



ANNUAL REPORT 2008

Drug Concern is a charity involved in the delivery of services for those whose lives are affected by drug misuse within the Bailiwick of Guernsey, through education, information, advice, support and counselling.

Directors

Jim Le Pelley
Chris Sackett
Judy Beaugeard
David Leafe
Bruce Riley
Mike Watson

Chairman
Treasurer

Staff team

Tracey Rear
Jane French
John Knight
Gill Ogier

Manager
Education & Training Drug Worker
Substance Misuse Worker (Prison)
Criminal Justice Drug Worker

Staff Profiles



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

Tracey has been working for Drug Concern for ten 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 a degree in Addictions Management, a diploma in drug dependency, a diploma in clinical and pastoral counselling and is a practitioner of auricular acupuncture.



John Knight Cert ADS, SC
Substance Misuse Worker (Prison)

John started at Drug Concern in October 2007. He has a background in social care with young people and, having worked in a number of residential settings, has a considerable knowledge of the issues relating to substance misuse. John is a practitioner of auricular acupuncture and a trainer for Therapeutic Crisis Intervention.



Jane French Dip SW, Cert HE
Drug Education and Training Worker

Jane started at Drug Concern in August 2007. Her background is in the field of social work, predominantly working with children and families, and special needs. For the three years prior to joining Drug Concern she was employed in a community drug and alcohol service in the South West, where she gained valuable experience in addiction and withdrawal treatment in the U.K.



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

Gill has been working for Drug Concern for five 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.

Manager's Report

I am delighted to bring you the 2008 Annual Report from our new premises at St Julians House in St Peter Port, which we moved to in late December 2008. This was following a two-year search for suitable premises from which to operate our core services. The move (which is the fourth for Drug Concern) provides longer-term stability, is centrally located, and is ideal for Drug Concern's current activities.

It is some years since our offices were situated in St Peter Port, and the organisation has developed considerably since then. It is with anticipation that we start 2009, to see whether our relocation will impact our services in any way and present us with further developmental needs.

During 2008 Drug Concern saw 298 individuals, a slight increase on the 274 seen in 2007, with approximately two thirds of these presenting as new clients. As is usual with our statistics the majority of our clients are generated from the criminal justice system (approximately two thirds), and we work hard at using this opportunity to promote change whilst we can.

There has been much discussion in the local media throughout the course of 2008 regarding the use of legal highs, spice in particular. Staff at Drug Concern have also experienced an increase in the numbers of people in the community seeking help with regard to this substance, and this is something we will monitor during 2009.

The ages of our clients are broadly in line with those in recent years: about 13% being under 21, 45% between 21 and 30, and 42% over 30. Most (about 38%) of those seeking help are poly-drug users—clients who regularly use a variety of substances, either to achieve a particular effect or because of irregular supply. Approximately 24% are users of opiate based substances, mainly heroin. There are signs of slightly increasing problematic use of cocaine and MDMA (Ecstasy), with about 12% using these as their drug of choice.

Work with our clients to help them deal with drug misuse is not generally in isolation. It more usually requires the involvement of other professionals and agencies to increase the client's chances of a successful treatment outcome. I am encouraged that 2008 saw the development of a closer working relationship with the Community Drug and Alcohol Team, which I hope will continue to develop throughout 2009. Without this joint approach sustained change for the client group becomes much reduced.

2008 has indeed been yet another year of change, and I am extremely grateful to the local community for its support towards the ongoing work of Drug Concern. The response to our appeal for funds to refurbish the new premises was amazing to say the least. We are particularly grateful to the Health and Social Services Department whose work enabled us, in a relatively short space of time to relocate and become fully operational. My thanks are extended to all those who continue to provide us with help and financial support.

Of course I could not end a report without extending my personal thank you to the directors of Drug Concern, who provide the foundation on which Drug Concern is built; and to the staff of Drug Concern who continue to reach out to those affected by drug misuse.

**Tracey Rear
Manager**

Core services

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 counselling, information, advice and support, and the provision of a needle exchange. We are strong supporters of a multi-agency approach to the problems of drug misuse and we recognise, and 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.

Counselling and 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. Drug Concern also provides support to other charities, businesses and organisations.

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.

The needle exchange 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 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 risk of transmission of certain viruses.

At Drug Concern we work hard to engage with needle exchange users, with the aim of building good working relationships leading to behaviour change. Our evening opening times have allowed service users access outside their working day, which means there is more opportunity to engage them in conversation and to build these good relationships.

Auricular acupuncture is used as a treatment to reduce the discomfort of withdrawal from substances by promoting a reduction in the symptoms of anxiety. It is also provided for individuals who have successfully changed their drug use but benefit from receiving the treatment on a regular basis to promote relaxation.

Education and Training

The drug education programme delivered in Guernsey and Alderney schools is one of our well established services. The programme covers years seven to eleven, in all secondary schools, and the College of Further Education. The programme addresses the issues of substance misuse and its associated risks. Information sessions are also provided for parents and teachers.

The education and training delivered to new recruits to the Police Force has been steadily maintained during 2008, as has the input with the Karabiner Project which aims to get young people ready to enter employment. There has been an increased demand for education with trainee nurses, social workers, and increased input at the College of Further Education.

Education, wherever it is delivered is considered to be a key factor in prevention, particularly amongst the youth. Hence we are keen to further promote this aspect of our work within the community.

Criminal Justice Drug Service

The *Criminal Justice Drug Service* (CJDS), introduced six 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 was a slight increase in referrals to the service during 2008, with a significant number of successful completions compared to the previous year. There was a slight decrease in the number of individuals who were in breach of their order. On the whole the number of individuals receiving input at any one time has remained largely consistent with previous years.

Arrest referral is a partnership between Drug Concern and the Guernsey Police. The aim is to raise 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 the custody cells to make contact with potential service users, with the aim of engaging with a service that they would not otherwise access. During the year there were 33 referrals to the service, nine of which were drug-specific and eight of whom received follow-up contact from Drug Concern. This is proving to be a productive partnership, which grows from strength to strength.

A new development within the field of addiction relates to the new post created by the Drug and Alcohol Strategy at the end of 2008. The appointment of a Criminal Justice Alcohol Worker will mean that closer links between services close the gaps in treatment opportunities. It is envisaged that this service (provided by the Guernsey Alcohol and Drug Abuse Council) will work closely with the CJDS.

Shared care 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

This was the second year of the full-time Prison Substance Misuse Worker ("SMW") within the Prison. The scope of our work in the prison focuses on drugs and alcohol, and remains one of our busiest areas (approximately two thirds of the total client numbers), which acts as a conduit to some of our other community based services upon release.

The SMW participates in a number of committees within the prison, including:

- Risk Management Board – dealing with prisoners who are at risk of self harm or suicide and putting into place individual plans of care to safely manage times of crisis, thus reducing the risk of death or injury in custody.
- Prison Therapeutics Committee – dealing with the logistics and practice of prisoners' healthcare needs, focussing on best practice within the Prison, and safe and healthy outcomes.
- Residential – dealing with the development of the Prison regime.
- Interagency forum – dealing with issues that affect the various organisations which have an input into the Prison system.

A key objective is to assess every prisoner received into custody within 48 hours, or at most a week, of reception to establish his or her need for continuing therapeutic input. This gives opportunity for prisoners to discuss confidentially their individual needs with the SMW as some do not wish to disclose their drug use issues to prison or healthcare staff feeling they risk incriminating themselves further. The first hours and days are also statistically the time when new inmates are at most risk of self-harm and suicide so this also provides a service to those with no identified drug or alcohol misuse issues to speak to an external, non-judgemental agency during this difficult time.

Input into expanding the prison officers' understanding of addiction issues continues, with more sessions being delivered on induction, and intermittently throughout the year for existing staff. These sessions have included topics such as self-harm, substance withdrawal and general drug information as the primary subjects. Further dates and topics have been discussed and agreed for the year ahead.

A revised drug education group work course has been initiated within the prison four times during 2008 in conjunction with Drug Concern's education worker, once each for female and young offenders and twice for the adult male population. These courses have been accepted well by the prison management and prisoners alike. A further five dates have been arranged for 2009.

New initiatives are being planned for 2009 where the focus is on sustained change and developing a better understanding of substance misuse.

These initiatives, at the time of preparing this text, are aspirational and will be looked at further as part of the Prison Drug and Alcohol Strategy and the new Offender Management Unit which is currently being developed. The initiatives include a voluntary, frequent drug-testing scheme linked to a 'listeners' group to assist other prisoners who are having difficulty at any given time. The benefits of this would be on many levels as both the prisoner in difficulty would have an understanding peer to talk to when 'helping' agencies are not available and the 'listener' would develop greater self-esteem which is essential in the quest for sustained change.

Thank you

Thank you all sincerely for your support during 2008. Our work could not continue with you.

Association of Guernsey Charities

Butterfield Bank (Guernsey) Limited

Collins Stewart Charitable Trust

Dads & Mums Against Drugs

Guernsey Trust Company Limited

Insurance Corporation of the Channel Islands Limited

Investec Guernsey Charitable Trust

Kleinwort Benson (Channel islands) Limited

Lions Club Guernsey

Lloyds TSB Foundation for the Channel Islands

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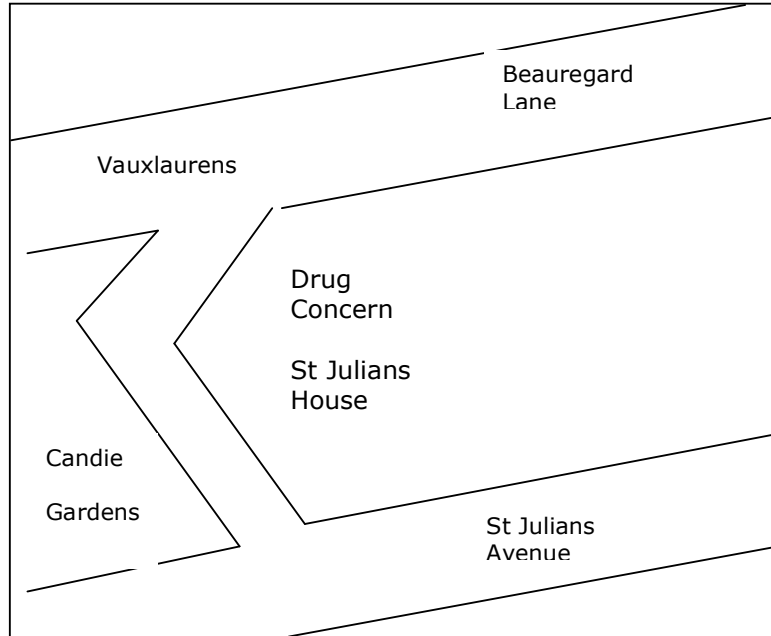
Pentagon Insurance Brokers

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