

Drug Concern

The Annexe, St Julian's House

St Peter Port, Guernsey GY11GP

Phone: 01481 729000 Fax: 01481 724427

E-Mail: info@drugconcern.org Web: www.drugconcern.org



ANNUAL REPORT 2014

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*

Chris Sackett *Treasurer*

David Leafe

Mike Watson

Philip Eyre

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 seventeen 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 eleven 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.

Chairman's Statement

Reflecting on 2014 as Chairman of Drug Concern I continue to be impressed by what is achieved by the small team of dedicated and loyal staff that make up the front line of Drug Concern.

Earlier in the year we welcomed two new team members, Anne Bodman and Tina Wilson and to their credit they have quickly established themselves and are making valuable contributions in their respective areas of expertise.

We live and work in challenging times and Drug Concern has not escaped the need to remain flexible and innovative in its approach to service delivery. The growing reliance on a third sector to deliver services to the community of Guernsey places a demand on the Board of Directors to ensure the retention of well trained, qualified and motivated staff and the ability properly to fund its activities.

Under the expert leadership of Tracey Rear - Business Manager the organisation has maintained a sharp focus on service delivery, meeting expected outcomes and providing value for money. I remain impressed with the organisation's ability to adapt to change and embrace new initiatives and ways of working.

Drug Concern has contributed widely to the development of the soon to be implemented new Bailiwick Drug and Alcohol Strategy and looks forward to working with Andrea Nightingale and partner agencies to deliver services for the benefit of those that need them most. We encourage consultation and endorse the capture of the experience, needs and ideas from those working on the frontline. It is imperative that we also capture the views of service users and shape our efforts accordingly.

This year has seen the implementation of the 'Single Treatment Service' a development that Drug Concern has been very pleased to be involved with from the outset. Initiatives such as this do pose challenges for organisations such as Drug Concern when client confidentiality and reputation remains fundamental to building trust with clients and service users. We were pleased to have been instrumental in contributing to the agreed solutions in respect of data security, which has enabled the initiative to progress to implementation. Such initiatives place extra demand on staff time diverting from front line delivery. It remains imperative therefore that post implementation review evidences that the aims of the service have been met.

The introduction of MPACT in 2013 was an exciting development and has since proved to have been a very worthwhile undertaking.

Drug Concern retains qualified loyal staff and delivers value for money

working together and capturing service users views to ensure the strategy works

administrative requirements detract from front line service - effectiveness must be ensured

MPACT a success but partners' assistance required in identifying cases for referral

Continued delivery in 2014 has required a team effort, not just amongst Drug Concern staff but spread through a wider network of dedicated and interested professionals. There are great opportunities here for effective work with families who are affected directly or indirectly by substance misuse. Disappointingly though this perceived need has not been borne out by referral numbers and the number of programmes has been cut accordingly. Drug Concern will continue to deliver the message in an effort to turn this around and I would urge fellow professionals to liaise with Tracey to discuss potential referrals and help us to grow this programme. Work has remained ongoing through 2014 to plan for the first Prison MPACT programme, which will be delivered early 2015. I thank all concerned with the MPACT programme, your assistance and contributions are very much appreciated.

identification of suitably qualified volunteers could lead to extension of services

Drug Concern acknowledges the contribution that can be made by volunteers and have worked this year to develop a policy that would enable volunteer support to the established staff team. Appropriate and clever development of this initiative could provide the key to extension of services, so 'watch this space'.

Drug Concern a centre of excellence

It has been a busy year and next year promises to be no different. The reason we are here is to make a difference for the better in the lives of those blighted by substance misuse. Services will evolve but Drug Concern will remain at the forefront of delivery and provide a centre of excellence for those wishing to avail themselves of the help and support that is available.

I thank you all - staff, supporting agencies, sponsors and fellow Board members for what has been achieved in 2014.

Jim Le Pelley
Chairman

Manager's Report

It has been a busy year at Drug Concern responding to changes within our own team and preparing for changes at policy level proposed for 2015. Indeed we are not strangers to change, it being the core of each strand of our work as we seek to bring about positive change in the lives of those who use our services.

Given the excellent results from the Moving Parents and Children Together (MPACT) programme, especially in providing families affected by substance misuse with greater resilience, we will provide further courses in 2015 to help families who are struggling, and will be delivering the first Prison MPACT programme early in the New Year.

Following recommendations made by Liverpool John Moores University as consultants to the review of the States' drug and alcohol strategy, joint working between the Community Drug & Alcohol Team (CDAT), the Guernsey Alcohol & Drug Abuse Council (GADAC), and Drug Concern has been formalised through the setting up of a Single Treatment Service. The agencies now meet weekly to review treatment options and plans for consenting clients, with the aim of optimising outcomes for the client. Drug Concern strongly supports this initiative and, although the scheme is still in its early stages, is confident that significant benefits will be achieved.

The number of people accessing our services in 2014 has reduced a little compared to previous years (19%), with 195 individuals engaging in substance misuse interventions. The reduction relates largely to the provision of one MPACT programme compared to two programmes delivered in 2013; In addition to this there has been a small reduction in the number of people moving through the criminal justice service which accounts for 67% of our caseload. The main drug of choice reported is alcohol, which is almost on par with opiate use.

The 2013 Annual Report referenced a need for Drug Concern to work closely with the Bailiwick Drug and Alcohol Strategy in determining the best measures of success for such a complex issue as substance use. A monitoring tool, initiated by the Strategy in 2014, measures changes in lifestyle across ten key areas¹ over a range of time intervals. On average 83% of Drug Concern clients report a big change in their situation, 8% report a small change, and only 1% report no change. Benchmarked against other organisations (Nationally) using STAR gives very promising results. These initial results are substantially better than those being reported in the UK.

A further planned development for 2015 extends to working with the 'significant others' of substance users. We will be exploring the potential to deliver a peer led group with a view to providing support and experiential learning and understanding to adults affected by another's drug or alcohol use. This will be the first time Drug Concern has planned to utilise volunteers as part of its service delivery.

Thank you to the Drug Concern team for their commitment towards the charity's goals, and to the directors for their contribution towards the governance and steering of the organisation, your efforts are much appreciated.

¹ The STAR outcome tool measures drug use, alcohol use, physical health, meaningful use of time, community, emotional health, accommodation, money, offending, family and relationships.

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 in their use of drugs.

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 63 individuals in the support service. Engagement can last from one month to more than 12 months.

Single Treatment Service

Work started in 2013 to develop and implement a single treatment service, the service commenced in December and operates as an “opt in/opt out” service for clients, offering them the choice to access interventions within the Community Drug & Alcohol team (CDAT), The Guernsey Alcohol & Drug Abuse Council (GADAC), and Drug Concern respectively, with relative ease.

The primary aim of the service are to improve access to the range of services with a view to improving treatment outcomes. Additionally it will provide a core data set which will enable comparisons of anonymised statistics with our counterparts in the UK.

Drug Concern anticipates an increase in referrals as a direct result of the Single Treatment Service.

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 72 individuals used the needle exchange throughout 2014, a decrease of 9% from 2013 figures.

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

Education & 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”) 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.

Statistics

Throughout the school calendar year (September 2013 - July 2014) Nathan delivered 188 school lessons, pupils are invited to complete a brief evaluation feedback form with 2161 students responding during this time frame.

52% of students said they learnt a lot from the lesson

47% of students said they learnt a bit from the lesson

1% of students said they learnt nothing

49% of students said they thought the lesson was excellent

46% of students said they thought the lesson was good

4% 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 2014 training was delivered to;

- Guernsey Police Cadets
- Holy Trinity Church
- The Hub
- Probation - Community Service Team
- Youth Commission Staff
- Youth Leaders

Criminal Justice Drug Service

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

Referrals to the service remains consistent (22 referrals), although the profile of clients referred in 2014 has changed in as much as more intensive work has been necessary, usually due the complexity of needs with the client group.

The breaches of supervision orders in 2014 have been the highest number since the programme commenced with a recorded eight breaches, three of which were drug related and the remaining related to more general offences. We believe there is a correlation between the level of addiction and the individual's ability to maintain behaviour change. Successful completions of orders remains positive, with over 50% reported successful completions for the year.

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 (n=18) to this service are slightly reduced (18%), with the majority of these referrals relating to alcohol use (60%). There has been a significant reduction in the number of drug related referrals to this service compared to the previous year (37%).

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.

A new appointment to this post, made in February 2014, has initiated a number of **new developments**.

- Two staff training sessions have taken place relevant to substance use locally and in the UK, four of these sessions are planned for 2015.

- The PSMW co-facilitated a motivational interviewing taster session to the Offender Management Unit.
- The provision of take home naloxone, a programme initiated by CDAT and supported by Drug Concern / PSMW has already trained its first prisoner in the administration of the prenoxad medication to prevent death from overdose.
- The implementation of a female only substance misuse group was delivered, with plans to continue this in 2015.
- The PSMW will undergo training in 2015 to co-facilitate 'The Decider' programme. A locally developed, but nationally recognised programme aimed to promote better decision making amongst client groups.
- The PSMW will be a co-facilitator of the Drug Concern Moving Parents and Children Together programme. This will be the fourth MPACT programme delivered locally, but the first to be delivered in the prison.

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.

Commendations

Tina Wilson, Prison Substance Misuse Worker received an award during 2014 for her work that contributed towards the safety of the prison.

Statistics

A total of 131 interventions were offered in 2014. Interventions can be both group and individual work and range from education and 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 are much improved in 2014 with an increase in aftercare referrals (ten in 2014 compared to five in 2013), with all referrals attending at least one appointment in the community post release.

Three substance awareness groups, attended by 23 prisoners were delivered during 2014.

29% of participants reported an increased need to make changes in their lives.

24% reported an increased understanding relating to the specific changes they need to make.

24% reported to be feeling more motivated towards changing behaviour.

18% reported to accept more responsibility for the changes they need to make.

29% 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 72%

Post-test average score was 88%

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, to promote the use of positive communication, increasing the child's resilience, help the family to work better together and to 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, 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 was delivered during 2014, made up of six families, six adults and seven children. The pre- and post-test scores relating to individuals ability to cope increased by 82% on completion of programme.

Pre- and post-test scores relating to functioning within the family and as individuals for increased by 64% upon completion of the programme.

A 12-month follow-up conducted for programmes one and two delivered in 2013 produced the following results

- 94 % of participants reported that the family continued to communicate well with one another.
- 71 % reported a reduction in family problems all of which attributed change to participating in the programme.
- 76 % reported to be coping better as individuals.
- 94 % reported to be coping better as a family.
- 94 % reported that since completing MPACT their families worked better together.

These results are extremely encouraging. It is normal for change to occur in the time during and immediately after a programme, but to be able to report maintained changed is a significant outcome.

Drug Concern plans to deliver two programmes in 2015, with the first programme being delivered in the Prison for the first time and considers this to be an exciting development.

Thank you

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

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