

2015

Annual Report 2015

The Ballymun Youth Action Project Ltd





The Ballymun Youth Action Project Ltd. Annual Report 2015.

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Chairperson’s Introduction:

“The best way to not feel hopeless is to get up and do something. Don’t wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.”

— Barack Obama

The above quote is a clear reflection of the response by the Ballymun community to the scourge of addiction among our youth. This response empowered our community through action and unity. Although BYAP is, in the main, community oriented, our Urrus element is a beacon of education bringing knowledge of the characteristics and clinical approaches to addiction and hope to many hundreds annually. In the following pages you, the reader, will see how the ethos of our founders has carried forward to our day to day activities. The board of Directors, all volunteers, and our staff are dedicated to and pursue best practice in the fulfilment of our mandate. Our balance sheet shows how tight our finances are but is also an indication of fiscal prudence and efficiency.

I take this opportunity to commend and thank our Company members, Board of Directors and Staff.

Charles Murphy

Word from the Director

During 2015, from the front door of BYAP, we saw Plunkett Tower come down piece by piece. It is the end of the “Ballymun Towers” that made the place so famous. On the day they started the demolition it was all over the news. We even had a visit from Glen Hansard, our Patron, as he came up to watch history being made and memories cherished. With the towers coming down, there will be no more talk of Plunkett, Pearse or Connolly in the way Ballymunners have spoken for years. Yet it would be a shame to lose a sense of what the “Seven Heroes” represent. Courage, even when it seems that the challenge is enormous, is the stuff of heroes, and is something that makes a lot of sense for everyone who uses the services of BYAP. It is this courage that has allowed people face issues, make changes, and keep going when it is most difficult. The last tower coming down, in the middle of a huge crisis of homelessness, also draws our attention to the enormous impact of homelessness on people using our services. Our thanks to everyone who has supported the work of BYAP over 2015, and hopefully this annual report gives a flavour of the impact the Project continues to have both locally and wider afield.



BYAP – Who we are

The Ballymun Youth Action Project (BYAP) is a community response to drug and alcohol misuse. It was founded in 1981 after three young people from Ballymun died from drugs-related causes. As a response that has come from within the community of Ballymun, we strive to reduce the negative impact of drug and alcohol use on the lives of individuals and families, and on this community.

We seek to do this through

- Working with individuals who are using, reducing, or who have stopped using drugs and/or alcohol;
- Supporting families impacted by drug and alcohol issues;
- Supporting the community in their work of prevention and intervention as responses to drug and alcohol issues;
- And building capacity through training and research.

We believe

- That individuals with addictions can and do recover;
- The families of those affected by addiction do not have to cope alone;
- That the Community can be an effective place to recover.

And our ethos is rooted in

- Valuing individuality;
- Valuing the capacity of individuals, families, and communities.



There are 7 different parts of the Project. BYAP Core is the original Project. Over time a Day Programme was developed to provide more structured activities for some of the people who were using the service. In 1996, URRÚS, the training centre was set up. Since then, BYAP has become the project manager for two other initiatives, the Aftercare Team and the Contact Project. At the end of 2012 we saw the start of another initiative, the Infant Parent Support Project. In 2014 BYAP took on the Addiction Counselling Service within the GP Practices. In all there are 15 Staff employed through these different

pieces of work.

The work of the Ballymun Youth Action Project is funded from a number of different sources. The HSE, the Local Drug and Alcohol Task Force, and the Probation Service are the principle funders.

Context and Key Developments 2015

Housing and homelessness has been one of the key issues in the Irish context over 2015. According to Focus Ireland there were 5,811 people ‘officially homeless’ in emergency homeless accommodation in February 2016 - an increase of 48% over the previous February. This figure includes adults (3,930) and children with their families (1,881), but it does not include the ‘hidden homeless’ who are living in squats or ‘sofa surfing’ with friends or people who are living in domestic violence refuges(<http://www.focusireland.ie/resource-hub/about-homelessness/> accessed 26/8/16). The extent of the problem meant it became one of the critical issues in the 2016 General Election.

Ireland, in 2015, was identified by the Eurostat report as the most ‘youthful’ EU country, with 40% of the population under the age of 30, and 22% of those young people under the age of 15. (Eurostat, 2015, Being young in Europe today). TUSLA, which was established in 2014, launched its first corporate plan in February 2015.

Benzodiazepines have continued to remain in the media through 2015, as their illicit trade in Dublin city centre drew criticism from many quarters. At the same time, Addiction Services and Task Forces have clearly identified the problem of dependency on benzodiazepines. The Misuse of Drugs (Amendment) Bill, 2016, along with the new regulations, will have a significant impact on the use of benzodiazepines and z drugs.

The European Monitoring Centre for Drugs and Addiction (EMCDDA) published “The Internet and Drug Markets” in 2016 in recognition of the growing attention being paid to the virtual drug market. The report noted the limited availability of information on who is buying online. What data there is suggests that for most people who use drugs the internet plays only a limited role in supply. However the report did find that numbers may be higher among certain drug users. The Global Drug Survey (GDS) 2015, which attracted responses from more than 100,000 individuals around the world, showed that just over 10% of respondents in that Survey reported buying drugs from conventional internet sites and dark net sites in the previous year. The GDS report also indicated that 4.5% of Irish respondents had bought off the dark net.



The EMCDDA report, while acknowledging that there is general agreement that online marketplaces for drugs have increasingly been used over recent years and will be used even more in the future, the extent to which the use of the internet is reconfiguring drug trafficking overall is still open to debate. p86

In April 2015, Junior Minister Aodhán Ó Ríordáin was appointed Minister for State with responsibility for drugs, a move that had been called for by Citywide Drugs Crisis Campaign since July 2014. The new minister from the outset announced that he was going to examine the possibility of decriminalisation. In August 2015 the minister convened a “Think Tank” of front line agencies and health care workers to look at the implications, both of decriminalisation and of the proposed introduction of medically supervised injecting centres.

In 2015 there has been a renewed emphasis on Addiction Recovery, with the establishment of the Recovery Academy, building on the momentum created by the Recovery Walk and the Recovery Coach Initiative, both started in 2012, and the publication of “Addiction Recovery: A Contagious Paradigm” in 2014.

eCASS, the data management system used by BYAP, has become the principle system used across community and voluntary addiction services in Ireland, and has been rolled out in an additional 16 drug/alcohol services since the beginning of 2015. This shared approach to data gathering has made a significant contribution to the level of information available about services, and about patterns of drug and alcohol use, as well as very clearly facilitating more efficient services.

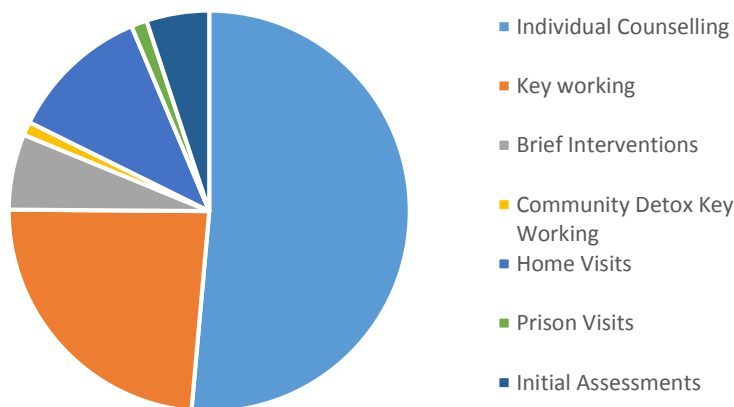


Report of Activities 2015.

In the following section the Activity of the Project will be broken down into three sections. The Services Provided to Individuals, the Education and Training services, and the Other Services and Activities.

A. The services provided to Individuals

The primary work with Individuals during 2015



During the year, **625** individuals had direct contact with the services of BYAP [406 Males, and 219 Females] through BYAP Core, Day Programme, Contact, Aftercare, the Infant Parent Support Coordinator, and the GP Counselling Service



A closer look at the figures: During 2015 there were a total of 4,845 **Face to Face Sessions**, broken down as follows:

Activity Type	2015
Individual Counselling	2,792
Key Working Sessions	1,287
Brief Intervention Sessions	331
Initial Assessments	275
Prison Visits/ Counselling	69
Community Detox Key Working	59
Couples Sessions	32

Other Interventions:

Activity Type	2015
Programme Sessions Delivered	90
Acupuncture Treatments	416
Home Visits	617
Street Outreach Sessions	208
Drop In Groups	50
Client Case Meetings	108
Therapeutic Group Sessions	50
Hospital Visits	40
Interagency Key Working	46
Prison Program Sessions	38

Examining the Figures

BYAP gathers data as part of the National Drug Treatment Reporting System (NDTRS). Within that data treatment is any activity targeted at people who have problems with substance use, and which aims to improve the psychological, physiological and sociological state of the individual seek help. Treatment is linked to specific goals involving change. Normally it involves reduction or abstinence in relation to the main problem drug. During 2015 163 treatments commenced that were recorded on NDTRS¹. These were commenced by 154 individuals. Of the 163 treatments commenced, 142 were completed during 2015, with 21 treatments ongoing at the end of 2015. Of the 142 treatments completed, 68 (48%) were linked to identified beneficial outcomes.

¹ Note: These figures only relate to NDTRS Treatments that commenced during 2015. It excludes all treatments that were started in 2014, and which were ongoing during 2015. The figures also exclude those individuals who linked to the services of BYAP, but for whom a HRB Form was not completed. Among this latter group are those who have been in touch with the outreach service provided by the Contact Project, and who report increasing levels of stimulant use.



Comment

Involvement with individuals who are seeking treatment begins with an initial assessment. The number of such assessments in 2015 is almost the same as the figure for 2014, reflecting a continuing high demand for services. In addition the number of individual counselling sessions has increased by 5% on the previous year.

The figures for Community Detox Key Working are lower in 2015 than in the previous year. This simply reflects the fact that, with the discontinuation of the National Community Detox Pilot, staff no longer record this key working as related to detox. In February 2016 however there were 13 individuals actively detoxing, and attending weekly with BYAP. This reflects the pattern of actual detox related keyworking during 2015.

The number of prison visits was reduced during 2015. This was due to the fact that staff of BYAP had taken on a second delivery of the Drug Treatment Programme within the Prison.

48 (34%) were categorised as successful completion of treatment. 15 chose not to continue treatment in relation to the specified goals identified on the basis that they considered themselves sufficiently stable, and 5 transferred stable to another treatment setting.

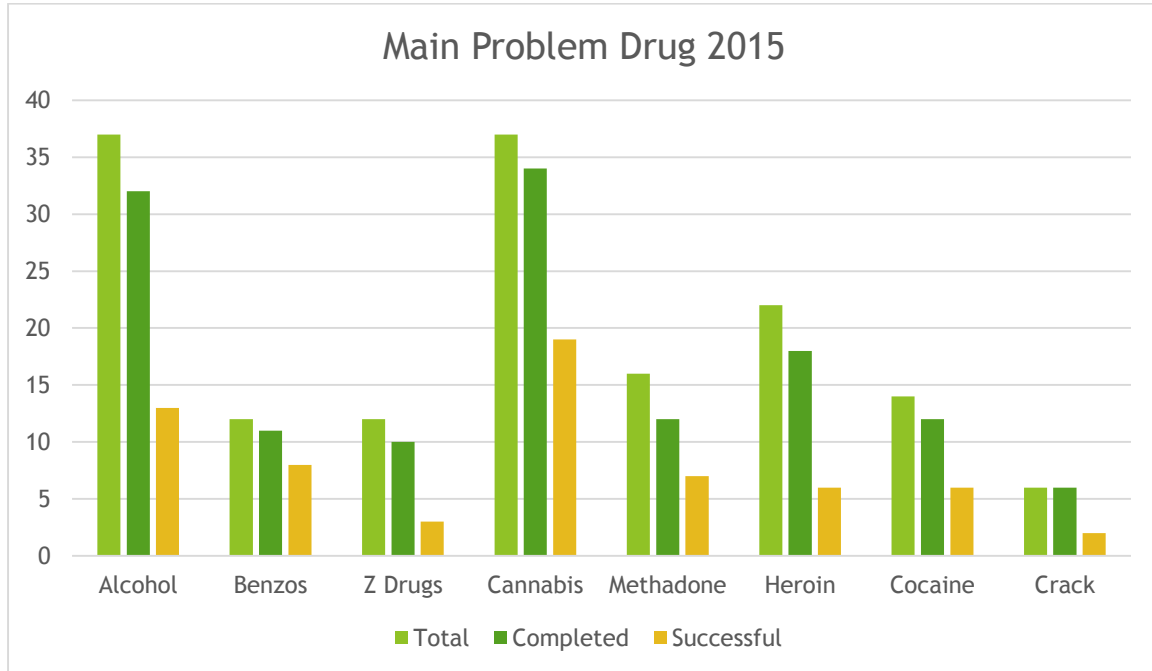


Fig. 1.

During 2015, for the 163 individuals recorded as commencing treatment on the NDTRS system, Weed (herbal cannabis) and Alcohol were the most frequently named drug that individuals experienced as their main problem. (Fig.1). During 2015, of the 37 treatments where weed was identified as the main problem drug, 56% of the treatments completed were identified as successful. For Alcohol, this figure was 40.5%. Though the number of presentations for Benzos were smaller, the figure for successful treatment involving Benzo use came in at 73%.

The experience within BYAP has been of a steady increase in the level of presentations where Alcohol is identified as the issue of concern. During 2015 there were 37 individuals (25 male/ 12 female) who specifically identified Alcohol as their presenting issue when they arrived to BYAP. This figure does not include those who did not specifically identify Alcohol, or who felt they had a difficulty with both drugs and alcohol.

During 2015 BYAP carried out a survey of counselling services within the Project. Using the “Session Rating Scale”, individuals were surveyed in January and then in October 2015. The findings found that during both periods there was a very high level of fit between counselling goals and the achievement of those goals, with average scores of 90-95% satisfaction for all questions. Questions included “whether or not the person felt heard, understood, and respected”, and if the “Counsellor’s approach was a fit for me”.

B. Education and Training Services



URRÚS provided the following training during 2015:

- Community Addiction Studies Course®
- Diploma in Community Drugs and Alcohol Work
- Drugs and Young People
- Young People in Addiction
- Boundaries in the Workplace
- Cognitive Behavioural Therapy (CBT)
- Working with Alcohol Misuse
- Community Reinforcement Approach (CRA)
- Women and Substance Use
- Harm Reduction
- Introduction to Addiction Studies
- Keyworking and Care Planning
- Motivational Interviewing: Intermediate.
- Boxing Clever - Health Related Fitness

Urrus provided training to 804 participants during 2015

It was time to get help and with all the nervousness and fear I arrived at BYAP doors. I had no clue at the time what to expect, was I going to be judged? Will I even get help? The feeling of uneasiness in me was put to rest when I met the staff and seen how not only friendly they were, but also how caring and supportive. I started one to one's and within weeks I was feeling so much better within myself. I pushed myself to avail of everything that was on offer. I signed up for all sorts of courses and classes and BYAP supported me through them all. They gave me something I didn't receive before, the belief and support to know if I fell down there was someone there to help me back up. With this belief I not only became a better me and a better family man. I achieved things I never thought possible.

Account by person using BYAP Services.

The Day Programme provided

- Recover Me Programme
- BYAP Literacy Programme
- Communications Programme
- Relapse Prevention Programme
- Emotions Programme
- Reduce the Use Programme
- Prep for Reduce the Use

C. Other Services and Activities

GP Addiction Counselling Service. This service, involving the delivery of an addiction counselling service within the GP Practices of the Primary Care Team in Ballymun, continues to flourish. During 2015 a total of 40 individuals were engaged with the service, and the GPs report that this referral pathway is working very well from their perspective, as well as keeping the Primary Care Practices in closer connection with the community services.



Research Alliance. Building on the partnership established through the delivery of the Diploma in Community Drug and Alcohol Studies, the UCD School of Social Policy, Social Work and Social Justice, and the Ballymun Youth Action Project have continued the development of the Research Alliance. This Alliance was

set up in 2013 with the aim of deepening our understanding, through research, of the innovative and concrete practices and programmes that are happening at the community level in response to drug and alcohol use. The first piece of research undertaken by the Alliance was an exploration of the impact of the Boxing Clever Programme. The Research Report was launched in February 2015, accompanied by a very engaged discussion of the findings. Since the completion of that piece of research the authors were invited to present at the international Club Health Conference in June 2015, and in March 2016 the Journal of Substance Use published an article “Boxing clever: utilizing education and fitness to build recovery capital in a substance use rehabilitation program” which was based on the findings. During 2015 the Alliance initiated a second piece of research which set out to examine the experience of practitioners in community based low threshold substance use services.



The **Boxing Clever Programme** provides an integrated educational, substance use recovery and fitness programme, and at the launch of the research there was participation from a range of organisations from other areas who are interested in replicating the programme.

During 2015 10 Boxing Clever participants achieved the FETAC award level 5 Community Addiction Studies, and 15 participants achieved FETAC award level 4 Health Related Fitness. We were delighted to have Gary “Spike” O’Sullivan making the presentation of certificates on the day.

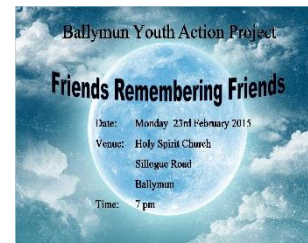
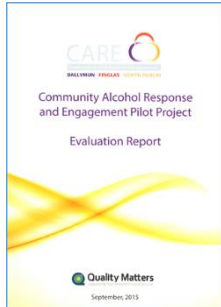


The **Infant Parent Support Project** has continued to develop. Referrals into the service are coming from an increasingly wide range of other services, as well as through word of mouth. At the end of 2015 we confirmed the secondment of an additional “Infant Parent Advocate Worker” for the Project. In addition to work with parents and children, the Project also addresses the need to support the development of all services in responding to the needs of this group. This has led to the Infant Parent Support Coordinator being involved in the delivery of training and workshop/lecture presentations on the topic of Infant Mental Health and Parents with Substance Use Issues.

Drug Treatment Programme. BYAP delivers the drug free programme in the Medical Unit in Mountjoy Prison. This programme is a six week programme involving Ballymun YAP, Coolmine, The Anna Liffey Project, and the Harmony Programme.

Education Settings. BYAP continues a limited delivery of the 6th Class Drug and Alcohol Programme in the Holy Spirit School. We also delivered Drug and Alcohol input throughout the year in BEST (Ballymun Education Support Team).

CARE (Community Alcohol Response and Engagement Pilot Project). BYAP is one of the psychosocial partners in this cross task force initiative between Ballymun, Finglas and the North Dublin Region. The Pilot phase ran for one year up to June 2015. The Evaluation Report from September 2015 clearly advocated for the continuance and further development of the service. Minister Aodhán Ó Riordáin, in his Foreward to the Report noted that Projects like this one will help to significantly and positively alter our relationship with alcohol, and commended the interagency and community cooperation on the project that has facilitated its success.



BYAP held the **Friends remembering Friends Service** on the 23rd February 2015, with the theme of Hope as the Focus.

Facebook and Twitter. While BYAP has had a profile on facebook and twitter, in 2015 we began to post material more frequently, recognising that many people linked to our services do regularly access online media for information and updates.



Urrús continues to develop training modules that respond to emerging and identified needs. During 2015 two new modules, “Key working/Care Planning” and “Women and Substance Use” required additional delivery dates in order to meet the demand from services.

Events.

On the 12th October 2015, 17 students from the Diploma in **Community Drug and Alcohol Work** (Dip CDAW) were in UCD to receive their Diplomas. In addition 19 Students began the new cycle in September 2015.



The BYAP **Company AGM** took place on the 16th September 2015. This year the agenda included a discussion on “Decriminalisation”, hosted by Anna Quigley from Citywide.

Certificate Presentation.

In November 2015 Minister Aodhán Ó Riordáin presented certificates to all those who had completed courses with BYAP and Urrús over 2015. There were 43 Participants from Day Programme Courses, and 38 who completed the CASC Course in Ballymun during 2015.



The **Day Programme** produced 3 newsletters in 2015, with the financial support of the BLDTAF. We are very grateful to the Ballymun Read and Write Scheme who provide a tutor for the Communications Programme within the Day Programme.



Recognition Event. On the 6th July 2015 BYAP initiated a new celebration event to acknowledge the efforts people have put into changing and the courage shown even when circumstances and situations may have been working against them.



In July we also had a visit from the Art Teachers working in Mountjoy Prison, who were involved in creating the wonderful mosaic which was donated to BYAP and hangs in the Horizons Building.

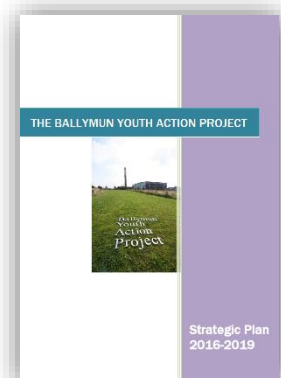
Support for the Project. During 2015 we received support from a range of different people and organisations. In a very concrete way our thanks go to NOSTRA for taking on BYAP as part of their Corporate Social Responsibility activity, Supervalu for supporting our events, and others who put themselves out to help out the project in so many ways over the year.

We also wish to express our gratitude to the company members of the Ballymun Youth Action Project, and to the Board of Directors whose commitment, professionalism, and wisdom provide an immense resource to the work of the Project.

Organisational.

In April 2015 the Ballymun Youth Action Project completed the process of becoming compliant with the **Governance Code** for the Community, Voluntary and Charitable Sector in Ireland. We are also registered with the Charities Regulatory Authority.

Strategic Plan 2016-2019. During 2015 the new **Strategic Plan** for BYAP was developed in consultation with all stakeholders. An initial identification of Critical Issues took place during an Organisational Review Day in January 2015. This was followed by a review of policy and practice developments potentially impacting on the next three years.



In September and October 2015 a Survey of Partner and Referral Agencies took place, which focused on Emerging Needs, and BYAP's potential responses to these issues. In November 2015 The BYAP Team completed a SWOT Analysis, and during December 2015 a range of Workshops and Individual Surveys were undertaken with service users from all parts of the BYAP Service.

In developing the plan we have become more aware of areas where the work of the Ballymun Youth Action Project is making a difference. At the same time, our attention has also become more focused on new challenges that are emerging, or where existing challenges are not being adequately met. During the lifetime of the new strategic plan we will be challenged to balance out these different demands being placed on our limited resources, and we hope that the renewed recognition of the impact of addiction on individuals, families, and communities will be reflected in an ongoing prioritising, at governmental level, of the drug and alcohol strategy, and the support for initiatives identified within that strategy.

We have continued to develop our use of the **eCASS Data system**, and in June 2015 BYAP featured in a salesforce foundation Webinar looking at how salesforce can support the work of the community and voluntary sector. During 2015 BYAP also switched to the Cloud for both eCASS and Office 365, an important dimension of our ongoing action to ensure sustainability and future-proof our structures.



During 2015, NOSTRA took on the management of our IT system within BYAP, as part of their Corporate Social Responsibility activity and we are very grateful for the huge support that has been to the project, both financially and practically.

Appendix 1: Financial Statement

The Ballymun Youth Action Project Ltd.

Income and Expenditure Account for the year ended 31 December 2015

Income	897,130
Expenditure	
Cost of Generating Funds	55,720
Direct Charitable Expenditure	849,864
Governance Costs	6,558
Total Expenditure	912,142
Excess (Deficit) Income for Year General Fund	(15,012)

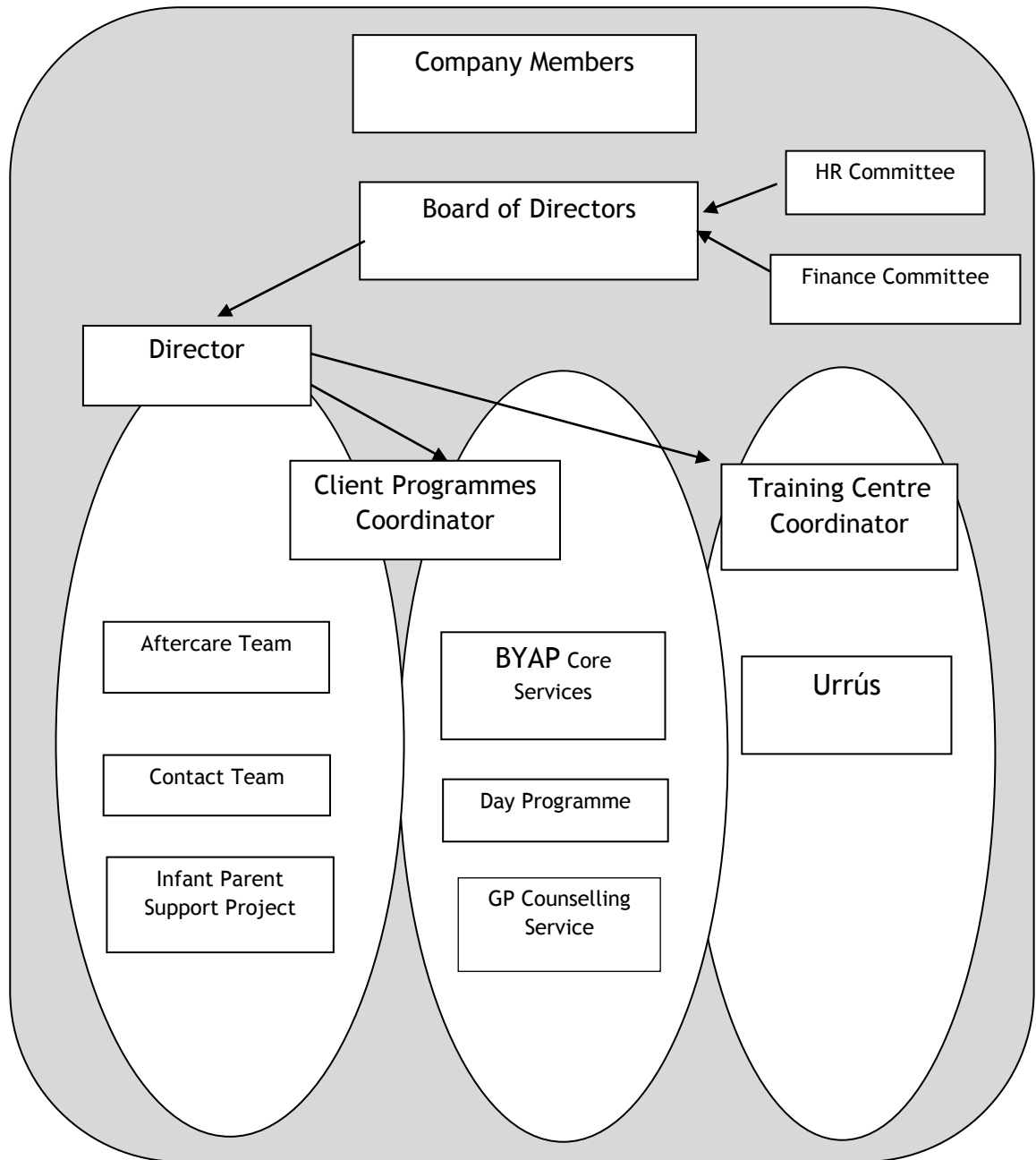
Appendix 2: Governance.

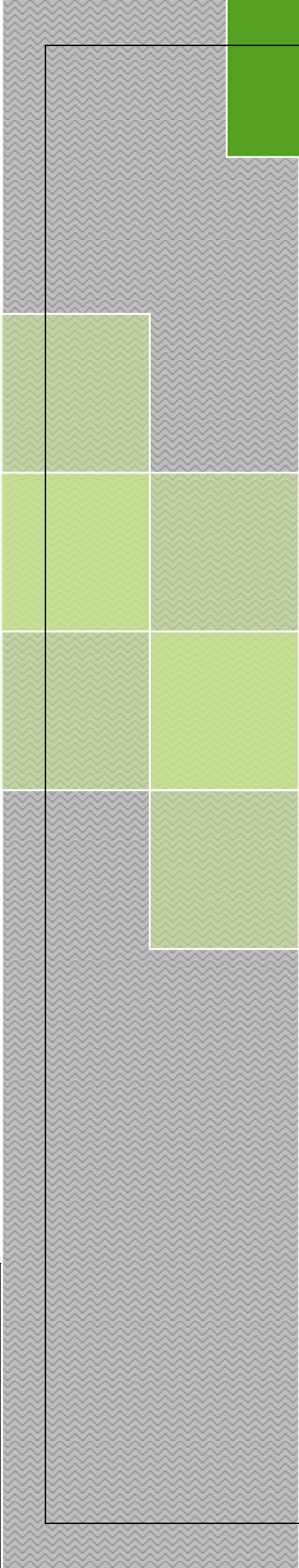
Ballymun Youth Action Project: Board of Directors: 2015.

Charles Murphy:	Chairperson.	[Board Attendances: 8]
Pat Carey:	Vice Chair.	[Board Attendances: 9]
Marian Hackett:	Secretary.	[Board Attendances:10]
Margarete McGrath:	Treasurer.	[Board Attendances: 6]
Niall Guy		[Board Attendances: 6]
Neasa McDonagh.		[Board Attendances: 5]
Sylvia Gallagher		[Board Attendances: 9]

The Board of Directors met 11 Times during 2015.
Directors do not receive any fee or expenses.

Appendix 3: Ballymun Youth Action Project: Organisational Structure 2015





The Ballymun Youth Action Project Ltd
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Ballymun
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