

2016

Annual Report 2016

The Ballymun Youth Action Project Ltd





The Ballymun Youth Action Project Ltd. Annual Report 2016.

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Introduction:

2016 was a very significant year for Ireland, the 100th Anniversary of the 1916 Rising, and of the Proclamation of the Republic that put down a marker for a more just and fair Society. In the midst of the national celebrations the aspirations of those involved in the Rising often contrasted with the difficult realities facing contemporary Ireland, in particular the housing crisis, and the ongoing suffering caused to individuals, families and communities by drugs and alcohol.

This annual report hopefully captures some of the ways in which the Ballymun Youth Action Project has worked towards the creation of a more just and fair society, particularly in relation to the way we respond to substance use.

BYAP - Who we are

The Ballymun Youth Action Project is a Community Response to Drug and Alcohol issues as they are experienced in this local community, and in our response we work with individuals, families and the broader community. It was founded in 1981 after three young people from Ballymun died from drugs-related causes.

Our services respond to a continuum of needs ranging from low threshold harm reduction positions to post substance use/abstinence based aftercare provision.



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.

We believe that individual substance users do not exist in isolation, and accordingly we work with families and the community in order to make change more possible. We recognise the impact that drug use has on families and the local community and our services also seek to address that impact. Within the delivery of services there are target groups who are in a transitional phase within their drug use, and the manner of service delivery is designed to incorporate this reality. Accordingly there are also some collaborative pieces of service delivery within the organisation.

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. .

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.

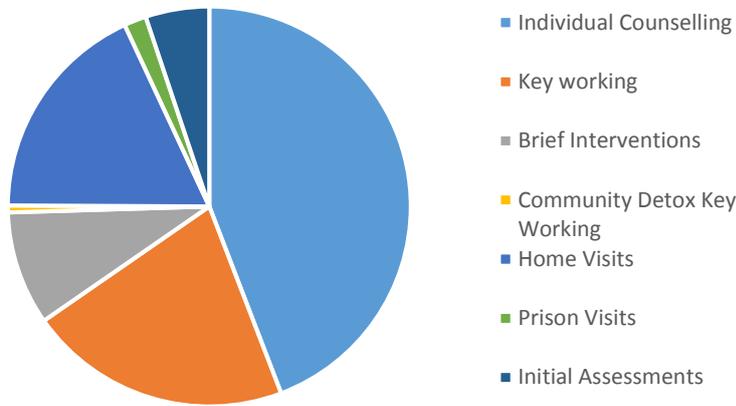


Report of Activities 2016.

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 2016



During the year, **620** individuals had direct contact with the services of BYAP [395 Males, and 225 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 2016 there were a total of **4,163 Face to Face Sessions**, broken down as follows:

Activity Type	2016
Individual Counselling	2,377
Key Working Sessions	1,136
Brief Intervention Sessions	335
Initial Assessments	178
Prison Visits/ Counselling	96
Community Detox Key Working	30
Couples Sessions	11

Other Interventions:

Activity Type	2016
Programme Sessions Delivered	71
Acupuncture Treatments	416
Home Visits	969
Street Outreach Sessions	208
Drop In Groups	50
Client Case Meetings	62
Therapeutic Group Sessions	50
Hospital Visits	39
Prison Program Sessions	54



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 2016 148 treatments commenced that were recorded on NDTRS¹. Of the 148 treatments commenced, 123 were completed during 2016, with 25 treatments ongoing at the end of 2016.

Of the 123 treatments completed, 56 (46%) were linked to identified beneficial outcomes.

42 (34%) were categorised as successful completion of treatment. 6 chose not to continue treatment in relation to the specified goals identified on the basis that they considered themselves sufficiently stable, and 8 transferred stable to another treatment setting.

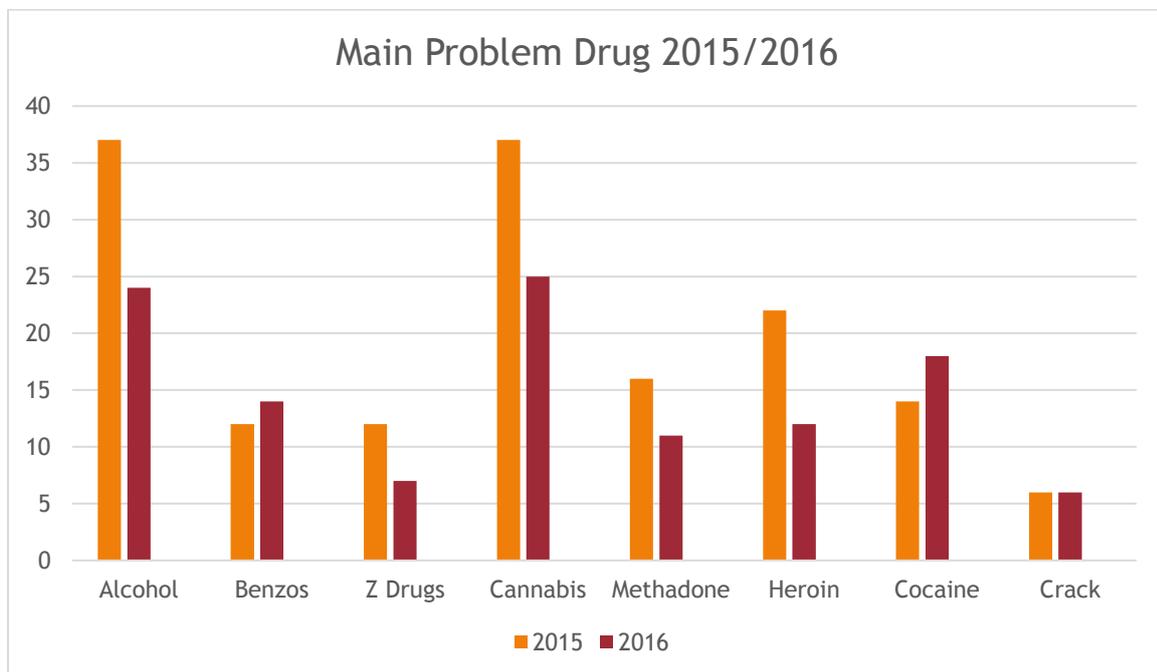


Fig. 1.

During 2016, for the 123 individuals recorded as commencing treatment on the NDTRS system, Weed (herbal cannabis) and Alcohol continued to be the most frequently named drug that individuals experienced as their main problem, but there has been a notable rise in Cocaine being mentioned as the identified main problem drug (from 8.6% in 2015 to 14.6% in 2016) and also a significant increase in Benzodiazepines being experienced as the main problem drug (from 7.3% in 2015 to 11.4% in 2016).



¹ Note: These figures only relate to NDTRS Treatments that commenced during 2016. It excludes all treatments that were started in 2015, and which were ongoing during 2016. The figures also exclude those individuals who linked to the services of BYAP, but for whom a HRB Form was not completed.

B. Education and Training Services



URRÚS provided the following training during 2016:

Urrus provided training to 750 participants during 2016

- Community Addiction Studies Course[©]
- Diploma in Community Drugs and Alcohol Work
- Cognitive Behavioural Therapy (CBT)
- Working with Alcohol Misuse
- Community Reinforcement Approach (CRA)
- Women and Substance Use
- Understanding Harm Reduction
- Introduction to Addiction Studies
- Keyworking and Care Planning
- Boxing Clever - Health Related Fitness
- Understanding Safer Injecting Techniques
- Case Notes and Record Keeping
- Introduction to Motivational Interviewing
- Drug Related Health Issues



The Day Programme provided

- Reduce the Use Preparation
- Reduce the Use Programme
- Addiction and Change Programme
- Communications Programme
- Education Workshops



C. Other Services and Activities

The GP Addiction Counselling Service, which works within the GP Practices of the Primary Care Team in Ballymun, continues to provide counselling to individuals who are dealing with substance use issues. During 2016 a total of 50 individuals were engaged with the service. As anticipated when the service was established, the involvement of BYAP in the Primary Care setting has continued to facilitate referrals that allow people access additional community services.

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. Working in partnership, 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. The dissemination of the research on the Boxing Clever Programme continued during 2016, with the publication in the Journal of Substance Use in March 2016 of an article titled “Boxing clever: utilizing education and fitness to build recovery capital in a substance use rehabilitation program” which was based on the findings. In December 2016 a short film on the Research findings was launched in the Axis Centre in Ballymun. The research on the experience of practitioners in community based low threshold substance use services, which was initiated in 2015, was finalised and launched in June 2016.

The **Boxing Clever Programme** continues to maintain a high profile on the basis of the success of the programme, and more recently due to the positive attention being attracted to the programme as a result of the research report which was launched during 2015. In May 2016, the Certificate Awards Ceremony for the Boxing Clever Programme was held in Urrús. The guest speaker for the event was Philly McMahon, of the Dublin Senior GAA Football Team, who gave an engaging and inspiring presentation on living the change, drawing on his own experience of the “half-time talk”.



The Boxing Clever Programme was highlighted again in December with the launch in the Axis Theatre of a Short Film on the findings of the Boxing Clever Programme research project, accompanied by a Policy Briefing and Panel Discussion. The panel members addressed the theme of “The Role of Fitness, Education and Mentoring in Treatment, Rehabilitation and Recovery”.



The **Infant Parent Support Project** now has an additional team member, seconded from the Ballymun Local Drugs and Alcohol Task Force. 34 parents engaged with the service during 2016, including a small number of fathers. In addition to work with parents and children, the Project also continues to address the need to support the development of all services in responding to the needs of this group. To this end, In June 2016 the Project Coordinator made a presentation to the Psychological Society of Ireland in University College Dublin, and has co-delivered training with Urrus on “Women and Substance Use”.

Drug Treatment Programme. BYAP continues to deliver 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. The public consultation process for the development of the new National Drugs Strategy was undertaken during 2016, and it highlighted the need for drug education, including in the primary school setting. BYAP continues with a limited delivery of the 6th Class Drug and Alcohol Programme in the Holy Spirit School, as well as delivering Drug and Alcohol input throughout the year in BEST (Ballymun Education Support Team).



BYAP held the 21st Anniversary of the **Friends Remembering Friends Service** on the 22nd February 2016, with the theme of “You are not alone”.



In September 2016 BYAP hosted the launch of the “Recovery Quilt” which was designed and made within the services of BYAP. The Quilt has been specially designed for use at events, including outdoor activities such as the recovery walk.

The success of the Quilt Group led to the development of a “Craft Group” within BYAP which focused on Christmas related craft work, and the



final products were exhibited on the 14th December 2016.

Facebook and Twitter continue to provide a useful link between the services of BYAP and the wider community, and through sharing of information in relation to a



wide range of addiction related services these pages have provided helpful information and opportunities that otherwise would have been missed.

Urrús, apart from the core delivery of training, continues to develop new modules and approaches that respond to emerging and identified needs. During 2016 Urrús delivered a significant amount of training to TUSLA Social Work Staff in relation to Women and Substance Use. Also during 2016 Urrús, in collaboration with UCD, commenced the development of an online Continuous Professional Development module, “Professional Certificate Women and Substance Use”, at level 9 on the National Framework.

Cannabis Research. The EQUAL Youth Initiative in Ballymun has developed a model of inter-agency work that seeks to support young people in Ballymun. Following discussions at the EQUAL Youth Committee, in March 2016 BYAP began to gather data over a period of 14 weeks, through 3 sites, in relation to Cannabis Use. BYAP staff and Diploma Students were involved in the data collection, in collaboration with BRYR.

MOJO for Young Men was set up in Ballymun during 2016, hosted by the Ballymun Regional Youth Resource (BRYR). Mojo is an interagency programme developed to provide a coordinated response to men who are in distress and affected by employment issues. Mojo seeks to promote a positive attitude to men's mental health through enhancing well-being and self-worth. BYAP supported MOJO through involvement with the Interagency Steering Group.



The **Day Programme** produced 3 newsletters in 2016, with the financial support of the BLDTAF. We are also very grateful to the Ballymun Read and Write Scheme who provide a tutor for the Communications Programme within the Day Programme.

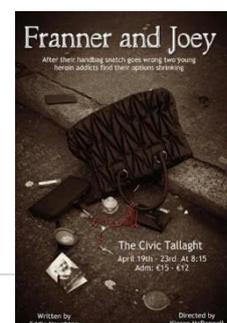
SMART Recovery. SMART stands for Self-Management and Recovery Training, and as an approach was started in 1994 in the United States. SMART recovery helps participants decide if they have a problem, builds their motivation to change, and offers a set of proven tools and techniques to support recovery. Several staff of BYAP completed the training required to become a facilitator for this approach.

The **Talking Wall** is one of the novel ways of getting feedback on services, and on specific issues of concern, which was identified during training on "Service User Involvement" which took place in January 2016. The talking wall has become an important focus of discussion and the themes are now being managed by users of our services.



Handkerchief painting. As part of the commemorations for 2016, the Ballymun Community Organisations Network, BCON, invited schools, youth groups, and community organisations to create commemorative handkerchiefs. Through the Day Programme of BYAP a large number of handkerchiefs were completed and went on display in the Civic Centre.

Theatre. Through contacts with producers and actors, and supported by the Ballymun Local Drugs and Alcohol Task Force, BYAP



service users have been able to attend a number of plays over the year, and in some case have had the opportunity to meet with those responsible for the production, as writers, actors or producers.

Events.

June 2016 saw the launch of the report “Community based low threshold substance use services: Practitioner approaches and challenges” The research was undertaken as part of an Alliance between University College Dublin and the Ballymun Youth Action Project. 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. Already in 2015 the Alliance produced the research report on the Boxing Clever Programme which has attracted both national and international attention.

Minister of State Catherine Byrne TD, with responsibility for Communities and the National Drugs Strategy, launched the report, at a gathering of representatives from a wide range of local and national organisations. The launch highlighted the continued importance of low threshold involvement, recognising that it creates space that holds out hope for people. As the poet Edmund Waller wrote, “Leaving the old, both worlds at once they view, that stand upon the threshold of the new”.



On the 9th September 2016, 17 students from the Diploma in **Community Drug and Alcohol Work** (Dip CDAW) were in UCD to receive their Diplomas.

The **BYAP Company AGM** took place on the 15th September 2016. Following the AGM there was a presentation of the findings from the Cannabis Research to the Company Members.

Certificate Presentation.

On the 26th September BYAP held the certificate presentation for all those who had completed courses with BYAP and Urrús over 2016. Hugh Greaves, the Coordinator of the Ballymun Local Drug and Alcohol Task Force, presented the Certificates on the night, having spoken about the role of training within the development of community response in Ballymun.

Recognition Event. On the 19th of September, during what has now become “Recovery Month”,



BYAP held our second “Recognition Event” which acknowledges the efforts people have put into changing and the courage shown even when circumstances and situations may have been working against them. Music was provided on the night by Cathal and Áine Holland.

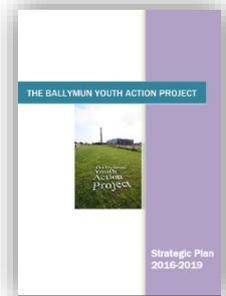
Support for the Project. Again, during 2016 we received support from a range of different people and organisations. In a very concrete way our thanks go to NOSTRA who have taken on the management of our IT system, Supervalve for supporting our events, and others who have been quietly supporting our work over the year.

We also wish to express our appreciation for the BYAP Company members, and the Board of Directors whose commitment, professionalism, and readiness to support the work of the Project have proven to be an enormous resource over the year.

Organisational.

Ballymun Youth Action Project is compliant with the **Governance Code** for the Community, Voluntary and Charitable Sector in Ireland, and is also registered with the Charities Regulatory Authority.

Strategic Plan 2016-2019. The New Strategic Plan commenced in 2016 and informs our ongoing development.



Appendix 1: Financial Statement

The Ballymun Youth Action Project Ltd.

Income and Expenditure Account for the year ended 31 December 2016

Income	883,811
Expenditure	
Cost of Generating Funds	63,259
Direct Charitable Expenditure	771,063
Governance Costs	7,441
Total Expenditure	841,763
Excess (Deficit) Income for Year	
General Fund	42,048

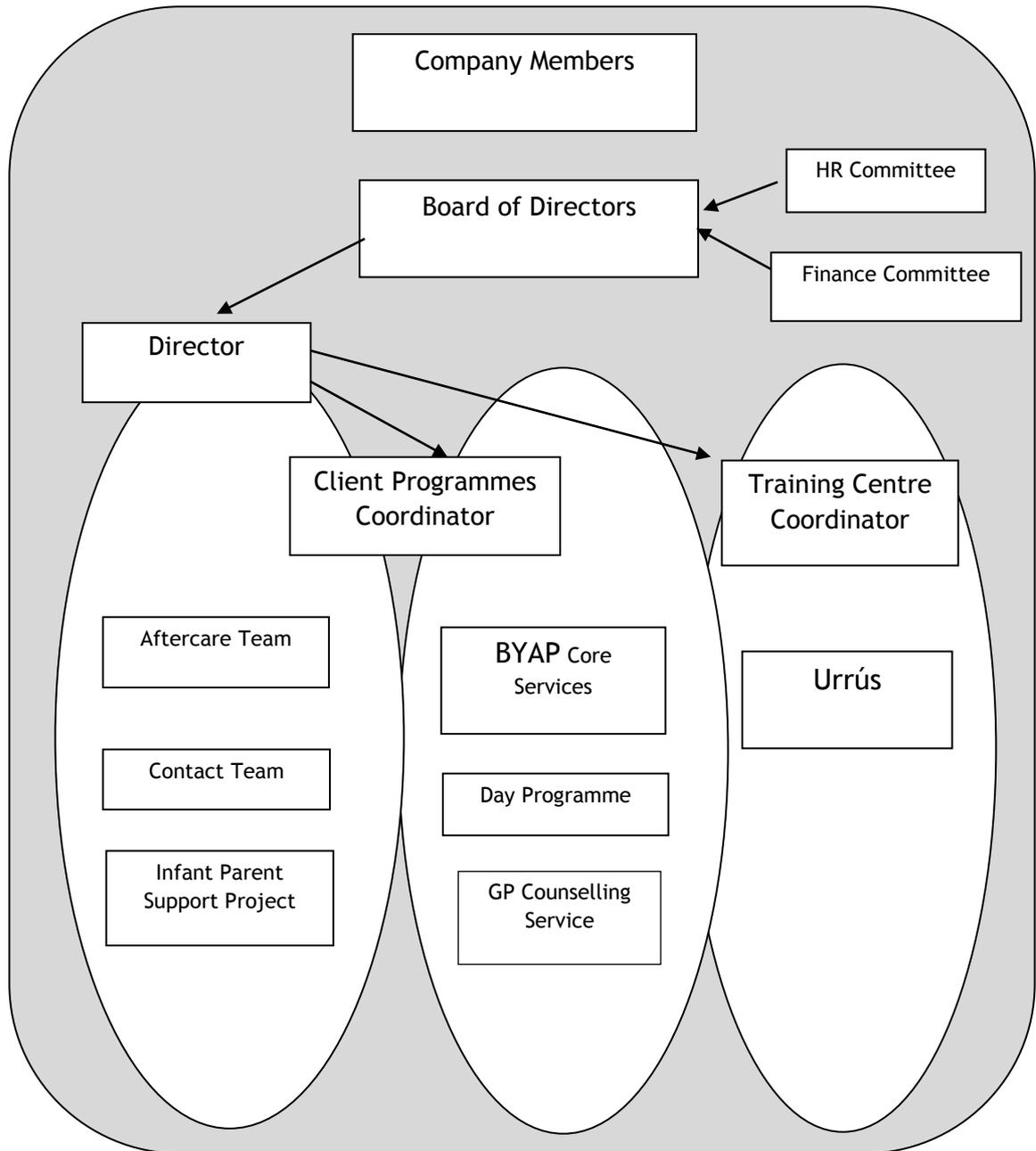
Appendix 2: Governance.

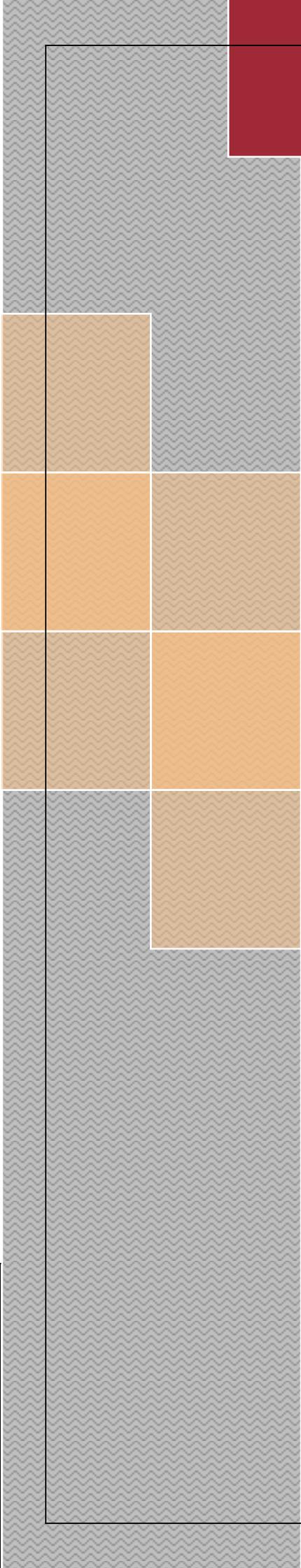
Ballymun Youth Action Project: Board of Directors: 2016.

Charles Murphy:	Chairperson.	[Board Attendances: 6]
Pat Carey:	Vice Chair.	[Board Attendances: 6]
Marian Hackett:	Secretary.	[Board Attendances:9]
Margarete McGrath:	Treasurer.	[Resigned 16/02/16]
Niall Guy		[Board Attendances: 2]
Neasa McDonagh.		[Board Attendances: 8]
Sylvia Gallagher		[Board Attendances: 7]
Hilda Loughran		[Appointed 18/05/16]
Donal O Loingsigh		[Appointed 11/10/16]

The Board of Directors met 10 Times during 2016.
Directors do not receive any fee or expenses.

Appendix 3: Ballymun Youth Action Project: Organisational Structure 2016





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