

# Ballymun Youth Action Project

## A Community Response To Drug & Alcohol Misuse

April 2018

# The Newsletter



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### The last twelve months and onwards

During the last twelve months, in YAP, we have seen a big increase in the number of people seeking help for problems associated with crack. This is a worrying trend for the community of Ballymun.

*"Crack is becoming a major problem and the authorities are ill equipped to deal with it" said Conor Gallagher in The Irish Times, July 2017.*

*"Crack presents its own treatment problems, unlike heroin, it's mentally but not physically addictive, meaning that treatment has to be psychologically focused. This is far more costly in time and money than just giving an addict a methadone prescription, it's really about talking therapy and there's no investment in this area. There are pockets of little community groups who are trying to do their best in the circumstances, but really the HSE have not invested in treatment for crack cocaine" says Dr Garrett McGovern.*

As a community it is important we work together to find answers to the problem that crack presents to Ballymunners health and their relationships. The social issues, poverty and lack of prospects that nurture addiction and low level drug dealing must also be tackled if we are to have success with this challenge.



### Friends Remembering Friends 2018



I went to the service with my sister. The past few years I went with my parents but unfortunately they passed away last year. So this year we went to remember them. When we arrived a lot of people were putting pictures of their loved ones up on the alter and we put our parents picture up too. We sat in the row were my parents always sat. The YAP choir started the music and set the tone for what was to be a beautiful night.

Fr. McVerry did the service and he gave a bit of a background about what the service meant to people and how he enjoyed it. Although it's held in the church it's not a mass which makes it a lot easier for people who don't go to church. There was a very good attendance.

During the service there were images of the seasons on the big screen and quotes from family and friends about missed loved ones. There were a lot of funny memories that made you laugh or smile but still brought a tear to your eye. Different people got up and did readings. They had gifts for everyone who attended and spoke about what they do. Near the end of the service four women from YAP, went up on the alter, got in a little group and spoke about funny memories of their loved ones together which I thought was a very good idea because it lifted everyone's spirits and then everyone was leaving with happy memories. People then went back to YAP for refreshments and a chat. **P.**



The Judge he gave me five long years,  
 To be honest I couldn't believe me ears.  
 I took the smack and got me whack,  
 But I tell you, when I'm free I won't be back.

Back to the life of gear, gear, gear  
 Every hour, every day, every month, every year.  
 Not a shoe on yer foot nor a shillin in yer hand  
 Robbin all around ya to beat the band.

Foolin yer bird and lying to yer kid,  
 The day someone tells him the things you did!!!  
 So, you can keep yer gear and citric and spoon  
 Cos I'd rather walk on the fuckin moon.

Now you seen I'm a changing man,  
 It used to be "I can't" but now its "I can".  
 So when I get out and am finally free  
 I'm goin to be happy just being me, me, me.

D.McD



**Friends Remembering Friends Service 26th of February 2018**



## Drug Taking and Festivals



Ballymun Youth Action Project and UCD wound down their hosting of the 2017 Club Health Initiative in Ireland with a public lecture in The Dublin City Council offices, Wood Quay on the 5th of March 2018. Professor Fiona Measham presented on "Drug Safety Testing: How do we measure success?" Fiona Measham works with The Loop, a drug testing and counselling service that is available at some festivals in the UK. The Loop provide festival goers with an anonymous analysis of their drugs. Revellers can drop off a small amount of the substance and return in a few hours to find out what the substance is. The Loop aim to reduce ill health as a result of drug use.

Before they are given their results, revellers are asked a series of questions about their previous drug use and what they were planning to use at the festival. The drugs are graded in terms of strength, so users know how potent it is. When giving back the results, the counsellor will ask revellers what risks they are aware of and point out any they may miss. The "brief intervention" talk is non-judgemental, and takes the tone of a conversation, rather than a scolding. "Are you informed of the risks of the drugs you have?" the counsellor will ask the revellers, Service users said "It's so nice to be spoken to about drugs like you're not an idiot."

A team of experienced chemists work in an on-site laboratory, where drug samples are tested using a variety of advanced methods. The primary test used is infrared spectroscopy, which shines a beam of infrared light at the sample. Some of that light gets absorbed, other wavelengths of that light get reflected. and depending on what gets reflected, it creates a unique fingerprint for that sample of drug.

This fingerprint is then compared to a database of drugs, common cutting agents and other substances. Further tests can be run to assess potency and to determine unknown substances. Testing has revealed a number of less psychoactive substances: plaster of paris, monosodium glutamate, creatine, lactose, sugar and anti-malarial pills. It clearly shows people just don't know what is in their drugs," Measham said.

But the main concern for the team last year was discovering samples of n-ethylpentylone, being sold as E. "It's quite an unpleasant stimulant, it doesn't feel much like MDMA," Prof. Measham explained. "So what that means is people are likely to take some, not feel much, take a bit more, then take a bit more."

People taking the drug can end up not sleeping for 36 hours, and suffer a number of nasty side effects, including anxiety and paranoia. "The danger is it's a lot more potent than MDMA, which means people could be taking well above what they think they should be taking," she added.

Finding risky substances being mis-sold as other drugs means that not only does the potential user avoid a bad trip – or much worse – but the message can also be spread to other festivalgoers and emergency services who are at the festival. Equally important is advising users of the strength of legitimate drugs.

Prof. Measham explained: "One of the main dangers with MDMA at the moment is that there's a lot of very strong pills, some in excess of 250mg. "People aren't used to dosing that, especially if they're not used to taking pills – they just automatically think they should take a whole one."

While a fully grown man might suffer few ill effects from half a pill that strong, a user with a smaller body, such as a teenage girl – could potentially overdose. Welfare and medical professionals at festivals reportedly saw far fewer serious drugs-related health issues than previous years, and attributed this to the presence of The Loop, drug testing and the conversation between worker and reveller.



## Cocaine

Cocaine is derived from the leaves of the coca plant, which is native to Central America. For thousands of years, the leaves were used by the local inhabitants such as the Incas, who chewed or made them into a tea, because of the alertness and energy they provided. German chemist Albert Niemann eventually isolated the active ingredient in 1859 and it was named cocaine. This was the beginning of the drug's use as a medicinal and recreational substance in Western culture.

### How many people use it

Ireland has one the highest rates of cocaine use among young people in Europe. The number of cases entering drug treatment who reported cocaine as their main problem drug increased from 851 in 2009 to 1,026 in 2015. Of the 1,026; 822 (80%) were men, 558 (54.3%) lived in Dublin. Cocaine related deaths continue to increase year on year since 2010, from 21 in 2010 to 44 in 2015. Almost all deaths (93%) where cocaine was implicated involved other drugs. Cocaine and cannabis were the most common drugs used by those who died as a result of hanging.



### History and use over time

Cocaine gained prominence in the 1880s. Sigmund Freud broadly praised its uses, including overcoming morphine addiction and treating depression. Viennese ophthalmologist Carl Koller performed the first operation using cocaine as an anaesthetic on a patient with glaucoma, which led to its use as a local anaesthetic. But, soon after, practitioners began reporting side effects. Cocaine doses were administered at such high concentrations that there were 200 cases of intoxication and 13 deaths (in around 7 years).

At the 1912 Hague International Opium Convention, cocaine and heroin were added to the drug control treaty as problematic substance. This sparked the introduction of new drug control laws relating to cocaine in various countries.

Cocaine use decreased after this, but later experienced a surge in popularity in the 1970s, peaking in the 1980s. During this time, cocaine was associated with celebrities, high rollers and glamorous parties.

Then a new, crystallised form of cocaine (crack cocaine) was developed. Crack cocaine is processed with ammonia or baking soda, producing a solid "rock" version of the drug which could be smoked.

Not only was crack cocaine more potent, but the effects of the drug (typically after smoking) were felt faster. It was also much cheaper, which allowed it to spread quickly into poorer communities, such as Ballymun.



### How it works

The nervous system uses chemicals called neurotransmitters to communicate. These move across the space between two nerve cells and bind to receptors on the receiving cell.

Neurotransmitters do different things. Dopamine, for instance, is involved in the reward system of the brain. It creates feelings of pleasure and contributes to motor control, reinforcement and motivation.

The more neurotransmitters are present in the space between two cells, the more can bind to receptors and have a stronger effect. When the body no longer needs the neurotransmitter in its system, it gets reabsorbed into the cell that released it. This is called re-uptake.

One way to increase the level of a neurotransmitter in the brain is to prevent this re-uptake process from occurring. Cocaine inhibits the re-uptake of dopamine in the brain. The resulting increase in dopamine can cause heightened feelings of pleasure and well-being, among other effects.

Some evidence suggests cocaine also inhibits the uptake of the stimulant norepinephrine and the mood regulator serotonin. Nerves also communicate through electrical signals. Cocaine inhibits electrical communication. In this way, it also works as an anaesthetic by blocking communication between peripheral nerve cells. Cocaine produces a numbing effect when applied to mucous membranes such as the mouth, throat and inside the nose.

### How it's used

Cocaine is used primarily as a recreational drug. It's most commonly snorted. Injecting, swallowing and smoking are less common.

### How it makes you feel

The effects of cocaine depend on the dose, form, method of use and what the cocaine is cut with. Cocaine is commonly taken in doses of between 10mg and 120mg. A high lasts between 15-30 minutes and has a half-life (time required before 50% of the drug has left the user's system) of one hour.

Lower doses will cause a person to experience increased heart rate, body temperature and blood pressure. Cocaine also brings out feelings of euphoria, confidence, giddiness, alertness and enhanced self-consciousness.

Higher doses can cause additional effects such as sleep deprivation, hyper-vigilance, anxiety and paranoia.

Some people who use cocaine may also experience tactile hallucinations. A common example of this is the feeling of bugs crawling on the skin.

Using cocaine over a long time or in binges may lead to depression, irritability, disturbances of eating and sleeping, and tactile hallucinations.

Cocaine is also very addictive and can cause severe heart and neurological issues, and even death, when taken in too large a quantity.

In the 1880s in the US, cocaine was included in numerous medicines, and even in Coca-Cola. Coca-Cola had about 60mg of cocaine in a 250ml bottle.

Source: [www.theconversation.com](http://www.theconversation.com)



## Boxing Clever Programme 2018



## EUROPEAN CITIES

B	A	N	O	L	E	C	R	A	B	K	S	N	A	D	G
L	A	S	E	N	R	A	T	H	E	N	S	B	A	T	H
O	L	N	E	N	T	O	S	I	R	A	P	O	S	O	T
O	B	I	W	O	C	S	O	M	L	S	T	A	F	R	U
P	I	L	U	B	N	A	T	S	I	P	F	O	E	I	L
R	G	B	N	R	O	L	R	E	N	L	O	N	S	D	A
E	E	U	G	A	R	P	O	Z	E	I	A	L	S	I	T
V	N	D	L	M	A	O	P	B	U	T	A	N	E	N	T
I	O	Z	A	S	K	C	E	B	U	L	O	P	N	T	A
L	A	L	S	T	R	E	T	A	A	R	H	U	S	L	M
Y	G	E	G	E	A	L	E	L	E	N	E	E	O	U	R
O	A	E	O	R	K	R	O	Y	I	E	N	N	I	C	E
N	L	D	W	D	O	C	A	N	O	M	D	E	R	U	Z
W	A	S	R	A	W	R	L	U	N	O	B	S	I	L	E
O	M	A	E	M	I	E	U	L	N	R	I	G	A	V	E
Z	U	R	I	C	H	N	E	G	A	H	N	E	P	O	C

Dublin	Liverpool	Tula	Sofia	Porto	Leeds	Zermatt
Barcelona	Gdansk	Essen	Riga	Lyon	Glasgow	Lubeck
Split	Oslo	Moscow	Zurich	Aarhus	York	Belfast
Genoa	Krakov	Bath	Albi	Paris	Malaga	London
Vienna	Monaco	Nice	Athens	Warsaw	Berlin	Rome
Milan	Copenhagen	Prague	Istanbul	Amsterdam	Bonn	Lisbon

*There is also a European country hidden in the word search, can you find it? ANS: P.15*

**Which of these European countries has a city in the list above**

<b>Denmark</b>	<b>England</b>	<b>Wales</b>	<b>Ireland</b>	<b>Germany</b>	<b>France</b>	<b>Holland</b>
<b>Spain</b>	<b>Ireland</b>	<b>Scotland</b>	<b>Italy</b>	<b>Russia</b>	<b>Iceland</b>	<b>Greenland</b>
<b>Poland</b>	<b>Greece</b>	<b>Switzerland</b>	<b>Portugal</b>	<b>Austria</b>	<b>Malta</b>	<b>Norway</b>
<b>Czech Republic</b>	<b>Croatia</b>	<b>Sweden</b>	<b>Ukraine</b>	<b>Belgium</b>	<b>Romania</b>	
<b>Monaco</b>	<b>Finland</b>	<b>Serbia</b>	<b>Hungary</b>	<b>Latvia</b>	<b>Estonia</b>	<b>Moldova</b>

## The Big Man Himself

St. Patrick is the beloved patron saint of Ireland. The Irish are famous for spinning exaggerated tales, so despite the infamous stories traditionally attributed to St. Patrick, quite little is actually known about his life. We do know that St. Patrick was born in Britain and that at the age of 16 was captured by Irish raiders who attacked his family's estate. He was then transported to Ireland where he was held captive for six years, living a solitary, lonely life as a shepherd. It was then that he became a devout Christian, embracing his religion for some peace. From his writing, we know that a voice, which he believed to be that of God, spoke to him in a dream, urging him to leave Ireland. He walking nearly 200 miles, escaping to Britain and seriously undertook religious training.



After 15 years of study, Patrick was ordained as a priest and sent to Ireland. His mission was to minister to Christians and to convert the Irish, then pre-dominantly pagans, to Christianity. Because Patrick was familiar with the Irish language and culture from his years of captivity, he chose to incorporate Irish ritual and symbols into his teachings rather than to eradicate Irish beliefs. Thus, was born the Celtic cross. Patrick superimposed the sun, a powerful Irish symbol, onto the traditional Christian cross so that the result would seem more natural to the Irish.

Believe it or not, the first St. Patrick's Day parade was held in New York City on March 17, 1762. The Irish in Philadelphia first celebrated St. Patrick's Day in 1771, over 250 years ago, five years before the Declaration of Independence was signed ! Irish Americans were not the first, however, to celebrate the feast of St Patrick. Irish families have traditionally celebrated the feast of St Patrick as a religious holiday for thousands of years, a great pause during the Christian season of Lent when prohibitions were lifted for one day of dancing, drinking and feasting on meat.

The history of St. Patrick's Day in America, however, begins with Irish soldiers serving in the British army. Befitting of the Irish, it is a tale of Irish patriotism and evolving political power. That very first parade in New York City not only helped the homesick Irish soldiers connect with their roots through the



familiar strains of traditional Irish music, usually featuring bagpipes and drums, but also helped them to connect with one another, finding strength in numbers. Over the years as nearly a million Irish immigrants fled to America in the wake of the Great Potato Famine, St. Patrick's Day parades became a display of solidarity and political strength as these often ridiculed Irish immigrants were frequently victims of prejudice. Soon enough, their numbers were recognized and the Irish soon organised and exerted their political muscle, becoming known as the “green machine”.

Today, St. Patrick's Day celebrations continue to be a show of Irish strength and patriotism. Last year over 5 million people attended St Patrick’s Day parades and events around the world. In addition, almost 300 sites went green for St Patrick’s Day as a result of the Tourism Ireland ‘Global Greenings’ campaign and the strong support from the Embassy network. This year Tourism Ireland expects that number to exceed 300 sites, such as Zhongyuan Tower in China, the Leaning Tower of Pisa and Christ the Redeemer statue in Brazil.

## Women's Café

On the 1st of March a women's café kicked off in YAP. The Café is a more relaxed space for women to get together over a cup of tea, some snacks and a chat. A number of women, along with some staff from YAP took the idea and turned it into a reality. The café is held weekly in YAP’s drop-in centre. It isn’t a therapy group but more a place for like minded women to come together and support each other through informal conversation, advice and guidance. Two staff from YAP are involved in the morning and if you are interested in getting involved talk to Cara.





On the 20th of February a group of us went to a play in The Axis called, “We don't know what's buried here”. The play was written by Grace Dyas, who also starred alongside Doireann Coady in the play. In the play the two girls are Magdalene Ghosts, they heard about the Tuam babies on the radio and that a Japanese hotel chain is buying the Sean McDermott Street Laundries, where they were. One of them is digging to find her baby's bones, the other is digging to expose the truth. They dig everyday looking for what has been hidden from them. I couldn't believe how much earth they dug out of the stage, they kept going, kept digging.. They go on digging a never ending hole looking for answers, victims, and a release they know may never come.

***Should they keep digging? Or is it better to leave the truth buried .....***

Chris O'Rourke in his review states, “with their Laundry, the last Magdalene Laundry in public ownership, now being sold by Dublin City Council to a Japanese Hotel Group, a site promised to the Magdalene women as a memorial in the Quirke Report, many women who were in the Magdalene Laundries see this as the final act of betrayal in an ongoing cover up. Yet everything being buried is being buried alive, and the play wants to haul it out of the muck so its voice can be heard. To uncover the State's dirty laundry and hang it out in the clear light of day in an effort to prevent the past from becoming the present”. The play also touches on current problems like the housing crisis, homelessness, poverty and drug abuse. It says, just like the Magdalene Laundries, the Government get reports on all these issues, then buries them too. It was a good play, we all enjoyed it and thanks to the Axis for the discounted tickets.

### Movie Quiz

1. Which of these films didn't feature Tom Hanks? Big, Inferno, Oblivion or Sully.
2. What was the speed below which the bomb would explode in Speed? 40, 50 or 60 mph
3. Which pill did Neo take in the Matrix? Red or Blue.
4. Which actor won an Oscar for the Usual Suspects? Kevin Spacey, Gabriel Byrne or Benicio Del Toro.
5. Who played Batman in “Batman and Robin? Val Kilmer, George Clooney, or Christian Bale.
6. What was Jack's (Leonardo Di Caprio's) surname in Titanic? Dawson, Daniels, or Davis
7. Name the two main actors in The Shawshank Redemption?
8. Who starred in Terminator and Predator?
9. Home Alone is set in which city?
10. Which song is played during the love scene in ghost?
11. How many times is “fuck” said in Goodfellas? 200, 300, 350 or 400
12. What's the wine Hannibal Lecter mentions in his Silence of the Lambs hissing speech?
13. What's the first choice listed in the “Trainspotting” opening voiceover? Career, Job or Life
14. What is the first rule of “Fight club” You don't talk about fight club or two to a fight
15. What is Woody's horse called in Toy Story 2? Geronimo, Hi Ho Silver or Bullseye
16. The Snapper was set in which fictitious Irish town? Glenmalure, Irishtown or Barrytown



**Answers on page 15**

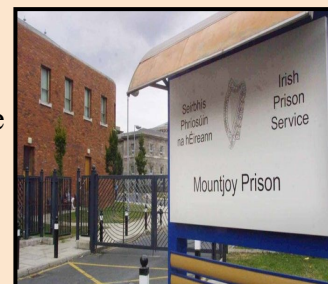


This year's Friends Remembering Friends Service was held on the 26th February in the Holy Spirit Church, the night was one of remembering and celebrating our loved ones who have passed away. The night started with our annual memories movie showing the memories people had written of those they were thinking about on the night. This year's theme was "Seasons"; BRYR did a wonderful piece, giving everyone a "bag of friendship" with items to help them along the way, for example a tissue and tea bag, the young people were as ever very creative. Musicians from near and far came to make the night extra special. Father McVerry oversaw the night and gave a lovely sense of comfort to all. Thanks to everyone who came on the night, we hope it was as special for you and it was for us. YAP



### Prison & Drugs

A total of 8,524 drug seizures were made in the Republic's 14 prisons between 2010 and July 2017, and Mountjoy Prison had the highest number of seizures. In the Republic drugs have played a role in the death of 19 prisoners, either in custody or while on temporary release, since 2012. Last year, Irish Prison Service director general Michael Donnellan, acknowledged the "massive problem" that drugs presented when he told a Dáil committee in February 2017 that 70 % of prisoners have addiction issues. An independent evaluation of prison addiction services published in December 2016 identified a need for services for female prisoners, for treatment options for new drugs such as novel psychoactive substances, for services for prisoners with addiction and mental health issues, and for drug-free landings.



### Thinking

I had a perfect life planned  
 And in my old age everything would be grand  
 But my life took a sinister turn, like a bonfire my life did burn  
 In the time I had as adolescent was great  
 Even so good in the air you could taste  
 But I read somewhere nothing lasts  
 But I learned in time not to dwell on the past  
 Now I'm picking up the burned pieces of me  
 Now I'm looking to the future and I just happy to free  
 P.M.

## **OVERVIEW OF ALCOHOL RELATED HARM**

Alcohol consumption in Ireland almost trebled between 1960 and 2001, rising from 4.9 litres of pure alcohol per person aged 15 and over to 14.3 litres. It decreased the years that followed as an increase in excise duty, followed by the recession, impacted on alcohol's affordability.

However, alcohol consumption has nonetheless remained at very high levels (11.46 litres in 2016). Drinking until drunk is also a particular concern, as binge drinking, which is a major driver of alcohol harm, is common in Ireland, with the World Health Organisation finding that Ireland has the second highest rate of binge drinking in the world.

Findings from research on alcohol consumption in Ireland show that, among those who drink, the majority are doing so in a harmful manner. Based on the figures in the Health Research Board's National Alcohol Diary Survey, more than 150,000 Irish people are dependent drinkers, more than a 1.35 million are harmful drinkers, and 30% of people interviewed say that they experienced some form of harm as a result of their own drinking. Alcohol is responsible for 88 deaths every month in Ireland. That's over 1,000 deaths per year.

- One in four deaths of young men aged 15-39 in Ireland is due to alcohol.
- Alcohol is a factor in half of all suicides in Ireland. Alcohol is also involved in over a third of cases of deliberate self-harm, peaking around weekends and public holidays.
- Liver disease rates are increasing rapidly in Ireland and the greatest level of increase is among 15-to-34-year-olds, who historically had the lowest rates of liver disease.
- 900 people in Ireland are diagnosed with alcohol-related cancers and around 500 people die from these diseases every year.
- Drink-driving is a factor in two fifths of all deaths on Irish roads.

There are three deaths every day in Ireland due to alcohol consumption. Dr Deirdre Mongan of the Health Research Board said: "Between 2008 and 2013, 69% of alcohol-related deaths were due to medical causes (such as liver disease), 16% were due to poisonings and 15% traumatic causes (such as a road collision). This indicates that 1 death per day is due to poisoning or trauma and 2 are due to chronic conditions".

### **The health impact of alcohol consumption in Ireland:**

- 88 deaths every month in Ireland are directly attributable to alcohol.
- One in four deaths of young men aged 15-39 in Ireland is due to alcohol.
- There are almost twice as many deaths due to alcohol in Ireland as due to all other drugs combined.
- Alcohol was implicated in 1 in 3 (137) of all poisoning deaths in 2013, more than any other single drug, and alcohol poisoning alone claimed one life each week.
- 900 people in Ireland are diagnosed with alcohol-related cancers and around 500 people die from these diseases every year.
- Alcohol is a factor in half of all suicides in Ireland. Alcohol is also involved in over a third of cases of deliberate self-harm, peaking around weekends and public holidays.
- Drink-driving is a factor in two fifths of all deaths on Irish roads.
- Alcohol is a factor in one third of all drownings in Ireland.
- Alcohol is a factor in 80% of cases of patients admitted to neurosurgery units following an assault.
- Chronic alcohol-related conditions are becoming increasingly common among young age groups. Alcoholic liver disease (ALD) rates are increasing rapidly in Ireland and the greatest level of increase is among 15 to 34-year-olds, who historically had the lowest rates of liver disease.
- Every day, 1,500 beds in our hospitals are occupied by people with alcohol-related problems.



G P I R U R W P S E K I R B H N  
 L Z R T F B D R P S B V D N R Q  
 T C H O C O L A T E C E H O E L  
 E M W C S M F B E C D R J S A S  
 S A P R I L V B D N T O P C S J  
 H X Q B E U X I W B A S K E T H  
 N H C M F L I T H A Y J W N E Z  
 F D N E B A O D F S F K J D R P  
 L S E G D S B U N N Y M L C W N  
 O O A G S G P L N E M Z B M S M  
 W L K S L B U T T E R F L Y F N  
 E F J V K N H M M P Q D R N C Q  
 R V D P A R A D E C E H W H V R  
 S Y E D R A W J S A S U D D A B  
 E J R A S P R I N G T N Y A E E  
 G N H S W D T A W D N T U X N C

April Basket Bunny Butterfly Chocolate  
 Eggs Flowers Hunt Parade Rabbit Spring

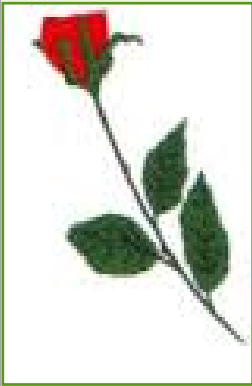


**Friends Remembering Friends 26th of February 2018**



## YAP

### A Great Step Forward



They say all you need is a helping hand,  
A friend in need is a friend indeed.  
Well here in YAP is help indeed,  
When we first come in, our lives are a mess.  
Like a love from a mother we are greeted  
Coming in from the cold, life is just a blur,  
Lost in the fog of drugs with no hope in sight.  
It's a terrible thing to think life is so bad.

But here in YAP it becomes so clear,  
With the structure the staff have put in place,  
Believe me people this place is the best.  
We have so much support it is over whelming.  
They take the time to listen to all our problems,  
Never a wrong word have I heard them spoken.  
Not like other counsellors who words are choking,  
The words we hear are always well chosen,  
And softly spoken

What a help it is to know that once we come in, happy we'll go,  
In all the years YAP's been open for us,  
There has always been hope in our hearts.  
They have been here for me whenever I needed them.  
The steps they helped me take have saved my life  
And thanks to them I'm alive and well  
And no longer is my life hell

All my dreams are now in sight,  
So to all who want to take that first step,  
Do it, walk into YAP and never look back.

D

### Love In The Wild

On the 9th of March a gang of us went to see a play in The Axis called Love In The Wild. The play is about a guy on methadone called Ger Duffy from Ballymun. Ger seems stuck in the 80's, with his music and memories. His girlfriend left him years ago but he hangs on hoping she will come back. His sister sets him up on a dating website to see if he can get a new girl and move on. Sadly for Ger the date is a disaster and he heads home alone.

Ger likes nature and the National Geographic channel, he talks about animals a lot and how they mind their young and get on as a family. He discovers he has a son from his ex girlfriend and sets out to find her, he goes through the hostels, the food queues, the free medical service on Stephens Green hoping to find her and create a family for himself.

He has no luck finding the ex and arranges to meet his son. Things change for Ger here, he gets a new purpose, a new focus and begins looking forward, making plans for himself and his son. I enjoyed the play and if you get a chance to go see it, go, you'll enjoy it. Well done to Lisa, Anto and Peter. S.S.

***"I hate the way I have to bite my tongue and put up with shit from muppets just so I can get drugs off them, I have lost my power and dignity"***

***Interesting remark, at what point in your use do you lose your power?***

***what are you willing to put up with to get your drug?***

***what do you have to sacrifice so you can get stoned?***

***does this get worse or easier over time?***

***Is that good or bad thing if it get easier?***

***does stopping caring make your life better / easier in the long run?***

***surrendering your power and dignity isn't such a big deal or is it?***

### SMART RECOVERY



A Smart Recovery Meeting kicked off in YAP at the end of March. SMART stands for **S**elf **M**anagement **A**nd **R**ecovery **S**kills. SMART Recovery is a collaborative effort between professionals and non professionals. Within the meeting there are discussions, training tools and other self-help activities to increase self-reliance. SMART Recovery has a four point programme that teaches ideas and techniques that build motivation, help you cope with urges, manage your thoughts, feelings and behaviours and also how to live a balanced life. SMART Recovery, believe that each individual finds his or her own path to recovery. For some participants, that path may include 12-step programs, like AA, NA, C.A. or other self-empowering groups such as LifeRing.

Although SMART Recovery differs these approaches, it does not exclude them. Some SMART Recovery participants choose to attend other meetings as they construct their own paths to recovery.

## **"THE YOUTH ACTION PROJECT IS BORN" Excerpt from 10 Years On (Sept. 1991)**



Towards the end of 1980, three young people died from drug related causes. The parents of Ballymun were frightened. There was a lot of teenagers in the area. They were vulnerable. They faced the prospect of rising unemployment, and now drugs were on the increase. The previous summer, two social work students did a survey. It revealed increased drug-related referrals to the local psychiatric clinic. There was also more people going into Jervis street, the National Drugs Advisory Clinic. And the local Gardaí reported more drug-related crimes coming to their attention. Some people had noticed this rise in drug-related activity.

Now lots of people were talking about the kids who died. Something should be done.... It has gone too far..... Who should do it?



Queennie Barnes, a resident of Ballymun and a mother of a young family, approached the social workers. Frank Deasy one of the students on placement from Trinity College met Queenie, and discussed the situation. Together, Frank and Queenie set about building what was to become the Ballymun Youth Action Project, they spoke to other parents and took into account other information available to them. For instance, consumption of prescribed drugs in the home was seen as particularly important, as studies have shown, consumption of sleeping tablets and benzo's is directly related to rising unemployment. Availability of drugs in the home creates opportunities for experimentation by young people, opening them up to further abuse when drugs are

available locally. (Jervis Street Drugs Advisory Clinic).

They talked about drug abuse becoming part and parcel of the community life, ranging from children abusing cough bottles and solvents, to teenagers abusing barbiturates and tranquilliser drugs with alcohol, through to the abuse of injectable opiates. The abuse of prescribed drugs and alcohol by adults was also seen as part of the problem. Fears were increased by the escalation of heroin trafficking and addiction in similar vulnerable communities in other parts of Dublin. These communities, like Ballymun, have been characterised by high unemployment, lack of social and recreational facilities, over crowding and sub-standard housing conditions. The problem was seen as being compounded by the fact that people with problems, including drug and alcohol related problems were increasingly tending to "end up" in Ballymun.

The discussion concluded, while abuse had been on the increase, it had followed the pattern of other estates in that supply wasn't organised and mainly of the barbiturate/tranquillisers and pharmaceutical opiate variety obtained by chemist robbery or by false prescription. However, widespread availability of prescribed drugs in the area and the massive pressures faced by the community, left young people wide open to the type of heroin epidemic being experienced in similar communities. In time, this fear proved correct.

So it was in this context that three public meetings were held with speakers from Ballymun Psychiatric Clinic, The National Drugs Advisory Centre, Stanhope Street Alcoholism Centre and other local groups. These meetings considered the range of drugs available to the community, and groups using them, and were attended by parents and teenagers. A final meeting was held to develop and organise community alternatives to drug taking. The Youth Action Project arose from this meeting, with direction to proceed in three areas.

1. The needs of the whole youth population on a community
2. The specific needs of drug abusing youth, their families and friends
3. The need for preventative community education in relation to drug use and increased awareness of relationships affecting the community's development.

A further meeting elected a committee of 13 people, 7 adults and 6 teenagers. In examining local needs and patterns of abuse, the group set about evolving a local community response to drug abuse, The Ballymun Youth Action Project.

An overview of the drug phenomenon in Ireland, the statistical data reported relates to 2015 and is provided by The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA)

## THE DRUG PROBLEM IN IRELAND AT A GLANCE

### Drug use

in young adults (15-34 years)  
in the last year

#### Cannabis

13.8 %



No data

#### Other drugs

MDMA	4.4 %
Cocaine	2.9 %
Amphetamines	0.6 %

#### High-risk opioid users

No data

### Treatment entrants

by primary drug



Cannabis, 28 %
Amphetamines, 1 %
Cocaine, 11 %
Heroin, 41 %
Other, 19 %

### Opioid substitution treatment clients

9 917

### Syringes distributed

through specialised  
programmes

Not available

### Overdose deaths



### HIV diagnoses attributed to injecting



Source: ECDC

### Drug law offences

15 119

### Top 5 drugs seized

ranked according to quantities  
measured in kilograms

No data

### Population

(15-64 years)

3 003 481

Source: EUROSTAT  
Extracted on: 26/03/2017

NB: Data presented here are either national estimates (prevalence of use, opioid drug users) or reported numbers through the EMCDDA indicators (treatment clients, syringes, deaths and HIV diagnosis, drug law offences and seizures). Detailed information on methodology and caveats and comments on the limitations in the information set available can be found in the EMCDDA Statistical Bulletin.

## Answers to Word search & Quiz

### Hidden Country in Word

search: Spain

### Quiz Answers

- |                 |                                 |                                     |
|-----------------|---------------------------------|-------------------------------------|
| 1. Oblivion     | 5. George Clooney               | 11. 300                             |
| 2. 50mph        | 6. Dawson                       | 12. Chianti                         |
| 3. Red          | 7. Tim Robbins & Morgan Freeman | 13. Life                            |
| 4. Kevin Spacey | 8. Arnold Schwarzenegger        | 14. You don't talk about fight club |
|                 | 9. Chicago                      | 15. Bullseye                        |
|                 | 10. Unchained Melody            | 16. Barrytown                       |

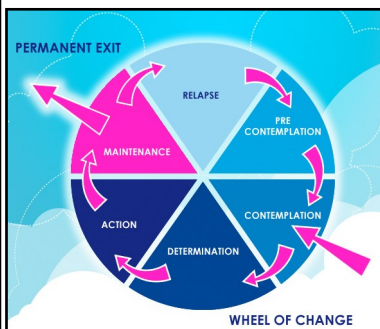
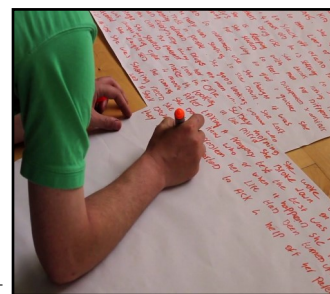
Ballymun Youth Action Project; for up to date information on services, activities and events, like us on Facebook



Like us on  
**Facebook**

### The Addiction Studies Course

I am on this years Boxing Clever Programme and really enjoying it. One part of the programme involves a course on addiction studies. I find this course very interesting, it has helped me open my mind to a different way of thinking and helped me understand addiction. A few weeks ago I was in a group of four people discussing the different problems that go with addiction. Addiction causes lots of shit and it really hits home when you see it on paper in front of your eyes. You kind of know it but don't think about it. I found this helped me to see the problems and consider ways to deal with them. It also made me reflect on the hurt it causes to family.



The other day a session on "The Wheel of Change" helped me to see and think about my addiction in a different way and that is good. The first bit that struck me was "Contemplation" which is where people become aware of the problems and they begin to weight it all up. After Contemplation comes Preparation, the need to set a goal, get a target, start to make a plan to change your lifestyle, look at small steps that are needed to reach the goal. Another point on this Wheel of Change is Maintenance, that's about keeping it going. I realised I have little to no control over my money and I need to change how I manage my way of dealing with my maintenance.

The other people in the group have helped me with my time keeping. They give me a good positive manner and put me in a good humour. It has also confirmed for me the importance of building and having a good strong relationship with my son, my mother, my family and good friends. People on this course care and want the best for me, if you are thinking of doing it, go for it, you won't regret it. R.



### **Friends Remembering Friends 26th of February 2018**

