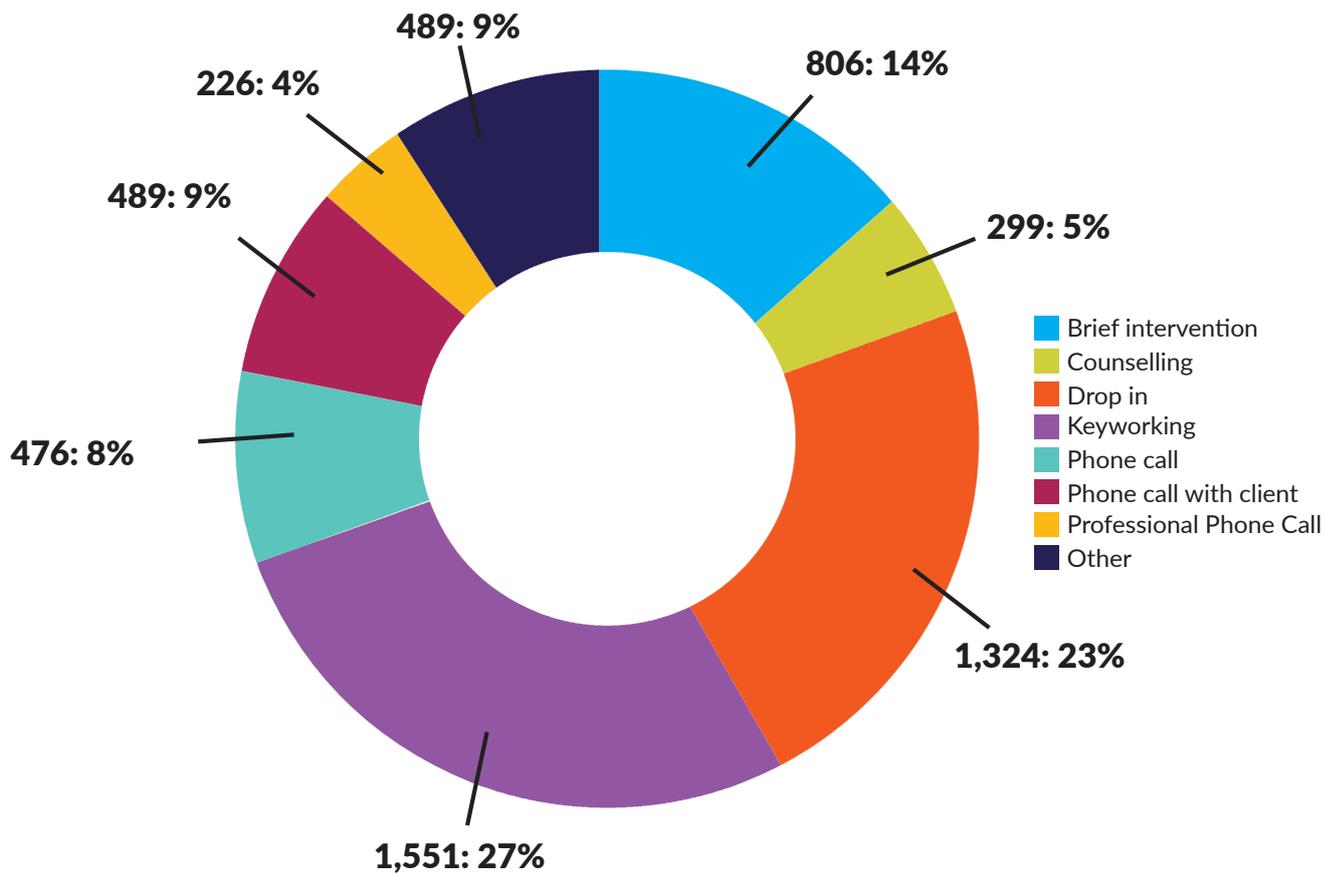
1. To provide a safe environment where people affected by substance misuse can explore in a non-judgemental way the issues that are impacting on their lives.
2. To promote opportunities for individuals to move out of the cycle of addiction.
3. To develop opportunities for children and young people to 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.

# Statistics for 2017

## Main Areas of Focus for 2017



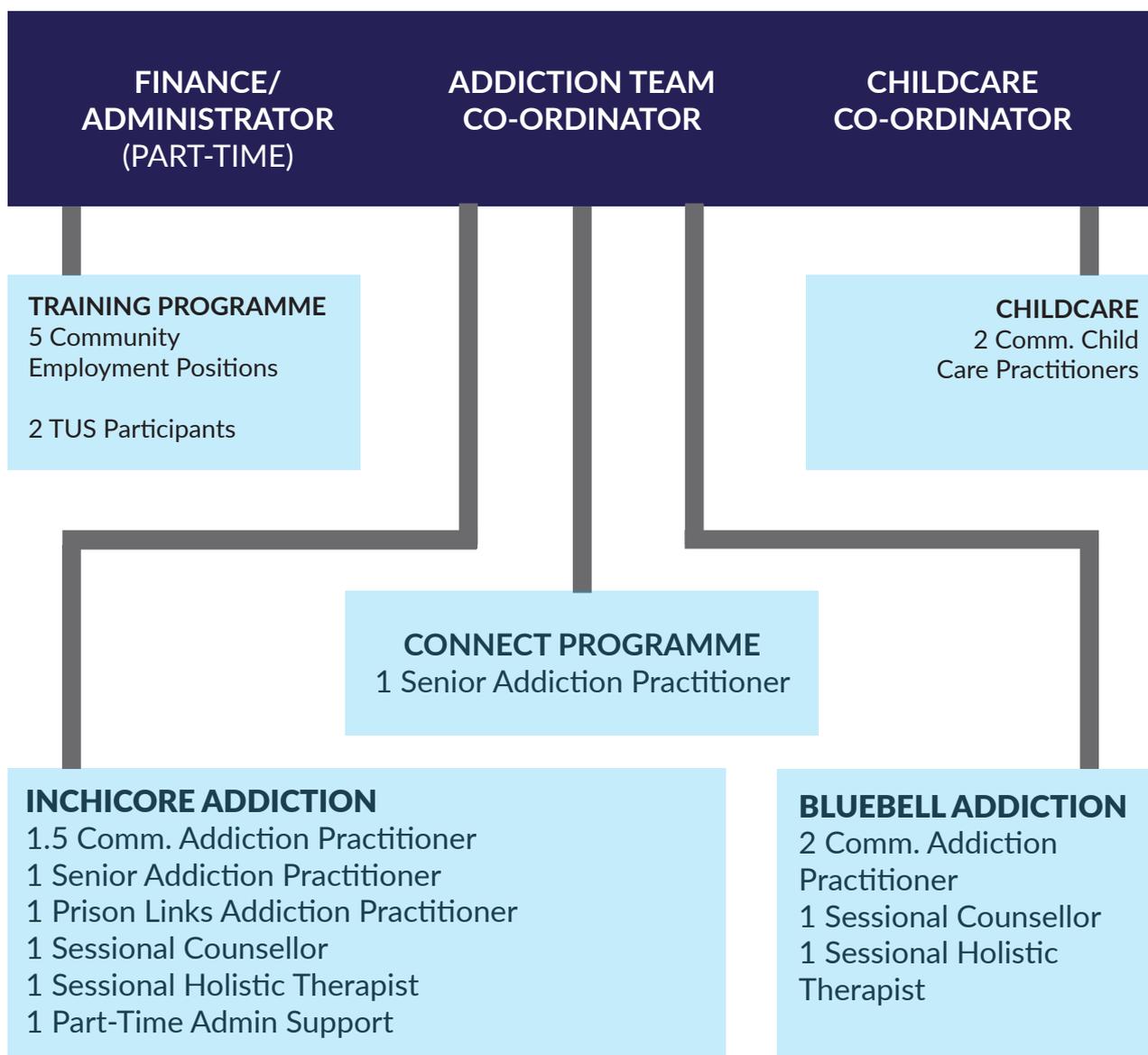
## Interventions with Clients during 2017



# Organisation Structure

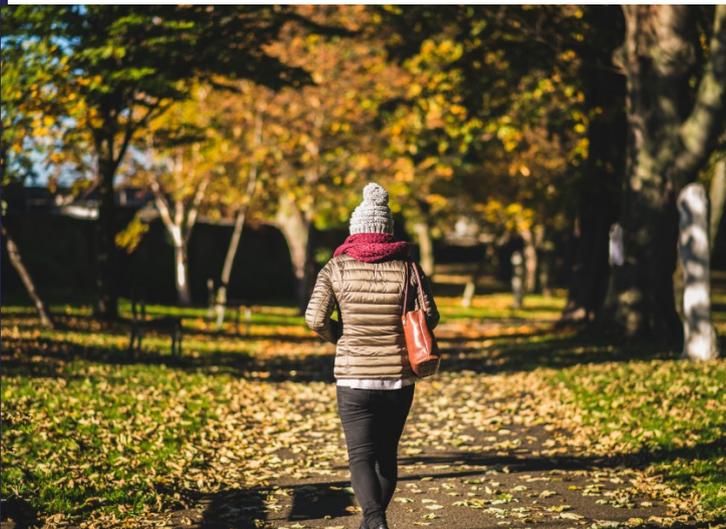
MANAGEMENT BOARD

PROJECT DIRECTOR



# Our Community Involvement in 2017

We continued to be the voice of those struggling with substance misuse and their families throughout 2017. We represented the Inchicore Bluebell Community Addiction Team in the following areas;



# Our Team

Inchicore  
Bluebell  
Community  
Addiction Team



Stuart Fraser - Project Director

## Addiction Team

Greg Christodoulou - Operations Manager

Marie Dunne - Addiction Practitioner/Family Support (Bluebell)

Sarah Dickson - Addiction Practitioner

Grainne Lynch - Addiction Practitioner

Tom Long - Senior Progression & Aftercare Worker

Michael Walsh - Addiction Practitioner (Bluebell)

Mark Kane - Addiction Practitioner

Sorcha Crosse - Addiction Practitioner

Aisling Holland - Senior Addiction Practitioner (Connect Programme)

## Childcare Team

Suzanne Woods - Childcare Manager

Michelle Moran - Childcare Worker

Stephanie Maher - Childcare Worker

## Administration & Household Team

Eleanor Burke - Finance and Administration  
(Part-time)

Jenny Banks - Project Innovation Officer  
(Part-time)

## Sessional Staff

Kathy Grace (Counselling)

Mick Murrán (Counselling)

Andrew O'Shaughnessy (Counselling)

Childcare Relief Workers

Addiction Relief Workers

## Community Employment - Solas

Claire Whelan - Housekeeping

Nicola Whelan - Reception (C.E.)

Shauna McKeever - Reception Bluebell (C.E.)



# Project Report

## Restorative Practice & Justice Group

Our Community Prison Links worker had noticed 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 ran successfully throughout 2017. It was started the previous year 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 30 clients. Meeting weekly these service users have not reoffended and are attending regularly. Some clients have gained employment, others have been accepted onto CE Schemes whilst still being supported by the project.

### 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 16 clients in prison and 15 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.

During 2017 we implemented a Community Reintegration Group. This involved reaching to people who had released from prison and not previously linked in. They were invited to come to the Restorative Practice Group and avail of the skills on offer and look at their progression since they had been released. This was a huge success with many members of the community accessing the service



*Our plans for 2018 are to implement an 'Arrest-Referral' programme. When a person with addiction issues is taken into custody the Gardaí will refer them immediately to IBCAT. This early intervention will hopefully set a pathway to addressing drug issues along with better support, pathways to progression and non recidivism*

# Project Report

## 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.



*The bi-annual Commemoration Service is a beautiful and poignant service allowing family members to remember their loved ones.*

## Family Support

There was active participation in the Family Support Group all throughout 2017. Once again there were many speakers and education sessions held. These included 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 6 members attended a stay in Wexford, this included networking with a local family support rep and it was very well received by all. In November four of the Family Support Participants attended the National Family Support Network's annual conference held in the Green Isle hotel in Dublin, which they thoroughly enjoyed. In December the family support worker and four of the family support members attended the National Family Support Networks 10 year celebration held in Andrew's resource centre, Pearse St, Dublin. The group completed their year with a Christmas lunch which again was appreciated by all.

The bi-annual Commemoration Service took place on Tuesday the 24th of October 2017. It was held in St Michaels Parish in Inchicore. Father Louis hosted the Service on the night. During the Commemoration Service songs were sung by the Bluebell Folk Group. One of the ladies from the Family Support Group said a few words at the beginning of the service.

A poem was put together from the members of IBCAT's Aftercare Group and on the night of the Commemoration Service one of the clients from the Aftercare Group read it out. One of the clients from IBCAT's Bluebell service put together a poem and read it out on the night also. IBCAT's Restorative Practice Group sang Mary Black's song 'No Frontiers'. During the Commemoration Service candles were lit to allow our Family Support Members and other members of the community remember loved ones that they have lost.

# Project Report

## Progression

The Progression Programme ran throughout 2017. Clients are referred into this programme 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 goals/plans for themselves each week and attend the weekly meetings with their keyworker. Working with their keyworker clients can also access counselling, alternative therapies and any other services identified within their care plan.

A progression client also has access to the Progression Group. This group meets weekly for 12 weeks. It is an educational group where participants support and challenge one another around their drug use and behaviours.

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.



*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 Programme caters for people who are coming from a chaotic drug use back-ground and want to stabilise and move for-ward. Their aim is to move towards aftercare and a drug free lifestyle*

### 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.

## Counselling

### Counselling

During 2017 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.

# Addiction Service Report

## Drop In

Throughout 2017 we continued to provide a drop in service for our clients. It operates daily from 2.00 – 4.30pm and operates from 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. We ran creative writing workshops in our Thursday Drop-In during 2017. We also introduced Mindfulness sessions to the clients which proved hugely popular.

Wednesday Drop-In consists of a structured group for an hour covering various relevant topics such as Life Skills and Harm Reduction topics.

There were day trips taken to the Botanic Gardens and our annual 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.

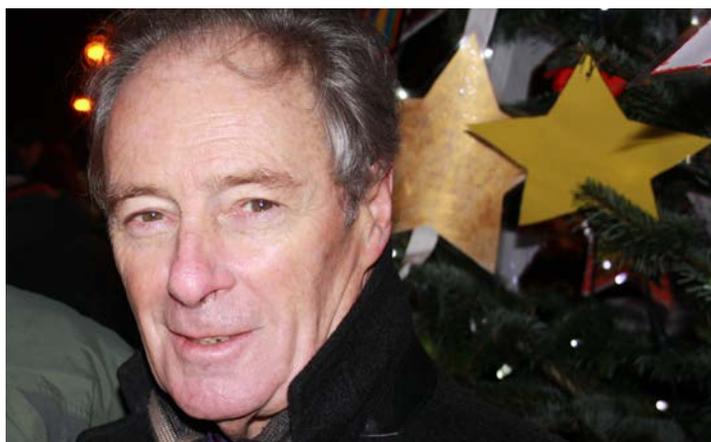
## Christmas Tree of Memories, Hopes and Wishes.

Our annual Christmas Tree Lighting Ceremony took place on Monday 11th December. This is an important night in our calendar allowing us to remember those who have passed away and are no longer with us at Christmas Time. The night started with a Carol Singing Procession around the area ending at St. Michael's Church on Emmet Road Inchicore.

There we were treated to lovely music by the St. James' Street Brass Band. There was poetry and song and finally some stars were hung on the tree by friends and family of those who have died. Brian Kerr was the guest of honour. The former Republic of Ireland Manager made a moving speech and finally switched on the lights of the tree. Guests were then treated to hot food.



*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 key working and one to one sessions.*



*Brian Kerr former Republic of Ireland Manager.*



*Above: The Christmas Tree of Memories Hopes and Wishes.*

# Addiction Service Report

## Cannabis Mental Health Support Groups

These groups run during 2017 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.



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

## Men's SMART Recovery Group

The IBCAT Men's Group as a SMART Recovery Men's Group ran throughout 2017. SMART stands for Self Management and Recovery Training. This group runs on a Friday at 2.30pm in the Bluebell Youth and Community Centre. 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 sup-ports and to re-integrate into society. Some of the members are working towards becoming Group Facilitators.



*The Men's SMART Recovery Group takes place each Friday in Bluebell from 2,30pm— 3.30pm and has capacity for 10 participants.*

# Childcare Service Report - General

## Morning and Afternoon Groups

The children's service works with the children of our service users or with children from our local community.

Our morning and afternoon groups continued to be very busy throughout 2017. 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.

## Therapeutic Play for Children

This year, the Children's Project will be extending its service to include Therapeutic Play Therapy to children aged between 4-12 years. With the consent of the parents and following a referral process, children are initially offered 12 individual sessions by the childcare co-ordinator. Play therapy is an evidence based intervention.

Play therapy is a non-judgemental, non-directive and non-interpretive space where the child has the freedom to express itself through its natural medium of play. It's a safe space where the child can explore at his own pace with his own agenda.

It's a place where the child uses toys, a sand tray and miniature figures, art materials, puppets, musical instruments, dance, therapeutic storytelling and role play to work through issues past and present, conscious and unconscious. It's a place for the child to 'play out' their feelings.

In addition to our usual service provision during 2017 we provided the following;

- 6 week Summer Project
- Summer Project Residential Trip to Carlingford Outdoor Education Centre (funded by the Local Drugs Task Force and the CDYSB)
- Easter Camp & Halloween Camp
- Christmas Party
- Parent / Child Messy Play Morning
- Visit by Dentist & P.H.N.
- Annual Pyjama Day for the Hospice Foundation
- Parent Information Sessions



# Childcare Service Report - Triple P

## Triple P

This year Stephanie in our Children's Project rolled out the Triple P programme to parents who access the Childcare service.

Triple P is a strategy that promotes positive parenting through active and experiential practise. A parent is offered 10 individual weekly sessions. The pro-gramme offers practical strategies based on the needs of their children in which they can use at home.

A typical session provides opportunities for parents to learn through observation, discussion, practice and feedback. DVD footage and role modelling between parent and childcare worker are used to demonstrate parenting skills. Between each session, parents practice the strategies and use behaviour monitoring to consolidate their learning. Triple P focusses on children aged between 0-10 years. It is mainly for parents who are challenged by the children's presenting needs.

Feedback from parents is very positive and those who have participated have completed the 10-week programme.

## High Scope

High Scope has been running in the morning group children's project for over two year now. All children are more confident in making decisions and resolving conflict for themselves using the 6 steps of conflict resolution.

Children learn everyday through active learning and planning for themselves. They 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 how we work with the children. Music and song are also important parts of our day allowing for self expression and fun.

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

## Triple P - Parent Feedback

'I think the course is very good be-cause it is one-to-one.'

'I find it useful to practice it in the session, before I try it out at home.'

I find it works easier at home with the children that way'.



Triple P - a strategy that promotes positive parenting



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

# 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 2017



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



**ESB ELECTRIC AID**  
IRELAND



Department of  
Health & Children  
AN ROINN SLÁINTE AGUS LEANAÍ



The Community  
Foundation for Ireland  
10 YEARS Strengthening Communities through Philanthropy

Katherine Howard Foundation



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



Seirbhísí Oideachais Leanúnaigh agus Scileanna



Cork Street Fund

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

Many thanks to the Oblate Community of St. Michael's who continue to facilitate us with the use of the DeMazenod Centre for our group work



[www.ibcat.ie](http://www.ibcat.ie)

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