



ANNUAL REPORT 2018



TABLE OF CONTENTS

ABOUT US.....	3
Introduction.....	3
Vision, Mission & Values	4
Aims.....	5
Our Board of Management.....	6
Our Team.....	6
Organisational Changes in 2018.....	9
Funding	9
Our Funders.....	10
SERVICES DELIVERED IN 2018 Supporting and Complementing Local Projects & Services.....	11
SERVICES DELIVERED IN 2018 Direct Work with Service Users and Local Communities	18
WORK WITH THE CANAL COMMUNITIES LOCAL DRUG & ALCOHOL TASK FORCE.....	23
2019.....	24

ABOUT US

Introduction

The Canal Communities Regional Addiction Service (CCRAS) is a company limited by guarantee and overseen by a voluntary management committee. It is tasked by the Canal Communities Local Drug and Alcohol Task Force (CCLDATF) with implementing a range of initiatives to address substance misuse and its causes and consequences on a regional basis within the Canal Communities area. From its establishment in 2005 until late 2014, the company was called the Canal Communities Local Drugs Task Force Limited. In January 2015, the company changed its name to the Canal Communities Regional Addiction Service Company Limited by Guarantee (CCRAS), and the Canal Communities Local Drug Task Force restructured itself into a separate, unincorporated entity. However, CCRAS remains closely aligned with the strategy of the Task Force.

The Canal Communities, bordering the Grand Canal in Dublin 8, are made up of three distinct areas: Rialto, Inchicore, and Bluebell. Each area has been badly affected by poverty, social exclusion, inequality, and widespread drug use in the last two decades. The CCLDATF was established as one of 14 Local Drugs Task Force in 1997, and since then a strong community response and service provision infrastructure has been developed and grown to counter the impact of drug use. CCRAS is distinct from most other organisations in the area, in that its remit is regional. Its staff and strategy work across the three areas of Rialto, Inchicore, and Bluebell in a range of settings, and they are engaged with all elements of addressing the complex issues of drug use and addiction.

The regional nature of CCRAS means that programmes are designed and developed by CCRAS staff to ensure the progression of service users across the continuum of care from low threshold to drug free.

CCRAS endeavours to project a positive and hopeful approach to addressing harmful drug and alcohol addiction. We try to empower people and families to believe that even in the depths of their despair and hopelessness there can be progression and a pathway to survive

addiction. We want to let people surviving addiction, and their families, know they are not alone. There are many supports in the community to help people progress from harmful addiction. CCRAS, in collaboration with its local partners, has developed an integrated means to do this through education, health promotion, harm reduction, rehabilitation & treatment, drug free options, access to housing and community integration supports.

In 2018, CCRAS continued to work collaboratively with its partners to build and strengthen its services. We are fully committed to continue to work with service users, local projects, the community and the wider CCLDATF family to respond to the current and emerging needs of individuals, families and communities affected by harmful drug and alcohol addiction. We truly believe that through empathy, respect, trust, and solidarity we can make a positive change in the lives of people.

Vision, Mission & Values

Vision

A community free from harmful addiction

Mission

Through its Board of Management and team of professional workers the Canal Communities Regional Addiction Service will work in an integrated and collaborative way with communities, community groups, local drug services, statutory agencies and service users to respond effectively to poly drug use, alcohol use and addiction in the Canal Communities

Ethos & Values

The approach taken by the Canal Communities Regional Addiction Service is governed by:

- **Equality:** CCRAS will consciously, in its work and strategy, actively connect the conditions of inequality and social exclusion to problematic substance using behaviour and harmful addiction.
- **A Compassionate, Respectful and Person-Centred approach:** Seeing the person behind the behaviour and supporting them without judgement.
- **A Commitment to building Trusting Relationships:** To build trust with people using our services, peers, projects, key stakeholders, and the community.

- **Hope:** Instilling hope, supporting transformation, activating strengths, and realising potential among individuals, families and the wider community affected by drug use.
- **Self-Evaluation:** The organisation will examine, challenge, and change our own practice in order to respond effectively to the changing needs of people connecting with CCRAS.

Aims

The overall aims of CCRAS, as set out in our Strategic Plan 2016-2019 are to:

1. Support the integration of services and technical support to the CCLDATF, communities, drug and alcohol services and projects in the areas of polydrug and alcohol, harm reduction & health promotion, education & prevention, drug free supports, community development and safety.
2. Coordinate the networking of key Canal Communities drug and alcohol projects and services to enable collaboration, the sharing of relevant information and the development of 'best practice'.
3. Facilitate the informed participation of services users, their families and community residents in CCLDATF projects, structures, and forums.
4. Provide tailored support to individual service users and their families in the areas of harm reduction, polydrug & alcohol use, education & prevention, and drug free support.
5. Provide and promote relevant and timely information on current and emerging trends of drug and alcohol use in the Canal Communities area through research, and the collation and dissemination of statistical and other relevant data.
6. Support the ability of the company to adapt and tailor its activities to respond to new challenges and emerging needs.

7. Provide financial, budgetary, administrative, community and technical back-up and support to the CCLDATF.
8. Maintain a robust learner-centred monitoring and evaluation system on the activities and outcomes of the company.

Our Board of Management

CCRAS is fortunate to have a dedicated voluntary board whose expertise and skills help to oversee the efficient running of the company.

Chairperson / Director	Greg Kelly
Secretary	Patrick Gates
Director	Brendan Hester
Director	Yvonne McGowan
Board Member	Aisling Holland
Board Member	Joanne Dunne
Board Member	Paul Hand

Our Team

CCRAS has a loyal and dedicated team of professional staff that operate across the Canal Communities of Dublin 8 (Bluebell, Inchicore, and Rialto). The company takes a strategic and integrated approach to addressing harmful addiction in the Canal Communities. The work of the staff reflects the priorities of the company with a strong focus on prevention, early intervention, treatment, and rehabilitation embedded within a community development ethos and a commitment to social inclusion, equality, dignity, and rights.

Manager	Patrick Gates (Consultancy Role – 17.5 hours per week)
Administrator	Elaine Whelan (4 days per week)
Community Rep Support	John Bissett (Fulltime)
Drug Education Coordinator	Ciara Faughnan (Fulltime)
Drug Free Worker	Trish O' Neill (4 days per week)
Harm Reduction / Health Promotion Coordinator	Paul Holdaway (Fulltime)

Polydrug & Alcohol Project Worker

Project Development Worker

Change in personnel in July 2018

Norah Byrne (Fulltime)

Emma Fox: Ceased employment in May 2018

(2.5 days per week)

Kinga Paszko: Commenced in role in July 2018

(2.5 days per week)

Roles of Staff (Main Goals)

Manager

To lead and manage the overall development, planning, implementation, and administration of CCRAS, its strategy and to manage staff, finances, and governance and to ensure the priority needs of the target groups are met

Administrator

To maintain efficient organisation administration to support the effective governance of the CCRAS CLG and the Canal Communities Local Drug & Alcohol Task Force (CCLDATF)

Community Rep Support Worker

To work with the Community Representatives on the CCLDATF, groups and organisations, using creative methods and approaches to develop their capacity and active participation in addressing the causes and consequences of addiction and problematic drug use using community development approaches

Drug Education Coordinator

To develop a knowledge-based response to the prevention of drug (including alcohol) misuse and to the treatment and rehabilitation needs of drug users, through education, capacity training and awareness-building on addiction, problem drug use and primary care

Drug Free Worker

To promote and support drug free options and community integration through individual and group work in the community

Harm Reduction / Health Promotion Coordinator

To reduce harmful practices and deliver health promotion among drugs users

Polydrug & Alcohol Project Worker

To reduce the use of Alcohol and Poly Drug Use among the clients of the Canal Communities drug, community, and youth projects

Project Development Worker

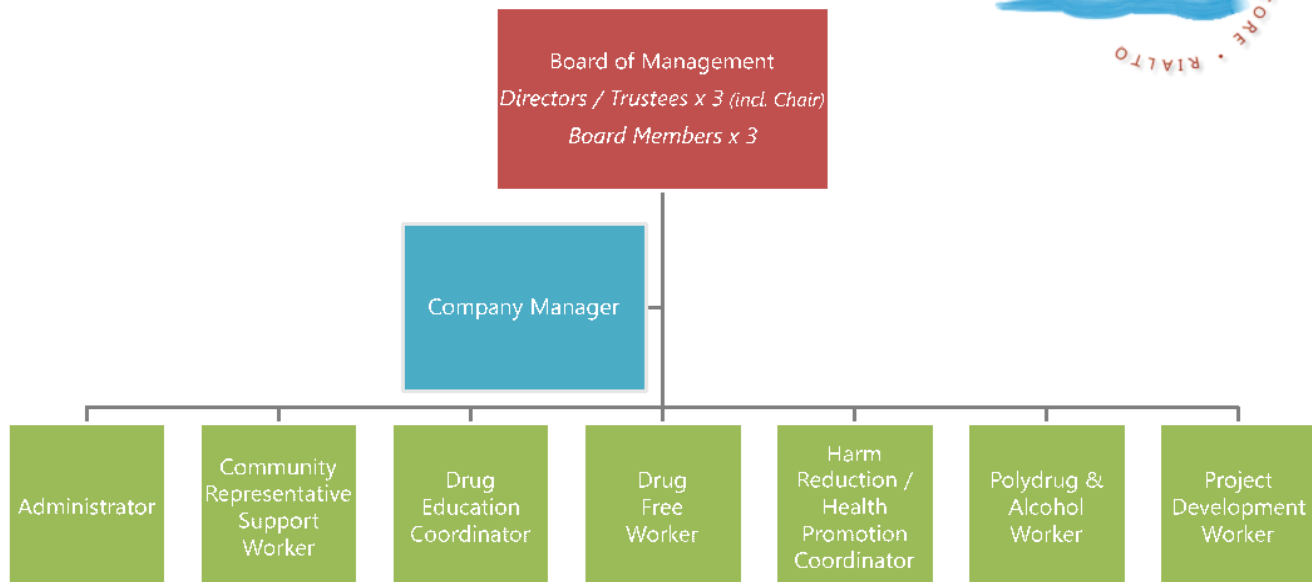
To facilitate the development and enable the capacity of Services Users and Community Groups to reduce supply and use of illicit, addictive, and harmful drugs

CCRAS Staff work with...

CCRAS is a regional service which complements and supports the work of organisations tackling the causes and consequences of substance misuse in the Canal Communities area of Dublin: Bluebell, Inchicore, and Rialto. CCRAS works with:

- People actively using drugs;
- People who have or want to become drug-free;
- Residents and community representatives who challenge the causes and consequences of drug use in the area;
- Statutory and voluntary agencies who are tasked with meeting the policing, housing and health needs of the community;
- Families living with a family member's addiction/s;
- People living through and seeking help for their own addiction and mental health problems;
- Service users advocating for change;
- Staff facing the continuous challenges and changes of drug use within an environment of poverty and social exclusion;
- And CCLDATF structures designed to tackle all aspects of harmful drug use in the Canal Communities.

Organisational Chart 2018



Organisational Changes in 2018

Charitable Status: CCRAS was successful in securing charitable status.

Charity Number: 20200847

Changes in Personnel: In July 2018, there was a change in personnel in the role of Project Development Worker.

Funding

CCRAS is funded entirely through the Department of Health and the HSE Addiction Services. In 2018 CCRAS received funding totalling €356,421.00.

Breakdown of funding

Department of Health / Task Force Interim Funding: €301,041

HSE Addiction Services / Section 39 Mainstream: €55,380

CCRAS also administers funding on behalf of the Canal Communities Local Drug & Alcohol Task Force. In 2018 CCRAS received a total of €61,325 relating to the Task Force.

Breakdown of funding

Department of Health / Task Force Interim Funding:	€25,325
Department of Health:	€10,000
Once Off Ministerial Funding:	€36,000

The audited accounts for 2018 are included under separate cover.

Our Funders



SERVICES DELIVERED IN 2018

SUPPORTING AND COMPLEMENTING LOCAL PROJECTS & SERVICES

CCRAS enjoys a positive and constructive relationship with many other services across the Canal Communities area. During 2018, CCRAS provided a variety of programmes and supports on behalf of, and in conjunction with, local organisations. These activities included:

- Alcohol Education & Support Programme (Out-of-hours)
- CAN2
- Seeking Safety Course
- Self-Esteem & Motivation for Recovery Programme
- STORM Training (Suicide prevention & intervention)
- SAOR Training (on behalf of the HSE)
- Healthy Heads Programme
- Fit for Work and Life workshop
- 'We Can Quit' Programme

CCRAS also engaged with a local secondary school to deliver a Drug Education for Parents Programme and work began on the School Health Alcohol Harm Reduction Programme (SHAHRP).



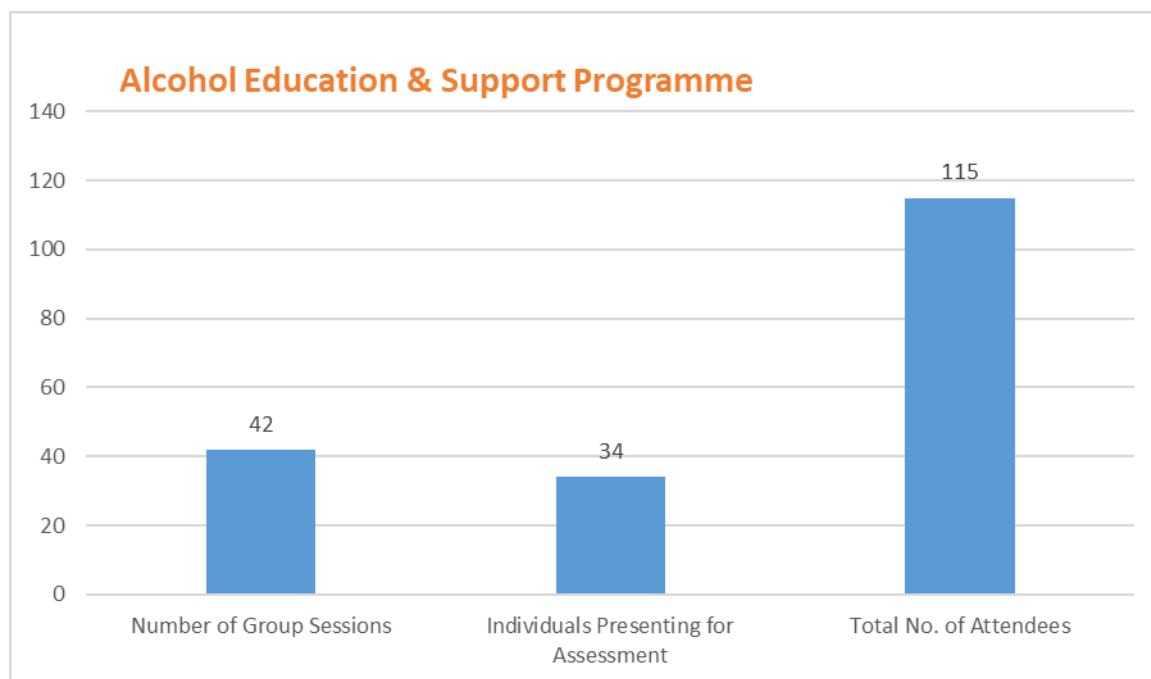
Brief Overview of Services Provided in 2018

CAN2

CAN2 is an initiative for the up-skilling and professional development of local project staff based on emerging issues. Based on an identified need a workshop on 'Supporting Survivors of Sexual Violence' was held in April.

Alcohol Education & Support Programme (Out-of-hours)

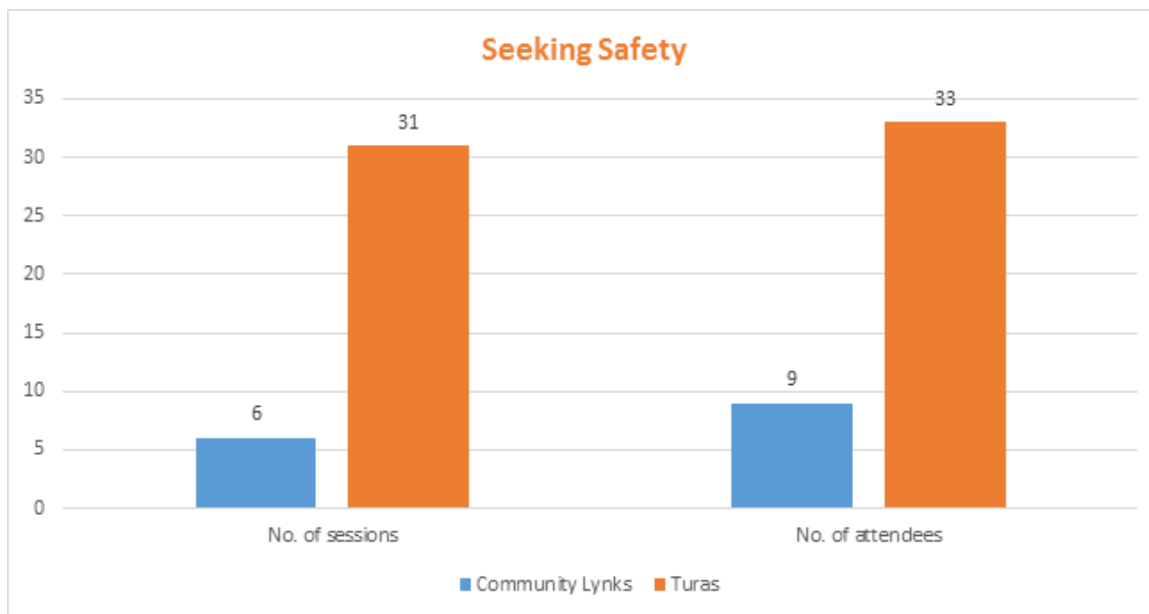
Weekly support group run in conjunction with the Rialto Community Drug Team
Target Group: Individuals from Canal Communities and surrounding areas who are concerned about their alcohol consumption and affected family members.



Seeking Safety Course

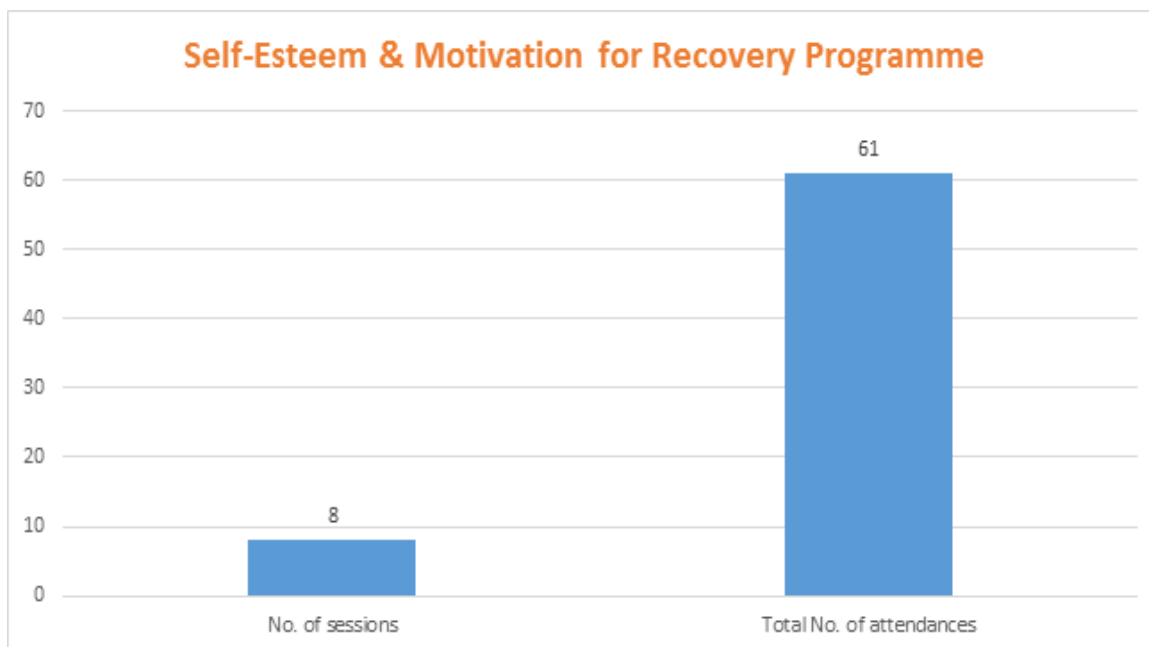
Seeking Safety is an integrated, present-focused model for the treatment of substance misuse, addiction, and post-traumatic stress disorder (PTSD).

In 2018 CCRAS delivered two courses for local projects – Community Lynks Project and Turas Training.



Self-Esteem & Motivation for Recovery Programme

Delivery of Self-Esteem & Motivation for Recovery programme for Frontline: Connections Programme. In 2018 two groups were run.



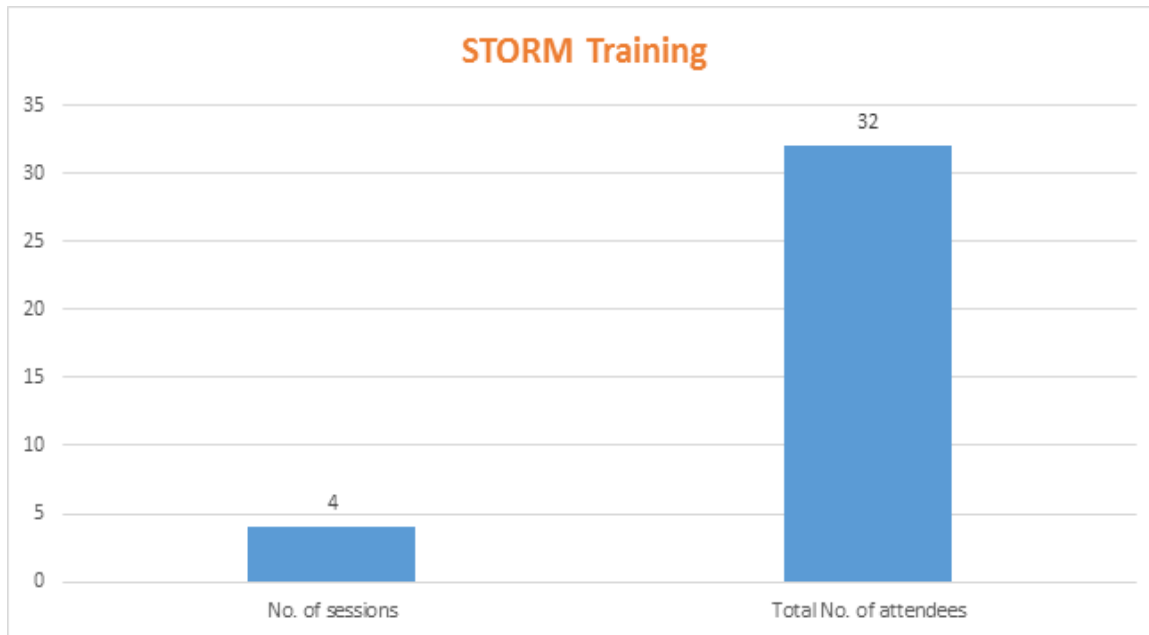
STORM Training

Provision of STORM training to frontline staff to give them the skills needed to work safely and effectively with individuals who are thinking about suicide or may be self-harming – (a)

2-Day Course in Suicide Prevention and Intervention and (b) 1-day course on Self-harm/Self-injury Mitigation, open to those who have completed module (a)

Target Group: Frontline staff in the Canal Communities and Dublin 12 areas working in primary care, treatment and rehabilitation services and wider community services.

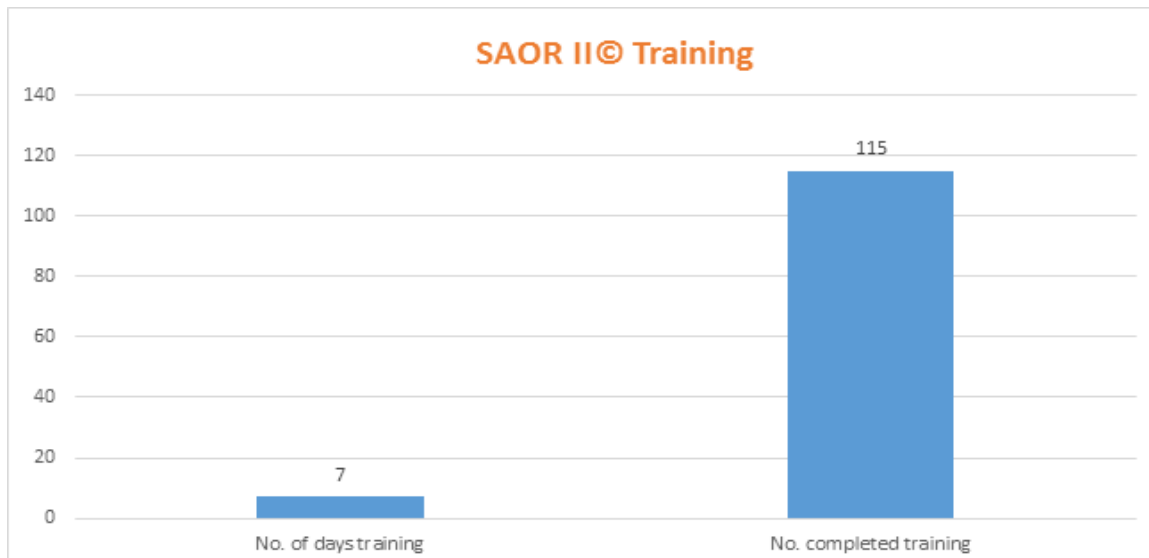
Delivered in conjunction with the Dublin 12 Local Drug & Alcohol Task Force.



SAOR II© Training

Delivery of Training in HSE's SAOR Screening and Brief Interventions for Alcohol and Substance Misuse.

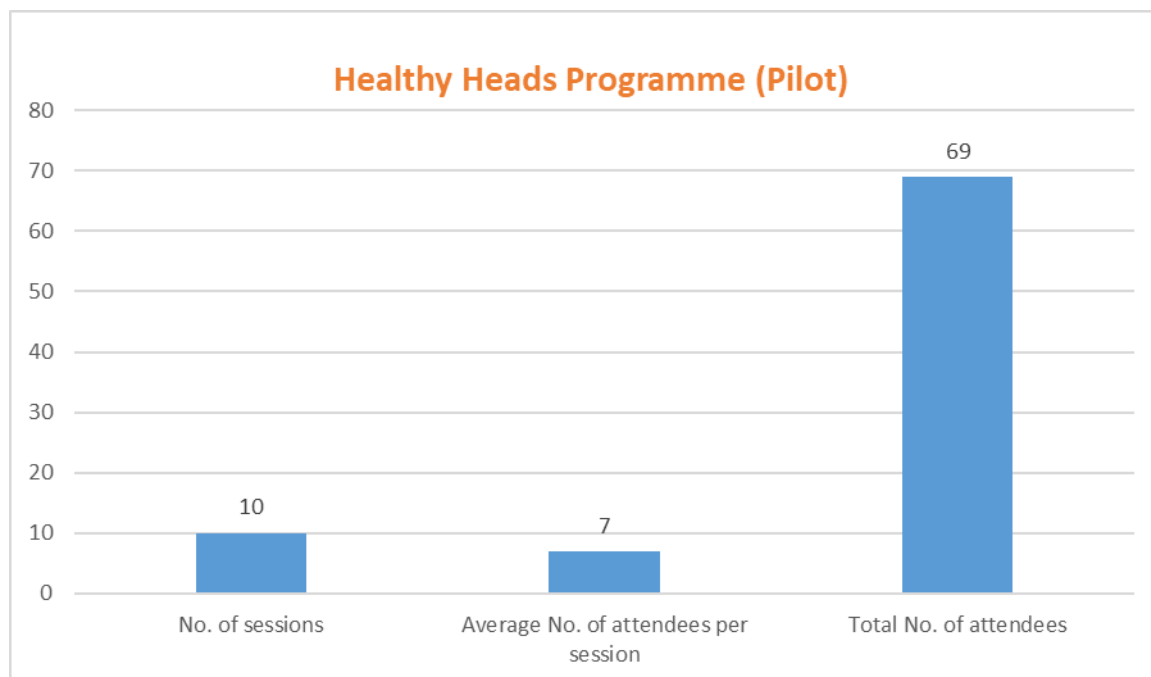
Target Group: Staff and students from statutory, community and voluntary sectors working in Tier 1 to Tier 4 Services in Dublin 8, Dublin 12 and in other Task Force areas



Healthy Heads Programme (Pilot)

Delivery of "Healthy Heads" mental health workshops for a dual diagnosis mental health support group based in Rialto Community Drug Team.

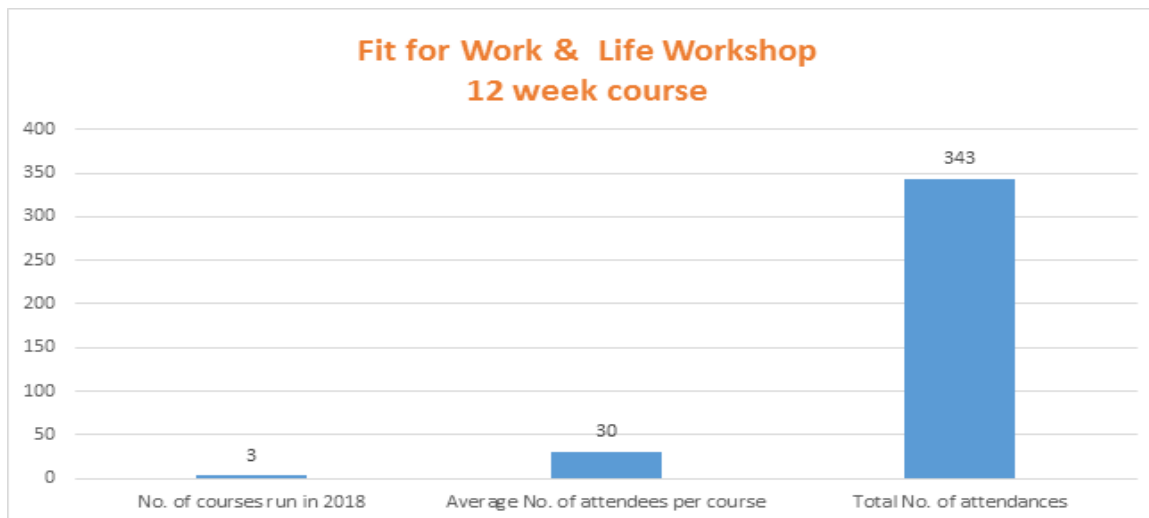
Target Group: Individuals known to the Rialto Community Drug Team who are actively misusing substances, and who also have mental health issues, and staff members of the Rialto Community Drug Team.



Fit for Work and Life workshop

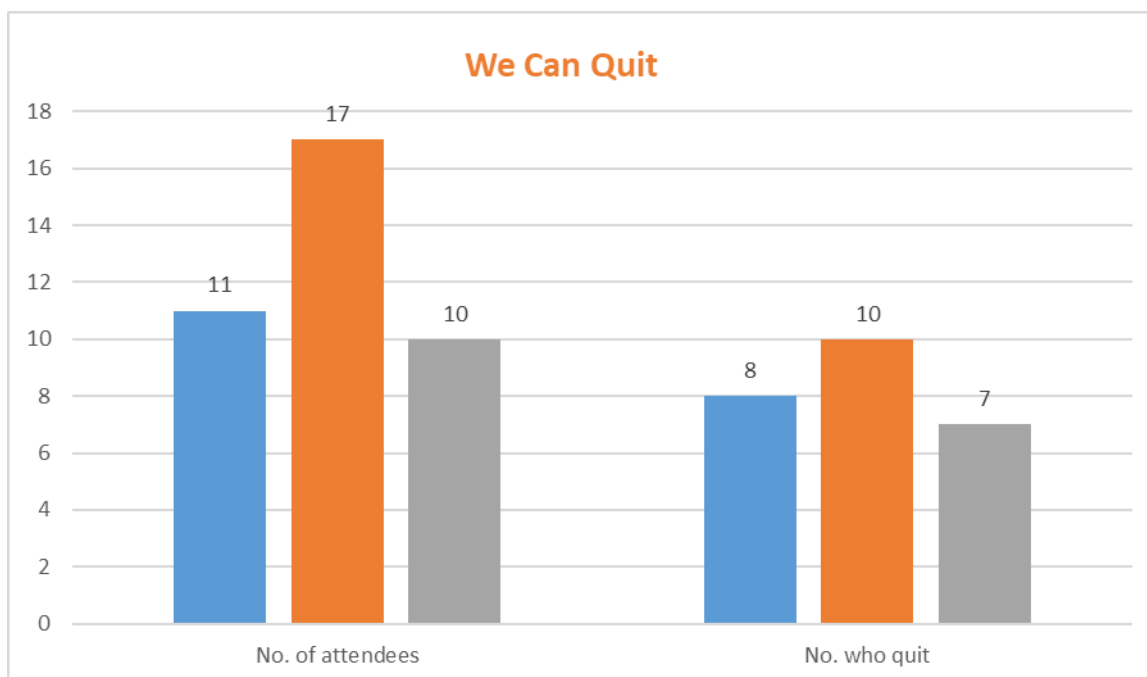
Delivery of 'Fit for Work and Life', a workshop-style, community education programme developed by the Irish Cancer Society. The programme aims to provide participants with accurate information on health and on healthy living, and to empower and motivate them to take control over their own health and well-being.

General target group for 'Fit for Work and Life': unemployed people and those with low incomes (particularly young people aged 18-36 years) who are participating in employability, social inclusion, and other community-based adult education programmes. The programme was delivered to service users from Community Lynks Project, Turas Training and the F2 Centre.



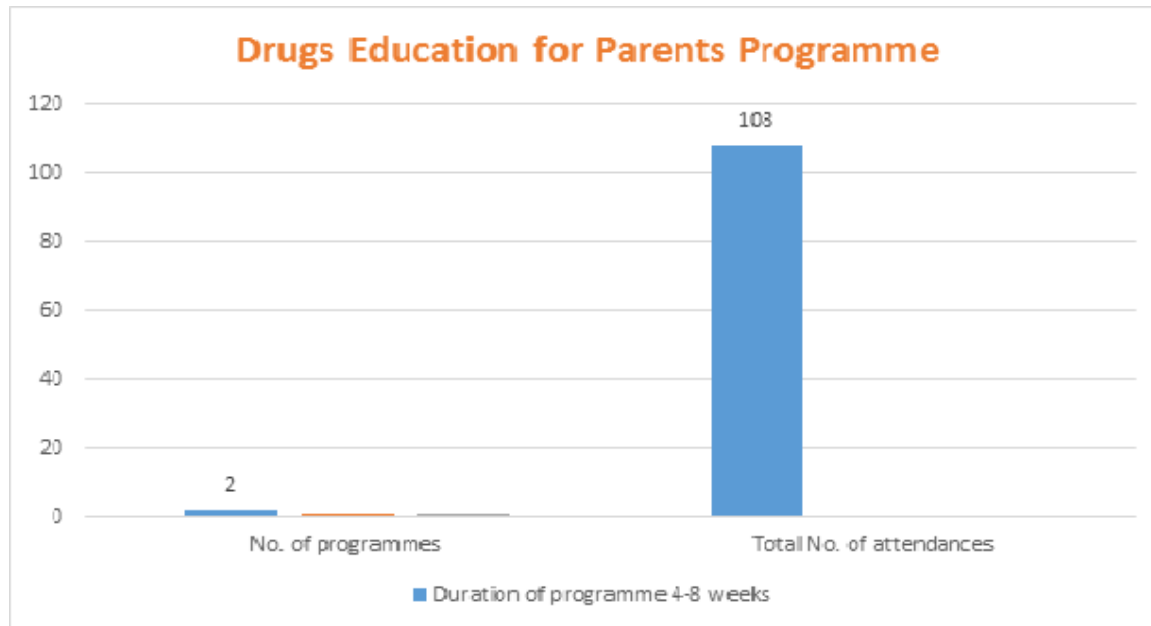
'We Can Quit' Programme

Joint organisation and delivery of a community-based smoking cessation programme developed by the Irish Cancer Society. The programme encourages women living in socially and economically disadvantaged areas to quit smoking.



Drugs Education for Parents Programme

The course aims to increase parents' awareness and knowledge of issues relating to substance misuse, and to give parents practical advice on how to prevent their children from using drugs.



School Health Alcohol Harm Reduction Programme (SHAHRP)

SHAHRP is an evidence-based alcohol education programme aimed at reducing alcohol-related harm and risky consumption among young people. It is normally delivered in schools. The Canal Communities Local Drug & Alcohol Task Force is one of five Task Forces in a partnership to pilot the use of SHAHRP in Ireland.

SHAHRP is a 14-week programme delivered in two phases (each session last 40 minute):

- Phase 1, 8 sessions for 1st years in secondary school, for children of approx. age 13
- Phase 2, 6 sessions for 2nd years in secondary school, for children of approx. age 14

In 2018, the Drug Education Coordinator completed her own 'Train the Trainer' training, and then co-ordinated and hosted 'Train the Trainer' training for 18 teachers from different areas, on behalf of the Drug and Alcohol Education Workers' Forum.

SERVICES DELIVERED IN 2018

DIRECT WORK WITH SERVICE USERS AND LOCAL COMMUNITIES

CCRAS continued to work with those struggling with substance misuse, their families, and the local communities, providing a variety of supports including:

- Advocacy
- Canal Communities Service Users Forum
- Community Development Work
- Drug Free Aftercare Social
- Information Stands / Public Events
- One-to-One Sessions and Crisis Interventions
- Outreach
- SMART Recovery mutual support meetings for abstinence
- Women's Recovery Group

Canal Communities Service Users Forum

CCRAS continued to support the Canal Communities Service Users Forum, promoting, organising, and facilitating the participation of current and former service users in the structures and processes of the Canal Communities Local Drug and Alcohol Task Force.

CCRAS, through its work with the forum, endeavours to provide service users with a platform to share their knowledge, experience and opinions which helps to influence future planning and actions of Task Force.

Work continued on the Service Users magazine 'Vocaleyéz': one issue was published, 'Winter 2018'.

Community Development Work

Throughout 2018 CCRAS supported and promoted community participation in local regional and national structures. CCRAS assisted the Canal Communities Local Drug & Alcohol Task Force (CCLDATF) with running three public meetings (in Bluebell, Inchicore and Rialto) to discuss and promote a programme of community mobilisation and participation around the strategy of the CCLDATF and the National Drug and Alcohol Strategy (Reducing Harm, Supporting Recovery).

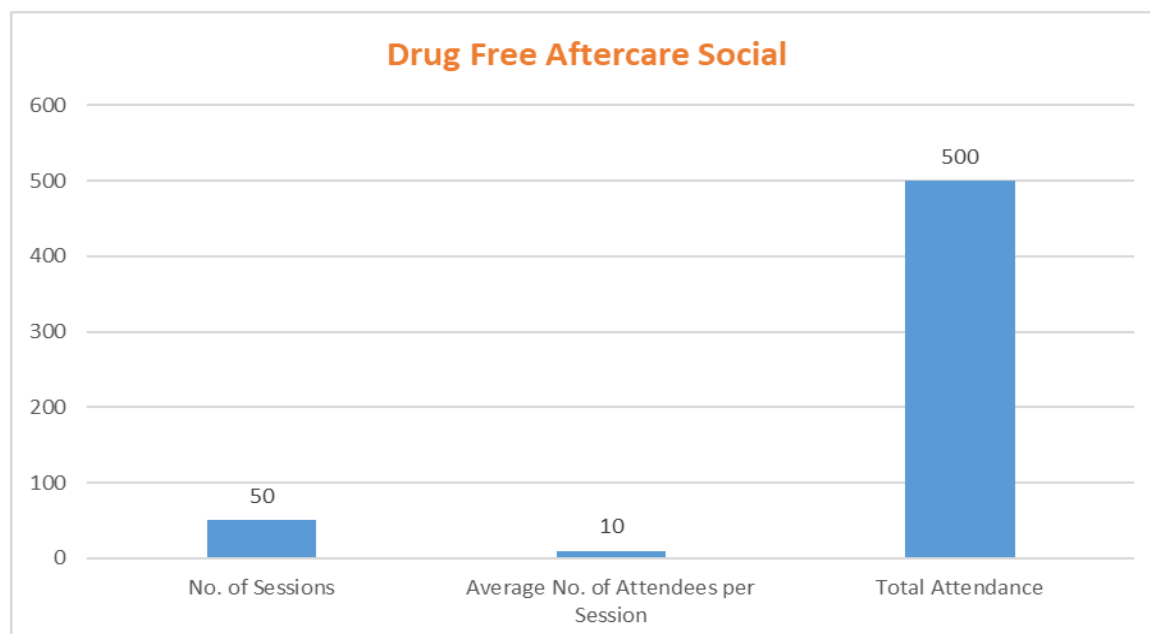
CCRAS also provided support and participation with the St Michael's Regeneration Team. This committee has been working for 19 years to bring about the regeneration of St Michael's Estate in Inchicore. The objective of the regeneration team is now to ensure that its proposal for the provision of 'cost rental' housing on the remainder of the site is implemented. The role of CCRAS, and in particular that of the Community Representative Support Worker is to provide support to community representatives on the regeneration team to achieve that objective. The rationale for CCRAS's involvement is the belief that improved housing and living conditions for local individuals and families will lead to a decrease in the misuse of drugs/alcohol locally.

Work also continued with the community of Dolphin House. CCRAS facilitated meetings of a residents' group around issues such as crime, substance misuse and the regeneration of the estate. The first phase of the regeneration project was completed but there have been many problems since its completion. The next phase has seen many difficulties getting to the design stage and planning applications seem a way off. Many of the residents that the Community Representative Support Worker has worked have been left frustrated with the lack of progress and the uncertainty it has generated. CCRAS will continue to support the residents through this process.

Drug Free Aftercare Social

The social continued to run on a weekly basis. The peer-led group provides an alternative social space for individuals who are continuing their drug free journey.

Ongoing support was provided to assistance attendees as they deal with conflict, insecurities, and fear of the unknown in terms of how to live without their addiction.



Information Stands / Public Events

CCRAS participated in the Canal Communities Local Drug & Alcohol Task Forces Drug & Alcohol Awareness week which took place in October. As part of the awareness week CCRAS hosted the following information sessions:

- Information Stand / Interactive Activities in Inchicore College for Further Education
 - ▶ 100 individuals engaged
 - ▶ 30 one to one
 - ▶ 8 referrals
- Information Stand (Weed focussed) in the F2 Centre, in Fatima
 - ▶ 20 engaged
 - ▶ 5 one to one
 - ▶ 1 referral
- Information Stand (Weed focussed) in Dolphin House
 - ▶ 20 information packs distributed

In July CCRAS also hosted an information stand as part of the Dolphin House Community Centre Health Fair Day with approx. 30 individuals engaging with staff.

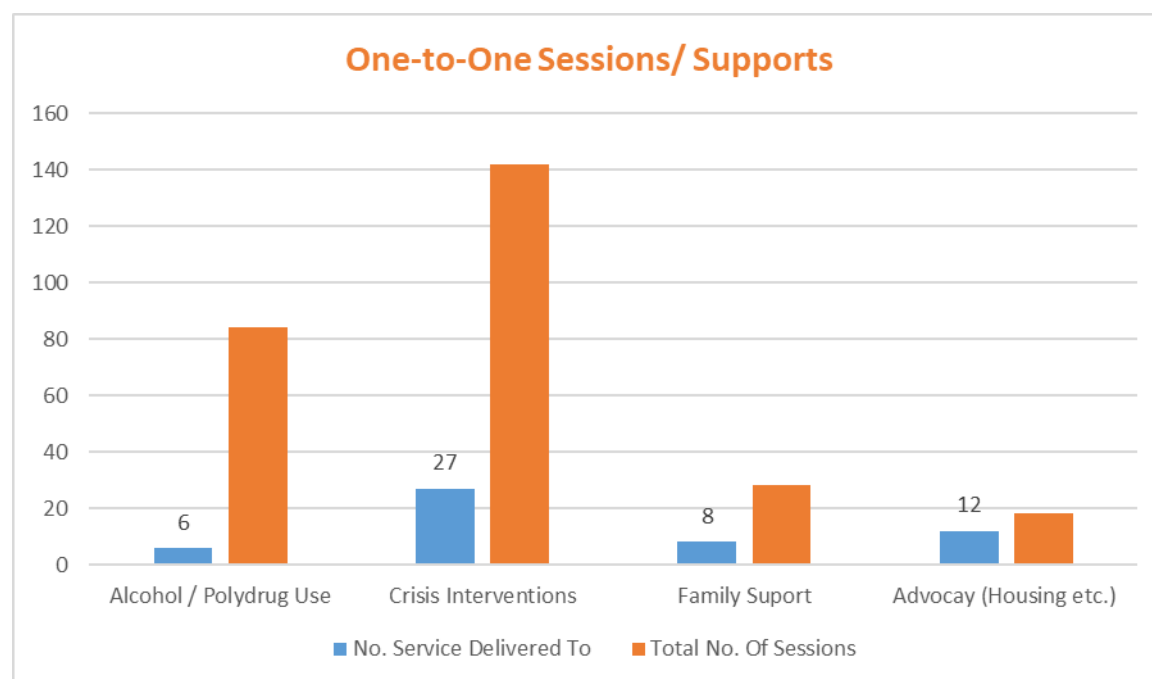
One-to-One Sessions & Crisis Interventions

CCRAS provided a range of One-to-One sessions with individuals referred by local and statutory services for interventions for issues related to alcohol/ poly-drug use and who can have underlying issues, including:

- Anger management
- PTSD
- Relationship issues
- Depression
- Anxiety
- Low self-esteem

CCRAS provided short-term emergency interventions to service users in immediate crisis (severe depression; out-of-control drug or alcohol abuse; homelessness; suicidal thoughts; threats of violence etc.) and referred them back into local projects for additional supports when the immediate crisis was dealt with.

CCRAS also provided supports in relation to advocacy and family support.



Outreach

In partnership with the HSE Addiction Services Outreach Team CCRAS provided a needle exchange outreach service. Items (needles, pipes etc.) were distributed across the Canal Communities and Dublin 12 areas on a total of 640 occasions.

Advice on safer injecting/ safer drug use was provided, along with information about available supports and services.

SMART Recovery mutual support meetings for abstinence

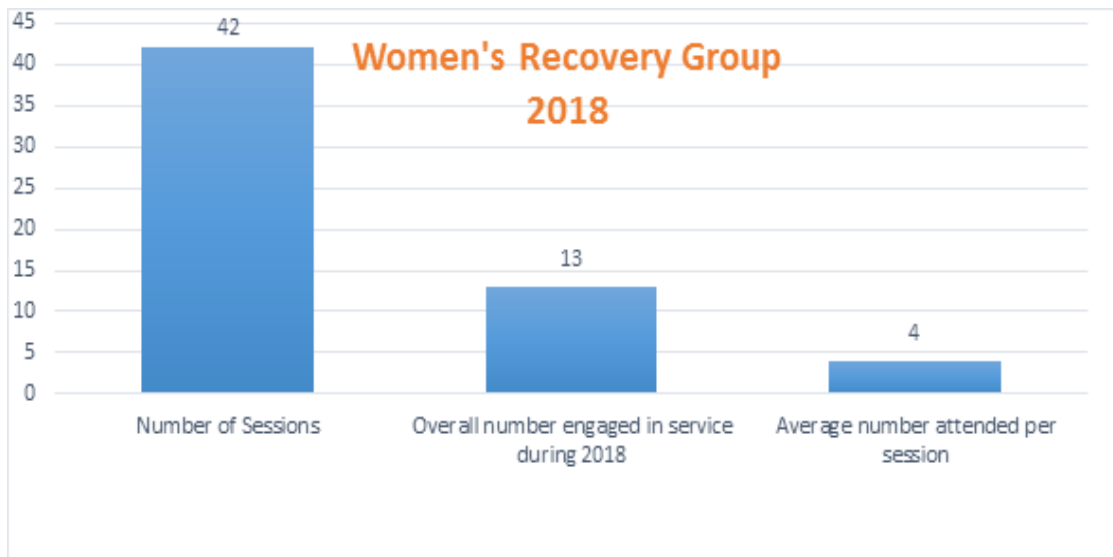
In 2018 CCRAS organised and co-facilitation weekly SMART Recovery Open meetings. Individuals joined the group through self-referral or referral from a range of service providers, e.g. local projects, Probation Officers, social workers.

Target Group: Individuals from the Canal Communities and the surrounding areas who wish to be abstinent from addictive behaviours, or who are working towards such abstinence. 50 sessions were held in 2018 with a total of 294 attendances.

Women's Recovery Group

Weekly peer support group for women

Target Group: Female service users who are seeking support for harm reduction, recovery goals from substance misuse, abuse, and dependence



WORK WITH THE CANAL COMMUNITIES LOCAL DRUG & ALCOHOL TASK FORCE

In 2018 CCRAS continued to work closely with the Canal Communities Local Drug & Alcohol Task Force (CCLDATF). CCRAS plays a key regional role as part of the CCLDATF strategy and infrastructure. It provides expertise to a number of the CCLDATF groups focused on making improvements to service delivery and responsiveness in the area including:

- Alcohol Subgroup
- CAN2
- Drug & Alcohol Awareness Planning Subgroup
- Family Support / Respite Grant Assessment Panel
- Local Policing Forum
- STORM Training Initiative
- Task Force General Committee
- Treatment & Rehab Subgroup
- Working Group

CCRAS will continue to support these groups in delivering the Task Forces local strategy and the National Drug strategy (Reducing Harm, Support Recovery).

2019

CCRAS looks forward to more organisational development in 2019 and will begin work on its new strategic plan. We will again strive to provide a holistic service to local projects, service users, their families, and the local community.

We will endeavour to support those who continue to use alcohol and drugs to improve their quality of life and to support those wishing to make changes.

We look forward to continuing working with our partners and to build on the work done in 2018.

The CCRAS Board of Management and Staff would like to extend our thanks to all our partners for their support throughout the year.



Canal Communities Regional Addiction Service CLG

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Company Registration Number: 396884

Charity Number: 20200847

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