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**CASP CSMT**

**ANNUAL REPORT**

**2014**

**CASP Community Substance Misuse Team is a voluntary organisation with charitable status.**

**CHY 15069**

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# Project Promoter:

**Clondalkin Addiction Support Programme**

Ballyowen Meadows, Fonthill Road, Dublin 22

**Community Substance Misuse Team MW40**

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## Background:

**What we do? CSMT provides a free service to under 18’s and their families who are affected by substance misuse in the Mid- West region**.

CSMT was established after the need for such a service was identified by research carried out on the supports required in the Mid-West.

Initially a large amount of work was done on building trust in the communities; inter agency collaboration and ascertaining levels of support required in the local areas of the Mid-West. The service has evolved and grown over the last 3 years and recognition and understanding has enabled the CSMT to further its ability to work in the Mid-West with youths, families and the wider community. The CSMT team is a multi-disciplinary team & works on the principles of community development, collaboration and inter-agency work.

## Aims of the Organisation:

The aim of CASP CSMT is the provision of supports and related educational and practical interventions to support and facilitate a range of on-going services, targeted at supporting the parents, family members, partners and young people living with impact of substance misuse.

In order to provide the most effective support to young people and their families CASP CSMT places special value on the following process: using the ACRA (Community Reinforcement Approach) and the 5 step model of work.

CASP CSMT aspires to:

* Create a rewarding, structured non drug using life for young people
* Engage young people in alternative attractive activities
* Expose them to helpful new experiences
* Build quality relationships within family and wider community
* Focus on strengths and positives
* Bring young people to a place of choice and responsibility in their decision making regarding substance misuse.

## Services Provided to Youths:

* Adolescent Community Reinforcement Approach
* Specifically tailored programmes to suit the needs of the young person referred
* Substance misuse support & referral, with case care & management
* One to one work & family group work
* Young person’s support group
* Life skills/personal development programmes
* Problem solving focused interventions
* Referral & collaborative work with other agencies, if and when appropriate

## Services Provided to Families:

* One to one work
* Awareness raising about substance misuse
* Positive communication skills development
* Relationship building work
* Strengthening the family unit
* Referral & collaborative work with other agencies, if and when appropriate

## 

## CSMT in the Mid-West

A focus for the CSMT is the geographic areas that may not at present have easy access to services with referrals being accepted to date from a host of agencies and individuals themselves. Whilst the service is based on a multi-systemic approach, it is crucial that families and young people feel that their needs are met in a manner that does not further marginalise or socially exclude them from society. The CSMT recognises the impact of National Policy and social issues that impact on families and it is from this perspective that services are offered. Our hope is to provide proactive supports and educational opportunities to families and young people, in an effort to reduce the impact of substance misuse on the living of their day to day lives and avoid where possible the serious consequences that can arise without intervention.

CSMT continue to operate a number of drop in centres localised in the region to provide support and accessibility to CASP CSMT in the community. In Limerick County there are centres open in Newcastle West, Caherconlish, Kilmallock & Hospital; in Clare County: Six Mile Bridge, Killaloe, Kilrush, Shannon, Ennistymon and Ennis and in Tipperary North: Roscrea, Templemore, Thurles & Nenagh.

## Interagency Work

Organisations in which the CSMT are actively engaged with include;

* Kick Back Youth Café
* Roscrea JFS Services
* Sláinte, Ennis
* Mental Health, Nenagh
* Bedford Row Project
* The Factory, Southill
* Clare Youth Service
* Drugs Unit Ennis
* Headstrong
* Mental Health, Thurles
* Thurles Garda Station
* Bushy Park
* Info Centre, Ennis
* JLO
* Ennis HSE Service
* Foróige, Newcastle West
* Ashlinn Treatment centre
* Garda Diversion Project, Limerick
* Saoirse
* My Mind
* Ana Liffey
* Respite House, Newport
* Northstar Family Support Project

## Breakdown of Workload:

There were 229 new referrals recorded in 2014 with a breakdown as follows;

* Limerick City: 51
* Limerick County: 45
* North Tipperary: 47
* Clare: 45
* Midwest: 41

**These referrals came though the following organisations;**

* Probation
* Social Work
* Roscrea Youth Reach
* Education Centre Roscrea
* Self-referral
* Family
* JLO
* Garda Youth Diversion Project
* Youth Service
* Youthreach
* Ana Liffey
* West Clare Initiative
* Bushypark
* Extern
* GP
* Probation

## Statistics on referrals:

# Number of Referrals Received To Date:

* Number of Referrals **2012 -** 110 comprising of youths and concerned persons.
* Number of Referrals **2013 -** 213 comprising of youths and concerned persons.
* Number of Referrals **2014** -229 comprising of youths and concerned persons.

# Individual Interventions delivered for 2014

|  |  |  |
| --- | --- | --- |
| **1:1 INTERVENTIONS DELIVERED:** | **YOUTHS** | **CONCERNED PERSONS** |
| Limerick City | 220 | 30 |
| Limerick County | 190 | 92 |
| North Tipperary: | 71 | 37 |
| Clare | 169 | 14 |
| Mid-West | 202 | 77 |

CSMT has consistently engaged young people and their guardians throughout the year. This reflects positively on the work being done and the increasing demand for this service.

**Referral Breakdown 2014**

# Outcomes for these sessions included:

* CRA- Functional analysis raising awareness of triggers for substance misuse
* Increased pro-social behaviour
* CRAFT model of work with concerned persons
* 5 Step Programme
* Solution focused intervention through a collaborative approach
* Reduction of drug & alcohol use
* Raised awareness of effects of substance misuse, poly drug use
* Lessened the impact of substance misuse on the family unit
* Provided a safe place to discuss issues
* Supporting young people affected by a parental addiction, this includes providing emotional support; education around the nature of addiction and increasing knowledge of various substances. These young people may be particularly vulnerable to substance misuse themselves and this work is seen as preventative
* Improved communication in the family by practising communication skills with the young people.
* Assisted and advocated for young people to achieve goals on their action plan, e.g. looking for courses and activities that the young person may be interested in.
* Education and awareness around substance so that informed choices can be made by the young person.
* Referrals to other agencies where appropriate.

**Nature of Issues presenting in 2014:**

* Homelessness
* Foster Placements Difficulty
* Parental Addiction
* Mental Health Issues
* Overdose Situations
* Child Protection Issues
* Family Breakdown
* Domestic Violence
* Sexual Assault
* Self-Harm
* Drug Debts
* On-Going Criminal Activity

**Work Carried Out With Clients in 2014:**

* Referrals to Social Work Department
* Detailed recording and reviews of child protection issues
* Working with extended family
* Referrals made to Aislinn Treatment Centre
* Advice and guidance sought from child Psychiatrist in CAMHS
* Referrals to counselling service/family therapy, anger management
* Additional support provided by CSMT
* Referrals and engagement with Novas Respite House
* Education in relation to substances provided to young people and concerned persons
* Involvement in CAF process (Limerick City only)
* Advocating to get young people back to education,
* ACRA and CRAFT, information provided to concerned persons
* Assistance to source accommodation and apply for appropriate benefits
* Referral to parenting course
* Referrals to Pieta House
* Harm reduction work.

## Model of Work:

CASP CSMT continue to use the ACRA approach. During 2014 6 CSMT staff members took part in the 5 step model of work for dealing with substance misuse which has also proved to be a very beneficial way of working with our clients.

## CSMT Outcomes for youths in 2014:

* Comprehensive assessments with young people
* CRA- Community Reinforcement Approach model of working with youths
* Regular reviews with young people and their parents to review work and goals completed.
* Supporting young people affected by a parental addiction, this includes providing emotional support; education around the nature of addiction and increasing knowledge of various substances. These young people may be particularly vulnerable to substance misuse themselves and this work is seen as preventative
* Improved communication in the family by practising communication skills with the young people.
* Assisted and advocated for young people to achieve goals on their action plan, e.g. looking for courses and activities that the young person may be interested in.
* Education and awareness around substance so that informed choices can be made by the young person.
* Referrals to other agencies where appropriate.

## CSMT Family Outcomes:

* Increased awareness and symptoms of substances that are commonly abused by youths.
* Increased awareness of services to support the family and also the substance abuser.
* Support and understanding for the family.
* A safe place for a family member to vent their frustrations and fears of substance misuse.

## Group Work:

|  |  |  |  |
| --- | --- | --- | --- |
| **GROUP NAME** | **LOCATION** | **NUMBERS IN ATTENDANCE** | **NUMBER OF SESSIONS** |
| Peer Support Group | Roscrea | 4-6 | Bi- Monthly |
| Kick Back Youth Café | Roscrea | 6 | Bi - Monthly |
| Strengthening Families,  North Tipperary | Thurles | 5 Families | Weekly – 14 week programme |
| 20/20 Group | Nenagh | 35 | Weekly |
| Bedford Row Equine Group | Limerick | 8 | 1 Week Long Group |
| Clare Youth Group | Ennis | 4 | Weekly |
| ACRA Croom Group | Croom | 8 | Weekly – 6 Week Programme |
| Prosocial behaviour group | Caherconlish | 8 | Weekly – 6 Week Programme |
| Strengthening Families, Limerick County | Hospital |  | Weekly – 14 week programme |

## Support Groups:

|  |  |
| --- | --- |
| **Group Name** | **Area** |
| SFP Thurles | Responsible for delivery of SFP in North Tipperary |
| SFP Hospital | Supported delivery of SFP in Hospital, Co. Limerick |
| Football Focus – Weston – FAI, CSMT | Limerick City – Engagement of 30 young people |
| Football Engagement FAI, CSMT | Nenagh – Engagement of 10 young people |
| Auricular Acupuncture | Limerick City & County – Delivery of auricular acupuncture to clients |
| ACRA Training HSE Cork | Cork – Training of 8 HSE Workers, Cork |
| Equine Therapy – Week Long Programme | Limerick – Delivery of equine therapy intervention programme in partnership with the Bedford Row Project, 8 young people engaged |
| Parent Relaxation Group | Limerick City – Delivery of parent relaxation programme – 8 parents engaged |
| ACRA Group | Croom – Delivery of ACRA group to young people |
| Street League | Limerick City – Delivery of Street League Football weekly |
| SFP Substance Misuse Workshop | Hospital – Delivery of substance misuse workshop to young people |
| Keeping Up with You Kids – Parents | TRYS – Thurles |
| Clare/Ennis Youth Group YPS | Clare – Delivery of youth group for youths impacted by parental substance misuse |
| 20/20 Group | Thurles – Delivery of substance misuse workshops to young people |

## CSMT in the Mid-West for 2014

**Limerick County**

**Activity**

9 young people were supported in attending a day long surfing trip to Lahinch, Co. Clare as a reward for positive participation in the CSMT service.

**Auricular acupuncture:**

Auricular Acupuncture is provided for young people and parents at CSMT. Auricular acupuncture is a five point ear acupuncture which promotes detoxification from substances and relaxation. It involves placement of five small, sterilized & disposable needles in specific sites of each ear & relaxing quietly for approximately 30 minutes. Studies have found this process to decrease cravings, withdrawal symptoms, relapse, anxiety, insomnia and agitation and improve overall substance misuse treatment response. 37 clients availed of auricular acupuncture in 2014 in both individual and group settings. These acupuncture sessions are also complemented with mindfulness, mediation and self-care skills.

**Workshops and Presentations:**

* Substance use and coping skills at Hospital youthreach students
* Information on CSMT and substance use at Hospital family resource centre
* Information on substance use and effects of substances at Doon School, organised by young person
* Workshop with Primary health care workers on benzodiazepines in preparation for handing out developed benzodiazepines leaflets through Traveller drug and alcohol forum
* 2-3 half day and full day workshops with 9 youth groups in preparation for Let Limerick Xhale film project
* Workshop with Youthreach (O Connell Avenue). Peer review of substance misuse films and consultation on services available

**Drug and alcohol week in Co. Limerick (November):**

* Information talk Hospital youthreach & John the Baptist school at FRC
* CSMT / Gardaí Public Talk with parent at Gael Scoil, Newcastlewest
* Let Limerick Xhale film screening at Omniplex cinema. Attended by 150 people which showcased 9 short films on preventing substance misuse. Drug services in Limerick were invited to showcase their services.
* Talk on radio about CSMT service with primary health care workers at West Limerick Radio 102 FM Community Health Matters
* Rathkeale recognising substances and substance use workshop with parents

# Let Limerick Xhale Film Project:

CSMT were instrumental in coordinating the Let Limerick Xhale 2014 film project in partnership with Limerick City DEPS that screened 9 substance use themed films to over 150 people at the Omniplex cinema in Dooradoyle in November. This Oscar style ceremony was one of the highlights of the first Midwest drug and alcohol week and was the result of 8 month’s work linking across 9 youth groups in Limerick. Let Limerick Xhale is a creative educational and prevention awareness project inviting young people to tackle the issue of substance misuse within their community.

This event directly engaged over 120 young people in Limerick across 9 youth groups. The groups that got involved were Garryowen CDP, National Learning Network, Moyross Youth Intervention Project, Northside DEPS, Rathkeale Youth Project, Hospital Youthreach, Northside Youthreach, Foroige – Newcastlewest and Southill Club Together.

These groups developed a short film that focused on creating a positive and peer led message to prevent substance misuse. The standard of films and issues explored in this year was extremely high. The films generated over 12,000 views on YouTube over the first 6 days.

The overall award was presented to Southill club2gether junior leaders, while second and third place went to Hospital Youthreach and Moyross youth intervention project.



**Clare County**

**Services Provided in Clare:**

In 2014 West Clare Drug & Alcohol Initiative was established, an interagency service based in Kilrush in partnership with Ana Liffey, Clarecare, Bushypark, & Sláine Ennis. This was officially launched in May 2014. This service is open to all people affected by drug & alcohol issues in the Clare area.

CASP CSMT continues to be involved in coordinating and funding the Clare Youth Group in collaboration with HSE, Clare Youth Service and Bushypark.

**Workshops and Presentations:**

* Clare Practitioners Forum
* West Clare Family Resource
* Northwest Clare Family Resource

**North Tipperary**

Groups CSMT involved with in North Tipperary;

**Kick Back Youth Café**

To interact with youths that are at risk of substance misuse as a result of living in an environment of drug use; (older siblings and some parents misusing substances, also living in a community were drug use is the norm).

**20/20 Group**

A drug awareness group run in partnership with TRYS Thurles, where a group of 35 people met for a 2 hourly session for a 5 week period.

**Peer Support Group Roscrea**

To give concerned people a place to shear their worries about a loved one’s substance use and behaviours in the family home.

* To give participants a place to gain strident and per lead ideas to help deal with the issues at hand.
* To facilitate and support the concerned person to step back from the substance users actions and find time for respite.
* To facilitate ideas on strengthening the family unit.
* To recognise support and train people from the community to facilitate groups and get involved in community development programs.

**Football Focus – Weston, Limerick City**

Collaborative piece carried out with CSMT and FAI with an aim to develop engagement, create relationships, increase awareness of substance misuse & its impact on football performance and promote healthy eating.

## Equine Programme- Bedford Row/CSMT

In 2014 one staff member qualified as an Eagala equine psychotherapist as a result therapeutic intervention equine therapy is now being provided by CSMT. This is a proven powerful way of enabling a young person’s key worker to explore the impact of issues on his/her life. The horses provide an excellent way for a troubled youth to engage when otherwise therapy resistant.

CSMT worked in conjunction with the Bedford Row project in organising an equine therapy trip which consisted of 7 young people aged 13 and 14 (clients of Bedford Row) along with 2 CSMT staff members and 3 staff members from Bedford Row. A 4 day programme took place consisting of the following:

* Group work – contract/ rules for the week all agreed and all young people completed ‘Horse Happiness Scale’
* Horse work – grooming, horsemanship and some horse riding
* Equine Therapy
* Drug awareness workshop
* Meal time
* Discussed achievements of the week with young people
* Rosette awards to everyone for great participation.



**Football Focus- Nenagh, HSE, CSMT, FAI**

An initial piece of work was carried out in collaboration with the HSE Nenagh who were looking for assistance in how to form and create relationships with young people in the Nenagh area.

* FAI and CSMT carried out a fitness through football programme
* 5 participants were referred into FAI camp and supported by CSMT- at risk families, social work team supported mothers to engage in this process, CASP CSMT supported young people in this process.

**Street League:**

CASP CSMT in conjunction with the FAI, NOVAS, and Limerick Youth Service started the street league tournament for Limerick meeting once a week in the Delta Sports Dome, Ballysimon Road, Limerick.

We found that motivation was key to the success of Street League’s model, as young people are often in a cycle of facing few prospects and having little direction and receiving only negative feedback. Football is such a powerful tool to help to engage young people and assisting them in making them aware of what skills they have and what opportunities are out there for them.

Irish Street leagues are not about fixing people’s problems it is only part of the solution. It is about boosting self-esteem, self-confidence and self-discipline, empowering people so as to enable individuals to take responsibility for their own futures with confidence.

Our aim is to have representation to the International Irish Street League Team from the Mid- West. David McPhillips, Jason O’ Connor (FAI) and Billy Barrett (CSMT Volunteer) have been designated to select players to go forward for the trials in May 2015. CSMT volunteers Ricky Nolan and Brent Dugdale have helped to coordinate this pro-social activity for at-risk youths each week attracting on average 30-40 participants.

**Review Snapshot Year**

Staff carried out a review of a number of clients each and presented the work carried out to project manager and team leader.

**Sample of Data to describe and inform of the work practice:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Age | Number of sessions in this year | Intervention | Challenges faced | Crisis situations- List if any | Present Situation |
| 15 | 20 | ACRA,  family sessions \*6, school- linked with Principal, Probation, Aislinn treatment centre, phone support, house visit, mother supported by other staff member | impulsive, indicating suicidal, expelled from school, verbal abuse towards mother, problematic substance misuse, parental stress-very high | Drug debts, suicidal ideation, high needs. | Presently back in school, probation has indicated need to attend and complete Aislinn as pending charges- behaviour improved somewhat in terms of substance misuse & conflict at home |

## Additional Pieces included:

* Hidden Harm Training
* Aislinn Assessments & supports

**Mid-West Drug & Alcohol awareness week- November 2014**

As part of the mid-west’s first ever awareness week one CSMT worker gave an interview on local radio around ‘staying drug & alcohol aware’ & also ran a number of drug awareness parenting workshops and delivered a presentation in Rathkeale school which was attended by approx. 30 parents.

**Strengthening Families Programme:**

This 14 week evidence-based family skills training program is found to significantly improve parenting skills and family relationships, reduce problem behaviours, delinquency and alcohol and substance misuse in children and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills.

CASP CSMT continues to coordinate and fund the SFP programmes in the following locations;

* Hospital Family Resource Centre,
* St. Munchin’s Family Resource Centre and
* Southill Family Resource Centre
* Thurles**,** North Tipperary

Action 29 under the prevention pillar of the National Drugs Strategy is to:

Targeted measures focusing on the children of problem drug and/or alcohol users aimed at breaking the cycle and safeguarding the next generation (The National Drugs Strategy, 2009-16, p100)

**CSMT supports up to 30 families participated in the SFP programmes throughout the City and County & North Tipperary.**

**Objectives and outcomes from these programmes:**

|  |
| --- |
| **Parent:** |
| * Increased Positive parenting |
| * Increase in parenting skills |
| * Increase in parental supervision |
| * Increase in parental involvement |
| * Decease in parental substance misuse |
|  |
| **Child:** |
| * Increase social skills |
| * Reduced aggression |
| * Reduced concentration problems |
| * Reduced criminal behaviour |
| * Reduced hyperactivity |
|  |
| **Family Unit:** |
| * Increase positive parent /child relationship or family cohesion |
| * Reduce family conflict |
| * Increase family organisation and order |
| * Increase family communication |
| * Increased overall family strengths and resilience |

**Pathways from CSMT**

CSMT utilise a number of the services available in the Mid-West referring to the Respite House on a number of occasions, also working with Aislinn treatment centre, Youth homeless service, Novas, FAI, Saoirse, Ana Liffey, Limerick Youth Service, Clare Youth Service and adult education services.

## Training:

**CSMT Attended the Following Training;**

* 1 Staff Member graduated in October with a diploma in Family Support & Crisis Intervention from the Bedford Row Project
* 6 Staff Members received training from the National Family Support Network in 5 Step Method Training in February
* SFP Cert of Completion, 12 hours of group leader training with Robert O’ Driscoll, attended by 6 staff members
* Volunteer Management Training, in March 1 staff member attended this training & through this developed a volunteer mentor programme where 8 volunteers were inducted
* Eagala Equine Therapy: 1 staff member received equine therapy training
* 2 staff members underwent training in auricular acupuncture
* 1 staff member attended motivational interviewing training
* 1 staff member attended a mindfulness stress management training programme
* 1 staff member was entered onto the register of social workers maintained by the social workers registration board of Ireland.

## Finance

* A successful financial audit was carried out for 2014
* Monthly Income & Expenditure reports were kept & submitted to CASP
* Regular internal finance meetings took place to agree planned spending including budgets for potential pieces of work throughout 2014.
* Quarterly reports & operational reports were maintained & sent to MWDAF