

Drug Concern

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ANNUAL REPORT 2018

Drug Concern is a local charity involved in addressing the needs of those whose lives are affected by substance misuse. This is achieved in preventative ways such as education and 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 problems of drug misuse and we support the work of the Bailiwick Drug and Alcohol Strategy in co-ordinating the efforts of a number of organisations in both the public and voluntary sectors.

Directors

Jim Le Pelley	Chairman
Mike Watson	Deputy Chairman
Chris Sackett	Treasurer
David Leafe	Director
Catharine Walter	Director

Staff Team

Tracey Rear	Business Manager
Gill Ogier	Criminal Justice Substance Worker
Alex Gray	Prison Substance Misuse Worker
Anne Bodman	Substance Misuse Support Worker
Taru Le Flock	Substance Misuse Support worker

Volunteers

Mandy Hallett
Gez Overstall

Staff Profiles



Tracey Rear MA, BSc (Hons), Dip TC, Dip DD, Dip CPC, MBACP (Reg), MFDAP
Business Manager

Tracey has worked with Drug Concern for 22 years. Having started her employment with the organisation as the under 21's worker she has worked in each area of operations. Underpinning her experience in the field she has a Master's degree in Public Administration, and a Bachelor's degree in Addictions Management. Tracey also has qualifications in drug dependency and integrative counselling. She is a member of The Federation of Drug and Alcohol Professionals and the British Association of Counsellors and Psychotherapists.



Gill Ogier RGN, Dip AN, Dip HG, MFDAP
Criminal Justice Substance Worker

Gill has been working with Drug Concern for fifteen years and has a background in nursing. Gill is a qualified practitioner and assessor of auricular acupuncture and holds a diploma in Human Givens Therapy and bereavement counselling. Gill is a certified Drug and Alcohol Practitioner.



Anne Bodman
Substance Misuse Support Worker BSc, Dip TC, MBACP (Reg)

Anne joined Drug Concern in 2014 and has a background in teaching. Anne continues to develop her work with clients and is a qualified integrative counsellor. She is a member of the British Association of Counsellors and Psychotherapists.



Taru Le Flock BSc
Substance Misuse worker

Taru joined the team in February 2017. She has a degree in Social Work and is a certified substance use practitioner and recovery worker. Taru is currently training to become an integrative counsellor.



Alexandra Gray MSc, BA (Hons), PGDip CBP, BABCP Accred.
Prison Substance Misuse Worker

Alex joined the team in February when she returned to the Island following 8 years in the UK where she trained as a Cognitive Behavioural therapist. She is accredited by the British Association for Behavioural and Cognitive Psychotherapies and uses her skills to assist her in the work she undertakes in the prison.

Chairman's Statement

I am pleased to be able to present another Annual Report and hope you will see from it what a successful year it has been for Drug Concern. It is pleasing to see the number of clients, both in the prison and in the wider community, for whom Drug Concern has been able to make a real improvement in their lives. This is due to the professionalism and ability of our staff. This year the staff have continued with their training to achieve even more counselling skills. I would like to use this opportunity publicly to thank all of the staff, so ably led by Tracey, for their dedication.

As you will read below, Drug Concern is in the process of rebranding and extending our services. By the time of our next Annual Report, we should have a new name and should have been delivering services not just related to substance misuse (drugs and alcohol) but also to those with problems arising from gambling and gaming.

As always, a huge thank you to those individuals and organisations who help to fund Drug Concern and so enable us to continue providing the services to those who need them.

Manager's Report

Strategic planning and implementation have been a key focus for Drug Concern throughout 2018 with the implementation of a more evidence based client management system, the completion of key skills training and the active pursuit of a new name and brand that better reflects the nature and scope of the organisation's work and character.

The introduction of a new client management system together with the attainment of professional counsellor status for staff have meant the type of work we engage in and the way in which outcomes are measured have changed significantly. We now provide clinical screenings for depression, anxiety and risk; common problems often triggering addictive behaviours. The difference this makes in our counselling practice means that both the client and the worker have a much clearer picture of the nature and focus of the work the client can choose to engage in. It also means that on a weekly basis the client has access to visual progress charts and what the next steps might be. This has been a significant piece of work and whilst we will not be able to use the data fully until 2019, this new practice is already generating much discussion about how services could be shaped, accessed and refined. Early observations are indicating that work is smarter and more efficient.

There has been a reduction this year in the number of clients in the community, but a small increase in prison assessments. We continue to monitor trends and do not consider these short-term changes to be significant. Service demand overall remains similar to recent years, with alcohol being the primary substance, followed by cannabis and pharmaceutical opiates. This has been the recent pattern since the spike a few years ago in the misuse of new psychoactive substances then marketed as so called legal highs.

We continue to facilitate peer recovery through SMART groups. These are run as part of the Criminal Justice Substance Service. A peer evaluation of the groups provided useful and encouraging feedback. However, the uptake of similar SMART groups in the community is less encouraging. We have been providing three recovery groups each week in the community, but attendance so far has been poor. We are reviewing this provision.

We have for some time now been mindful that the name *Drug Concern* is not fully representative of the nature and scope of the services we offer, and may also be a barrier to some who could benefit from our services. We plan to launch a new brand in 2019 when we also introduce services to address problematic gambling and gaming.

A big thank you to my staff team, volunteers and Directors, whose contributions and hard work are very much appreciated.

Core services

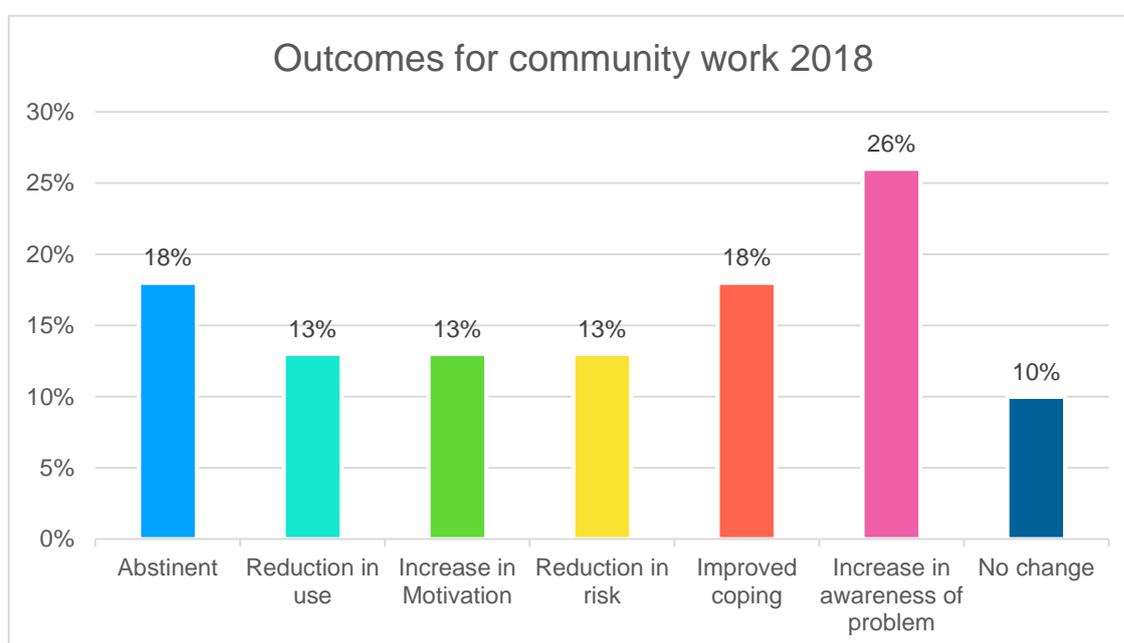
Support Services (community)

Support services are specifically designed to help people who are struggling to change behaviour. The focus is on problem identification and management, motivational work in relation to reduction of drug/alcohol use and specific relapse prevention techniques for those who have already made changes to substance use.

Advice and information extends to all in the community who have queries relating to substance use, the effects of substances; access into treatment, where to go for help and for more general enquiries.

Engagement can last from one to more than 12 months and during this time people may experience change in more than one area. In 2018, nearly a third of clients either became abstinent (18%) or reduced their usage (13%), while nearly all achieved some measure of beneficial change, through increased motivation, reduction in risk, improved coping skills, or at least a greater awareness of their problem.

Diagram 1.



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 or shared injecting equipment, potentially increasing the risk of transmission of blood borne viruses.

The needle exchange provides a space for users to collect clean injecting equipment and to talk about any related concerns or problems. In return they receive safer injecting advice and more general support and signposting to relevant services. The number of injecting drug users remains stable, although there is an increasing number of people reporting to be using performance enhancing substances.

Criminal Justice Substance Service

The Criminal Justice Substance Service (CJSS) is a partnership between Drug Concern and The Probation Service. The primary aim is to provide the courts, prison, and the parole board with the facilities necessary to enable them to impose treatment for drug and alcohol users as a condition of supervision. We see the partnership work between the Probation Service and Drug Concern as fundamental to the success of the Service.

The total referrals for 2018 was 37, which is 28% fewer than 2017; however more of those referred were granted an order by the court in 2018 compared to 2017 (43% compared to 24%). There were 10 breaches and 18 successful completions¹ during the year.

Following a review of the CJSS in 2017 we determined to conduct a more comprehensive evaluation of the aims of the service against the reported outcomes. This was a very useful piece of work, which highlighted what clients perceived to be the real benefits for them in the context of maintained behaviour change. It is clear that the change of focus from individual work to peer focused group work has played a significant role in the maintenance of behaviour change.

Below are some of the comments from service users;



Prison Services

The scope of our work in the prison focuses on drug and alcohol misuse and acts as a conduit to our community-based services upon release.

The Prison Substance Misuse Worker plays an important role within the wider offender management team. This team concentrates on individual cases within the prison, specifically prisoners' offending behavior needs whilst in custody and ensuring these needs are adequately met.

Interventions:

Inside Out is an evidence-based recovery programme which considers the importance of motivation, how cravings and triggers to substance use can be better managed; how thoughts, feelings and behaviours can be modified to reduce the chance of relapsing into substance misuse and how living a balanced life is key for maintaining change.

Six groups were delivered throughout 2018, a total of 25 prisoners completed the programme.

¹ Order completions are determined by the length of the probation order not by the efforts of the service user or worker.

Outcomes were measured using a pre and post questionnaire, with self-scoring from a scale of 0-10. The questions focused on readiness to change, improvement in knowledge of triggers for using, and confidence in not relapsing.

Data reflects 88% of prisoners experienced change in one or more areas.

General Support is offered to prisoners who are detoxing and unable to engage in any structured work.

Individual recovery work is provided for clients who want to refresh their recovery skills prior to release or who are unable to participate in group programmes.

Cognitive Behavioural Therapy - The appointment of a new member of staff in the prison role has enabled us to offer CBT to clients who have underlying problems that may be contributing to drug or alcohol misuse. Outcomes data for this intervention is incorporated into the new client management system.

Thank you

We are grateful for the support and generosity of others towards our work. Without this our services would not operate.

The Association of Guernsey Charities

Canaccord Genuity Wealth International (Charitable Trust)

Les Cotils Christian Centre

The Guernsey Community Foundation

Insurance Corporation of The Channel Islands

Investec (Channel Islands) Community Donations

The Lloyds Bank Foundation for The Channel Islands

Medical Specialist Group

Saffery Champness

Vision Networks

Waitrose Community Matters

To those individuals who have given generously but wish to remain anonymous, thank you.