

Drug Concern

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ANNUAL REPORT 2016

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

Staff team

Tracey Rear - *Business Manager*

Nathan Miller - *Drug Education & Training Worker - retired autumn 2016*

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 19 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 thirteen 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. Nathan left his position at Drug Concern in Autumn.



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 offenders using a variety of approaches to initiate and contemplate behaviour change.

Tina is well accomplished in the delivery of therapeutic group programmes and is 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. Anne is developing her work with clients to provide counselling in addition to specific substance use work.

Chairman's Statement

I am pleased to write a brief introduction to this Annual Report.

As reported in the last Annual Report, in 2016 the States of Guernsey went to tender for all third sector substance use services. Drug Concern tendered for a number of these services and as you will read below was successful in being awarded several contracts. The tendering process was long and detailed and involved a very considerable amount of extra work for Tracey and all the staff over and above continuing to provide their ongoing services.

As always we are extremely grateful to those who kindly contribute to the funds of Drug Concern. The costs involved are ever increasing and without the generous support we receive, it would be hard to carry on with all the work we do.

It just remains for me to thank Tracey and all the staff on behalf of the Board of Drug Concern for the work they do so conscientiously and with such expertise.

Manager's Report

Drug Concern celebrated its 25th year of providing help and support to the local community affected by drug or alcohol use. To mark the occasion we collaborated with our service users to create a publication of their personal experience of change as a result of engaging with our service.

Drug Concern itself has changed significantly since its initial formation in 1991. We extend a huge thank you to those who have helped us develop our services and our vision over the years. You will see from the information in this report that we are continuing to make an impact in the local community to improve peoples' lives.

2016 was a milestone for Drug Concern not only because we reached our 25 year marker but because we engaged in the newly implemented Bailiwick Drug and Alcohol Strategy tendering process; this process was as much a new experience for the Strategy as it was for Drug Concern. In real terms, every third sector service receiving funds from the Strategy was required to tender for new and existing contracts.

The outcome for Drug Concern was positive and we now provide an additional service which focuses on alcohol users, you can read about this in the section Criminal Justice Substance Service.

Drug Concern no longer provides the drug education programme in the schools; this service is now provided by the youth focused service Action for Children. Nathan, our education and training worker left his post in October to fulfil a lifetime desire. However, we are grateful that he continues to volunteer for Drug Concern in a different role.

Using the volunteer pool is a relatively new experience for Drug Concern; with our first volunteer starting in 2015 the volunteer pool has now increased to four. The decision to use volunteers is one which has evolved naturally as different needs have arisen and which we believe are best suited to volunteers.

Part of this development has required a significant investment in terms of professional training and we are very grateful to the Guernsey Community Foundation which has helped us turn our vision into a reality. Our peer support volunteer has completed her training for this role and delivered a group in the early part of 2016. This role will be extended to provide a counselling service for the families of drug and alcohol users, either to complement the peer programme or as an alternative to attending the programme. This service will not come into effect until further training has been completed (anticipated in late 2018).

We continue to work with families affected by drug or alcohol use. Our MPACT (Moving parents and Children Together) programme continues to support children and young people affected by parental substance use; our aim is to provide at least one programme a year. We continue to work with colleagues in the public sector to identify families suitable for this programme. Further information on the outcomes of MPACT (Moving Parents and Children Together) is detailed in this report.

REACH, our peer support programme was delivered once in 2016 and demonstrates really encouraging outcomes. We would like to run more of these throughout the year and will be considering how to best promote this service in 2017.

In accordance with our strategic objectives Drug Concern will be continuing to develop the workforce and plan to recruit our first trainee substance practitioner to contribute to the sustainability of a professional workforce. Alongside this we will be preparing to deliver peer support recovery work for drug and alcohol users in the community for 2017. We started to pilot this in the latter part of 2016



and the feedback from service users is very encouraging; the general response has been that these groups are proving to be a powerful tool for helping drug and alcohol users address their substance use with the support of peers.

The total number of clients worked with in 2016 decreased from 200 in 2015 to 177. This is a trend reflected in the reduction of clients receiving custodial sentences. During 2016 104 clients were serving a custodial sentence (compared to 124 in 2015).

Alcohol use continues to be the primary substance for which clients are seeking help (42%), followed by cannabis use (25%); opiate use remains relatively stable with 19% reporting this as their primary substance.

There has been a shift in the age range of clients accessing services. Historically clients between the ages of 26-35 have presented as the primary group, though this number has been falling consistently over the last three years. The age group most represented in our data for 2016 are the 19-25 year olds who are reporting to use cannabis and alcohol predominantly. This data suggests we are reaching new service users.

A huge thank you to my team of staff, volunteers and directors; 2016 presented us with much uncertainty and change with regard to service delivery. Well done for rising to the challenges this raised for you all. I look forward to working together during 2017.

Core Services

Support Services

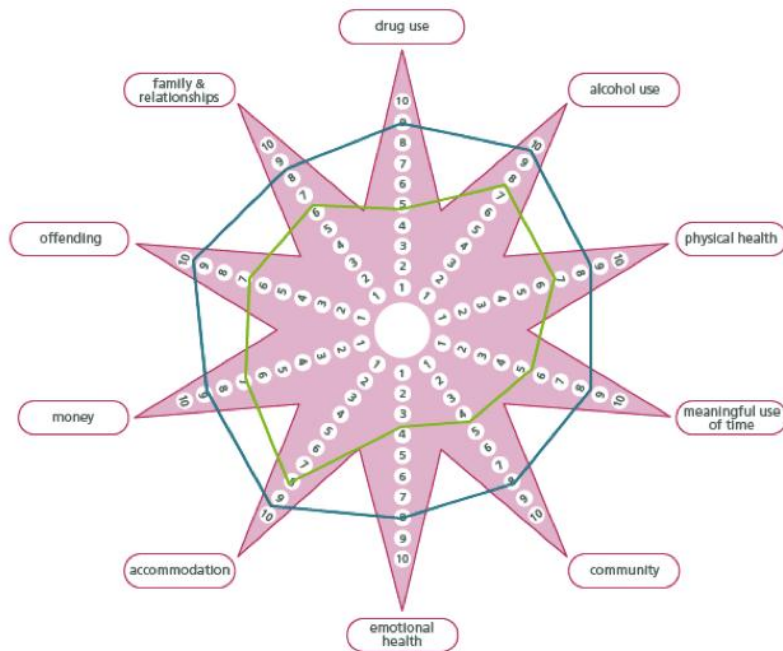
Support Services are specifically designed to help people who are struggling to change behaviour. The focus is on problem identification and management, motivational work in relation to cessation of drug/alcohol use and specific relapse prevention techniques for those who have already made changes to 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 73 individuals in the support service. Engagement can last from one month to more than 12 months; the length of engagement determines the outcome tool use. Outcomes data reported 32% experienced significant change, 26% reported change across ten identified areas (diagram 1); 41% did not have outcomes reported either because they chose not to complete the forms, or disengaged from sessions.

To address this lack of data Drug Concern will be introducing a new outcome reporting strategy.

Diagram 1. (The green line is the initial report when clients access the service, the blue line is the most recent reading. A score of 10 signifies no problems in this area)



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 Islands 2020 vision with the promotion of safer health within the islands community. A total of 83 individuals used the needle exchange throughout 2016, an increase of 23 compared to 2015. This increase relates to a significant increase in the amount of people using performance enhancing substances.

Education And Training

This will be the final report for the education programme in schools as Drug Concern stopped providing this service at the end of the academic school year. Action for Children is the new service provider of this service.

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 2015 - July 2016) Nathan delivered 141 school lessons. Pupils are invited to complete a brief evaluation feedback form with 1876 students responding.

54% of students said they learnt a lot from the lesson
45% of students said they learnt a bit from the lesson
1% of students said they learnt nothing

46% of students said they thought the lesson was excellent
48% 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

Nathan left his full time position with Drug Concern in July to pursue a vocational desire. He continues to volunteer for Drug Concern in a different role. We wish him well for the future.

Criminal Justice Substance Service

The Criminal Justice Drug Service (CJDS), introduced thirteen 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 22 referrals to the service in 2016 compared to 32 in 2015. The number of orders granted remains consistent with the previous year (five). The number of orders breached fell again for the reporting period from two in the previous year to one; there were no orders completed during 2016.

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 only three referrals for the year (compared to 11 in 2015); as with the previous year the majority of referrals to the service were drug rather than alcohol related.

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.

This service will undergo significant change in 2017. The tendering process outcome resulted with successful award of contracts for both the Criminal Justice Drug Service and Criminal Justice Alcohol Service to Drug Concern. The successful tender included a change in the model of intervention delivered where the primary focus will be delivering peer recovery group sessions. These sessions cover skills for behaviour change across addictions. The service will be rebranded as the Criminal Justice Substance Service (CJSS).

Drug Concern started to deliver these groups on a small scale during November and December. The feedback from service users has been unanimous in that the benefits of group work are significant for this group of people.

Currently this service is available only to those on Probation orders. Drug Concern is considering the use of these groups for the wider community of drug and alcohol users.

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 and recent trends in substance use.
- Prison Therapeutics meetings - A quarterly contribution to issues relating to prescribing practice in the prison.

Drug Concern will be implementing peer recovery group programmes in the Prison during 2017 as part of the primary substance use intervention. We will continue to review to the provision of services in custody to see if there are any benefits of considering other modes of service delivery.

Statistics

A total of 104 (compared to 124 in 2015) interventions were offered in 2016. There is a continuing trend of decreasing numbers in the prison population, which is highlighted in these statistics. Interventions vary between group and individual work; these interventions range from education and awareness, motivational work, relapse prevention and preparation for release into the community.

The statistics for aftercare uptake in the community upon release from prison has seen a 35% decrease from 2015 with only 6 referrals made compared to 17 in 2015.

One substance awareness group was delivered during 2016 (groups are delivered as directed by the need for intervention from the prison population). The aim of the group is to raise awareness of the impact of drug and alcohol use on the individual's wider life with a view to increasing motivation for change. The group was attended by four prisoners.

- 1 participant reported an increased need to make changes in their life.
- 2 participants reported an increased understanding relating to the specific changes they need to make.
- None of the participants reported to be feeling more motivated towards changing behaviour.
- 1 participant reported to accept more responsibility for the changes they need to make.
- None of the participants 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 80%
- Post-test average score was 91%



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 to reduce feelings of isolation, which are 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 and 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.

One programme, made up of four families, five adults and six children, was delivered during 2016. The pre- and post-test scores relating to individuals' ability to cope increased by 50% on completion of programme. Pre- and post-test scores relating to functioning within the family and as individuals increased by 63% upon completion of the programme.

A 12-month follow-up conducted for programmes four and five produced the following results:

- 100 % of participants reported that the family continued to communicate well with one another.
- 100 % reported a reduction in family problems all of which attributed change to participating in the programme.
- 100 % reported to be coping better as individuals.
- 100 % reported to be coping better as a family.
- 100 % reported that since completing MPACT their families worked better together.

These results do not include the programme outcomes for 2016 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 a peer support programme for friends and family members of drug or alcohol users. The programme aims to reduce the sense of isolation experienced by those having to live with someone else's addiction, provide support and improve the quality of life of the participant.

The programme runs over the course of 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. Programmes are delivered based on demand and we need a minimum of three participants to run a programme.

Outcomes:

One programme was delivered to a total of four participants who completed pre- and post-programme questions. One person did not complete the evaluation but from those who did;

- All participants reported to be feeling less isolated.



- All participants reported they felt more able to improve their quality of life.
- All participants reported to feel more supported.

Some direct feedback from participants:

“The programme was real eye opener and I could not recommend it highly enough”.

“The course has 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.”

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.

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