

Inchicore
Bluebell
**Community
Addiction Team**



Annual Review 2015







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Project Director's Report



2015 saw my first full year in the position of Project Director of IBCAT. I have fully acquainted myself with the services and staff that serve the community locally. During this time it has highlighted for me the enduring need for services such as ours and other support services within the area. This years activity again has shown the need for services that we are providing such as 22% increase in our drop in services, but has also highlighted emerging needs that have been shown through evidence based research within our communities.

The first emerging need was highlighted after the local drug and alcohol task force commissioned a piece of research into the canal community's area. What this research has shown in this area is that the Majority (87.4%) of 18-80 year old drinkers were classified as harmful drinkers using the World Health Organization's AUDIT-C screening tool. This was 30% higher than the national average of 57% and it also highlighted that over half (59.9%) of the youths have accessed alcohol illegally, over three in four (76.2%) knew someone who has accessed alcohol illegally. This is a very worrying trend for our young people and adults in our community in relation to alcohol consumption.

The second emerging need was highlighted by the community over the spring and summer months where there was antisocial behaviour occurring by a group of young people with associated substance / alcohol use that had become very visible and problematic. This is an issue that needs to be addressed urgently and IBCAT has raised the need for young people to be targeted and supported as part of the new National Drug Strategy that is due to be commenced in 2017. We would be recommending specialist treatment services for young people should be commissioned to deal with to deal with the issue in a restorative and treatment focused way.

The third emerging need was highlighted just before Christmas when IBCAT was threatened with a 20k reduction in funding from Department of Children and Youth Affairs funding stream for our children's service at a time when there desperately need more funding to deal with the issues that are arising from poverty and social exclusion within our communities. We successfully defended the proposed cut with the support of local TD Catherine Byrne, Minister O'Riordan and Dublin City Councillors. After this we instigated some research into what was happening locally in regards to families and childcare and have found some stark statistics.

Overall Statistical Evidence of Deprivation in the Lower Inchicore Area:

	Our Lady of Lourdes N.S.	Local (canals)	Dublin	National
Child Poverty	22%		6.6%*	12%
Unemployed	38%			8.6%
Lone Parents	64%	58%	38%	18%
% pop w' primary education		29%	17%	13%
Homeless Children	25+		1343	1571
Alcohol - "Harmful" Drinkers		87%		54%

Sources: OLOL. N.S. 2016 data for school statistics. National child poverty - CSO Jan 2013. Unemp - CSO Jan 2016. Primary educ (% pop over 15 left school with just primary education) and Lone Parents from CSO Census 2011. "Local" - SAPS CSO Census Data 2011 - Emmet Crescent, Tyrone Place, Myra Close and Turvey Avenue). Nat Homeless figures from CSO Jan 2015. . Alcohol: Canal Communities Local Drug & Alcohol Task Force, Alcohol Survey 2015

To address some of the needs of our children that we work with we decided to implement a new initiative with our pre-school children. HighScope's educational approach emphasizes "active participatory learning." Active learning means students have direct, hands-on experiences with people, objects, events, and ideas. Children's interests and choices are at the heart of HighScope programs. There is a full description within this year's report with excellent outcomes and great work by our childcare team.

We at IBCAT would also like to acknowledge the departure of another long term member of staff our outgoing administrator Michelle Walsh. Michelle was integral in the development of the organisation

for the last 13yrs and decided to take up a fresh challenge with the Oblate Fathers so she still remains serving the local community. We thank her for all her hard work with the organisation and wish her well on her new challenge.

So it was another busy year for the organisation and I would like to thank the team who work hard in maintaining high quality services and value for money. I look forward to continuing the development of the organisation in 2016 and responding to the new challenges that lie ahead.

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

The Inchicore Bluebell Community Addiction Team works in a confidential and non-judgemental way with all those struggling with addiction. We operate our service based on mutual respect, dignity and equality.

We respect and listen to the voice of those who avail of our service. Self care and self empowerment of all those who attend or work in our project are of paramount importance.

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.



Services Delivered in 2015

The Inchicore Bluebell Community Addiction Team provides a wide range of services to those struggling with addiction, their children and their families. During 2015 we had 21,056 intervention types with those who need us in the community. Below is a table of some of our interventions.

Name of Service	Interventions 2015 (Inchicore)	Interventions 2015 (Bluebell)
Aftercare Group	233	
Holistic Therapies	169	115
Brief One to One	1175	538
Children's Project Afternoon Group	1225	
Children's Project Drop In	43	
Children's Project Morning Group	1214	
Client Phone Calls	2412	1179
Crisis Intervention	105	41
Drop In (morning and afternoon)	2317	893
Family Support	208	
Men's / Women's Group	141 (352.5 hours)	196 (490 hours)
Outreach	788	104
Planned One to One - Keyworking	1178	557
Prison Visits	84	
Professional Counselling Session	378	140
Professional Phone Calls	525	179
Street Contacts	112	123
Work with Child/Parent/Family/ Parenting Programme / Group Work	179	



In 2015 we delivered 518 professional counselling sessions and 1735 planned 'one to one - keyworking' visits. Our bereavement counselling sessions are funded by TUSLA. This work can be a lifeline to those who have lost loved ones in tragic circumstances.

We had 2482 visits to our Children's Project during 2015. Children engage in educational and developmental play and have a hot meal each day.



At Christmas we distributed hampers to 41 families, toys to 22 families, 12 turkey and ham vouchers from butchers and 10 turkeys. These were donated in conjunction with the CDP, Goshen Food Bank Redeemed Christian Church, Calvery Christian Centre and the St. Vincent De Paul.

Our Community Involvement in 2015

We continued to be the voice of those struggling with substance misuse and their families throughout 2015. We represented the Inchicore Bluebell Community Addiction Team in the following areas;



Our Team

Stuart Fraser - Project Director

Inchicore
Bluebell
**Community
Addiction Team**



Addiction Team

Greg Christodoulou - Operations Manager
Marie Dunne - Community Addiction Worker/Family Support (Bluebell)
Grainne Lynch - Community Addiction Worker
Tom Long - Progression & Aftercare Worker
Michael Walsh - Community Addiction Worker (Bluebell)
Mark Kane - Community Prison Links Worker
Sara Toal-Dunne - Community Addiction Worker (Part-time)
Mark Ward - Community Addiction Worker

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 - Fundraising and Communications (Part-time)

Sessional Staff

Kathy Grace (Counselling)
Monica Gorman (Suicide Counselling)
Mick Murran (Counselling)
Andrew O'Shaughnessy (Counselling)
Marie McEwen (Alternative Therapies)
Childcare Relief Workers
Addiction Relief Workers

Community Employment - Solas

Charmaine Doab - Reception (Tús)
Bernard Moran - Housekeeping
Tanya Martin - Childcare (Tús)
Emma Stephenson - Childcare (C.E.)
Nicola Whelan - Reception (C.E.)
Alex Vdovykovskyy - Reception Bluebell (C.E.)



Childcare Service Report - High Scope

A NEW APPROACH TO PRE-SCHOOL

High Scope

HighScope’s educational approach emphasizes “active participatory learning.” Active learning means students have direct, hands-on experiences with people, objects, events, and ideas. Children’s interests and choices are at the heart of HighScope programs. They construct their own knowledge through interactions with the world and the people around them. Children take the first step in the learning process by making choices and following through on their plans and decisions.

Our Childcare Workers offer physical, emotional, and intellectual support. In active learning settings, adults expand children’s thinking with diverse materials and nurturing interactions. Through scaffolding, adults help children gain knowledge and develop creative problem-solving skills. HighScope uses the term scaffolding to describe the process whereby adults support and gently extend children’s thinking and reasoning.

High Scope was set up in the Children’s Project Room in 2015 giving children choices, time to plan and time to review these choices. The children plan using a planning board with photos.

The children learn through active learning. Active learning has 5 ingredients manipulation, choice, language and thought, Adult Scaffolding and Materials.

High Scope has a daily routine so the day is consistent for the children and they have a feeling of control. Each child has a child observation booklet where the key worker records observational anecdotes of the child in order to track the child’s progression in all areas of development.

Small group time is an important part of the daily routine and it is based on the children’s interests and gives the child an opportunity to explore materials.

Sensory play is a main part of our curriculum including painting, water, gloup, playdough, jelly and shaving foam play. We also go on local walks along the canal feeding the swans and trips to the playgroup. The PHN and dental nurse do an annual visit to the project to check the children’s health.



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

High Scope also focuses on problem solving skills. Enabling the children to recognize a problem and facilitating the process of solving this problem.

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Evaluation of High Scope Approach

We introduced the High Scope approach into the Children's Project in September 2015. Initially the children found it difficult to make choices and staff would need to assist them with this. However, as time went by they began to find it easier to arrive to the Morning Group., choose what activities they wished to do and then set about these activities.

Learning from the children about what interests them has helped the staff to tailor their planning to

suit the children's needs. During 2015 we ran a Parents information morning on High Scope which they found very useful. There are plans to run a second workshop on conflict resolution in the home.

Among the improvements that staff noticed in the children participating were; increased ability to decision make, problem solve, plan and review activities and the resolve conflicts among each other.

Children's progression - COR booklets September 2015 to January 2016:

Infant and Toddler COR aged 7 months - 2years 6months	Preschool Child COR aged 2years 8months - 4years
Sense of self - 90% Progression	Initiative - 100% Progression
Social Relations - 100% Progression	Social Relations - 100% Progression
Creative Representation - 60% Progression	Creative Representation - 90% Progression
Movement - 100% Progression	Movement and Music - 100% Progression
Communication and Language - 90% Progression	Language and Literacy - 90% Progression
Exploration & Early Logic - 80% Progression	Mathematics and Science - 90% Progression



Children use the planning board to choose their activities by placing their photograph over a photo of the activity they wish to do. This method can be used easily by those children with poor language skills.

Sensory play also contributes in crucial ways to brain development. Stimulating the senses sends signals to children's brains that help strengthen neural pathways important for all types of learning.



Childcare Service Report - General

Morning and Afternoon Groups

Our morning and afternoon groups continued to be very busy throughout 2015. The Morning Group developed 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.

In addition to our usual service provision during 2015 we provided the following:

- 6 week Summer Project
- Summer Project Residential Trip to Cavan Centre
- Easter Camp
- Halloween Camp
- Christmas Party
- Participation in Commemoration Service
- Parent / Child Play Morning
- Visit by Dentist & P.H.N.
- Family Welfare Response Initiative

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

The Next Step Group

The Next Step Group was set up in 2010 to support young people in the Inchicore area whose lives were impacted in one way or another with addiction in the wider family and community. This group consisted of 8 young women aged between 14 and 18 years. The group focussed on building on each young person's self-esteem, life skills, social skills and their knowledge of drugs and alcohol awareness.

The young people met every Thursday over the last 5 years for a 2 hour session where they took part in drug & alcohol awareness workshops, small group work, cooking, art, crafts, and hosted visits from other young people's groups such as Pavee Point. The young people also enjoyed an annual holiday to the Cavan Centre which was funded by the Local Drugs Task Force. This was a great opportunity for the young people to have a break away and enjoy the many outdoor activities in which relationships were strengthened.

The group finished up in March of this year 2016, and the young women along with their parents celebrated with a graduation to acknowledge the great work of the young women, their parents and the childcare workers.



The summer activity programme is fantastic for the children. It introduces them to new experiences and most importantly is great fun!

Project Report

Suicide Prevention - Continuation of this vital service

In 2015 we continued our specialist counselling and support service for those who present to the service with suicidal ideations. This service operates due to vital grant aid from ESB ElectricAid. This has proved an invaluable service to our clients who are suffering with mental health problems alongside their addiction.

We have noticed an increased demand for this service during 2015. The project has worked on a client centred basis, meeting individual needs with intensive follow up work and support. We link in with St. James's Psychiatric Team as part of this work.

We also drew together a number of local community projects struggling with suicide presentations in the work. This group has identified the need to develop a suicide protocol to help workers when the issue of suicide presents. This need is expanding across our community.

Christmas Tree of Memories, Hopes and Wishes

For the ninth 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 GAA legend Barney Rock, current all Ireland winner Dean Rock 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.

ESB ELECTRIC AID
IRELAND



Staff with the Sam Maguire Cup along with Barney and Dean Rock.



The St. James' Street Brass Band add to the sense of occasion for the lighting of the Christmas Tree.

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. 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

The Family Support Group provides a forum for those living with addiction to meet and share information and support one another. It is facilitated by our Family Support Worker. It meets weekly on a Tuesday evening.

In 2015 the family members attended workshops on dealing with stress and anxiety a workshop on dealing with intimidation in their community and an information session from the women's outreach service addressing domestic violence. We also held our Annual Christmas meal.

There was lots of engagement for holistic treatments, reiki, acupuncture and massage. Three family members went on a respite break at the Cariosa Retreat. The family members live with addiction in their lives. These retreats and the weekly group provides a safe space for them to socialise and learn new skills.



This bi-annual Commemoration ceremony took place in October this year. It was well attended and it allows our Family Support Members to remember those loved ones they have lost.

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 2015

Progression Group

The Progression Group ran weekly throughout 2015. 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 2pm - 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. However we will be looking to initiate a new SMART Recovery Programme in 2016.

There was a weekly average of 8 to 10 participants in the programme. Attendance was very good with active participation from all who took part.

Outcomes

Over 70% of attendees moved on to either treatment, detox, stabilisation, aftercare, further education or employment.

Participants indicated an increase in their sense of control over their drug use with a renewed sense of hope for their future.

Some family members of group participants began to link in with family support or counselling as a result of their loved ones attending the programme.



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 2015 with an average attendance of 8-10 people weekly.

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.

Addiction Service Report

Drop In

Throughout 2015 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 Use and Mental health, Assertiveness, Suicide Awareness, Alcohol Awareness, Marijuana Anonymous, Nutrition and Cocaine Anonymous. Eight clients registered to vote in 2015. There were day trips taken on the Rinn Voyager and a bar-b-q hosted by the Matt Talbot Trust.

We held a very successful creative writing course whereby a facilitator funded by D.C.C. Came to the drop in and worked on various pieces of writing, poetry and reflections with the clients. They found this very therapeutic.

In 2015 we provided a harm reduction / needle exchange during drop-in each Friday from 4-5pm. This service was facilitated by the HSE.

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.



Above: Outings can provide clients with a break away from their day to day environment. It encourages them to explore alternative ways to spend their time productively.

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

Women's Group

Our Women's Group ran throughout 2015. This year was the second year running with women from both Inchicore and Bluebell. The group ensures that the women who access our service have a safe and confidential environment to discuss women's needs.

The group engaged in a pottery workshop, motivational interviewing, effective listening skills, group work, harm reduction sessions, sexual health sessions and beauty therapy. The Women's Group held a graduation ceremony for those who attended in 2015.

The Women's Group is facilitated jointly by the Canal Communities Local Drugs Task Force and IBCAT.

Men's Health Group

Our Men's Health Group is for adult male clients aged 18 and upward. This group is made up of men in recovery who may or may not be on Methadone Maintenance Treatment. The aim of the group is to educate the clients on physical and mental health issues and to create a sense of belonging in the group.

The men meet each Friday for breakfast in Bluebell and participate in a varied programme of workshops. In 2015 we had service users from both the Inchicore and Bluebell projects.

Holistic Therapies

Holistic treatments can play an important part in the treatment of someone struggling with drug or alcohol abuse. From detoxification to reducing stress and improving mental and physical well being, holistic approaches play a vital role in regaining personal balance.

In IBCAT we offer Reiki and Indian Head Massage each Thursday morning. Our clients can also avail of Auricular Acupuncture each Friday morning.

In 2015 we delivered 284 holistic treatments to clients in need.

Other Events and Service throughout 2015

- Support GP Clinic
- Auricular Acupuncture
- Alternative Therapies
- Craft Workshops
- Christmas Events
- Sports Afternoon
- Benzo Workshops
- Parenting Skills
- Outreach
- Inter-cultural Work
- Continuation of Harm Reduction Programme with HSE



The Men's Group participate in workshops around Parenting, Active Listening, Conflict Resolution, Anger Management, Triggers to Use.

We held 167 Women's Groups during 2015 with an average of 11 women attending.

Our Funders in 2015



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.



www.ibcat.ie

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