



FINGLAS
ADDICTION
SUPPORT
TEAM



2011

Finglas Addiction Support Team **Annual Report 2011**

Finglas Addiction Support Team Annual Report 2011



FINGLAS
ADDICTION
SUPPORT
TEAM

Contents

Chairperson's Report	01
Manager's report	02
Highlights 2011	03
Participant's Journeys in FAST	04
FAST Services & Outcomes	06
General Participant Activity	07
Addiction Counselling	09
Cocaine Support	11
Family Support	17
Aftercare	19
Quality Standards - QUADs	21
Community Arts Project - The Journey of Life	22
FAST Organisational Information	25
History of FAST	25
Vision, Mission and Values	25
Structure of the Organisation	27
Financial Report 2011	28
Acknowledgements	29

Finglas Addiction Support Team Annual Report 2011

Chairperson's Report

With the commencement of 2011, it was evident how serious the economic crisis had become. The impact on the Community / Voluntary Section has been challenging with further challenges likely to continue for several years to come.

At present, FAST's primary objective remains to consolidate existing services thus ensuring those most in need of a service have quick access to support. This was clearly achieved in 2011.

A key development in 2011, both in the history and the future of the organisation, was the completion and opening of the new purpose built premises for FAST. I want to acknowledge all the key contributors who brought this development to fruition.

I am pleased to be able to report that FAST has managed to exceed all service obligations without incurring a deficit.

On behalf of the Board, I want to acknowledge all the staff whose commitment and dedication in trying times is greatly appreciated.

Ian Carter

Chairperson of Management Board



Manager's Report

2011 was a very exciting and historic year for FAST. We finally moved into our fabulous new building. All the stress, noise and upheaval was worth the end result!

In 2011 despite fewer resources FAST refused to stay stagnant and continued to be innovative. Achievements in 2011 include the following:

- Completion of purpose built capital project
- Implementation of 3 year Strategic Plan
- Development of Recovery Coach programme (RCP)
- Completion of Community Arts Project
- Consolidation of service provision across core services
- Implementation of QuADS (Quality Standards for Drug and Alcohol Services)

FAST has grown rapidly since its inception and developed into a quality, innovative professional service. It is essential that we continue to consolidate our service provision and provide participants with the highest standards of care and support. In 2012 as we settle into our new building priorities will include securing funding, implementing a new database and seeking accreditation for our Recovery Coach Programme.

Once again the dedication and commitment of our staff and Management Board has been critical to our success in 2011. I greatly appreciate the enormity of the work achieved, especially since we spent the majority of the year working on a building sight. The patience, flexibility and resilience of all staff is exemplary. A big thank you to everyone from the community who supported us in a variety of different ways throughout 2011. Well done to Michelle Culligan and all the people involved in the community arts mosaic. An excellent art piece was created which takes pride of place in our waiting area.

Finally thank you to all our participants who continue to fight adversity and entrust in us, we are privileged to be part of your journey.

Barbara Condon
General Manager

Finglas Addiction Support Team Annual Report 2011

Highlights 2011 'We have moved!'

FAST's new building was completed in late autumn 2011, with staff and services moving in November 2011. This purpose built building allows FAST to consolidate and develop its services. We also hope that the building and its grounds will be a resource to the wider community. The building is of a very high quality which is what our participants, their families and the wider community of Finglas deserve.



Original FAST Portakabin St. Helena's



FAST moved to Wellmount Road in 2008



Building Works 2010/2011



The FAST New Building



Participant's Journeys in FAST

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.

I have found the staff in FAST very friendly, and always willing to help.

I also attend Cocaine Anonymous.

I am still having an ongoing 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.

I have attended FAST since 2009, seeking support around alcoholism. I began as an occasional caller to FAST but over the years have had much contact there. I have always felt very welcomed by FAST staff. I have attended its holistic services (massage, full body acupuncture). I availed of counselling opportunities, hypnotherapy and its Aftercare group. Being busy has helped me in my struggle with alcohol.

One of the most enjoyable activities I have participated in was in being involved with the group that worked on the mosaic that is now on display in the front lobby of FAST's new premises.

I tend to overthink things. I believe my involvement in FAST has helped me learn tactics for relaxing without the need for alcohol. Gym membership, A.A. and C.A. have also helped me in my ongoing recovery.

I have also learned a lot about myself, and now find it easier to mix with people.

I would have left school early but through my own efforts and FAST's support I have returned to education and have done well. Though initially nervous FAST supported me in relation to my first few essays and I was then confident enough to proceed alone. I hope to stay involved with FAST.

Finglas Addiction Support Team

Annual Report 2011

I'm a participant of FAST and have received acupuncture there. At first I received it to help me quieten and calm down and be on my own for 30 minutes to an hour. As time went on I also got it for injuries and medical reasons. It has helped me immensely in my recovery and life.

People don't treat you as if you are a 'junkie'. They treat you like a human being. Coming here has changed my thinking to a more positive way and was a stepping stone that gave me confidence to go on in the right direction.

20 years ago I discovered that one of my daughters was using drugs. Since then another two of my children developed long term problem drug use. At first I had no idea what was happening.

I was a complete mess. Initially I went into Nar-anon in town, but eventually I started up a family support group in Finglas South. For a long time this group was very successful. It was the only such service in Finglas and very anonymous for its members. This group lasted for more than a decade. In time though, the group started to fizzle out. My-self and others were still living with active addiction in our families. With the older group I felt I was one of the ones giving support to others. I came to feel that I too needed to be supported in surviving living with addiction in the family. I joined FAST's Tuesday Evening Family Support Group. I have been almost two years now in that group and get so much out of the group. We give each other support, we laugh and we cry.

I've learned many hard lessons over the years. For a long time I brought my drug using children here and there and into various treatment facilities. I wanted them to be 'clean' more than they wanted to be clean. When you are living with addiction you need to 'let go' and allow the drug user to live with the consequences of their own actions. I also thought that drug users can be 'cured' but getting 'clean' usually is at the end of a long painful process of recovery and relapse. Don't forget your non drug using children in the chaos of the drug using one's life.

To anyone out there living with a loved one's addiction – help yourself, get 1:1 support or join a family support group.

There is help – **you don't have to be alone.**



FAST Services

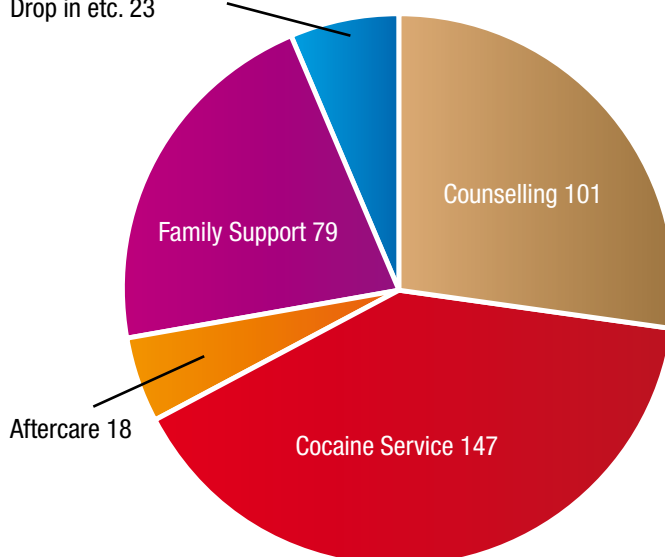


Finglas Addiction Support Team Annual Report 2011

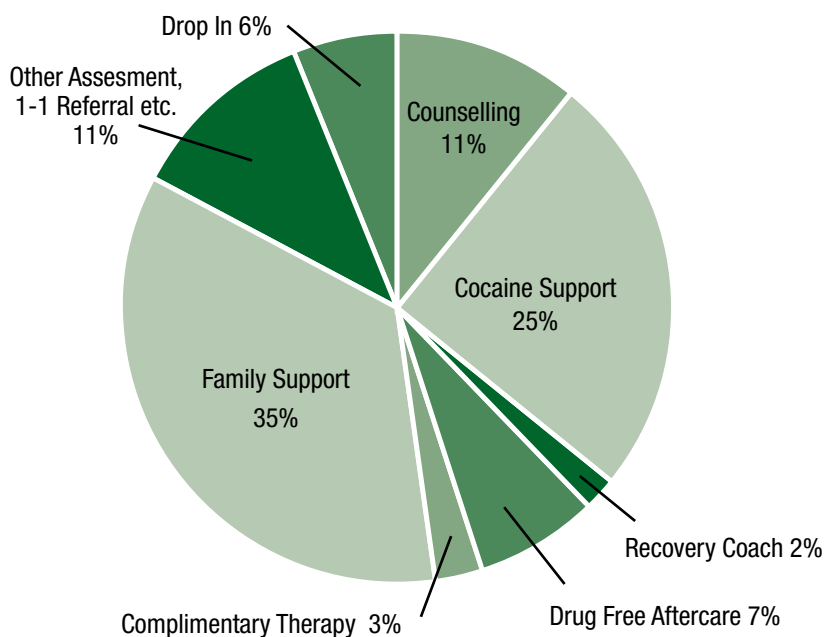
Participant Activity

FAST worked with 368 participants in 2011

Other Incl.
Complimentary Therapy,
Drop in etc. 23



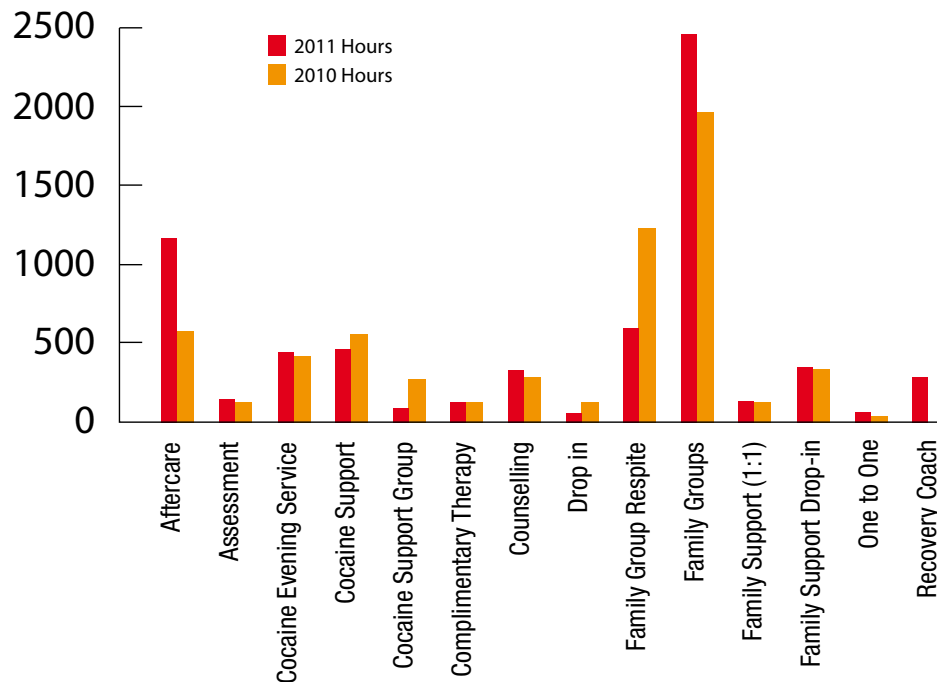
FAST services were accessed 3649 times in 2011





Service hours provided to Participants

January to December 2011 V's 2010:



Total Service Hours Jan-Dec 2011 6780

Total Service Hours Jan-Dec 2010 6255

There was an 8.4% increase in service hours provided by FAST to participants in 2011.

Finglas Addiction Support Team Annual Report 2011

Addiction Counselling

FAST employs an Addiction Counsellor / Psychotherapist on a 4 day week basis, as well as sessional counsellors. FAST offers one to one counselling opportunities for participants who wish to address their substance use. It is also open to people who are in recovery from substance use.

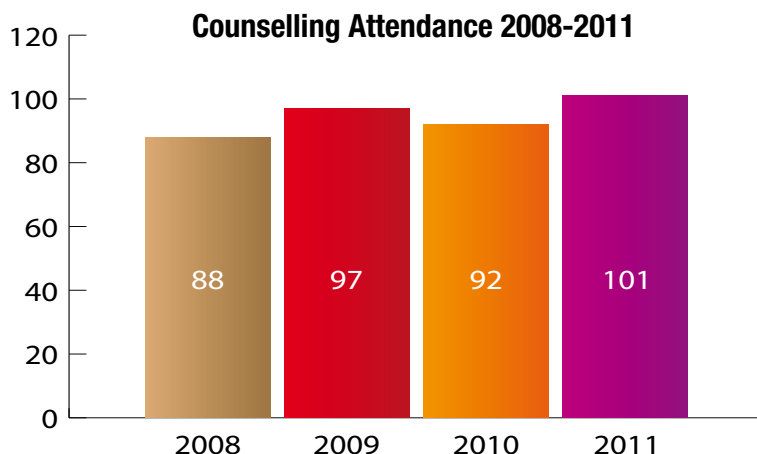
In 2011 the counselling services saw 101 participants who attended 385 appointments.

Liz, our sessional counsellor explains that the use of Counselling and Psychotherapy with FAST participants has many uses and outcomes;

‘When the participant is active or in early recovery, Counselling helps to focus on the immediate, manage anxiety, learn new ways to manage their responses and generally look at new ways to support themselves and live on a daily basis.

Again underpinning this process psychotherapy will encourage the participant (probably later in the process) to explore the origins of their learned thought process. Question/challenge inherited values and cultural norms. This goes some way to helping the participant develop autonomy, courage and an ability to forward think, given that the cycle of addiction keeps the experience of life in the immediate’.

FAST’s Counselling Team are Andy Robertson & Liz O’Driscoll





Addiction Counselling Outcomes 2011

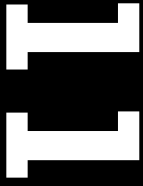
101 Participants

Males 72

4+ Appointments Completed (31)	1-3 Appointments completed (41)
All participants received information on drugs/alcohol, mental health and options for future recovery pathways	All participants received advice on future relapse prevention and planning
11 participants continue drug free lifestyle	4 participants continue drug free lifestyle
4 remain in aftercare group	5 participants reported reduced drug use on final session
12 participants moved into full or part-time college	2 participants entered residential treatment
5 participants completed counselling and were not drinking	
8 participants reported reduced drug use	
3 participants completed detox and rehab	
9 participants remained in employment	

Females 29

4+ Appointments completed (9)	1-3 Appointments completed (20)
All participants received information on drugs/alcohol, mental health and options for future recovery pathways	All participants received information on drugs/alcohol, mental health and options for future recovery pathways
7 participants continue drug free lifestyle	11 participants reported reduced alcohol / drug use
7 participants are involved in college and education	4 participants received crisis counselling and reported increased ability to cope. All received time spent planning future supports.
2 participants completed counselling and were not drinking	



Finglas Addiction Support Team Annual Report 2011

Cocaine Support

The Cocaine Support Team uses a combination of different therapeutic and holistic interventions on a one to one and group basis, to support participants wishing to address their cocaine use.

Cocaine treatment is an essential part of recovery from drug addiction and by undergoing treatment participants are able to use their new knowledge to stay away from the temptation of drug use. Cocaine treatment is a process that is both important and powerful. Many cocaine users have the desire to stop doing drugs, but do not have the necessary tools to stay clean for any considerable period of time.

The cocaine treatment process addresses all aspects of cocaine addiction, focusing specifically on the mental, emotional and physical components. During cocaine treatment it is essential to address the user's physical being and give the person tools to repair the damage that has been done by cocaine abuse. Activities such as walks on beach, meditation and following a daily meal plan are just a few of the ways that the user's body achieves recovery. After the physical aspect of cocaine dependency has been addressed, addressing the emotional and mental issues of the user becomes the top priority.

There are many ways through which the user is able to come to terms with the destruction and pain that his/her using has caused. Through one-on-one counselling, the person is able to straighten out the mental damage that has been done by cocaine use and it also helps the cocaine user to remember some of the more painful and degrading periods of his/her use. Group counselling is also used as a tool for recovering participants to share their experiences and also confront each other on issues or problems within the treatment community. Cocaine one to one support is provided in a confidential and welcoming environment where each person feels safe and unthreatened.



FINGLAS
ADDICTION
SUPPORT
TEAM

12



Through programmes, groups and continual counselling, the person begins to gain control of his/her thought process, and slowly the obsession to use cocaine or return to old ways of life will dissipate. Ideally, cocaine treatment should focus primarily on helping the person change thought patterns that have led to drug abuse and addictive behaviours in the past.

Cocaine treatment is an intricate process that contains many different phases. Here at FAST, we have created a programme that addresses all aspects of a person's mind and body. Our main goal is to make sure that each participant gets necessary and successful treatment.

Cocaine addiction is powerful and destructive and must be treated from the inside out. At FAST we understand this and are ready to face the problems that dealing with such a powerful addiction produces. Our trained specialists and comprehensive treatment programmes offers the best possibilities for successful outcomes and long-term recovery.

Tom Bissett (Cocaine Co-ordinator)

Acupuncture

Acupuncture is provided on a 1:1 basis to participants dealing with substance abuse. Participants are seen once a week over a period of weeks. Treatment is aimed at addressing participant's individual requirements as they arise throughout their recovery.

Participants may experience various health and/or emotional difficulties as they recover from substance abuse and acupuncture provides a powerful and enjoyable means of addressing these challenges.

Participants often experience anxiety, paranoia and insomnia at the early stages of withdrawal. Digestive problems, depression and anger are also frequently seen. Low energy, self-esteem and motivation are common amongst our participants. All of these conditions are treated with acupuncture as they arise in individuals, in a warm comfortable and secure environment. Acupuncture helps to nourish and strengthen participants so that they can focus on their objective of staying clean.

Dave Shipsey (Acupuncturist)



FAST's Recovery Coach Programme

FAST's Recovery Coach Programme is an innovative pilot project whereby those in recovery from drug addiction will receive training and support to (in turn) support others who are currently struggling with addiction. It is hoped that ultimately 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 through the process of support.

Towards this end FAST consulted with recovered participants of the service and identified a cohort of ten people interested in becoming recovery coaches, motivated to undertake supported third level education and who meet the selection criteria developed by FAST for safe practice. 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 formal accredited 12 month part-time educational programme for recovery coaches is based on principles of equality and diversity and takes a strengths based model of recovery coaching incorporating five components:

1. The focus is on individual strengths rather than addiction
2. The community is viewed as an oasis of resources
3. Interventions are based on participant self-determination
4. Community outreach is the preferred model of intervention
5. People suffering from addiction can continue to learn, grow and change

Recovery coaches will work within FAST's services in a voluntary capacity to assist drug and alcohol users in their transition. 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.

The growth of recovery capital as a collective community concept will involve mutual empowerment, support and recovery contagion in substance misusing groups. The programme benefits will manifest in improved functioning for the family and wider community enhanced educational and functional capacity and enhanced employability.

The Recovery Coach programme is a joint partnership between FAST and Dublin City University (DCU).

Finglas Addiction Support Team Annual Report 2011

Cocaine Support Outcomes 2011

147 Number of individuals accessing the service

Males 104

104 presented for cocaine support

Age range 17 – 51

14 in Full-time employment

40 were in part-time employment

46 were unemployed

4 were in college full time/part time

Outcomes:

Fourteen of these used a combination of cocaine, alcohol and benzodiazepines on an almost daily basis, ranging from €100 upwards per day

Nine of these were using cocaine powder and alcohol about four times a week costing around €100 - €300 per day per drug using session

Fifty seven of the male participants were using cocaine powder and alcohol about four times a week costing around €100 - €300 per day per drug using session

Twelve were using crack, heroin, methadone, tablets on an almost daily basis, (when they got any extra money they would spend it on crack and heroin)

Twelve of these were using mephedrone, head shop type drugs, alcohol and benzo's about four times a week costing around €100 per drug using session

All participants received information on drugs/alcohol and mental health as well as options for future recovery pathways

Of the 104 males who presented for cocaine support

- Eight participants have attended FAST's cocaine support group
- Four have availed of Buteyko sessions
- Sixty one participants have availed of evening service appointments

- Two participants have been referred to the Stanhope Centre to access residential treatment for alcohol misuse
- Seven participants have been referred to Coolmine residential
- Four participants have been referred to Coolmine's stabilisation programme.
- Two participants have been referred to One in Four counselling service
- Seven have been referred to Rose Hill for career guidance/educational support
- Two participants have been referred to Tolko clinic for treatment re heroin use
- Five participants have been referred to Wellmount clinic re their tablet addiction
- Eight participants have been referred to Soilse Day programme
- Two participants have been referred to the Peter McVerry stabilisation day programme
- Six have been referred to Coolmine's CM programme
- **Sixty five participants have expressed a significant reduction in mental health problems such as depression, suicidal thoughts, paranoia and anxiety due to cocaine use, since attending the cocaine service**
- **Twenty three have reduced their drug use from 3-4 times a week, down to once a month or less**
- Four participants have managed to control their on-going severe panic attacks by attending the Buteyko breathing sessions, to the extent that they have not experienced a panic attack since attending the sessions
- **Nineteen male participants have expressed an improvement in their relationships either with their partners or children since attending the service**
- Five participants have been referred to Life Ring Recovery meetings
- **Fifty one of the male participants have stopped using cocaine/mephedrone completely, since attending the service**



Females 43

43 females presented for cocaine support

Age range 18 – 46

9 in Full-time employment

12 were in part-time employment

21 were unemployed

1 was in college part time

Outcomes:

Ten of these used a combination of cocaine, alcohol and benzodiazepines on a daily basis, ranging from €100 upwards per day

Twenty eight of the female participants were using cocaine powder and alcohol about four times a week costing around €100 - €300 per day per drug using session

Three were using crack, heroin, methadone, tablets on an almost daily basis, (when they got any extra money they would spend it on crack and heroin)

Two of these were using mephedrone, alcohol and benzo's about four times a week costing around €100 per drug using session

All participants received information on drugs/alcohol and mental health as well as options for future recovery pathways

Of the 43 females who presented for cocaine support

- Twenty have availed of evening service appointments / cocaine support groups on an on-going basis.
- Five have availed of Buteyko sessions.
- Three have attended the FAST cocaine support group
- Two have been referred to the Peter McVerry stabilisation day programme
- **Fourteen have reduced their drug use down from 3-4 times a week to twice a month or less**
- Two have been referred to Rosehill House
- Four have been referred to M.A.B.S.
- Three have been referred to Coolmine's residential programme
- Four have been referred to local Mental Health care team for psychiatric support
- **Twenty one have expressed an increase in self-confidence and positive self-esteem since attending the service**
- Three participants have been referred to Coolmine's Welcome Programme
- One participant has been referred to Northside Counselling service for bereavement counselling
- Two participants have been referred to One in Four counselling service
- **Twenty Five participants have expressed a significant reduction in mental health problems such as depression, suicidal thoughts, paranoia and anxiety due to cocaine use**
- **Sixteen out of Forty Three female participants have become drug free, since attending the service.**

The Cocaine Team

- Tom Bissett Co-ordinator/1-1 support
- Derek Morgan Team Leader/1-1 support

Sessional Staff

- Linda Philips Hypnotherapy/Support
- Dave Shipsey Acupuncture/Herbalist

Finglas Addiction Support Team

Annual Report 2011

Family Support

Family members seeking support in relation to a loved one's drug or alcohol use can access the following FAST services;

- 1:1 Support
- Group Support
- Formal Drop-in

For some people affected by a loved one's addiction joining a group may not be an option. Counsellor/ Psychotherapist Rita Furlong (FAST family support worker) explains FAST offers a 1:1 family support counselling service for people who need help in the short term or on an on-going basis. Family members approach FAST for a variety of reasons. Many family members approach FAST seeking information about treatment options available to their children caught up in addiction, others come into FAST for support during a crisis.

The participant may present with a variety of issues arising out of their personal family situation. A mutually agreed care plan between the participant and counsellor is formulated following a couple of sessions. The purpose of the care plan is to assist the individual to address their issues and to set realistic attainable goals. This process involves a collaborative approach between the family support worker and the participant each step of the way.

The Carl Rogers Person Centred Approach is the cornerstone of the Family Support Counselling in FAST as it can be integrated with a broad range of strategies such as Reality Therapy, Motivational Interviewing and Cognitive Behavioural Therapy. Rogers, among others believes that "The Relationship is the Therapy". Working within this therapeutic relationship provides the individual the opportunity to stand back and to see what they can do to change their perspectives and find the courage to change. One participant seeking help said **"coming here gives me a release from the tension. I am able to let the stress go and I feel happier when I leave here"**. Another said that accessing the Family Support counselling service **"helps me to stay sane"**.

Through carrying out evaluations during the year we have seen an increase in participant's self-esteem, self worth and coping skills. We have also recorded reduced anxiety, crises, stress levels, isolation and shame.

Research suggests that when a family member particularly a parent receives adequate support that they move through stages from being lost, enabling and feeling ashamed to becoming an agent of recovery i.e. putting all family



members at the heart of the family, not just the drug user and ensuring that the negative impact of the drug users lifestyle are not experienced by the rest of the family.

In 2011 our family support counselling service saw 55 individuals, 35 of whom were new to FAST

FAST's Family Support Groups

FAST operates three Family Support Groups

- A Monday Evening Group
- A Tuesday Afternoon Group and
- A Tuesday Evening Group

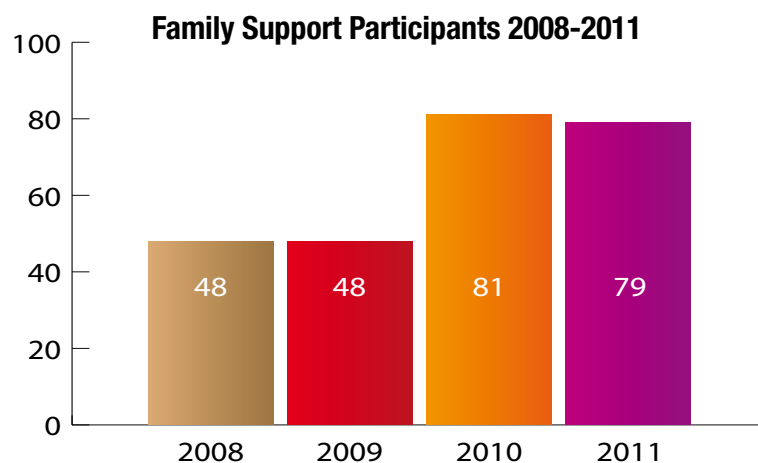
The following topics were discussed and explored in the groups;

- Enabling
- Addiction
- Coping with suicide or threats of suicide
- Letting go, and moving on with their own lives
- Coping with intergenerational drug use
- Coping skills
- Stress response/relaxation



The groups went on a Respite weekend to Dundalk in May 2011 and attended the Family Support Network Annual Conference in November 2011.

Family Support Team: Rita Furlong & Marie Kearns



Finglas Addiction Support Team Annual Report 2011

Aftercare

The Aftercare group is a joint partnership between FAST and Phoenix Aftercare.

The Aftercare Group was established in 2006. The Group meets from 7.00 to 9.00pm every Wednesday.

Living drug/alcohol free can be challenging. Dealing with issues and feelings that normally would have been avoided in addiction can leave an individual in recovery very confused and isolated. The Aftercare group aims to provide a place for people to come and get support as they move forward in their recovery. The group aims to balance serious talk in a confidential environment with an outlet for fun through organising social events and weekends away.





Outcomes for 2011

The Aftercare group had 18 participants in 2011, who attended the group on 243 occasions. Nine people moved on from the group during the year. The length of involvement with the group for members ranged from 2 weeks to 21 months.

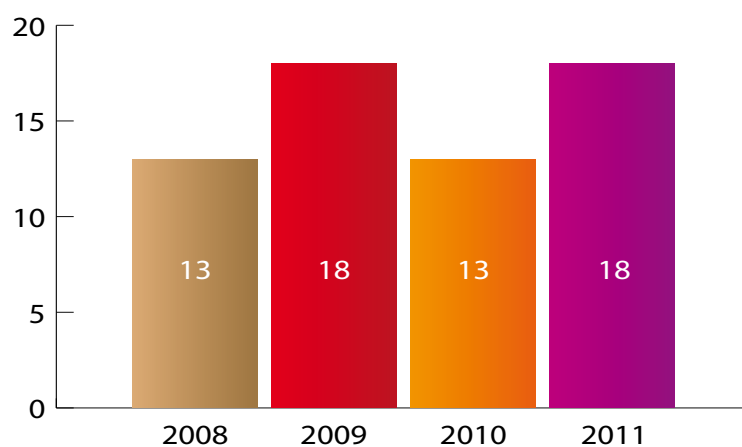
The Aftercare group ran over 47 weeks. This included seven social activities completed including two beach walks, a theatre trip, pitch and putt, five a side soccer, pottery and a one day adventure centre trip.

In 2011 the group went away on two residential weekends:

- 1 Activity based in Clare
- 1 Meditation retreat; 10 participants attended jointly with Cabra aftercare group

The Aftercare team are Andy Robertson (FAST) and Fergal Murphy (Phoenix Aftercare).

Aftercare Participants 2008-2011



Finglas Addiction Support Team Annual Report 2011



FAST implements Quality Standards in Alcohol and Drugs Services

QuADS are a list of policy procedures and processes that a service should have in place to ensure they are working from best practice. The areas covered include; governance, human resources, services provision and service user related policies as well as a good deal more.

The QuADS support Project engages drug and alcohol service providers across Ireland to work towards compliance with a set of internationally recognised quality standards. The QuADS framework has been identified by a HSE working group as the most appropriate quality standards for Irish drug and alcohol services. FAST was one of the original 28 services who volunteered for involvement in the initial pilot, which now involves over 100 services across Ireland.

The process supports organisations to implement continuous Quality Improvement processes across all areas of the service. To successfully complete the process organisations require a genuine commitment to reviewing and improving their work. The process requires enthusiasm, openness and teamwork from every level of the organisation including the board, staff and participants who are keen to have their say.

The result of the QuADS process is a high quality service that is in line with international best practice in all areas of practice. To date FAST has implemented 55 of the 70 policies. Following successful completion of peer review FAST will receive the QuADS quality mark to evidence the services commitment to providing the best possible service to its community.





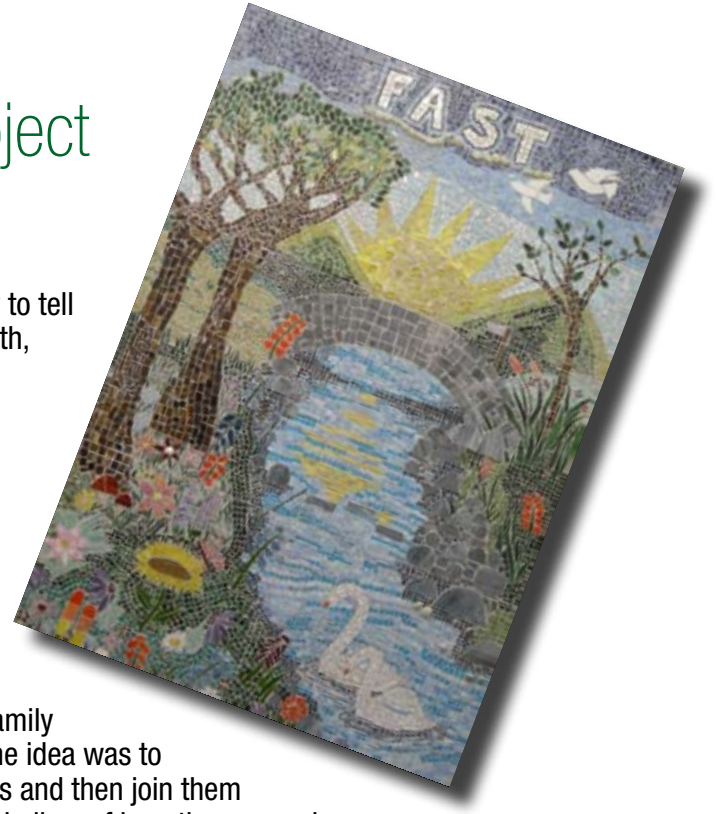
FINGLAS
ADDICTION
SUPPORT
TEAM

22

Community Arts Project 'The Journey of life'

The mosaic uses symbolism and imagery to tell a story - a humanistic story where strength, hope, belief, reflection and remembrance bring about a journey of personal development and growth. The mosaic summarises the journey and emotions as told by FAST participants.

The 6ft x 4ft mosaic was split into six 2ft x 2ft boards. The six boards represent six services currently offered in FAST – the drop-in, addiction counselling, cocaine support, aftercare, family support and complementary therapies. The idea was to work on the mosaic in six separate groups and then join them together to create the final picture- a symbolism of how the groups in FAST band together to support and empower one another. This is brought to a new metaphorical dimension through a community development lens. It represents how individuals and groups in the wider community of Finglas must band together to bring about and promote a thriving community. The colourful glass represents members of FAST and the wider community - each piece of glass, beautiful in its own way, doesn't show its true potential until placed with other pieces to make a beautiful picture.



While each person may have their own visual interpretation of the mosaic, the following is what emerged in the initial participant consultation meetings;

The journey starts in the east of the mosaic, in an area of isolation with little room for growth. One tree stands alone among overgrown reeds and rocks. This represents how someone can feel isolated in the community trying to deal with their own or a loved one's addiction.

The sign post on the right of the bridge encourages you to start the journey... The bridge symbolises hurdles we cross in our life. It also serves as a powerful image to represent the connection between FAST and the wider community.

Finglas Addiction Support Team Annual Report 2011

The sun over the bridge and mountains represent hope on the horizon. Above the sun is FAST set in mirrored glass in a sky of three blue colours. This imagery represents different stages of a person's life and how FAST can help on a personal journey of empowerment, growth and reflection at different stages.

The journey, from East to West, reminds us that each new day brings new beginnings ...as the sun rises in the East and sets in the West. You can cross the bridge, jump across the stepping stones or climb the mountains... whatever path you choose; the destination is the same...a place of personal growth, reflection and happiness. This is symbolised by the beautiful garden. Two trees stand tall together breaking the bounds of isolation. The many beautiful flowers are a sign of the inner beauty within us waiting to be explored! The subtle butterfly symbolises change.

The river is a symbol of life and how it's forever flowing...never stagnant! It also symbolises how FAST meets the needs of our ever changing community. The rocks throughout are visual interpretations of the rocky road in life. The sun reflecting on the river, again reminds us to reflect on our journey.

The swans and doves are symbols of peace and tranquillity serving also to remember our loved ones no longer with us.

'The Journey of Life' community arts project was completed by FAST participants and members of the wider local community over a three month period. The participants expressed their creativity through the intricate work involved in the mosaic.





The Mosaic

My experience doing the mosaic was something incredible for me. When we got together on the first day to design the project, we all had our own ideas; Michelle Culligan was the artist who set up the project. We started by giving some ideas about the features which were to be put on a flip chart. I could never have imagined the mosaic to turn out the way it did, from the first day we began to work together to the finished product. I had never met any of the group before so it was a new challenge. I felt so relaxed with them all. I was the only person with an addiction, the others were living with addiction and they made me feel so relaxed and welcome. I had never done anything like that before – it was a magical experience. It took me away from all my worries and cares, as I suffer with over thinking and I am often consumed with worry. It was so therapeutic for me and the challenge lifted my spirits, I would like to do more work like that in the future in a group setting.

There was a great spirit within the group from start to finish. I think while in recovery it is nice to have your spirits lifted, as it can be a lonely isolating place sometimes on your own. I felt everyone in the group got so much from their participation in the mosaic over the months. It was a community effort I could just sense the aura around the mosaic as each day progressed, as each tiny piece of glass was being laid into position. Everyone involved had a different emotional contact while working on the mosaic as the work involved on it had come from the heart of each person. Everyone put forward their own ideas and the hardship on everyone's lives that made this so special. We all took turns in adding the tiny fragments of glass into different sections of the mosaic. The mosaic gave me a sense of hope for people out there in society with addiction problems and other varying problems. We can all come together as one, as people from the community getting involved in a project like the mosaic. I felt very emotional at times especially putting the glass stone into the bridge. So many times have I lost family and friends to addiction that never made it over the bridge. It was great for me to add the doves into the skyline over the bridge to symbolise the many people who never made it.

Looking at all the flowers and the various colours from the beaming sun indicates to me that there is light out there for people. The sun acts as light and warmth for people, the elegance of the swans brings tranquillity into our lives. I would just like to say it was one of the best projects I have ever done in my life. To see the mosaic up on the wall situated in FAST has been an amazing achievement for me and everyone that was involved.

FAST Participant

Finglas Addiction Support Team Annual Report 2011

History of FAST

The need for support services for drug users and their families was identified by a small number of local residents who witnessed first-hand the impact of drug misuse in their community. They sought the support of the wider community, statutory and voluntary organisations to develop a community-based response to this problem. Toward this end they consulted with a wide range of stakeholders including local community and residents groups, service providers and public representatives. A drop-in service for drug users and their families was established in Janelle Shopping Centre. The uptake by service users of the drop-in highlighted the need for a more developed service.

Finglas Addiction Support Team (FAST) was established and became a legal entity in 2004. The Finglas Cabra Local Drug Task Force (LDTF) agreed to fund FAST on an interim basis, working from a temporary premises in a portacabin adjacent to St. Helena's Resource Centre in Finglas South. The service remained and developed within this portacabin till November 2008 when the service relocated to larger premises at 2a Wellmount Road.

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.



Values

The value of caring is at the heart of this process, albeit with an emphasis on the need to purposefully shift our focus away from problems and deficits and towards solutions and strengths. It also points to the need to recognise that as well as professional support that the caring the participants often seek is at family, friendship and community level. This presents real challenges, given how many of our participants have problematic family relations.

The second value is fairness, a value that recognises that participants of FAST are often marginalised from their families and communities. All too often participants find themselves segregated and labelled, with few genuine opportunities to connect with others in a productive way; and into meaningful activities within their communities of place.

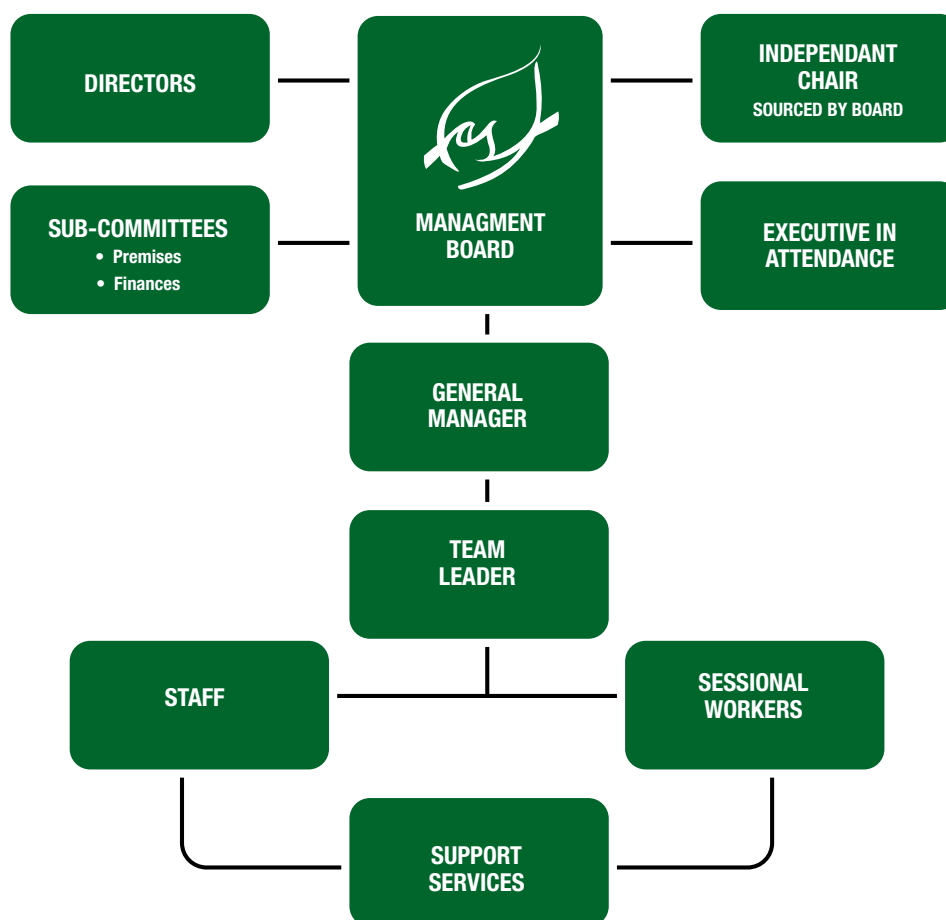
The third value is respect for participants' opinions and change making contributions in relation to our policy and practice, particularly but not exclusively regarding decisions/actions taken by us and other external agencies that impact on them and their recovery.

Traditionally we think of participants as needing us. We all too often see them solely as needy and view ourselves in a productive role, providing the care they require. The fourth value, understanding, states that we should also see participants as potentially reliable, resilient active citizens and powerful problem solvers in their own right, with a proven track record in overcoming significant adversity; and potentially capable of producing their own and their community's wellbeing if given the right support.

Hence the four values when incorporated into our practice will see confident, well connected participants, with a strong sense of belonging and awareness of their own strengths; who in turn take their rightful place as productive members of their community, working to co-produce better places to live, learn and prosper.



Finglas Addiction Support Team Annual Report 2011



Structure of the Organisation

FAST Board of Management

Chairperson: Ian Carter
 Treasurer: Lucy O'Neill (Director)
 Secretary: Marion Smithers (Director)
 Pauline O'Connor (Director)
 Mary Flanagan
 Raphaela Kane
 Michelle Milne (Director)
 Dr. Paul Quigley
 Paul Nolan (Director)
 Barbara Condon (Executive in Attendance)

FAST Staff

Manager: Barbara Condon
 Team Leader: Derek Morgan
 Administrator: Leanora Wilkinson
 Cocaine Coordinator: Tom Bissett
 Family Support Team: Rita Furlong, Marie Kearns
 Project Worker: Grainne Delaney
 Counsellor/Psychotherapist: Andy Robertson
 Reception: Martina Yalden and Elaine McGuinness



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 2011

	2011
	€
Funding Income	533,218
Less: Administrative expenses	(533,218)
Surplus/(Deficit) for the year	-

Balance Sheet as at 31 December 2011

	2011
	€
Fixed Assets	
Tangible assets	1,290,771*
Current Assets	
Debtors	-
Cash at bank and in hand	213,451
	213,451
Creditors: amounts falling due within one year	(47,380)
Net Current Asset	166,071
Total Assets Less Current Liabilities	1,456,842
Capital and Reserves	1,456,842
	1,456,842

Above is an extract from our audited accounts for the year ended 31st December 2011, as reported without reservation by McCrohan Quinn & Company, Registered Auditors on the 28th March 2012.

*building and freehold premises

Finglas Addiction Support Team Annual Report 2011

Acknowledgements

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

- Finglas / Cabra Local Drug Task Force
- Dublin City Council
- St Helena's Family Resource Centre
- The Fingal Centre
- Tolka Area Partnership
- Ulster bank, Charlestown
- Finglas Community Bingo
- Superquinn, Finglas
- Gowna Construction
- Tom Breen of Gardiner Architects
- Dublin City University
- A & L Goodbody's
- Progression Routes Initiative
- Voluntary fundraisers
- Public Representatives
- Community, Voluntary and Statutory agencies both locally and nationally
- The Community of Finglas
- Fast Participants
- Fast Staff



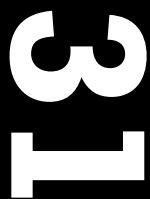
Barbara Condon (Manager) accepting cheque from Phyllis Whelan on behalf of the Finglas Community Bingo social fund.



FINGLAS
ADDICTION
SUPPORT
TEAM

30

Notes



Finglas Addiction Support Team **Annual Report 2011**

Notes



Finglas Addiction Support Team Ltd.
2A Wellmount Road
Finglas
Dublin 11

Tel: (01) 8110595
Mobile: 086 4044 845
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 Drug Strategy.**