

***Killinarden Drug Primary Prevention
Group
KDPPG
&
Women Reviewing Equality Networking
Standards
WRENS
Annual Report
2010***



Presented to B.O.D July 12 2011

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Introduction:

In 2007, the KDPPG produced a three year strategic work plan for the period from 2008 to the end of 2010. That work programme set a number of targets and goals for the project in relation to the organisations main working areas. In order to ensure that satisfactory progress was being made in the achievement of the various targets and goals. It was agreed the 2008 – 2010 strategic work programme would be reviewed and evaluated on an annual basis, so that the progress could be assessed and revisions or alterations could be made.

The annual review for 2008 involved two main action

- (1) The regular updating of a form which detailed all the individual actions to be delivered between 2008 -2010.
- (2) Facilitated meetings of staff and facilitators. Facilitators meetings between young people programme probation & WRENS Project & managers & board.

All of theses reviews and evaluation activities have combined to provide a fairly comprehensive picture of the extend to which the 2008-2010 work programme was being implemented in an effective manner.

2010 was a very difficult year for the KDPPG side of our project, due to the fact that the project lost 50% funding from the department of Education & Science. Through redundancy in April 2010 we lost Collette Tobin our school project worker after 17 years service.

The board of Management introduced major changes. Due to a suggestion by Board member Robert O’Leary (principal of sacred heart school) to write to all local school principles to inform them of the unfortunate position that the KDPPG found themselves in asking them would they be willing to pay for KDPPG facilitators to continue delivering school programmes.

All school principle’s agreed.

I as manager and only staff member of KDPPG in 2010 stepped down from most of our interagency work, BOM, and committee. To enable completion of our three year programme plan.

The following annual report details the work of KDPPG and WRENS for the year 2010.

- Work Area 1: Young Peoples Programmes
- Work Area 2: Family Support and Adult Programmes
- Work Area 3: Networking & Interagency Work
- Work Area 4: Organisational development and training

Background

K.D.P.P.G has been operational in the Killinarden area of west Tallaght since September 1993. It was set up by the Home School Liaison teachers and parents from the community, worried about the lack of education and the misinformation that existed around the drugs issues/problems. The group were particularly concerned about the information and awareness needs of young people in relation to drugs and alcohol. The lack of knowledge was evident around different types of drugs, effects and consequences of drug abuse and addiction. A needs analysis was carried out in local Schools in the Killinarden area. In this context it was considered necessary and appropriate to set up a local Drug Primary Prevention Group to network with Schools in delivering community S.P.H.E (Social Personal Health Education) Programmes.

In 2002 KDPPG made a successful application to the Probation and Welfare Services for “Women Reviewing Equality Networking Standards” (WRENS). This project aims to develop a range of activities and services for women and young people in the Killinarden area who are affected by their family members anti social or criminal behaviour, with a view to breaking the cycle of such behaviour. This project is fully integrated into the work of KDPPG.

Guiding Principles

- The KDPPG believes that local residents living in the Killinarden area have an important and significant role to play in drugs education and drugs prevention work within the local area.
- The KDPPG is committed to the process of empowering and enabling local people through the provision of education, training, employment and facilitation opportunities.
- The KDPPG recognises the need for a multi-dimensional and integrated approach towards the drugs issue and anti social behaviour, an approach which requires the participation of a number of different organisations and agencies working together in pursuit of common goals.
- The KDPPG believes that there is a clear link between high self esteem and healthy lifestyles (especially in relation to alcohol and drugs and anti social behaviour) and will continue to give equal priority to self esteem activities and to drugs awareness /education activities.
- The KDPPG strives to maintain the highest standards of care and professionalism in the ways in which it manages its affairs and in the service / supports it provides to local people living in Tallaght.
- The KDPPG is aware of the need for constantly reviewing and evaluating it's main priorities and work focuses as new challenges emerge within the drugs & criminal justice area and as agencies and organisations develop new responses to the drugs and alcohol problem (which might effect the existing policies of the KDPPG)
- The KDPPG recognises the importance and the benefits of providing support to families within our community who have been affected by the many problems relating to alcohol, drugs & anti social behaviour.
- The KDPPG believes that it has a significant contribution to make in tackling the drugs issue in Killinarden on account of the experiences, the skills and the knowledge, which have been accumulated by the group members since the formation of the KDPPG in 1993.

Project Aims:

- To enhance the work of the probation service
- To address offending behaviour
- To provide appropriate information referrals
- To provide high quality drug/alcohol education and awareness
- To network with relevant local agencies
- To create self belief and hope for a better tomorrow
- To support and encourage people affected by self harming or suicide

Board of Directors and Management Committee 2010

Maria O Donoghue, Women Together Tallaght Network Chairperson	BOD
Ciara O Connor Tallaght Probation Project	BOD
Hilda Hamilton, Killinarden Community Centre	BOD
Sinead Greaney ,KDPPG, Secretary	M
Thomas Mac Carthaigh, Tallaght Probation Project	M
Robert O Leary Principal Sacred Heart Primary School	M
James Mulhare HSL Teacher Killinarden Community School	M
Roisin Kelly Co Dublin VEC	M
Jerry Boyle RAPID	M
Alice Murray KDPPG Manager	M

Staff

Manager: Alice Murray

Project Workers: Margaret Murray
Marie Whelan
Collette Tobin (January – April 2010)

Administrator: Sinead Mahon

Facilitators: Dolores Blemings and Sinead Kelly (January – April 2010)

Staff liaison Offices: Marie O Donoghue WTTN
Jerry Boyle RAPID

Work Area 1: Young Peoples Programmes

The KDPPG school programmes have been operational in Killinarden Schools since 1994. Over a period of time the Programmes have extended, to other Schools within the Tallaght area. KDPPG programmes are now part of the SPHE School curriculum within the Schools. The success of the programmes is a result of a partnership approach with KDPPG Principals and teachers within these Schools. The partnership became stronger which has resulted in the effective completion of the programmes within the Schools. The project has also facilitated information stands and talks in Schools. KDPPG programmes are evaluated internally annually.

The following outlines the aims and programme content, School programmes completed and information stands/ talks which KDPPG facilitated in schools or colleges in 2010:

4th & 5th Class Self Esteem Programme (students aged 8-10): aims to build up and develop the self-esteem and self-belief of Students attending fifth class in primary schools in Killinarden. The motivation for this programme emerged from an understanding of the importance of good self-image as a means of preventing young people getting involved in drug misuse, anti-social behaviour or criminal behaviour. Self-esteem is enhanced by providing opportunities for all to succeed by validating pupils and building a sense of belonging among all students. This programme also introduces nicotine and alcohol awareness.

6th Class Drug Awareness Programme (students aged 11-12): aims to build up awareness and understanding about different types of drugs (nicotine, alcohol and illicit drugs) and to outline the impact and the consequences of various drugs. The Drugs Awareness Programme begins in fifth and sixth class in primary School. KDPPG are conscious of the dangers of providing information about cigarettes, alcohol, solvents and illegal drugs at too early an age. Hence, the sequential nature of the various programmes -with the Self Esteem Programme taking place in third and fourth classes and the Drugs Awareness Programme taking place in fifth and sixth classes.

Sacred Heart Primary

5th Class Self Esteem/Drug Awareness Programme was successfully completed. It was delivered one day a week, for one hour, over a five week period.

Number of facilitators: 3

Number of Students: 60

6th Class Drug Awareness was successfully completed. It was delivered one day a week, for one hour, over a six week period.

Number of facilitators: 3

Number of Students: 60

Knockmore Primary School

5th Class Self Esteem/Drug Awareness Programme was successfully completed. It was delivered one day a week, for one hour, over a five week period.

Number of facilitators: 2

Number of Students: 45

St Marys

6th Class Drug Awareness was successfully completed. It was delivered one day a week, for one hour, over a six week period.

Number of facilitators: 2

Number of Students: 24

St. Dominic's

6th Class Drug Awareness was successfully completed. It was delivered one day a week, for one hour, over a six week period.

Number of facilitators: 2| number of participants: 24

4th Class Self Esteem was successfully completed. It was delivered one day a week, for one hour, over a five week period.

Number of facilitators: 2

Number of Students: 30

St. Maelruains

6th Class Drug Awareness was successfully completed. It was delivered one day a week, for one hour, over a six week period.

Number of facilitators: 2

Number of Students: 30

Total Number of Primary School Students 288

Killinarden Community School

Girls 1st and 2nd year Self Esteem Group

KDPPG and KEEP co-facilitated a girls self esteem group one day a week for 40 minutes, throughout the school year in KCS. The girls were aged 12-13 years old. Topics included:

- Drug/alcohol awareness
- Sexual health
- Health and Beauty
- Choices and consequences
- Decision making
- Anger management
- Challenging anti-social behaviour.

Number of Students: 12

Number of facilitators: 2

Girls 1st year Self Esteem Group

First year's girls group self esteem group was facilitated from January to April. One day a week for 40 minutes. Girls were aged 11-12 years old. Topics included:

- Decision making
- Anger management
- Challenging anti-social behaviour.
- Drug/alcohol awareness
- Adolescents related issues
- Team building

Number of Students: 13

Number of facilitators: 2

Boys 1st year Group

First years boys group was facilitated from January till April in KCS. The group ran one day a week for 40 minutes. The boys were aged 11-12 years. Topics included:

- Adolescents related issues
- Decision making
- Anger management
- Challenging anti-social behaviour.
- Team building
- Relaxation and mediation

Number of participants: 11

Number of facilitators: 2

Old Bawn Community School

5th Year Drug Awareness Programme (students aged 16/17)

One day workshop, aim to build an awareness of Hash/ cocaine & headshop drugs. To outline the impact & consequences of not only using drugs but actually dealing, and holding drugs for friends

Number of facilitators: 2

Number of participants: 125

Total Number of Community School Students 161

Information Stands and parents talks KDPPG provided

The project organised information stands for parents /teachers meetings within local schools.

Aims:

- To provide support and guidance to local parents who request support/information about drugs/alcohol related issues.
- To help parents have open communication with children taking the confirmation pledge.
- To provide trainee teachers with an overview of the partnership, that has developed a best practice approach to drug awareness and up to date drug information through the SPHE School programme.

School/College	STUDENTS	
St Marys Primary School 21 st of April 2010	Parents of 6 th class students	Information talk
Killinarden Community School	Parents of KCS students	Information Stand

Work Area 2: Family Support and Adult Programmes

Family support plays a vital role within the project. This involves outreach and one to one confidential support for clients who have become marginalized and isolated in their own homes as a result of there own or family member's criminal/anti-social behaviour.

Following one to one support the clients are encouraged to take part in one of the courses the project provides. These courses provide personal development skills through a number of practical topics. Clients are also referred to other relevant agencies

Another element of the work is providing clients with social skills, health talks, and social mornings/ evenings; this gives the clients a sense of belonging and the opportunity to mix with other adults in an informal way, helping develop their self believe and social skills

During 2010, we worked with many young people on a one to one basis. Sessions ranged from ten one hour sessions to ongoing support over the year. The goal is to enable young people to manage there own lives as individuals and support them to become more confident in communicating within their families and the wider community.

Below details courses provided by the project, social events and number of clients catered for in 2010:

Wrens Adult Programmes

Family communication

In the past year we facilitated two twenty four week courses,

One in conjunction with WRENS/YPP link programme, it was facilitated in the Tallaght Probation Project, for mothers of young offenders,

One, ongoing personal development group for WRENS Project, this was facilitated on site.

Course content incorporated relaxation, stress balls, acupuncture, guided meditation while finishing each session with Angel cards and a poem which was relevant to the topic covered on that day.

Each new session started with setting out new ground rules and incorporating some old ones as this helps enable people to establish trust and security.

Topics covered included:

Behaviours

Drug awareness

Women's health

Feel the Guilt and do it anyway

Assertiveness

Saying No! And meaning it

Relaxation

Attitudes

Feelings

Mindfulness

Collage work

Art work

Looking at the bigger picture

What is Normal?

Family Dynamics/Resolution

Smoking cessation

Mental health
Gratefulness
Goals
Community
Alcohol
Conflict
Handbag making
Supports

SUPPORT

Before the group finishes at the end of each term we do an evaluation with the participants. We check in to make sure that they have a list of any emergency numbers they may need, that they use the tools they have learnt and that they know they can contact us in the office at anytime if we are with someone we will come back to them.

HOMEVISITS

Home visits are carried out with clients who for one reason or another are unable to make it to our office for their one to ones. The visit is carried out by the client's key worker in the hope that the client builds the trust and is eventually able to attend our office for their one to ones. Clients who usually need this are clients who have made themselves very isolated or withdrawn from society usually due to some sort of shame or guilt.

CASE STUDIES

There were a number of case studies carried out over the last year with families who were in crisis and who were working with other agencies as well as us. This involved us contacting the other agencies and calling a meeting to gather all of the information and help us to get a plan together to help move the family forward.

Social Events

Service of Hope and Commemoration: This service is organised by the Family Support network it takes place on February 1st annually. Three staff members and seven clients attended.

Family Support Network AGM: which included respite for families affected by heroin misuse, and workshops relating to the topic. The event was organised by the Family Support Network and held in the Fairways Hotel on the 9th + 10th of October 2010. Four clients and one staff member attended.

Women's group yearly planning session, including lunch

This was held in KDPPG office, with all the women we were working with. The aim was to inform the women of the courses we would be providing during the coming year. This enabled us to draw up individual schedules for the women to remind them what activities they had on which days.

Number of participants: 14

Coffee Morning with Women from Wrens/Probation group

Held regular coffee morning's during holidays in KDPPG office to ensure we kept in contact with all the women

Number of participants; 12

Civic Theatre – Shirley Valentine Women from Wrens / Probation Group

Three staff attended including Orla Kelly project worker for the YPP Project and 22 women. A lot of them connected with the play, for 6 off them it was the first time they had ever been to the theatre. Some of the women were a bit high spirited during the performance but it was good to hear them laughing.

Feedback: fantastic night, both groups of women enjoyed meeting up socially.

Family Outreach Work / One to One Work

Completed 2010

Number of participants

	Probation	KDPPG	Total
Adults Outreach:	7	12	19
Adults one to one:	16	14	30
Youth Outreach:	1	0	1
Youth one to one:	2	3	5
Referrals	10	7	17
supported referrals to other services:	5	4	9
Group Work	11	9	20

Recorded Outcomes

During the last year we have used the outcome star chart to measure our work with clients to get an accurate reading of client's progression. By putting this process in place we were quickly able to identify when clients were slipping, were in a stuck mode or actually progressing at a reasonably pace.

As we also work with clients whom have not yet come into the court process we can put this chart in place so therefore identifying there weakness and enabling them to look at their behaviours before they become a problem.

Referrals to other services

Pieta House, Suicide Crisis Intervention Centre

1life, 24 hour Suicide Prevention Helpline

C.A.R.P Killinarden Drug Treatment Centre

M.A.B.S

St. Vincent De Paul

Belgard Road HSE Alcohol Service,

Anam Cara Bereavement Support Group

Bethany Bereavement Support Group

Domestic Violence Support Services

Alcoholics Anonymous (AA)

Al-anon

Narcotics Anonymous (NA)

Yoda

FAS

Institute Technology Tallaght

Work Area 3: Networking & Interagency Work

Introduction

Although networking and Inter agency work can be very time consuming, it is a valuable and worth while part of our community development approach. KDPPG are community representatives in a number of community and national organisations. Through board of managements/committees KDPPG provided support and awareness of many community issues and have also gained knowledge.

Networking and Interagency work, has enabled KDPPG to work on practical projects in partnership with organisations in the Tallaght area. The approaches enable services to pool skills, resources and ensure a high quality programme of work.

The following section details the committees/boards KDPPG attend monthly, agency's and services the project networks with and conference and seminars attended in 2008:

KDPPG are represented monthly on the following B.O.M Committees:

- Tallaght Drugs Task Force
- Tallaght Drugs Task Force Education & Prevention Sub Committee
- Tallaght Drugs Task Force Family Support sub Committee
- City Wide Board of Management
- West Tallaght Probation Project Board of Management
- Women Together Tallaght Network Board of Management
- Village Counselling Services Board of Management
- KEEP Steering Committee
- KEY Management Committee
- Killinarden Youth Workers Forum
- Local Schools Sub Committees
- West Tallaght Suicide implementation Group
- St Elmos Play School

Summary of Conferences /Seminars/ Services Attended

Month	Host	Conference/Workshop	No of Staff Attending
January	Probation Services	Workshop on inputs/outputs & Reporting	1
February	City Wide	Action Against Cuts	1
	VEC	Emergency Meeting Cuts	2
	Family Support Network	Service of Hope & Commemoration	3 + 7 women
March	Citywide	Campaign Against Cuts	1
	Citywide	Campaign Against Cuts	1
	City Wide	Campaign Against Cuts	1
April	City Wide	Campaign Against Cuts	1
May	Citywide	March in Dublin against cuts in community	2
June	City Wide	Campaign Against Cuts	2
July		Meeting with Minister Pat Carey	1
September		Meeting with Minister Pat Carey	1
	City Wide	Campaign Against Cuts	1
	ARC Community Response	Launch New Premises ARC Crumlin	2
	Family Support Network	Hope & Remembrance Service, St. Thomas Church, Jobstown	
October	CityWide	Conference, The Heart of National Drug Strategy	1
	Inchicore Community Drug Team	Client Management System	1
November	City Wide	Community against cuts	1
	Health Board	Dual Manual in quality standards in substance misuse, education	1
December	CAAB	Guidance to support effective interagency work	1

Area 4: Organisational Development and Training
Training 2010

Host /facilitator	Course	Duration	Staff Attended
	Website Training	1 day	3
LDTF	Headshop Workshop	½ day	3
City Wide	Community Reps Training	½ day	1
In-house	Database Training	3 days	3
Circle of courage institute & starr commenwealth	Deep Brain Training Pathways to Potential with challenging Youth	2 days	3
In-house	Emotional Freedom Technique, Tapping Workshop	2 days	3
Tallaght Drugs Task Force	Chaotic Behaviour impact of headshops	1	
Tallaght Drugs Task Force	Round Table discussion “Chaotic Behaviour” Impact of Headshops	3	
Family Support Network	Good Practice Training	1 day	1
HSE	Introduction to Supervision	½ day	1
Nexuss	Database Workshop		1
Suicide Action Tallaght	Selfcare	1 day	2
ACJRD	Education on the inside Law Society	1 evening	2

KDPPG Funding

Killinarden Drug Primary Prevention Group (KDPPG) is funded through VEC Co Dublin Educational Committee in partnership with LDTF. This covers all running costs for the project.

VEC Co Dublin Educational Committee in partnership with LDTF	€80,940.00
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Detailed Income & Expenditure

For the period ended 31st of December 2010

INCOME

Co. Dublin VEC	80,940.00
Other Income	11,540.00
	92480.00

Staff Salaries Paye/Prsi	89860.00
Facilitator/Tutors Fees	315.00
Traning Costs	968.00
Rent & Insurance	12,692.00
Printing/stationery/post	1,860.00
Telephone	2,507.00
Travel & Subsistence	1,679.00
Services Costs	1,185.00
Legal & Professional Fees	884.00
Bank & Interest Charges	293.00
Office Expenses/equipment	1,965.00
Sundries	1,800.00
Depreciation	10.00

116018.00

Deficit of Income over expenditure

23,538.00

WRENS Funding

Women Reviewing Equality Networking Standards (WRENS) is funded through the Probation Service, Department of Justice. This covers all running costs for the project.

Probation & Welfare Services	€95,000
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Detailed Income & Expenditure

For the period ended 31st of December 2010

INCOME

Probation & Welfare Service Income	95,000.00
Other Income	326.00

95,326.00

Staff Salaries	72,885.00
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Facilitators/Tutors Fees	600.00
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Training Costs	1,010.00
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Rent & Insurance	2,353.00
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Office Expenses	1,093.00
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Travel & Subsistence	2,745.00
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Management Costs	10,000.00
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Legal & Professional Fees	3,533.00
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Bank & Interest Charges	79.00
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Creche Fees	0.00
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Sundries	1,276.00
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Group Work Expenses	(650.00)
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94,924.00

Surplus/deficit of income over expenditure	402.00
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Conclusion

Regardless of KDPPG's funding difficulties and losing our project worker Collette Tobin and our facilitator Dolores Blemmings after seventeen years of service. The project successfully completed the final year of a three year strategic business plan.

On behalf of the Board I wish to extend our sincere Thanks to all the staff, the importance of us working as a team to achieve our goal has been helped greatly by the spirit of co-operation that exists, thanks to Maire Whelan, Mags Murray, Sinead Mahon, Alice Murray whose constant good cheer, hard work, flexibility, willingness to go the extra mile time and time again has facilitated the success of our service.

Having said that and despite all, we still continue to provide an excellent service both professionally and at a personal level as we help support the aims of our funders.

The Board of Directors/Management Committee, extend their sincere thanks to the following

The Probation Services

VEC Co. Dublin committee in Partnership with LDTF

The Department of Education & Science

Tallaght Local Drugs Task Force

Project Auditors

Four people on Work Experience