

CASP

Annual Report

2022



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MID WEST REGIONAL
DRUGS & ALCOHOL FORUM
Clare - Limerick - N Tipperary

Foreword

2022 was the year when the Covid 19 restrictions eased off and CASP Clondalkin/CSMT returned to full capacity in the second quarter of the year. The teams in both the mid-west and Clondalkin focused on re-establishing face to face services while ensuring that health and safety measures remained in place to protect both staff and service users. In general, most service users were eager to return to in person support and this resulted in a renewed energy and enthusiasm from staff in both settings. For those service users who preferred the remote support, this was also facilitated, which is a new approach to providing addiction services in CASP.

In April, CASP established its first weekly Recovery Café to respond to reports that people in recovery were struggling to socialize in a safe way without substances. The numbers attending and interested in this weekly event surpassed our expectations, and this recovery café is attended weekly by between 25 – 46 individuals per evening. It is followed by a Cocaine Anonymous meeting on site, therefore meeting the support needs of an ever-changing cohort of people who are in recovery from substance misuse and want recovery.

The demand for this type of support from the recovery community and also those who had a desire to enter into recovery and make new and positive friendships with others in recovery has led to a second recovery café been established in May 2022 on Wednesday evenings, followed by an AA meeting. Again, the numbers attending this weekly café were up to 40 people per evening.

CSMT were involved in a number of additional pieces of work in 2022, in addition to their core work with young people and families. These included a Youth Wellness Initiative group, Assertive Outreach in Southill, Be Safe on Race Day and a Mental Health (Be Well) Substance Misuse day. In addition to the benefits for the young people and families involved in these initiatives, all of these initiatives enhances the profile of CSMT and leads to an increase in referrals.

In 2022, a number of new Board of Management members joined our BOM from both Dublin and the Mid West. This has enhanced our BOM and we greatly appreciate their service, time and expertise to CASP on a voluntary basis.

Despite a recruitment and retention crisis in the sector, CASP have not experienced this, and we are uniquely fortunate in that regard. We want to acknowledge and extend sincere thanks to the entire staff team in CASP / CSMT for their hard work, professionalism and exceptional effort in 2022.

Contents

Section One CASP CSMT Annual Report	5
• About CASP CSMT	5
• Additional Pieces of Work Carried out in 2022	6
• Successful Staff Achievements	9
• Statistical summary	11
• Main Drugs Presenting in 2022	19
• Our CSMT Groups and programmes	20
• 2022 CSMT - Client Testimonials	23
Section Two CASP Clondalkin Annual Report	
• About CASP Clondalkin	24
• Quantum of services delivered CASP 2022	25
• Counselling	28
• Drop-ins	30
• Prison Links	32
• Key working	34
• Needle Exchange	36
• Family Support	38
• Holistics	40
• Medical	41
• Recovery Cafes	42
Appendix One	
• CASP CSMT Service User Feedback	43

Section One CASP CSMT Annual Report 2022

About CASP - CSMT

Principal Activity

The principal activity of CASP CSMT is the provision of addiction and related services within community settings. We work with many inter-agency frameworks and the current structure of local and regional task forces. We provide front line services including family support, harm reduction and recovery focussed initiatives.

Vision

CASP CSMT believes that change comes from within. This process involves identifying the issue, exploring it together to determine the necessary steps for the most suitable recovery plan.

Mission statement

CASP CSMT aims to provide a holistic, ethically based, community-focused drug and alcohol addiction treatment service. Our focus is on the physical, psychological, social, and emotional needs of the service user and their families who are living with the impact that addiction has on their daily lives.

Core values

We believe that empathy and compassion are the core strength of our organisation. We strive to build good trusting relationships with each client in an empathetic and non-judgmental care setting. We feel that this aids in reducing negative behaviours which can lead to a better and more fulfilling life.

What we do?

CASP CSMT provides a free support service in the Midwest Region to under 18's and their families impacted by substance misuse. We operate a number of locally based outreach clinics in Clare, Limerick County, North Tipperary in addition to our central service in Arthurs Quay House, Limerick City.

Staff are trained in evidence-based approaches which have been proven to have positive outcomes for youths and families dealing with substance misuse issues. We utilise the Adolescent Community Reinforcement Approach (ACRA), the 5-step model and Motivational Interviewing to engage and support young people and their care givers.

Plans for the Future

In the upcoming year we foresee facilitating **1200** 1:1's with young people supporting them to reduce, manage and resolve their substance issues and up to **300** 1:1 support for concerned persons, based on 5-Step Family Model, The ACRA, Motivational Interviewing and the Strengthening Families Programme.

Aims of the Organisation

CASP CSMT aims to support the young person and their families living with the impact of drug and alcohol related issues. We do this through the provision of individualized practical and educational interventions.

To provide the most effective support to young people and their families CASP CSMT places special value on the following process: using the ACRA and the 5-step model of work.

Referral Agencies

CASP CSMT continue to receive referrals from the following organisations



What to expect as a young person?

- Professional expertise
- Encouraging 1:1 support
- Improve coping skills
- Ability to manage drug or alcohol use
- Awareness of own drug and alcohol use and consequences of such

What to expect as a care giver

- Support and skills to engage with the adolescent

- Promoting self-care and well-being
- Emotional and psychological support
- Knowledge and understanding of youth drug and alcohol use

CASP CSMT believes that change comes from within, this process involves identifying the issue at hand and exploring it with a view to making some positive life changes.

We understand that at an early age young people may experiment with drugs and alcohol amongst other things– it is our job to help them find their way through this period of their life.

CASP CSMT in the Mid-West

CASP CSMT are based at Arthurs Quay House, Limerick City providing vital support services to young people and their families from this easily accessible central location.

Community outreach support is a large part of our organisation’s strategy for engagement. Within this CASP CSMT continues to operate several drop-in centres localised in the Mid-West region. In Limerick County staff are present in the following clinics, Newcastle West, Caherconlish and Hospital; in Clare County: Kilrush, Shannon, Killaloe, Ennistymon and Ennis and in Tipperary North: Roscrea, Templemore, Thurles and Nenagh.

Additional Pieces of Work Carried out in 2022

Youth Wellness Initiative Group

In May CASP CSMT successfully designed and rolled out a wellness-based peer led support group for young adults centring around ‘learning how to live drug/alcohol free’. The group focused on maintaining balance, promoting resilience and understanding the impact of substance misuse on mental health. The programme took place over four weeks with 8 participants taking part, the group were all over 18 years of age. The group worked as a team in identifying a new pro-social leisure activity each week that had previously not been available to them due to past problematic behaviour.

Each day began with a different pro-social activity including the golf driving range, water sports, go karting and archery. Each session concluded with a group lunch followed by a discussion around a topic relating to maintaining their recovery and well-being.



This initiative was funded by the MWDAF Treatment & Rehab small grants.

Assertive Outreach Southill – Developing a Community of Practice

In July CSMT were involved in the rolling out of a six-month pilot scheme on Limericks southside of the city aimed at under 18's and their families impacted by Substance Misuse. The aim of this initiative was to improve interagency relations in the area. CASP CSMT liaised with workers in the vicinity offering training in areas of ACRA and SFP supporting the upskilling of staff. This

initiative was funded by the Limerick City & County Council Social Intervention Funding.

Be Safe on Race Day

In April CASP CSMT participated in the MWRDAF 3rd level education subcommittee. An outreach programme was initiated to engage with students in the University of Limerick prior to their annual Race Day event. The focus of the outreach programme was to highlight the dangers to students' health if participating in use of drugs and alcohol especially after long periods of abstinence during covid lock down. The high-profile presence of services within the MWRDAF network chatted to students and gave them information on healthy choices.



Mental Health (Be Well) & substance misuse programme

The Limerick Youth Service Be Well team and CSMT collaborated on a 6 week programme with 11 young people in West Limerick who were between 16 and 18 years of age. The objective of the programme was for the participants to consider their own experiences of mental health issues and their understanding of substance use and explore how young people navigate life challenges.

The MWRDAF 3rd level network including CSMT launch the QR Code

The Mid-West Regional Drugs Task Force (MWRDAF) launched a QR (Quick Response) Code to quickly access drug and alcohol services in the Midwest in September. Its unique QR code links people directly to the drug and alcohol support services available in the Midwest Region.

The initiative of using a QR code was developed from the MWRDAF 3rd Level Drug and Alcohol Network and proposed by Claire Kearns, Nurse Practice

Manager with UL Student Health Centre, noting that students use their phones for almost everything and it is a quick and discreet way of accessing information. It has the benefit of being useful to the broader population too. This network also included CSMT.



Claire Kearns, Nurse for Students on Campus UL, Insp. Ollie Kennedy, Henry Street and Rionach Power, Development Work Mid-West Regional Drugs and Alcohol Forum., Garda Sargent Shane Davern, Mick Lacey, Mid-West Regional Drugs and Alcohol Forum Chairman, Helen Ryan, Regional Coordinator Mid-West Regional Drugs and Alcohol Forum and Mike Walsh, Team Leader of Community Substance Misuse team (Picture: Alan Place)

Successful Staff Achievements

- Mike Walsh, Team Leader completed the diploma in drug and alcohol studies U.L
- Christine Heffernan completed the QQI 7 - NUI Maynooth Certificate in Addiction Studies (Limerick).
- Kirsteen Laing, social worker completed CRAFT training
- Hidden Harm Training, completed by Michelle Moloney, Teresa Walsh, Billy O' Doherty
- Restorative practice training, completed by Michelle Moloney & Christine Heffernan
- Open days and health promotion days carried out across the region in colleges and other venues raising awareness of the services available in CASP CSMT.
- Christine Heffernan completed the 'Putting The Pieces Together' training with the Western Regional Drugs & Alcohol Task Force.



Statistical summary

In this section of the report, we give a statistical summary of 2022 at CSMT, examining several of the more important aspects of the service throughout the year.

Chart 1 above illustrates new referrals received throughout 2022, which total 142. Referrals received are a different component to the information generated from the Health Research Board (HRB), as these referrals are strictly in the calendar year and report the treatment interventions. We can see that the health restrictions during first quarter saw a slow recovery to pre-pandemic trends, but CSMT was operating with a blended and sometimes restricted delivery throughout the remainder of the year.

CHART 1

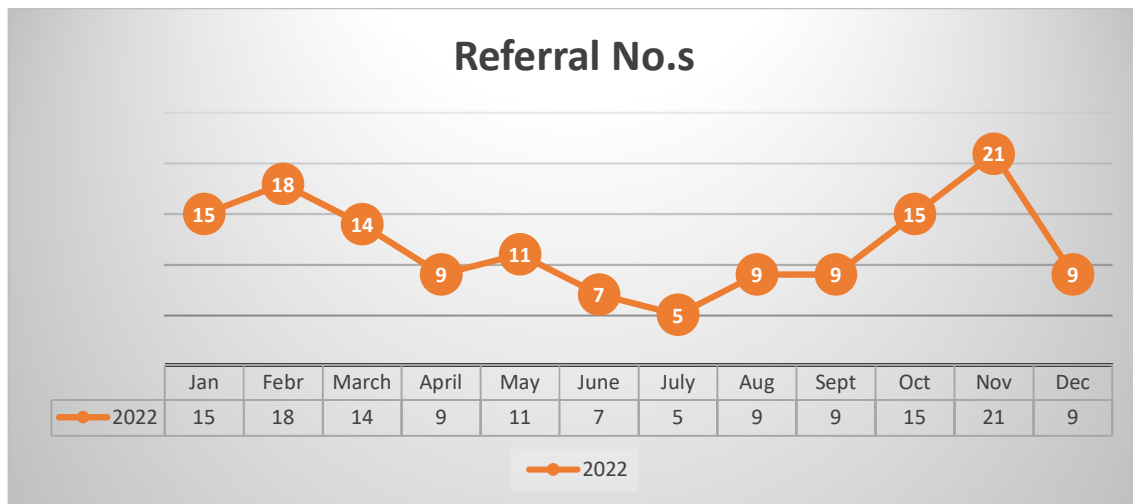


Chart 2 below gives a comparison of the pre-pandemic referrals in 2019 and then during the pandemic in 2020 & 2021.

CHART 2

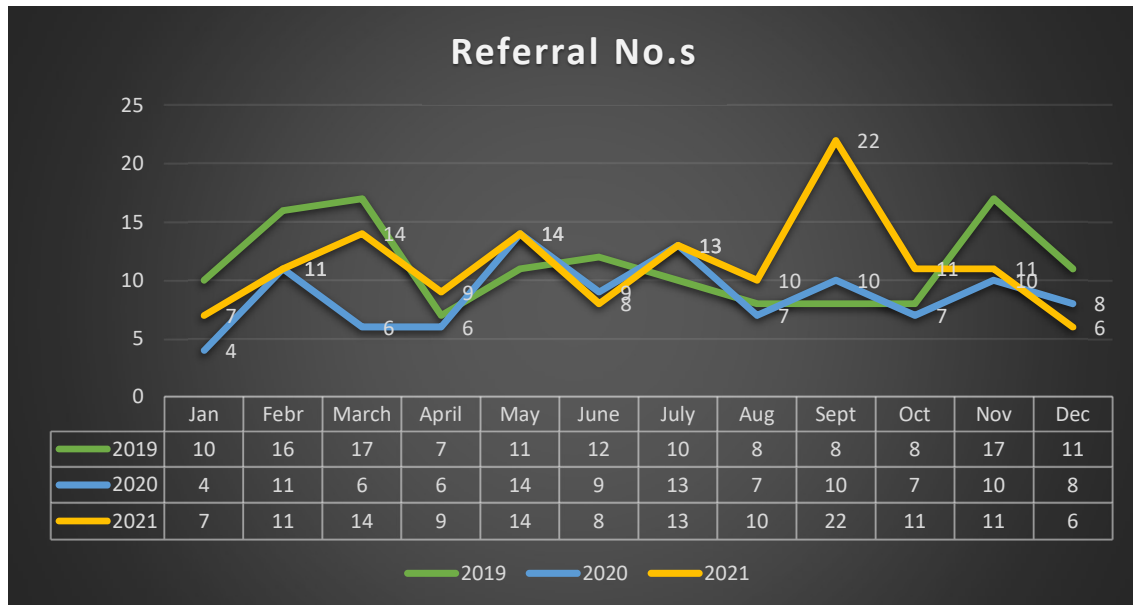


Chart 3 examines the age of clients referred and is broken down to show the two main age groups, of 18 years and under and 19 years and older. As we can see most of our clients (49%) in 2022 were 18 years and under, this not only shows the need for a service like CSMT in the Midwest region but also shows the impact substance misuse is having on adolescents.

CHART 3

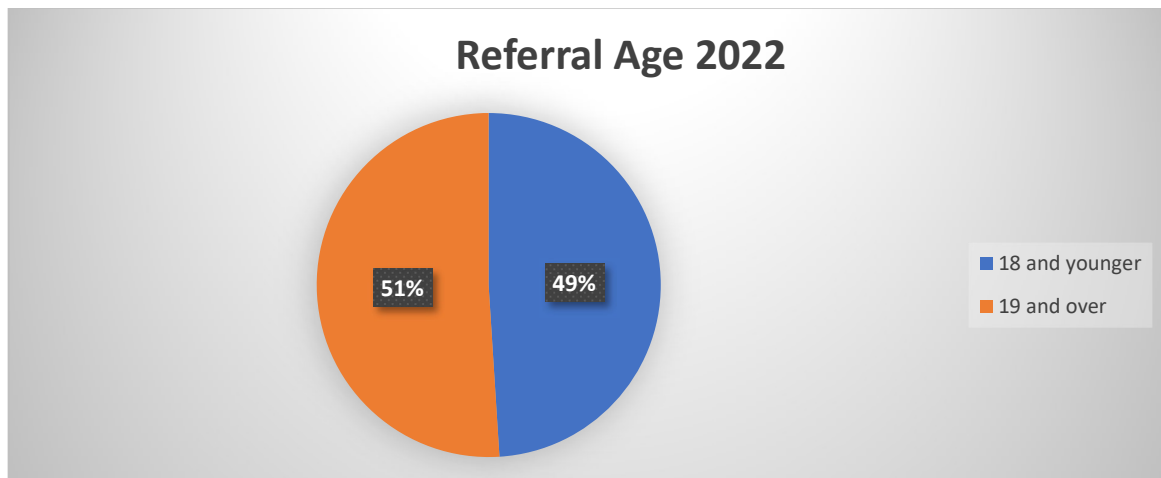


Chart 4 below illustrates the client gender of those who attended CSMT in 2022. The data shows a change this year with an increase in females accessing the CSMT service. The average number of persons seeking help for substance misuse

in Ireland, being 72% for males to 28% for females ([Kelleher et, al. 2022](#)). The Health Research Board states, however, that this proportion can vary depending on the primary drug and the treatment programme.

CHART 4

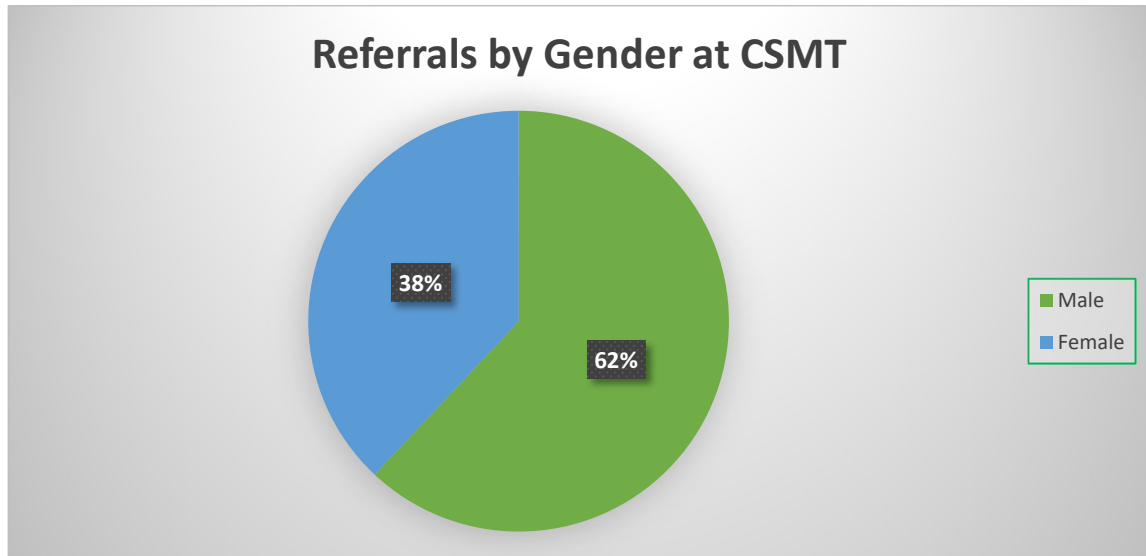


Chart 5 shows referrals by region covered by CSMT in the mid-west. Just over half of referrals within the year are in the Limerick area. We have seen an increase in referrals in the North Tipperary region which matches the referral numbers in Clare.

CHART 5

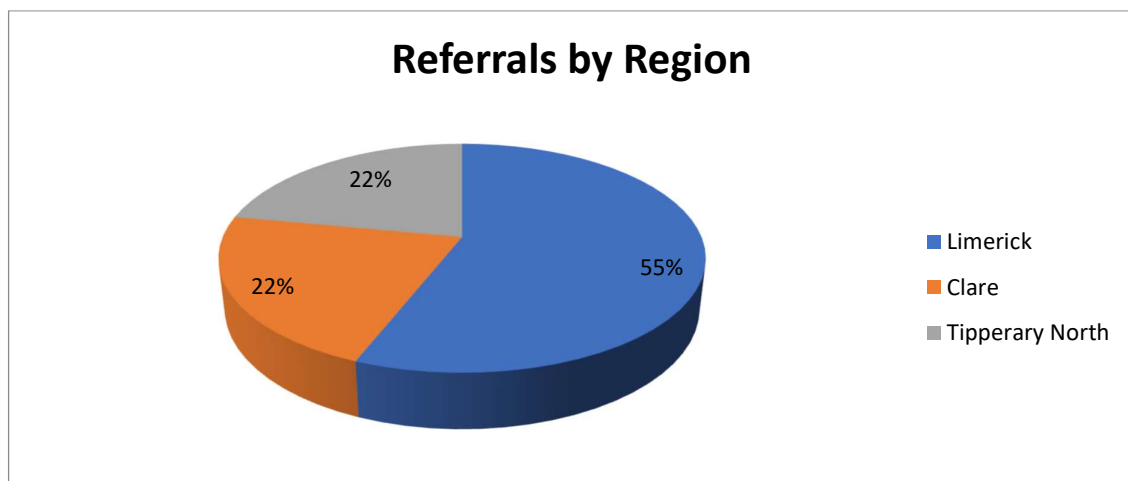


Chart 6 shows the source of referrals in 2022. With 47% of clients being referred by family or self, this leaves the rest of our referrals from agencies and education.

What is also shown is that we received referrals from general practitioners this year, as we commenced distribution of a new information pack to doctors surgeries in the Midwest region and will continue once Covid restrictions are eased.

CHART 6

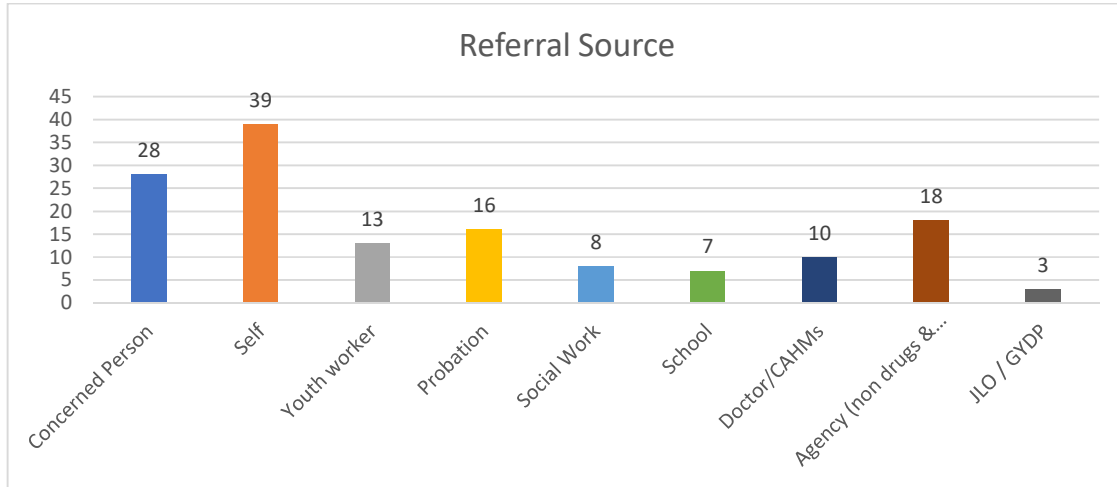
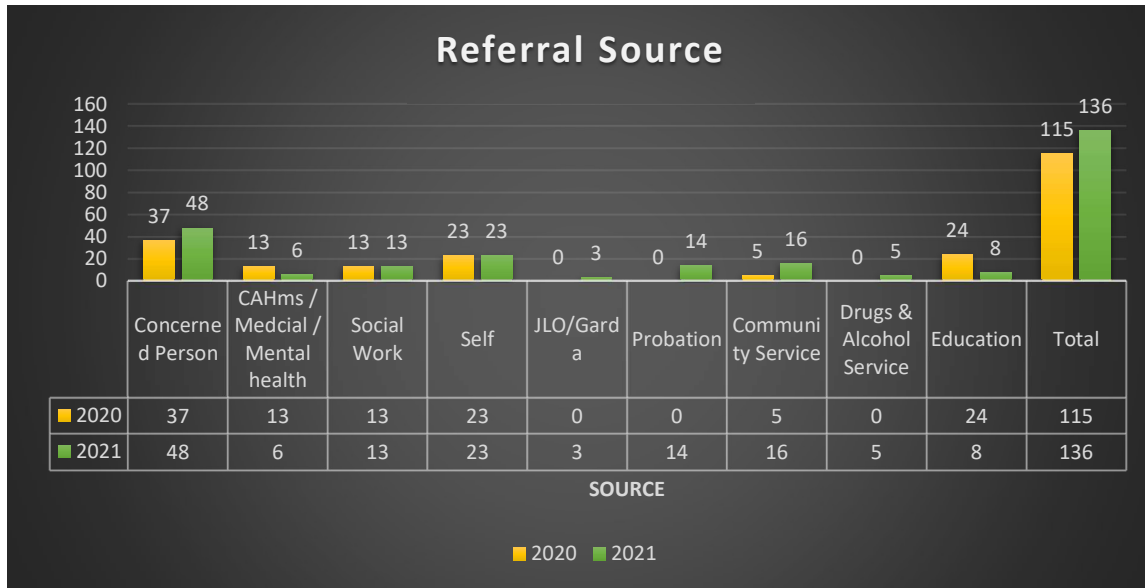


Chart 7 shows the comparison of referral sources for 2020 and 2021.

CHART 7

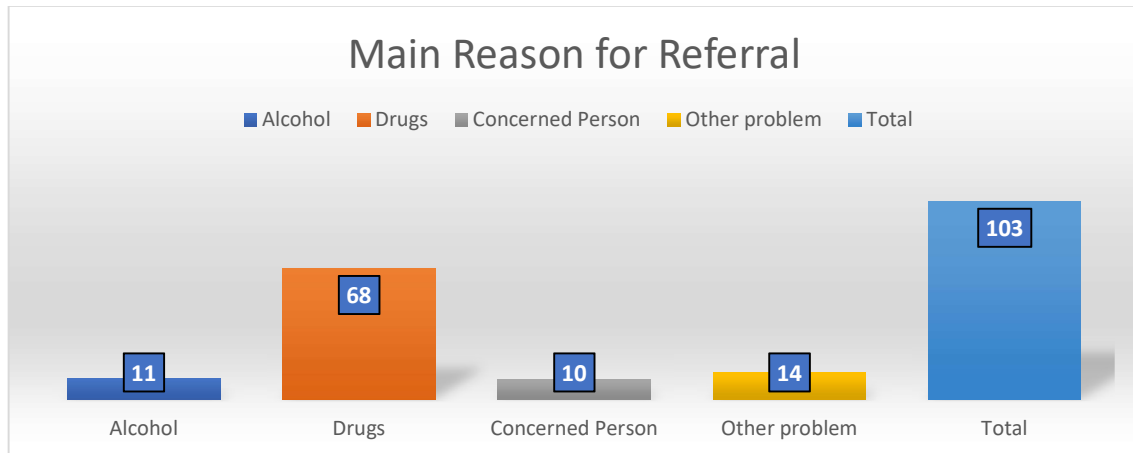


In this section we examine the clients that attended CSMT throughout 2022, this information is acquired from HRB reporting and gives an outline of the type of client that we see. This information is entered by the staff all through the year and

give exact data on our clients and the work done with them. The team provided 103 clients with treatment interventions.

Chart 8 shows the reason given by the client for the referral.

CHART 8



It is worth noting that 53% of clients had no previous treatment for drugs or alcohol prior to their referral to CSMT.

Chart 9 shows the age of the client at referral.

CHART 9

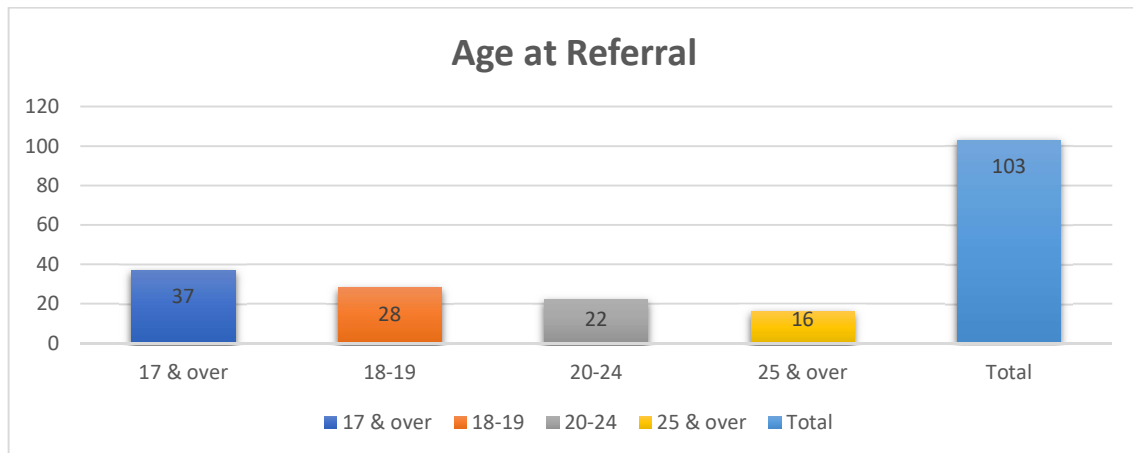


Chart 10 shows the information on the highest level of educational accomplished by the clients that attended CSMT in 2022. Education can play a role on all four dimensions; it can improve social capital by opening up opportunities to develop new networks of friends outside the confines of formal treatment and self-help groups, it can improve physical capital by improving career options and job

opportunities which can improve living standards and it can improve cultural capital by exposing people to new values, beliefs and attitudes and instilling a revised work ethic grounded in the demands of educational pursuits. Therefore, at CSMT we try to help clients stay in education for their benefit when these situations arise.

Chart 10

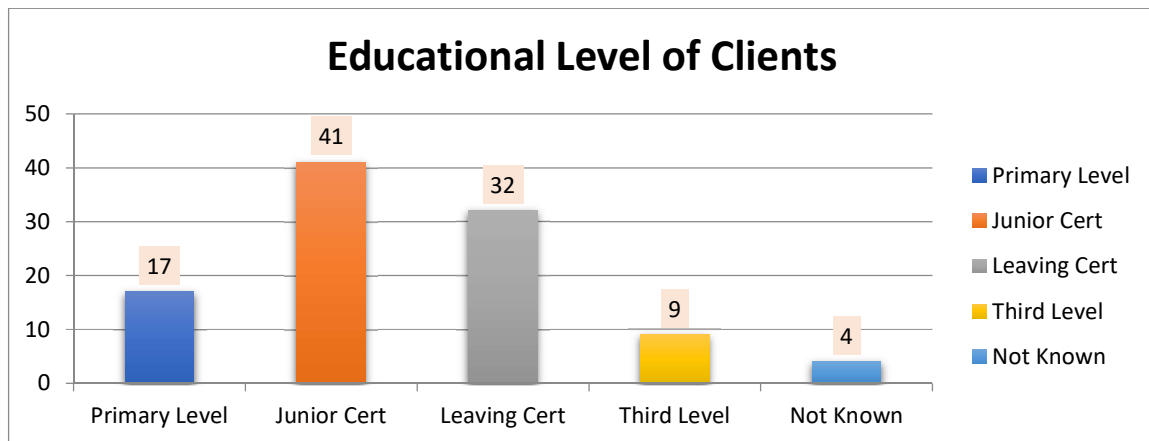


Chart 11 shows the employment status of clients in 2022, as can be seen, 42% of our students remain in education, which as explained in the previous chart is valuable in helping clients resolve their substance misuse issues. With 22% of clients unemployed it is important that we also help them navigate a path to either education, training, or employment. This reiterates the importance of pro-social resources.

CHART 11

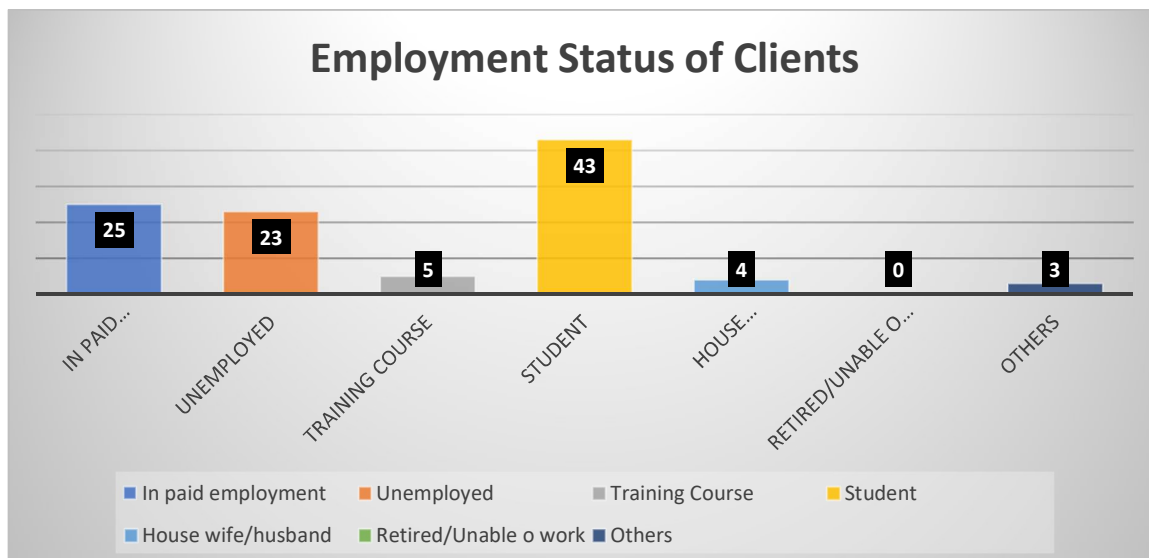
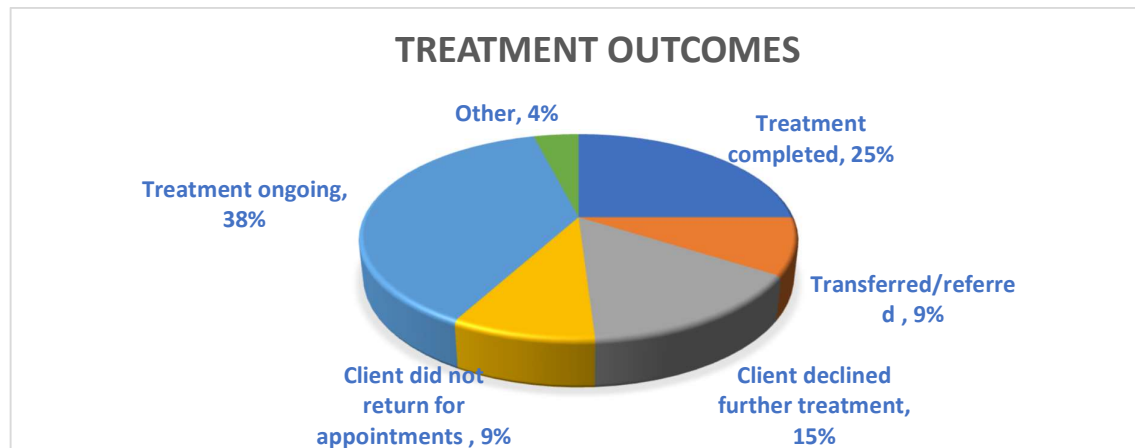


Chart 12 shows the outcome of treatment on closing to the service or at the end of 2022. The chart demonstrates that 63% of clients completed their treatment or their treatment with us is ongoing. We can also see that 15% of clients did not want to go any further with treatment after the initial assessment and 9% of clients never returned after their first assessment.

CHART 12



Outcomes for these sessions included:

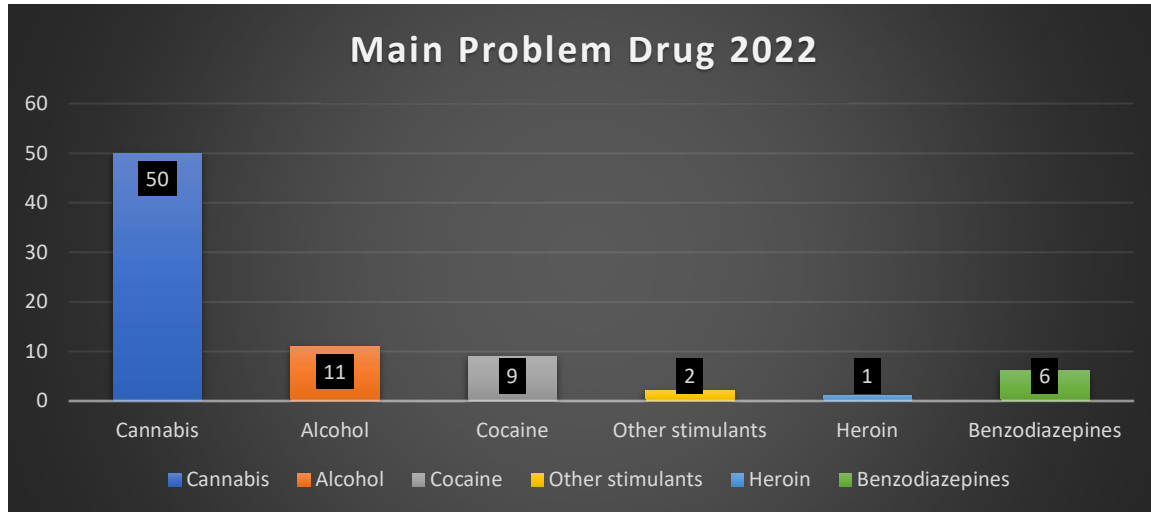
- ACRA programme- Functional analysis raising awareness of triggers for substance misuse.
- Increased pro-social behaviour.
- CRAFT model of work with concerned persons
- 5 Step Programme
- Solution focused intervention through a collaborative approach
- Reduction of drug & alcohol use
- Raised awareness of effects of substance misuse, poly drug use.
- Lessened the impact of substance misuse on the family unit.
- Provided a safe place to discuss issues.
- Supporting young people affected by a parental addiction, this includes providing emotional support; education around the nature of addiction and increasing knowledge of various substances. These young people may be particularly vulnerable to substance misuse themselves and this work is seen as preventative.
- Improved communication in the family by practising communication skills with the young people.

- Assisted and advocated for young people to achieve goals on their action plan, e.g., looking for courses and activities that the young person may be interested in.
- Education and awareness around substances so that informed choices can be made by the young person.
- Referrals to other agencies where appropriate, e.g., SICAP, Bushypark, Aislinn residential
- Assessments carried out for Aislinn residential and pre- and post-treatment support provided.
- Improved well-being including mental and physical health.
- Improved understanding of opportunities available and support

Main Drugs Presenting in 2022

Chart 13 shows Cannabis herb (weed) 65%, Alcohol 14%, Cocaine 11% and benzodiazepines 8% are the main substances being misused by client that are presenting themselves to CSMT in 2022. It is often found by key workers when working through the Function Analysis that clients are using alcohol when they use other drugs (poly-drug use). This data has remained consistent over the past number of years.

CHART 13



Our Groups

Psychoeducation Group

We worked with 2 clients this year. The reduction of referrals is a consequence of the restrictions in courts and cases being regularly deferred. CSMT is responding to this need and have regular contact with the court to discuss the programme moving forward and developing the course in conjunction with the courts here in Limerick. The programme consists of evidence-based practices including, assessment, functional analysis of use, happiness scales and identifying pro-social outlets.

Course Description

The course would be organised in 4 sessions, one session weekly. However, the restrictions required CSMT to carry out all sessions individually and in Limerick City. Motivational Interviewing techniques were used throughout the course. This is a collaborative method of communication with emphasis on the language of change. The course followed the format outlined below:

Session 1

- ***Introductions, Group Contract & Course Outline***
- ***Functional Analysis of Substance:*** Use explores the antecedents and positive and negative consequences of a client's substance use.
- ***Happiness Scale:*** is intended to estimate the current happiness of each client in specific areas of life.

Session 2

- Discussion on the ***Physical and Psychological Effects of Drugs.***
- Completion of the ***Dudit Tool*** which is a screening instrument to assess the severity of substance users' drug use.

Session 3

- ***The Legal Implications of a Conviction*** particularly regarding employment prospects, travel, and Garda vetting.
- ***The Wheel of Change:*** This tool was used to help clients understand why addiction can be so difficult to change, and the stages they go through in the process of changing their behaviour.

Session 4

- **Alternative Relaxation Techniques:** Auricular acupuncture was used which involved placing needles or beads on the client's outer ear.
- **Evaluations:** Clients provide feedback by filling a simple questionnaire.

Course Attendees

In total, 2 clients attended over the year. All the participants were referred by the court system which preferred that route to the handing down of convictions which would leave the clients with criminal records. In all cases, it was the clients first time before the courts for a drug offence, and the charges related to the possession of cannabis. Due to COVID-19 and uncertainty around lockdowns, the psychoeducation group was delivered face-to-face on an individual basis. As a result, the program was diluted in as far as the opportunity for peer learning and support was not available and impacted the learning structure.

Strengthening Families Programme

The Strengthening Families Programme (SFP) is a 14 week, 'whole family' evidence – based family skills training programme developed by Dr. Karol L. Kumpher in the US in 1982. SFP works with parents and children as a unit, this whole family approach has proven to significantly improve the outcomes for families by helping to build communication skills, identify and lessen risk factors in families. The programme is designed to give parents and their children the opportunity to learn new communication skills that help to build positive relationships within families. These newly learned skills also aid in reducing negative behaviours in the community.

CASP CSMT supported the engagement of 20 families attending across the Midwest Region.

Between July 2021 and March 2022 there was 13 intake meetings, two families were offered one-to-one sessions and six were offered phone sessions in order to support the families in the interim while they waited for the green light from the HSE to go ahead with the program. Ten families received some support delivered by face-to-face meetings, phone support and zoom calls while five families participated in the program which ran from the 16th of March to the 22nd of June 2022. A total of 5 parents, 5 teenagers (2 boys and 3 girls) and 6 **children** (two boys and four girls). This programme was funded by Le Chéile.

The East Limerick (Hospital) SFP was funded by the MWRDAF and hosted 7 families with 12 parents and 7 teenagers.

The Limerick City & suburbs SFP was funded by Le Cheile and was a multi-agency programme supported by the Mid-West Steering Committee. This programme hosted 4 families of 5 parents, 8 teenagers and 9 sibling children.

The West Clare FRC SFP was funded by Le Cheile and hosted 6 parents and 6 children.



SFP Templemore



SFP City Wide

Benefits of the SFP include but are not limited to

1. increased family cohesion,
2. improvement in communication,
3. improvement in problem solving and
4. improved team building skills.
5. Developed empathy and tolerance within the family circle leading to increased awareness of different perspectives.
6. Effective parenting strategies such as setting limits and differentiating between discipline and punishment.
7. Setting healthy relationship boundaries for parents and teens.
8. Managing peer pressure and handling tricky discussions like drugs and alcohol or relationships and sexuality.

The program is above all a safe impartial space that promotes family unity and is sometimes the first opportunity for parents or children to consider things like what is their place in their family, their role, and things like what are the family's values how they contribute to and receive support from their family. Good engagement can be a strong intervention for young people in terms of preventing conflict and isolation which can lead to greater risk factors

2022 CSMT - Client Testimonials

- *‘The staff were very supportive and understanding all the way through. I have become a better person than I ever thought I could be with the help of CASP CSMT’*

Service User aged 17

- *‘I brought my son to CASP CSMT to help with his substance abuse. They provided me with so much more than that. I found the family support excellent and learned how to communicate with my son again. Thanks to CASP CSMT for brightening our future’*

Mother of service user.

- *CASP CSMT gave us our lives back. The methods used in getting our daughter to open up to us helped us learn where she was coming from and what she needed from us. I will be forever grateful for the care and respect shown to us. Thank you.’*

Mother of service user.

Section Two CASP Clondalkin Annual Report 2022

About CASP Clondalkin

Clondalkin Addiction Support Programme, CASP provides community services which aim to support individuals, families and communities, through the provision of a range of evidence-based programmes and tailor made programmes, to support those whose lives are impacted on by substance use and the related issues that impact on individuals and families.

About CASP Clondalkin

CASP work with individuals and communities to find a pathway to addressing the consequences of substance use, whilst seeking to find sustainable strengths and actions to manage and address issues for those presenting to the service.

CASP AIMS

To fulfil our Mission, CASP aims to provide integrated interventions that engage with and make best use of both internal and external resources, including staff, referral agencies, planning and development forums, community groups, finance, etc. This partnership approach with the broader community of statutory, voluntary and community agencies ensures that all stakeholders are included in both the development and implementation of all actions that can positively impact our target group.

CASP OBJECTIVES

- Comprehensive service provision for substance misusers, parents, partners, siblings, and the community members over the age of 18.
- Holistic, progression-based substance abuse treatment in a community setting.
- Support for substance misusers and their families in working towards experiencing the most meaningful, healthiest, and fulfilling lifestyles possible.
- Provision of service-user access to educational, vocational, and self-improvement resources, and support throughout the process.
- Continued development of substance-use prevention programmes, and constant review, monitoring of, and adaptation to changing trends.
- Access to information and supports regarding referral resources offering necessary services to our client groups.
- Engagement and cooperation with other relevant agencies and groups providing pertinent support services.
- Development and maintenance of relationships with relevant state agencies and governmental departments with regard to policies and actions effecting drug and rehabilitation services within the community.
- Supporting service-users towards integration of their own journeys and decision-making processes, and the creation of future opportunities for positive growth and development.

Quantum of services delivered CASP 2022

The table below sets out the totality of services delivered at CASP, Fonthill road, Clondalkin, Dublin 22 during 2022. The table shows the quantity of contacts and interactions and the numbers of client beneficiaries.

Quantum of services delivered CASP 2022

Description of services	Scope and quantum of services delivered	Number of service users availing of service	Associated staff resources	Associated funding/resources
Provision of staff for effective running of dispensing methadone clinic	Staffing of 7 clinics per week,	70	Primary care nurse,	HSE staff, GPs /pharmacists/Gas 1 JI worker, SDCP
Key working	1106 support related activities	96	7 PW staff, Full/Part time,	Management, cleaning, reception
Drop in services	10 sessions per week 1485 actions including food, showers, and laundry	151	2 PW staff, (min 2 per session) Admin/cleaner	As above
Needle exchange	743 exchanges	164	2 PW staff, (min 2 per session) Reception staff Admin/cleaner	As above
Recovery Cafes	2 sessions per week from March to December	55	3 PWs and 2 Volunteers	As above
Group work	Women's group met 27 times from Nov 21 to April 22. This is in addition to 1 overnight stay at the CASP respite house in April.	8 individuals	2 PW staff, (min 2 per session) Reception staff Admin/cleaner	As above

Description of services	Scope and quantum of services delivered	Number of service users availing of service	Associated staff resources	Associated funding/resources
Primary care health for those on methadone	5 clinics per week	64	P/T nurse .57 WTE	Reception, management, Cleaner
	533 medical interventions provided			
	Assessments for fast track MMT service			

Description of services	Scope and quantum of services delivered	Number of service users availing of service	Associated staff resources	Associated funding/resources
Family support services	1022 individual support sessions for family members	85	FS staff = 1.49 WTE	Management, cleaning, reception
Family Support Group work	6 sessions of meditation group. 6 sessions of Monday morning group. 27 sessions of Friday evening group 7 sessions of peer support group 22 sessions of Tuesday evening drop in	37	As above	As above
Co-ordination/management of booking system for holistic service	257 holistic sessions	60	P/t Holistic practitioner = .29 WTE	Family support team
Co-ordination/management of bookings system for respite house	The house was not available to be used until September as the	7 families availed of service in 2022		Cleaner/maintenance of facility

	garden had become overgrown and a gardener was required to cut and clear the garden.			
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Description of services	Scope and quantum of services delivered	Number of service users availing of service	Associated staff resources	Associated funding/resources
Counselling services	Provision of counselling services, 1987 sessions	147	4 counsellors, Full/part time = 3.03 WTE	Management, cleaning, reception
Counsellor group led family support	26 sessions	16		
Management/	Management and participation in local/regional forums , CD&ATF MWRDAF PPN Covid related H&S Financial management Housing SPC LPF	N/A	Snr team, .43 WTE, cleaner .1.74 WTE Finance/admin/reception .69 WTE CEO	

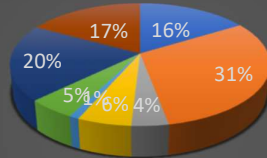
Counselling 2022

Our trained professional counselling team offers counselling and therapy in one-to-one and group settings. In 2021, 147 clients participated in this service. The interventions under the counselling heading are listed in the tables below.

Throughout 2022, we worked to manage waiting lists which can mean a wait of a week or sometimes two weeks for counselling. We developed a practice of linking a service user into other available CASP services such as holistic therapies during that short wait-time.

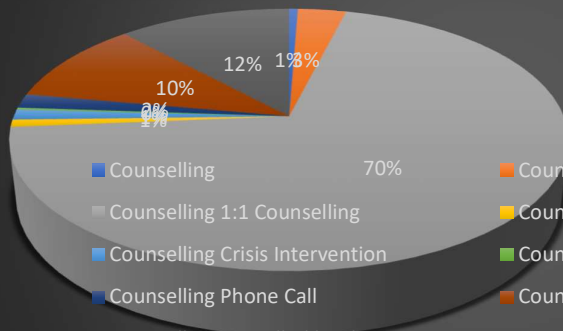
	Sub type	Individual Count	Record Count
		10	12
	Initial Assessment	63	66
	1:1 Counselling	119	1386
	Link In -5 min check up	15	18
	Crisis Intervention	22	25
	1: 1 meeting (not counselling)	4	5
	Phone Call	20	35
	no show	78	204
	Cancelled by client	66	236
	Total	147	1987

Individual Count



- Initial Assessment
- 1:1 Counselling
- Link In -5 min check up
- Crisis Intervention
- 1: 1 meeting (not counselling)
- Phone Call
- no show
- Cancelled by client

Record Count



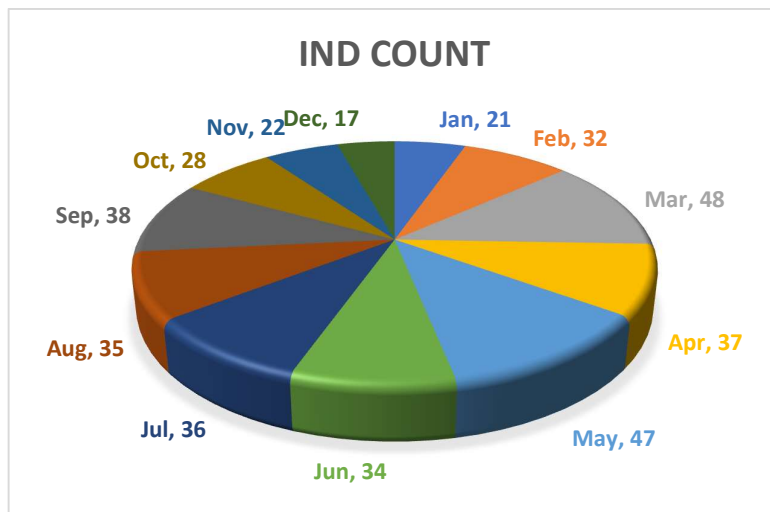
- Counselling
- Counselling 1:1 Counselling
- Counselling Initial Assessment
- Counselling Link In -5 min check up
- Counselling Crisis Intervention
- Counselling Phone Call
- Counselling 1: 1 meeting (not counselling)
- Counselling no show
- Counselling Cancelled by client

Drop Ins 2022

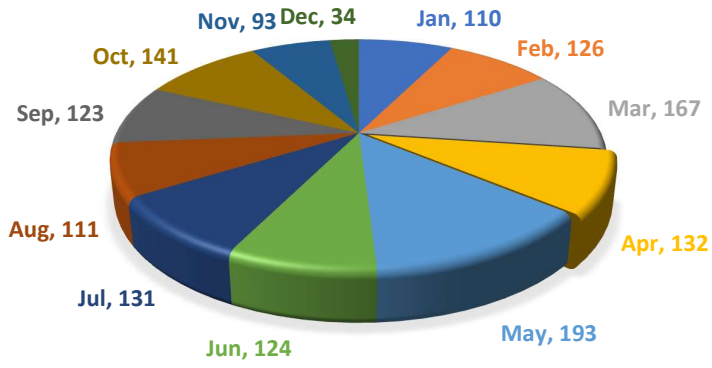
CASP has an open door to vulnerable clients, a number of whom are homeless, to call in and have basic needs such as food, laundry and showering met. The drop-in is also an opportunity for CASP to deepen their engagement with these clients and connect them into other supports within CASP or elsewhere. These are among the hardest-to-reach people in our community presenting with complex needs as they do.

The tables below enumerate the engagements with clients under this heading. 151 clients engaged with us through drop-in in 2022.

	Ind Count	Meals	Laundry	Showers	Record Count
Jan	21	96	9	1	110
Feb	32	116	8	2	126
Mar	48	151	0	5	167
Apr	37	113	2	1	132
May	47	178	9	6	193
Jun	34	109	2	2	124
Jul	36	119	10	6	131
Aug	35	105	16	11	111
Sep	38	112	8	8	123
Oct	28	132	6	4	141
Nov	22	86	4	5	93
Dec	17	25	4	3	34
Total	151	1342	78	54	1485



RECORD COUNT

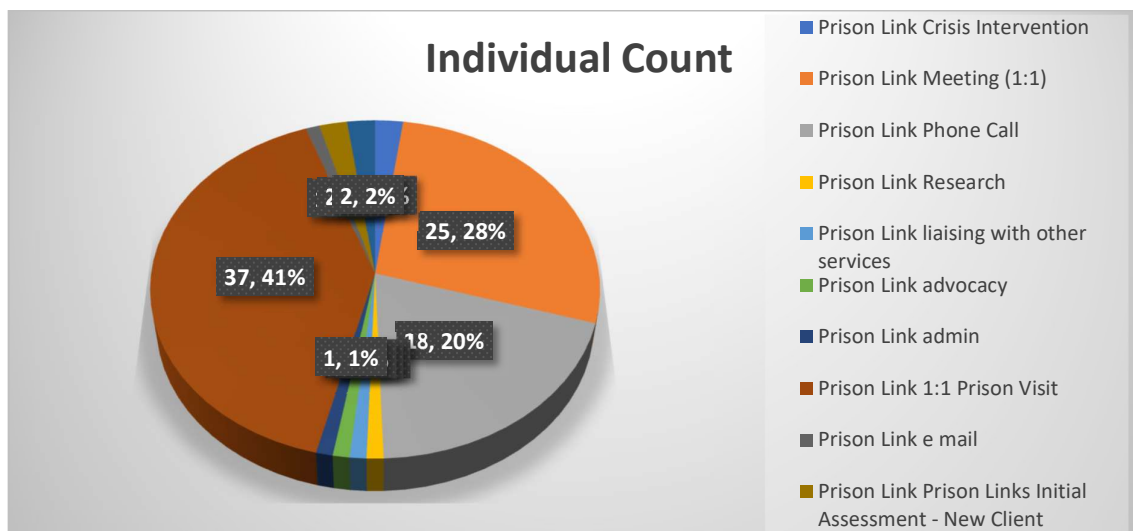


Prison Links

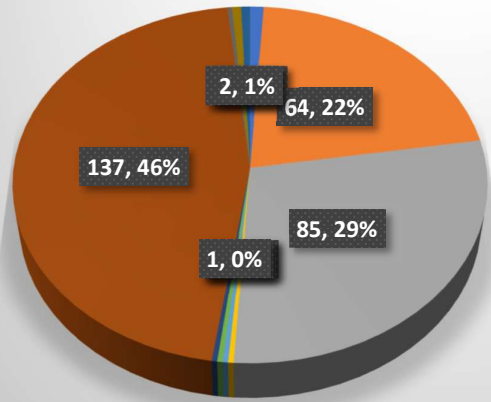
When a person is sentenced to prison it represents a unique disruption in their lives. They are removed from their loved ones and their community. For many, this can put them at risk of further self-destruction. For others, it may be an opportunity for a fresh start. Through our prison links service, we use what is often very limited one-to-one time to offer them space to reflect on their situation and to maintain connection. We endeavour to support prisoners to use their time in prison well and to bed down a way of thinking about their addiction and their future choices in our engagement. There is a high rate of recidivism in younger clients and so we see it as important to introduce them to ways of thinking that will stand to them as they mature while we have the opportunity to reach them.

The tables below outline the quantity and nature of interventions undertaken by our Prison Links worker in 2022. As can be seen from the below table, 49 clients availed of the community prison links service in 2022.

		Individual Count	Record Count
Prison Links	Crisis Intervention	2	3
	Meeting (1:1)	25	64
	Phone Call	18	85
	Research	1	1
	liaising with other services	1	1
	advocacy	1	1
	admin	1	1
	1:1 Prison Visit	37	137
	e mail	1	1
	Prison Links Initial Assessment - New Client	2	2
	Cancelled by client	2	2
Total		49	298



Record Count



- Prison Link Crisis Intervention
- Prison Link Meeting (1:1)
- Prison Link Phone Call
- Prison Link Research
- Prison Link liaising with other services
- Prison Link advocacy
- Prison Link admin
- Prison Link 1:1 Prison Visit
- Prison Link e mail
- Prison Link Prison Links Initial Assessment - New Client
- Prison Link Cancelled by client

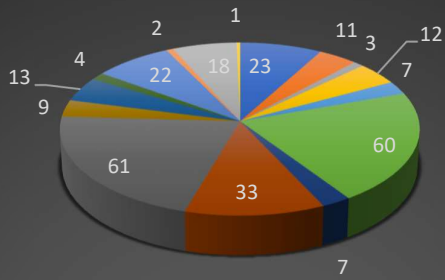
Key Working

Key working is a process of support offered to our clients if appropriate for them. It involves an assigned key working staff member, an assessment of the clients' needs and the development of a care plan in partnership with that client. 96 clients availed of key working in 2022 and the detail of support interventions with them is outlined below.

Increasingly through 2022 more key working was availed of by clients not using the methadone service. These came to us through the Recovery Cafes where people coming to the cafes took up key work themselves or introduced a family member to it.

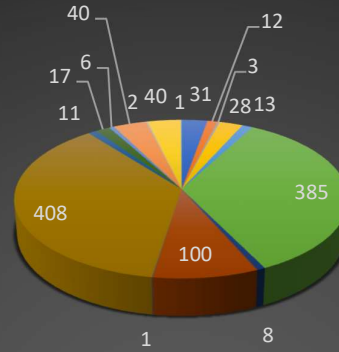
Casp Type ↓	Sub type ↑	Individual Count	Record Count
Key Work		23	31
	Initial Assessment Support Work (HRB)	11	12
	Brief Solution Intervention (HRB)	3	3
	Support Work (HRB)	12	28
	Developing Care Plan (HRB)	7	13
	Link In -5 min check up	60	385
	Crisis Intervention	7	8
	Meeting (1:1)	33	100
	Home Visit	1	1
	Phone Call	61	408
	Interagency Work	9	11
	liaising with other services	13	17
	advocacy	4	6
	admin	22	40
	3 way meeting with client	2	2
	no show	18	40
Cancelled by client	1	1	
Total		96	1106

Individual count 2022



-
- Initial Assessment Support Work (HRB)
- Brief Solution Intervention (HRB)
- Support Work (HRB)
- Developing Care Plan (HRB)
- Link In -5 min check up
- Crisis Intervention
- Meeting (1:1)
- Phone Call
- Interagency Work
- liaising with other services
- advocacy
- admin
- 3 way meeting with client
- no show

Record Count



-
- Initial Assessment Support Work (HRB)
- Brief Solution Intervention (HRB)
- Support Work (HRB)
- Developing Care Plan (HRB)
- Link In -5 min check up
- Crisis Intervention
- Meeting (1:1)
- Home Visit
- Phone Call
- Interagency Work
- liaising with other services
- advocacy
- admin
- 3 way meeting with client
- no show

Needle Exchange

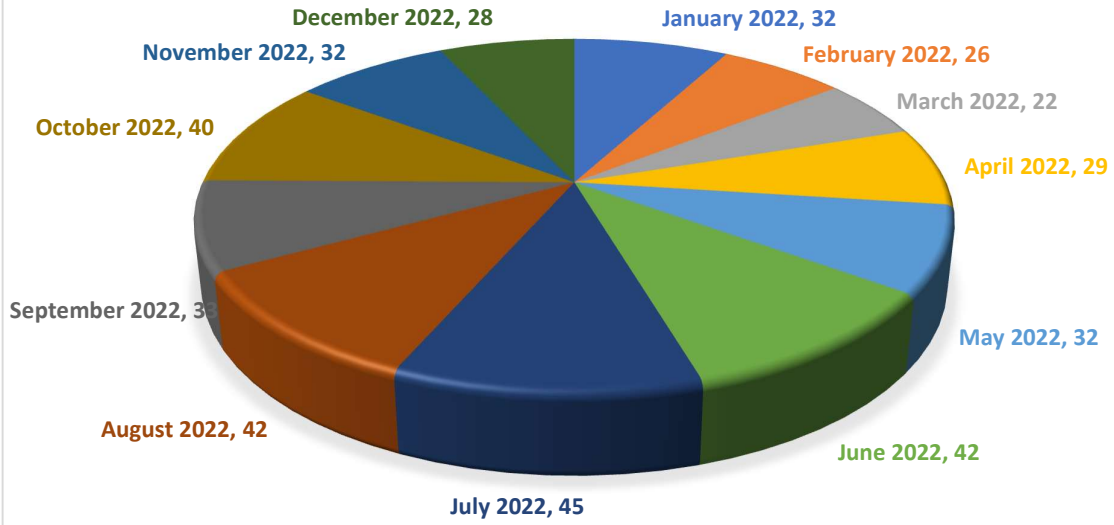
As part of our harm reduction work, CASP operates an inhouse needle exchange service Monday to Friday from 9:30 – 1pm and 2 – 3:30pm. Clients wishing to access clean needles and crack-pipes and foil for heroin smoking can do so in a safe indoor environment. We will continue this service and to educate those coming in regarding harm reduction and to refer them on as necessary. 164 clients attended the needle exchange 743 times in 2022.

Increasingly through 2022 crack pipes were requested more than needles for opiates. Needles were also used for steroid injection.

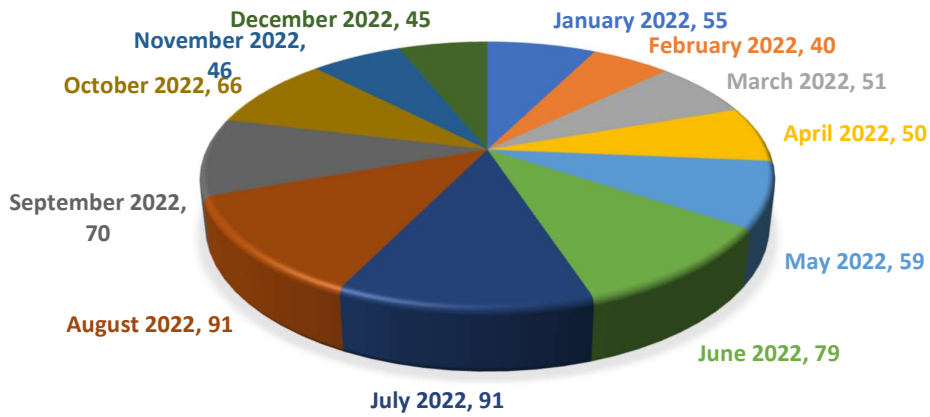
The tables below outline our monthly take-up of the service in 2022.

Date of intervention ↑	Sum of Individual Count	Record Count
January 2022	32	55
February 2022	26	40
March 2022	22	51
April 2022	29	50
May 2022	32	59
June 2022	42	79
July 2022	45	91
August 2022	42	91
September 2022	33	70
October 2022	40	66
November 2022	32	46
December 2022	28	45
Total	164	743

SUM OF INDIVIDUAL COUNT



RECORD COUNT



Family Support

A core element of CASP's work is with the family members of those in addiction, even if the person in addiction is not a CASP client themselves. We support family members to develop their own strengths and capacity in their lives with an addict.

2022 saw the lifting of COVID restrictions and a consequent rush by clients to engage with family support. As well as one-to-one supports participation in our re-scheduled *Back to Basics* group programme was popular. Most clients returned to face-to-face engagement but a small number continued with virtual online participation as it best suited their needs.

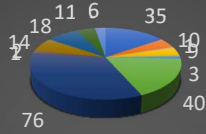
Throughout 2022 there was significant uptake of the service by clients from Lucan and an increase in male participation too, usually attending with their partners.

It was noticeable that families presenting were struggling with problematic misuse by neuro-divergent children. Our observation is that inadequate intervention when these children are young leads to serious addiction issues as they enter young adulthood.

The table below lists the different types of engagement and the numbers availing in 2022.

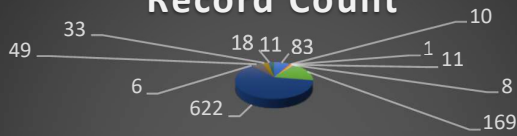
Casp Type ↓	Family Support 2022	Individual Count	Record Count
Family Support		35	83
	Initial Assessment Support Work (HRB)	10	10
	Developing Care Plan (HRB)	1	1
	Link In -5 min check up	9	11
	Crisis Intervention	3	8
	Meeting (1:1)	40	169
	Phone Call	76	622
	Research	1	1
	liaising with other services	2	6
	admin	14	49
	e mail	18	33
	no show	11	18
	Cancelled by client	6	11
Total		85	1022

Individual Count



- Initial Assessment Support Work (HRB)
- Developing Care Plan (HRB)
- Crisis Intervention
- Phone Call
- liaising with other services
- Link In -5 min check up
- Meeting (1:1)
- Research
- admin

Record Count



- Initial Assessment Support Work (HRB)
- Developing Care Plan (HRB)
- Crisis Intervention
- Phone Call
- admin
- Link In -5 min check up
- Meeting (1:1)
- liaising with other services
- e mail

Holistics

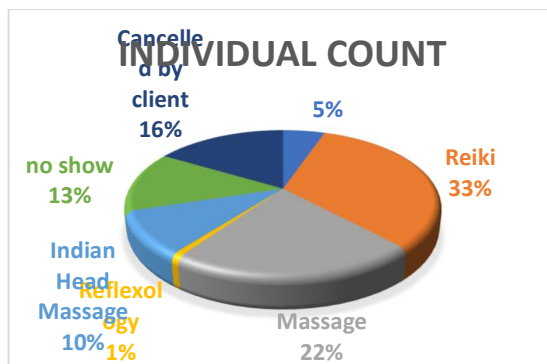


These therapeutic interventions are delivered by trained staff and in 2022 60 clients benefited, as the table below shows.

Our holistics service was re-established after COVID restrictions lifted in 2022. We offered six-week blocks of therapy for clients and this proved very popular. Where a client did not take up an appointment at short notice, that place was offered to those using our drop-in services. This meant that the slot did not go unused and that the drop-in cohort, many of whom would not manage to keep an appointment made in advance, could access the service.

Finding adequate suitable space for holistics was a growing challenge during 2022 and led us to consider developing alternative additional spaces in the future.

Casp Type ↓	Sub type ↑	Sum of Individual Count	Record Count
Holistics		7	7
	Reiki	44	123
	Massage	29	56
	Reflexology	1	1
	Indian Head Massage	13	19
	no show	18	20
	Cancelled by client	22	31
Total		60	257

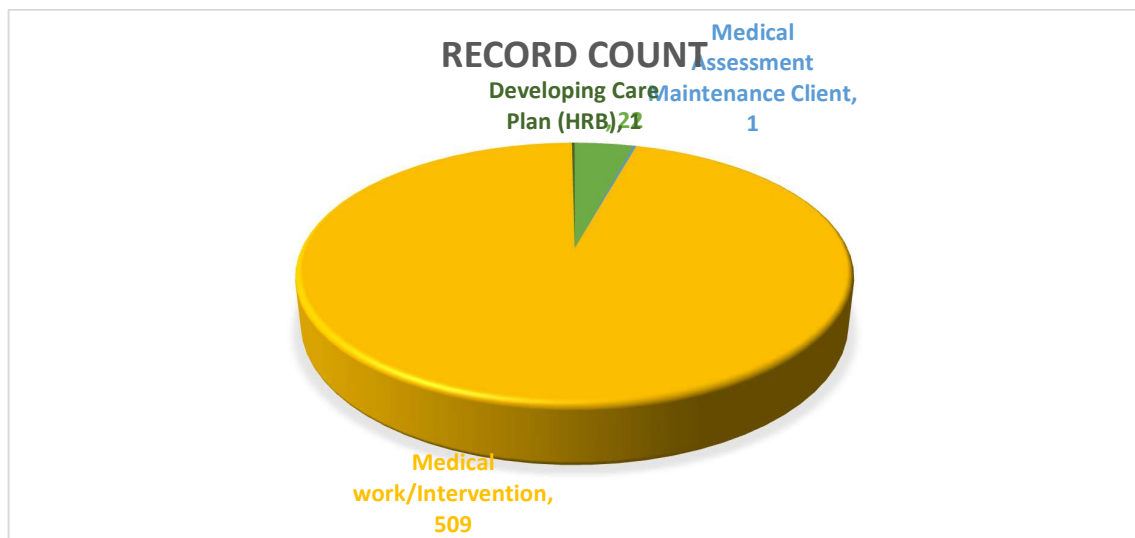
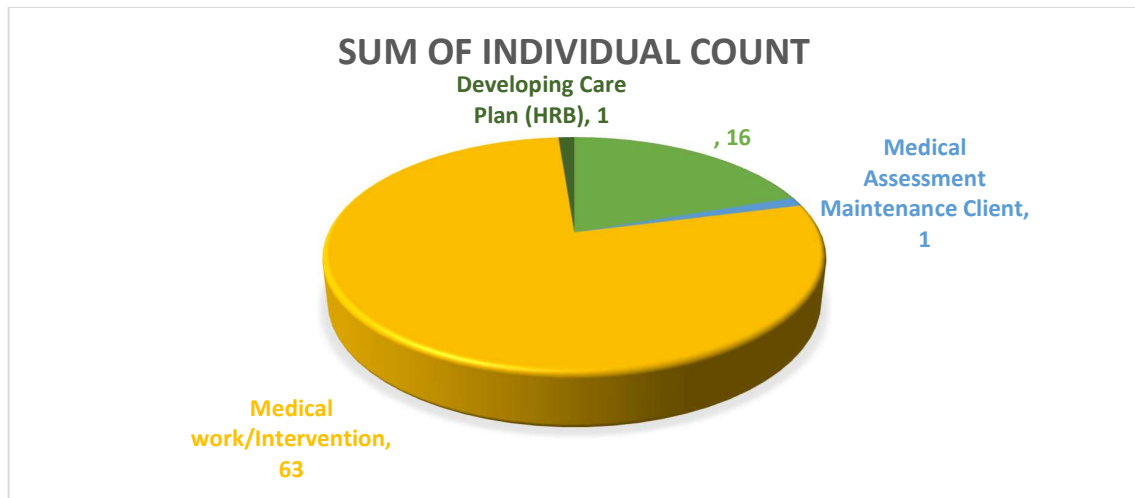


Medical

Our nurse worked with clients to assess care needs and deliver medical interventions. In all, 64 clients benefitted from this during 2022.

One issue for female clients which emerged in 2022 was the experience of the menopause. Our nurse responded to this with information and education for clients.

Casp Type ↓	Sub type ↑	Sum of Individual Count	Record Count
Medical		16	22
	Medical Assessment Maintenance Client	1	1
	Medical work/Intervention	63	509
	Developing Care Plan (HRB)	1	1
Subtotal		64	533
Total		64	533



Recovery Cafes

Supporting clients towards recovery is a core part of the work of CASP. Our bi-weekly recovery cafes, held in advance of fellowship meetings on Mondays and Wednesdays, are a key element of our recovery support work. Cafes are informal gatherings over a meal with engagement with other clients in recovery and CASP staff. They aim to provide a safe space for people in recover to socialise and meet other peers in recovery. They provide an option for those who are ‘recovery curious’ to meet peers who are supportive of their desire for positive change in their lives. They promote social connections, reduce isolation and loneliness and as a consequence, reduce the risk of relapse, promote positive mental health and well-being and build up recovery capital.

Holistic therapies are also available during recovery cafes as well as live music on occasion. The CASP Recovery Café held special evenings during Clondalkin Recovery Month in September 2022.

The table below sets out details of our recovery café actions and the levels of participation in 2022.

Event	Detail	Numbers
Recovery Café 3 Project Workers and 1 – 2 volunteers to facilitate the recovery cafes.	68 evenings were hosted from April 11 th to December 21 st , 2022.	40
1 holistic therapist at each evening once a month. 2 musicians who sing and play the guitars live once a month.	These cafes were attended by 55 individuals	55
Kitchen of CASP to cook and serve the food, tea and coffee.	To celebrate September being Recovery month, CASP hosted an event on September 28 th , 2022, to celebrate those in recovery and their supporters, in addition to promoting recovery and all its possibilities among all our service users. The event comprised of a celebration morning from 10:30 – 1pm comprising food, holistic therapies, a tree planting ceremony, a speaker who is in recovery and music by the Clondalkin Recovery Choir. The second part of our event took place that evening at our Recovery Café from 6:30 – 8pm. During that time, we will provided food, a short play and live music. This initiative formed part of the larger community-wide, recovery-focused initiative that is underway in Clondalkin.	128

Appendix One

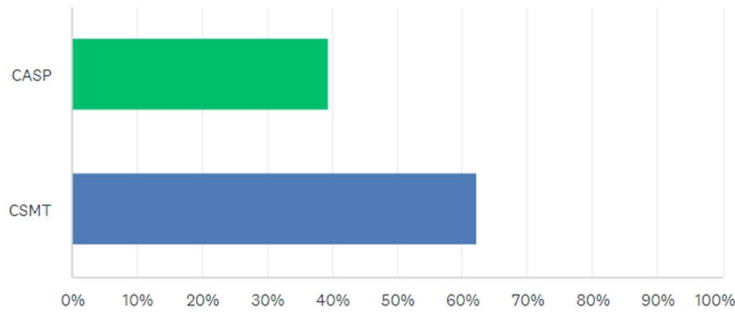


CASP Service User Feedback Report
2022



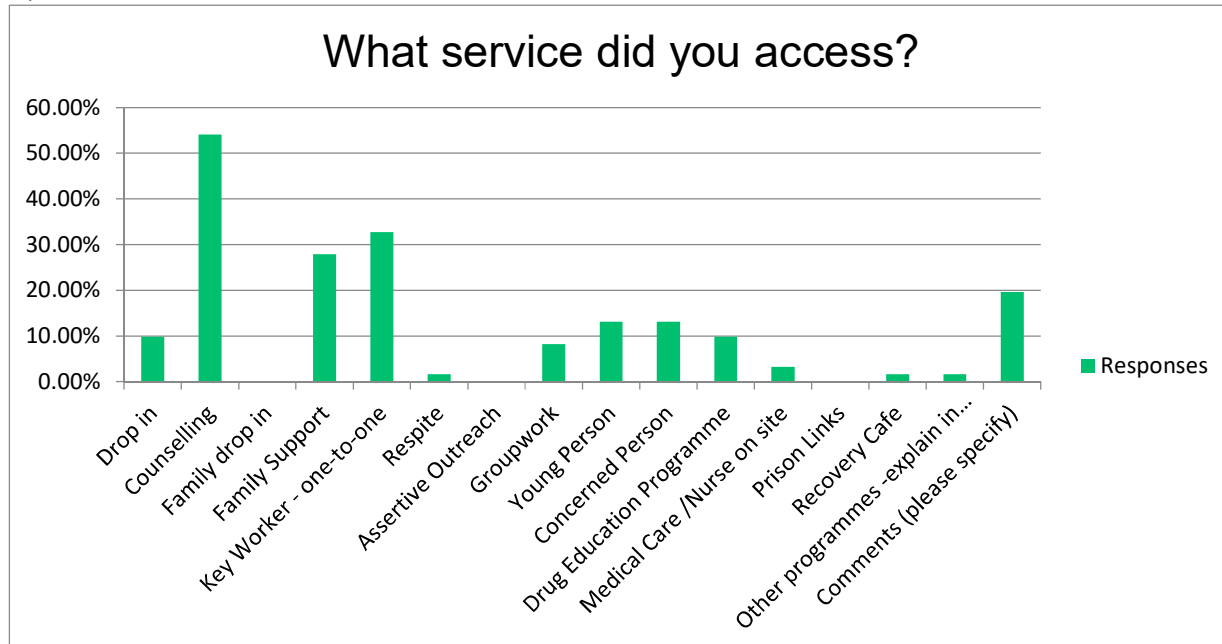
There was a total of 61 respondents to the survey which was conducted between 12th February 2023 and 16th March 2023.

Q1. The response rates for CASP & CSMT Services.



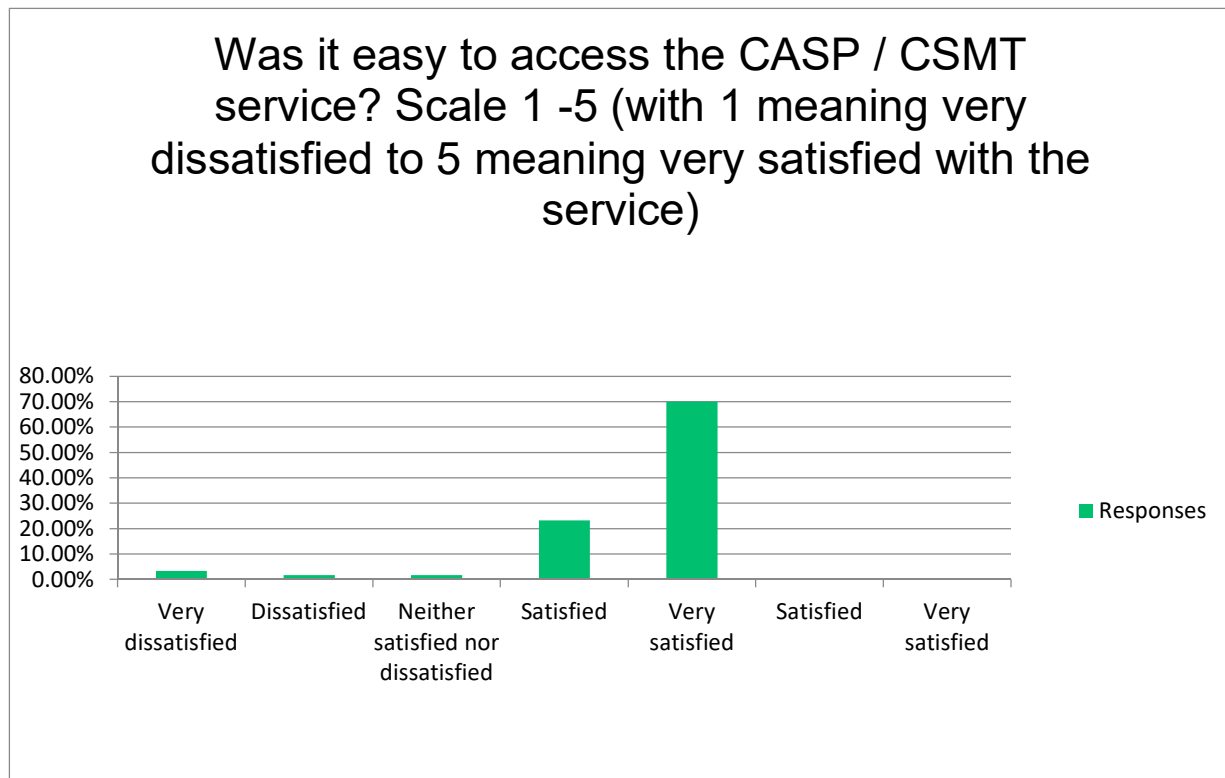
ANSWER CHOICES	RESPONSES
▼ CASP	39.34% 24
▼ CSMT	62.30% 38
Total Respondents: 61	

Q2.

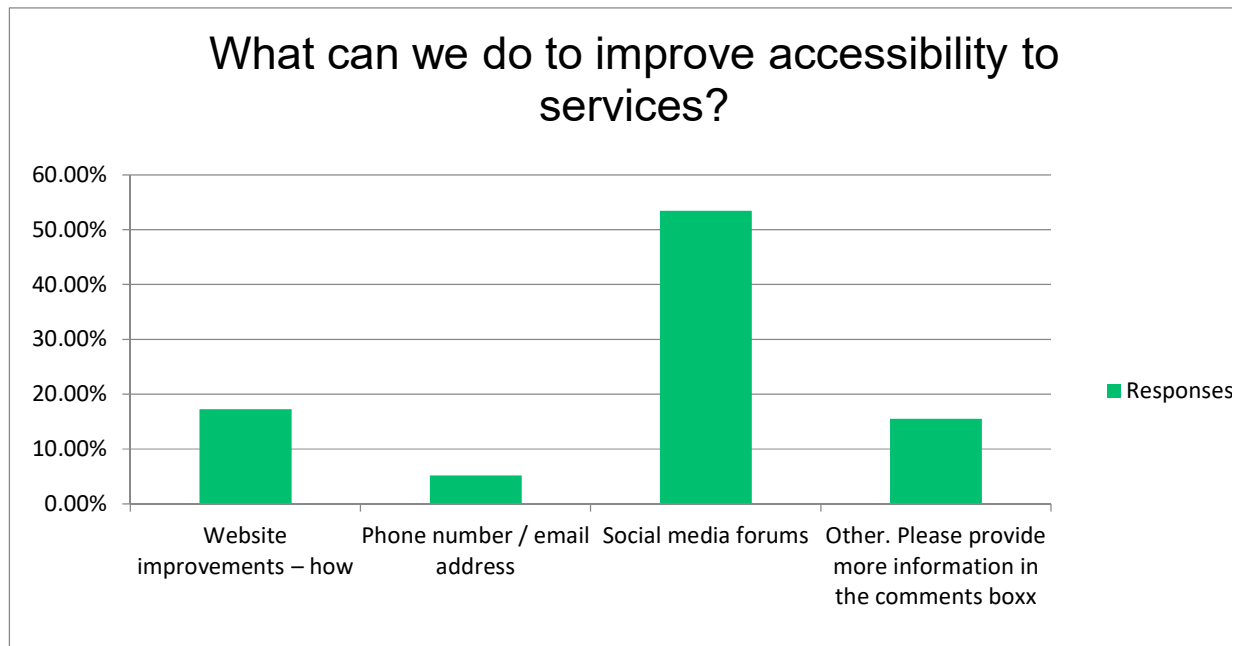


Drop in	9.84%	6
Counselling	54.10%	33
Family drop in	0.00%	0
Family Support	27.87%	17
Key Worker - one-to-one	32.79%	20
Respite	1.64%	1
Assertive Outreach	0.00%	0
Groupwork	8.20%	5
Young Person	13.11%	8
Concerned Person	13.11%	8
Drug Education Programme	9.84%	6
Medical Care /Nurse on site	3.28%	2
Prison Links	0.00%	0
Recovery Cafe	1.64%	1
Other programmes -explain in the comments	1.64%	1
Comments (please specify)	19.67%	12

Q3.



Q4.



Q4. Comments

Without being told I would not have known about the service. There is not enough advertising of services

Don't change anything

I had issues with childcare, I could not attend even though it was vital. Phone sessions or online video calls would be a huge help for parents like myself with no support system.

needs to be on social media a bit more

Notice boards advertise etc.

No real problem with the access it was very up to date

Honestly never knew it existed only for my GP

Interviews on TV shows ie: morning and afternoon plus more documentary's

Easy accessibility

The new website looks good but needs more interaction ie merge with social media platforms

I have always found the team in CSMT Limerick excellent to deal with. Mt son's key worker was always more than willing to help. He also put my mind at ease many times.

I want acupuncture

To have sign up on Fonthill at entrance

Getting our methadone from a chemist that's beside our home. It's way too much of a travel issue and takeaways seem to be next to near impossible

I suffer with anxiety the counselors wear very good to me I think CASP is brilliant place

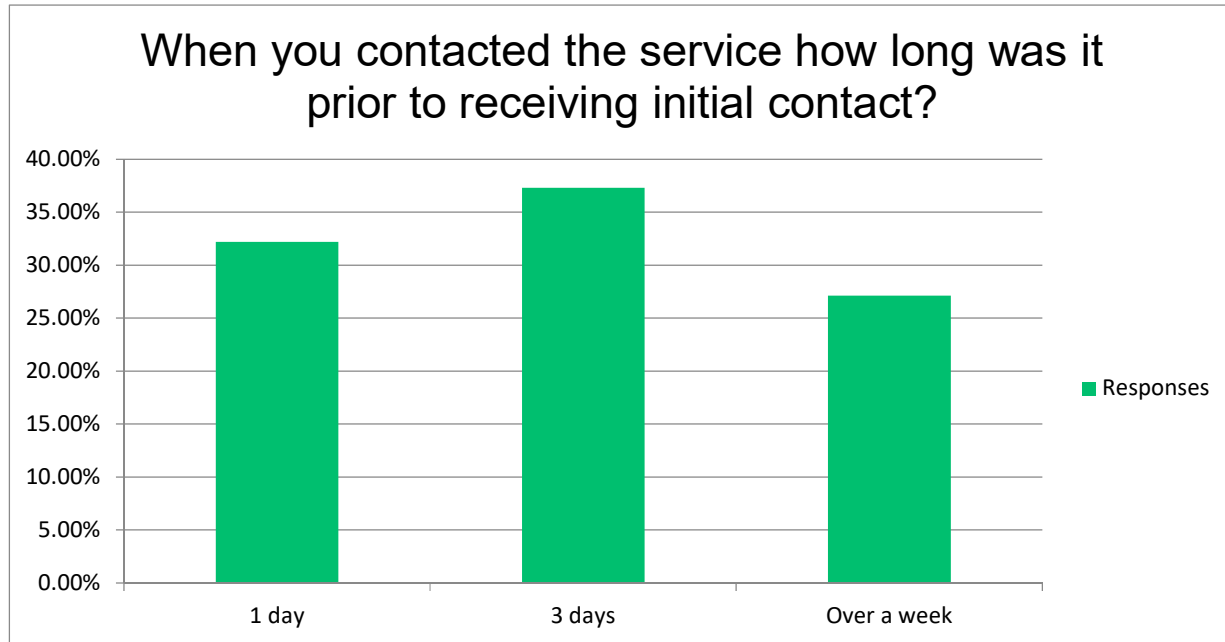
I feel not everyone knows what CASP is for, it has a fantastic Friday night family support group. Maybe try local papers e.g. the echo or Clondalkin Gazette.

I feel leaflets explaining the services

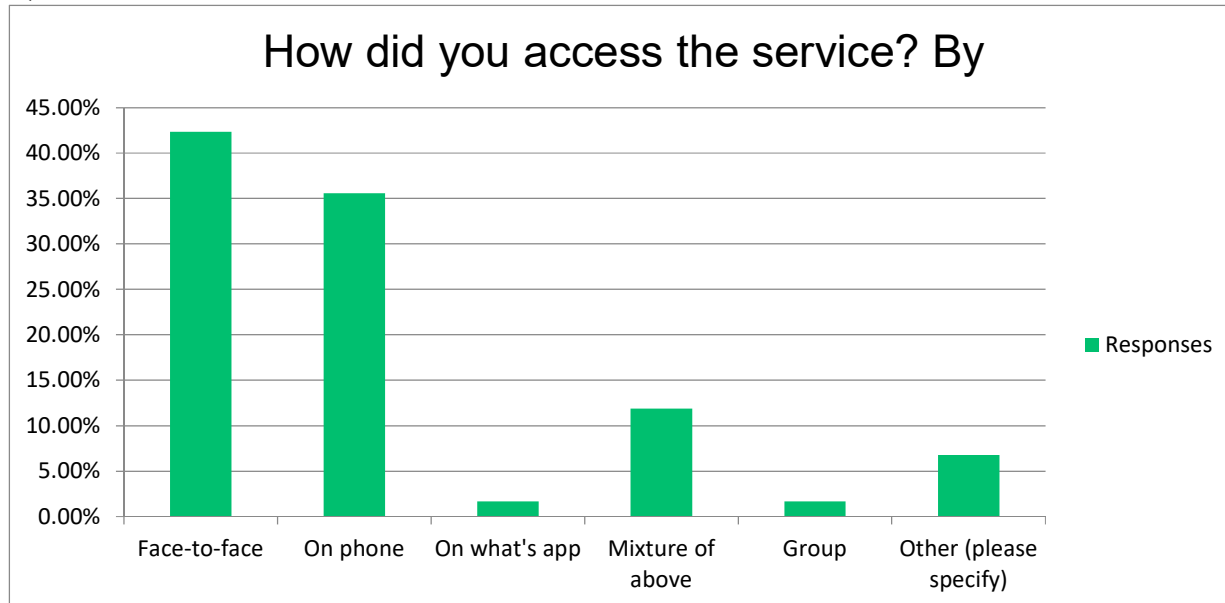
Community social communication with programme for users of appointments and gatherings

I'm very happy and impressed with the service. It is excellent.

Q5.



Q6.



Face-to-face 42.37 % 25

On phone	35.59	%	21
On what's app	1.69%		1
Mixture of above	11.86	%	7
Group	1.69%		1
Other (please specify)	6.78%		4

Q7.

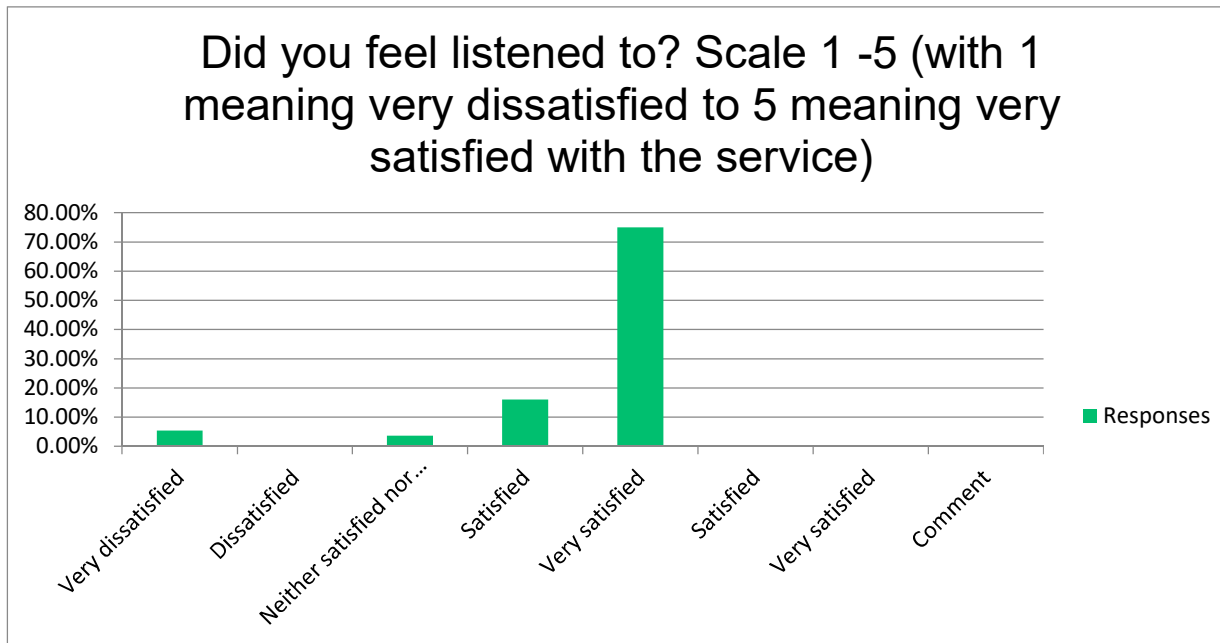


Q8. What was good or what could we do better - see question 7?

- The councilor became my sons councilor advocate and a second mother as his life fell apart. She was our only lifeline and support for a long time she helped him access mental health services and care. She is an incredible woman that will always be remembered by our family.
- Very good service
- Very welcoming center, great staff, friendly faces
- Always made feel very welcome
- Yes. Very kind people are working there
- The service did not help my son at all. If anything it gave him the impression that his drug use was ok. I had a good experience and had great support for myself. But for my son it made no difference, it seems that dope is not considered dangerous so one has to wait until they are on heroin to be taken serious that there is a problem. and he is not actively taking drugs.
- Make sure people with small children especially under the age of 14 that cannot be home alone have weekend takeaways
- Meeting face to face
- I found the counselling extremely helpful. I just wish I could have availed of more.
- Great to have the support, a lot of help offered to me. I live in a rural area and I think more support is needed for people in rural areas in the form of groups
- It was very good I felt welcomed and comfortable
- I felt very happy when I started as I still do now
- How you can express yourself freely
- A real sense Privacy/ safety, talk without being judged
- Honestly, my experience has been absolutely fantastic! Your service is unbelievable.
- Very welcoming service great counsellors and support
- more groups
- better prosocial

- The service overall is very good. I find it extremely comfortable to talk here without judgement.
- Can't fault the staff at all
- More help in Thurles area and more support for parents
- Everything was very good made to feel welcome
- From my experience with CSMT they went above and beyond all expectations I had before my Son and I interacted with the service
- More staffing
- having someone listening to you and giving advice
- They listened and supported me
- Have more groups for young people in drug addiction
- More flexible meeting times
- I have no fault with the service
- More regularly meetings. Counsellor not always available when needed
- Everyone was really nice and a great help when I needed it. Thank you
- More funding
- Very welcoming staff
- I was 8 year's clean off everything had a bad accident i went back on my drug of choice weed. I work full time is there working sessions in the evening times. They have every thing
- If it's not broke don't fix it
- There could be more advertising about what goes on there as most people I speak to think it's only for addicts. And there's so much support for family's too, and prison links to are important
- Eye contact and speak to the person as they enter
- Knew some faces at the clinic so felt comfortable and very welcome
- An acupuncture
- I was able to get a meeting fairly fast
- I'm very happy with the service . Exceptionally helpful and beneficial.

Q9.



Very dissatisfied	5.36%	3
Dissatisfied	0.00%	0
Neither satisfied nor dissatisfied	3.57%	2

Satisfied	16.07	
	%	9
Very satisfied	75.00	
	%	42
Satisfied	0.00%	0
Very satisfied	0.00%	0
Comment	0.00%	0

Q10. In relation to Q9 please tell us more about your experience. Please comment

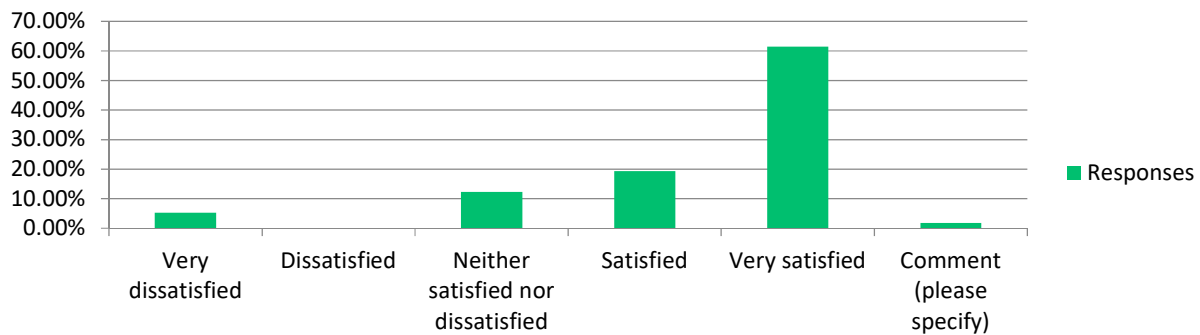
- I personally had great support. But I felt that my sons habit was minimised in his eyes. With the result he kept doing it and progressed to harder drugs. And now I have to deal with that. I did not get back up is what upset me the most. He didn't believe anything I said as the experts said his dope smoking was ok.
- Tablets are a great deal of a problem for people with addictions, and it's like it's just picking and choosing who gets the medication, it's dangerous not to be getting your medication and then this causes you to go to the streets for them and it's the last thing anyone wants to be doing is going back to the start.
- Absolutely love going down, feel so comfortable being able to talk and I feel like I'm being listened to every single time I go down
- I felt acknowledged, heard and for once in a long time, like I wasn't imagining things or crazy. After one session I felt more empowered than I had been in a very long time. The information was extremely eye opening. Living with a person with severe addiction issues is extremely difficult and CASP made me feel safe and heard and much more informed.
- Felt very comfortable
- Yes I felt heard and supported
- Everyone in the centre was very helpful. I came out feeling so much better able to cope
- Counsellor was very understanding of what i was going through and allowed me to talk and express how I was feeling
- Very helpful, good employee's
- Anything I've ever spoke about I felt listened my counsellor is the one person I tell everything to
- I feel very comfortable to open up
- I'm a talker & honestly never felt so understood in my life
- Once I made contact with your service for my daughter my daughter got help from you straight away. I had waited for my daughter to reach out to me and once she did I contacted you . It is so important once a teenager opens up a seeks help there is help straight away.
- Very trusting and easy to talk to You are always pointed in the right direction
- very good, very helpful, I got into treatment from this service
- Person, the lady I don't remember her name listened me carefully and I was comfortable
- Felt reassured from initial phone call that help was readily available. All concerned showed genuine interest in the welfare and wellbeing of my son Sean and me.
- Find talking very easy, feel listened to properly, feel comfortable opening up and gets good advice
- Staff were very caring, compassionate and informative. Provided plenty of relevant literature and activities
- My family found that we didn't get to relate to another family with similar life experience.
- Support counsellor listen and was straight with me
- The key worker was listening to me and let me talk and feel comfortable
- I always felt my concerns for my Son were listened to.
- Friendly put young person at ease
- I was mentally unwell they helped me through
- When I started meeting with the keyworker we clicked straight away , she listened to what I had to say and had genuine concern and care for my safety and well-being. Always checking in and giving me advice .. on the bad days I would even just pop her a phone call to have a chat and would always feel better after we spoke.
- Our project worker was my sons counsellor for drugs she seen him as a normal boy and watched him decline over two years with mental health issues possible schizophrenia she spotted it she supported me with fighting with the mental health services for help, even when he was not able to engage with her she kept in touch she never abandoned him she visited him when he was in hospital very mentally unwell. We were lucky to have her we did our whole journey with her, she is very caring and kind and smart she knew what we needed and did her best to access everything. She got

him to attend rehab she was amazing but his problems are medical now she took us as far as she could go. She was my support on the phone when I had no one to.

- Good listener and made feel welcome. Counsellor was very understanding.
- I did feel listened to and heard because I got really good, practical advice from people who understood and gave you advice based on experience. Without judging, it is very important when you are so vulnerable and depressed.
- Brilliant service staff are great people
- Was going through rough time , and Anthony was very helpful
- Enjoyed attending my counselling sessions.
- Very satisfied all the people are very nice
- I arrived one Friday in a crisis and was amazed to see the support from the group, and then to go on to see the great work done in this building that I drove past every second day (never knew what was available)
- Learned loads on how to deal with an addict
- Excellent service, helped and continues to help me today Brilliant service second to none.
- Communication with others that support the service
- Helpful
- Very good and helpful
- Everything i said was taken into consideration and a resolution was made
- Always welcoming and helpful. Non-judgmental. Most importantly, they listened

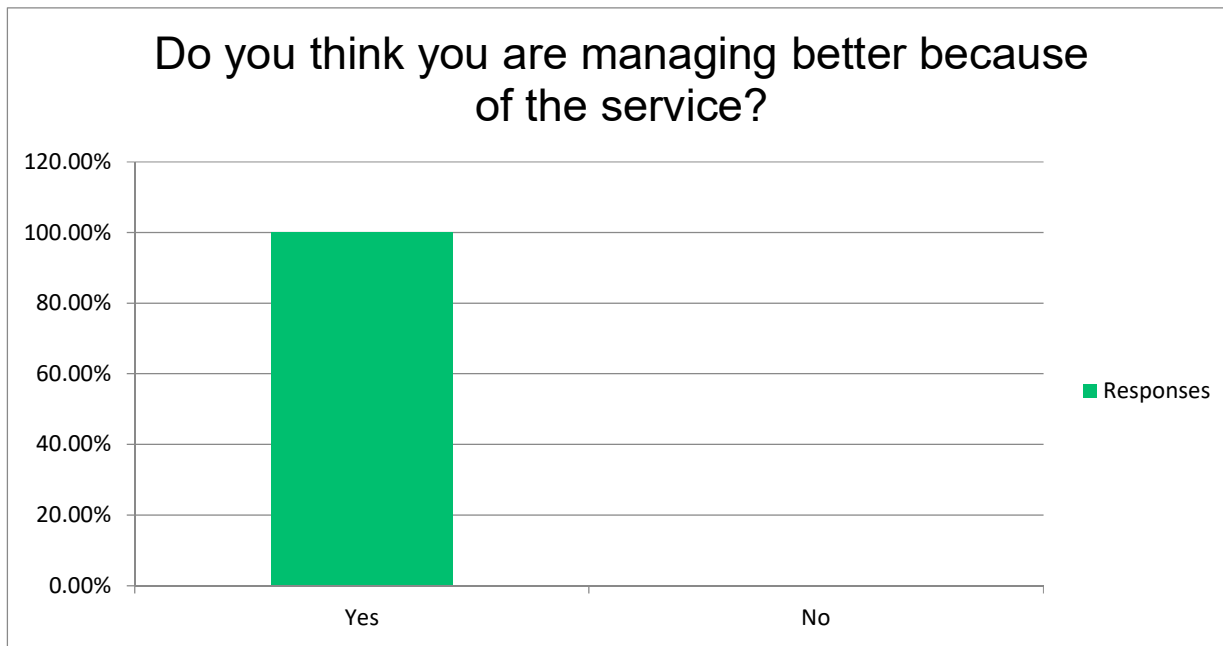
Q11.

Are you satisfied that you met your objectives by engaging with the service? Scale 1 -5 (with 1 meaning very dissatisfied to 5 meaning very satisfied with the outcomes). Please comment below.



Very dissatisfied	5.26%	3
Dissatisfied	0.00%	0
Neither satisfied nor dissatisfied	12.28%	7
Satisfied	19.30%	11
Very satisfied	61.40%	35
Comment (please specify)	1.75%	1

Q12.

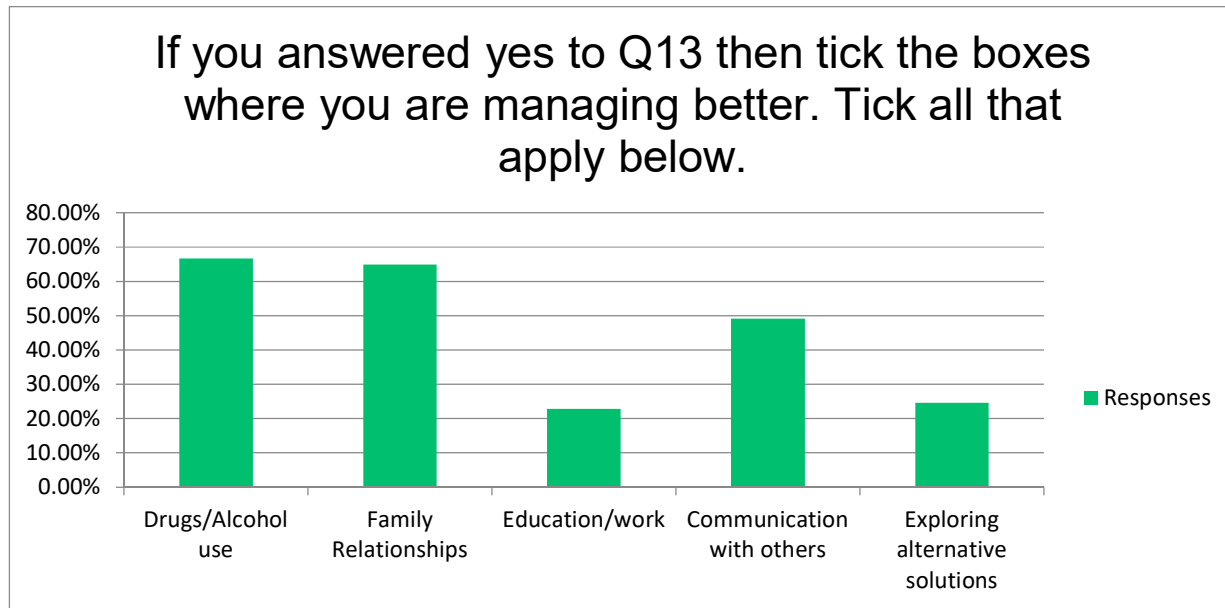


Q13. What could we do better in helping you to meet your objective/s?

- Give more help with tablets as they help people with addictions focus and gain energy to do there everyday things. And again weekends should be automatically giving to any parents that live an hour's walk away and have a new baby and children under 14.
- I am 100% satisfied with this service.
- Unfortunately I am still struggling emotionally and mentally but I am much more aware of projection and manipulation now.
- I'm not looking but just a bit more on social media.
- Think groups in rural areas would be great support, more community availability. Putting more services in place for people who have to work, so maybe weekend appointments.
- Not much, all services very helpful.
- I'm not sure as I'm quite happy.
- Honestly I have such a positive response from your service I could not ask for anything more.
- Sign post services.
- I don't know if it would be possible but it would have been great if we could have managed to get my son to engage.
- Really take notice of the children's needs. My boys weren't connected to other children who lost their dad through suicide. It was more families with domestic abuse currently in their world.
- More support for parents.
- The team in Limerick couldn't have done anymore to help us both.
- More staffing.
- Give me acupuncture.
- More flexible meeting times, more mandatory contribution from the rest of the family.
- She couldn't do more than she did.

- More regular meetings would of helped. Too much of a gap between.
- Keep the programs going because they mean so much to everyone.
- Keep doing what use are doing.
- Nothing got great help.
- My reason for getting out of bed.
- I feel I am where I need to be at present.
- Courses

Q14.



Drugs/Alcohol use	66.67	%	38
Family Relationships	64.91	%	37
Education/work	22.81	%	13
Communication with others	49.12	%	28
Exploring alternative solutions	24.56	%	14
Comment			9

Q15.

Overall, how would you rate the service received on a scale of 1 to 5 (with 1 meaning very dissatisfied to 5 meaning very satisfied with the service)?



Very dissatisfied	3.51%	2
Dissatisfied	0.00%	0
Neither satisfied nor dissatisfied	5.26%	3
Satisfied	28.07%	16
Very satisfied	63.16%	36
Satisfied	0.00%	0
Very satisfied	0.00%	0

