

OCTOBER 2024

VOCALEYEZ

EDITION

Magazine

We are delighted to welcome you to this October 2024 Edition of Vocaleyez newsletter, which is published between the Canal Communities Service User's Forum and the Canal Communities Regional Addiction Service (CCRAS).

Our Team

Contributors: Amy, Niamh, Carol, Pauline, Janette, Louise and Tony.

Celine Greene, CCRAS Development Worker

**We want to hear your voice:-
Contact Celine
Ph: 083-2043322
Email: celine@ccras.ie**

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WE WANT TO HEAR FROM YOU!



Canal Communities
Service Users' Forum





HSE Drug Warning



June 14th 2024

Extreme Risk

Nitazene-type opioids found in counterfeit benzodiazepine tablets following overdoses and hospitalisations in Dublin, Galway and the mid-West.

Ongoing concern

Nitazenes are strong synthetic opioids that can cause serious overdoses, hospitalisation and drug-related death.

Recommendation

Do not take these tablets.
Talk to a local service about naloxone.
Mind yourself and care for others.

It's safer not to use drugs at all.



Appearance

Nitazenes can be found in pills or powder. Current overdoses linked to yellow tablets.

Do not buy:

- new types of drugs
- new batches
- from new sources



#ReduceTheHarms

DRUGS.ie

Professor Eamon Keenan, HSE National Clinical Lead, Addiction Services, said: “We urge extreme caution following a number of overdoses related to counterfeit benzodiazepine tablets. Preliminary analysis suggests that nitazenes, a potent and dangerous synthetic opioid, may be responsible. These pose a substantial risk of overdose, hospitalisation and death.”

Your well-being is important; remember to look after yourself and care for others.

Follow these harm reduction steps to help reduce the risks:

Avoid taking these tablets, new batches of drugs, new types of drugs or obtaining drugs from new sources due to unknown risks;

Talk to your local service or doctor about accessing Naloxone for free - Naloxone temporarily reverses the effects of opiate-type drugs like heroin, keeping the person alive until emergency services arrive;

Get medical help immediately if you see signs of overdose - stay with the person until help arrives.



HSE Drug Warning

March 15th 2024



Extreme Risk

The HSE is expanding its red alert to include Irish prison settings.

A red alert remains in place for people in Dublin and Cork.

Appearance

Irish overdoses have been linked with a light brown/tan powder containing a nitazene drug called 'N-pyrrolidino protonitazene'.

Nitazene drugs have also been identified in illicit tablets in the UK.

Recommendation

It's safer not to use at all, if you do, talk to a medical professional about treatment and harm reduction if you use drugs in prison.

Mind yourself, care for others and make a safety plan if you use in prison.



Nitazene found in prison setting

Photo source: HSE National Drug Treatment Centre Laboratory

Ongoing concern

Nitazenes are strong synthetic opioids that can cause serious overdoses, hospitalisation and drug-related death.

Don't be afraid to seek medical help if you feel unwell.



#ReduceTheHarms

DRUGS.ie

18th April 2024

HSE Emerging Drug Trend Advisory Notification

On-going concern for products sold as benzodiazepines on the Irish market

This advisory notice has been issued by the HSE National Clinical Lead for Addiction Services to notify service providers of the on-going risk of counterfeit benzodiazepines containing new psychoactive substances (NPS).

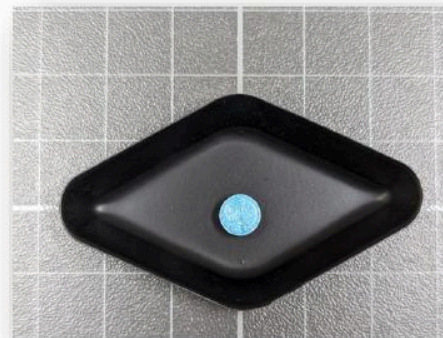
NPS or new types of benzodiazepines appearing on the market are of particular concern due to the high potency of these substances even at low doses.

- NPS benzodiazepines can produce strong sedation and amnesia. Additional adverse effects include loss of coordination, drowsiness, dizziness, blurred vision, slurred speech, and, in some cases, death. Naloxone will have no effect on reversing symptoms from NPS benzodiazepines.
- Risks are increased if one or more substances are used by a person, or if tablets are pressed to contain one or more substance.

Bromazolam

Recently, Bromazolam has become a common NPS benzodiazepine appearing on the Irish market.

- Bromazolam can appear in a variety of different types of pills, but has been commonly found as round blue or white pills. A small number of samples have been reviewed by the HSE National Drug Treatment Centre Laboratory this year which contained Bromazolam.
- Bromazolam produces strong sedative and sleep-inducing effects and as a result there is a significant risk of overdose.

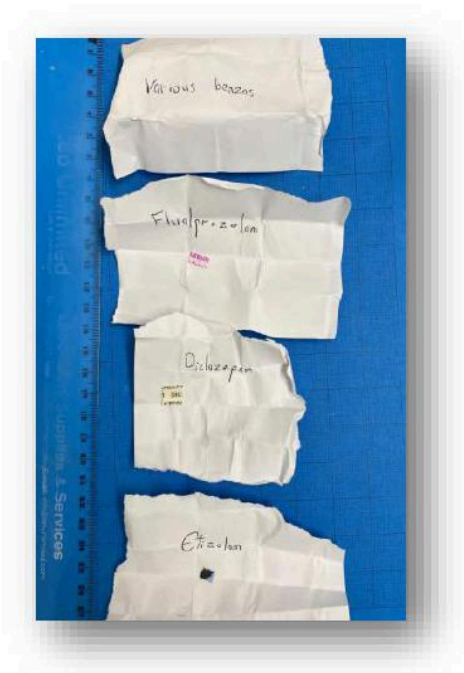


Tablets analysed by the HSE National Drug Treatment Centre Laboratory and found to contain Bromazolam .

Blotter paper benzodiazepines

New benzodiazepines may also appear in new forms such as on 'blotter paper', which can be harder to identify in terms of contents and potency of the product.

Service providers in the community and in forensic settings should be aware of these developments.



Variety of benzodiazepines obtained by the HSE through 'Back of house' drug monitoring in festival settings

Due to the variety of tablets available nationally, this area is difficult to monitor and service users should be advised to treat all counterfeit tablets with caution. **These new benzodiazepine products can cause severe sedative effects and symptoms cannot be reversed through the use of naloxone. Overdose responders should consider this possibility in cases where severe sedative effects are not reversed following the administration of naloxone.**

Over the last decade, the EU Early Warning System on new psychoactive substances (NPS) has detected an increasing number of 'new' benzodiazepines on Europe's drug market. In response to this emerging trend, the HSE has issued a number of advisory notices since 2019 on different types of products appearing such as Etizolam, Flualprazolam, counterfeit 'Xanax sticks' and products which contain both a benzodiazepine (alprazolam) and an opioid (Tramadol). In addition, products which aren't licensed for sale in Ireland such as 'Ksalol' known as 'castles' have become a prominent feature on this market and have led to health concerns.

It is always safer not to use prescription medications outside of prescribing guidelines or as directed by your prescribing doctor and safer not to source counterfeit tablets, as you can never be sure of the contents of such tablets. However, people who use these medications should be provided with information on how to minimise harms. Harm reduction information and posters can be download from www.drugs.ie/newbenzos

We request that services share these messages with your client group within services, through your harm reduction interventions directly with people who use and through your social media channels.

Eamon Keenan

Prof Eamon Keenan, HSE National Clinical Lead – Addiction Service

What are Nitazenes?



- Nitazenes are synthetic opioids
- 2-benzyl benzimidazole
- First developed in the 1950s as analgesics but were found to be too potent so were not approved
- Since 2019, they have re-emerged within illegal drug supplies in the United States, UK and other European countries
- While nitazenes are structurally unrelated to other opioids, they also bind with the mu-opioid receptor, relieving pain and evoking feelings of euphoria followed by drowsiness
- Nitazenes are many hundred times more potent than morphine/heroin which creates particular challenges in terms of fatal overdose risk.
- There are several analogues in the nitazene family, with the potential for new ones to be developed
- Some of those detected in illegal drug supplies include butonitazene, isotonitazene, protonitazene and metonitazene. Etonitazene has been reported to be the most potent
- It has been reported that nitazenes have filled a void caused by the decision of the Taliban to cut opium production in Afghanistan, although the true impact of this is likely to be felt towards the end of 2024
- Some of those detected in illegal drug supplies include butonitazene, isotonitazene, protonitazene and metonitazene. Etonitazene has been reported to be the most potent
- Worryingly, nitazenes have also been detected in cocaine and synthetic cannabis, known commonly as 'spice', as well as counterfeit medicines, including benzodiazepines and oxycodone

Relative potency to heroin	
Heroin	1
Fentanyl	50
Metonitazene	50
Protonitazene	100
Isotonitazene	250
Etonitazene	500

Source: [The Lancet](#)

the
PHARMACEUTICAL JOURNAL

Cluster of opioid overdoses

- In November and December 2023 the HSE was notified of an unusually high pattern of opioid overdoses occurring in Dublin city centre among people attending homeless services
- A total of 77 overdoses between Dublin and Cork.
- A 'red alert' risk communication was issued by the HSE which helped protect people who use illicit drugs via urgent analytical review of samples, mobilisation of frontline services to deliver tailored harm reduction measures
- Toxicology confirmed that the nitazene type involved in these overdoses was N-Pyrrolidino protonitazene

Nitazenes

International Perspectives

- The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) was first notified about the presence of isotonitazene in a biological sample obtained in July 2019
- Since that time, isotonitazene has been implicated in over 200 drug-related overdose deaths in Europe and North America
- This figure is likely to be a gross underestimation as many jurisdictions lack the facilities to test for nitazenes
- Metonitazene was first identified in the street drug supply during the COVID-19 pandemic (early 2020)
- Metonitazene was more often used in combination with other drugs such as fentanyl, benzodiazepines, hallucinogens, and other opioids.
- Nitazenes are available in powders, counterfeit tablets, or liquids and may be mixed with inert substances and/or combined with other drugs, such as heroin, fentanyl, and benzodiazepines

Signs of an Opioid Overdose

- Heavy intoxication, lethargy
- Pale skin, lips/fingernails 'bluish' tinge
- Pinpoint pupils (not with everyone)
- No response to noise or touch – 'unroutable'
- Loss of consciousness
- Breathing problems e.g. slow/shallow breathing, heavy snoring/rasping breaths or not breathing at all

Treating an Opioid Overdose

- Remove anything that may cause injury
- Check if the person is conscious by shaking shoulders
- Seek medical assistance, call an ambulance
- Check airways and that they are breathing
- If not breathing use an AED if available and carry out CPR
- Naloxone can be administered if signs of opioid overdose are present (and if the person is trained in the use of Naloxone)
- Once breathing place in recovery position
- Wait with patient and reassure and monitor until help arrives
- If breathing place in recovery position

Monitoring and reporting the emergence of nitazenes in medical settings

Given the limited information available on nitazenes and N-pyrrolidino protonitazene on the EU drug market, it is important to document possible cases among your patients as well as sudden increases in opioid overdoses among your patient group.

Below areas are of significance for monitoring and review of outbreaks at this time:

The number of suspected presentations (if clusters begin to present)

The patient's symptoms

Naloxone dosing and titration

Additional treatment provided and patient recovery (if felt necessary)

If the person is suspected to not be an opioid user but displays the symptoms of an opioid overdose (for example, if the use of other drugs are reported such as tablets, stimulants, dissociatives, psychedelics or cannabinoids)

Fatalities possibly linked with nitazene exposure that require further review

Sample access (if paraphernalia, the substance itself and biological samples are available related to the possible case(s))

What are Nitazenes?

Common nitazenes recently identified in Europe include:

Isotonitazene

Metonitazene

Etonitazene

Protonitazene

N-pyrrolidino protonitazene

N-desethyl isotonitazene

N-pyrrolidino protonitazene

Gambling Addiction

My name is Tony, I must have been about 14 when I first walked into a bookmaker I can't remember if I placed a bet but it definitely planted a seed in me about gambling.

I was interested in football and my team was Liverpool. I was a big fan and followed all the results and names of players. It was a football coupon that grabbed my attention on the outcome of matches where you could predict the outcome or result. You could select as many matches to place a wager for as little as 5p or 10p to win a certain amount.

I can remember when I placed my first bet at the age of 16.

When I started to work most of my wages would go on gambling. It was a soul-destroying feeling.

I did not realise at the time it had stopped my emotional growth, it became a secret, it became the feeling of the euphoric moments of winning and the miseries of losing.

It is very difficult to write down the experiences of gambling but writing it down seems to help and share the message about gambling addiction.

There are people out there who can lay a bet on whatever and don't seem to have a problem with it and not let it get in the way of their lives.

It can be a very secret addiction, quite hidden and the signs are very hard to spot.

Tony

Personal Poems

Title: A Wish

**Danger, caution stop
Did you not see
The signs ahead
Your life is ahead.**

**Obvious you were
In your playhouse encounters
Toy soldiers and dolls
With their made up faces**

**As we remembered the
Times we played together.**

**Did you make a wish
I made all my wishes
They are two types of wishes.
The ones you are
And the ones you are not.**

**Be careful how you wish
The devil's kindness is near.**

By Tony

That's the Spirit

**Blind spots before a fall
the siren's call
that's the spirit**

**creeping tension warped perception
irrational introspection
that's the spirit**

**Enemies within, enemies without
nothing to doubt, everything to doubt
that's the spirit**

and that spirit says

**"your hideous dream now reality
manipulations through stealth
I was with you in actuality
your hands have done my bidding well
abhorrations, desolations, emancipations,
capitulations, hell"**

**robbed of self, in no uncertain terms, death.
At the peak, it ceased to speak**

**That's the spirit.
by David R**

Personal Poems

Lonely Boy

1)As I was lonely passing an orphans
home one day
I stopped there for a moment, just to
watch the children play
A lonely boy was crying and when I
asked him why?
He turns with eyes that could not see
and he began to cry.

Chorus:

I am nobody's child, I am nobody's child
Just like a flower I am growing wild
No mammy's kisses and no daddy's smiles
Nobody wants me I am nobody child.

2)People come for children and
take them for their own
But they all seem to pass me by
and I am left here all alone
I know what life can be, but when
they see I am blind
They always take some other child and I
am left behind.

Chorus:

I am nobody's child, I am nobody's child
Just like a flower I am growing wild
No mammy's kisses and no daddy's smiles
Nobody wants me I am nobody child.

3)No mommy to hug me no one to
hear me cry
Sometimes it gets so lonely
I wish that I could die
I walked the streets of heaven where
all the blind could see
I'm just like all the other kids will
there be a home for me

Chorus:

I am nobody's child, I am nobody's child
Just like a flower I am growing wild
No mammy's kisses and no daddy's smiles
Nobody wants me I am nobody child.

Michael Mahon(MM)

WE ARE WOMEN

We are love, we are care, we are nurture.

We are encouragement, we are strength,
we are kindness.

We are inclusive, captivating, patient and able.

We are sacrifice, endurance and hard work,
all to provide for our offspring.

We are the wiping away of tears from our own
unfulfilled yearnings of motherhood, as we look
after and parent the offspring of others.

We are capable of not wanting our own children
but still loving children and spending time with
them in enjoyment and care.

We have that capacity to love beyond surnames.

We are capable of bonds beyond family ties.

We are able to join beyond blood bonds and
unite beyond differences.

We are time givers, hug givers, love givers,
caregivers, advice givers.

We smile with strength through our sorrows.

Showing our scars, because these war wounds
are our beauty marks.

We are amazing beings of achievement and skill.
Because of us the world is evolving still.

We are all these things and a whole world more.

We are Women



Drop-In Service
and Outreach Worker.



Can you tell me about your role and what are the key parts to your role?

I am the drop-in coordinator. I help facilitate the day to day running of the drop-in and the service. To help facilitate the different roles within the service such as, holistic treatments, one to ones, to provide a safe space using a client centred approach within the drop-in.

What made you work in this area?

I have worked in previous drop in and when I saw this role advertised for the Dublin 8 area, I have a personal connection to this area and was intrigued by the role. I felt that I could bring my skills, energy and enthusiasm to this role and had something to offer to the area.

In your opinion, what are the blocks and barriers for people in accessing the drop-in?

I think the scene of addiction has changed, the drug trend has changed. Some people that use cocaine and other substances might believe that they are not addicts and don't have a problem because they compare themselves with heroin addicts. Some people don't want to access the service because of the stigma attached from the heroin pandemic.

How can we make the service more relevant to this cohort of service users?

I believe this could be done using an outreach approach and building health relationships with people over a period of time. We could give educate people using an indirect approach and bringing the service to them.

How can we get buy in from service users and get their opinion on the service we are providing?

Well, we are in the process of putting a suggestion box and white board in our service. This will give people a chance to put suggestion into the box anonymously. We will have a board over the box that will give updates on the suggestions from the service users, like, eg what was in the box, what has changed and what we are working on to have changed. We aim to have a line of communication with the service users and for their voice to be heard. We aim to have monthly meetings with our service users to gain their perspective and point of view on the service.



CCRAS Well-Being Support Worker

The Canal Communities Regional Addiction Service (CCRAS) wishes to thank the JC Foundation for its generous contribution towards the employment of a part-time Well-Being Support Worker. This individual works with young people aged from 15-25, who are struggling with mental health and substance use problems. This is a joint initiative involving CCRAS and the three youth projects in the Canal Communities area of Dublin: Bluebell Youth Project, Core Youth Project (Inchicore) and Rialto Youth Project. The primary goal of the JC foundation is to support community organisations that benefit young adults who are struggling with mental health and substance abuse.

Having a skilled, experienced and compassionate worker on site – someone who has the opportunity to build trusting relationships with participants in the projects – will make a real difference to the lives of many young people. Without the support of the JC Foundation, this initiative would not be possible.

The Well-Being Support Worker's role is to provide therapeutic supports to young people which go beyond those that are provided already by youth workers. The worker aims to engage one-to-one with each young person to help them identify the causes of their difficulties and develop better skills to cope with them. She also works with youth workers on early intervention and prevention aims, with groups of young people, aiming to prevent and reduce harm due to mental health issues and substance use.

The worker is based within the community and works alongside the youth work team, providing a much more accessible service for young people. She provides consistent, safe spaces for young people, which are not always centre-based. This sometimes involves meeting young people in their home, community or other spaces.

To date, the role has been running for twelve months. This time has been focused on building relationships with the youth work teams and the young people attending the services. Over twenty young people have already accessed the worker's support in both individual and group settings.

A quote from Alice, the Well-Being Support Worker:

“There is a clear need for community-based mental health services and it's extremely exciting to be able to provide a flexible, person-centred and innovative approach to this work. I am hugely passionate about mental health and addiction but also see a clear gap in the need for advocacy for young people and believe this as a vital component to my Well-Being work. As this is a new role, I, alongside the youth work teams, will be able to shape the role to the needs of each individual community providing a dynamic and holistic approach to supporting young people.

WELLBEING WORKER YEAR REVIEW



Young people who have engaged with the wellbeing worker were asked; “Why is this role important and what impact do you think it has / could have on young people?”

“I found that the wellbeing work has had a really positive impact on my mental health. The fact that it was based in a youth service which was a friendly and positive environment eased the anxiety I felt. I have talked to some in a counselling settings before and I found it to be scary which was an extra barrier for me having to go to a strange place. I felt more open and safe to deal with issues I was having and I wasn’t able to deal with them in other services because I felt them to be too institutional and clinical for me to feel comfortable. While working with Alice I found that actually walking into the youth project, where I felt safe, it was easier to face the challenges that I wanted to overcome for a number of years.”

“Well Being worker’s role is a very important role to people of all ages. It is nice to be able to talk to someone as nice as Alice with no judgment, and the amazing work that they do.”

“Alice has helped me through the hardest time of my life even though I didn’t know I needed it, Alice has made such a hard part of my life feel I can do anything that I put my mind to. I don’t know where I would be without the help of Alice my Well-Being worker.”

“I always feel better in myself after seeing my Well-Being worker. I can tell the difference in myself when I’m not able to make a session one week. It’s really important to me in helping me manage.”

“I think the wellbeing worker is important because it is always good to have someone you can talk to and confide in. Alice is a lovely person who you could talk to about absolutely anything.”

“I always feel good in myself after a talk with Alice as it feels like a weight has been lifted off my shoulders.”

OLD SCHOOL HALLOWEEN RAVE



WITH THE
AMAZING DJ DARA
LYNCH

(DRUG AND ALCOHOL FREE +
FANCY DRESS OPTIONAL)

PRIZE FOR THE BEST DRESSED



8PM

BANK HOLIDAY SUNDAY 27TH OF OCTOBER

ADMISSION 10 EURO

ST. ANDREWS HALL
RIALTO
DUBLIN 8

Presented By
Community Lynks

Sing Strong for Lung Health



Are you living with **COPD**, **asthma**, **pulmonary fibrosis** or are **post lung cancer**?

Do you want to learn how to use your breath and voice through song to better manage symptoms of the disease?

Sing Strong is a new breath and voice training programme designed for people living with chronic lung conditions.

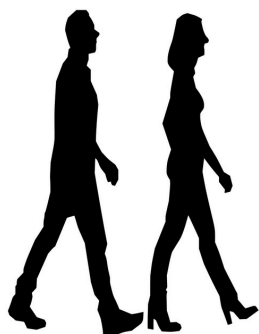
Classes are fun, interactive and informative!

**Begins Tues 17th Sep
3–4.30pm**

**F2 Centre, Rialto, D8.
Art Room 1, 3rd Floor**

Contact Úna to
register on
089 4411673 or
una@fgu.ie





Lynks walking club

- Every Tuesday at 2pm as part of a healthy lifestyle
- Meeting at the Oblates church, Inchicore Dublin 8
- All fitness levels
- Everyone welcome (All communities)
- Just show up or call Wesley on 0892704049 or 014537842



Do you Think YOU Might Have a Problem with ALCOHOL?

Do you know someone who has a problem with alcohol?

Would you like support and guidance in a safe and non-judgemental environment?

HELP IS AVAILABLE

Free online support sessions every **MONDAY (via Zoom) from 5pm to 6.30pm**

For further information contact

Dean on 087 744 4213 or

Norah on 086 806 0421

COMMUNITY ALCOHOL EDUCATION & SUPPORT PROGRAMME

Here to help

RIALTO COMMUNITY DRUG TEAM

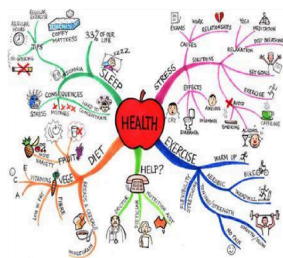
468 South Circular Road, Dublin 8

Tel: 01 454 0021

CANAL COMMUNITIES REGIONAL ADDICTION SERVICE

Oblate Hall, Tyrconnell Road, Inchicore, Dublin 8

Tel: 086 806 0421



Canal Communities
Regional Addiction
Service

**Women's
Recovery
Group**

Established since 2015

Norah would like to invite you to attend the women's recovery group sessions.

For your information:

Every **Monday**
from:

11.30am to 1pm
Room 2, Oblate Basketball Hall
Tyrconnell Road
Dublin 8

If you are interested in taking part please contact **Norah at 086 8060421** or email: norah@ccras.ie

Please note that places on the course are limited to adult (over 18 years) female participants.

Norah and the Women's Group look forward to getting to know you.

For more information visit our website at: www.ccras.ie

CCRAS office: Oblate Basketball Hall, Inchicore, Dublin 8

Women's Recovery Group Aims:

To provide a safe, nurturing And supportive space that is Gender specific for Women who are seeking Support for their recovery From addiction

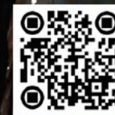
To provide educational and Awareness workshops that Support women's recovery Goals and/or reduce the harms Of substance use.

To empower women to learn Positive coping skills and to Support one another.



Free Stop Smoking weekly programme! We Can QUIT

For adults living in D8 & D12 looking for support to quit smoking



Look and feel like your best self again!

Join us for a weekly **stop smoking programme** over 10 weeks. Group and one to one support with free stop smoking medication.

Begins Thursday October 3rd, 2024. 7-8:30PM.

Dublin South City Partnership

3 St Agnes Rd, Crumlin D12 PCV4

Register for **We Can Quit** today! Call Una on 089 4411673 or email: una@fgu.ie



FRONTLINE

DROP-IN INCHICORE

Every Wednesday 2-3.30pm:
Kavanagh House, 135 Emmet Road, Inchicore

The drop-in is a safe, non-judgmental space for our clients in a social setting and no appointment is necessary.

Call in for a cup of tea, a chat and some hot food.

Do you Think YOU Might Have a Problem with ALCOHOL?

Do you know someone who has a problem with alcohol?

HELP IS AVAILABLE

Would you like support and guidance in a safe and non-judgemental environment?

Free online support sessions every **MONDAY (via Zoom) from 5pm to 6.30pm**

For further information contact **Dean on 087 744 4213** or **Norah on 086 806 0421**

COMMUNITY ALCOHOL EDUCATION & SUPPORT PROGRAMME

Here to help

RIALTO COMMUNITY DRUG TEAM
 468 South Circular Road, Dublin 8
 Tel: 01 454 0021

CANAL COMMUNITIES REGIONAL ADDICTION SERVICE
 Oblate Hall, Tyrconnell Road, Inchicore, Dublin 8
 Tel: 086 806 0421

SMART Recovery®

Tues 6.30pm to 8pm

Is your substance use or addictive behaviours causing you problems?
 Would you like support?

Maybe WE Can Help?

Tuesday evening
Canal Communities Regional Addiction Service
Room 2 Oblate Basketball Hall, Tyrconnell Road, Inchicore, Dublin 8
Contact Paul on: 086 0453822

SMART Recovery runs support meetings where there are no labels. You decide what difficulty you wish to work on. We teach you tools to work through and beyond any addictive behaviour.

SMART Recovery® is a registered trade mark of the Alcohol and Drug Abuse Self-Help Network Inc. 1995 by SMART Recovery

Benzodiazepine Awareness & Support Group

Advice Service Support Help Guidance

A safe and therapeutic space to get support and learn about **benzos**

Interested in exploring your relationship with benzos and/or maintaining positive changes already made?

Are you over 18? →

Why not get involved in our benzo awareness and support group?

Interested in attending?
 Would like more information?

Every Tuesday from 11:30am to 1pm
 74 Tyrconnell Road, Inchicore, D8

Text WhatsApp Call

Katie Dawkins: 086 065 0773
Norah Byrne: 086 806 0421

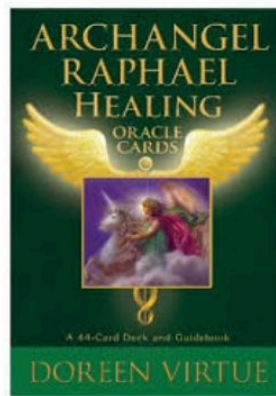
Canal Communities Benzo Initiative Committee

WOMEN'S HOLISTIC GROUP

Starts Tuesday, 17th September
7pm-8.30pm

VENUE

Number 74 Tyrconnell Rd.
Inchicore, Dublin 8.
D08 KCH5



PERSONAL DEVELOPMENT GROUP

- Peer Support.
- Addiction and Recovery support for service user and family members.
- It gives you the opportunity to take an honest look at the areas of your life that need improvement.

BENEFITS OF PERSONAL DEVELOPMENT

Greater resilience
Self-awareness
Developing your confidence
Gives you direction
Meet new people.



Contact Celine by text or
whatsApp

083-204 3322



Journaling



It is available anytime to listen to you at no cost and will never get bored of listening to you. It provides a map towards growth.

A journal helps find your voice and give voice to previously unexpressed experiences and parts of yourself. You can find your authentic voice.

It helps you get to know yourself well.

It helps you stay organised and in control of your life. It helps you cope with whatever life brings. It can be rehearsal platform — for events, conversations, other writing, life events. You can practice for difficult and stressful experiences.

It validates experiences. Writing things down make them real. It helps you feel visible and seen. It helps you manage uncomfortable feelings and make them more bearable. A journal is a way of developing a coherent narrative of your life.

Beginning a journal

5 mins is a good time for a Journal entry. Write everyday if you can, don't beat yourself up if you can't.

Principles:

Everything you write is right

Trust that what needs to be written will be written

A journal is about process writing rather than product writing (creating a poem, short story etc.) Although a product may emerge out of it.

Your journal is an extension of yourself. It is a container for all your thoughts, feelings and experiences. You can fill it with anything that is important to you.

Make a list of journal prompts or springboards so you always have a place to start.

Examples:

Open a book at random and use a sentence as a starting point. Quotations you like.

Experiences in your own life you would like to explore more. Relationships and people.

Memories and thoughts which suddenly arise.

Recurring themes or threads in your life.

Questions which intrigue you. Things overheard or observed. Things you are told.

Prompt: Clearing a Space

Write a list of preoccupations to the forefront of your mind

('to do's', decisions to make, actions to take, things to think about)

Look at list.

Do they have merit as immediate journal material? If not, they can be parked for later.

Start where you are.

Talk about the weather.

It is a way of connecting to where you are and identifying patterns and trends in the past.

Exercise: Pictures and photographs Use personal and family photographs

Photographs and pictures from art can be a springboard too.

Prompt: Start with Stuckness

Write about what it's like to be stuck and unable to think of anything to write about.

Sometimes the last sentence of the previous journal entry can be first sentence of next one.

Other prompts for getting started:

Who am I?

Why am I here?

What do I want?

Our Voice Matters

**Your
VOICE
MATTERS**

Citizens Assembly

**Your
VOICE
MATTERS**

**More than one person dies every day in Ireland due to drugs,
Citizens' Assembly told**

More than one person dies every day in Ireland directly due to drugs, the third meeting of the Citizens' Assembly on Drug Use heard on Saturday.

A total of 80% of 409 drug-related deaths in 2020 involved more than one drug and 70% of the deaths involved opioids, according to the latest report from the Health Research Board (HRB).

This figure is an increase of 38 from 2019, when the number of deaths was 371.

Assembly chair Paul Reid described the statistics as “grim” and said that they were a strong reminder to assembly members of the urgent need to produce meaningful and effective recommendations that will help reduce the “devastating harm” caused by illicit drug use.

“The HRB statistics show that it is not only heroin that is a key factor in these deaths but also methadone, powder cocaine, crack cocaine, benzodiazepines and other prescription drugs,” he said.

“Poly-drug use is clearly a huge part of the problem and dual diagnosis seems to feature in half of the deaths. This is all grim news. When the problem is shifting rapidly we need equivalent change in our approach to national policy and delivery of necessary services”.

Mr Reid also said the figures set the importance of this assembly process in context.

“It also is a very big wake-up call for society, for policymakers, for legislators, that this issue needs urgent attention with every day that passes more than one person is dying from drug-related overdoses. We can’t let that happen,” he said.

“So when the problem is getting worse and shifting, we need to change something, whether that’s policy, whether it’s services and whether it’s legislation,” he said.

Dangers of mixing drugs.

The findings show an increase in poisonings and reflect both the rise of cocaine use and the dangers of mixing drugs, according to the report.

HRB chief executive Mairéad O’Driscoll said that the findings clearly demonstrated the impact drug use had in Irish society.

“HRB findings increase understanding of both the causes of death and the circumstances in which people who use drugs die. This can help inform preventative measures, which we hope will ultimately save lives,” Dr O’Driscoll said.

Methadone was implicated in three in 10 poisoning deaths and heroin was present in two in 10 cases.

Almost six in 10 involved benzodiazepines and many of them had more than one type of benzodiazepine, the report further found, whereas 30% involved cocaine and 20% involved alcohol.

Almost six in 10 involved other prescription drugs, most commonly anti-depressants and anti-epileptics

More than 60% of those who died from poisoning were male, and more than half of those men were under 42 years old. More than half of women were under 45.

A total of 11% died in homeless accommodation, and nine per cent died in a public place or building.

Suzi Lyons, senior researcher at the HRB, said the findings were “a really important way of looking at the overall burden of drug use in the population. We can clearly see that mixing drugs is a major factor in poisoning deaths. We also see that the growing prevalence of cocaine use in society is reflected in deaths with cocaine implicated in 130 deaths in 2020 compared to 24 in 2011”

The assembly heard from speakers from Portugal and Austria on Saturday, and examined current Irish policy in terms of health-led approaches.

The assembly, comprising 99 randomly selected citizens reflective of the Irish population, along with chairman Mr Reid, is exploring issues related to illicit drug-taking and will submit a report to the Oireachtas by the end of 2023.

It will make recommendations for change covering three areas – legislation, policy and operations/service delivery.

What does Service User Forum mean?

Service User Forum

As important stakeholders, service users and their families have a key role to play in contributing to the planning, design and delivery of effective services. Service users because of their direct experience of services, have unique insights which are a valuable resource to those involved in developing services and interventions.



The term 'service user' includes people and their families who use health and social care services. It also includes people who are potential users of health services and social care interventions, including people who use drugs and who may not yet have availed of treatment.



Facilitating the Community involvement in the development and design of services is therefore a core objective of drugs policy.

How can we hear the voice of the Community?

One way is Suggestion Boxes that may be in all the addiction services over the next few months.

RCDT, Service User Box



Family Support, Service User Box







FALL DAYS
— are —
FUN DAYS



LET'S
PLAY







CCRAS - Canal Communities Regional Addiction Service

Address: Oblates Basketball Hall,
Tyrconnell Rd, Inchicore,
Dublin 8, D08 KCH5 **Phone: 086 806 0421**

Community Lynks Project

Address: Oblates Basketball Arena,
Tyrconnell Road, **Phone: 01 453 7842**
Dublin 8 **Email: info@lynksproject.ie**

Frontline previously Inchicore Bluebell Community Addiction Team

Address: Kavanagh House, **Phone: 01 473 6502**
135 Emmett Rd, Inchicore, D8 **Email: info@icdt.eu**

Turas Training

Address: Unit C1, Bluebell Business Centre,
Old Naas Rd, Inchicore,
Dublin 12 **Phone: (01) 450 5396**

Rialto Community Drug Team

Address: 468 Sth Circular Rd,
Saint James' (part of Phoenix Park),
Dublin, D08 H51F **Phone: (01) 454 0021**



St. Michael's Family Resource Centre Community Development Project

Address: 72 Tyrone Place,
Inchicore,
Dublin 08 **Phone: 01 453 3938**

Core Youth Service Trading as St. Michaels Parish Youth Project

Address: St. Vincent Street West,
Inchicore,
Dublin 8 **Phone: 01 454 4791**

Community Response

Address: 14 Carman's Court,
Carman's Hall, **Phone: 01 454 9772**
Dublin D08DP80 **Email: info@communityresponse.ie**

Dolphin House Community Development Association Ltd

Address: Dolphin House Community & Health Centre,
Portakabins, Dolphin House,
Rialto, Dublin 8 **Phone: 01 454 4682**

Rialto Youth Project

Address: St. Andrew's Community Centre,
468 South Circular Road, **Phone: 01-453 1638**
Rialto Dublin 8 **Email: admin@rialtoyouthproject.net**



Fatima Groups United Family Resource Centre

Address: F2 Centre,
3 Reuben Plaza, **Phone: 01 453 4722 / 01 471 6700**
Rialto, Dublin 8 **Email: info@fgu.ie**

Bluebell Youth Project and Education and Family Project

Address: Bluebell Youth and Community Centre,
Bluebell Road, **Phone: 01 473 8439**
Dublin 12 **Email: info@ccrys.org**

Needle Syringe Programme



Needle Exchange

DUBLIN 10

Ballyfermot Advance Project – 01 623 8001
Monday - Friday 9:30am-1pm, 2pm-5pm
Outreach / Out of hours 087 431 9921

DUBLIN 8

MQI Riverbank – 01 524 0160
Monday - Friday 8am-9pm,
Sunday 9am-1pm

Dublin Simon Outreach – 01 872 0185

Monday - Friday, 8:30am – 10:30am
Sat - Sun, 4pm – 1am

Ana Liffey Drug Project

Tuesdays and Thursdays 2pm – 5pm
Other days text or call for support – Outreach 087 712 7059

USEFUL NUMBERS

Dublin City Council

DDC - 01-222 2222

DCC after hours - 01-679 6186

HSE Mental Health

1800 111 888

Samaritians

116123

Food Bank

**The people's foodbank.
Bluebell - 01-4601366**

DETOX AND TREATMENT CENTRE'S

High Park Residential Rehabilitation Programme

This is a 14-week fully residential programme. The aims and objectives are to offer clients a period of residential rehabilitation treatment in a drug and alcohol-free environment

For referrals and further information please call 01 837 7883 or email info.highpark@mqi.ie

CUAN MHUIRE TREATMENT CENTRE

Detox Programme

Detox is the first step on the road to recovery and essentially means eliminating harmful toxins from the body which have been created from addiction to perilous substances. The most successful drug and alcohol detox programmes are those that are done in a residential setting, the physical as well as the mental aspects of detox can be extremely difficult, therefore, a professional treatment facility is best able to conduct this. Typically, this comprises of two weeks Detoxification – in a specialist 24 hour/nurse staffed unit, with the necessary medical support and supervision available.

Address: Oldmill, Vicarstown Road, Athy, Co. Kildare.
Phone: (059) 863 1493

CUAN DARA INPATIENT THERAPEUTIC DETOXIFICATION CENTRE, HSE

Services Provided: Group and family counselling offered on an in-patient basis. HSE residential drug detoxification unit. Services for all ages and genders. Services for pregnant women available. Two-week residential detoxification unit offered following one month of counselling

Address: Cuan Dara, Cherry Orchard Hospital,
Cherry Orchard, Dublin 10
Phone number: 01 795 5050
Email: cuandara@hse.ie

SMARMORE CASTLE

Expert Drug Detox in Ireland

Smarmore Castle's treatment programme follows an abstinence-based model of recovery for alcohol and drug addiction. Post detoxification, our expert team of doctors, nurses and therapists give our patients the tools they need for lifelong recovery.

Address: Smarmore, Ardee, Co. Louth, A92 YY22
Phone: (041) 214 5142
Email: info@smarmorecastle.ie

RUTLAND CENTRE

Rutland Centre provides treatment for individuals with substance and/or behavioural addictions. We are informed by the American Society of Addiction Medicine which defines addiction as "a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations". We focus on the primary nature of addiction and the harmful consequences for the dependent person and their loved ones.

Address: Knocklyon Road, Dublin 16, D16 YV04
Email: info@rutlandcentre.ie
Fax: 01 494 6444

Helplines

AA: Alcoholics Anonymous - 01 842 0700

NA: Narcotics Anonymous - 01 672 8000

CA: Cocaine Anonymous - 087 317 4989

SA: Sex Anonymous - 1800 911123

Al Anon: 01 878 3624

Would you like to be more involved in developing the service user's forum?



Would you like to know more about the service user forum?



Would you like to be the service user rep for your service?



**Please contact Celine
Ph: 083-2043322
Email: celine@ccras.ie**



I am your disease

You know who I am, you've called me your friend, Wishes of misery and heartache I send,
I want only to see that you're brought to your knees, I'm the devil inside you, I am your disease.
I'll invade all your thoughts, I'll take hostage of your soul, I'll become your new master, in total control. I'll maim your emotions, I'll run the whole game,
Till your entire existence is crippled with shame.

When you call me I come, sometimes in disguise, Quite often I'll take you by total surprise.
But take you I will, and just as you've feared I'll want only to hurt you, with no mercy spared.
If you have your own family, I'll see it's destroyed, I'll steal every pleasure in life you've enjoyed.
I'll not only hurt you, I'll kill if I please, I'm your worse living nightmare.

I am your disease.

I bring self destruction, but still you can't tell, I'll sweep you through heaven, then drop you in hell,
I'll chase you forever wherever you go, And then when I catch you, you won't even know.
I'll sometimes lay silent, just waiting to strike, What's yours becomes mine, coz I take what I like,
I'll take all you own and I won't care who sees, I'm your constant companion.... I am your disease.
If you have any honour, I'll strip it away, You'll lose all your hope and forget how to pray,
I'll leave you in darkness, while blindly you stare, I'll reduce you to nothing and won't even care.
So don't take for granted my powers sublime, I'll bend and I'll break you, time after time.
I'll crumble your world with the greatest of ease, I'm that madman inside you....

I am your disease.

But today I'm real angry.... you want to know why? I let this whole room of addicts slip by,
How did I lose you? Where did I go wrong? One minute I had you, then next you were gone.
You just can't dismiss all the good times we've shared, When you were alone... wasn't it I who appeared?
When you sold those possessions you knew you would need, Wasn't I the first one who stepped in and agreed?

Now look at you bastards, you're thinking clear, You escaped with your lives when you found your way here.
Only fools think they're winners when admitting defeat, It's what you must say when you're claiming that seat.

So go ahead and surrender, if that's what you choose, But I'm not giving up cos I can't stand to lose.
So go to your meetings and pray hand in hand, for God to come save you.... leaving me to be damned.

Well be damned all your meetings each night of the week, Be damned Higher Powers, however unique,
Be damned all your sayings, be damned your clichés, Be damned every addict who back to me strays.

For I know it will happen, I've seen it before, Those who love misery will crawl back for more.
So take comfort in knowing, I'm waiting right here, But next time around, you'd better beware.

I am your disease.

You think that you're stronger or smarter this time, There isn't a mountain or hill you can't climb.
Well if that's what you're thinking you ain't learned a thing, I'll still knock you silly if you step back in my ring.

But you say you've surrendered so what can I do. It's so sad in a way, I had big plans for you.
Creating your nightmare for me was a dream, I'm sure gonna miss you, we made quite a team.
So please don't forget me, I won't forget you, I'll stand by your side watching all that you do,
I'm ready and waiting, so call if you please, I won't let you forget me...

I am your disease.