

H.O.P.E. (Hands on Peer Education Limited) Annual Report 2012



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Introduction

Hands On Peer Education Limited (H.O.P.E.) was established in the late 1990s by local women who believed that education was the key to drug prevention and volunteered to provide peer education to families in the North Inner City. In 2003 H.O.P.E. was funded through the North Inner City Drugs Task Force and we established a premises on the North Strand.

In January 2008 we merged with ICON Drugs Support Services and the focus shifted from education, to one to one client work for those with addictions, as well as running educational courses. In March 2010 we relaunched with new staff, management committee members, and a premises in Killarney Court. The number of individuals needing our services has greatly increased in the last two years, while we have sustained a number of funding cuts. We are working under great strain due to this, but will do our best as a team to continue on, and find solutions. We look forward to providing our service to people in the the North Inner City in 2013 and the coming years.

Mission Statement

We endeavour:

To offer those who are misusing drugs an opportunity to access help to become drug free.

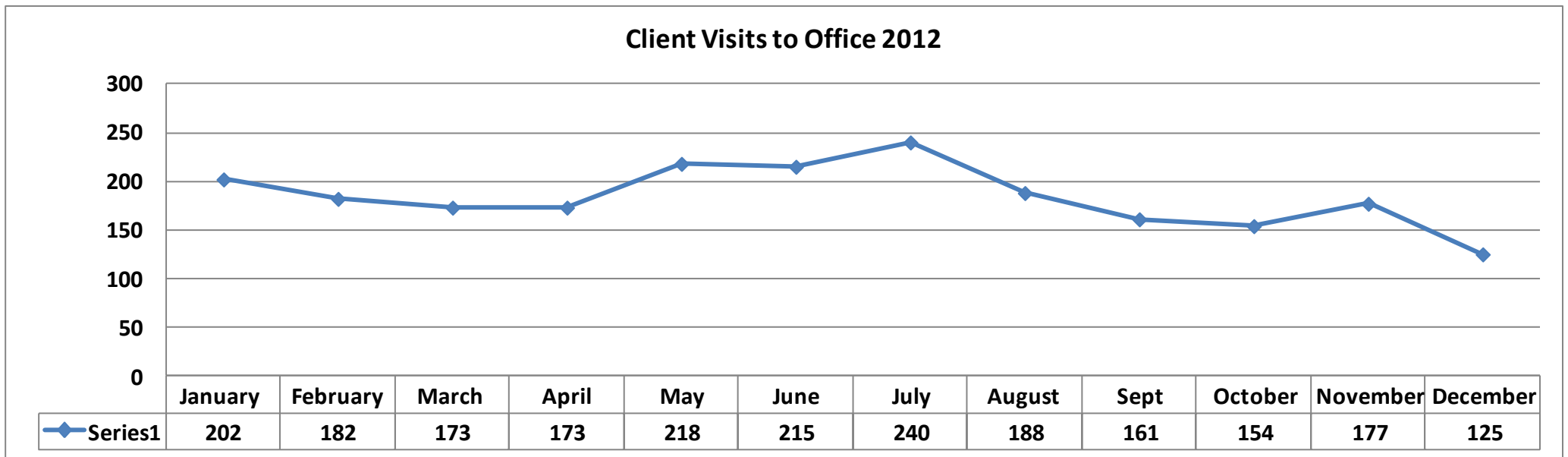
To support families who have been harmed by the effects of addiction.

Through education/prevention to help people in the area remain free from the misuse of drugs.

Summary 2012

Visits to our service	2,208
Individual Clients	366
Clients for Addiction Issues only	192
Clients who became totally drug / alcohol free in 2012	63
Participated in educational Programs	140

	2010	2011	2012
Client Visits	1,344	2,005	2,208 + 65%
Individual Clients	252	287	366 + 45%
Became Drug/Alcohol Free	30	53	61
Family Issues	52	85	86
Advocacy Issues	29	42	67
Drug Addiction	129	115	142
Alcohol Addiction	42	45	47



HAP-Y Programme (Community Detox)

We in H.O.P.E. believe that the best treatment for an addiction, is to become free of that addiction. We support our clients, regardless of the addiction, to access an abstinence based lifestyle. We feel this provides the greatest quality of life for the individual, their family, and this community. We believe that any addict can attain this freedom with the right supports in place. We would like to see this cycle of what is now multigenerational drug substitution, drug abuse, and alcoholism broken in this community. We call our community detox programme the "HAP-Y programme" (H.O.P.E. Abstinence Programme—Your Choice). This consists of working with a client to achieve their goals through assessment, case management, key working, and care planning. We build interagency links, help the client access a medically supervised detox (either in or out patient), and access other therapies if needed. We refer to residential as well as day programmes, and provide support once treatment is finished. We also provide holistic treatment for those detoxing, support the families, and have an advocacy service.

Family Support and Advocacy

Addiction is a family illness, and in H.O.P.E. we support families in any way we can. Also, people in this community look to our centre for a wide range of advocacy and supports, and they know that if we cannot help them we will direct them to someone who can. Some the the issues we helped people with in 2012 were:

- Finding suitable housing, applying for entitlements, helping them speak with landlords etc.
- Accessing employment centres, writing CVs, help with job applications, support through the interview process.
- Sourced crèche places, and accessed other supports for their children.
- Apply for the Annie Kelly Bursary and other grants.
- Access to respite.
- Research, find and apply for suitable educational and developmental courses.
- Supporting clients through bereavement, both emotionally and practically with arrangements.
- Supporting many clients through court and other legal difficulties.
- Visiting our clients in prisons and hospitals, and in the home when they cannot get out.
- We have given client support for physical and mental health issues, and helped them find the appropriate programmes and care, and have liaised with doctors, psychiatrists, and community nurses regarding same.

Case Study—One Client's experience in 2012

We will call him Steven G. (after his favourite footballer!). He is 29 years old. Here is his story in his own words:

"I was lost before I came in to H.O.P.E.. I thought life just revolved around drugs. I didn't know there was a way out. I was taking cocaine and tablets on a regular basis. I also used alcohol, ketamine, methadone, snow blow, whatever I could get. I started drinking alcohol when I was 16, and starting getting into drugs heavy when I was 20. I lost my job on a building site, and got kicked out of home a few times. I didn't realise what I was putting my family through, their worry and embarrassment. The closest I came to dying was when I got a meat cleaver in the head when I was drunk and got brain damaged. I spent 6 months in hospital. I had to learn to walk and talk again. When I got out of hospital the first thing I did was go get drugs.

My father then got into the pub business and that was the worst thing that could have happened to me. I thought everyone was my friend, because I could get free drink and drugs. I had a baby, and left the girl over drugs. Then my family left the pub, and I found myself with no money, no job, and no friends. Things got worse and worse. I really hit a bottom when I started robbing my family. I lost all my self-respect. This dragged on for 2 more horrible years, I did not see my baby, talk to anyone, or look after or clean myself. I ended up locked in my bedroom in darkness on my own, talking to myself. I then tried to hang myself. My brother came into the room and cut me down.

A few days later, for the first time, I went to my family and said I needed help. It was St. Stephen's Day, and H.O.P.E. was closed. My mother rang Joe Dowling, and he met me at the office on December 27.th That was my first day clean, and I haven't used anything since. So the workers in H.O.P.E. put a care plan around me right away, and we built up a relationship.

- I came into H.O.P.E. every day
- I started going to NA meetings as suggested
- H.O.P.E. referred me to the Oasis Counselling Centre, where I went every Tuesday for one to one counselling.
- The Advocacy worker Alison helped me find a fitness instructor course with the Football Association
- Recommended me for the Annie Kelly Bursary, which I received for the course
- I got really into the football and health and fitness, and I was then picked to represent Ireland in the Homeless World Cup. I went to Mexico in July for that, and the staff of H.O.P.E. helped with raising funds and writing letters on my behalf

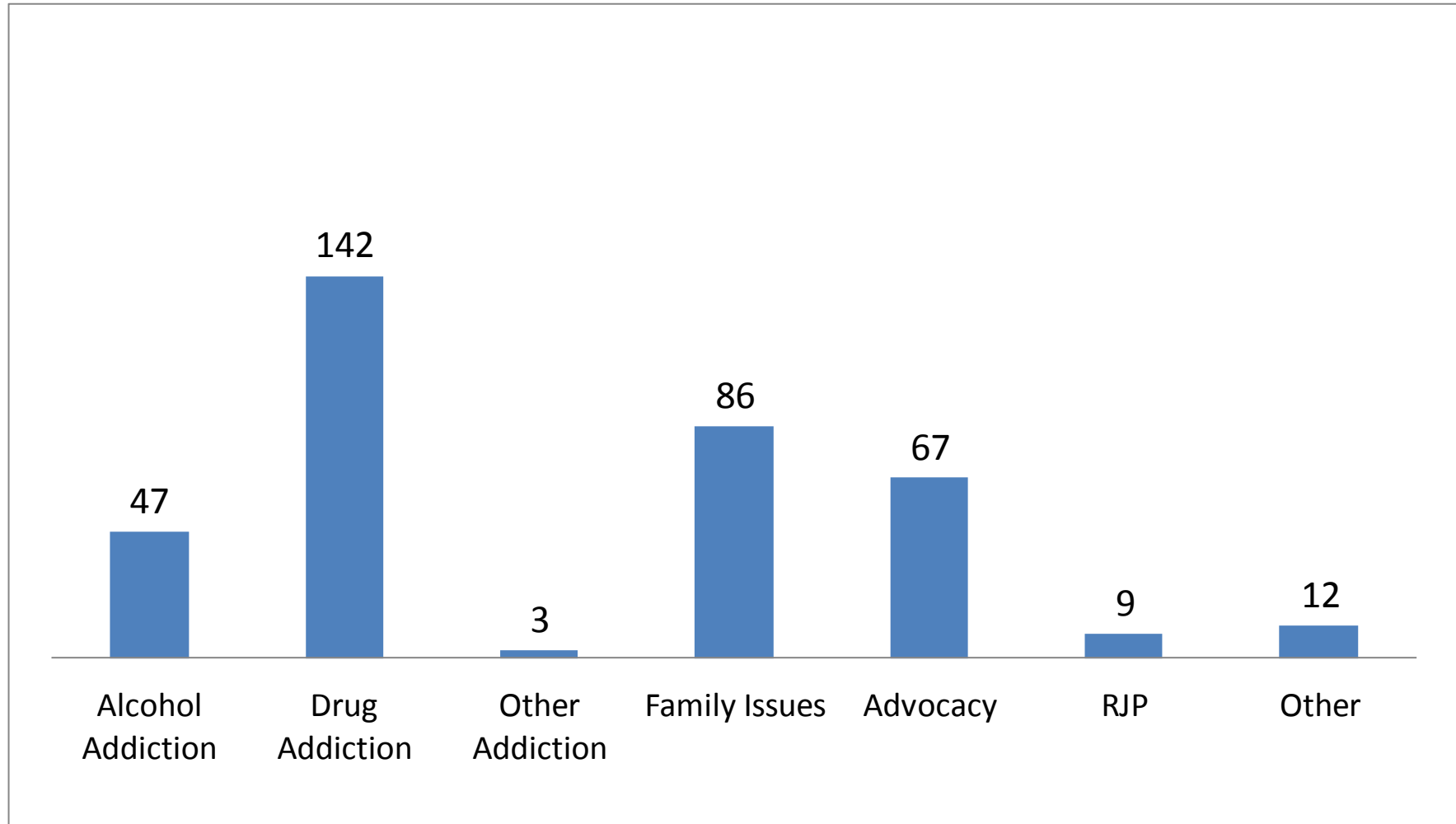
So today I am 13 months clean. I still come into H.O.P.E. Regular and go to NA and my counselling. I sometimes help out in H.O.P.E. by talking to and taking a client to a meeting. I will finish my course in May, and I look forward to working in health and fitness. I re-established contact with my son's mother, and now see my son every day. Life is good.

H.O.P.E. is a really good project. The staff have great relationships with people and will help you with anything. My advice to anyone who has a problem, is don't be afraid to ask for help – open your mouth – it can all get better."

The above case study shows the unique ability/skills of projects' community-based action to help with these issues

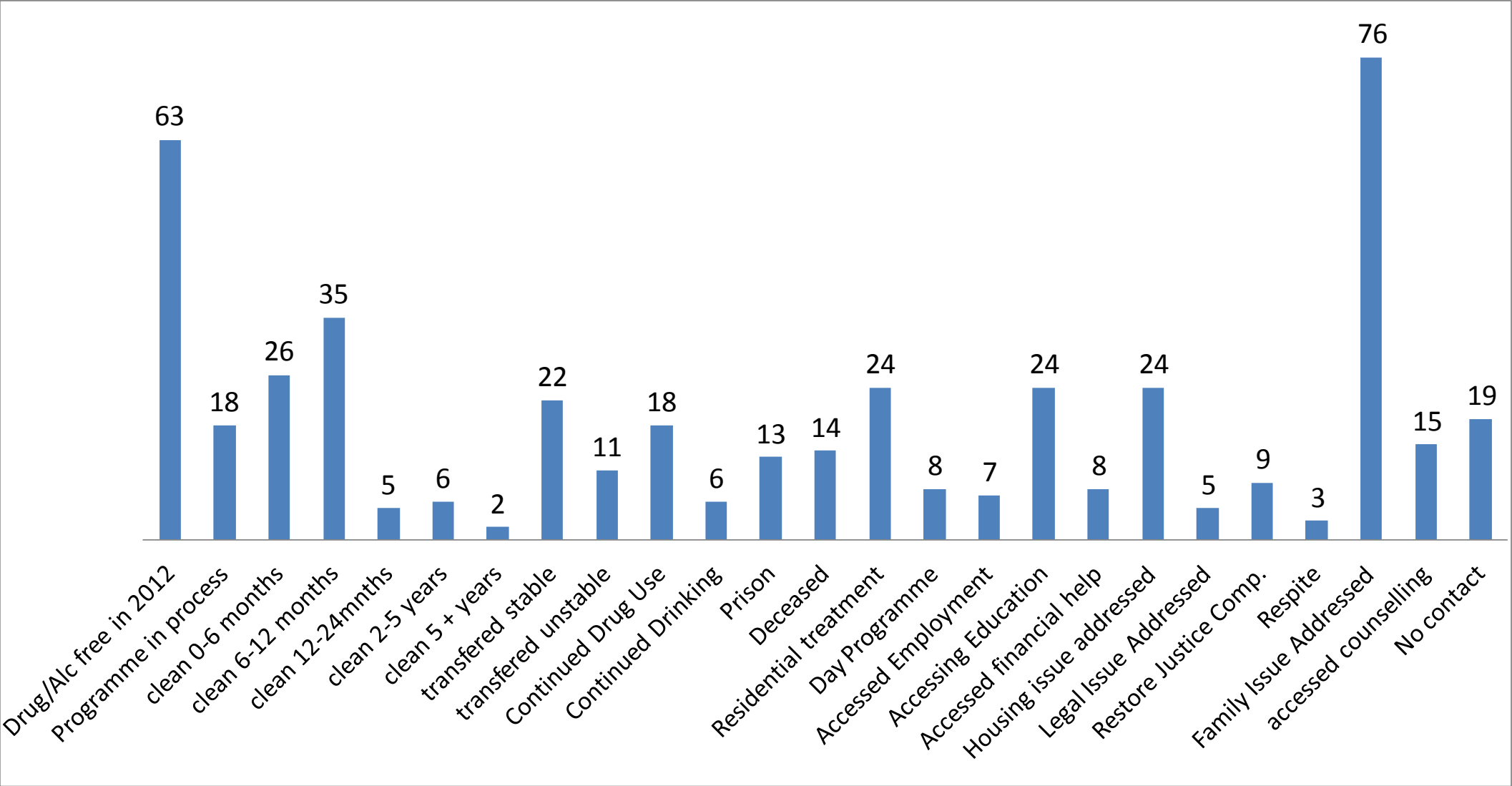
366 clients sought help for addiction, family and advocacy issues

Initial presenting Issues (most clients have multiple issues, the primary one cited)



RJP = Restorative Justice Programme

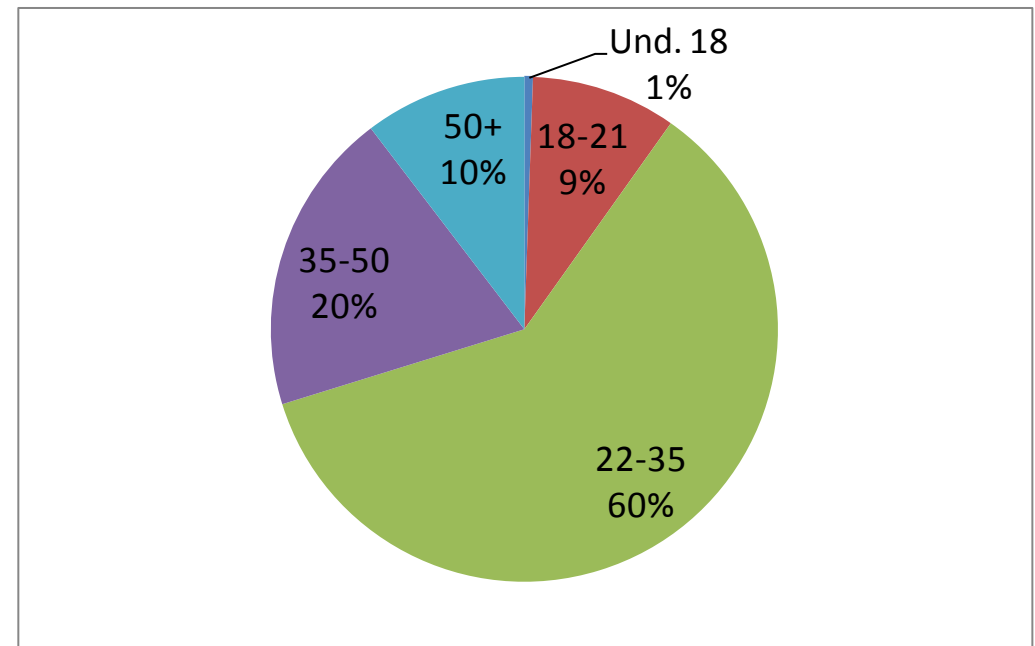
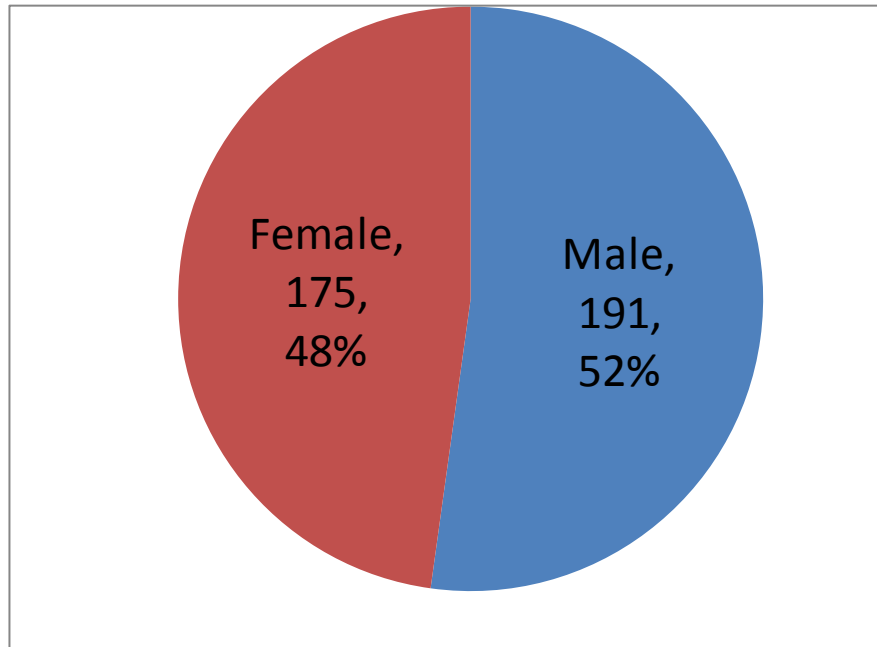
Drug/Alcohol Client Outcomes* 2012



Clean = completely abstinent from drugs and alcohol

***Some clients have more than one outcome**

Age Range and Gender Balance 2012



Educational Programmes

Topics that we have developed unique training programmes on include:

- Peer Education for youth: This is a practical, interactive, 10 week programme empowering teenagers to deliver drug and alcohol education to their peers.
- Peer Education for working with HIV: Developed in conjunction with Open Heart House it is a practical, interactive, 8 week programme helping people facilitate groups with HIV positive clients.
- Training for Trainers: 7—10 week training programme which gives people the knowledge and materials to deliver drug and alcohol education to a range of client groups.
- Parenting for Prevention: for people in early recovery from addiction.
- Drug and Alcohol Awareness: for all age Groups.
- Strengthening Families programme: Co-facilitated with other community projects, this 14 week programme works with parents and teens on a wide range of issues to enhance closeness and communication.
- Restorative Justice: we are running a two pronged programme where those referred to this programme have a one day educational session, followed by a drug / alcohol assessment and care plan.

Strengthening Families: February 21 - June 5. We worked with 12 families

Parenting for prevention: January 27 – February. Step by Step.

Parenting for prevention: January 6 - February 3. Merchants Quay day programme Chapelizod

Training for Trainers: February 21 - April 27.

Parenting for prevention: 16 May—8 June. Merchants Quay High Park

Drug Awareness: September 22. CBS Fairview for transition year boys, 42 participants.

Training for Trainers: September 28—November 23.

Parenting for prevention: November 8— December 7. Merchants Quay High Park

Relaxation for Parenting: December 7. Foundations project.

H.O.P.E. is available run any of these trainings in the North Inner City

Some of our other activities in 2012

We are committed to best practice and professionalism. To this end we have been working toward becoming QUADs compliant. We ran a staff training on the 51 policies we have in place. On October 3 and 4 we had our peer review day and achieved a very high mark. We will be taking on board a few suggestions, and hope to get the compliance stamp in 2013.

We are committed to surviving the current economic conditions. To this end we had several fundraising activities. We also applied for and received a charitable tax number which we hope will help with future endeavours. In 2012 staff and clients ran the Flora woman's mini marathon for H.O.P.E. and held a bag packing day. The largest event was one kindly put on the by the family of Jule Lyons, a friend of our service who sadly passed away. Jule was a cabaret singer, her family organised a wonderful cabaret night in March. All proceeds went to H.O.P.E. which was a great boost to our project. In August we dedicated the Jule Lyons "Helping Room" in her honour.

We participated for the second time in the interagency Strengthening Families Programme in the North Inner City and found it a very valuable and enjoyable experience.

We had a stand at the World Mental Health day being run by the local health centers again this year.

We took on student placements from Independent Colleges and Liberty College, as well as a youth volunteer.

Our Advocacy Worker Alison Gray is a member of ICON Community Support Representative.

We sponsor the Michael Jackson Family Fun day organised by Christine Dowling, to raise funds for Morquio Syndrome H.O.P.E. Had a football team in the Soilse cup—and WE WON!

Helped raise funds for two of our clients who had been picked to play for the Homeless World Cup in Mexico.

Irene and Alison danced in Strictly Against Homelessness to raise money for Focus Ireland.

We attended many local events such as Soilse Awards Ceremony, Progression Routes information days, the Christmas tree lighting, commemorations, church services, and greeted representatives from several national and international projects.

Our volunteer Lisa Anderson developed an electronic survey (survey monkey) to see how the over 170 people who took the Training for Trainers since 2006 were using their trainings. We found that many of our trainees had in turn taught hundreds of young people drug awareness.

Our volunteer Ann-Marie Clancy on each Monday afternoon kindly provides head massages and holistic relaxation for our clients who are detoxing or under great stress.

Sadly in 2012 we also attended (too) many funerals of local residents, clients, and former clients.

Winners of the Soilse Cup



Frank and Elaine's Birthday



Visitors—our history



Flora Women's Mini Marathon



Open Day
Carmel, Dimitris and Irene



The Jule Lyons Benefit



Peer Education Class



Michael Jackson Family Fun Day



Volunteer Lisa Anderson



Volunteer Ann—Marie Clancy



Putting Up Stars on the Christmas Tree



Acknowledgments



Martin Cooke



Abigail St. John Kennedy

I would like to extend my appreciation and thanks to the following:

- Our Board of Management: Carmel Cosgrave, Angela Hart, Dimitiris Karagiorgis (Treasurer), Abigail St. John Kennedy (legal advice), Theresa Brady, Martin Cooke (Chairperson) and a special mention to Catherine O'Connor, whose past service to H.O.P.E. is gratefully appreciated
- Staff: Snr. Project Worker Joe Dowling, Project Worker Frank McGrane, Advocacy Alison Gray, Financial Administrator Elaine Hilliard, Volunteer researcher Lisa Anderson, Volunteer Holistic services Ann Marie Clancy
- North Inner City Drugs Task Force, Professor Joe Barry, our funders the HSE and CDYSB; Dublin City Council for Premises
- Inner City Renewal Trust and Dublin City Council for grants received
- Roomkeepers Society for their donation to our clients
- Oasis Counseling centre, particularly Rose, for use of the training rooms
- The ladies who ran the mini-marathon, particularly Francis Gibson
- The family of Jule Lyons
- Darren Cosgrave for generous his donation
- Minister Joe Costello, Councillor Niall Ring, Paschal Donohue TD, and Councillor Christy Burke for giving their time to meet with the project.

- **Irene Crawley, Manager**



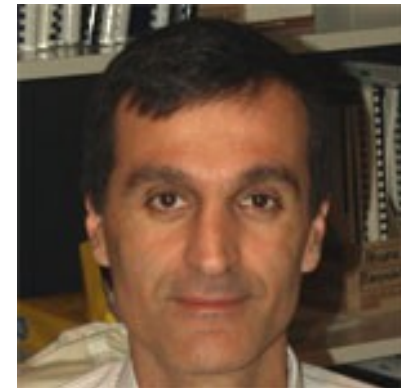
Carmel Cosgrave



Theresa Brady



Angela Hart



Dimitris Karagiorgis