

Drug Concern

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ANNUAL REPORT 2015

Drug Concern is a local charity involved in addressing the needs of those whose lives are affected by substance misuse. This is achieved both in preventative ways, such as education or training, and by means of a variety of harm-reduction measures and treatments, including abstinence, targeted psychosocial interventions, information, advice and support, and the provision of a needle exchange programme. We are strong supporters of a multi-agency approach to the problems of drug misuse and we support the work of the Bailiwick Drug and Alcohol Strategy Group in coordinating the efforts of a number of organisations in both the public and voluntary sectors.

Directors

Jim Le Pelley - *Chairman*
Mike Watson - *Deputy Chairman*
Chris Sackett - *Treasurer*
David Leafe
Philip Eyre - *(Retired July 2015)*
Rob Prow

Staff team

Tracey Rear - *Business Manager*
Nathan Miller - *Education & Training Drug Worker*
Gill Ogier - *Criminal Justice Drug Worker*
Tina Wilson - *Prison Substance Misuse Worker*
Anne Bodman - *Substance Misuse Support Worker*

Staff Profiles



**Tracey Rear MA, BSc (Hons), Dip DD, Dip CPC
Manager**

Tracey has been working for Drug Concern for 18 years, having started her employment with the organisation as the under 21s Drug Worker. She has worked in each area of operations. Underpinning her work experience in the field she has completed a Masters degree in Public Administration. Prior to this she was awarded a Bachelors degree in addictions management. Tracey also has qualifications in drug dependency and clinical and pastoral counselling.



**Gill Ogier RGN, H dip AN, Dip HG
Criminal Justice Drug Worker**

Gill has been working for Drug Concern for twelve years and has a background in nursing. Whilst with the organisation she has completed a diploma in human givens therapy and is a practitioner and trainer of auricular acupuncture.



**Nathan Miller
Drug Education and Training Worker**

Nathan joined the team in September 2010 having spent eight years developing and leading youth and community work locally.

Nathan is adept at delivering engaging presentations both in a formal and informal setting and has a good rapport with young people. Nathan's creative streak complements much of the theory-based practice of our work. Nathan has been instrumental in developing the multi-media presentations as part of our families programme.



Tina Wilson
Prison Substance Misuse Worker

Tina joined the team in February 2014 having relocated from the UK. Tina has over 20 years' experience working with young offenders using a variety of approaches to initiate and contemplate behaviour change.

Tina is well accomplished in the delivery of therapeutic group programmes and individual therapeutic work; she is also a keen promoter of peer support networks for recovery work.



Anne Bodman
Substance Misuse Support Worker

Anne joined the team in February 2014 and has a background in teaching. More recently her work has focused on working with young people and their families who have experienced a variety of social problems. Anne delivers a large part of the therapeutic work in the community and with individuals post-release in the community.

Chairman's Statement

It gives me pleasure to write a few words in this Annual Report.

As you will see from the Manager's Report, 2015 was both a busy and an exciting year for Drug Concern. Several new undertakings were started and these are explained below so I will not elaborate on them here. Suffice it to say that Tracey and her team have carried out these new ventures admirably while managing to maintain their usual high standards with the ongoing other work. The reports received from service users are full of praise which is always encouraging.

Of course, increasing the work carried out by Drug Concern means extra cost. We have been very fortunate with our supporters without whose continuing donations we would not be able to carry on with the work we do. We are extremely grateful to all those who have donated funds in the course of the year.

Looking forward, in 2016 the States of Guernsey is going out to tender for all third sector substance use services. Drug Concern is tendering for several of the services involved. We will await with interest the outcome of the tendering process.

It just remains for me to say on behalf on the Board of Drug Concern how much we appreciate the work done by the staff and particularly Tracey's commitment in continually striving to improve the services offered.

- Jim Le Pelley



Manager's Report

Drug Concern has continued to develop its support programmes.

MPACT (Moving Parents and Children Together), the families programme with a focus on children affected by a parent's drug or alcohol misuse, has continued. We are grateful to BBC Children in Need for agreeing to fund this programme for a further three years. A significant challenge to programme delivery is a low referral rate. We are very aware of the risks of drug or alcohol misuse passing to the next generation, and the Islands' Child Protection Committee report (2015) identified a growing trend of parental substance misuse. Efforts, jointly with Children's Services, have raised awareness, but we continue to urge other services to encourage referral to this effective programme.

During the year, we launched REACH, an adult peer support programme for those affected by a spouse's, partner's, or child's drug or alcohol misuse. This service is provided with the help of a specifically recruited and experienced volunteer. Feedback from participants has been very positive.

In accordance with our strategic objective to provide the highest standard of service, we have embarked on a major professional development programme leading in three years to national accreditation in counselling and psychotherapy. The Guernsey Community Foundation has generously provided the funding for this.

One of the challenges we continue to face is how we engage with the public, specifically how we ensure the local community is aware of the full range of services accessible to them. As an organisation we are becoming increasingly aware that service developments have well exceeded the scope of what the charity set out to achieve over 20 years ago, and is an issue outlined in our strategic plan.

We have maintained our efforts to encourage prisoners to continue treatment with Drug Concern upon their release. The number of prisoners doing so has increased considerably, largely due to the allocation of staff time to meet this need. We are grateful to the association of Guernsey Charities for a significant contribution towards this cost.

The total number of clients worked with during 2015 was 200, of whom 76 were in the community and 124 were in the prison. These numbers are broadly in line with the previous year.

More service users are reporting to use a number of substances (poly drug use) rather than one substance, which would explain the perceived reduction in opiate use compared to 2014. Alcohol is the primary substance for which people are seeking help, followed by cannabis, opiate use and then poly drug use. There continues to be a decrease in people seeking help relating to the use of new psychoactive substances (5 in 2015 compared to 13 in 2014).

We are extremely grateful to The Lloyds Foundation for continued substantial financial support.

A huge thank you to my team of staff, volunteer and directors, who have all contributed greatly towards the continued developments of the service.



Core Services

Support Services

Support Services are specifically designed to help people who are struggling to change behaviour. The focus is on problem identification and problem management, motivational work in relation to cessation of drug use and specific relapse prevention techniques for those who have already made changes to substance use.

Advice and information extends to all in the community who have queries relating to substance misuse, the effects of substances, treatment routes, where to go for help and more general enquiries.

Drug Concern worked with 76 individuals in the support service. Engagement can last from one month to more than 12 months.

With the introduction of the single treatment system (STS)¹ in 2015, we expected an increase in client caseloads, although the data doesn't reflect this. Experience of the STS suggests a pattern where Drug Concern clients tend to remain with our service for therapeutic support whilst seeking prescribing services from CDAT. The STS does signpost service users who may benefit from some of the families work and peer support work Drug Concern provides.

Needle Exchange

The needle exchange service is specifically a harm reduction measure. Its introduction was a response to concerns that a growing number of users were injecting drugs, often with used and shared needles, thereby putting themselves and potentially others at risk of contracting a number of blood borne viruses. The needle exchange enables drug users to collect clean injecting equipment and receive safer injecting advice, thus reducing the transmission of certain viruses. This service contributes to the Island's 2020 vision with the promotion of safer health within the island's community. A total of 60 individuals used the needle exchange throughout 2015, a decrease of 17% from 2014 figures.

Our statistics show a downward trend of injecting behaviour over the last five years.

Education And Training

The drug education programme delivered in Guernsey and Alderney covers all secondary schools from years seven to eleven, together with the sixth form centres and the College of Further Education. The programme addresses the issues and choices relating to substance misuse and its associated risks and potential consequences. Since 2009 there has been the need for a particular focus on new psychoactive substances (previously known as "legal highs"), which has continued to be requested as a need educationally.

All sessions are interactive and embrace the technology that is available in the school classrooms. The programme addresses the issues and choices relating to substance misuse and the associated risks and potential consequences.

Statistics

Throughout the school year (September 2014 - July 2015) Nathan delivered 170 school lessons. Pupils are invited to complete a brief evaluation feedback form with 2978 students responding. There is a slight reduction in the number of lessons delivered, which relates to the schools availability to receiving sessions.

55% of students said they learnt a lot from the lesson

44% of students said they learnt a bit from the lesson

1% of students said they learnt nothing

¹ An alliance between Drug Concern, CDAT and GAAS. The primary aim of the service is to improve access to the range of services with a view to improving treatment outcomes.



47% of students said they thought the lesson was excellent
 47% of students said they thought the lesson was good
 5% of students said they thought the lesson was okay
 1% of students said the lesson was boring

In addition to the provision of drug education in schools Drug Concern provides training for other organisations. During 2015 training was delivered to;

- St John's Ambulance
- Guernsey Police Cadets
- SAFER
- The Hub
- GPs
- Youth Commission Staff

Criminal Justice Drug Service

The Criminal Justice Drug Service (CJDS), introduced twelve years ago on the initiative of the States Chief Officers Drug and Alcohol Strategy Group, is a partnership between Drug Concern and the Probation Service. The primary purpose is to provide the courts, prison, and Parole Board with the facilities necessary to enable them to impose treatment as a condition of supervision.

We see the partnership work between the Probation Service and Drug Concern as fundamental to the success of the CJDS.

There were 32 referrals to the service in 2015 compared to 22 in 2014 (an increase of 31%), although there was an increase (19) of those not granted orders compared to 10 in the previous year.

The number of orders breached fell from 8 in 2014 to 2 in 2015 with an overall rate of 75% successfully completing their orders.

Arrest referral is a partnership between Drug Concern and the Guernsey Police with the aim of raising awareness of services available to drug-using offenders at the point of arrest. Involvement in the scheme is voluntary and not an alternative to prosecution or due process. The Criminal Justice Drug Worker makes regular visits to the court and police custody cells to make contact with potential service users, the aim of which is to engage individuals into a service that they would not otherwise access.

Referrals to this service continue to reduce with 11 referrals in 2015 compared to 18 in 2014. The majority of these referrals relate to drug rather than alcohol use, a different pattern to that of the previous year.

Shared care programmes between the Criminal Justice Drug Worker and the Substance Misuse Worker in the Prison enables continuity of care. Joint meetings for clients who are either entering or leaving custody are arranged to decide upon the best treatment options for them, from arrest through to release.

Prison Services

The scope of work in the prison focuses on drugs and alcohol and acts as a conduit to some of our other community based services upon release.

The Prison Substance Misuse Worker (PSMW) plays an important role within the wider offender management team. This team concentrates on individual cases within the prison, specifically prisoners' needs whilst in custody and ensuring these needs are adequately met.

Existing contributions to the Prison framework:

- Risk Management meetings- a weekly contribution to discussions of recent/predictable incidents which may endanger the running of the prison or contribute to risk to prisoners.
- Safer Custody meetings - a quarterly contribution highlighting potential risk to safety to those working in, or residing in, the prison. The presentation of reports detailing statistics of prisoners seen by PSMW in addition to recent trends in substance use.
- Prison Therapeutics meetings - A quarterly contribution to issues relating to prescribing practice in the prison.

In 2015 we delivered our first Moving Parents and Children Together (MPACT) programme in the prison. We made slight modifications to the programme to enable us to deliver in a secure environment. The outcomes for this group were both interesting and positive in that 71% of clients saw an improvement in family functioning compared to only a 14% improvement in coping. So it would suggest that although the programme greatly improved how the families worked and communicated as a unit the same benefits were not translated into coping scores, and families continued to cope as they had been prior to the group. It will be interesting to have a comparison group before making any hypotheses about why this may be occurring although it is unlikely, that there will be sufficient suitable prisoners in custody to run a programme each year.

Statistics

A total of 124 interventions were offered in 2015, a slight reduction compared to 2014. Interventions can be both group and individual work and range from education, awareness and motivational work, to relapse prevention and preparation for release into the community.

The statistics for aftercare uptake in the community upon release from prison continue to improve year on year with an increase in aftercare referrals (17 in 2015 compared to 10 in 2014), with all referrals attending at least one appointment in the community post release.

Two substance awareness groups, attended by 10 prisoners, were delivered during 2015. This is a reduction in numbers compared to the previous year as delivery is dictated by need.

40% of participants reported an increased need to make changes in their lives.

40% reported an increased understanding relating to the specific changes they need to make.

30% reported to be feeling more motivated towards changing behaviour.

30% reported to accept more responsibility for the changes they need to make.

20% reported to be more open to receiving help than when they started the programme.

To measure harm reduction awareness prisoners are required to complete pre- and post-session questionnaires to determine whether knowledge has increased. This is significant because research suggests that by increasing individuals' knowledge and awareness, particularly those individuals who are ambivalent about change, there is a higher probability that behaviour change will occur.

Pre-test average score was 78%

Post-test average score was 93%

Moving Parents and Children Together (MPACT)

The MPACT programme provides early intervention services to children between the ages of 8 and 17 years in families affected by parental substance misuse. The programme works with the whole family and focuses on the primary aim of improving the safety and wellbeing of children within substance using families. It aims to provide the children with a voice, promote the use of positive communication, increase the child's resilience, help the family to work better together and reduce feelings of isolation often associated with parental substance use.

This is an eight-week programme, which runs after school once each week. The ethos of the programme is to bring families together. One of the ways we achieve this is by providing a hot meal at the start of each session so families have an opportunity to sit down together.

Sessions are broken down into key topics such as making sense of addiction, self-esteem, communication, etc. and comprise a mixture of whole group involvement as well as separating adults from children to focus on age appropriate content.

The programme requires a minimum of four facilitators to deliver the content and Drug Concern is grateful to our colleagues in the statutory services who contribute to the delivery of this innovative intervention.

Two programmes were delivered during 2015, made up of five families, six adults and five children. One of the programmes was delivered in a prison setting. The pre- and post-test scores relating to individuals' ability to cope increased by 36% on completion of programme.

Pre- and post-test scores relating to functioning within the family and as individuals increased by 73% upon completion of the programme.

A 12-month follow-up conducted for programmes one to three produced the following results:

- 86 % of participants reported that the family continued to communicate well with one another.
- 30 % reported a reduction in family problems, all of which attributed change to participating in the programme.
- 77 % reported to be coping better as individuals.
- 95 % reported to be coping better as a family.
- 86 % reported that since completing MPACT their families worked better together.

These results do not include the programme outcomes for 2015 as they are 12-month study data. These results continue to demonstrate the lasting impact the programme has in families' day-to-day life one year after attending MPACT.

REACH Peer Support Programme

Reach is our most recent new initiative and came about as a result of service user feedback.

This feedback highlighted a need for a service for those who are not using substances but whose lives are significantly impacted by someone else's use and resulted in us recruiting our first and only volunteer.

Following almost 12-months of consultation and preparation, in September 2015 we delivered our first REACH programme.

The programme runs over a week, either in the evenings or in the day and, using the model of peer support, we deliver structured sessions which increase understanding of addictive behaviours and the



impact of this behaviour on those around the substance user. The aims of the programme are specifically to reduce isolation, provide support and improve the quality of life of the participant.

Outcomes:

Two programmes were delivered to a total of ten participants who completed pre- and post-programme questions:

50% reported to be feeling less isolated.

60% reported they felt more able to improve their quality of life.

60% reported to feel more supported.

Some direct feedback from participants:

“The course helped me to understand addiction and gave me ways to look after myself. I feel less isolated and felt really supported by everyone, which I’ve never felt before”.

“The sessions have helped me to look at my life and my feelings towards [it] in a productive manner. I have shared experience and feelings within the group I would find difficult to express elsewhere. It was a very positive experience.”

Drug Concern will continue to run these groups as need dictates. As an organisation we need to consider how we can ensure programmes such as Reach maintain a high public profile for those who would benefit from attending.

Thank you

As ever we remain appreciative and grateful for your support. Our services would not operate if individuals and organisations did not give so generously.

Allure Hair and Beauty

The Association of Guernsey Charities

BBC Children in Need

Canaccord Charitable Trust

The Guernsey Community Foundation

Hirzel IV Charitable Trust

Insurance Corporation of The Channel Islands Ltd.

Lloyds Foundation for the Channel Islands

Medical Specialist Group