

2022

# Annual Report 2022

The Ballymun Youth Action Project CLG  
Celebrating 40 Years





# The Ballymun Youth Action Project Ltd. Annual Report 2022.

## Contents.

	Page
Chairperson's Introduction	1
Message from the Director	1
BYAP - Who we are	2
Report of Activities 2022	5
Services to Individuals	5
Education and Training Services	6
Other Services and Activities	7
Initiatives	8
Organisational	9
Appendices	
Financial Statement	10
Governance	10
Organisational Structure	11

### Chairperson's Introduction:

The publication of our annual report offers an opportunity for reflection, for expression of gratitude and for acknowledging the work of all those who make BYAP what it is. It is a time to say a sincere thank you to some well-regarded staff and Board members who have moved on and to welcome the staff and Board members who joined the project over 2022.

The final celebrations in Feb 2022 marking 40 years of the project set a positive and exciting tone to the year. Recovery took on a broader meaning as the community and the project returned to some kind of normality following the challenges of Covid. The resilience demonstrated over the past few years was channelled in 2022 into building on past successes and moving forward with innovative ideas and responding to changing needs. BYAP acknowledges that the roots of its success are firmly fixed in its community engagement. Central to our ongoing success is of course the commitment of staff, the dedication of the Board and the collaborative approach to working with community services and the community of Ballymun. I want to take this opportunity to express, on behalf of the Board, our thanks for the professionalism, commitment, and leadership of BYAP's Director Dermot King. We are also grateful to the project's principal funders the HSE, the Local Drug and Alcohol Task Force, and the Probation Service who continued to demonstrate their confidence and trust in BYAP.

*Hilda Loughran*

### Message from the Director:

On the 27<sup>th</sup> of January 2022 representatives from a range of organisations in Ballymun, including BYAP, met with the Taoiseach Micheál Martin in response to the publication of the Report "Ballymun - A Brighter Future" written by Andrew Montague. The Taoiseach followed up the initial meeting by coming out to Ballymun on the 11<sup>th</sup> of July and visiting individual services. BYAP appreciated his engagement in conversations about the services we provide here, with specific

presentations looking at the Access and Intervention Centre, the Infant Parent Support Project, and Urrús, the Training Centre.

February 2022 marked the end of the 40<sup>th</sup> Anniversary celebrations for the Ballymun Youth Action Project. Linking back to the origins of the Project, a webinar “Communities into Recovery” was hosted, with speakers from local, national, and international contexts addressing the theme. We were particularly delighted to welcome Dr Mary Ellen McCann and Dr David Best as speakers.

It was only in January 2022 that the Covid restrictions were finally lifted, and gradually individuals, families, communities, and services began the slow process of reestablishing more normal process of interacting. Influenced by some of the changed work practices during the pandemic, new opportunities for collaboration between organisations emerged, alongside an increased recognition of the importance of frontline workers.

This annual report will outline the main elements of the services provided and indicate specific additional initiatives that took place during the year.

As always, we are very grateful to so many people who supported the work of the Ballymun Youth Action Project over the year, including the Board of Directors, those using the services, funders and sponsors, and in particular the staff team who daily bring humanity, professionalism, and commitment to the work of the Project.

### **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 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 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.





# BALLYMUN YOUTH ACTION PROJECT

A COMMUNITY RESPONSE TO DRUG AND ALCOHOL USE

## SERVICES

### ACCESS AND INTERVENTION CENTRE

PROVIDES MULTI-ISSUE DRUG AND ALCOHOL USERS, WHO STRUGGLE TO MAINTAIN COMMITMENTS AND WHO HAVE MINIMAL CONTACT WITH OTHER SERVICES, ACCESS TO A RANGE OF DRUG TREATMENT SERVICES.



### ADDICTION COUNSELLING

ADDICTION COUNSELLING IS A THERAPEUTIC PROCESS, INFORMED BY SPECIFIC SKILLS/THEORY IN WORKING WITH ADDICTIONS,

### TREATMENT PROGRAMS AND COURSES

STRUCTURED DELIVERY OF SHORT COURSES, AND LONGER PROGRAMMES WHICH ADDRESS SPECIFIC ADDICTION RELATED AREAS.



### PRISON RELATED SERVICES

INDIVIDUAL AND GROUP THERAPEUTIC INTERVENTIONS TO DRUG/ALCOHOL USERS WHILE IN PRISON.

### AFTERCARE/ CONTINUING CARE

INDIVIDUAL AND GROUP INTERVENTIONS AND SUPPORT FOR THOSE WHO HAVE MADE SIGNIFICANT POSITIVE CHANGES IN THEIR DRUG/ALCOHOL USE.



### INFANT PARENT SUPPORT PROJECT

FOR PARENTS, PRE-BIRTH - 2 YEAR OLDS, WHO EXPERIENCE ISSUES WITH PROBLEM DRUG OR ALCOHOL USE.,

### URRÚS

TRAINING, EDUCATION AND RESEARCH DIRECTED TOWARDS FACILITATING MORE EFFECTIVE RESPONSES TO THE CHALLENGES OF DRUG AND ALCOHOL USE AS THEY IMPACT ON INDIVIDUALS, FAMILIES, AND COMMUNITIES.



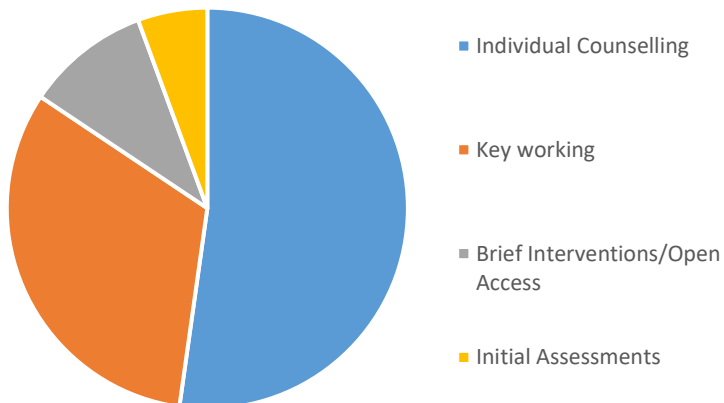
## Report of Activities 2022.

2022 saw a full return to in-person services, the resumption of face-to-face courses and training, and the resumption of complimentary therapies.

In the following section the Activity of the Project is 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 2022



During 2022, **606** individuals had direct contact with the services of BYAP [352 Males, and 254 Females] through BYAP Core, Day Programme, Aftercare, the Infant Parent Support Project, and the GP Counselling Service

During 2022 there were **5,944** one to one interventions

Activity Type	2022
Individual Counselling	2,862
Key Working Sessions	1,759
Brief Intervention Sessions/Open Access	548
Initial Assessments	307
Home Visits	248
HSE Case Management	220



**Other Interventions:**

Activity Type	2022
Program Sessions Delivered	326
Therapeutic Groups	182
Client Case Meetings	94
Crack Pipe Exchange	538
Outreach	46
Parenting Interventions	223
Holistic Treatments	110
Acupuncture Treatments	122
Pro-Social/ Recovery Group Sessions	123
Complementary Group Sessions (Mindfulness/Yoga)	33

**B. Education and Training Services**

URRÚS provided the following training during 2022:

*Urrus provided training to 409 participants during 2022*

- Level 5 Community Addiction Studies Course®
- Level 7 Diploma in Community Drugs and Alcohol Work
- Understanding Harm Reduction and Drug Related Health Issues
- Introduction to Addiction Studies
- Level 6 Urrús Keyworking, Care Planning and Case Management
- Level 9 Women and Substance Use
- Drug Awareness
- Community Reinforcement Approach
- Drugs and Effects Peer Mentoring
- Drug Awareness/ Working with Young People
- Key Working and Care Planning
- Boundary Management
- SAOR Training
- Reflective Practice

**The Day Programme provided:**

- Recovery Support Programme
- Relapse Prevention Programme
- Mindful Recovery
- SMART Recovery



## C. Other Services/Activities

The **GP Community Partnership Addiction Project** provides 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 2022 a total of 48 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. BYAP continues to have a GP from Primary Care on the Board of Directors which serves to strengthen the collaboration between our service and primary care.

**Stabilisation Programme.** This initiative of the Access and Intervention Centre was introduced in 2022 to provide a more tailored response to the needs of service users who were seeking change but were finding it difficult to stick with programmes for a range of reasons. This new programme focuses on identifying the current blocks to engagement, and developing group and individual interventions that address these.



**HSE In-reach Domville.** Following a request from HSE Social Inclusion to provide Case Management support to service users attending at Domville House Clinic, BYAP initiated an in-reach pilot Case Management service. At the end of the pilot period, which occurred during 2022, it was agreed that the outcomes of the initiative were very positive, and the in-reach has continued since then.

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. 38 parents engaged with this service during 2022, including a small number of fathers.

**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 to increase their effectiveness and participation in the area of responses to drug misuse. Courses provided include introductory level training courses in substance use and addiction; a QQI level 5 (minor) award in Community Addiction Studies (CASC); "Community



Representatives Training" Minor Award at Level 5, which was developed in partnership with Citywide; Level 6 "URRÚS Key Working, Care Planning and Case Management"; Level 7 (NFQ) Diploma in Community Drug & Alcohol Work, and a Level 9 Postgraduate Professional Certificate in Women and Substance Use. 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, some of which



are accredited by the Addiction Counsellors of Ireland (ACI). Urrús and the Ballymun Local Drug and Alcohol Task Force finalised the research on the Infant Parent Support Project (2012-2022) during the year and the report is due to be launched in 2023.

## D. Initiatives.

**Recovery Cycling Initiative.** As part of Recovery Month 2021, BYAP initiated, with the support of more seasoned cyclists, a cycling initiative. This formally became the Recovery Road Cycling Group in 2022. In November 2022 BYAP was visited by Jack Chambers TD, the Minister for Sport, Gaeltacht and Defence who came to present certificates to members and supporters of the new Group.



In June 2022 BYAP initiated an **Art Project to Celebrate Recovery**, and a wonderful Mural was designed for the Courtyard in the Axis Building by a group of Service users who worked with the Artist to develop the concept. The painting commenced in 2022 and is due to be completed in 2023.



During 2022 another group of service users designed and created an artistic piece to celebrate Mothers in Recovery. This painting was officially unveiled by the Lord Mayor of Dublin, Caroline Conway during Recovery Month, September 2022.

The annual remembrance service, **“Friends Remembering Friends”** took place on the 4<sup>th</sup> April 2022. The theme was “Reconnecting” and acknowledged the many losses that occurred during the Covid pandemic.



During 2022 BYAP introduced Reiki as part of **complementary therapies** alongside acupuncture, massage, mindfulness, and Yoga, all of which provide additional support to the one to one and group work with service users. 2022 also saw the introduction of the Mindfulness Based Stress Reduction Programme.



The Pro-Social “**Craft Group**” created a range of craft products which were displayed during December 2022 in the Axis Arts Centre.

The Book, “**Recovery Stories**” 2<sup>nd</sup> Edition (Edited by Laura O’Reilly and Criostoir Mac Cionnaith) was launched Dec 2022.

In November 2022 BYAP facilitated the introduction of a **Depaul Inreach Clinic** which allowed BYAP service users more accessible interactions with the the Depaul services linked to accommodation needs.

## E. Organisational.

The BYAP **Company AGM** took place in person on the 26<sup>th</sup> September 2022.

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.

BYAP is also registered on the Register of Lobbying.

**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. We also want to thank the many people who use our services, and who have stepped up into roles within groups and activities that have proved of benefit to everyone involved.



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, and Salesforce and CANVA who provide software under their donations schemes. We would also like to thank Stewart Kenny who provided financial support to the Cycling Initiative, and the Hygiene Bank Dublin, who continue to supply our service.



We also would like to thank the many others who have been quietly supporting our work over the year.



## Appendix 1: Financial Statement.

### The Ballymun Youth Action Project Ltd.

#### Income and Expenditure Account for the year ended 31 December 2022

<b>Income.</b>	<b>878,491</b>
<b>Expenditure</b>	
Cost of Generating Funds	36,775
Direct Charitable Expenditure	861,065
Governance Costs	6,662
<b>Total Expenditure</b>	<b>904,502</b>
Excess (Deficit) Income for Year	
General Fund.	(26,011)

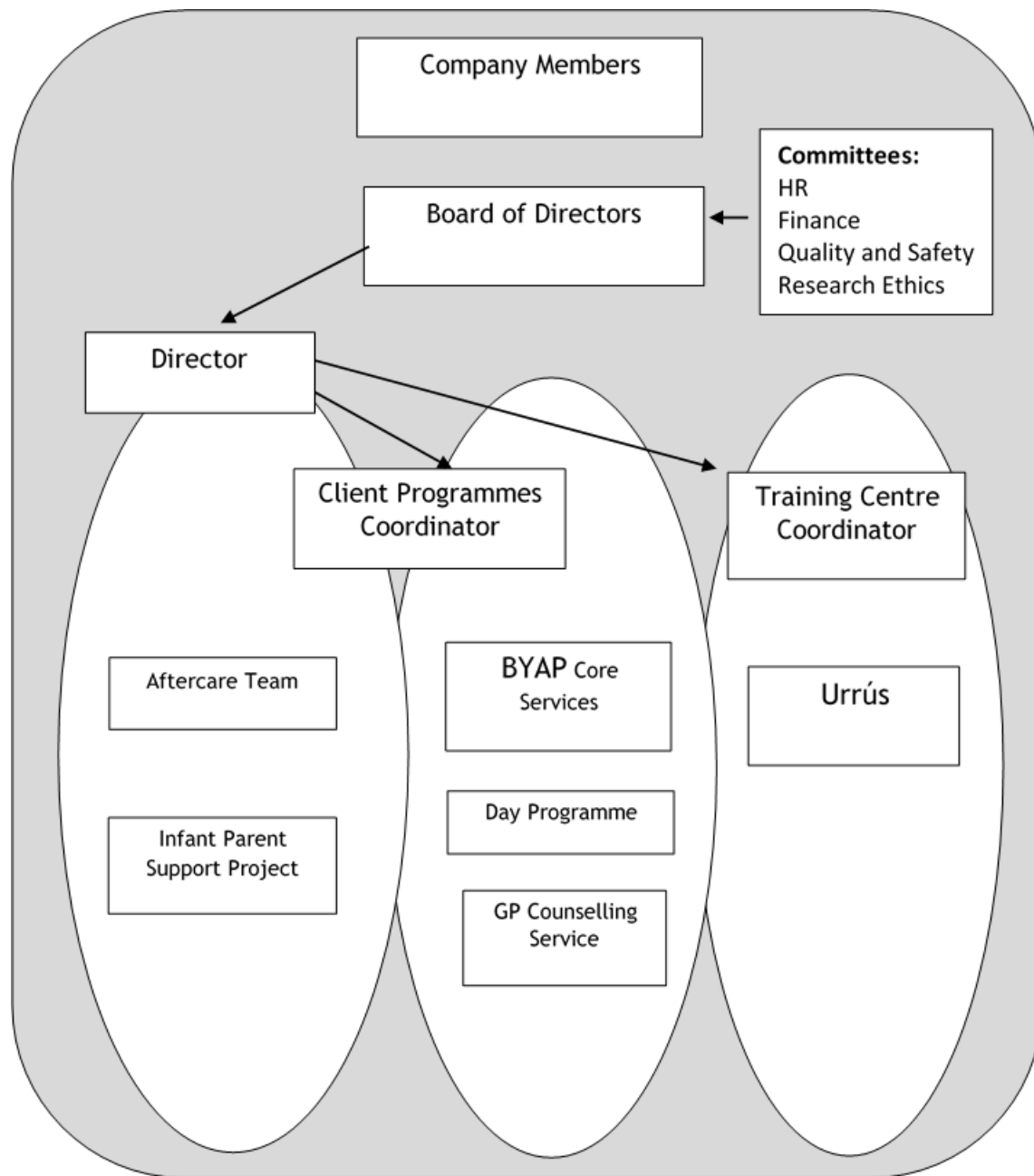
## Appendix 2: Governance.

### Ballymun Youth Action Project: Board of Directors: 2022.

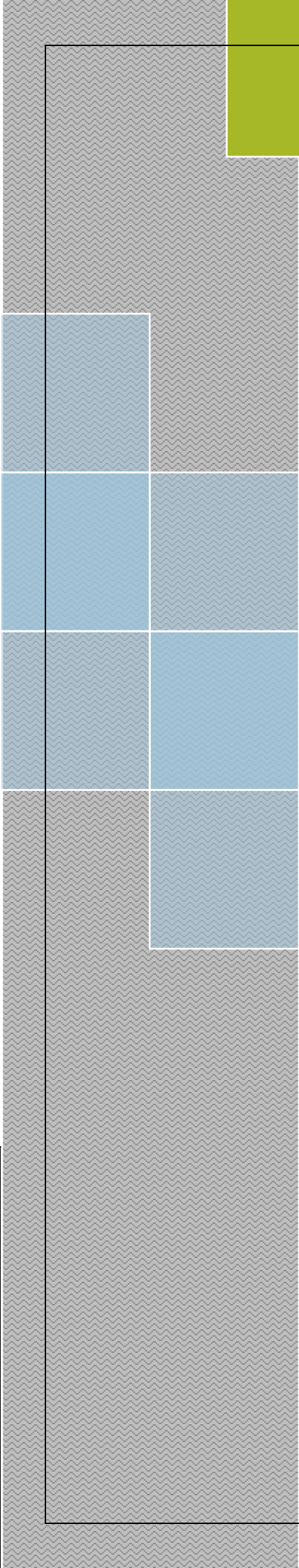
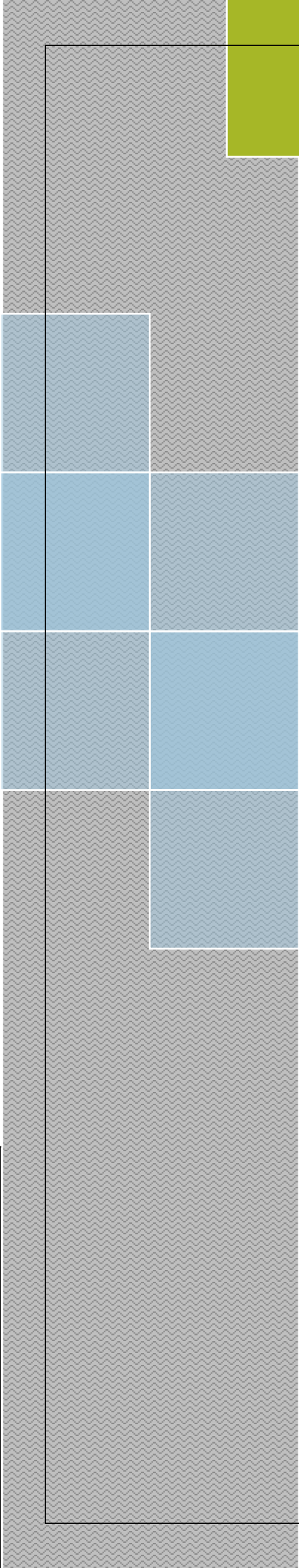
Hilda Loughran	Chairperson.	[11]
Stephen Keeling	Secretary	[5] (Resigned Oct 2022)
David McKenna	Secretary	[10]
Sylvia Gallagher	Treasurer.	[8]
Mona Sayegh		[4] (Resigned Sept 2022)
Mary O'Flynn		[10]
Susan Ahern		[7]
Micheal Clear		[9]

The Board of Directors met 11 Times during 2022.  
Directors do not receive any fee or expenses.

### Appendix 3: Ballymun Youth Action Project: Organisational Structure 2022







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