



CRINAN YOUTH PROJECT

ANNUAL REPORT

2020

Celebrating
25
Years

HISTORY

Crinan Youth Project was established in 1996 in response to the heroin crisis & the lack of services for under 18 year olds who were experiencing problematic drug use in the North Inner City. Since it's establishment, Crinan Youth Project has responded to the changing trends of drug use and the needs of young people and families affected by these issues.

OUR VISION

'Crinan Youth Project believes that every young person with an addiction has the potential to recover and has the right to the same opportunities as other young people'

OUR MISSION STATEMENT

Our mission statement is to provide a range of quality treatment interventions in a safe and supportive environment, to empower young people to end their dependence on drugs and alcohol.

Dignity and Respect:

We ensure the dignity and respect of individuals by actively listening and holding non-judgemental attitude which is supported by our service standards.

Compassion:

We believe that compassion is demonstrated through responsible love, concern and understanding for each other.

Honesty, Consistency and Responsibility:

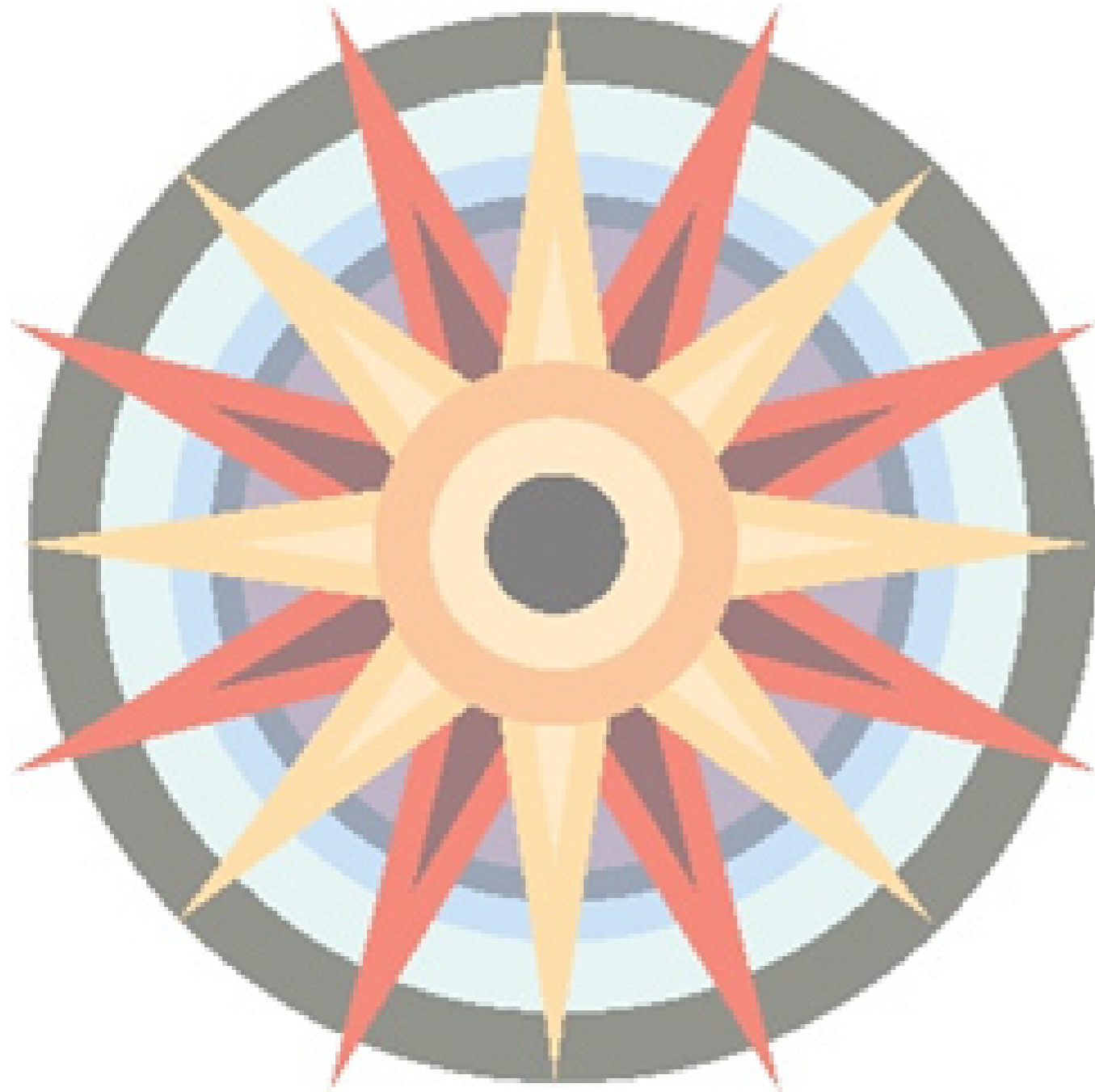
This value lies at the core of what we believe and is demonstrated by accountability and transparency in all areas of the agency.

Equality:

We are committed to treating all individuals equally and don't discriminate on grounds of marital status, family status, sexual orientation, religion, disability, race, age or membership of the travelling community.

Safety and Security:

We believe in the physical and the psychological safety and security for all through the implementation of sound policy and procedure.



The Crinan Youth Project is a community based drug treatment facility that offers a quality service to young people and their families. In engaging particularly with young people who seek to address their drug problems, we recognise that many of them have already experienced social exclusion and a fundamental lack of choice in their lives. They may also be trying to process the many challenging dimensions of adolescent development.

In order to provide the most effective support to young people and their families the project places special value on the following process:

- ◆ *Engage young people in alternative attractive activities*
- ◆ *Expose them to helpful new experiences*
- ◆ *Support them to develop flexibility in responding to the programme*
- ◆ *Build quality relationships*
- ◆ *Nurture the positive*
- ◆ *Challenge what needs to change*
- ◆ *Build-up young peoples' self-esteem in creative ways*
- ◆ *Bring young people to a place of choice and responsibility in their decision making*

As a youth project, we hope that by engaging in this process, young people will achieve a happier and better quality of life, both while they are on the project and in the future.

The project favours an environment which is drug-free. While this involves the total prohibition of drugs while on the programme and in the project, it also involves supporting young people to detox from all drugs in as short a timeframe as possible.



**We use a
treatment
approach called
*Adolescent
Community
Reinforcement
Approach (ACRA).***

The Community Reinforcement Approach (CRA) is a treatment approach that aims to achieve abstinence by eliminating positive reinforcement for using and enhancing positive reinforcement for a sober/drug-free lifestyle. The goal of this approach is to make sober/drug-free lifestyle more rewarding than drinking/using drugs. The approach utilises social, recreational, familial and vocational reinforcers to assist in the recovery process. This approach underpins our careplans and groupwork with the young people and to compliment this CRAFT (Community Reinforcement Approach Family Training) is used in our Family Support Services.

We use a variety of methods in our work beginning with a client centred, individualised careplan. Our young people can avail of psychotherapy, keyworking, psychoeducation, drug education, Reduce the Use programmes, communication skills, problem solving, recreational and pro-social activities/outings, family work, family meetings, family counselling/therapy, holistics/complimentary therapies, advocacy work, methadone supervision, support for court and referrals to education/employment, Art, Art therapy, Yoga, relaxation skills, Massage, Acupuncture.

OUR APPROACH

CRINAN YOUTH PROJECT IS FUNDED BY THE FOLLOWING:

HEALTH SERVICE EXECUTIVE (HSE)

Staffing, Core Services and Overheads

HSE THROUGH THE NICDATF

Evening Service – Staffing and overheads

DEPARTMENT OF JUSTICE & LAW REFORM THROUGH PROBATION SERVICE

young peoples' programmes and overheads.

DEPARTMENT OF EDUCATION & SKILLS THROUGH THE CDYSB

Youth Worker post and resources.

Salesian Youth Enterprises is the Limited Company, which is governed by The Board of Directors. The Board of Directors is made up of Salesian Directors, has a Memorandum & Articles of Association and has an AGM each year. The Board of Directors meets quarterly throughout the year.

The Board of Directors has appointed a sub-group to be an Advisory Committee to the Board of Directors. This subgroup is made up of representatives of local community projects/agencies, 2 Directors of the Board of Management and the Manager of Crinan Youth Project. The Advisory group meets with the Project Manager on a 6 weekly basis for reports on operational matters and for recommendations and advice to the Board on matters relating to the running of the Crinan Youth Project.

The Crinan Youth Project is managed by a Project Manager, Gemma Collins and there are 13 staff in total.

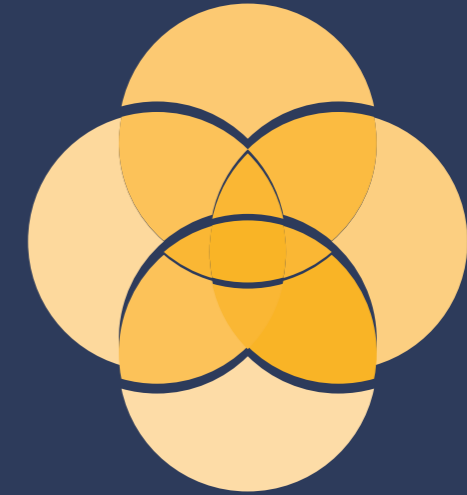
The staff breakdown is as follows:

- 1 Manager
- 1 full-time Senior Project Worker
- 2 part-time Administrative Assistants
- 2 part-time Therapists
- 2 full-time Project Workers
- 1 part-time Project Worker
- 1 full-time Youth Worker
- 1 full-time Family Support Worker/project worker
- 2 part-time Outreach Workers/evening service workers

All staff receive monthly supervision from the Project Manager.

The staff team meet weekly for a Clinical Meetings which are case management meetings. Team meetings/operational meetings are held monthly.

We have 2 visiting sessional workers, Dr. Gerry McCarney, Senior Consultant Psychiatrist for young people with Substance misuse and mental health issues, and a yoga instructor/holistic therapist, who provides holistic treatments. These sessional workers are paid for services provided only and are not staff of the project.



Assessment

This is the first phase of accessing the programmes, where we assess the needs of the young person to establish if they are suitable for one of our programmes and if so, which programme would best suit their needs.

Assessment involves:

- ◆ Pre-entry group or 1:1 appointments
- ◆ A meeting with: our Therapist, Manager and Doctor.
- ◆ Urine analysis (where applicable)

Decisions are made in our weekly clinical team meeting, upon completion of all stages of assessment and the individual/family member or referee (if applicable) is notified of the outcome thereafter. The approximate timeframe for assessment is 1-2 weeks, depending on vacancies on the project, the young person's attendance and completion of all scheduled assessment appointments. All young people who are on assessment are supported throughout the assessment period by a keyworker and can attend 1-2 times per week for 1:1 support and holistics while they are completing their assessment.

Pre-Entry/Appointment Based Programme

This programme is for young people who are experiencing problematic drug use, and need support to reduce their use.

This is a structured programme which involves the following:

- ◆ Weekly appointment with our Doctor (where necessary)
- ◆ Weekly appointment with our Counsellor
- ◆ Weekly careplan meeting with their designated keyworker
- ◆ Young People on pre-entry appointments can avail of - 1:1 Drug Education & Relapse Prevention, Reduce the Use psycho-educational work, Acupuncture, referral to further treatment.
- ◆ Urine analysis

The aim of this programme is to support the young people to stabilise, reduce their drug use and work towards becoming drug-free. There is a natural pathway from the pre-entry appointments into a more structured programme, progression group and/or referrals to residential detox/treatment programmes (if necessary).

Day Programme

This programme is to support young people who are stable in their drug use to work towards becoming drug-free.

The Day Programme runs Monday-Friday 10-5pm.
This structured programme involves:

- ◆ A weekly individualised timetable for each young person
- ◆ Weekly appointment with our Counsellor
- ◆ Weekly careplan meeting with their designated keyworker
- ◆ Participation in Relapse Prevention Groups, Drugs Education group or these programmes can be delivered on a 1:1 basis also.
- ◆ Participation in daily group activities – Yoga, Art, Wind down groups, social program outings, gym/boxercise/other activities.
- ◆ Appointment with our Doctor (when necessary)
- ◆ Urine analysis
- ◆ Lunch
- ◆ Holistic treatments, massage, yoga and acupuncture.

The aim of this programme is to support young people in maintaining their stability, to become drug-free and to work on various areas of their lives through goal-setting careplans and work towards moving on to full-time education and training in the community.

Progression Programme

This programme is to support young people who have moved on to a training/education programme (including school) or employment.

This programme is also the next phase for young people who have become drug-free and are ready to engage in education/employment. This programme involves:

- ◆ Weekly appointment with our Doctor (where necessary)
- ◆ Weekly appointment with our Counsellor
- ◆ Weekly careplan meeting with their designated keyworker
- ◆ Participation in Relapse Prevention Groups or 1:1 sessions
- ◆ Urine analysis
- ◆ Holistic treatments

The aim of this programme is to support young people to make the transition into mainstreamed activities, education/training, employment and other relevant community services, while maintaining their stable/drug-free status.

Aftercare

This programme is to support young people who have completed drug treatment and have moved on to employment/education/training. This programme involves an individualised aftercare plan to suit the needs of the young person.

This programme involves one or all of the following:

- ◆ Fortnightly meetings with their keyworker – to focus on aftercare plan, advocacy (if needed), advice and information.
- ◆ These meetings may start at fortnightly and move out to monthly after the first couple of meetings, depending on the needs of the young person.
- ◆ Aftercare counselling/therapy.

The aim of aftercare is to support the young person during the early stages of move-on. We recognise that this can be a difficult stage, even for the most stable of young people so, having some regular support, which is phased out over an agreed period of time with the young person, is very effective.

Family Support Programme

This programme is designed to support family members of young people who are experiencing drug problems.

Family members can avail of one or all of the following services:

- ◆ One to one meetings with the family support worker – formal/informal, crisis intervention, advocacy work.
- ◆ Family Therapy (one to one for family members and/or family therapy sessions).
- ◆ Family support groups/social evenings/outings for parents
- ◆ Parent Talks
- ◆ Community Reinforcement Family Training (CRAFT)
- ◆ 5 Step Method
- ◆ Holistic treatments; stress management for parents

Parent Information evenings were well attended and the feedback was very positive from those involved.

The response given by the families was that they felt that by being offered information that was evidence based, researched and relevant to them, it empowered them to respond to the drug use in a more practical manner. All of the parents/guardians agreed that initial responses to their loved ones drug use was emotionally led which then became the pattern for responding.

Crinan understands that when the families become involved with the young person's drug use there is a better chance of a successful outcome for all involved.

Crinan Evening Service

This programme is designed to provide a first point of support for many of young people 14 – 21 years and at times their parents in the North Inner City and surrounding areas.

This service was established in 2010 and initially provided information and support to people experiencing difficulty relating to their use of Cocaine, Crack Cocaine and Headshop Drugs.

Due to the poly-drug using nature of many of our target group, we found that we were providing this service young people with a variety of drug problems and it serves as a first point of contact for many potential participants for our day programme.

This programme involves:

- ◆ 2 Outreach workers – 1:1 support, assessment & referral for further treatment, residential (where necessary)
- ◆ Pre-entry groupwork and 1:1 work
- ◆ Outreach/streetwork
- ◆ An evening drop-in service – Monday/Thursday
- ◆ Crisis intervention
- ◆ Short-term interventions
- ◆ Holistic therapies
- ◆ Referral to counselling and family support in Crinan Day service.

The aim of this programme is to provide a safe, friendly, relaxed service into which young people can feel comfortable in accessing treatment and to begin looking at and/or addressing their drug use. We aim to support and encourage these young people to work towards reducing their use and/or stopping their drug use, looking at their treatment options and referral to further treatment and/or educational options, where appropriate.



“Since engaging with the service I have a better understanding of addiction and feel better equipped.”

-young person

Family Support Services

Crinan Youth Project provides programmes designed to offer support to the family members of the young people who are experiencing drug problems. Family members can avail of one or all of the following services.

- ◆ 5 Step Method
- ◆ Steps to Cope
- ◆ 1:1 meetings with the family support worker, formal/informal, crisis intervention and advocacy work
- ◆ Counselling service
- ◆ Family Support Groups
- ◆ Drug Debt and Intimidation Programme
- ◆ Community Reinforcement Family Training Group
- ◆ Holistic treatments
- ◆ Psycho-Educational Information Evenings
- ◆ Outreach

Crinan Family Support Services saw 30 family members accessing in 2020, with a total number of 593 sessions of our various supports being availed of. Up until mid- March family members still accessed on site services.

Covid 19:

March onwards saw a change in how we operated our service, however, we continued to offer supports to our family members throughout this challenging time by maintaining on-going contact via phone calls, video sessions and outreach walk n' talks when restrictions permitted.

Due to government guidelines we operated our service remotely until May, with staff working from home via zoom calls, phone supports. The service adapted very well and managed throughout the pandemic to sustain its vital supports to families. Fortunately weather conditions were favourable to outreach from May onwards and we commenced meeting family members outdoors, whilst adhering to government guidelines throughout. This was a welcome change for family members, in particular single parents who had been very isolated during lockdown.

“Since engaging with the Family Support group I have been genuinely amazed with their non-judgemental, open-minded, support and encouragement. It is a vital service.”

-family member

During the remote working period, the family support worker completed a self-care booklet which is available on our website and established a Crinan Family Support Instagram page which has a following of 200 people and has been used as a contact from other services for support. I also updated the Crinan website with relevant Covid guidelines, drugs information i.e. Nitrous Oxide which became very prevalent during this last year.

We initiated a cooking challenge in April with family members and their children, each week families were supplied with the ingredients and methods to cook meals with their children. The families got to choose the meals. They provided photographs which showed their

participation from beginning to end. Being part of this initiative was such a privilege and joy to be a part of. All they young people who engaged were given a small token as a reward and the winning family who participated every week were given a gift voucher for their hard work.

Families have shown themselves to be resilient not only managing the challenges of dealing with their loved one's drug use but accessing the supports available throughout a pandemic.

FAMILY MEMBER OUTCOMES

Family Members	43
Successful Closures	19
Young People on Programme	22
Phone Support & Keyworking	374
Family Therapy Sessions	269
Holistic	18
Outreach	26

Outreach Evening Service

Crinan Evening service begun in 2010 in response to the increased use of cocaine, crack cocaine and headshop substances among younger people in Dublin and since then it is constantly changing to suit the needs of young people in crisis. Due to the flexible and adaptive nature of the service it quickly reacts to ever-changing drug trends. Through outreach/street work and networking, strong relationships have been built with the young people, professionals and youth organisations in the community and 10 years on, the outreach/evening service has evolved into an essential part of our service provision.

2020 proved to be a very challenging period for the whole youth and drug treatment sector, however our service remained operational throughout the Covid pandemic. This was achieved through remote working, street work, outdoor walk & talk sessions, phone/zoom sessions and when restrictions permitted, indoor 1:1 sessions adhering strictly to HSE Covid safety guidelines. We worked closely with the youth services in the NEIC and were part of the implementation of very successful collaborative street work pieces, particularly with Swan Youth

Service, targeting young people not linked with any service. This was born from the CDET/CDYSB "Patchwork to Street work" research, which Crinan has been involved from the beginning. In February, one of our outreach workers moved on to alternative employment and after the initial lockdown period in March 2020, we were not in a position to fill the post for a number of months.

We used the opportunity to re-evaluate the Evening service and conducted interviews to create a new vibrant team. The new three-member team began in late October 2020 and worked tirelessly on the street establishing new and old relationships with young people and relevant organizations.

The new team members brought new ideas and new ways of engaging young people which enhanced the already established service.

The evening service is the first point of contact for many young people referred to Crinan and quite often is the first experience a young person has had with treatment services, we understand how difficult it can be for the young person at this point. We provide a safe, friendly and relaxed space with

the focus on their initial needs, this is achieved through relationship and trust building. In this initial stage the team will have approximately three one-to-one sessions to establish their immediate needs, identify treatment pathways, support them through to their next stage of treatment in Crinan and beyond. Every young person is different with different circumstances and we work to support them no matter what the circumstances.

- ◆ Crisis intervention
- ◆ Late night opening Monday and Thursday 11am -8pm
- ◆ 1 to 1 support, assessment and referral for treatment
- ◆ Short term interventions
- ◆ Pre-entry group work
- ◆ Outreach, in-reach, street work
- ◆ Contact point for our family and caregivers' support services
- ◆ Urine analysis
- ◆ Interagency work

In November and December of 2020, we had 124 engagements in outreach/streetwork and worked with 6 young people on an appointment based programme.

"The team is incredible. I personally could not have got through the last year without their support and guidance."

-young person

Holistic Services

- ◆ 19 parents received holistic treatments
- ◆ 53 young people received holistic treatments

PROBATION OUTPUTS & OUTCOMES (JAN-OCT, 2020)

Number of Probation Clients	21
Still Active	11
Successfully Closed	2
Engaged but Discontinued	8

OBERSTOWN IN-REACH PROGRAMMES

	Estimated	Achieved
8-week Relapse Prevention programmes	4/year	1 (pre-lockdown)

OUTREACH

	Estimated	Achieved
Streetwork	20 sessions	35 sessions

After the initial lockdown in March, We established a partnership with SWAN Youth Services and carried out streetwork sessions 2-3 times per week in to target young people on the street during this time. (24th April and finished 19th June).

In total there were 23 streetwork outreach sessions 3 hours per session carried out during April-June lockdown. Total: 69 hours of street work.

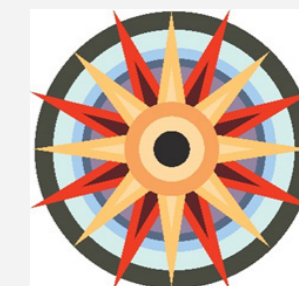
*Outside of lockdowns we carried out other street outreach which allowed for **132** young people to be contacted and **32.5** hours of contact.*

REFERRALS BREAKDOWN

Month	No. of Referrals	No. of Probation Referrals	Other Referrals (ex. self or social work)	Outcome
January	8		8 4 C/S 4 Self	Crinan
February	2		2 1 C/S 1 Family	Crinan
March	2		2 1 C/S 1 Self	Crinan
April	1		1 1 Self	Crinan
May	3		3 2 C/S 1 Self	Crinan 1 Prison
June	1		1 6 C/S 1 Self	Crinan
July	7		7 6 C/S 1 Self	Crinan
August	2		2 2C/S	Crinan
September	4	1	3 C/S	Crinan
October	5	1	2 C/S 2 Self 1 Prison	2 didn't show 3 Crinan
November	3	1	1 C/S 1 Self	Crinan
December	1		1 C/S	Crinan
Total	39	3		

“Fantastic place, very warm and friendly staff. It has had helped me and my son in a massive way. The support is amazing. The help and services they have provided has helped me so much.”

-family member



YOUNG PEOPLE OUTCOMES

Number of Youth Served	58
Number of 1:1 Sessions	805
Reported Drug Free	22
Reported Reduced Drug Use	36
Successful Completion	20

How have you found the supports from Crinan during Covid restrictions?

- ◆ Extremely Helpful: 62.50%
- ◆ Very Helpful: 18.75%
- ◆ Somewhat Helpful: 18.75%
- ◆ Not So Helpful: 0%
- ◆ Not At All Helpful: 0%
- ◆ Other (please specify): 0%

Do you have a safe space to comfortably speak with your counsellor/keyworker?

- ◆ Yes: 100%
- ◆ No: 0%

Do you have a careplan or something in writing outlining what your goals are while using this service?

- ◆ Yes: 81.25%
- ◆ No: 18.75%

How would you describe the support given by the staff?

- ◆ Extremely Professional: 50%
- ◆ Very Professional: 50%
- ◆ Somewhat Professional: 0%
- ◆ Not So Professional: 0%
- ◆ Not At All Professional: 0%

What is the main substance/drug that you use at the moment?

- ◆ I am drug free: 6.25%
- ◆ Cannabis/Weed: 50%
- ◆ Tablets/Benzos: 12.50%
- ◆ Alcohol: 12.50%
- ◆ Cocaine/Crack: 6.25%
- ◆ Opiates/Heroin: 0%
- ◆ I mix some of the above: 12.50%

Since your appointments have gone on phone/video, how would you describe your current drug use?

- ◆ Stopped completely: 6.25%
- ◆ Reduced my use: 37.50%
- ◆ No change in my use: 12.50%
- ◆ My use has increased: 25%
- ◆ My use is out of control: 6.25%
- ◆ My alcohol use has increased: 6.25%

How have you found counselling/keyworking over the phone/video call?

- ◆ It works well for me: 12.50%
- ◆ I prefer to do more phone/video sessions: 12.50%
- ◆ I prefer to meet in person: 75%
- ◆ It does not work for me: 0%
- ◆ Other (please specify): 0%

What are the main challenges you face at this time?

- ◆ Mental Health: 37.50%
- ◆ Drug Use: 37.50%
- ◆ Intimidation/Drug Debt: 0%
- ◆ Family Issues: 0%
- ◆ No safe place to stay: 0%
- ◆ Can't break away from negative influences: 12.5%
- ◆ Can't meet friends: 0%
- ◆ Other: 12.50%

If you were unhappy with any part of Crinan, would you feel comfortable saying so?

- ◆ Yes: 81.25%
- ◆ No: 18.75%

Would you recommend Crinan to others?

- ◆ Yes: 100%
- ◆ No: 0%



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