



Donnycarney Youth Project CLG

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# **2021**

# **Annual Report**

# Chairperson's Report

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As Chairperson of Donnycarney Youth Project (DYP) I am pleased to introduce our 2021 Annual Report. We are immensely proud of the services we provide and during another challenging year with the COVID-19 restrictions, we have continued to develop and prioritise the needs of all who access our services. Our Annual Report provides an opportunity to showcase our services which are provided across the five strands of DYP's work and highlights the hard work and commitment of a dedicated and professional staff group.

During 2021 we began the process of returning gradually and slowly to our normal way of engaging with our clients. Staff and participants adapted quickly to an ever changing environment as we continued to provide a high quality of service for all who access DYP, underpinned by a human rights approach. We believe that all who attend DYP deserve the highest quality service to achieve their full potential. A special thanks to the manager and staff who have worked very hard to continue to provide a variety of programmes and at the same time ensure the health & safety of all.

Interagency work and collaboration are vital to achieving positive outcomes for our stakeholders and all who use our services. We therefore wish to thank all the agencies and individuals working in partnership with us and look forward to a future of continued collaboration to maintain best practice. We greatly appreciate all the support of our funders for their continued assistance, namely the Health Service Executive, the Department of Social Protection, City of Dublin Youth Services Board, Department of Children and Youth Affairs, Irish Youth Justice and Dublin North East Drugs and Alcohol Task Force.

We believe that our interventions and supports have helped to mitigate the impact of the COVID-19 restrictions on the well-being of young people and service users. I would like to acknowledge the courage and hard work of all those who have accessed our services. I admire their bravery and the way in which they work towards a positive future for themselves and their community and we look forward with hopeful expectation to their continued achievements in the coming years.

*Brian Ellis*

Brian Ellis  
Chairperson

# Managers' Report

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Donnycarney Youth Project (DYP) is based in Donnycarney Community & Youth Centre in the heart of Donnycarney. Our catchment area is located within Clontarf West B and Gracepark District Electoral Divisions (DEDs). The Project has been delivering Youth Services to the community since 1984 and over the subsequent years we have introduced a range of additional services to complement our work in the community. Our work now consists of five strands:

- ▶ Youth Project
- ▶ Drug and Alcohol Project
- ▶ Family and Child Support Service
- ▶ Youth Justice Project
- ▶ Community Employment Rehabilitation Programme

These inter-connected strands provide an integrated or wrap around service which has become an integral part of the ethos of the organisation. DYP is committed to providing a non-judgemental and non-discriminatory service for the local community and surrounding areas in response to the changing needs of children and young people, families and those affected by drug and alcohol use. The values that underpin the work of DYP are based on respect, dignity, and empowerment.

All the services provided by DYP are available to those living in the local community, and priority is given to those most vulnerable. We value working together in a community environment and welcome the opportunity to continue to provide supports and services to children and young people, families, and those affected by addiction issues. The levels of activity and outputs of our services highlighted in this report demonstrates the resilience and commitment of our staff, young people, and service users in dealing with COVID-19.

Our Board of Management comprises volunteers who are community representatives as well as professionals with expertise in the areas of youth, community, and addiction services. The board voluntarily give their time and are fully committed to ensuring that the needs of the community are identified and met in the most appropriate and timely manner. On behalf of DYP, I would like to thank our board for their ongoing commitment, dedication, and insight.

*Lorraine Stewart*

Manager

## Mission Statement:

THE DONNYCARNEY YOUTH PROJECT STRIVES TO PROVIDE A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT FOR YOUNG PEOPLE AND ADULTS IN THE COMMUNITY BY PROMOTING POSITIVE LIFE CHOICES.

## Purpose:

To provide support services to the local community in response to local needs in relation to young people and those affected by drug use.

## Values:



## Strategic Priorities

- ▶ Identify on-going local needs through consultation with our stakeholders.
- ▶ Develop programmes to respond to identified needs which are co-designed with service users.
- ▶ Deliver high quality services
- ▶ Monitor and evaluate our services regularly
- ▶ Recruit & retain professional and competent staff and ensure they have access to regular professional training and development opportunities
- ▶ Ensure compliance with all regulatory requirements in governance, health & safety and risk management
- ▶ Promote an inter-agency approach with all partners and stakeholders

## Our Team

The organisation consists of five strands providing a range of services. Each team is made up of professionally qualified staff. The supports offered include youth work, youth justice, addiction support, family support, rehabilitation and counselling. These services are supported by the administration and reception teams.

Manager	<b>Lorraine Stewart</b>
Youth Work Team	<b>Marie Holton</b> <i>Project Leader</i> <b>Jennifer Gallagher</b> <i>Youth Worker</i> <b>Charlene O'Neill</b> <i>Youth Worker</i>
Youth Justice Team	<b>Emma Carroll</b> <i>Youth Justice Worker</i> <b>Eimear Darcy</b> <i>Youth Justice Worker</i>
Addiction Team	<b>Jen McAsey</b> <i>Addiction and Family Service Team Leader</i> <b>Graham O'Connor</b> <i>Drug &amp; Alcohol Case Worker</i> <b>Claire Crimmins</b> <i>Drug &amp; Alcohol Case Worker</i> <b>Andrea Ragusa</b> <i>Family &amp; Child Case Worker (left in May 2021)</i> <b>Grainne Walsh</b> <i>Family &amp; Child Case Worker</i>
Community Employment	<b>Stephanie Valla</b> <i>CE Supervisor</i> <b>Marcin Posiewka</b> <i>Maintenance Support Worker</i> <b>Oonagh Flynn</b> <i>Youth Support Worker</i> <b>Deidre Cullen</b> <i>Kitchen Support</i>
Reception Team	<b>Eileen Kenny</b> <i>Receptionist</i> <b>Claire Bergen</b> <i>Receptionist (left in September 2021)</i>
Admin Team	<b>Lynn Kelly</b> <i>Financial Administrator</i> <b>Catherine Cagney</b> <i>Financial Administrator</i>

# Governance

Donnycarney Youth Project is signed up to the Charities Governance Code. Accountability and strong leadership are key Governance priorities and the Board of DYP are committed to this process..

Our board is made up of volunteers with a variety of experience and expertise.

## Board of Management

**Brian Ellis** *Chairperson*  
**Paul Lambert** *Company Secretary*  
**Andrew Melbourne** *Treasurer*  
**Pat Gallagher** *Director*  
**Joan Moore** *Director*  
**Carol Smith** *Director*  
**Joe Kiernan** *Member*

## Board Meetings Held in 2021

The Board of Management met on:

- ▶ 16 February 2021
- ▶ 16 March 2021
- ▶ 20 April 2021
- ▶ 18 May 2021
- ▶ 22 June 2021
- ▶ 24 August 2021
- ▶ 28 September 2021
- ▶ 29 October 2021
- ▶ 7 December 2021

The AGM took place in May 2021.

## Board of Management Roles

The roles and responsibilities of the Board are outlined in the Board of Management Handbook. This document outlines all areas of responsibility including, induction of new members, frequency of meetings, accountability, confidentiality, and conflict of interest.

## Area Profile

Donnycarney is a large geographic area that is not homogenous in social and demographic terms. The Youth Project works specifically with at-risk young people from areas of disadvantage in Donnycarney parish and the surrounding areas. These areas extend from Collins Avenue West (in the west) to Collins Avenue East (in the east), Clanawley Road (in the north) and Casino Park Junction (in the south). Areas within the catchment area contain pockets of disadvantage in close proximity to affluence. Based on an analysis of the Small Area Population Statistics (SAPS) Census 2016 data for the 31 small Area Census codes of the DYP catchment area.

- ▶ The majority of the small areas are classified as marginally below average on the Pobal HP deprivation scale.
- ▶ DYP's catchment area has a population of 7,748 representing a 4% increase since 2016. The under 18 population is 1472 with 52% (764) of this population categorised as male and 48% as female (708). The overall population total for those aged 24 or under in the area is 1967.
- ▶ The marginally below average deprivation classification for many of the small areas is reflected in statistics for educational attainment and unemployment which are slightly below national average levels.
- ▶ Lone parent ratios and local authority housing statistics are slightly higher than the national average.
- ▶ Housing stock is mixed between ex-local authority, private, apartment builds, social and transitional housing, and homeless hubs. Some of this stock has been built in the period since 2016 such as the Thornwood Social Housing Scheme which may lead to changes in the deprivation classification for some areas in the 2021 Census.



# Services

Donnycarney Youth Project offers a range of services including:



DYP accepts self- referrals and referrals from Statutory and Voluntary agencies. DYP works with a variety of local and national organisations and are committed to interagency work and collaborating with all the relevant professionals in meeting the needs of the service users. DYP work closely with Tusla, HSE, Probation and education providers and have been involved in rolling out the Meitheal Model in collaboration with Tusla which is being increasingly evidenced as an effective way to meet the individual needs of the families. This interagency approach enables DYP to provide a wraparound service for those accessing their services.

# Youth Project

The Youth Project strand is funded by City of Dublin Youth Service Board (CDYSB). It aims to create a safe space for young people where they can engage in positive educational, recreational, and developmental programmes. Working with local young people aged 10-24, prioritising those most vulnerable and at risk, the youth project seeks to enhance and raise their self-esteem and to support them to realise their own potential and empowering them to make a positive contribution to society as they move into adulthood.

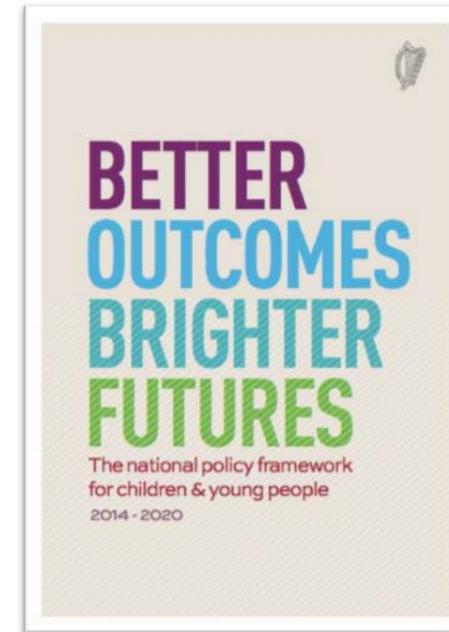


Fig. 1 Better Outcomes Brighter Futures

All youth programmes delivered by DYP are outcome focused and aligned with the National Outcomes Framework, Better Outcomes, Brighter Future goals: - and the 7 Proximal Outcomes (Social and Personal Outcomes) aligned with the Value for Money (VFM) Review<sup>1</sup> of Youth Programmes.

- ▶ Active & healthy, physical, and mental well-being
- ▶ Achieving full potential in all areas of learning & development
- ▶ Safe & protected from harm
- ▶ Economic security and opportunity
- ▶ Connected, respected & contributing to their world.

## Outcomes identified in Value for Money & Policy Review of Youth Programmes

- ▶ Communication skills
- ▶ Planning and problem-solving
- ▶ Creativity and imagination
- ▶ Emotional intelligence
- ▶ Confidence and agency
- ▶ Relationships
- ▶ Resilience and determination

In 2020 a total of 169 young people engaged with the youth project totalling 2095 attendances

	Individual Participant	Number of Contacts
Male	107	660
Female	57	817
<b>Total</b>	<b>164</b>	<b>1477</b>

Table 1 Youth Project engagement 2021

<sup>1</sup> Undertaken by the Department of Children & Youth Affairs in 2014

# Summary 2021

In 2021 we continued to navigate through COVID-19 incorporating a blend of remote working, outdoor group work and small indoor groups. Throughout 2021 we remained open due to our health and safety measures. Where possible we engaged with the young people outdoors, and throughout the year we provided varied programmes including art, sports and team challenges. Our Summer Programme was outdoors, and groups enjoyed BBQ's, trips to beach/park, water fights and team building challenges. Our groups also had the opportunity to undertake rock climbing, archery and a water obstacle course at an adventure centre/aqua park. Most of face to face work was outdoors from April to September and then we resumed group work indoors.

With the return to indoor work our focus was on creating a stress free environment and safe space where the young people could have fun, discuss issues relevant to their lives and develop individual talents, abilities and interests. Creativity, Friendships, Identity, Mental Health and Equality were emerging themes that were explored with our youth groups. This was achieved using drama, arts, problem solving and team building activities and discussion based programmes which enhanced the young people's communication skills and self-confidence.

During lockdown we ran some remote Fun Bingo nights and movie nights. Maths grinds were provided for young people completing the Leaving Certificate while a Drugs Awareness Programme and an Introduction to Martial Arts was delivered as part of a Youth Initiative which was a collaborative piece of work between all strands of the project targeting young people engaged in or at risk of taking drugs. It offered a psychoeducation group one evening per week and a pro social activity a second evening a week with the aim of creating positive alternatives to drug taking.



Fig 2 - Youth Project Activities



# Youth Justice Project

If a young person's personal, social, and emotional needs are not being met, they often seek alternative channels which are easily accessible which can lead to the young person getting involved in anti-social or illegal behaviour.

**The Donnycarney Youth Diversionary Project (YDP) is funded by the Department of Justice and Equality and works with young people between the ages of 12-17, the majority of whom are referred into the service by the Juvenile Liaison Office for An Garda Síochána (AGS).**

The YDP recognises the challenges faced by young people in Irish society and particularly vulnerable young people. YDP provides targeted interventions that aim to divert young people away from crime and criminal behaviour while providing them with opportunities for education, training, or employment.

Facilitating opportunities and building the young person's capacity to make positive life choices through engagement in one-to-one key working, and personal development programmes are a key factor in Youth Justice Work. Targeted interventions using the YLS2.0 assessment tool has supported many participants to make positive life choices, and to progress on to third level education, and obtain employment or apprenticeships.

The YDP promotes a restorative justice approach, delivered within a community-based setting, creating a sense of belonging for the young people attending the project. The project provides a wrap-around service and offers support to the families of the young people as well as access to the other strands of the project i.e. Youth Project, Family Support and Addiction Services. DYP aims to create a safer society by working in partnership with An Garda Síochána and the Irish Youth Justice Service to reduce youth offending through appropriate interventions in a community setting.

Figure 3 provides an overview of the YDP activities though these were curtailed in 2021 due to COV-ID.

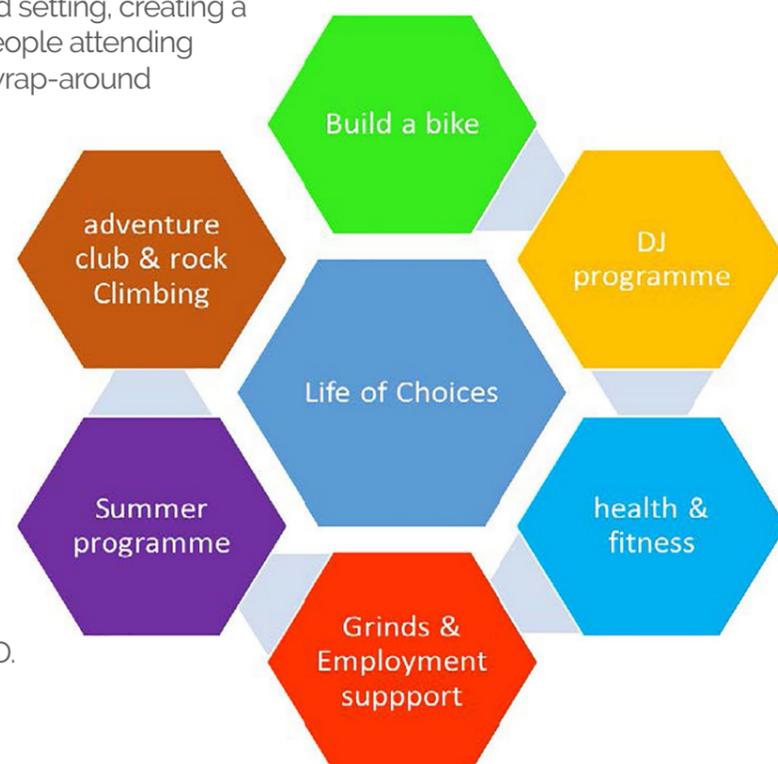


Fig 3 – Youth Diversion Activities

# Summary 2021

We offered a blend of outdoor walk and talk's and indoor 1:1 face to face sessions in line with health and safety guidelines. Interventions were designed to address the young people's specific behaviours and needs. Decision making, consequences of decision-making and positive use of leisure time was explored through a variety of interventions such as "Reduce the Use", "Life of Choices" and "Driver Theory Practice Test". In addition education support in the form of grinds was provided for those undertaking the Leaving Certificate. Employment support was provided, through key working, exploring lifestyle choices and cv compilation.

We also began working on "Boys in the Making" programme in collaboration with the local boy's primary school for boys who are aged 8 years. The programme is designed to explore societal expectations placed on boys and men, and consider how learned behaviours are perpetuated, particularly by the influence of other men. Through exploring these attitudes and expectations the boys have the opportunity to co-create their own fictional boy and explore his needs and experiences as he interacts with those around him. Listed below are examples of interventions/ programmes undertaken:-

Interventions/programmes undertaken included, Reduce the use, Challenging attitudes to alcohol/recreational drug use, Identifying positive peers, Positive use of leisure time (art and fitness), Education and employment support, Boys in the making Programme, Driver Theory Test Practice

In 2021, a maximum of 13 young people per month engaged in the Interventions and programmes with the Justice Project.

Month	Number of young people	Total in hours	Total contacts
January	13	32	13
February	6	19	13
March	3	5	5
April	5	23	9
May	2	27	11
June	7	28	9
July	5	17	13
August	5	17	12
September	6	14	11
October	4	14	7
November	5	13	10
December	5	6	6
<b>Totals</b>	<b>66</b>	<b>215</b>	<b>119</b>

Table 2 – Youth Justice Statistics 2021

# Drug & Alcohol Services

DYP focus on Goal 2 of the National Drug Strategy: to minimise the harm caused by the use and misuse of substances and promote rehabilitation and recovery (Reducing Harm, Supporting recovery 2017-2025). DYP work closely with A Garda Siochana to build relationships and improve attitudes towards the impact of drugs on the individual as per objective 4:1.41 in Reducing Harm, Supporting Recovery 2015-2025. DYP staff liaise with local community Garda who provide support with drug related offences and appearances in court. This has been very beneficial for the service users with outstanding warrants.

DYP Addiction Services include, stabilisation, rehabilitation, training, return to education, work related skills, facilitating clients to reach their maximum potential. DYP's CE, SMART Recovery®, Women's Group and any other therapeutic groups were a mixture of blended learning (Zooms and face to face) during the continued pandemic in 2021. Group size varied depending on the nature of the group being run to ensure that quality standards and COVID-19 guidelines were maintained. Due to restrictions, safety and lack of rooms large enough, groups were blended between Zoom, outdoors or in building in smaller numbers.

During the summer months groups were facilitated outdoors and many clients engaged in walk and talks in the local park instead of indoor face to face meetings when restrictions were in place. These interventions offered a space for connection to take place in person. Prosocial initiatives such as kayaking and boxing remained cancelled. One to one, assessments, key working and counselling were blended also, offering phone, Zoom or face to face depending on the needs of the clients.

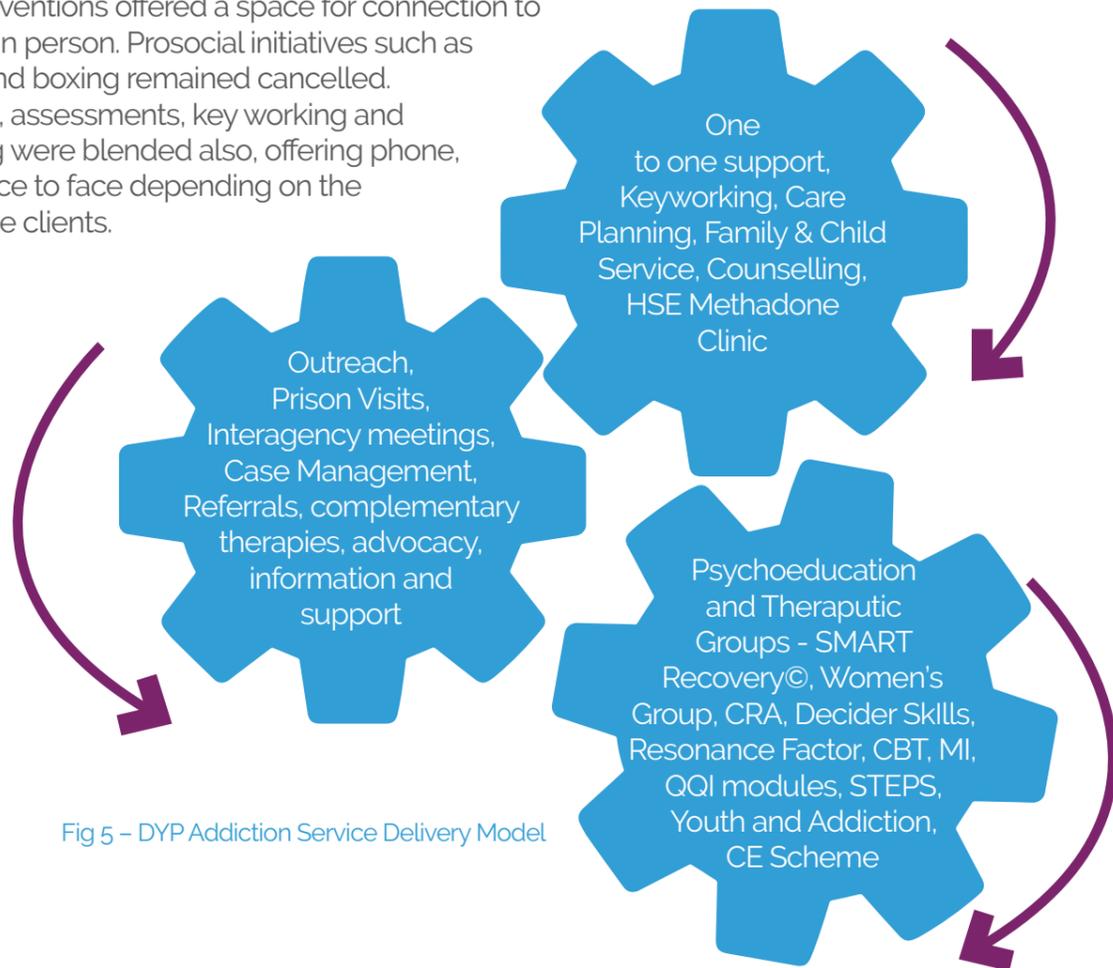


Fig 5 – DYP Addiction Service Delivery Model

# COVID-19 Response

In 2021 HSE Section 39 funded DYP staff were redeployed for a second time to support frontline services in the Addiction and Homeless sector that had become overwhelmed with responding to COVID-19. Our staff supported Ana Liffey Drug Project in Dublin City Centre over a 5-week period during March and April 2021. The Ana Liffey Drug Project is a national addiction service with a 'Low Threshold – Harm Reduction' ethos. Staff supported the project to provide outreach to most vulnerable on the streets, Needle Exchange, assessments for Community Benzodiazepine Detox, inreach key working to homeless hostels and support for medication collection and delivery for those affected by COVID 19 Pandemic in the local community.

In November 2021, DYP staff supported the HSE to set up a 6-month pilot scheme for outreach and addiction services in the Darndale area. Three staff are seconded to Darndale one day a week to support the start-up of this new service called D17ACT. The service aims to target the hardest to reach in the Darndale area and offer outreach support in the hopes of engagement in Assertive Case Management and onward referral to other support services. Staff have engaged in street outreach, brief interventions, assessments, 1:1's and supporting the set-up of systems and databases to record and measure levels of engagements.

## 2021 Drug & Alcohol Services - Outputs

Drug and alcohol services	Individual attendances
Key-Working/1:1/Teleworking	1,981
Assessments/HRB's	107
Family support	28
Child Protection/Welfare Issues	30
Three way internal /external meetings with S/U	10
Counselling	71
Outreach	4
CE Stabilisation Jan - Dec 21 Zoom/Indoors	232
CE CRA Zoom/Indoors May - Sep 21	45
CE Storytelling May - Sep 21	41
CE Managing Change Jan - May	57
CE & Addiction team relaxation Indoors Oct - Dec	21
CE & addiction team Relaxation Jan - July 21 Zoom	76
Counselling	71
Prison Visits - not during COVID-19	0
SMART Recovery ©	341
Satellite Clinic	330
Holistics - cancelled due to COVID-19	0
Women's group Zoom/outdoors/indoors	146
Resonance Factor Oct- Dec Indoors	21
Youth and Addiction Oct - Dec	30
Walk it off Aug - Oct Outdoors	29
STEPS - Feb - April Zoom	123
Agency Visits	1
<b>Total</b>	<b>3,795</b>

Table 3 – 2021 Drug & Alcohol Service Outputs

Currently DYP has 171 active treatments, of these 107 were new treatments in 2021.

## Progression Outcomes for 2021

### CE Mainstream

- ▶ 1 participant returned to full time education
- ▶ 2 participants completed QQI Level 5 Reception Skills
- ▶ 3 participants completed Manual Handling training
- ▶ 5 participants completed First Aid QQI Level 5
- ▶ 1 participant completed HACCP QQI Level 5

### Drug Recovery Program (DRP) for CE Scheme

- ▶ 3 participants gained full time employment
- ▶ 1 participant completed voluntary CE and progressed to full CE place
- ▶ 3 participants completed STEPS programme QQI Level 3 personal development
- ▶ 5 participants referred to CE day programme - voluntary place
- ▶ 2 participants referred to Peter McVerry for Cannabis detox, 1 completed this treatment
- ▶ 3 participants completed Storytelling Group
- ▶ 4 participants completed CRA group
- ▶ 4 participants completed Decider Skills Group

The CE scheme was affected by COVID-19 pandemic, lockdown and redeployment. 2021 saw a blended learning approach of Zooms, outdoor groups and indoor groups when restrictions permitted. Stabilisation groups continued throughout 2021 to respond to current relapses.

## Drug & Alcohol Team

- ▶ 13 referred to STEPS Programme. 11 completed
- ▶ 1 referred to Mental Health Services with GP support
- ▶ 1 referred to the Rutland for treatment & rehabilitation
- ▶ 12 new referrals to Smart Recovery
- ▶ 1 client referred to Cocaine Anonymous
- ▶ 1 client referred to Northside Partnership for 'Start your own Business' course
- ▶ 2 clients referred to Service Users Forum, 1 client became the Chairperson of the Forum
- ▶ 1 client completed degree with 1st class honours
- ▶ 2 clients referred to Soilse for stabilisation programme
- ▶ 2 clients referred to Cuan Mhuire for treatment & rehabilitation
- ▶ 1 client completed Cannabis detox
- ▶ 2 clients referred to Care after Prison
- ▶ 2 clients referred to Labour Inclusion Programme (LIP)
- ▶ 1 client referred to Smart Recovery Ireland for Peer Facilitator Training and completed this training is now a SMART facilitator
- ▶ 1 client attended Smarmore treatment centre
- ▶ 1 client referred to National Adult Literacy Agency (NALA)
- ▶ 2 clients involved in interview skills & preparation
- ▶ 1 client supported to gain voluntary work
- ▶ 4 clients referred and completed counselling
- ▶ 5 clients referred to Mindfulness & Relaxation programme
- ▶ 3 women completed Decider Skills & CBT Skills group
- ▶ 1 referred to DCU recovery college for Art Class

## Methadone Maintenance Clinic

The clinic has capacity for 30, on average we had 20 people registered on the clinic during 2021. Attendance remained fortnightly due to COVID-19 restrictions and to allow for less in the building at any one time. We went from 20 each week to 10 every two weeks.

- ▶ 1 client completed methadone treatment in Feb 2021
- ▶ 1 Client transferred clinic to be closer to accommodation
- ▶ 2 Clients started treatment in DYP 2021
- ▶ 1 client was drug free and stable on methadone for 2021
- ▶ 3 clients are drug free, stable on methadone and one is in fulltime employment
- ▶ 1 client stable on methadone, drug free and completing a GP benzo detox
- ▶ 1 client referred by HSE Doctor for stabilisation in St Michaels Ward, Beaumont Hospital
- ▶ 1 Client completed Hep C treatment in 2021
- ▶ 2 Clients on Community Benzo Detox
- ▶ 16 out of 18 clients got vaccinated (COVID-19) in 2021

## Outcome measurement in 2021

- ▶ A goal in 2021 was to implement an outcome measurement process to map feedback of service users, engage them in the process of improving services and to show outcomes are being measured and evaluated.
- ▶ Throughout this year DYP Addiction Service and DYP Family and Child Service completed outcome measurements on all services provided. The overall services were reviewed twice this year, once in quarter one and again in quarter three by service users. Post evaluations are also completed by service users for groups. Groups are evaluated using the happiness scale tailored to that particular group. Core measurement tool is used in counselling pre and post.



60

clients responded and completed our feedback of services forms



Our overall rating out of 5 was

4.6  
and above

in every question.

*I am very lucky the staff at DYP have been part of my journey to give me the tools and knowledge for this everyday battle!*

*It's an extraordinary quality of service*

*Very grateful for the immediate response to my families problems and how everyone concerned received the support they needed so promptly. The staff are skilled & professional many thanks*

*The service is the best I have found*

## Self-Management and Recovery Training (SMART)

There are 25 participants enrolled for Smart Recovery. During 2021 we had 46 online groups from 6.15 – 8pm each Thursday with 341 attendances. Two of the participants progressed and trained as Smart Recovery facilitators. Two participants progressed to residential treatment. Three participants progressed and are working the 4-point programme and will attend Smart Recovery if they feel they need extra support.

*I don't think I could cope without the support*

*DYP has been a lifesaver for me and I don't know where I'd be without it. Everyone has gone above and beyond to help me and I really appreciate the help and support I've received*



### Community Reinforcement Approach Group (CRA)

The Community Reinforcement Approach is a comprehensive behavioural programme for treating substance-abuse problems. It is based on the belief that environmental contingencies can play a powerful role in encouraging or discouraging drinking or drug use. Consequently, it utilizes social, recreational, familial, and vocational reinforcers to assist consumers in the recovery process. Its goal is to make a sober lifestyle more rewarding than the use of substances.

In 2021, DYP facilitated CRA in a group setting. These were facilitated through a combination of online groups, ran through Zoom, and in person groups, in DYP. In total, there were 15 CRA groups with 45 attendees. Each group member completed a pre and post evaluation form for the CRA group. This evaluation was based on the CRA Happiness Scale, and participants were asked to score from a 1 to a 5.

In the pre-evaluation forms the participants rated themselves on average, 3 or below out of 5, in their current happiness, under the specific headings. On completion of the group, the post evaluation forms highlighted areas where the participants experienced an increase in happiness. These included; drug use, personal habits, legal issues, relationships and emotional life. On average these headings scored 4 or above, following the groups.

### The Decider Skills Group

The Decider Skills use Cognitive Behaviour Therapy to teach individuals the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health, in their recovery.

Complex psychological theory has been distilled into highly effective, evidence-based skills for individuals. The CE group have practiced the 12 Life Skills; Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) skills to help enable group members to self-regulate their emotions, for a better outcome.

In 2021 there were 17 Decider Skill Groups run in DYP, with 51 attendances. These were facilitated online, through Zoom and in person. From the data collected in the pre and post evaluations, there was a noticeable increase in participants' perceptions of areas; such as boundaries, confidence, concentration, ability to relax and self-care. These headings all scored 4 or above, out of 5 in the evaluations, on completion of the programme.

## Family and Child Service

The Family & Child Service provides support for children and families in the Dublin North East Area. The service is now years in operation and continues to grow and develop. This service is funded through the Dublin North East Drugs and Alcohol Task Force.

### Services Offered:



Reducing Harm, Supporting Recovery 2017-2025 promotes the family and their role in recovery. DYP Family and Child Service aims to bring families together through positive interventions with any member of the family whilst keeping the welfare of the child at the centre.

The Hardiker Model (1991) is now widely used as a planning framework in both the UK and the Republic of Ireland. We operate on a level 2 of the model; providing support and therapeutic intervention for children and families in need.

We also work in line with the Children's First documentation and TUSLA's Participation model based on the Lundy Model which outlines how the 'participation of children and young people is fundamental to a child-centred, rights-based approach' (Toward the development of a Participation Strategy for Children and Young People, National Guidance & Local Implementation, Child and Family agency, 2015). It is a requirement of the National Strategy on Children and Young People's Participation in Decision-making, 2015-2020 published by the Department of Children and Youth Affairs (DCYA).

The 5-Step method, Steps to Cope for teenagers and Parents under Pressure are models used in the Family and Child Service.

- ▶ The 5-Step Method is an original method of working with family members of substance misusers and problem gamblers, developed and evaluated by the AFINet Group in the UK. It presents a straightforward method for working with family members and seeks to support them in their own right as people negatively affected by a loved one's substance use or problem gambling.
- ▶ Steps to Cope for teenagers is an adaptation of the 5-steps focusing on supporting teenagers through another family members addiction.

The Parents under Pressure (PUP) Programme combines psychological principles relating to parenting, child behaviour and parents' emotion regulation within a case management model. The programme is home-based and designed for families in which there are many difficult lives. DYP has had positive feedback from family members who engaged in any of these programmes

2021 saw the Family & Child Service return some of the groups for small children between 5-9yrs old. During the summer months groups were facilitated outdoors and many young children enjoyed this until indoor groups were permitted in small numbers.

There was a mixture of blended groups on offer throughout the year depending on the restrictions; Zoom, outdoors and in building when restrictions allowed with smaller capacity due to lack of larger rooms.

We have 87 active clients attending the family and child service. We had 55 adults, 6 teenagers and 26 children engage in a service in 2021. Of these 12 families had more than one family member engage in DYP Services.

#### Family and Child Service – 758 attendances

Family and Child services	Individual attendances
Keyworking/1:1	246
Assesments/HRB's	30
Family Meetings	8
Outreach	4
Child Welfare	2
Counselling	136
Nzone	141
Art Group 1	39
Art Group 2	57
Summer Programme	17
Play Therapy (Individual)	32
Youth and Addiction Initiative	30
Wednesday 5-7yrs old, Oct-Dec Indoors	16
<b>Total Engagements</b>	<b>758</b>

Table 4 – Family and child service attendances

## Progression/Outcomes for 2021



**10**

clients completed counselling



**3**

teenagers completed counselling



**4**

families completed 5 step programme and 1 family currently engaging in programme



**12**

families engaged in DYP services



**21**

young people referred to N-zone



**13**

young people referred to Summer Programme



**1**

young person referred for DYP Youth Initiative Programme



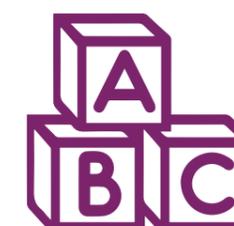
**10**

young people and 7 parents/caregivers referred to Online Art group



**7**

young people referred to Afterschool Art programme



**1**

young person referred for play therapy and 1 young person on waiting list to start January 2022



**3**

young people referred internally to youth project

## Some feedback from group evaluations

### Online Art Group 6-8yrs old and parents/caregivers

We targeted parents/caregivers and children for this group who were finding COVID-19 difficult. We ran the online art group twice this year for a total of 15 weeks. There were 96 attendances of parents/caregivers and children

*It definitely has made her happier during what's been a difficult time for her. She really looks forward to it every week and has given her confidence to interact with people where she's known no one*

*She was more happy to meet new friends and she really enjoyed it"*

*Definitely grown in confidence*

*Yes, up until now the art class has been a very positive experience for my daughter, especially during the COVID-19 lockdowns*

2021 also saw the Addiction and Family Service switch to a paperless way of working. All client files, care plans referrals, records and groups are stored on our secure online system Salesforce. The switch supported a safer way to work from home during COVID-19. It has also decreased the amount of paper used and storage needed.

## Partners / Funders

DYP are funded by the following agencies:

**Health Service Executive - Mainstream Funding**

**DNEDATF - Interim – Poly Drug Use / Family Support**

**CDYSB - Youth Services**

**DSP - Community Employment**

**Department of Justice - Garda Youth Diversion Project**



**An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige**  
Department of Children, Equality, Disability, Integration and Youth



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Aontas Eorpach

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