

CARP Killinarden Ltd

Community Addiction Response Programme
Annual Report
2015



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**THIS ANNUAL REPORT OF 2015 IS DEDICATED
TO THE MEMORY OF OUR FRIEND AND COLLEAGUE
JANE WADE.**

CARP was deeply saddened by the death of one of our founding Directors, Jane Wade in January 2016. Jane made a huge contribution to the development of CARP over many years. She was always at hand to offer support and advice and she is greatly missed. To her husband and her family we express our heartfelt sympathy.



TABLE OF CONTENTS

- 1. CARP Mission, Vision & Values**
- 2. Organizational Structure of CARP**
- 3. Executive Summary**
- 4. Chairperson's Foreword**
- 5. Introduction**
- 6. Programme Content, Development & Statistics**
- 7. Interagency Work**
- 8. Client Outcomes**
- 9. Referrals**
- 10. Admissions**
- 11. Treatment Outcomes**
- 12. Budget / Finance**
- 13. Summary**

Mission

CARP is a community-focused addiction response programme which uses evidence-based approaches to assist anyone who seeks support.

CARP has a proud history of working on addiction issues with the community since 1995. We are distinguished by adopting the Community Reinforcement Approach in which our staff and volunteers are trained.

We aim to provide the highest quality support, treatment and advice in a confidential setting in which our clients from all backgrounds feel welcome and safe.

Our success is measured by our high level of professionalism and commitment to best practice in all that we do

Vision

Our vision is to continue to provide a safe space in which people from all backgrounds can find effective support for their addiction issues; where families affected by substance misuse can positively address their challenges; where young people have the opportunity to build resilience, and where our doors are fully open to our local community.

Core values

- 1 Care and support: Our skilled and experienced staff recognises the challenges our clients may experience. We offer the best quality care without judgement or pressure.
- 2 Confidential: We are committed to providing a discreet and confidential service where clients can feel safe and listened to.
- 3 Equality and Respect: We provide an inclusive service in which people from all cultures and backgrounds are welcomed.
- 4 Quality: We are committed to best practice, staying abreast of emerging trends, and aim to provide a service in which we are accountable and transparent in all that we do.
- 5 Development and growth: We provide the facilities and resources for ongoing learning and personal growth for our clients, staff and volunteers.

CARP Board of Directors 2015

Patricia Darling (Chairperson)

Cecil Johnston

Anne Doyle

Hilda Hamilton

Jimmy Rea

Jane Wade (RIP)

CARP Staff Team:

James Kelly	Manager
Deirdre Dowdall	Senior Project Worker
Audrey Kavanagh	Administrator
Audrey O Reilly	CE Supervisor
Sheila O Brien	Assistant CE Supervisor
Grainne Kearney	Youth Worker
Jimmy Hyland	Project Worker
Karl Adams	Project Worker
Debbie Dolan	Project Worker
Therese Hegarty	Family Therapist
Clare Smart	Addiction Counsellor
Annemarie Caswell	Receptionist
Margaret Byrne	Ancillary Services

Executive Summary

- 2015 saw CARP continuing to strive for and reach the continuum of care goals and national drug strategy targets, meaning the programme meets national rehab framework standards and has formally implemented a clear continuum of care.
- The staff team in particular gain great credit for their dedication and commitment to becoming Community Reinforcement Approach (CRA) Practitioners, thus allowing the project to become one of few teams in Dublin 24 to have a full staff team trained and accredited in evidence based practice.
- CARP has seen a significant increase in inter agency working with SDCC, TRP, CKU, Yoda, Youth Reach, and Killinarden Community Centre. This has enabled the project to agree service level agreements and ensure consistent service delivery.
- CARP was selected to be one of five services selected to pilot a new client management system Ecass and is working hard to integrate this system into its every day practice
- CARP staff have worked hard to support and drive the implantation and integration of a new polish addiction support service with the support of the TDATF.
- CARP staff have supported the establishment of a new one day low threshold homeless support service with the support of the SDCC.
- CARP has continued to identify and address the need to support and respond to emerging drug trends that our clients and community struggle with.
- CARP is progressing well to meet all the goals set out in its Three Year Strategic Plan launched late in 2014.

Chairperson's Forward

In presenting the 2015 Annual Report for CARP, we are marking yet another successful year and acknowledging the proud history of CARP in the community of Killinarden. Although 2015 was a challenging year for management, staff and volunteers of CARP we are pleased that high levels of service were given to clients and that our overall services continued to develop and grow.

This Annual Report aims to give a comprehensive overview of CARP activities in 2015 from the perspective of service users, staff, volunteers, management and the Board. It looks to a vibrant organisation, rooted in the community that strives to be a centre of excellence for local addiction services.

The Board of Directors wish to sincerely thank our staff and volunteers for their hard work, dedication and commitment to CARP and the clients it serves.

On behalf of the Board of Directors I would like to acknowledge the ongoing funding support of HSE, Family Support Agency, DSP, and YPSF. We also convey our gratitude to TDATF for their ongoing support and advice.

CARP is here to be of support and service to those whose lives are affected by addiction and we believe that this plan will guide us to do this to the best of our ability.

Patricia Darling

June 2016

Introduction to Services

This report will cover the year 2015 and give a clear and precise view of the project's activities during this time. Since our last annual report the main trend continues to be the large number of young people presenting with cocaine and alcohol problems. Another emerging drug trend is widespread use of cannabis / weed within the general population and the need to support individuals who present with this as an issue for them. Numbers attending to CARP for methadone maintenance therapy continue to remain one of our key service provisions.



1. Methadone Clinic

CARP Facilitates four HSE appointed doctors to provide this service.

Clinic hours – Tuesday, Wednesday Thursday mornings 9-12, and Thursday evening 4-8pm

All clients who attend the clinic are offered key workers, and can avail of other services and activities delivered by CARP.

Current number of clients: 63

Numbers of Clients attended for Scripted Methadone in 2015

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>Jun</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>	<i>Total</i>
195	190	210	219	176	207	233	194	217	210	193	218	2462

Urinalysis

Although this service is a routine part of our Methadone clinic, it is also available for service users who may require urinalysis for other purposes such as Court attendance etc.

Court ordered / self requested Urinalyses in 2015

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>	<i>Total</i>
15	19	16	16	18	16	16	15	9	21	15	7	183

Needle exchange

This service is supported by the HSE and facilitated by CARP staff

Opening hours: 9-5pm five days a week. Statistics show a marked increase in clients presenting for this service to support the use of steroids.

Number of clients attended for Needle Exchange

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>Jun</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>	<i>Total</i>
95	90	66	104	105	103	126	105	121	123	97	81	1216

Key working

The staff team in particular gain great credit for their dedication and commitment to becoming Community Reinforcement Approach (CRA) Practitioners, thus allowing CARP to one of few teams in Dublin 24 to have a full staff team trained and accredited in evidence based practice.

Clients from all programmes are offered key working and case management using this approach.

Number of clients attended for Key Working

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>	<i>Total</i>
12	12	12	10	10	12	12	12	12	12	12	12	140

Slanú Rehabilitation Programme

Slanú is a Special Category Community Employment Scheme for 18-25 year olds that aims to provide rehabilitative support and vocational training to help stabilise drug misusers. Slanu offers stability, routine and rehabilitation as part of its developmental programmes and referrals are welcomed from relevant statutory or community and voluntary support services alongside self-referrals. Our assessment process is conducted over a four week period,

- Initial Assessment
- Comprehensive Assessment / Risk Assessment
- Literacy and Numeracy Assessment
- One to One Session (Goal Setting)
- Weekly Pre-entry

Slanu runs from Monday to Thursday from 10am to 3pm adhering to the Biopsychosocial Model. We endeavor to work with the whole person in all areas of their life. Our programme consists of the following regular therapeutic groups, addiction awareness and harm reduction, relapse prevention, anger management, anxiety stress management, sexual health, offending behaviour, health, fitness and nutrition, etc. We also provide FETAC accredited courses, life skills and progression pathways. Alongside the workshops and modules each person receives regular one to one key working sessions whereby a care plan is developed with an emphasis on goal setting. We pride ourselves on using evidence based approaches Community Reinforcement Approach being one of them. All our staff are trained and accredited in evidence based approaches CRA, ACRA, MI, CBT, and BSFT.

We work very close with all other agencies involved in the person's care, ie Probation, Drug Courts, GPs, Mental Health Teams and family. Many of our referrals are received from the Probation Service and the Drug Courts and this has proven to be a positive outcome for the person. We will continue to build on our working relationships up with all agencies

Our progression pathways vary from person to person, some go back to full time education, part time/fulltime employment and others progress onto other rehabilitation programmes for continued support.

Slanu Attendance

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>
15	15	15	14	15	16	16	14	16	16	14	11

Number of Slanu participants key working sessions

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>	<i>Total</i>
38	38	38	35	40	40	32	34	33	32	30	24	414

Family Therapy

CARPs Family Therapist, Therese Hegarty, works with an ever increasing number of requests from families and external agencies to provide support to family members.. A referral process and waiting list is in place to engage with this service. In 2015 thirty families were seen by the Family Therapist. A total of 274 sessions took place making 2015 the busiest year so far. The waiting list has also been reduced and at the end of the year only one family was waiting. There has been an increase in the number of couples coming for therapy, and in many cases one of the partners has a long standing drug problem

Total Number of sessions in 2015

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>	<i>Total</i>
30	30	29	29	28	21	22	10	10	30	27	8	274

Youth project

Grainne Kearney started as the Youth Project Worker in November 2015. She is building various youth programmes through engaging in one to one work with young people and links with various agencies in the community.

We will aim to build the youth project to deliver a high amount of contactable hours with young people. We will aim to provide safe, quality, inclusive and accessible activities and programmes such as:

- An open-door, age-appropriate, drop in services available 5 days a week including late nights etc.
- Summer programmes and trips off-site
- Collaboration with groups, Secondary Schools, Probation, Homeless Services, Killinarden Community Centre.
- One-ones

Safety and well-being of all young people is paramount throughout all provision that will be provided. We will strive to ensure that all our provision is developmental, educational and conscious raising for young people.

We will aim is to empower young people through personal development, critical social education, confidence and social skill building, to help them develop their sense of self-worth and respect which in turn will benefit themselves, their families and our wider community. These personal and community benefits will become evident in the following outcomes:

- Drug free
- Reduced drug taking through harm reduction practices
- Attendance
- Belonging to the community/Pride
- Life & Practical skills
- Greater Cultural awareness
- Informed life choices
- Programme participation
- Increased School Completion & Education pathways
- Increased employment opportunities

Who is it for and with?

CARP will work with young people in the community aged 12 to 25 years of age. We will aim to provide a one to one drop in service 5 days per week for young people that want to engage with CARP’s youth project.

CARP will aim to work with:

- Young people who do not often engage in any other service provision
- Most at risk and vulnerable young people (target groups)
- Early school leavers
- Young people who experience marginalisation
- Young people who are experiencing issues in their lives both socially and personally
- Young people from New Communities
- Young people from the Travelling community
- Young people who enjoy our services and want to mix with their peers
- The school completion officer in Killinarden Community School
- Links to local & regional support groups
- Young people that want to reduce their drug use.

A range of youth work strategies will be used within our work with youth work. Programmes will be delivered using a variety of interactive methods and voluntary participation will be at the centre of that process.

Counselling

For much of 2015 CARPs Addiction counselling service was not staffed. In October 2015 CARP engaged a new addiction counsellor. This service is available to engage with and provide support to all clients who attend CARP. A referral process and waiting list is in place to engage with this service.



Addiction Counselling Attendance

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>	<i>Total</i>
									6	6	6	18

Cannabis reduction programme

In 2013 CARP identified the need for targeted support for clients presenting with Cannabis / Weed issues. CARP created a 12 week programme using the Community Reinforcement Approach with the support of a Recovery Support Coach. This 12 week programme is delivered one afternoon a week. Each client is assessed prior to starting the programme, and once offered a place all clients have access to a key worker weekly. 14 clients were offered this programme in 2014 and 28 clients in 2015. Initially this programme was run by two volunteer trained recovery coaches. Thankfully in 2015 the TADTF supported CARP to continue to offer this service. A referral process and waiting list is in place to engage with this service.

Cannabis Group – Keyworking Clients

<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>June</i>	<i>July</i>	<i>Aug</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>
0	0	0	0	8	6	5		7	7	5	0

Ongoing funding support from TADTF has allowed this service to continue.

Polish Addiction Support Service

In 2013 CARP engaged with a polish addiction service to provide an addiction support clinic for Polish speaking people. This service initially was offered voluntary by two polish addiction specialists. Thankfully in 2015 the TADTF supported CARP to continue to offer this much needed service.

This service is delivered every Thursday 10am – 2 pm by highly qualified polish therapists. A referral process and waiting list is in place to engage with this service

Sessions attended in 2015

<i>JAN</i>	<i>FEB</i>	<i>MAR</i>	<i>APRIL</i>	<i>MAY</i>	<i>JUN</i>	<i>JUL</i>	<i>AUG</i>	<i>SEP</i>	<i>OCT</i>	<i>NOV</i>	<i>DEC</i>	<i>Total</i>
12	12	14	14	14	14	14	14	14	14	14	14	164

Ongoing funding support from TADTF has allowed this service to continue.

Polish Alcohol Anonymous AA

With the introduction of a Polish addiction support service here in CARP in 2013, we looked too engaged with and expand this support by offering, the Alcohol Anonymous fellowships space to offer a weekly support group. This has since expanded to two weekly meetings on Tuesday 7.30pm -8.30pm and on Thursdays 8.30 pm – 9.30 pm.

Narcotics Anonymous NA

CARP also provides space for an NA meeting once a week, Monday evenings 7pm - 8pm

Homeless support Service

This service is for people who are homeless or at risk of homelessness in Tallaght and the surrounding areas. It operates on Fridays from 9am- 4pm. Families and children are welcome to the project however childcare is not available. The project began on the 4th April 2014. Those who attend are welcomed into the building and their basic details are recorded. Service users can avail of a hot breakfast and are given the options of a showering service, laundry service, change of new clothes/ shoes, key working sessions and homelessness support from a South Dublin County Council Homeless Support Worker. CARP support workers are available to have an in depth conversation with service users around their homelessness and any addiction problems they may have in order to provide them with a care plan and appropriate links to other services which they can engage with. The majority of those who access the services are male.

Client Attendance

<i>JAN</i>	<i>FEB</i>	<i>MAR</i>	<i>APRIL</i>	<i>MAY</i>	<i>JUN</i>	<i>JUL</i>	<i>AUG</i>	<i>SEP</i>	<i>OCT</i>	<i>NOV</i>	<i>DEC</i>	<i>Total</i>
53	32	54	34	57	20	45	15	19	20	20	15	384

Interagency Work

CARP has a long standing working relationship with many of the services in the Tallaght and beyond. Probation & Welfare Service, TRP, KDPPG, KCC, YODA , DSP, YOUTH REACH, TUSLA, parish, schools, In 2015 CARP was pleased to agree Service level agreements with CKU, SDCC, TRP,

2015 Funding

CARP received the following statutory grants:

HSE: Section 39 Grant Aid = **€142,984.00**

DDETB: Young Persons Facilities and Services Fund: **€42,144.00**

Family Support Agency: **€8,400**, now funded through TULSA

DDETB Emerging Needs: **€ 84,516.00**

DSP: **€80K** (Excluding CE contributions to participants)

Tallaght Drug & Alcohol Task Force (TDATF) once-off grant scheme to support community drug projects in 2015 **€ 8,000**