



FINGLAS
ADDICTION
SUPPORT
TEAM



ANNUAL REPORT | 2013



Vision

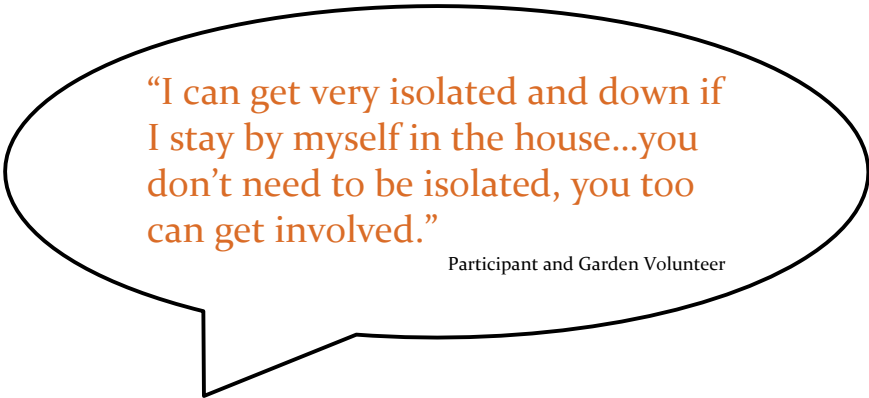
Our vision is to work in partnership with participants; their families and community's to create a more inclusive community in Finglas where our participants are treated as emerging active citizens, with strengths and contributions to make, to their own, and their community's wellbeing.

Mission

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

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“I can get very isolated and down if I stay by myself in the house...you don't need to be isolated, you too can get involved.”

Participant and Garden Volunteer

Manager's report

It is hard to believe that it is that time of year again where yet another year has passed by so quickly! 2013 was productive and fruitful for FAST. Each year brings its own highlights, in 2013 there were many achievements, most noticeably the village garden winning two prestigious awards and the Recovery Coach Programme developing and expanding beyond Finglas.

Achievements in 2013 included:

- *Execution and completion of Strategic Plan 2010 – 2013*
- *Development & expansion of Recovery Coach Programme across Dublin City*
- *The first two qualified recovery coaches in Ireland were FAST participants*
- *1st Prize in both the North West Area and Dublin wide "City Neighbourhood Awards" competition in the community garden and allotment category*
- *Development of new strategic plan*
- *393 participants availed of core services in 2013 with a variety and multitude of positive outcomes*
- *Strengthened governance and ensured service provision is in line with evidence based practice*
- *Implementation of Ecass database system*
- *Involvement in the local NDRIC protocol development process*
- *Funding from LDTF facilitated new part-time Aftercare worker in FAST*

I wish to acknowledge and validate the on-going commitment, dedication and energy of all the staff and Board of FAST who work extremely hard to make the service a valuable experience for all who enter our doors. I want to thank the Finglas Cabra Local Drug Task Force for their on-going funding and support to the organisation.

In the last few years we have worked hard to adopt and develop a strength and assets base approach in FAST. This is evident in our recovery coach programme where participants have become empowered and also empower others on their recovery journey.

Building on the 2010 three year plan, we have begun the process of developing our next plan 2014–2016, which is a road map for the service going forward.

2014 will be a very exciting year for FAST as we embark on a new strategic plan and reach a major milestone in our history as we celebrate our 10th Anniversary.

Finally thank you to all our participants who remind us continuously to keep things in perspective and not to sweat the small stuff.

Barbara Condon
General Manager

The Village Garden in FAST

Awards 2013

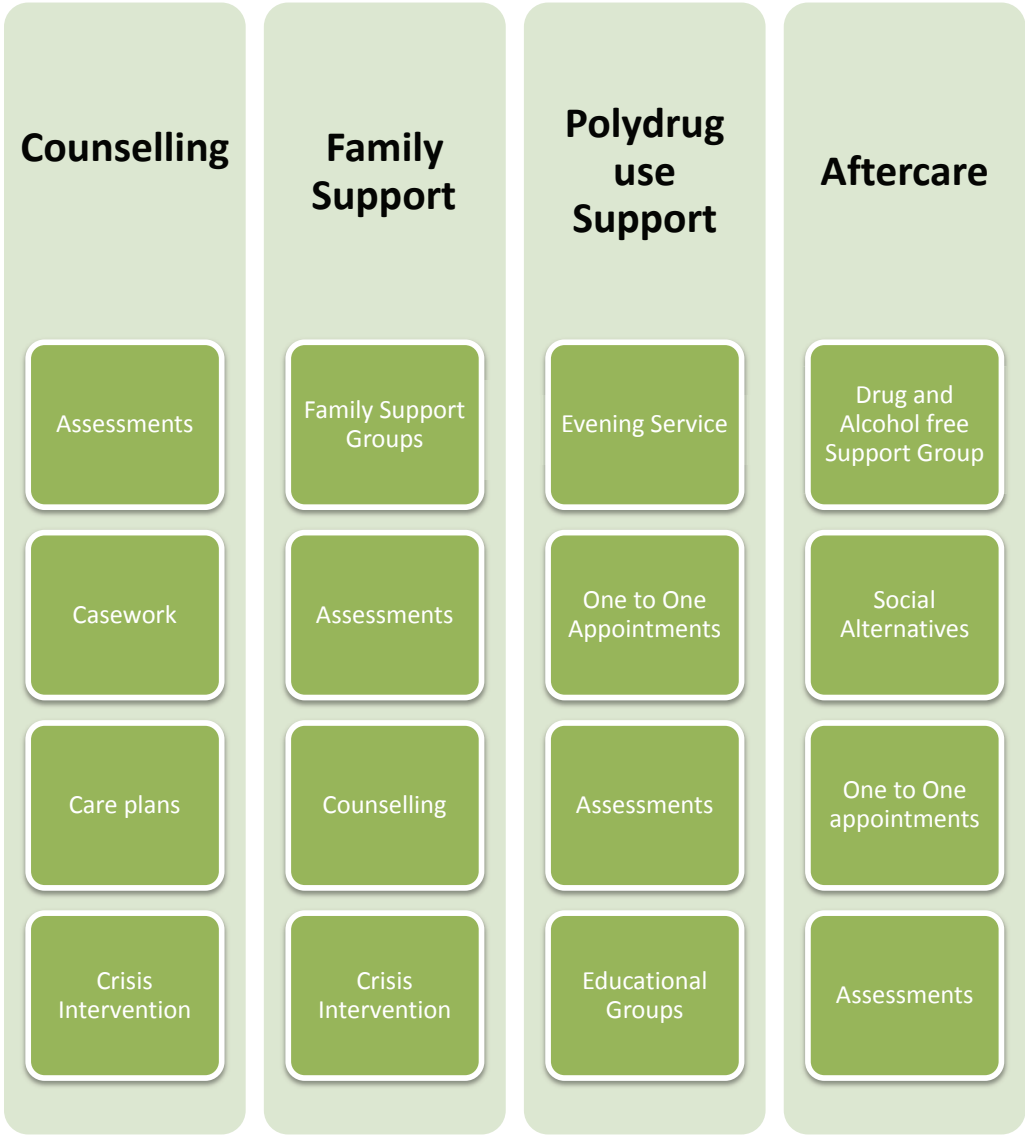


“I wanted to get involved in something worthwhile and learn about organic gardening...and have I just! I am amazed at how much I have learned.”

Garden Volunteer

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), community reinforcement approach (CRA), addiction counselling and psychotherapy.

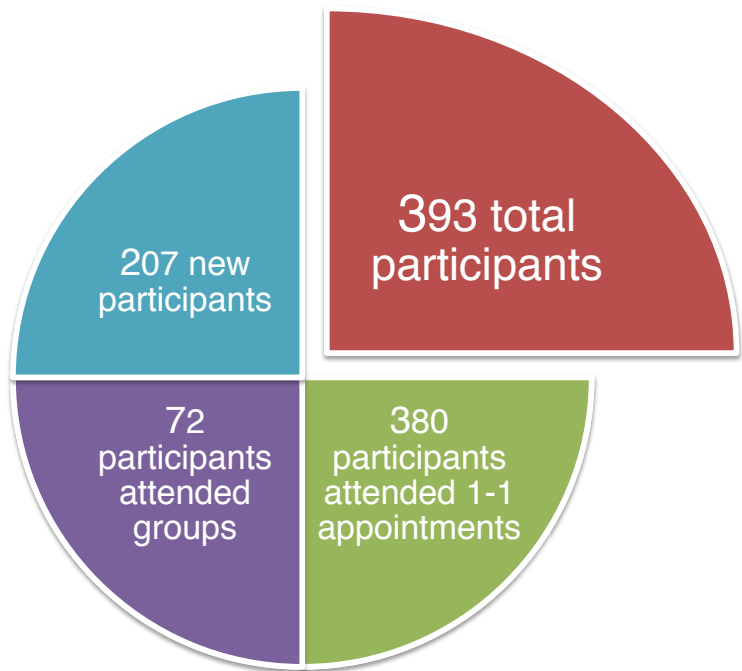


All services can be accessed by the individual directly or through referral from another agency.

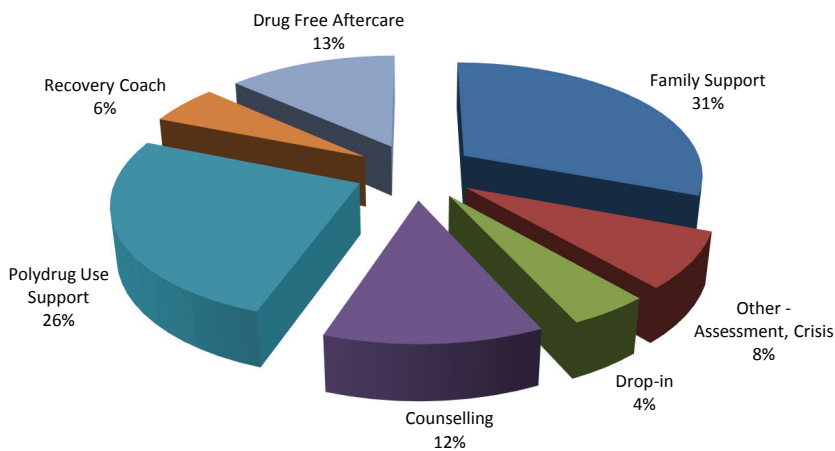
FAST is Quads (Quality Standards for Alcohol and Drug Services) compliant. QUADS are a quality standards framework that was developed by Drug Scope and Alcohol Concern in the U.K. in 1999 and has been selected as the guiding quality standard framework for HSE addiction services in Ireland.



Service Provision 2013



FAST Services were accessed 3177 times



Activities & Outcomes

Aftercare

- Groups:** 52 groups provided
- > 326 attendances for 17 individual participants - 13 male and 4 female
 - > 13 participants continue to be drug and alcohol free on last contact
 - > 6 participants are working full time
 - > 8 participants have completed college courses
 - > 6 participants are attending further colleges of education
 - > 12 participants actively parenting children
 - > 4 participants completed their time in aftercare, attending between 1 & 2 years
- One to One:** 20 individuals accessed aftercare counselling appointments - 16 males and 4 females
- > 44 appointments were offered

Counselling

- 83 individuals attended - 62 male/21 female
- > 511 appointments offered and 358 attended
 - > 10 males attended crisis drop in
 - > 3 females attended crisis drop in
 - > 40 participants attended 1-3 appointments
 - > 30 participants attended 4-12 appointments
 - > 15 Participants were able to begin or return to employment
 - > 6 participants went on to access further residential treatment programmes
 - > 3 Participants moved from heroin to methadone programmes
- Of those participants who attended between 4-12 appointments all reported a reduction in drug and alcohol use and negative consequences, improved communication with family and improved relationships, reduced anxiety and increase in self-efficacy and a more positive and hopeful outlook.

Family Support

- Support Groups:** Monday/Tuesday Evening group – amalgamated August 2013
- > 69 group sessions offered – 2 hours each
 - > 17 participants attended - 1 male/16 female
- Tuesday Afternoon group - January – 31st Dec 2013
- > 42 group sessions – 2.5 hours each
 - > 8 participants, all female

Topics covered by the groups during their weekly sessions included co-dependency, family dynamics in addiction, the addiction tree, letting go, local property tax, loss and bereavement, groupwork practice and principles, group contracting, peer support, group dynamics and confidentiality.

- One to one:** 50 participants attended - 46 female/4 male
- 291 appointments offered, 228 appointments attended
- > 29 relaxation sessions were accessed
 - > 10 acupuncture appointments were also accessed
 - > 2 people who availed of 1:1 counselling have now joined one of our family support groups

Participants reported benefits such as reduced impact of crisis, reduced stress levels, individual support & needs identified earlier, increased knowledge of addiction, increased coping skills, increased strength & hope.

Activities & Outcomes (continued)

Polydrug Use Service (Formerly cocaine support service)

Acupuncture Evening Service: 54 participants attended - 29 male/25 female

- > 398 appointments offered - 278 attended
- > 24 participants reported lower stress level's, reduced crisis and improved coping ability
- > 12 participants have reported a significant reduction in mental health problems such as depression, suicidal thoughts, and paranoia
- > 24 participants have expressed a reduction in physical symptoms of drug use such as high blood pressure, chest pains, restlessness, muscle spasms, irritability and anxiety
- > 9 participants have used the evening service as another form of support for their recovery, i.e. to enable them to remain drug free
- > Drug use treated were Alcohol 9; Cannabis 11; Benzodiazepines 7; Methadone 4; Poly drug use 18; and 5 Family Support members

One to One: 102 participants attended - 59 male/43 female

- > 896 appointments offered, 687 appointments attended
- > 46 participants reported lower stress level's, reduced crisis and improved coping ability
- > 49 participants have reported a significant reduction in mental health problems, such as depression, suicidal thoughts, and paranoia
- > 33 participants have expressed a reduction in negative behaviour patterns associated with problematic Poly drug use
- > 35 participants have expressed a reduction in their drug use from 3-4 times a week down to once a month or less
- > 22 Participants have expressed an improvement in their relationship with their partners or children since attending the service
- > 42 participants have become drug free since attending the service and have used 1-1 support to help them stay drug free

Cannabis Group 7 participants - 5 male/2 female

- > 6 sessions in May/June 2013
- > Co-facilitated by Recovery Coaches and FAST staff

Participants reported increased confidence in communicating with others, greater knowledge around addiction, increased self-esteem, increased knowledge around options and choices, and reduced cannabis use. 3 of the participants were drug free on completion of sessions.

Initial Assessments

- > **338** individuals were offered **434** assessment appointments
- > **251** individuals attended **259** assessment appointments
- > **154 male** and **97 female**
- > **217** were drug/alcohol users and **34** were seeking family support

Service User's Journey

I am in recovery from alcoholism. When I was young I moved with my family from the Inner City to Finglas. There was alcoholism in my family but we all think that **it will never happen to me**.

On memories, people have to remember that we cannot really remember physical pain, but that emotional pain is harder to forget. Through alcohol I managed forgetfulness for the past two decades. I may still be having problems with my short term memory, but for good or for bad I am remembering suppressed memories from events 20 years ago, and these memories are all the stronger from having being suppressed for so long. Even bad memories can have good side-effects. If I forgot what brought me to rock bottom, there is no reason why I wouldn't make all the same mistakes again.

I started drinking when I was 16 or 17 down in Tolka Valley Park. The gang I was with were harmless enough – we were predominantly hurting ourselves.

My drinking eventually escalated when my father died about 8 years ago. At the same time I was a fully functioning alcoholic i.e. I may have had alcohol in my system but I never missed a day in work. I have also been very lucky that I didn't kill myself or others – for years I drove to work and drove friends and relatives places when I was under the influence. I drank to the point where I was in serious danger of doing permanent damage to my body. My weight then had dropped from 9% stone to 7% stone.

About 2 years ago I got off my bed and looked in the mirror. I said to my reflection that I couldn't do this anymore. I packed an overnight bag, and though extremely ill, I walked to Finglas Village and caught the bus to James Connolly Hospital. I was seen to immediately. I looked like someone from Auschwitz. I spent three days on a trolley in casualty. The hospital staff thought I may not make it and called my family. This was followed by a three week stay – little of which I remember.

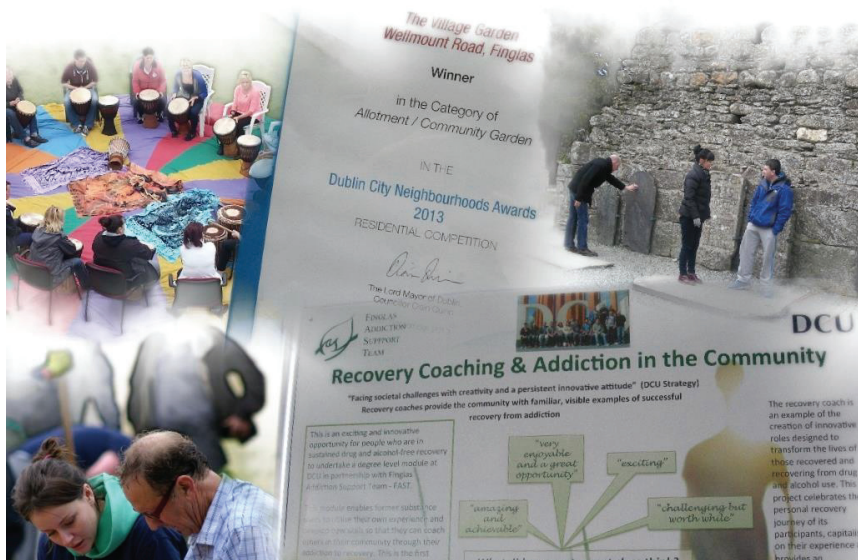
I had tried giving up alcohol before. I had managed Cuan Mhuire for one day, but left knowing intuitively that it wasn't going to work for me. I twice went through Stanhope Street. The first time I left just days before graduating. That time though, and looking back, I was in Stanhope Street for the wrong reasons. I was there for others, my partner and child, rather than myself. On leaving I was in a pub drinking again within half an hour and then went on to a full bender.

My second time in Stanhope Street was different, it was after my time in James Connolly Hospital. **I went there for myself, and only myself.** It was one of the most positive steps in me reclaiming my life.

Finding the right counsellor for me helped. For me that was Andy from FAST. I trust him and work well with him.

My progression is a gift. I have been in alcohol free recovery now for 2 years, and have recently joined the FAST Aftercare Group which Andy and Sheila co-facilitate.

Today I trust in my Higher Power, and yes today I am happy!



Family Support – Charting the changes

Change can be good, bad or indifferent. Change though is inevitable. Without change there is stagnation.

At Memorial Service 2007, one of FAST's family support groups produced and performed a play entitled 'Hopes and Dreams'. This play documented the painful journey for family members as their young sons or daughters, for whom the parents had such dreams, descended into active addiction. Initially, when a son or daughter descends into addiction, family members experience a myriad of emotion from denial, shame, isolation, blame and disunity. They seek help for their drug using child thinking they can be cured.

In the end though, many find that the best answer for them is to seek support for themselves to deal with their loved one's addiction. The focus **changes** from being predominantly on the drug user to looking after themselves. They find a family support group or access 1:1 support or join Alanon. They find that others are also living with their reality. They are not alone, and they are not to blame. They **change** and learn to step back from the chaos, and see the 'wood for the trees'.

Sometimes when they **change** the drug user in the family changes as 'seeing clearly' can be the enemy of continuing to 'enable'.

Change also visited the Monday and Tuesday evening Family Support groups in 2013. The participant numbers dropped in the Monday evening group, and its facilitator moved on to another position. The Tuesday evening group was a larger group but it too was being facilitated by a single facilitator which was not ideal. It was decided by the Project to join both groups together on a Tuesday night and have this larger group co-facilitated by two facilitators.

It was in some ways a painful change for all concerned but with effort and goodwill the two groups successfully united and merged into one group.

Judy's Story

I came into FAST in November to get some support around my son's drug use. He is in his 30's and me and my family having been living with his addiction on and off for the past 20 years. His drug use has affected the whole family. This November though I felt particularly alone. I had given my son one more chance, he was living back with me, and this was taking a great toll on me.

I come into to talk to Rita (FAST's family support worker) once a fortnight, and this has been a great benefit for me. I have spent many a session predominantly crying, but this too is a release and helps me cope and go on. I find Rita very compassionate and caring. I feel she really cares and this matters very much to me. I am coping better now again. My son has moved out and I believe I will never let him live with me again. I love him dearly but sometimes I can't like him.

I hope that one day he'll find the peace that so far seems to have eluded him.

My message to others living with a loved one's addiction – is to find support for yourself. That might be the support of good friends who will listen (and not tell you what to do, like family members sometimes can). Otherwise find support with one of the Agencies such as FAST.

Aftercare

“When people give up drink or drugs, they are faced with the problem of dealing with everyday life without their previous crutch. They may also need to confront problems from their past and present lives. It helps them to get together with other people who are facing this situation where they can share their struggles in living a sober life”.

Andy, Aftercare Group Facilitator

FAST’s Aftercare service had a major addition in 2013 when we received funding for a part-time Aftercare worker for Finglas. Sheila McCarthy was employed.

FAST’s Aftercare Group is a drug and alcohol free support group which meets weekly on Wednesday evenings. Its primary emphasis is mutual support with planned social events.

Key criteria to join FAST’s Aftercare Group

- Drug and Alcohol free 2-3 months
- Group experience
- Commitment to regular attendance and honest engagement in the group process

“Trusting others...has not been easy for me. This made the honest communication in the Aftercare group more important to me and my recovery.”

Aftercare participant

Recovery Coach Programme – A Participants View

“Through drugs I had lost bits of me. In recovery I began to regain my self-esteem. I learned to smile again”.

My name is David. I was born in Ballymun. A month before my junior cert, at 15, I was expelled from school. Our personalities all have different strands, some of them contradictory. On the one hand I was the class joker, the risk taker, the dare devil. I lived for the moment, and considered no consequences. On the other hand I was very capable and an achiever. At 18 I moved out of home, worked consistently in several different jobs and spent 10 years in the U.K. I eventually returned to Dublin and went on to buy my own home. The dare devil and the achiever ‘managed’ together.

As well as my achievements, from the mid-eighties to the mid-nineties I was smoking hash every day. Then I started using cocaine and used it as a social tool. In the beginning it was a weekend habit but then my father died and my cocaine use escalated.

To support my own habit I had started selling cocaine. I was using so much cocaine that I now really believe that if I hadn’t been caught and prosecuted for selling drugs I wouldn’t be alive today. I was arrested and I was facing a mandatory 10 year prison sentence. I had never been in a prison cell before. My family bailed me. One of my strengths in this situation was the ongoing support of my partner and wider family. They really believed that everyone deserves a chance and they supported me right through the whole process from arrest to sentencing. My partner found Finglas Addiction Support Team and I started attending there.

In the end I received a 7 year suspended sentence but from the day I was charged my whole life had turned around. The whole situation gave me such an overwhelming shock. My life was no longer in my own hands but in the hands of the judiciary system. **I judge that I am a ‘recovered’ addict. I recovered through the threat of a long prison sentence; through my own willpower and with the support of family and organisations such as FAST.** That’s what worked for me.

Eventually I completed a two year Youth and Community Course in Liberties College and from there I started in FAST/DCU Recovery Coach Programme. My experience of adult education has been such that I may even go on to complete a full degree course. I’m now an adult eager to learn!

Completing the Recovery Coach Programme and becoming the first male Recovery Coach in Ireland has been a big achievement for me, and both myself and my family are very proud. Despite my past history in secondary school education I have discovered that with the support of Raphaela and others I was able to step up to the mark.

Part of the course included being on a placement with FAST. I was involved in completing 1:1’s with FAST participants, and co-facilitating an educational course with a group of (still active) drug and alcohol users. I especially enjoyed the groupwork, and was very pleased when three of the group’s participants achieved goals that they had set out to achieve there. My work in FAST was supported and supervised by Tom, who had been my counsellor during my own recovery.

I had been in addiction, and now I am a recovered drug user. I know the reality of drug using and moving from drug use into sobriety. That road can be convoluted and slow. I am proud to support others on that journey.

Recovery Coach Programme (RCP)

The RCP is an innovative programme that provides 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 coaches are visible community based examples of success. The Recovery Coach programme is part college based and part placement based. Dr Raphaela Kane (DCU's School of Nursing and Human Science) reported that the Recovery Coach Fetac Level 8 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'. Recovery coaches work in a (supervised) voluntary capacity with participating organisations.

Agencies that sponsored and supported participants to become recovery coaches include Soilse, FAST, Coolmine, Tolka Valley Drug Project, Chrysalis and Dublin Simon.

The first 2 qualified recovery coaches in Ireland were both FAST participants and completed their coursework and portfolios in 2013. We are extremely proud of their achievements.

FINGLAS ADDICTION SUPPORT TEAM

DCU

Recovery Coaching & Addiction in the Community

"Facing societal challenges with creativity and a persistent innovative attitude" (DCU Strategy)
Recovery coaches provide the community with familiar, visible examples of successful recovery from addiction

This is an exciting and innovative opportunity for people who are in sustained drug and alcohol-free recovery to undertake a degree level module at DCU in partnership with Finglas Addiction Support Team - FAST.

This module enables former substance users to utilise their own experience and develop new skills so that they can coach others in their community through their addiction to recovery. This is the first programme of its kind in Ireland and coaches are having a visible and sought after impact in their communities.

"very enjoyable and a great opportunity"
"exciting"
"amazing and achievable"
"challenging but worth while"

What did our most recent class think?

The recovery coach is an example of the creation of innovative roles designed to transform the lives of those recovered and recovering from drug and alcohol use. This project celebrates the personal recovery journey of its participants, capitalises on their experience and provides an educational experience previously unimagined.

This project addresses the educational and esteem needs of a marginalised and socially disadvantaged group, including both coaches and coaches, attends to equality and discrimination issues and enhances employability in the community.
This project contributes to the health and functioning of communities locally and nationally.
The programme content includes the theory and practice of coaching, examines the concept of recovery and incorporates a minimum of 20 hours of supervised coaching practice in the community.

Dr Raphaela Kane, School of Nursing and Human Sciences, DCU, and Mr Tom Bissett, Finglas Addiction Support Team (FAST)
raphaela.m.kane@dcu.ie tom@fasttd.ie

Partnership

Stakeholders, Volunteers & Partners

FAST is funded by the Finglas Cabra Local Drug Task Force. We also received smaller amounts of funding for the garden project from Dublin City Council and the Tolka Area Partnership. Without all of this support we would not be able to provide the expansive service on offer to the community in Finglas.

The potential of the Recovery Coaches, trained via the Recovery Coach Programme in association with DCU, is just beginning to develop and they are proving to be a valuable resource in all of the areas that they work in around Dublin.

We have an excellent partner in Deloitte & Touche. In early October 2013, 20 volunteers from Deloitte visited FAST to help progress the Village Garden for the second year. They proved to be tenacious and capable in the face of one of the wettest and most miserable days, working tirelessly building fences; laying the foundations for a water feature; and helping to build a chicken coup.

Our garden volunteers have seen their labours rewarded with awards from Dublin City Council for best Allotment/Community Garden Category.

"We aim to provide a valuable and sustainable contribution to the community. We do this in close co-operation with our people. By agreeing common objectives and by providing and supporting volunteering opportunities, both inside and outside working hours, we seek to gain maximum impact from our joint efforts".

Deloitte & Touche



With Thanks to the following

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
- Health Service Executive (HSE)
- Irish National Organisation of the Unemployed (INOU)
- Finglas Community Bingo
- Tesco, Clearwater
- Deloitte & Touche
- Community, Voluntary and Statutory agencies both locally and nationally
- The Community of Finglas
- A & L Goodbodys
- Public Representatives
- Voluntary Fundraisers
- Margaret Casey
- Fast Staff
- Fast Participants

Fundraising/Grants

Continuing cuts to resources mean that funding services is difficult. Although a small agency, we are continually looking to outside sources for additional funding to help us mitigate against cuts and continue to provide the best services possible. These include bucket collections, donations for building use and project specific events such as the Deloitte Impact day 2013 and Tolka Area Partnership grant for the Village Garden.

Collections/Donations (FAST)	€1155.70
Tolka Area Partnership (The Village Garden)	€1265.00
DCC City Neighbourhoods awards (The Village Garden)	€ 850.00
Deloitte Impact Day fund (The Village Garden)	€1852.71

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 2013

	2013	2012
	€	€
Funding Income	537,678	511,580
Less: Administrative expenses	<u>(537,678)</u>	<u>(511,580)</u>
Surplus/(Deficit) for the year	<u><u>-</u></u>	<u><u>-</u></u>

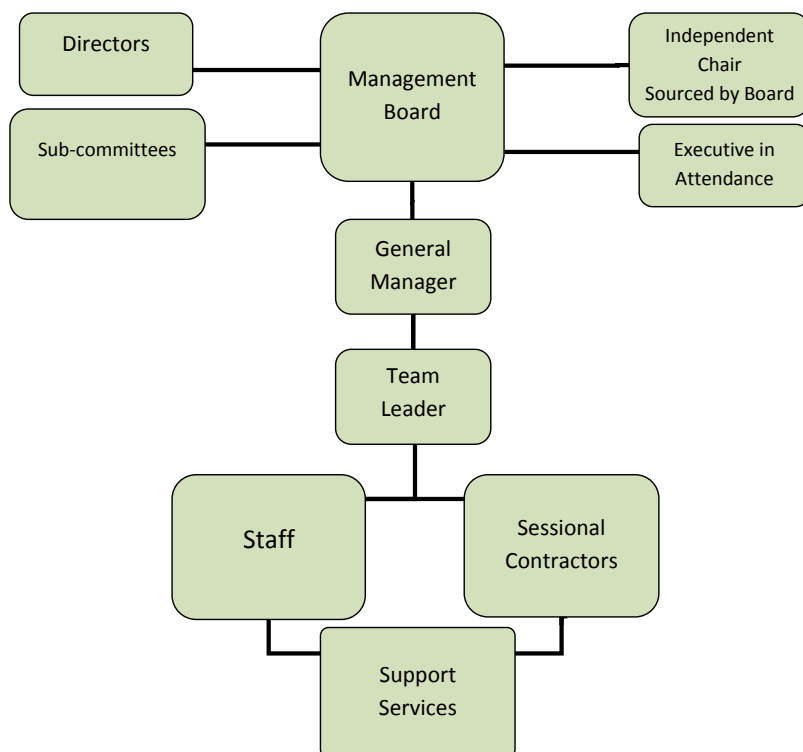
Balance Sheet as at 31 December 2013

	2013	2012
	€	€
Fixed Assets		
Tangible assets	1,382,923*	1,397,554*
Current Assets		
Debtors	2,784	3,678
Cash at bank and in hand	<u>59,786</u>	<u>77,938</u>
	62,570	81,616
Creditors: amounts falling due within one year	(35,725)	(41,658)
Net Current Assets	<u>26,845</u>	<u>39,958</u>
Total Assets Less Current Liabilities	<u>1,409,768</u>	<u>1,437,512</u>
Capital and Reserves	<u>1,409,768</u>	<u>1,437,512</u>
	<u>1,409,768</u>	<u>1,437,512</u>

Above is an extract from our audited accounts for the year ended 31st December 2013, as reported without reservation by McCrohan Quinn & Company, Registered Auditors on the 30th April 2014.

*building and freehold premises

Organisation Structure



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)
 Debra Kearns (Director)
 Deborah Delaney (Director)
 Barbara Condon (Executive in Attendance)

FAST Staff

Manager: Barbara Condon
 Team Leader: Alan McDonnell
 Administrator: Leanora Wilkinson
 Polydrug use Coordinator: Tom Bissett
 Family Support: Rita Furlong
 Project Worker: Grainne Delaney
 Counsellor/Psychotherapist: Andy Robertson
 Aftercare worker: Sheila McCarthy
 Reception: Martina, Natalie & Claire
 Caretaker: Mark Rooney
 Acupuncturist: Dave Shipsey
 The Village Gardener: Eamonn O'Brien



**FINGLAS
ADDICTION
SUPPORT
TEAM**

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Company Reg. Number: 378645 CHY 17626

**FAST is funded by the Finglas/Cabra Local Drug Task Force
as part of the National Drugs Strategy**