

2019

Annual Report 2019

The Ballymun Youth Action Project CLG





The Ballymun Youth Action Project Ltd. Annual Report 2019.

Contents.

	Page
Introduction	1
BYAP - Who we are	2
Report of Activities 2018	2
Services to Individuals	3
Education and Training Services	5
Others Services and Activities	5
Initiatives	7
Events	8
Organisational	10
Appendices	
Financial Statement	11
Governance	11
Organisational Structure	12

Introduction:

In the current context of a global pandemic, 2019 seems almost like another era. Communities and services around the country have witnessed enormous upheaval and change over the last year and continue to do so. However there were a number of developments in 2019 that were significant from a community perspective. In October there was a renewed focus on the National Drugs Strategy response and the importance of community involvement. This was echoed in the work of the 2nd National Drugs Forum which took place in November, focusing on “Inclusion Health”. During 2019 a working group within the community and voluntary sector continued to examine the response to the needs of people where mental health and substance use are present at the same time, and in September the Health Research Board launched an evidence review of Dual Diagnosis treatment services. Finally, the Voluntary Drug Treatment Network NVDAS during 2019 recruited a Policy and Communication Officer to provide ongoing support to the Sector.

At a very local level, our building has, since 2006 been a stand-alone building. In 2019 Lidl, having purchased the adjoining land, commenced building a Lidl Store, as well as student accommodation and some retail units. The new buildings wrap around our building, so a lot of energy has gone into making this development work for all of us.

Within this broader context, the Ballymun Youth Action Project has continued to deliver and develop our services, and this annual report will hopefully capture some of that work.



BYAP - Who we are

The Ballymun Youth Action Project is a Community Response to Drug and Alcohol issues as they are experienced in this local community, and in our response we work with individuals, families and the broader community. It was founded in 1981 after three young people from Ballymun died from drugs-related causes.

We seek to do this through

- Working with individuals who are using, reducing, or who have stopped using drugs and/or alcohol;
- Supporting families impacted by drug and alcohol issues;
- Supporting the community in their work of prevention and intervention as responses to drug and alcohol issues;
- And building capacity through training and research.

We believe

- That individuals with addictions can and do recover;
- The families of those affected by addiction do not have to cope alone;
- That the Community can be an effective place to recover.

And our ethos is rooted in

- Valuing individuality;
- Valuing the capacity of individuals, families, and communities.

Our services respond to a continuum of needs ranging from low threshold harm reduction positions to post substance use/abstinence based aftercare provision.

We believe that individual substance users do not exist in isolation, and accordingly we work with families and the community in order to facilitate change. We recognise the impact that drug use has on families and the local community and our services also seek to address that impact. Within the delivery of services there are target groups who are in a transitional phase within their drug use, and the manner of service delivery is designed to incorporate this reality. Accordingly there are also some collaborative pieces of service delivery within the organisation.

The work of the Ballymun Youth Action Project is funded from a number of different sources. The HSE, the Local Drug and Alcohol Task Force, and the Probation Service are the principle funders.

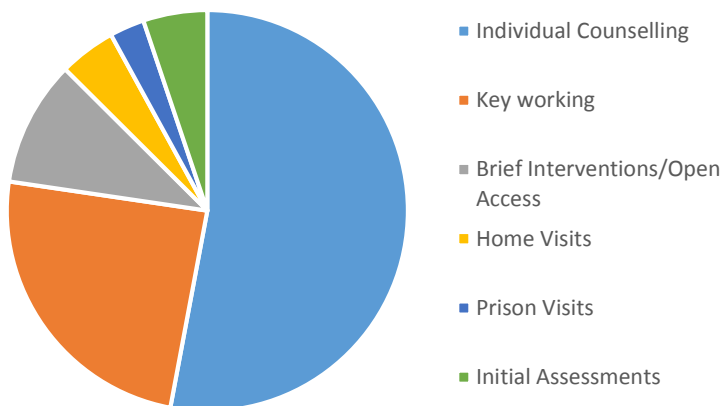
Report of Activities 2019.

In the following section the Activity of the Project will be broken down into three sections. The Services Provided to Individuals, the Education and Training services, and the Other Services and Activities, including new initiatives.



A. The services provided to Individuals

The Primary Work with Individuals during 2019



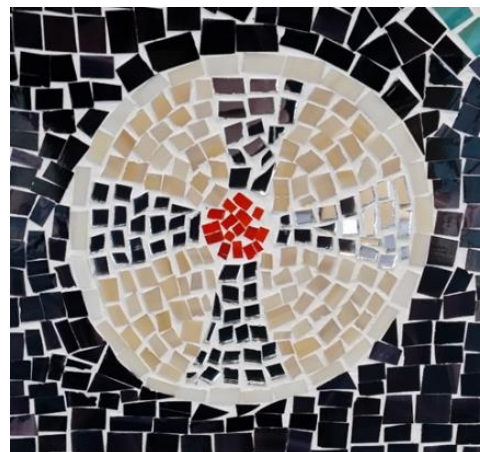
During the year, **595** individuals had direct contact with the services of BYAP [360 Males, and 235 Females] through BYAP Core, Day Programme, Aftercare, the Infant Parent Support Project, and the GP Counselling Service

A closer look at the figures: During 2019 there were a total of 4,760 Face to Face Sessions, broken down as follows:

Activity Type	2019
Individual Counselling	2,623
Key Working Sessions	1,207
Brief Intervention Sessions	502
Initial Assessments	256
Prison Visits/ Counselling	139
Couples/Family Sessions	33

Other Interventions:

Activity Type	2019
Program Sessions Delivered	83
Acupuncture Treatments	192
Home Visits	226
Therapeutic Groups	93
Drop In Groups	50
Client Case Meetings	109
Hospital Visits	13
Accompaniment	28
Prison Program Sessions	36
Exchange	108
Outreach	37



Examining the Figures

BYAP gathers data as part of the National Drug Treatment Reporting System (NDTRS). Within that data treatment is any activity targeted at people who have problems with substance use, and which aims to improve the psychological, physiological and sociological state of the individual seek help. Treatment is linked to specific goals involving change. Normally it involves reduction or abstinence in relation to the main problem drug. During 2019 160 treatments commenced that were recorded on NDTRS¹.

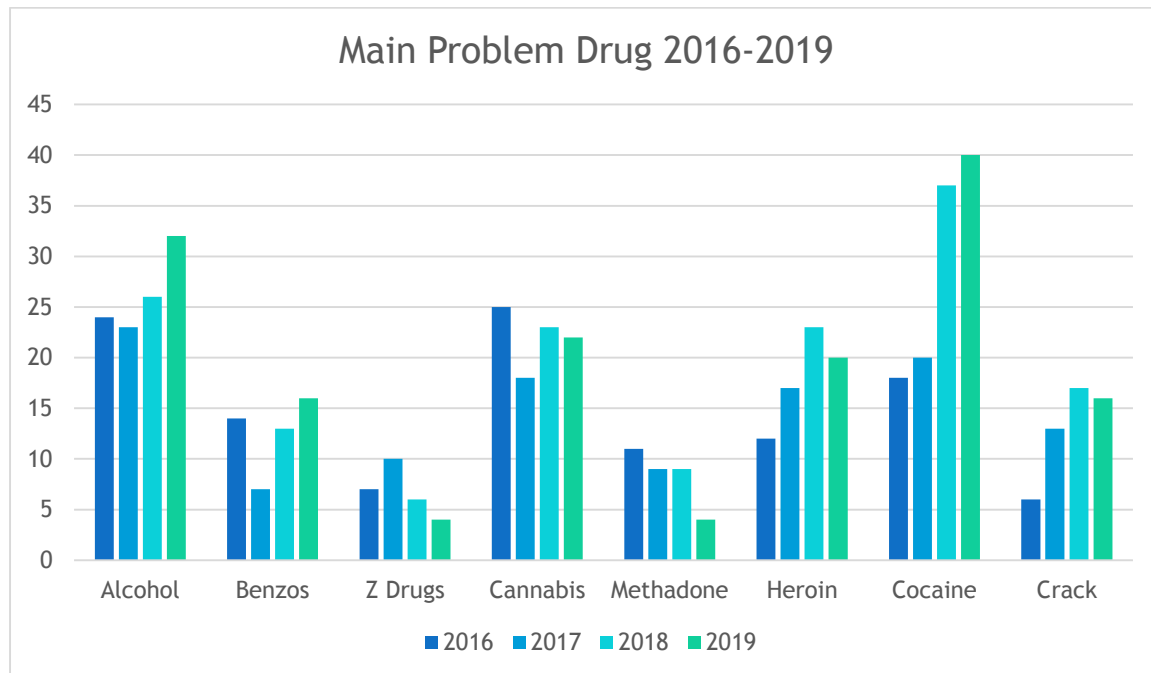


Fig. 1.

For the 160 individuals recorded as commencing treatment on the NDTRS system during 2019, an examination of the most frequently named main problem drug showed some clear patterns of presentations when compared with the previous years. Alcohol, Cocaine and Benzodiazepines show an increase again this year.



¹ Note: These figures only relate to NDTRS Treatments that commenced during 2019. It excludes all treatments that were started in 2018, and which were ongoing during 2019. The figures also exclude those individuals who linked to the services of BYAP, but for whom a NDTRS Form was not completed.

B. Education and Training Services



URRÚS provided the following training during 2019:

Urrus provided training to 641 participants during 2019

- Community Addiction Studies Course®
- Diploma in Community Drugs and Alcohol Work
- Cognitive Behavioural Therapy (CBT)
- Community Reinforcement Approach (CRA)
- Understanding Harm Reduction
- Introduction to Addiction Studies
- Keyworking and Care Planning
- Boxing Clever - Health Related Fitness
- Women and Substance Use
- Drug Related Health Issues
- Working with Alcohol Misuse
- Boundary Management
- Interventions Training
- Motivational Interviewing

The Day Programme provided

- Resilience Workshops
- Triple P Programme
- Communications Programme
- Process Group
- SMART Recovery Meetings
- Strength to Change Programme
- Mindful Yoga
- Emotional Triggers Workshop
- Moving Forward Programme



WELCOME

C. Other Services/Activities

The **GP Community Partnership Addiction Project** was established to make available an addiction counsellor to assist those currently using benzodiazepines and for those seeking a prescription for benzodiazepines. The Project also provides a service for those seeking and wishing to address their alcohol misuse and/or related issues; those wishing to detox, and those seeking residential/ further treatment. During 2019 a total of 33 individuals were engaged with the service. As anticipated when the service was established, the involvement of BYAP in the

Primary Care setting has continued to facilitate referrals that allow people access additional community services.

The **Boxing Clever Programme**, a twenty week integrated educational, substance



use recovery and fitness programme, continued during 2019, and the Certificate Award Ceremony took place on the 21st June 2019 in Urrús. 10 of the participants achieved QQI Level awards. The guest speakers for the event were Oisín Fagan and Rachel Keogh

The **Infant Parent Support Project**

meets the needs of children and parents where there are issues related to problem drug and/or alcohol use antenatally and in the infant stages of the child's life. 38 parents engaged with this service during 2019, including a small number of fathers. In 2019, the Finglas Blanchardstown area initiated their own similar type service, recognising the value of this approach. In 2019 BYAP also began to examine how to further develop the IPSP service within Ballymun, as demand increases, and as more services realise the value of this intervention.

URRÚS was established by the Ballymun Youth Action Project with the specific brief of providing training in relation to drug misuse.

URRÚS is registered with QQI (Quality and Qualifications Ireland) and is a centre where people and organisations can access a range of training options in order to increase their effectiveness and participation in the area of responses to drug misuse. Courses provided include introductory level training courses in the area of substance use and addiction; a QQI level 5 (minor) award in Community Addiction Studies and a level 7 Diploma in Community Drug &



Alcohol Work. In 2018 a Level 9 Postgraduate Professional Certificate in Women and Substance Use was introduced. (Both the level 7 and the level 9 programmes are delivered in partnership with UCD). URRÚS also deliver a range of continuous professional development courses (Community Reinforcement Approach, Cognitive Behavioural Therapy, Working with Alcohol Misuse), some of which are accredited by the Addiction Counsellors of Ireland (ACI), and conducts research on issues that concern drug and alcohol use and the local community.

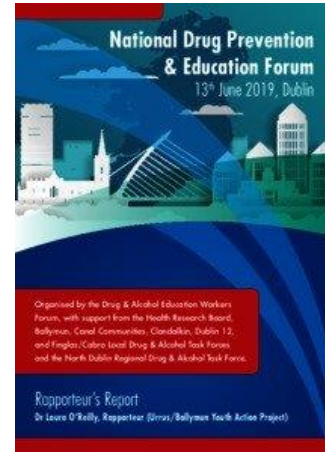
On the 5th September 2019, 21 students who successfully completed the Diploma in Community Drugs and Alcohol Work were conferred with their Diplomas during the graduation ceremony in University College Dublin.

Drug Treatment Programme. BYAP delivers a programme in the Medical Unit in Mountjoy Prison as part of the Drug Treatment Programme. Other agencies involved include Coolmine, The Ana Liffey Project, and the Harmony Programme.

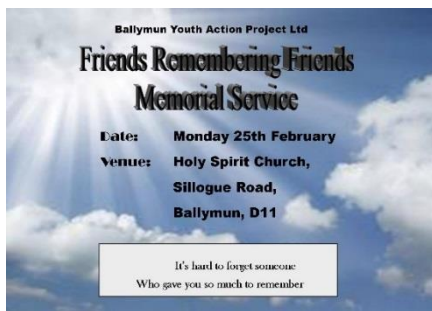
The work of the Prison Programme is supported by one to one prison visits by BYAP Staff.

Education Settings. Urrús was involved with the National Drug Education and Prevention Forum, which took place in June 2019. The Forum was organised by the Drug and Alcohol Education Workers Forum with support from the Ballymun Drug and Alcohol Task Force, and the event highlighted best practice examples of evidence based programmes being used in Ireland.

Within this context BYAP continues to provide specific deliveries to schools and other education settings, including Ballymun Education Support Team (BEST), while work is ongoing toward the development of a more systematic school-community collaboration on the theme of substance use prevention and intervention, using evidence based approaches.



BYAP held the **Friends Remembering Friends Service** on the 25th February 2019, with the theme of “Memories”. This event creates a space to acknowledge some of the loss and trauma associated with the death of friends and loved ones. The music for the celebration was provided by an amazing group of musicians and singers who give us their time and musicianship each year, and the music this year was added to by songs from Pat Dennan and from DEXTRA. As



people left the event they were invited to bring home a painted stone, all of which had been prepared by the Craft Group.



The **Craft Group**, which meets once a week, is now a core feature of our services, and during 2019 there were a range of workshops which prepared craft items for particular seasons and for specific events such as the Friends remembering Friends celebration.

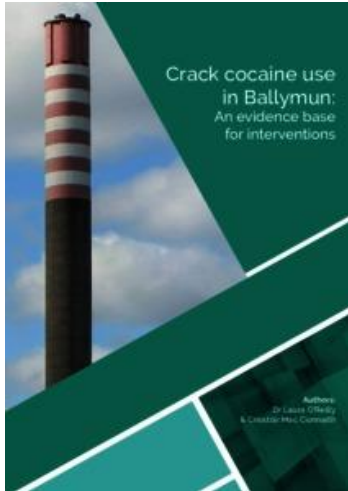
D. Initiatives.



In 2019 Ballymun became a focus of **Recovery Month** activity, and the number and type of activities involved this year was greatly increased. BYAP played a significant role in organising and delivering events, but the month was characterised by an incredible level of cooperation and support across all service and

organisations. Events included Open Meetings, concerts, a recovery run and recovery walk, workshops, exhibitions, and more.

Crack Cocaine. During 2019 BYAP continued the



development of our response to Crack Cocaine use, in partnership with other services and the Ballymun Local Drug and Alcohol Task Force. This has included regular outreach, and the provision of a pipe exchange. In November, the Research Report “Crack cocaine use in Ballymun: An evidence base for interventions”, authored by Laura O’Reilly and Criostóir MacCionnaith, was launched in the Axis Centre in November, and the recommendations of that research are being implemented. The report is available at

<https://www.drugsandalcohol.ie/31345/1/Ballymundtf%20Report%20Book%20Online.pdf>



SMART Recovery (Self-Management and Recovery Training) runs a network of mutual support meetings and supplies materials to help people in their recovery journeys. In 2019 BYAP continued to hold two of these SMART Meetings, and have engaged with further training for facilitators.



Womens’ Café. In 2019 the Café continued to provide a space for females who are connected to BYAP. The group played a very important role in the BYAP Open Day during Recovery Month, acting as guides and organisers for the event, as well as celebrating a specific “Women in Recovery Day” during recovery month.

The Recovery Song. Recognising the importance of music within our service, the Monday Night Social Group, working with Pat Dennan, a local musician, created a powerful song about Recovery, which featured in the Recovery Month Axis Concert, and went on to be recorded in the Axis Studios.

See <https://www.youtube.com/watch?v=s41zasp8FAU> for the song and how it came together.



In 2019 Urrús, in partnership with University College Dublin, delivered the **level 9 Professional Certificate in Women and Substance Use** for the second year running. Urrús has also developed during 2019 the **URRÚS Keyworking, Care Planning and Case Management - QQI Award (Minor) Level 6**, and plan to deliver this training in 2020.

A workshop on medicine management, “**Dispose of Unused Medicines Properly**” (**DUMP**) was delivered by the HSE Addiction Services Pharmacists. While addressing the disposal of unused medicines, the workshop also addressed a range of specific queries that were gathered prior to the workshop. This proved an effective follow up to the Information session on Hepatitis C Treatments which was delivered by the same pharmacists the previous year.

There were two **Documentary Films** about the work of BYAP produced during 2019. The first was produced by Ballymun Communications, available at <https://www.youtube.com/watch?v=3nFxgshh-Kg>, and the second was created as a Project by students from Coláiste Dhúlaigh.



BYAP, with support from the BLDATF, ran a series of **Wellness Workshops** during 2019 on Mental Health. Topics covered included Anxiety and Panic, Sleep, Resilience and Confidence, and Mindful Yoga.

Research into quality of life and alcohol use was conducted as part of the follow up to the CARE Project. BYAP supported this research during 2019.

E. Events.

Certificate Presentation.

On the 23rd September BYAP held the certificate presentation for all those who had completed courses with BYAP and Urrús over 2019. The Guest speakers at the event were Miranda Trouabal and Hilda Loughran, while participants themselves also described their experiences of the various courses and programmes.



The O'Rourke Cup and Hanley Shield Tournament is a new commemorative football competition, with games taking place on the 22nd June. BYAP and Criostóir MacCionnaith organised the event, which will become an annual fixture.



Teams represented various local and citywide services, and families and friends all turned up on the day.

F. Organisational.

The BYAP Company AGM took place on the 19th September 2019.

Ballymun Youth Action Project is compliant with the **Governance Code** for the Community, Voluntary and Charitable Sector in Ireland, and is also registered with the Charities Regulatory Authority.

BYAP is also registered on the Register of Lobbying.

Support for the Project. We want to express our appreciation to the BYAP Company members, and the Board of Directors, to which two new Directors, Stephen Keeling and Susan Ahern were added during 2019, whose commitment, professionalism, and readiness to support the work of the Project have proven to be an enormous resource over the year.



Again, as with previous years we are also very appreciative of the support that is given to BYAP from other organisations. Our thanks go to NOSTRA who continue to manage our IT system, to DCU in the Community, Dublin Bus, SuperValu, TESCO, and to the many others who have been quietly supporting our work over the year. For the two documentaries made about BYAP we are very grateful to Ballymun Communications and the team at Coláiste Dhúlaigh.



We also wish to acknowledge the support of the **Salesforce** Foundation who provide the system for our client data management.



Appendix 1: Financial Statement

The Ballymun Youth Action Project Ltd.

Income and Expenditure Account for the year ended 31 December 2019

Income	874,811
Expenditure	
Cost of Generating Funds	64,976
Direct Charitable Expenditure	793,265
Governance Costs	5,535
Total Expenditure	863,776
Excess (Deficit) Income for Year	
General Fund	11,035

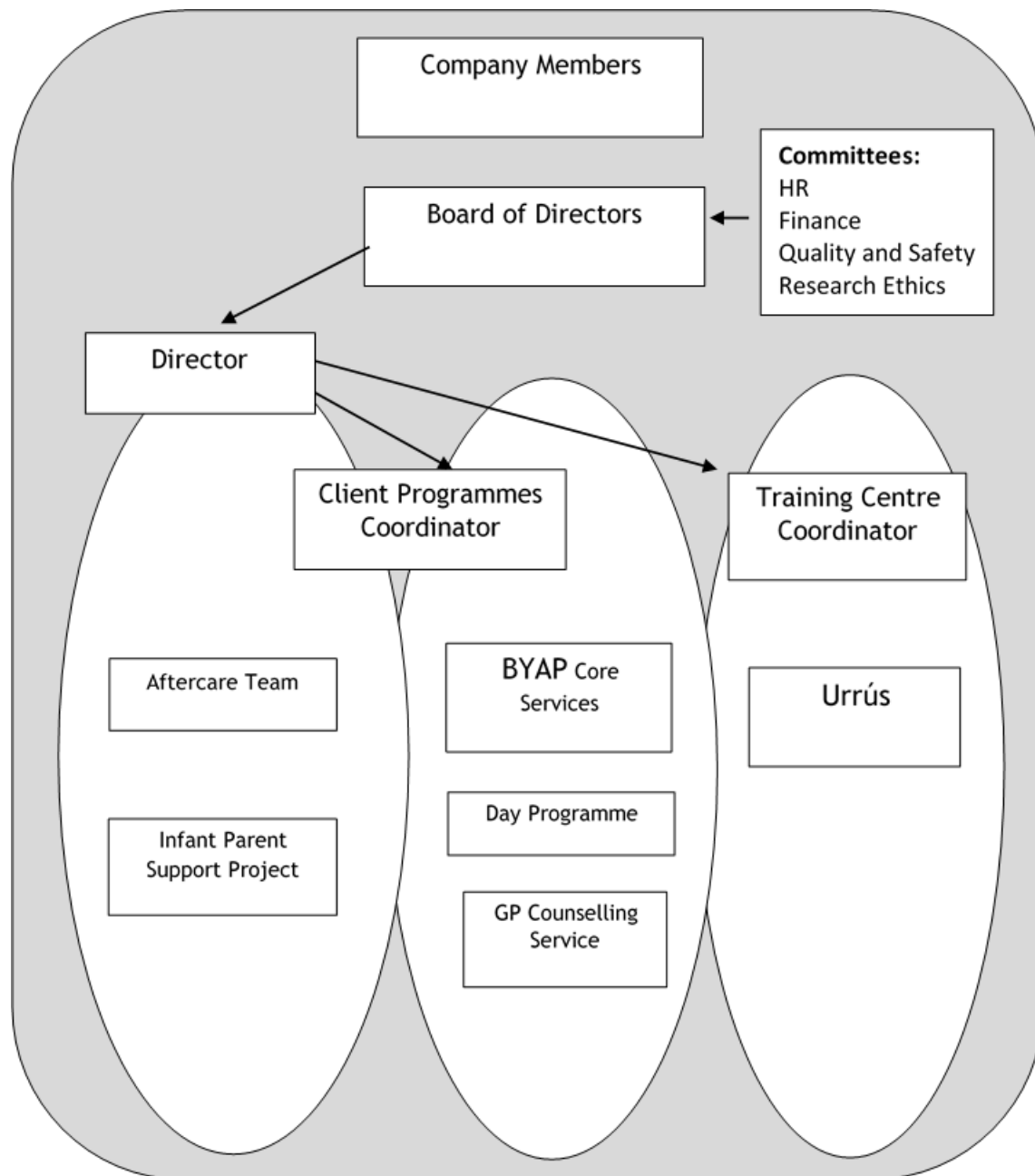
Appendix 2: Governance.

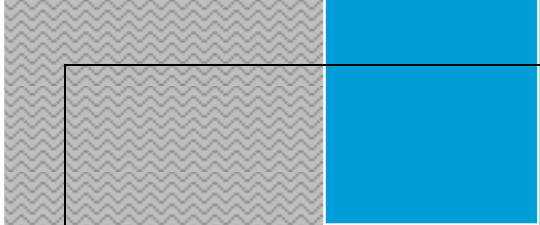
Ballymun Youth Action Project: Board of Directors: 2019.

Charles Murphy:	Chairperson.	[8]
Hilda Loughran	Vice-Chair.	[6]
Marian Hackett:	Secretary.	[8]
Sylvia Gallagher	Treasurer.	[8]
Donal O Loingsigh		[8]
Mona Sayegh		[7]
Mary O'Flynn		[8]
Pat Carey		[0]
Stephen Keeling		[8]
Susan Ahern		[6]

The Board of Directors met 11 Times during 2019.
Directors do not receive any fee or expenses.

Appendix 3: Ballymun Youth Action Project: Organisational Structure 2019





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