

ANNUAL REPORT 2012



FINGLAS
ADDICTION
SUPPORT
TEAM

Finglas Addiction Support Team

Growing Recovery

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Chairperson and Manager's Report

Ian (Chairperson of FAST Management Board) and I decided to do a joint report this year given that I was more involved in the first half of 2012 and Ian likewise in the second half of the year.

2012 was all about settling into our new building and consolidating service provision. The highlight of the year was the official opening of the building by President Michael D. Higgins. It symbolised a significant milestone in FAST's brief but amazing history.

Achievements in 2012 included:

- Implementation of strategic plan
- Consolidation of service provision across core services
- Development of community garden
- Accreditation of recovery coach programme with DCU
- Shortlisted for Biomnis Healthcare Innovation Awards
- Shortlisted for Allianz Business to Arts Awards

2012 was a very fruitful and extremely busy year. Again without fail the staff and Board of FAST continue to display huge commitment and

dedication to the on-going development of the organisation. We wish to validate the hard work and acknowledge that it is greatly appreciated. Thank you to the Finglas Cabra Local Drug Task Force (LDTF) who continue to fund and support FAST. In 2012 the LDTF also funded the organisation to develop a new database. It is envisaged that the system will greatly enhance the work of the project and we are very grateful for the opportunity.

2013 is going to bring its own challenges with funding to the core of everyone's mind. However despite limited resources we can still be innovative and creative in how we approach our business. 2013 will see the completion of our current strategic plan and the development of a new plan to guide us over the coming years.

Finally thank you to all our participants who have braved the elements and continue to fight life's adversities. Your courage and strength are inspirational.

Barbara Condon
General Manager

Ian Carter
*Chairperson of
Management Board*

Mission of FAST

***Our mission is to continue to provide
the highest standard of Addiction
Support to the people of Finglas.***

Highlights of 2012

THE OFFICIAL OPENING OF FAST

May 14th 2012 was a special day in FAST's history when President Michael D. Higgins officially opened the FAST building. The building has been in development since 2006, when FAST were granted a capital premises fund by the then Department of Community, Rural and Gaeltacht Affairs to build a bespoke building to provide addiction support services to the people of Finglas. FAST moved into its impressive new premises at the end of 2011.

We are so grateful to all the participants, local agencies, public representatives, and members of the local community who supported us during this time.

Speaking at the launch, Barbara Condon, General Manager of FAST, said, 'It is well established that for every person caught in addiction, an average of eight people consequently suffer. Our centre here at FAST hopes to alleviate the effects of addiction for all – both the substance abuser and family members – and to help those affected to build a stronger family unit. Recovering as a family, allows healing, encourages forward movement and provides the recovering drug user with a support structure that is essential to his or her success'.

President Higgins remarked that he saw FAST's new base premises 'as being a model for other services throughout the country, and certainly when one thinks of the amount of vacant buildings there are now, this is the kind of use that so many of them could be put to'.

Pictured right:

Top: Members of the FAST management board, staff, local public representatives and the local drug task force welcome President Higgins to the building.

Centre: President Higgins unveils a plaque launching the community arts mosaic.

Bottom: A presentation to thank President Higgins for his visit.



Recovery Coach Programme

The Recovery Coach education module accredited by Dublin City University (DCU) continues to be dynamic and engaging for all stakeholders involved. This innovative programme is providing the theoretical and practical support to recovered users of drugs and alcohol so that they can work, in a coaching relationship, with people who are currently struggling with addiction. Recovery is defined as “voluntarily sustained control over substance use which maximises health and wellbeing and participation in the rights, roles and responsibilities of society” (UK Drugs Policy Commission, 2008). The role of recovery coaches, i.e. visible community based examples of success, is increasingly gaining significance as the strength of social contagion is being emphasised internationally. ‘Recovery capital’ refers to the sum of resources necessary to initiate and sustain recovery from substance misuse and the recovery coach is one such resource both new and necessary for success in the development of addiction services in the Finglas community.

In line with DCU’s strategic objective for community engagement, Dr. Raphaela Kane from the School of Nursing and Human Sciences works closely with Barbara Condon, Alan McDonnell and Tom Bissett at FAST to provide a contemporary and evidence based programme whilst ensuring that the momentum of the initiative is maintained. Recovery coaches will work in a voluntary capacity with FAST and help individuals transition through the continuum of addiction treatment, e.g. from detox to aftercare using a diverse range of support skills. The recovery coach will help individuals sustain their recovery after the formal addiction treatment component has been completed using processes of emotional support, informational support, instrumental support and informed companionship. In addition to formal educational input, recovery coaches draw their legitimacy from experiential knowledge and experiential expertise.

Formal learning will equip these candidates not just to engage with FAST as recovery coaches but also contribute to their own personal recovery pathway and provide access to other programmes and opportunities at third level and in the workplace. The proposed programme will attend to employability, educational and esteem needs of a marginalised



and socially disadvantaged group, including both coaches and coachees, and address equality and discrimination issues currently experienced. The module adopts a modern approach to addiction recovery and is person centred and strengths based. The knowledge and practical skills obtained by the participants in the course of this study will be transferrable to other social care contexts.

A cohort of 7 people are now registered students of DCU undertaking this degree level Recovery Coach programme. It is intended that this programme will be disseminated nationally in the next 12 months further enhancing the partnership between FAST and DCU in addressing community addiction issues nationally.

The recovery movement in Ireland, by comparison with Scotland and England is in its infancy. This module provides an opportunity to shape and influence the recovery movement in Ireland in addiction and has the strong potential to be a leader in the field with potential for a national demand. The international relationships developing as a result of this initiative will underpin research in this area providing an effective interface between practitioners, educators, researchers and communities.

Dr. Raphaela Kane, School of Nursing and Human Sciences, DCU.

Recovery Coaches

Who are we?

I am a participant in FAST's Recovery Coach Programme. I am four years drug free and in recovery from abusing hash and zanax. Before my journey from childhood into eventual addiction and then into recovery, I had thought that services such as FAST as being there for people abusing the so called hard drugs of heroin and crack etc.

I agreed to have my story in FAST's Annual Report and to participate in FAST's Recovery Coach Programme and hopefully to eventually volunteer there so that others like me with addictions to the so called softer drugs will feel that FAST is there for them. Also that when they arrive here that they will find people like me will be there to let them know they are not alone, and that there 'is a way out'.

MY STORY:

When I first left school and started earning money I did those things that would now horrify me as a mother of teenagers. I drank down the fields in Finglas and tried hash and tablets. Mostly though I settled into a solid working routine, and worked for the next 16 or so years, including in pubs in the U.K.

When my father died I returned to Ireland to be a support for my mother. Funny enough despite my early wildness I have never been a drinker. I just don't like it. When I was thirty though I rediscovered hash and that is where my problems began.

Various things had happened in my life which made me feel, in retrospect, that I was now at 30 suffering from post-traumatic shock. Hash relaxed me. My doctor also readily prescribed me an on-going prescription for zanax. Initially I took hash and zanax alternatively, and then I started taking them together. At first I only used occasionally but eventually I was smoking hash before getting out of bed in the morning and at other times during the day. I began to suffer from paranoia and I was quite aggressive. Part of me was worried, it was like I had the proverbial angel on one shoulder and the demon on the other whispering different things to me – do drugs, don't do drugs – but I just about always ended up listening to the demon.

Then one day I knew I couldn't go on – I felt so

bad psychologically and emotionally. I think I had a mental breakdown. I told my doctor that I wanted to throw myself under a car. My family desperately tried to find somewhere that could help me. I ended up in St. John of God's, initially in the psychiatric ward and then in their alcohol and drug unit. In the alcohol and drug unit I detoxed painfully from hash and zanax. It was horrible, I felt horrible. I felt horrible because the drugs were leaving my system and I felt horrible for having ended up hurting myself and my family by the choices I had made which had led me to this place. I felt incredibly vulnerable but conversely felt safe in St. John of Gods. When I was strong enough, i.e. when enough of the drugs had left my system, I began rehabilitation treatment in the Unit. I attended 1:1's with their counsellors and attended groups with other patients. I spent 8 weeks in rehab and learned a lot. I then attended 12 months aftercare there attending weekly groups. That was four years ago and I have been drug free since. Don't get me wrong part of me still occasionally craves hash but I have not allowed myself to relapse.

Then about 3½ years ago I heard about FAST and linked in. I have availed of FAST's 1:1 support, holistic services and the discovery group. Now I have taken up a place on the recovery coach programme. It's great to be in college and I'm learning lots. School back in the 70's and early 80's was not a particularly happy experience for me. Going back to education as an adult is so different though. The tutor explains everything in layman's terms and is great at encouraging and motivating us all. I now realise that I am not stupid and that my answer is as valid as the next persons. We have only just started so in some ways I am learning how to learn. I want to succeed in this course and become a recovery coach.

Recovery coaching is all about giving appropriate peer support. It is letting people in addiction know that they are not alone and that they are understood by me and others who have lived through and recovered from what they are living through. I want to give back to others what I in my recovery got from others in FAST, John of God's and other places. Don't be alone!

Recovery Coach Participant

Innovation

WE WERE SHORTLISTED!



FAST was shortlisted for the Biomnis Healthcare Innovation Awards 2012 in the category for 'Innovation in Quality of Service Delivery – Community Based'. Biomnis Healthcare Innovation awards, in their 5th year in 2012, recognise and merit innovation in the provision of Healthcare.



FAST was also shortlisted in the Allianz Business to Arts Awards 2012 for best creative staff engagement and the Jim Naughton Perpetual Award for best commissioning practice for the mosaic art piece "the Journey of Life", a collaboration between FAST participants, staff and local artist Michelle Culligan.

The Village Garden



BACKGROUND

The Village Garden is a collaborative initiative between OPEN, the National Network for One Parent Families, and FAST.

When seeking land for the location of a community garden in Finglas, OPEN connected with FAST as we had recently moved into a new building at 2a Wellmount Road. A large piece of land was located beside FAST. After some initial meetings, both OPEN and FAST agreed to collaborate on the development of the community garden and Dublin City Council gave permission to use the site beside FAST for this purpose. Our collaboration commenced in May 2012 and has proved very successful. OPEN are directly responsible for the work involved in promoting and developing the garden. The two organisations meet on a monthly basis for planning and review purposes.

Freda Keeshan, manager of Grow Your Own Future project with OPEN went on to explain 'On the whole, we have succeeded in achieving our objectives. The photographs capture various stages of development. At this stage, we have a core group of 8 to 10 people who regularly come to the garden

with another 30 people who come to the garden less frequently. Included in this group are retired individuals, unemployed people, lone parents, people in recovery from drug misuse, and people with a disability'.

With regard to the structure and activities in the garden, we have achieved the following:

- Building of 8 raised beds made from treated sleepers
- Building and planting of a stone wall herb wheel
- Planting of 8 fruit trees and a fruit bed which includes rhubarb, strawberries, blackberries, and blackcurrants
- Construction and planting of a potato bed
- Construction of two large raised areas planted with flowers and bulbs
- Construction of two circular stone raised areas for planting
- Building of an insect hotel and planting of wild flower seeds
- Holding a biodiversity day and workshop in the garden
- Building a hard landscaped area
- Construction of a log cabin for social and meeting



- area
- Held a masters composting workshop in the garden and built compost area
- Purchase and erection of an 18 ft. by 30 ft. poly tunnel
- Purchase and planting of tubs of flowers and annuals
- Building of an outdoor barbecue area

We had a seed sowing day in early summer and planted out lots of vegetables including a variety of lettuces, chard, beets, onions, garlic, pumpkins, peppers, potatoes, marigolds, cabbages, kale, etc.

We enjoyed the fruits of harvesting during the summer and early autumn. We engaged with Deloitte Impact Day and a team of volunteers helped to build the herb wheel, fruit bed, and barbecue area.

We have constructed a large sign for the garden which is on view from the path and road. We have also linked with the TUS Community Outreach Team from Tolka Area Partnership who helped us to

do the hard landscaping.

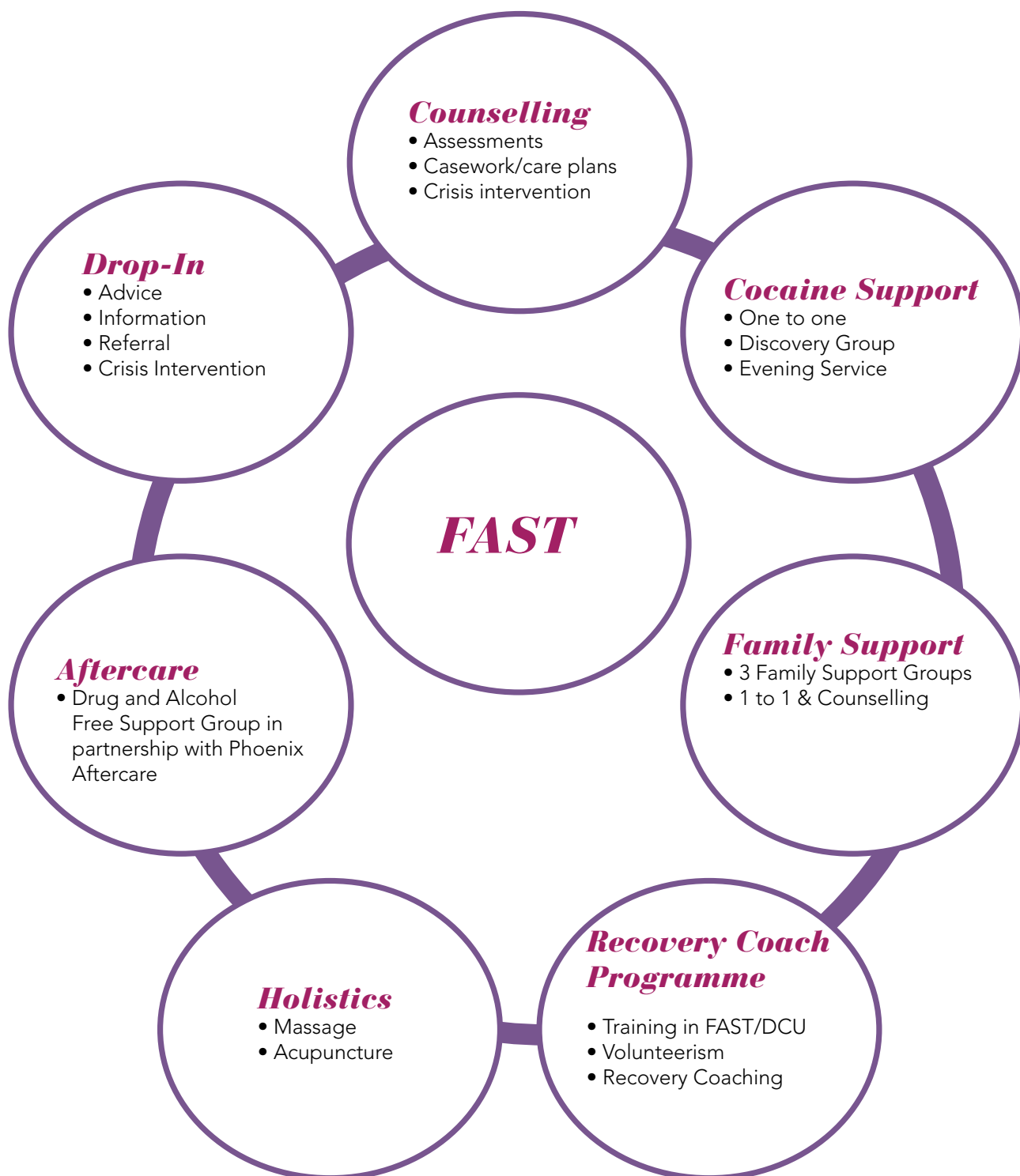
The garden is currently open on Thursday mornings and Saturday afternoons. We have monthly meetings with all those who are involved in the garden to check in and plan activities for the next period.

Our log cabin functions as a meeting place and we have facilities there to provide a welcome and warming cup of tea. People involved report that they love coming – it is an opportunity to get out of the house; meet other people; learn about gardening and most of all, enjoy the miracle of growing from seed to taking home the harvested crops for dinner.



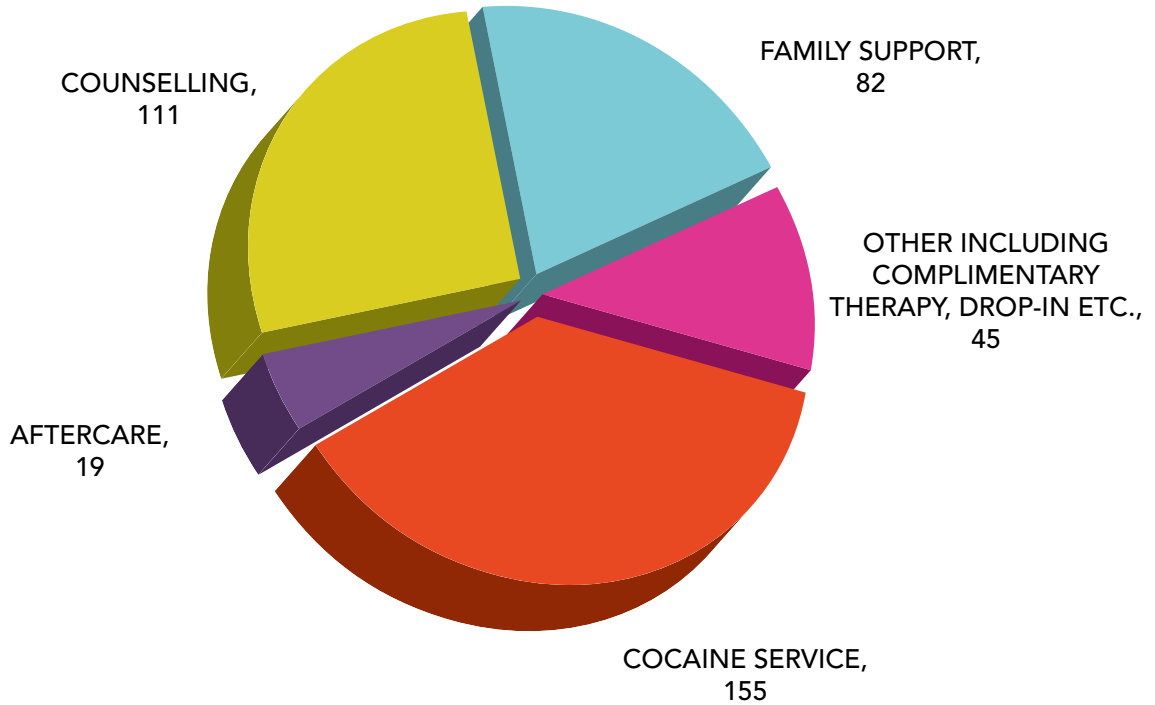
FAST Services

FAST provides and supports a range of treatment interventions from the following theoretical platforms; cognitive behavioural therapy (CBT), brief solution focused therapy (BSFT), motivational interviewing (MI) and addiction counselling and psychotherapy. FAST is Quads (Quality Standards for Alcohol and Drug Services) compliant. QUADS are a quality standards framework that was developed by Drug Scope and Alcohol Concern in the UK in 1999 and has been selected as the guiding quality standard framework for HSE addiction services in Ireland.

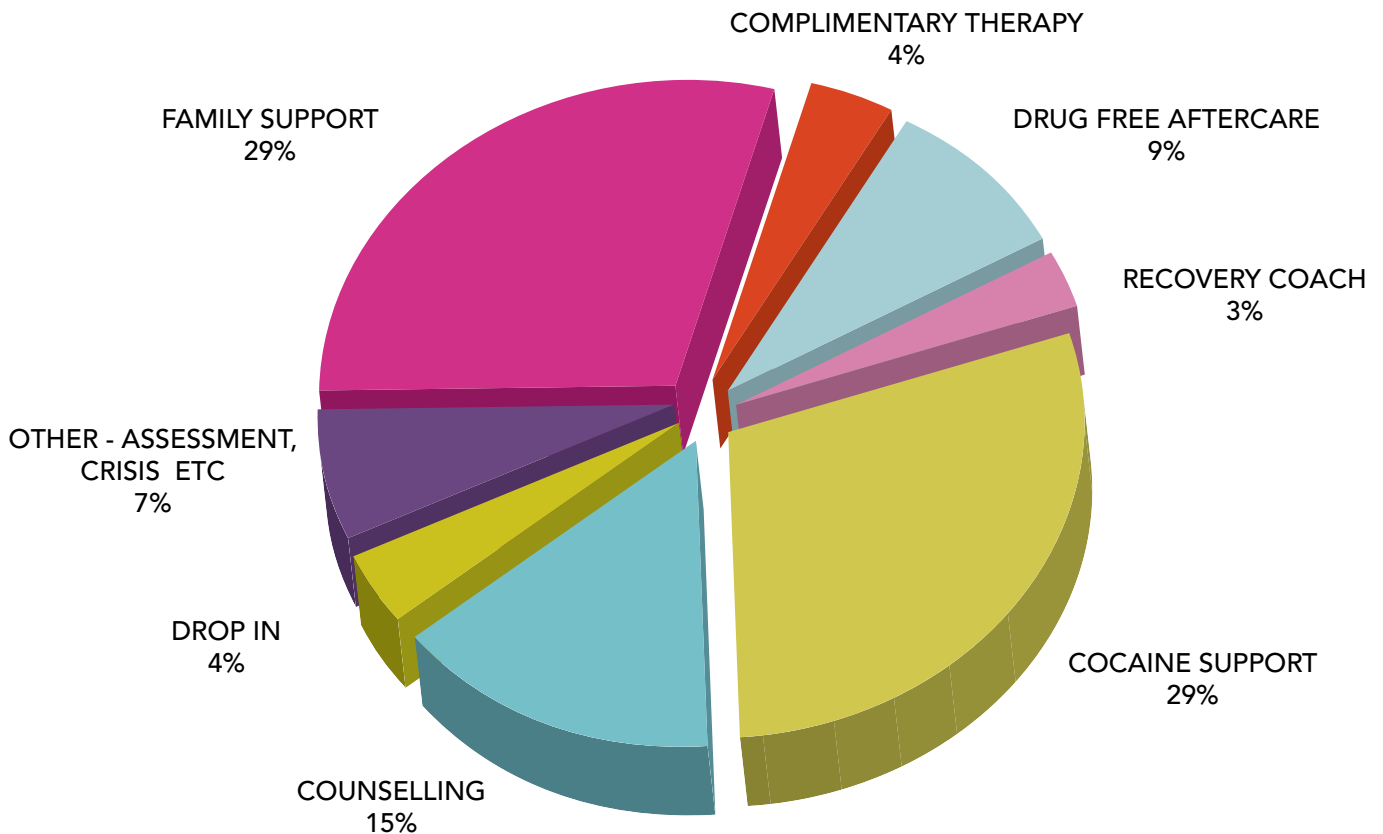


Participant Activity

FAST WORKED WITH 412 PARTICIPANTS IN 2012



FAST SERVICES WERE ACCESSED 3657 TIMES IN 2012



Addiction Counselling

FAST offers one to one counselling sessions for participants who wish to address their substance use. It is also open to people who are in recovery from substance use.

In 2012 the counselling service saw **111** participants who attended **550** appointments, **72** were male and **39** were female.

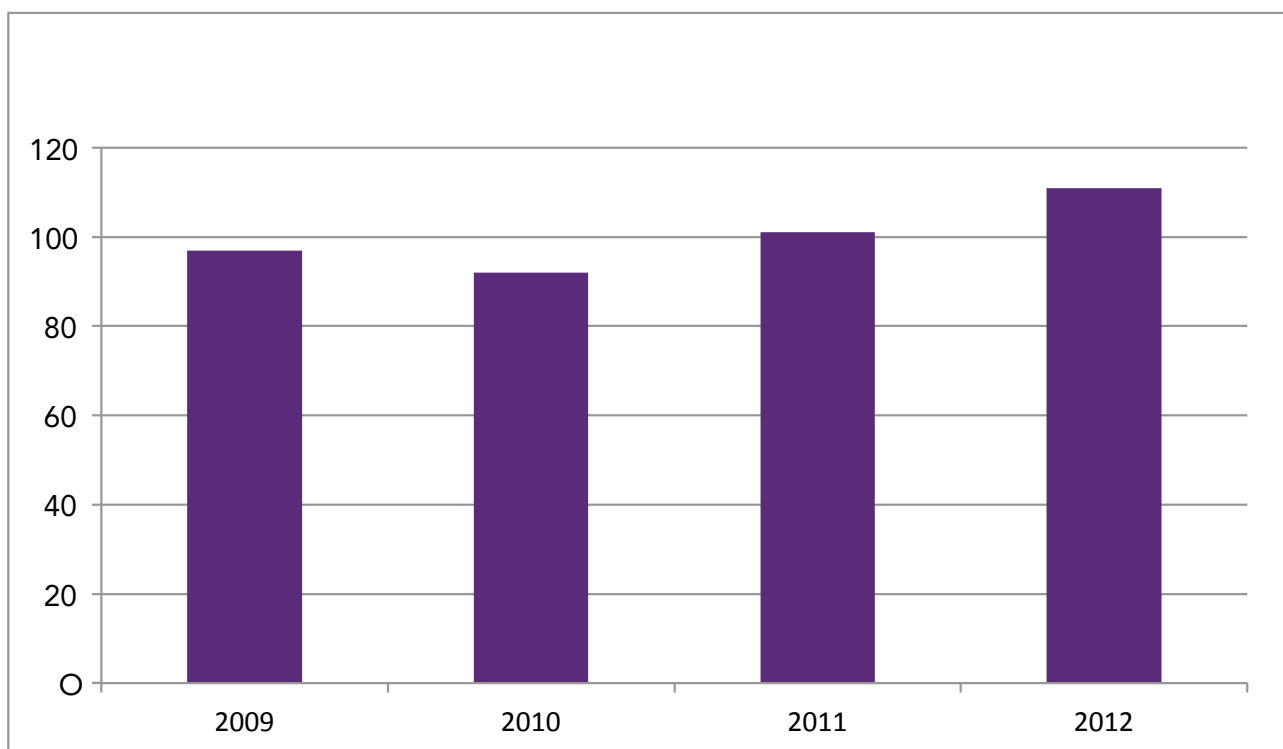
INDIVIDUAL OUTCOMES

- 68% of participants returned either for subsequent appointments or group support within Fast
- 24 participants reported substance free status on last contact

- The majority of participants reported reduction in drug and alcohol use and negative consequences associated with their drug use
- 31% of participants went on to access either residential, day programmes or education courses
- 51 participants reported decreased levels of stress and anxiety
- The majority of participants reported increased confidence, knowledge about addiction and strengthened family relationships

The Addiction Counsellor maintains regular liaison with psychiatric services, rehab-integration, youth services and general practitioners.

COUNSELLING ATTENDANCE 2009-2012



Aftercare

The Aftercare group is a joint partnership between FAST and Phoenix Aftercare. The Group meets 7.00 to 9.00pm every Wednesday.

OUTCOMES IN 2012

The Aftercare group ran **49** weekly groups in 2012. **19** separate participants attended 316 sessions.

Individual Outcomes

- 16 participants continue to be drug and alcohol free on last contact
- 13 participants actively parenting children and developing parenting skills
- 1 participant in third level college
- 7 participants in part-time college
- 2 participants in full-time work
- 2 participants in part-time work
- 1 participant helped establish new NA meeting in FAST

HOW THE AFTERCARE GROUP HAS IMPACTED MY RECOVERY FROM DRUG USE

I am in my mid-thirties and live in Cabra. I am in recovery from drug addiction for about the past 20 months.

I had been familiar with FAST as I had used other services there in 2011. About 20 months ago, I got clean and went into Coolmine Residential. I stayed in Coolmine for about 6 months and then remained involved in Coolmine aftercare for another 6 months. Then I noticed danger signs within myself – my head started wandering. Not wanting 'to slip' I joined FAST/Phoenix aftercare group around June 2012. I have attended there regularly since.

I appreciate this aftercare group for many reasons. The group is much more than support. I like that aftercare participants are 'challenged' both by its facilitators and by other participants. I like to be challenged, it clears my head – it helps me make better decisions.

I like the aftercare group's social activities. With the group we have gone on hikes, overnights etc. It has taught me that you can socialise without the mayhem of drink and drugs. I now often go for hikes with other friends, outside of aftercare.

Through the aftercare group I am now involved in a drama group on Tuesday evenings in Cabra. The drama group, as well as being a laugh, has also had a positive effect on my self-confidence and ability to let barriers down.

Family Support



*To 'let go' does not mean to stop caring, it means I can't do it for someone else,
To 'let go' is not to cut myself off, it's the realisation I cannot control another,
To 'let go' is not to enable but to allow learning from natural consequences,
To 'let go' is to admit powerlessness, which means the outcome is not in my hands,
To 'let go' is not to adjust everything to my desires but to take
each day as it comes and cherish myself in it,
To 'let go' is not to regret the past, but to grow and live for the future,
To 'let go' is to fear less and love more...*

Taken from the poem 'Letting Go' (author unknown)

FAST'S FAMILY SUPPORT SERVICES

- 1:1 counselling support - In 2012, 64 individuals accessed 170 (family support) counselling 1:1 appointments
- Complementary therapies - In 2012, 18 family support participants accessed 40 massage appointments
- Three family support groups – Monday and Tuesday evenings, and Tuesday afternoon, with 11, 12, and 10 members respectively
- Respite - In 2012 all three groups went on a respite overnight to the Old Rectory, Donard, Co. Wicklow.

SUPPORT

Groups meet weekly. Participants discuss and share issues that are relevant to their lives of living

with a loved one's addiction. By having this venue to confidentially discuss issues with others who understand, as they are also living this reality, participants are able to:

- Find succour
- Feel less isolated and ashamed
- Find solutions to their particular problems

EDUCATION

The educational topics covered in 2012 include

- Peer support
- Communication skills and styles
- Process of addiction
- Pharmacology of drugs
- Judicial system
- Family dynamics in relation to addiction

Cocaine Support

THE DISCOVERY GROUP

The discovery group is a programme designed to facilitate participants to gain a better understanding of addiction and recovery. In 2012 the discovery group ran weekly over fourteen weeks, with **15 individuals accessing the group.**

INDIVIDUAL OUTCOMES

- Increased confidence in communicating with others
- Maintaining drug free status
- Increased knowledge around addiction
- Enhanced peer support
- Increased self esteem
- Reducing drug use frequency and amount
- More knowledge around options and choices
- Gave them a space where they could talk about the issues that were affecting them, with people who have been through a similar experience
- Reduction in negative behaviour patterns associated with problematic cocaine use
- Increased awareness of relapse prevention strategies for participants

COCAINE 1-1 SUPPORT AND EVENING SERVICE

Cocaine Support for drug users and family members affected by cocaine use	Number of appointments offered:			<ul style="list-style-type: none"> • 82 participants reported lower stress level's, reduced crisis and improved coping ability. • 70 participants have reported a significant reduction in mental health problems, such as depression, suicidal thoughts, and paranoia. • 31 participants have expressed a reduction in negative behaviour patterns associated with problematic cocaine use. • 25 participants have expressed a reduction in physical symptoms of cocaine use such as high blood pressure, chest pains, restlessness, muscle spasms, irritability and anxiety • 35 participants have expressed a reduction in their drug use from 3-4 times a week down to once a month or less. • 18 participants have expressed an improvement in their relationship with their partners or children since attending the service. • 59 participants have become drug free since attending the service and have used 1-1 and evening service as another support for their recovery i.e. enabling them stay drug free.
	Male	Female	Total	
	817	403	1220	
	Number of appointments cancelled:			
	Male	Female	Total	
	82	45	127	
Number of appointments did not show:				
Male	Female	Total		
103	62	165		
Number of appointments attended:				
Male	Female	Total		
624	304	928		
Number of participants attending:				
Male	Female	Total		
93	47	140		

What a difference a year makes!

A participant's evolving story



Last year I contributed to FAST's Annual Report and wrote the following:

"I have been attending FAST since 2007, and during that time have attended the following services: drop-in, holistics (massage and acupuncture), counselling and hypnotherapy...have found the staff in FAST very friendly, and always willing to help...I also attend Cocaine Anonymous...I am still having an on-going struggle with drug addiction. I hope though that at some point soon in the future I will live a life soberly and to the full, without being dependant on any substance."

Since writing that section last year my life has completely changed. I have been drug free for several months. My family are back in my life, I want to get up in the mornings.

I am no longer in the rut of only leaving my bedroom to go down to the clinic for my methadone or to buy drugs. I hated that journey to the clinic so much.

In the end I listened to the advice of those who had got clean before me. I got the supports I needed, stopped meeting other people and going certain places. I hope to pass on that advice many times to others – to give back.

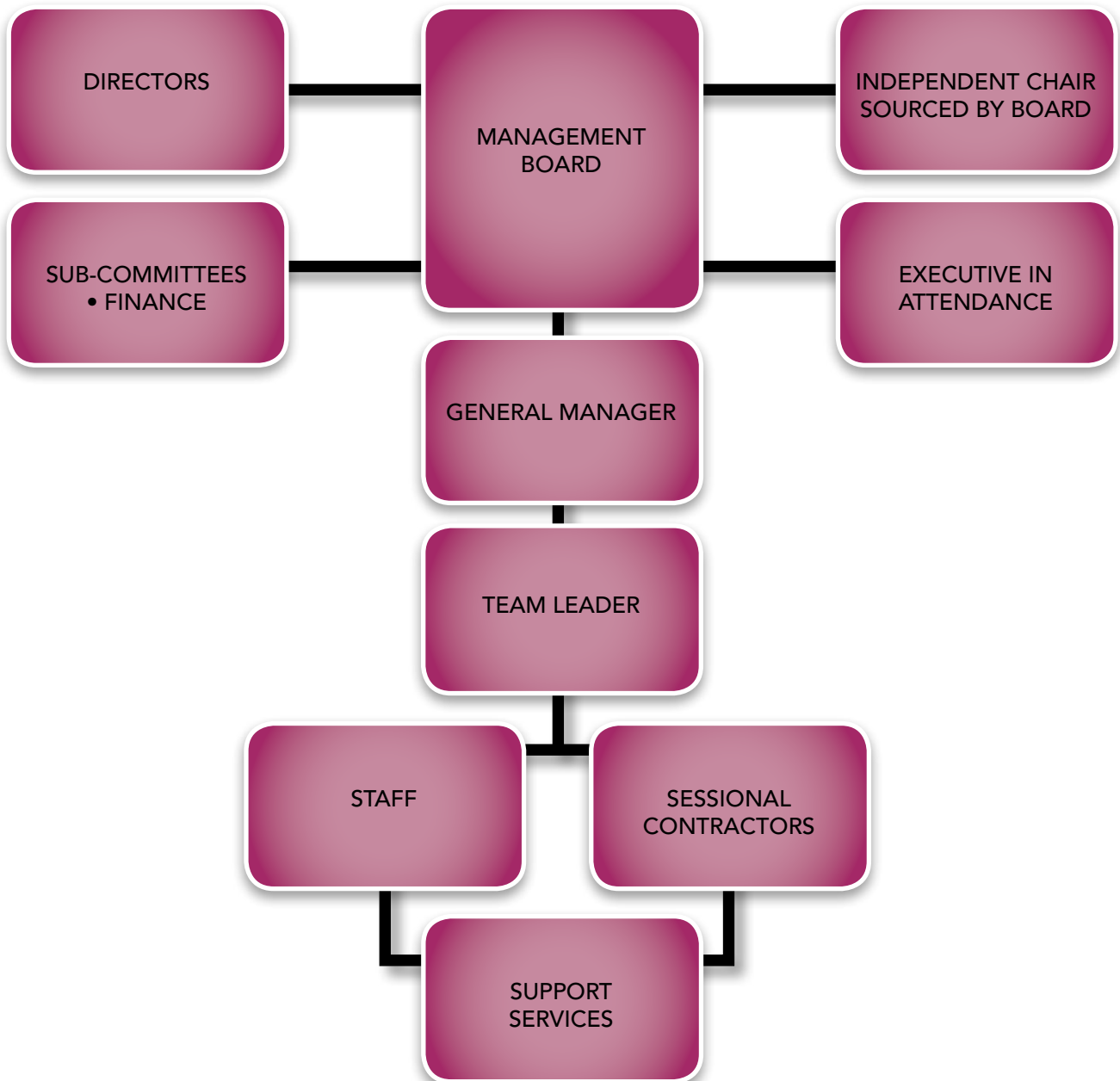
It hasn't all been easy. It has taken my family a long time to believe that I am in recovery – I have disappointed them many times. I have to work at not getting lost in my own thoughts, so I need to keep myself busy. Coolmine, C.A., N.A., Key workers, FAST etc. have all played a role here. I also try to think of other people and that helps too.

ANY OTHER ADVICE I CAN GIVE:

Remember that the little things are important - don't run ahead of yourself. Unlearn 'instant gratification'.

Keep with the right company and right supports – without this an addict on their own is their own worst enemy!

Structure of the Organisation



FAST BOARD OF MANAGEMENT

Chairperson: Ian Carter
 Treasurer: Lucy O’Neill (Director)
 Secretary: Dr. Paul Quigley
 Laura Pierce (Director)
 Nicole Curran (Director)
 Mary Flanagan
 Raphaela Kane
 Michelle Milne (Director)
 Paul Nolan (Director)
 Barbara Condon (Executive in Attendance)

FAST STAFF

Manager: Barbara Condon
 Team Leader: Alan McDonnell
 Administrator: Leanora Wilkinson
 Cocaine Coordinator: Tom Bissett
 Family Support: Rita Furlong
 Project Worker: Grainne Delaney
 Counsellor: Andy Robertson
 Reception: Martina, Natalie and Sarah
 Caretaker: Mark Rooney

Financial Statement

FINGLAS ADDICTION SUPPORT TEAM
Company limited by Guarantee and not having a share capital

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2012

	2012	2011
	€	€
Funding Income	511,580	533,218
Less: Administrative expenses	(511,580)	(533,218)
Surplus/(Deficit) for the year	<u>-</u>	<u>-</u>

BALANCE SHEET AS AT 31 DECEMBER 2012

	2012	2011
	€	€
Fixed Assets	1,397,554*	1,290,771*
Tangible assets		
Current Assets		
Debtors	3,678	-
Cash at bank and in hand	<u>77,938</u>	<u>213,330</u>
	81,616	213,330
Creditors: amounts falling due within one year	<u>(41,658)</u>	<u>(47,259)</u>
Net Current Assets	<u>39,958</u>	<u>166,071</u>
Total Assets Less Current Liabilities	<u>1,437,512</u>	<u>1,456,842</u>
Capital and Reserves	<u>1,437,512</u>	<u>1,456,842</u>
	<u>1,437,512</u>	<u>1,456,842</u>

ABOVE IS AN EXTRACT FROM OUR AUDITED ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2012, AS REPORTED WITHOUT RESERVATION BY MCCROHAN QUINN & COMPANY, REGISTERED AUDITORS ON THE 27TH MARCH 2013.

*building and freehold premises

Acknowledgements

The Board of FAST wish to thank and acknowledge the following for their help and support

- Finglas / Cabra Local Drug Task Force
- Dublin City Council
- Dublin City University
- Tolka Area Partnership
- St Helena's Family Resource Centre
- The Fingal Centre
- OPEN
- Finglas Community Bingo
- Superquinn, Finglas
- Community, Voluntary and Statutory agencies both locally and nationally
- The Community of Finglas
- A & L Goodbody's
- Gowna Construction
- Tom Breen of Gardiner Architects
- Public Representatives
- Voluntary Fundraisers
- Pat Carey
- President Michael D. Higgins
- Fast Staff
- Fast Participants

Notes

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Notes

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FINGLAS
ADDICTION
SUPPORT
TEAM

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Web: www.fastltd.ie
Company Reg. Number: 378645
CHY: 17626

**FAST IS FUNDED BY THE FINGLAS/CABRA LOCAL DRUG TASK FORCE
AS PART OF THE NATIONAL DRUGS STRATEGY.**