

2017

Annual Report 2017

The Ballymun Youth Action Project Ltd





The Ballymun Youth Action Project Ltd. Annual Report 2017.

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Introduction:

2017 saw the launch of the new national drug strategy titled *Reducing Harm, Supporting Recovery: A health-led response to drug and alcohol use in Ireland 2017-2025*. The new strategy has an increased emphasis on a health-led approach to addressing the drug situation in Ireland. Of particular importance is the fact that this was the first time that a national strategy included alcohol as part of its remit. During the year there was also a lot of focus on the provision of Supervised Injecting Facilities, which were signed into law in May 2017, and a broad discussion of the possibility of the decriminalisation of limited amounts of drugs for personal use. This annual report gives a picture of what has taken place at the more local level, and is consistent with the renewed thrust of the national strategy to seek to overcome the barriers to recovery, and to support those most affected by drug and alcohol 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 facilitate change. 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.

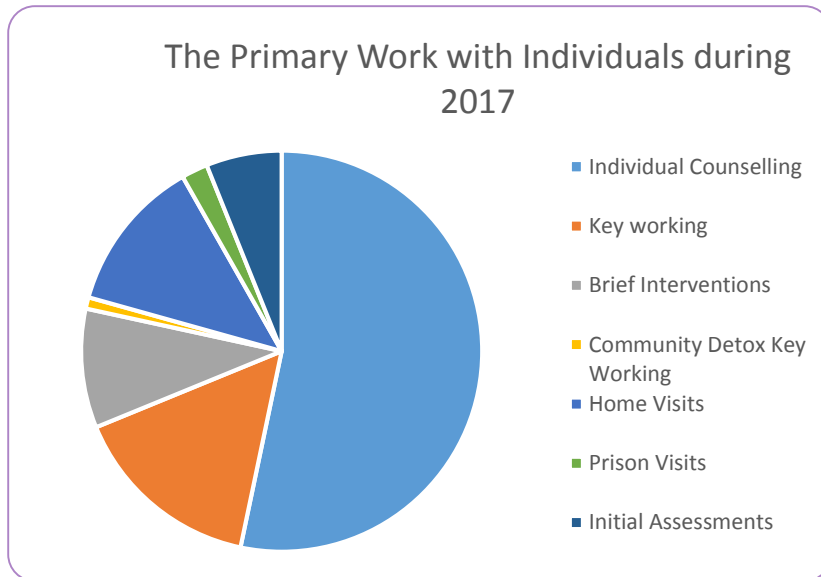
The work of the Ballymun Youth Action Project is funded from a number of different sources. The HSE, the Local Drug and Alcohol Task Force, and the Probation Service are the principle funders.

Report of Activities 2017.

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



During the year, 542 individuals had direct contact with the services of BYAP [337 Males, and 205 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 2017 there were a total of 3,745 Face to Face Sessions, broken down as follows:

Activity Type	2017
Individual Counselling	2,264
Key Working Sessions	659
Brief Intervention Sessions	408
Initial Assessments	259
Prison Visits/ Counselling	90
Community Detox Key Working	39
Couples Sessions	26

Other Interventions:

Activity Type	2017
Programme Sessions Delivered	96
Acupuncture Treatments	340
Home Visits	529
Drop In Groups	50
Client Case Meetings	57
Hospital Visits	19
Prison Program Sessions	42



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 2017 130 treatments commenced that were recorded on NDTRS¹. Of the 130 treatments commenced, 119 were completed during 2017, with 11 treatments ongoing at the end of 2017.

Of the 119 treatments completed, 46 (38.6%) were identified as finishing the treatment piece successfully.

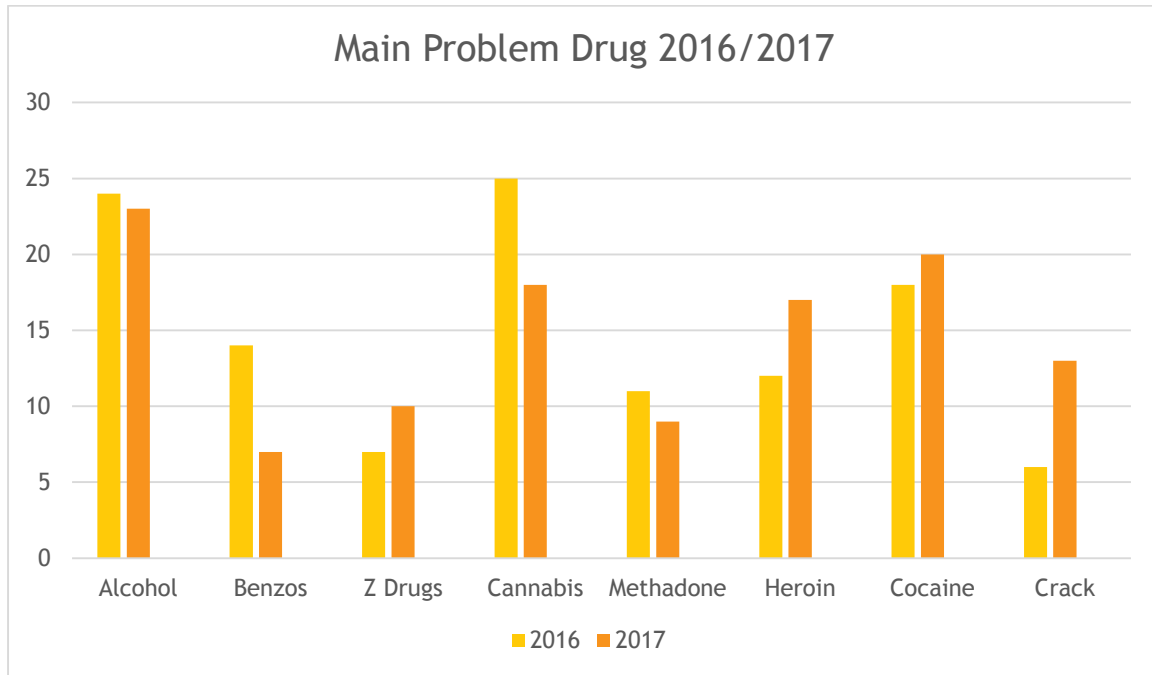


Fig. 1. For the 130 individuals recorded as commencing treatment on the NDTRS system during 2017, an examination of the most frequently named main problem drug showed notable changes in patterns of presentations when compared with the previous year. Crack Cocaine has increased by 54%. Heroin has increased by 30%. Cocaine and Z drugs have also increased slightly. Meanwhile Cannabis has dropped by 28% and Benzodiazepines have dropped by 50%. Alcohol and Methadone continue to remain at stable levels, with Alcohol continuing as the most frequently presenting problem drug. 2017 was the first year that Pregabalin (Lyrica) was identified by service users as a main problem drug, with two individuals identifying this issue. The Research Alliance has commenced work on further exploring this specific drug and related concerns.



¹ Note: These figures only relate to NDTRS Treatments that commenced during 2017. It excludes all treatments that were started in 2016, and which were ongoing during 2017. 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 2017:

Urrus provided training to 577 participants during 2017

- Community Addiction Studies Course®
- Diploma in Community Drugs and Alcohol Work
- Cognitive Behavioural Therapy (CBT)
- Working with Alcohol Misuse
- Community Reinforcement Approach (CRA)
- Understanding Harm Reduction
- Introduction to Addiction Studies
- Keyworking and Care Planning
- Boxing Clever - Health Related Fitness
- Introduction/Intermediate Motivational Interviewing
- Drug Related Health Issues
- Recovery Mentoring Programme
- Drug Information and Process of Addiction

The Day Programme provided

- Reduce the Use Programme
- Addiction and Change Programme
- Communications Programme
- Process of Decision Making Workshops
- Process Group
- Strength to Change Programme
- Crack Cocaine Harm Reduction Workshops
- Relapse Prevention Programme
- How to deal with how you feel Programme
- Yoga



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 2017 a total of 53 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.

Cannabis Research. The impact of cannabis use on young people’s development and motivation levels has been a key issue for local communities for a number of years, and this concern has been highlighted in the context of the discussions taking place in relation to the regulation and legalisation of cannabis. Additionally there is growing evidence of the negative impact of high potency cannabis on the developing brain. These concerns have been raised at the Equal Youth Initiative in Ballymun on an ongoing basis, and in March 2016 BYAP commenced a research project which was completed and published in May 2017. The Report “It’s Only Weed” has proven to be a significant contributor to the current understanding of cannabis use among young people, and has also received substantial attention both nationally and internationally. Key recommendations from the report are currently being implemented and the report has been presented at the “2nd European Conference on Addictive Behaviours and Dependencies” which took place in Lisbon in October 2017.



The **Boxing Clever Programme**, a twenty week integrated educational, substance use recovery and fitness programme, continued during 2017, and the Certificate Award Ceremony took place on the 29th September 2017 in Urrús. The guest speaker for the event was Lynn Ruane, who spoke of her own



experience of making changes and achieving what she didn't think possible. She highlighted the role of Adult Education in her journey. 2017 also saw the recognition of the Programme by "Sport Ireland", who providing funding for the programme and also opened up national partnerships with other agencies and sporting bodies.



The Infant Parent Support Project. 38 parents engaged with the service during 2017, 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. Baby massage is now an additional feature of the service to parents and their babies. The Project continues to be part of the North Dublin Infant Mental Health Study group, which facilitates the continuance of an up to date best practice approach.

21st Anniversary of the Establishment of Urrús 1996-2017

Urrús is the training section of the Ballymun Youth Action Project and was set up in 1996 to provide education and training in relation to drug and alcohol misuse. The name Urrús means Strength / Confidence in the Irish language.

The delivery of training, both to professionals and community members is a central component of the work of Urrús. We are registered with QQI (Quality and Qualifications Ireland) and a centre where people and organisations can access a range of training options in order to increase their effectiveness and participation in the area of responses to drug and alcohol misuse. Courses provided include introductory level training courses in the area of substance use and addiction; a QQI level 5 (minor) award in Community Addiction Studies; a level 7 Diploma in Community Drug & Alcohol Work (delivered in partnership with University College Dublin); and a range of continuous professional development courses, some of which are accredited by the Addiction Counsellors of Ireland (ACI). 50% of the 2017-2018 intake to the Diploma course have completed the Community Addiction Studies Course[®] and nine of last year's Diploma course are progressing on to do the degree programme with UCD. Urrús also conducts research on issues that concern drug and alcohol use and the local community.

On the 7th September 22 students who successfully completed the Diploma in Community Drugs and Alcohol Work were conferred with their Diplomas during the graduation ceremony in University College Dublin.

Drug Treatment Programme. BYAP continues to deliver the drug free programme in the Medical Unit in Mountjoy Prison, and supports this work with prison visits. The DTP programme is a six week programme involving BYAP, Coolmine, The Anna Liffey Project, and the Harmony Programme.

Education Settings. In the last number of years there has been a lot of reflection on the best approach to addressing substance use prevention and intervention issues within schools and education settings. New approaches, including the "Putting the Pieces Together" programme have been developed, particularly for out of school settings. However the role of community organisations within the school setting is still undergoing change. Within this context BYAP continues to provide specific deliveries to schools and other education settings, including BEST, but we are hopeful that a more systematic school-community collaboration on the theme of substance use prevention and intervention will become more the standardised approach, particularly in communities most affected by substance use.

BYAP held the **Friends Remembering Friends Service** on the 27th February 2017, with the theme of "Friendship". Each year more people become involved in this event which creates a space to acknowledge some of the loss and trauma associated with the death of friends and loved ones.

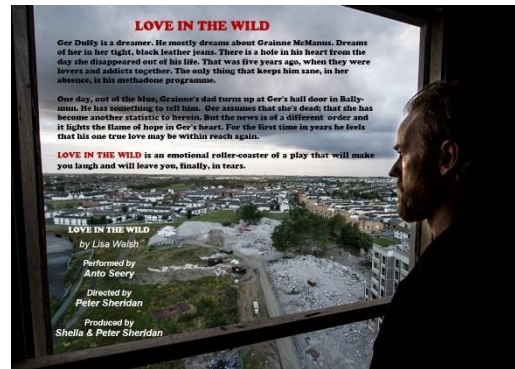




BYAP have been involved with the **Club Health Conference**, an International Conference on Nightlife, Substance Use and Related Health Issues, since 2016. BYAP staff were part of the organising committee, along with UCD and other organisations, for the 10th Club Health Conference which took place in Dublin from the 24th to the 26th May, in Dublin Castle. The conference looked at a range of topics over the three days, and this year included a focus on discrimination, marginalisation and mobilisation.

In August 2017 the Ballymun Youth Action Project/ Urrus made a presentation on our low threshold focused research at the “**Fourth Contemporary Drugs Problems Conference**” in Helsinki. The issues, responses and challenges experienced in low threshold service provision in Ballymun were debated in terms of the similarities and differences across Europe.

Theatre. There continues to be great interest in the theatre programme initiated in 2016, with the support of the Ballymun Local Drugs and Alcohol Task Force. IN 2017 groups went to see *Big Bobby Little Bobby*, *The 4th Act*, *Minding Frankie*, and *The Confirmation Suit*. In December. “*Love in the Wild*” play was performed in Urrus. Written by Lisa Walsh, performed by Anto Seery and produced by Peter Sheridan. It was a powerful evening, engaging with a drama that captured the complex reality of this character’s life, and how he is not defined by his substance use.



The **Craft Group** continues to develop, and during 2017 there were a range of workshops which prepared craft items for particular seasons or for specific events such as the Friends remembering Friends celebration.

The **BYAP Company AGM** took place on the 28th September 2017. Following the AGM there was a presentation on 21 years of the work of Urrus.

Certificate Presentation.

On the 18th September BYAP held the certificate presentation for all those who had completed courses with BYAP and Urrús over 2017. Peter Sheridan and Mary Ellen McCann presented the Certificates on the night.



Recognition Event. On the 16th of October, BYAP held our annual “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.

Support for the Project. As with previous years we are very appreciative of the support that is given to our organisation. In a very concrete way our thanks go to NOSTRA who continue to manage our IT system, and to the many 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.

During 2017 BYAP, the STAR Project, and the Ballymun Local Drugs Task Force, began discussions with the planners in relation to the proposed development of the site adjacent to the Horizons building.



Appendix 1: Financial Statement

The Ballymun Youth Action Project Ltd.

Income and Expenditure Account for the year ended 31 December 2017

Income	877,544
Expenditure	
Cost of Generating Funds	52,697
Direct Charitable Expenditure	708,406
Governance Costs	17,040
Total Expenditure	778,143
Excess (Deficit) Income for Year General Fund	99,401

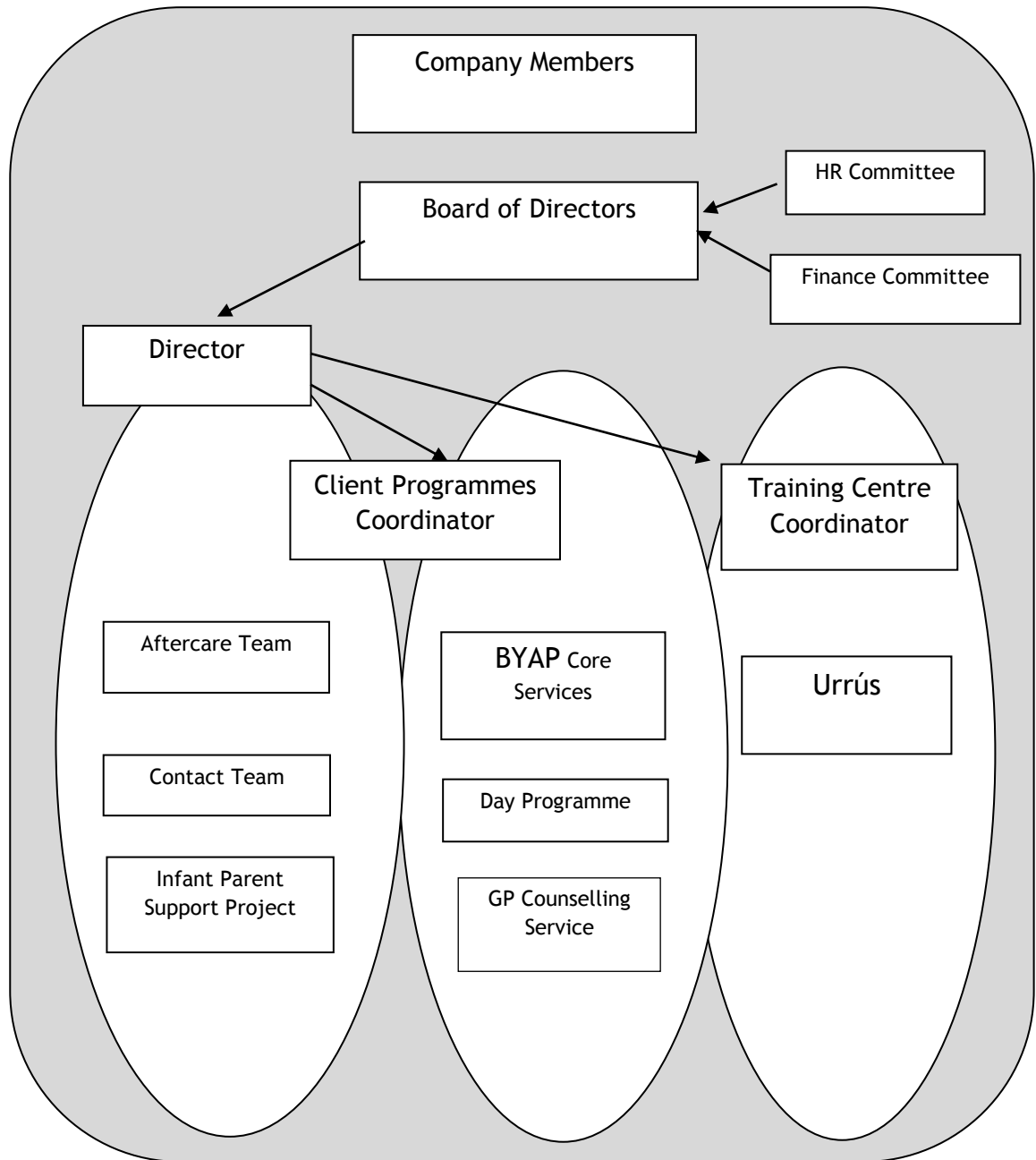
Appendix 2: Governance.

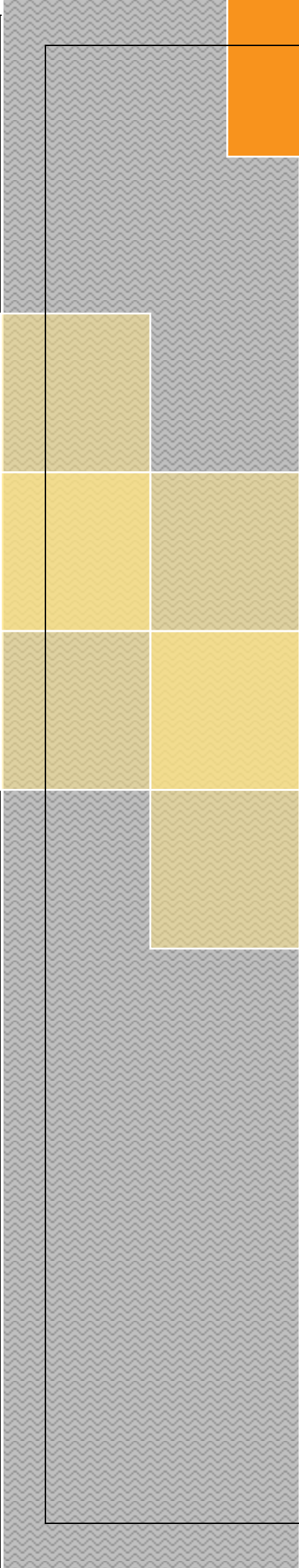
Ballymun Youth Action Project: Board of Directors: 2017.

Charles Murphy:	Chairperson.	[4]
Hilda Loughran	Vice Chair	[7]
Marian Hackett:	Secretary.	[9]
Sylvia Gallagher	Treasurer)	[7]
Neasa McDonagh.		[3]
Pat Carey:		[3]
Donal O Loingsigh		[8]
Mona Sayegh		[3]

The Board of Directors met 10 Times during 2017.
Directors do not receive any fee or expenses.

Appendix 3: Ballymun Youth Action Project: Organisational Structure 2017





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