



ANNUAL REPORT 2012

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 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 recognise and support the work of the Bailiwick Drug and Alcohol Strategy Group in coordination the efforts of a number of organisations in both the public and voluntary sectors.

Directors

Jim Le Pelley

Chairman

Chris Sackett

Treasurer

David Leafe

Mike Watson

Philip Eyre

Staff team

Tracey Rear

Manager

Nathan Miller

Education & Training Drug Worker

Gill Ogier

Criminal Justice Drug Worker

Sarah Fellowes

Prison Substance Misuse Worker

Kay Shackleton

Children and Families Worker

Staff Profiles



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

Tracey has been working for Drug Concern for fourteen 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.



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

Gill has been working for Drug Concern for nine 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.



Sarah Fellowes Dip CCJ
Prison Substance Misuse Worker

Sarah joined the team in August 2010 bringing with her a wealth of experience working with homeless substance users within the criminal justice system in the U.K. Sarah has a diploma in community and criminal justice and completed the NVQ training with the UK Probation Service. Sarah recently gained training in restorative justice techniques. Sarah is well versed in the delivery of evidence-based practice.



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.



Kay Shackleton Dip SW
Children and Families Worker

Kay joined the team in June 2012 having spent a number of years in various Social Work positions and more recently working with the Probation Service. As well as being conversant with various recovery models Kay has been involved with the charities FUEL and Headway and is experienced in both the delivery and participation of group programmes.

Manager's Report

It has been an exciting year for Drug Concern with the launch of a major initiative which will focus on the effects on children of parental substance misuse. MPACT (Moving Parents and Children Together) is a comprehensive programme, proven in the UK, with an emphasis on early intervention to prevent substance misuse as a lifestyle choice passing from generation to generation.

We are most grateful to BBC Children in Need who are providing core funding for the three –year programme. Further financial support is being provided by local organisations.

We will be delivering six eight-week programmes from 2013 to 2015, the first starting in January 2013 with five families participating. Six children will benefit from what has been reported as a life changing intervention.

Looking back over 2012 there has been a slight increase in community referrals and a small decrease in the number of returning (revolving door) clients compared to 2011.

During the year the States of Guernsey Drug and Alcohol Strategy initiated a new role within the Child Adolescent and Mental Health (CAMHS) Team which focuses on under 25's experiencing substance misuse problems. Interestingly our data relating to age range of clients has seen a reduction of 43 clients under the age of 25 presenting to Drug Concern and we believe this reduction is due to the movement of this client group to CAMHS. All other age data presents no real shifts in patterns; our core age group is 26 years and over. This is followed closely by the 19-25 age groups.

The primary substances for which people are seeking help from Drug Concern in order of prevalence are, opiates, alcohol, emerging drugs of concern (formerly legal highs), poly drug use and cannabis.

As a result our primary work continues to focus around the use of opiates (this includes heroin and pharmaceutical/prescribed opioids). Misuse of prescribed opioids exceeds that of heroin by a small amount but is indicative of the availability of illicit heroin. Suboxone and Fentanyl are the primary drugs of choice within this category. Problematic alcohol use and opiate use is similarly prevalent. Drug Concern delivered structured treatment to 229 individuals during the course of 2012, a 14% increase compared to 2011.

However, Emerging Drugs of Concern (drugs such as mephedrone) continue to be used. To provide a comparison these substances are reported more frequently than pharmaceutical opioids and heroin separately but not collectively.

Drug Concern has continued to progress multidisciplinary working. Fostering links with Childrens' Services has been a key aspect of our work during the year and has been extremely valuable in providing a more detailed understanding of some of the key issues for families, which helps with the delivery of a more comprehensive service to clients.

We look ahead with anticipation as we move into 2013, in particular how the decision to extend our services to family focussed interventions shapes the organisation; mindful of what new opportunities may arise from this work and how we can to the best of our abilities prevent substance misuse from being the only conceivable option for many of the individuals we come into contact with.

We would like to thank each of you who has supported us throughout 2012; our work would not be possible without you.

I also take this opportunity in thanking the staff and directors of Drug Concern for their contributions during 2012.

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. The gradual increase in the number of people seeking support has continued during 2012. Throughout 2012 the slow increase of people seeking support for substance use continues. This increase relates both to the numbers of returning clients and new clients.

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.

Needle Exchange

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 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 risk of transmission of certain viruses. This service contributes to the States of Guernsey 2020 vision with the promotion of safer health within the islands community. A total of 75 individuals used the needle exchange during 2012.

Drug Concern endeavours to engage with needle exchange users, with the aim of building therapeutic relationships that can lead 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 build relationships.

Auricular acupuncture is used as a treatment to reduce the discomfort of withdrawal from substances by helping to reduce 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 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 Emerging Drugs of Concern (previously known as "legal highs") as they encouraged a culture of experimentation among young people, who were not aware of the harms associated with their use. Information sessions are also provided for parents and teachers.

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.

New in 2012 was the introduction of a lesson specifically focussing on the issues related to cannabis use, the drug which is most reported as the first drug used. This session is delivered only to year 10 pupils and has been well received.

The Drug and Alcohol Strategy focussed on the issue of young peoples use energy drinks, particularly the high caffeine content of these drinks and the impact upon users. Our education worker played a key role in gathering local statistics for this presentation.

The evaluation of drug education has always been a complex task, as it tends to rely on outputs rather than outcomes. During 2012 and in conjunction with the Personal, Social, and Health Education Drug Concern conducted a new evaluation measuring the self reported learning of the pupils. The questionnaire asked whether pupils had learned anything from the lessons, 45% stated they had learned a lot; 54% a bit and less than 1% reported to have learned nothing. (There were a total of 351 pupil responses)

The second question related to how the pupils rated the session, 41% reported it to be excellent; 52% good; 7% good and less than 1% reported it to have been boring. (There were a total of 355 pupil responses)

Education, wherever it is delivered, is a key factor in prevention, particularly amongst young people. Hence we are keen to further promote this aspect of our work within the community, and to develop our work with other agencies in promoting the social and emotional wellbeing of young people.

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

Criminal Justice Drug Service

The Criminal Justice Drug Service (CJDS), introduced ten 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.

The rate of referrals reflected a small increase compared to 2011 and there were fewer breaches than the previous year's data.

Successful completion of orders remains higher than breaches, which continues to be an encouraging statistic. Clients can choose to receive support from Drug Concern upon completion of their order if this is identified as a need.

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 their engaging with a service that they would not otherwise access.

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.

This service has seen the most significant change in data with a large reduction in the number of referrals to the service (45 in 2011 compared to just 5 in 2012). We believe the decrease is not a reflection of a lack of suitable candidates for the service but rather that referrals are not being recognised. We will hope to rectify this in 2013.

Prison

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) became more fully integrated into the Offender Management Unit (OMU). This unit concentrates on individual cases within the Prison, specifically prisoners' needs whilst in custody and ensuring these needs are adequately met.

A key objective is to assess every prisoner received into custody ideally within 48 hours, of reception to establish his or her need for continuing therapeutic input. This gives an opportunity for prisoners to discuss in confidence their particular 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 of confinement 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.

The group work provided by Drug Concern in the Prison runs four times a year with a number of mini-groups aimed to respond to need. This group is facilitated by the PSMW and our drug Education and Training Worker.

The programme targets offenders who have reported problems relating to drugs or alcohol and aims to increase the participants' awareness of how substance use impacts key areas of their lives using a variety of methods; outcome evaluations measure changes in attitudes as a result of group participation as well as collecting 'soft' data in the form of participant feedback.

The 2012 evaluation comprised pre and post programme testing in the form of a set of short questions focussing on change, the results are set out below;

- 63% of participants reported an increased need to make changes in their lives.
- 38% reported an increase understanding relating to the specific changes they needed to make
- 50% reported to be feeling more motivated towards changing behaviour
- 50% reported to accept more responsibility for the changes they needed to make
- 38% reported to be more open to receiving help than when they started the programme

These outcomes are extremely positive, reflecting a majority of prisoners experiencing attitudinal changes. These prisoners will go on to receive one-to-one work with the Drug Concern prison worker to focus on progressing these attitudinal changes into practical change.

Moving Parents and Children Together (MPACT)

Drug Concern was delighted to receive charitable funding towards a new programme MPACT. The programme works with the whole family and focuses on the primary aim of improving the safety and well-being of children within substance using families. It aims to provide the children with a voice, to promote the use of positive communication, increasing the child's resilience, build on the families' strengths and to reduce feelings of isolation often associated with parental substance use.

Participation in the programme will enable children to identify and communicate their needs within the family and to understand the impact parental substance misuse has on their own lives and the lives of other family members.

MPACT is an exciting opportunity to provide early intervention to families who are struggling to cope with parental substance misuse. Our hope is that it will act as a preventative measure and provide children with options other than substance use as a coping mechanism.

The programme targets children between the ages of 8 - 17 years who are affected by parental substance misuse and runs for a period of eight one-week sessions.

MPACT is a licensed programme which is independently evaluated as part of the license agreement.

The first programme will run in January and February 2013 and has five families participating.

Thank you

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

Association of Guernsey Charities

BBC Children in Need

Collas Crill Trust Limited

Collins Stewart Charitable Trust

Financial Risk Management Charitable Trust

Guernsey Community Foundation

Help a Guernsey Child

Insurance Corporation of The Channel Islands Ltd.

Lloyds TSB Foundation for the Channel Islands

Nerine Trust Company Ltd

N.M Rothschild & Sons Ltd Charities Committee

Norman Piette

Walter Property Ltd