

2018

# Annual Report 2018

The Ballymun Youth Action Project CLG





# The Ballymun Youth Action Project Ltd. Annual Report 2018.

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## Introduction:

During 2018 there has been a renewed focus on the impact of addiction on Communities. In January Minister Catherine Byrne, who has responsibility for the National Drug Strategy, visited the Ballymun Local Drug and Alcohol Task, and all members had the opportunity to address the particular issues that are affecting the community. The focus on the role of community in responding to drug and alcohol issues was further highlighted in the Conference “Reclaiming Community” organised by the Clondalkin LDATF in March 2018. In November the First National Drugs Forum took place, with the focus on “Working better together by building communities of practice”. Clearly BYAP are encouraged to see this renewed emphasis on the role and effectiveness of bringing the community dimension to working with drug and alcohol issues. 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.



**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.

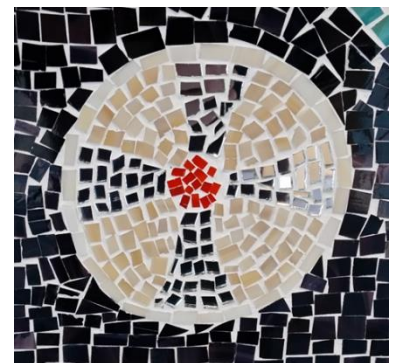
Our services respond to a continuum of needs ranging from low threshold harm reduction positions to post substance use/abstinence based aftercare provision.

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.

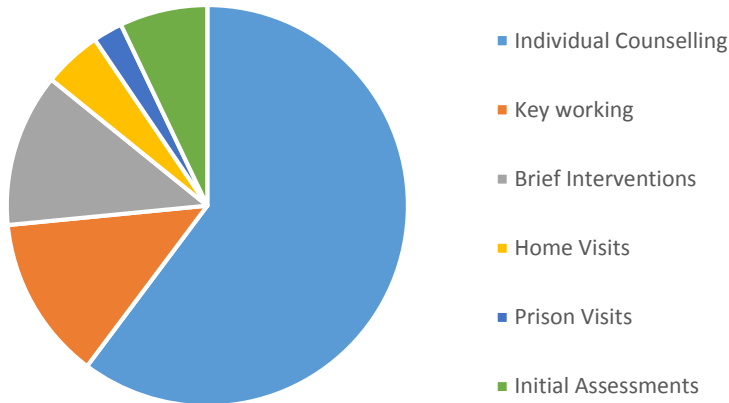
**Report of Activities 2018.**

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, including new initiatives.



### A. The services provided to Individuals

The Primary Work with Individuals during 2018



During the year, 519 individuals had direct contact with the services of BYAP [322 Males, and 197 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 2018 there were a total of 3,681 Face to Face Sessions, broken down as follows:

Activity Type	2018
Individual Counselling	2,319
Key Working Sessions	509
Brief Intervention Sessions	476
Initial Assessments	273
Prison Visits/ Counselling	94
Community Detox Key Working	5
Couples Sessions	5

#### Other Interventions:

Activity Type	2018
Program Sessions Delivered	134
Acupuncture Treatments	144
Home Visits	179
Drop In Groups	50
Client Case Meetings	86
Hospital Visits	5
Accompaniment	30
Prison Program Sessions	36



**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 2018 157 treatments commenced that were recorded on NDTRS<sup>1</sup>. Of the 157 treatments commenced, 134 were completed during 2018, with 23 treatments ongoing at the end of 2018.

Of the 134 treatments completed, 64 (47.8%) were identified as finishing the treatment piece successfully.

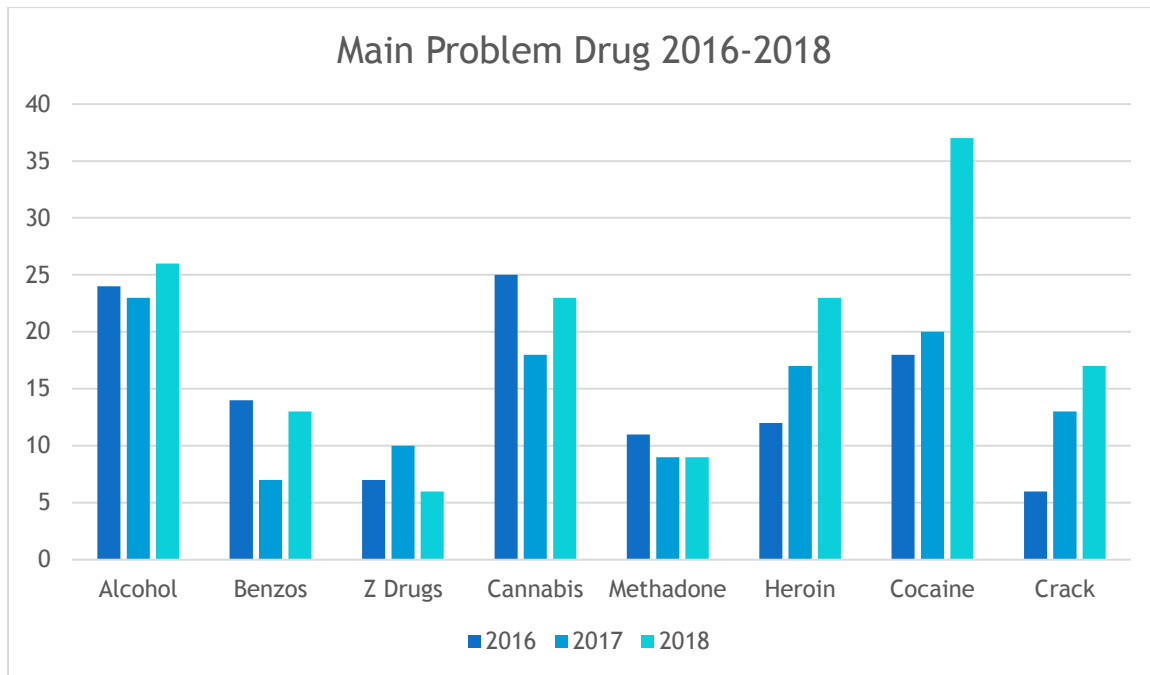
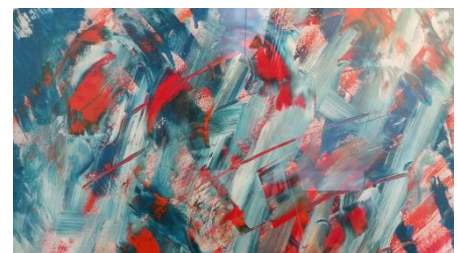


Fig. 1.

For the 157 individuals recorded as commencing treatment on the NDTRS system during 2018, an examination of the most frequently named main problem drug showed some clear patterns of presentations when compared with the previous years. Cocaine and Crack Cocaine use have continued to increase year on year since 2016. Among those recorded as commencing treatment and who didn't return to sessions, 37.5% identified Cocaine or Crack Cocaine as their Main Problem Drug, highlighting the challenges of engaging this cohort. A further 18% of those who didn't return to treatment identified illicit Heroin as their main problem drug, despite there being a locally available methadone maintenance programme available. Alcohol and Cannabis continue to remain relatively stable.



<sup>1</sup> Note: These figures only relate to NDTRS Treatments that commenced during 2018. It excludes all treatments that were started in 2017, and which were ongoing during 2018. 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 2018:

*Urrus provided training to 470 participants during 2018*

- Community Addiction Studies Course<sup>©</sup>
- Diploma in Community Drugs and Alcohol Work
- Cognitive Behavioural Therapy (CBT)
- Community Reinforcement Approach (CRA)
- Understanding Harm Reduction
- Introduction to Addiction Studies
- Keyworking and Care Planning
- Boxing Clever - Health Related Fitness
- Drug Related Health Issues
- Women and Substance Use
- Train the Trainer
- Understanding Addiction, Change, and Relapse
- Drug Related Health and Safety

The Day Programme provided

- Reduce the Use Programme
- Looking at addiction Programme
- Communications Programme
- Recover Me Programme
- Process Group
- SMART Recovery Meetings



## C. Other Services/Activities

The **GP Community Partnership Addiction Project** was established to make available an addiction counsellor to assist those currently using benzodiazepines and for those seeking a prescription for benzodiazepines. The Project also provides a service for those seeking and wishing to address their alcohol misuse and/or related issues; those wishing to detox, and those seeking residential/ further treatment. During 2018 a total of 47 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.

The **Boxing Clever Programme**, a twenty week integrated educational, substance use recovery and fitness programme, continued during 2018, and the Certificate Award Ceremony took place on the 23<sup>rd</sup> August 2018 in Urrús. 11 of the participants achieved QQI Level awards. The guest speaker for the event was Christy McElligott, Ireland's International Amputee Manager, and one of the most decorated players in Irish domestic football.



The **Infant Parent Support Project** meets the needs of children and parents where there are issues related to problem drug and/or alcohol use antenatally and in the infant stages of the child's life. 34 parents engaged with this service during 2018, 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. The New National Drug Strategy includes specific actions to support this work with pregnant and postnatal women. The IPSP coordinator also contributed to the development and delivery of the Level 9 Professional Certificate in Women and Substance Use in partnership with University College Dublin.

URRÚS was established by the Ballymun Youth Action Project with the specific brief



of providing training in relation to drug misuse. Urrús is registered with QQI (Quality and Qualifications Ireland) and is 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 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 and a level 7 Diploma in Community Drug &

Alcohol Work. In 2018 a Level 9 Postgraduate Professional Certificate in Women and Substance Use was introduced. (Both the level 7 and the level 9 programmes are delivered in partnership with UCD). URRÚS also deliver a range of continuous professional development courses (Community Reinforcement Approach, Cognitive Behavioural Therapy, Working with Alcohol Misuse), some of which are accredited by the Addiction Counsellors of Ireland (ACI), and conducts research on issues that concern drug and alcohol use and the local community.

On the 6<sup>th</sup> September 2018 19 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 a programme in the Medical Unit in Mountjoy Prison. The DTP programme is a six week programme involving BYAP, Coolmine, The Ana Liffey Project, and the Harmony Programme. The work of the Prison Programme is supported by one to one prison visits by BYAP Staff.

**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, and there has been significant discussion among schools and services in Ballymun during 2018 as to the best way of proceeding. Within this context BYAP continues to provide specific deliveries to schools and other education settings, including Ballymun Education



Support Team (BEST), but we are working toward a more systematic school-community collaboration on the theme of substance use prevention and intervention, using evidence based approaches.

BYAP held the **Friends Remembering Friends Service** on the 26<sup>th</sup> February 2018, with the theme of “Seasons”. This event creates a space to acknowledge some of the loss and trauma associated with the death of friends and loved ones. Young people from BRYR supported the event with a piece on mental health, and the music



for the evening was provided by an amazing group of musicians and singers who give us their time and musicianship each year.



The **Craft Group**, which meets once a week, is now a core feature of our services, and during 2018 there were a range of workshops which prepared craft items for particular seasons and for specific events such as the Friends remembering Friends celebration.



## D. Initiatives.

**Crack Cocaine.** During 2018 there was a growing awareness of increased levels of use of cocaine and in particular crack cocaine in Ballymun. BYAP, in partnership with other agencies working with this particular group of drug users, and supported by the Ballymun Local Drug and Alcohol Task Force (BLDATF), has developed a range of interventions in order to provide the most appropriate response. Following a rapid assessment of the scale of the use, it was decided to initiate a Crack Pipe Exchange system in order to address the serious health consequences of using makeshift crack pipes, and to increase meaningful engagement with this group of drug users. The approach also included more targeted interagency outreach, more availability of low threshold access through the BYAP Drop in Service, participation in training provided by Janus Solutions, and the initiation of research into the experience of those using Crack Cocaine.



**SMART Recovery** (Self-Management and Recovery Training) runs a network of mutual support meetings and supplies materials to help people in their recovery journeys. In 2018 BYAP established two of these SMART Meetings each week to facilitate the level of interest in attending. Prior to setting up the meetings, BYAP staff underwent the required training.



**Womens' Café.** In 2018 BYAP established the Café in response to requests from female service users to have a space within BYAP where women could drop in, share and explore issues, and receive support. It has proved to be very popular, and specific thematic Café mornings have been very successful.

**Recovery Month** has been celebrated internationally for almost 30 years, but in Ireland the introduction of the Recovery Walk has generated a new level of local interest. In 2018 BYAP took on to organise a number of events during September as part of Recovery Month, including bringing a busload of service users and friends into the Recovery Walk.



**Urrús** and the Infant Parent Support Coordinator have been delivering a training workshop on Women and Substance Use for a number of years. In 2018 this was further developed and delivered, in partnership with UCD, as a **level 9 Professional Certificate in Women and Substance Use.**

**Pregabalin/Gapentinoids Workshop.** BYAP, on the 21<sup>st</sup> May, in partnership with UCD, hosted a discussion group involving a range of practitioners, including GP's and Psychiatric Nurses, who have been dealing with this drug type. The discussion was focused on developing a clearer understanding of the issues being faced, and the potential variety of routes available to respond to the various challenges presented by the prescribing and use of this drug type.

**Information Session on Hepatitis C Treatments.** On the 6<sup>th</sup> December, BYAP hosted an information session on the new treatments available in relation to Hepatitis C. The session was delivered by HSE Addiction Service Pharmacists who have been involved in the roll out of the very successful new treatment, and the session was very well attended by both service users and professionals.

**E. Events.**



**Certificate Presentation.**

On the 18<sup>th</sup> June 2018 BYAP held the certificate presentation for all those who had completed courses with BYAP and Urrús over 2017. Minister Catherine Byrne, who has responsibility for the National Drug Strategy, presented the certificates at the



event, and we were joined in the families, friends, political representatives, and other services.

**Recognition Event.** On the 10<sup>th</sup> of September, BYAP held our annual “Recognition Event” which acknowledges the quiet work done by people using our services. It focuses on change, and hope, and recognises that positive outcomes are as varied and diverse as the people who achieve them. As a person centred service we are very clear that there is no “one size fits all” when it comes to making change.

## F. Organisational.

The BYAP Company AGM took place on the 20<sup>th</sup> September 2018. At the AGM the Board presented the new “Constitution of the Ballymun Youth Action Project”, which was drawn up to reflect the changes required by Company Law, and the Constitution was approved by the Members.

The General Data Protection Regulation, GDPR, came into effect in May 2018, and BYAP has worked to ensure that our service is compliant.

**Support for the Project.** We want to express our appreciation to 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.



Again, as with previous years we are also very appreciative of the support that is given to BYAP from other organisations. Our thanks go to NOSTRA who continue to manage our IT system, to DCU in the Community, Bizquip, Dublin Bus, SuperValu, and to the many others who have been quietly supporting our work over the year.

We also wish to acknowledge the support of the Salesforce Foundation who provide the system for our client data management.



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.



## Appendix 1: Financial Statement

### The Ballymun Youth Action Project Ltd.

Income and Expenditure Account for the year ended 31 December 2018

Income	849,661
<b>Expenditure</b>	
Cost of Generating Funds	65,705
Direct Charitable Expenditure	755,619
Governance Costs	6,973
Total Expenditure	828,297
Excess (Deficit) Income for Year General Fund	21,364

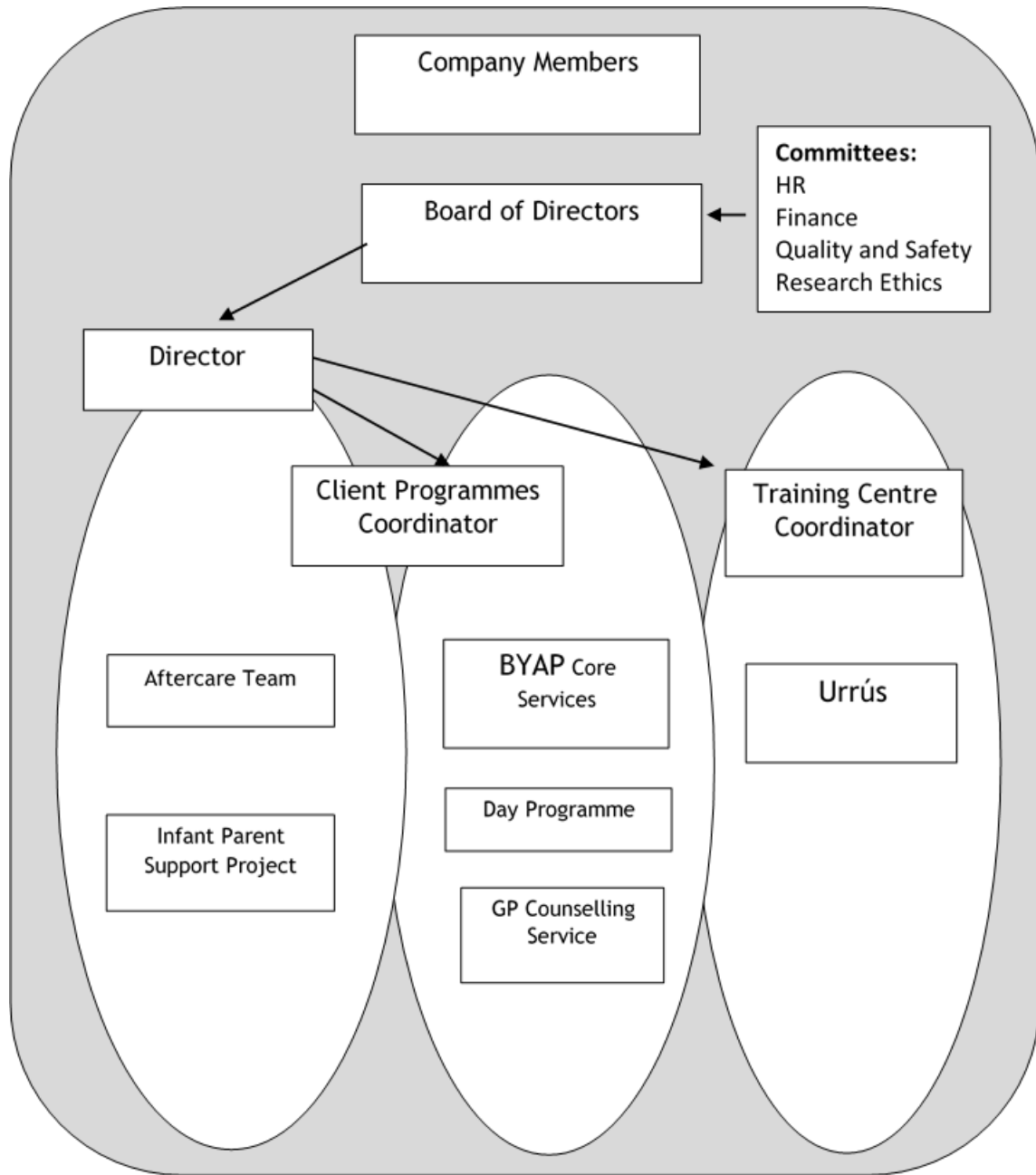
## Appendix 2: Governance.

Ballymun Youth Action Project: Board of Directors: 2018.

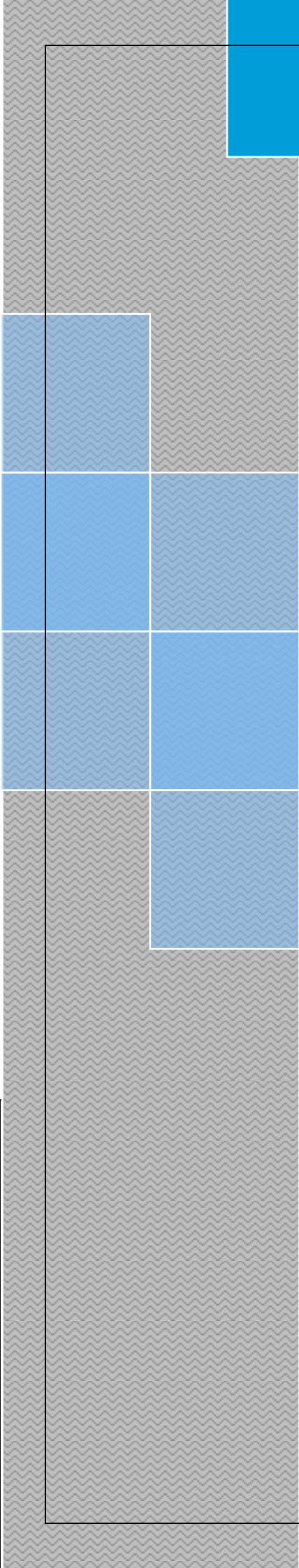
Charles Murphy:	Chairperson.	[6]
Hilda Loughran	Vice Chair	[8]
Marian Hackett:	Secretary.	[9]
Sylvia Gallagher	Treasurer)	[9]
Donal O Loingsigh		[7]
Mona Sayegh		[10]
Mary O'Flynn		[9]
Pat Carey		[0]

The Board of Directors met 11 Times during 2018.  
Directors do not receive any fee or expenses.

**Appendix 3: Ballymun Youth Action Project: Organisational Structure 2018**







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