

Finglas Addiction Support Team (FAST)



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



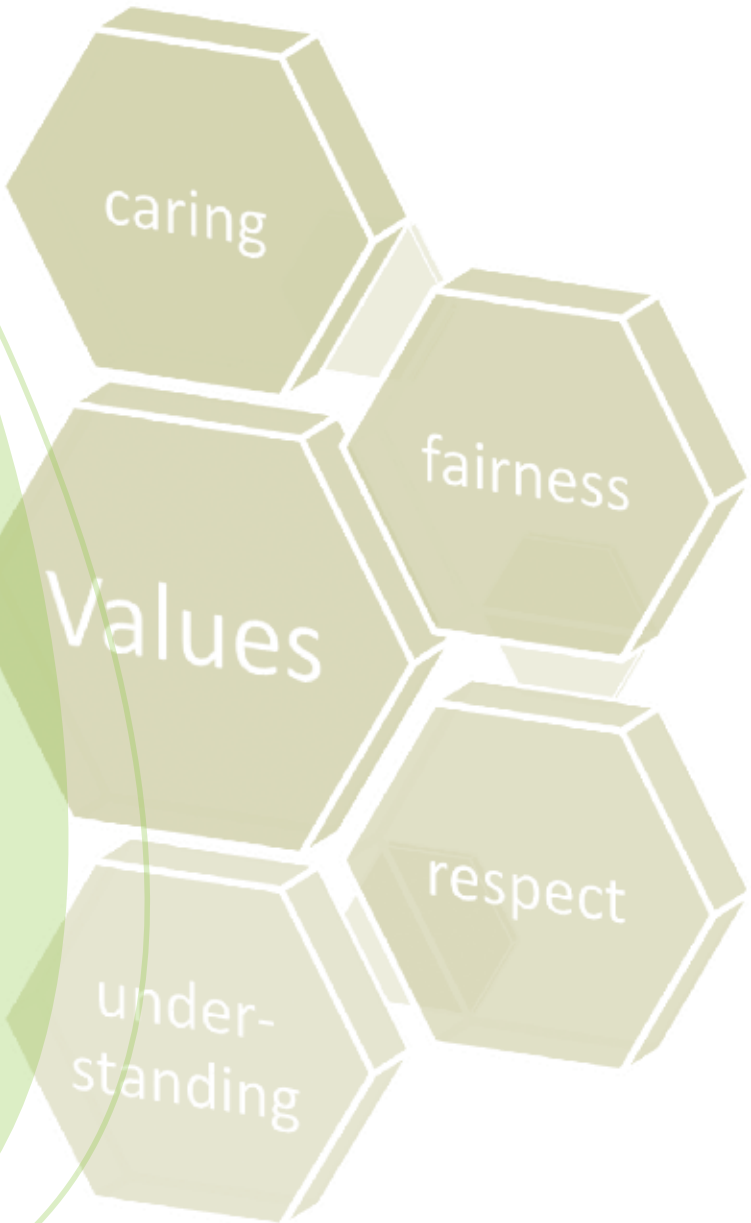
Annual Report 2014

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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Chairperson's Report

2014 was a significant year for FAST as we celebrated our 10th anniversary. This year has also seen FAST consolidate many of its service activities and our anniversary celebration gave us an opportunity to reflect on our many achievements.

In 2014 we set strategic goals for the organisation building on the 2010 three year plan. Our three year plan 2014-2016 is a clear roadmap for the service going forward. While the demand for services continues it is important that FAST is a dynamic service and has an ability to respond to the demands that is placed upon it. This is clearly reflected in the 2014 report.

FAST continues to manage its finances prudently. This is made possible thanks to the ongoing support from our funders and despite the ongoing financial constraints placed on all community/ voluntary agencies.

On behalf of the board I want to acknowledge all the staff that is committed to the service and work tirelessly to achieve our mission.

At the end of 2014 Ian Carter resigned as Chairperson of our Board of Management after serving as Chair for approximately seven years. On behalf of the Board of Management, I would like to acknowledge and thank Ian for his leadership, support and hard work over the period of time that he was involved with FAST.

Mary Flanagan

Interim Chairperson



Manager's Report

In reflecting on 2014 it is evident that although the economy is picking up, the austerity imposed on drug services over the last number of years continues to be felt by the voluntary/community sector. In terms of the real human cost, areas such as Finglas continue to suffer from serious deprivation and this is most visibly marked in the many service users who turn to FAST for support on a wide range of complex issues such as addiction, dual diagnosis, poor housing, poverty, unemployment and social exclusion.

In 2014 we saw approximately 450 people which is a 14% increase on the previous year. In our support services the numbers presenting remained consistently high reminding us that substance misuse is a very live and serious issue. The trends and patterns of substance misuse has changed dramatically in the past ten years and this was borne out by alcohol and weed been the most prevalent substances being used by FAST participants in 2014. The roll out of the new CARE alcohol project (cross task force initiative) in Finglas was very innovative and highlighted how valuable interagency work & commitment can yield cost effective results.

2014 was a very exciting year for FAST as we reached the milestone of celebrating our 10th Anniversary. A fabulous celebratory event took place to mark this important occasion.

Achievements in 2014 included:

- Launch and implementation of Strategic Plan 2014-2016
- Recovery Coach Programme (RCP) won DCU president's Special Merit Award for civic engagement
- 17 Recovery Coaches graduated in DCU
- Village Garden came joint second place in the Dublin City Council North West Area City Neighbourhood Awards 2014
- 448 participants availed of core services in 2014 resulting in significant positive outcomes
- Celebratory event to mark 10th Anniversary attended by Kathleen Lynch TD, Minister with responsibility for Primary care, Social care (Disabilities & Older People) and Mental Health
- Roll out and launch of new CARE Alcohol Project
- Strengthened governance and quality assurance

Many challenges continue to exist both within our service and within our sector. We look forward to the coming year with renewed optimism and hope to further develop existing services and source new resources to meet new demands.

I wish to acknowledge the ongoing commitment and hard work of all the staff, volunteers, board of management and community people. Finally, thank you to all the participants who put their trust in us as they embark on their journey of discovery.

Barbara Condon

General Manager

Service Provision

Figure 1 below indicates an increase in total participants of 14% on 2013 figures

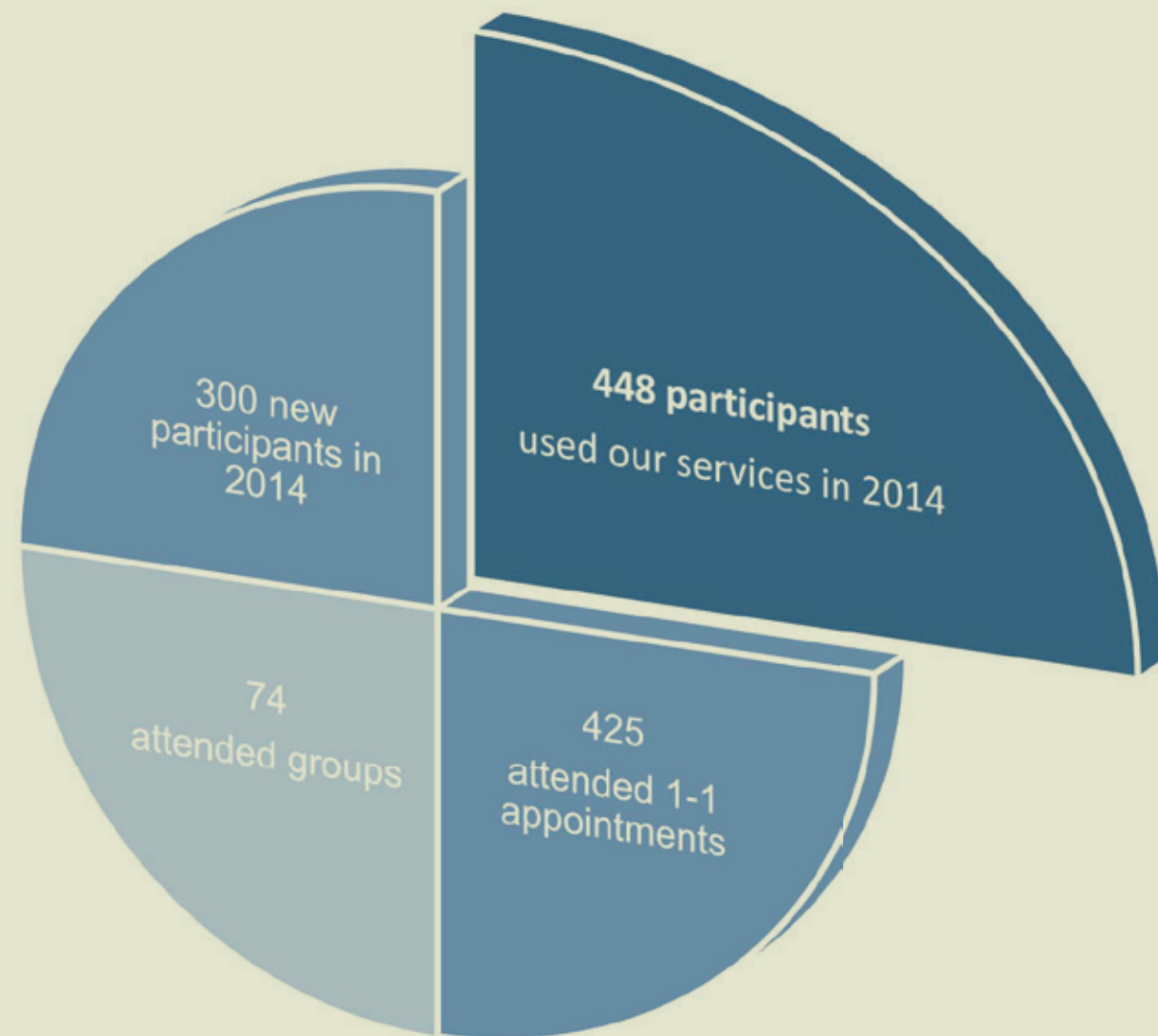


Figure 1 - Participant Statistics 2014

FAST services were accessed 3415 times

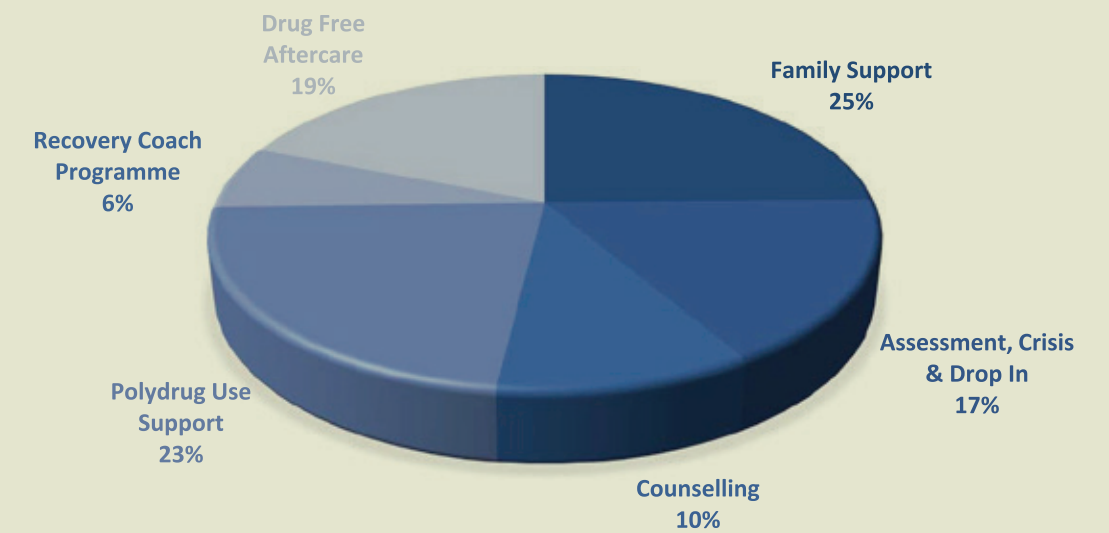


Figure 2- number of times accessed

Prevalence of Substances 2014

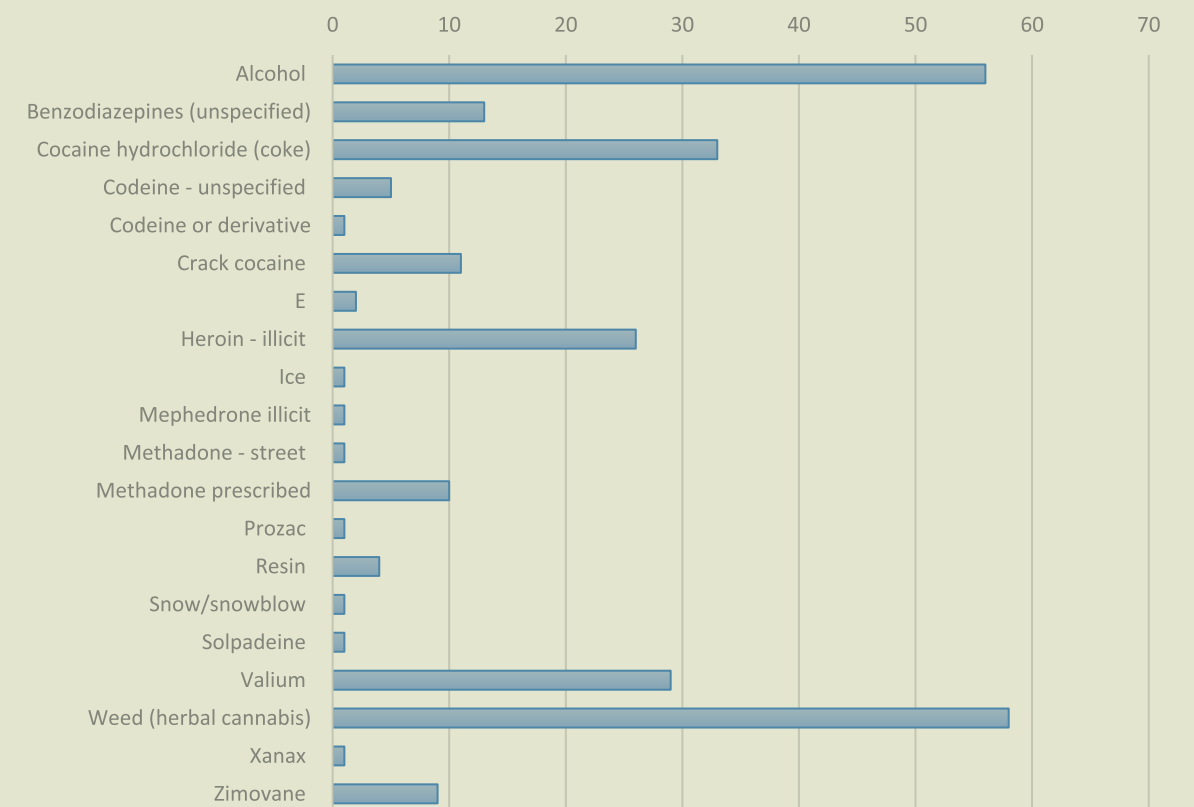


Figure 3- Main reason for referral

Counselling

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

| 70 individuals - 58 male & 12 female | |
|--------------------------------------|--|
| ▶ 8 males attended crisis drop in | ▶ 28 participants attended 1-3 appointments |
| ▶ 1 female attended crisis drop in | ▶ 33 participants attended 4-12 appointments |

Outcomes:

Evaluation was completed using the TOPS (treatment outcome profile) for those participants who attended between 4-12 appointments: The evaluations showed:

- Major reductions in drug and alcohol use
- 4 participants are in drug-free aftercare groups
- Improved physical health
- 12 participants have returned to working full time
- Improved psychological health
- 4 participants are in full time college
- Improved quality of life
- 5 participants went on to access further treatment programmes

Aftercare

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.

| Aftercare Group – 14 Individuals | Aftercare 1-1 service – 19 Individuals |
|--|--|
| ▶ 11 males & 3 females | ▶ 11 males and 8 females |
| ▶ 52 Group Sessions in 2014 with 364 attendances | ▶ 74 appointments offered, 60 attended |

Outcomes:

All participants are drug and alcohol free.

- 5 participants have completed college courses
- 4 participants have attended further education
- 2 participants have engaged in Recovery Coach Programme
- 3 participants completed their time in aftercare group & moved on
- 4 participants are working
- 7 participants actively parenting children

Polydrug use Support Service

FAST's Polydrug 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 drug use. Treatment normally focuses on helping the person to change the thought patterns that led to drug misuse and addictive behaviours in the past. The service on offer includes:

- One to one therapeutic support for substance users which incorporates education, support, relapse prevention and lapse management techniques
- Holistic support e.g. full body acupuncture and relaxation techniques

| 120 individuals - 69 males & 51 females | |
|--|-----------------------------|
| ▶ 79 participants attended 1-1 appointments | ▶ 917 appointments offered |
| ▶ 61 participants attended acupuncture session | ▶ 705 attended appointments |

Outcomes:

| 1-1 Support Outcomes |
|---|
| • 41 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 poly drug use. |
| • 40 participants have expressed a reduction in their drug use from 3-4 times a week down to once a month or less. |
| • 26 Participants have expressed an improvement in their relationship with their partners and/or children since attending the service. |
| • 34 participants have become drug free since attending the service and have used 1-1 to support to help them stay drug free. |

| Acupuncture Outcomes |
|--|
| • 32 participants reported lower stress level's, reduced crisis and improved coping ability. |
| • 19 participants have reported a significant reduction in mental health problems; such as depression, suicidal thoughts, and paranoia. |
| • 26 participants have expressed a reduction in physical symptoms of drug use such as; high blood pressure, chest pains, restlessness and muscle spasms. |
| • 16 participants have used the evening service as another form of support for their recovery, i.e. to enable them to remain drug free. |

Family Support

When a family member, particularly a parent, receives adequate support 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. To aid family members, FAST offers 1-1 support and group supports on an ongoing basis.

| Family Support Groups | Family Support 1-1 |
|---|--|
| ▶ 91 group sessions between facilitated and peer led groups | ▶ 41 participants – 35 females & 6 males |
| ▶ 33 members of family support groups | ▶ 28 participants attended 1-4 appointments |
| ▶ 641 attendances in the groups | ▶ 16 participants attended 4-15 appointments |

Family support groups progression to peer led

Though no two journeys of living with a loved one's addiction are the same, there are often common threads running through the stories. When initially faced with a loved one's addiction, the initial response is often disbelief – 'this cannot be happening to me'. Eventually though the reality of the alcohol/drug use cannot be avoided and family members may seek help. They come in wanting the drug user 'fixed' or 'cured'. Family members seek help by accessing 1:1 support with FAST's family support worker, and some go on to join one of our family support groups. Over time and with support they may come to realise the reality - both recovery and relapse are in the hands of the drug/alcohol user. What a loved one can do is 'stop enabling' and get on with their own lives. That is the beginning of their own recovery.

Over the years FAST has operated family support groups, and it became obvious that they had progressed to the point where they were very capable of developing into peer led groups. In 2013 and 2014 training was organised and offered to group members in group facilitation. Group participants developed portfolio's and memory boxes in relation to their journey in family support in FAST. In September 2014 FAST held a graduation ceremony to celebrate family members' progression to peer led groups.



Recovery Coach Programme (RCP)

FAST and DCU won the prestigious DCU President's Special Merit Award for Civic Engagement. The Recovery Coach Programme (RCP) is a partnership approach between a community based addiction service, Finglas Addiction Support Team (FAST) and a National University, Dublin City University (DCU) responding to the needs of people in recovery.

The RCP aims to provide an exciting and innovative opportunity for people who are in sustained drug-free recovery to undertake a degree level module at DCU.

This initiative aims to enhance recovery capital in communities where addiction to drugs and alcohol is experienced. 'Recovery capital' refers to the sum of resources necessary to initiate and sustain recovery from substance misuse. 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).

Incorporating the development and recurrent delivery of a stand-alone, level 8 module, this project, unique in the Irish context, prepares former users of drugs and alcohol to assume the role of recovery coach. Recovery coaches provide the community with familiar, visible examples of successful recovery from addiction. The evidence for this type of approach is increasingly gaining significance as the strength of social contagion is being demonstrated internationally. The project addresses the educational and esteem needs of

a marginalised and socially disadvantaged group, including both coaches and coachees, attends to equality and discrimination issues and enhances employability in the community. The project contributes to the health and functioning of communities locally, nationally and internationally. Dr. Raphaela Kane (DCU), Mr Tom Bissett with others from FAST, provided education to the second cohort of volunteers representing nine communities in North City and County Dublin, including those working with the homeless. The new cohort (September 2014) included participants from communities in South City and County Dublin and from other regions.

DCU's Strategy demands that societal challenges are faced with "creativity and a persistent innovative attitude". Drug and alcohol addiction and its impact on communities, particularly communities of socio-economic disadvantage, is one such societal challenge. This recovery coach initiative crystallises the creativity and innovation possible when the university works in partnership with local communities in an effort to transform lives and societies. The School of Nursing and Human Science (SNHS) at DCU and FAST have been working together for several years and share similar values; innovation, creativity and inclusion. These values are key elements underpinning the RCP. The recovery coach initiative overall is consistent with DCU's and FAST's strategic objectives of community engagement. The RCP recently won the prestigious DCU President's Special Merit Award for Civic Engagement.

The RCP is a one year (one day per week) module delivered by lecturers from the SNHS at DCU and experienced practitioners and teachers from FAST. The programme content includes the theory and practice of coaching, examines the concept of recovery and incorporates a minimum of 40 hours of supervised coaching practice in the community. The module is accredited by DCU with 10 credits at NQF level 8.

The course outline is underpinned by various local, national and international strategies/frameworks. It is positioned within the National Drug Strategy (Interim) Report 2009-2016, the report of the Working Group on Drug Rehabilitation 2007, the National Drugs Rehabilitation Framework Document (2010), the Steering Group Report on a National Substance Misuse Strategy (2012) and the recent review of the Dublin North City and County Addiction Service (2013). Each of these documents refers to the need to increase and develop care pathways for substance misuse treatment and rehabilitation, and to adopt a greater inter-agency approach in their implementation and delivery.

A strategic aim of the Steering Group Report on a National Substance Misuse Strategy (2012) refers to 'the development of a national recovery-based treatment and rehabilitation service built on quality standards which actively promotes and encourages early intervention to accessible services within the 4 tiered model approach based in integrated care pathways'(2012:34) A recent review of the Dublin North and County Addiction Service (2013:22) recommends that 'addiction services should be delivered ... with a focus on recovery.'

Outcomes

- Participants become key change agents for recovery
- Breaking down barriers within the community
- The RCP is accredited with DCU
- Opportunity and access to go to University
- Increased skill set of participants in recovery
- Access to further education opportunities in DCU
- 21 participants (7 participants from FAST) have passed the Level 8 module in Recovery Coaching in DCU, and some have gone on to volunteer as recovery coaches with FAST and other organisations from August 2014 onwards
- Recovery Coaches facilitated 2 women's groups in FAST in 2014



The Village Garden

Members of The village garden in FAST were delighted to receive joint second place in the Dublin City Council North West Area City Neighbourhoods Awards 2014 in the category Allotment/Community Garden. The awards took place on the 10th September in the Finglas Youth Resource Centre. It celebrated all the hard work by individuals, community and school groups across Finglas and Ballymun.

The village garden is an organic garden that embodies the hands on gardening of old; using natural pest control methods and letting the earth rest and re-energise. It is the second year in a row that FAST received an award for the garden and we are very proud of all the planning, learning and enthusiasm brought by the volunteers and staff.

Head gardener Eamon (pictured below) and volunteer Jude accepted the award from Dublin North West Councillors Noeleen Reilly and Anthony Connaghan.



10 years celebration & launch of Strategic Plan 2014 – 2016

On 16th December 2014, FAST held a celebratory family day to mark the organisations 10th anniversary. We had over 300 guests on the day (including Santa himself).

Visitors included FAST participants, members of the local community, representatives of community, voluntary and statutory services and local public representatives. Music was provided by the fabulous girls choir of St Michael's Secondary School.

Kathleen Lynch TD, Minister of State with special responsibility for Primary Care, Social Care (Disabilities & Older People) and Mental Health, marked our anniversary and launched FASTs Strategic Plan 2014-2016. She also launched the CARE initiative.



2004

First clients accessed FAST in the autumn of 2004



Breakfast Club for Street drinkers offered & President McAleese visits FAST

2005

2007

Capital Funding allocated for bespoke building



Services move from St. Helena's Portakabin to Wellmount Road

2006

FAST is funded for extra staff - cocaine service

2008

FAST sees over 400 participants for the first time this year

2009

2010



Launch of Strategic Plan 2010-2013 & Annual Service Plan



Move to New Building

2011

President Michael D. Higgins visits FAST

FAST shortlisted for a Biomnis Healthcare Innovation in Quality Service Delivery Award



2012

2013

Ireland's first qualified recovery coaches complete their courses - both FAST participants

Garden won first prize in the Allotment/Community Garden section of the Dublin City Neighbourhood Awards



FAST celebrate our 10th Anniversary and launch of Strategic Plan 2014 - 2016

Recovery Coach Programme wins DCU President's Special Merit Award for Civic Engagement



2014



The Care Project is a new community alcohol treatment pilot project which was developed to provide a localised integrated care pathway with specific interventions for those presenting with alcohol problems. The CARE project is a cross task force initiative (Ballymun, Finglas and North Dublin RDTF) in collaboration with the HSE North Dublin Addiction Service and local drug and alcohol service providers.

The CARE project provides an integrated response to locally identified needs using a partnership approach. The project combines both medical and community psycho-social supports, providing a joint learning opportunity and integration of resources. The CARE project utilises existing community based psycho-social drug and alcohol support services, delivered primarily via agencies (FAST, BYAP, North Dublin Community Care Service).

The Project aims to facilitate individuals to address their problematic use of alcohol through a structured non-residential process. The CARE project provides a comprehensive treatment service for patients over 18 years presenting with alcohol-related problems, to include health screening, alcohol use assessments, one-to one key working, alcohol information and educational sessions and a motivational group programme. Preparation for community librium detoxification can also be provided where required and appropriate, as well as support during detox and aftercare/relapse prevention following detox.

¹Byrne, S. (2010) *Costs to Society of Problem Alcohol Use in Ireland*. Dublin: Health Service Executive



CARE rolled out in Finglas in FAST in September 2014. Following the successful start in Finglas, it rolled out in Ballymun in November 2015 and is due to commence in North County Dublin in January 2015. The addition of an alcohol specific service is widely welcomed especially given the reality that alcohol related problems costs the exchequer €3.7 billion¹ annually. This low cost initiative goes a small way in the on-going attempt to address alcohol as part of the wider substance misuse remit both locally and nationally.

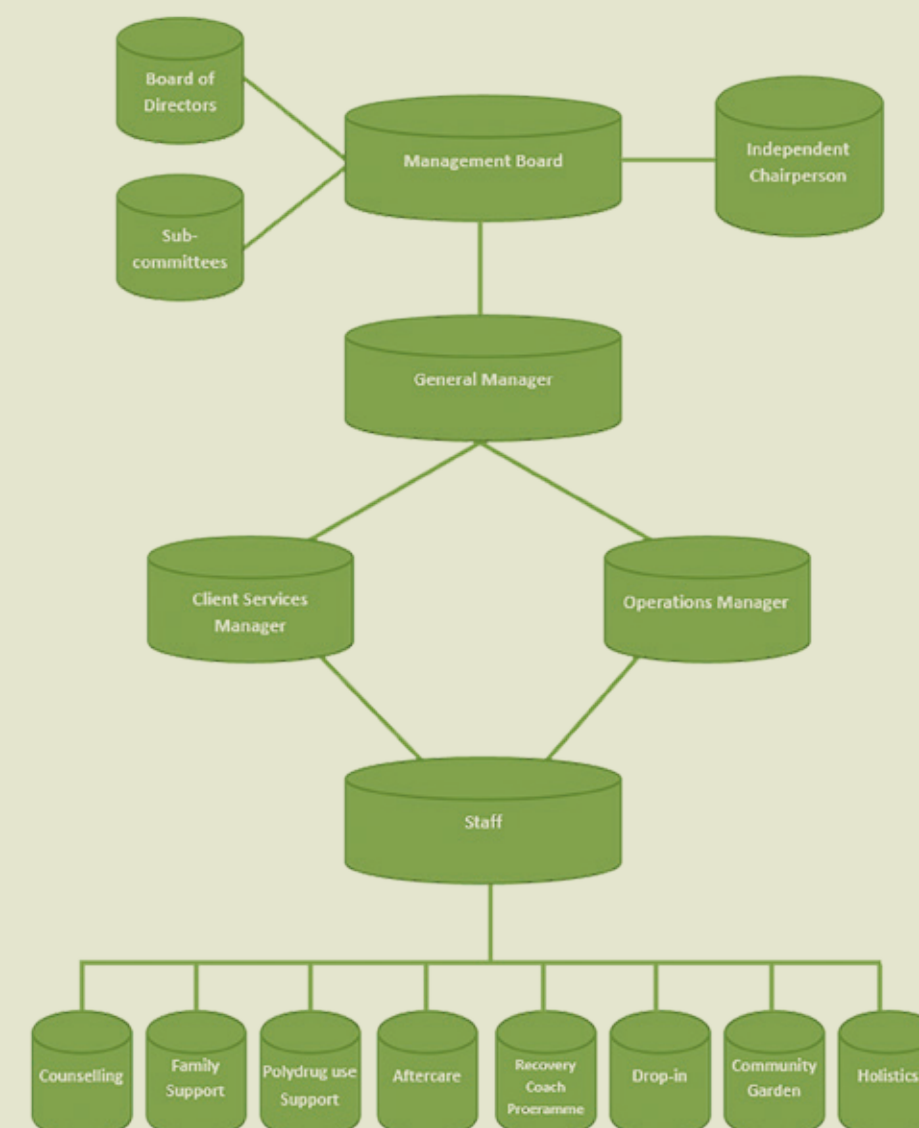
Governance

FAST Board of Management

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

FAST Staff

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



Income and Expenditure Account for the year ended 31 December 2014

| | | 2014 | 2013 |
|--------------------------------|-------|-----------|-----------|
| | Notes | € | € |
| Funding Income | 6 | 525,130 | 537,678 |
| Administrative expenses | | (525,130) | (537,678) |
| Surplus/(Deficit) for the year | | - | - |

The company has no recognised gains or losses other than those shown above.

Balance Sheet as at 31 December 2014

| | | 2014 | 2013 |
|---|-------|-----------|-----------|
| | Notes | € | € |
| Fixed Assets | | | |
| Tangible assets | 3 | 1,351,892 | 1,382,923 |
| Current Assets | | | |
| Debtors | 4 | 2,290 | 2,784 |
| Cash at bank and in hand | | 82,136 | 59,786 |
| | | 84,426 | 62,570 |
| Creditors: amounts falling due within one year | 5 | (34,909) | (35,725) |
| Net Current Assets | | 49,517 | 26,845 |
| Total Assets Less Current Liabilities | | 1,401,409 | 1,409,768 |
| Capital and Reserves | | | |
| Funding / Grants | 6 | 1,401,409 | 1,409,768 |
| | | 1,401,409 | 1,409,768 |

The whole of our income is expendable in promoting the principal activities and furtherance of the objectives of Finglas Addiction Support Team for its participants, whilst building on a strengths based approach with our participants, their families and the wider community of Finglas to promote a more inclusive community.

Analysis of Grants Received

| | LDTF FAST Core Funding | LDTF Admin Worker Funding | The Therapy Project Funding | Other Funding |
|--|------------------------------|------------------------------------|--------------------------------------|------------------|
| | € | € | € | € |
| Funding received from state bodies | | | | |
| Health Service Executive | 415,377 | 29,949 | | |
| Finglas Cabra Local Drugs and Alcohol Task Force | 2,850 | | | 2,000 |
| City of Dublin Youth Service Board | | | 48,000 | |
| Dublin City Council | | | | 1,450 |
| Fundraising | | | | |
| Monies generated from other activities | | | | |
| Donations received | | | | 1,175 |
| Rehabilitation Fund | | | | 9,000 |
| Tolka Area Partnership | | | | 1,000 |
| DCU Recovery Coach Programme | | | | 5,970 |
| | 418,227 | 29,949 | 48,000 | 20,595 |

Cash Flow Statement for the year ended 31 December 2014

| | 2014 | 2013 |
|---|---------------|-----------------|
| Notes | € | € |
| Reconciliation of operating loss to net cash outflow from operating activities | | |
| Operating result | - | |
| Depreciation | 31,771 | 42,430 |
| Decrease in debtors | 494 | 894 |
| Decrease in Creditors | (745) | (6,231) |
| Grants received | 496,176 | 505,446 |
| Grants released to P/L Account | (504,535) | (533,190) |
| Net cash inflow from operating activities | 23,161 | 9,349 |
| Cash Flow Statement | | |
| Net cash inflow from operating activities | 23,161 | 9,349 |
| Capital expenditure | (740) | (27,799) |
| Increase/decrease in cash in the year | 22,421 | (18,450) |
| Reconciliation of net cash now to movement in net debt (Note) | | |
| Increase/(decrease) in cash in the year | 22,421 | (18,450) |
| Net funds at 1 January 2014 | 59,062 | 77,512 |
| Net funds at 31 December 2014 | 81,483 | 59,062 |

Acknowledgements

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

- ▶ **Finglas / Cabra Local Drug & Alcohol Task Force**
- ▶ **Health Service Executive (HSE)**
- ▶ **Dublin City Council (DCC)**
- ▶ **Dublin City University (DCU)**
- ▶ **Tolka Area Partnership (TAP)**
- ▶ **St Helena's Family Resource Centre**
- ▶ **The Fingal Centre**
- ▶ **Irish National Organisation of the Unemployed (INOU)**
- ▶ **Tesco, Clearwater & Pepsi Ireland**
- ▶ **Dealz, Finglas Village Centre**
- ▶ **Boots, Blanchardstown Shopping Centre**
- ▶ **Community, Voluntary and Statutory agencies both locally and nationally**
- ▶ **The Community of Finglas**
- ▶ **A & L Goodbodys**
- ▶ **Public Representatives**
- ▶ **Voluntary Fundraisers**
- ▶ **St Michaels Secondary School**
- ▶ **Tony Byrne**
- ▶ **Michelle Culligan**
- ▶ **Liz Gleeson**
- ▶ **Fast Staff**
- ▶ **Fast Participants**

Many thanks to Pepsi and the Staff of Tesco Clearwater for their kind donation of €2000 to four local charities, including €500 to FAST. Here we are accepting the cheque along with 3 other local charitable groups in 2014.

