

Lot: Kerry 19-2

Theme 2: Collaboration

Name of Case Study: A Collaborative Approach to Support the Emerging Needs Group, those Vulnerable to Addiction

A clear description of the need/issue/gap in service that was identified and by whom, that required a collaborative project.

The word "addiction" is derived from a Latin term for "enslaved by" or "bound to." Anyone who has struggled to overcome an addiction — or has tried to help someone else to do so will understand why. Addiction is often mistakenly presented as an exclusively urban issue. However, this is not the case and there are multiple explanations why people living in rural Duhallow are vulnerable to addiction and the myriad of issues that come with it. East Kerry has an older population, and older populations are more susceptible to chronic pain treated by prescribed pain medication which is often a common introduction to the slippery slope of drug abuse for individuals or family members who have access to the medication. Furthermore, rural communities including Rathmore, Gneeveguilla and Tureencahill are also hindered due to high levels of unemployment as a result of fewer local work opportunities. This can be particularly pronounced for younger people who lack social and educational opportunities also or perhaps family circumstances are the underlying reason they turn to alcohol or drugs to numb the problem. There is a strong interplay between economic and social disadvantage, including early school leaving, housing conditions, mental health and addiction. The co-occurrence of addiction and mental health is very common and particularly challenging to address. People may be dealing with the impact of trauma including, adverse childhood trauma (ACE), or a psychiatric disorder as well as experiencing problems as a result of alcohol and/or drug use. These individuals may also have physical and psychological health problems, disabilities, or problems with housing, employment and relationships or have a history of offending. Those vulnerable to addiction were identified by Kerry LCDC as the emerging needs category for SICAP 2018-2022. IRD Duhallow aims to increase resilience amongst this target group by improving interpersonal communication, social skills and social support through community mobilisation and by reaching out to families in need. The LCDC has recognised and acknowledged the long-term and incremental nature of this sensitive type of community work and IRD Duhallow intends to build on the work completed to date right through to the end of 2022. There is no 'one size fits all' service solution to these complex issues but IRD Duhallow strives to operate in a collaborative and flexible manner which is tailored to the social circumstances of vulnerable adults from diverse and disadvantaged backgrounds. The SICAP supports which are delivered by IRD Duhallow are dynamic and capable of responding to changes in an individual's needs over time. Social Inclusion is core to our mission and modus operandi, and IRD Duhallow has proven to be effective in reaching out to vulnerable population cohorts, empowering communities to take action and addressing the causes as well as the manifestations of social exclusion.

Data collection and Analysis

Owing to the sensitive nature of this case study multiple data collection methods were utilised to capture the key findings accurately. This included extracting and recording key pieces of information from project/programme/policy documents e.g National Drugs Rehabilitation Framework (2010) relating to the emerging needs category of those vulnerable to addiction. In-depth interviews were also conducted by Development Officers including a recipient of the community care initiative who agreed to give a testimonial during a one to one interview. Member of the Board and Working Group were also consulted to ensure that the collaborative element of this work was demonstrated accurately and effectively. All documentation was analysed including interview notes with SICAP beneficiaries of Community Education/Youth Focused Initiatives and evaluation forms. All participants who were interviewed were advised about the purpose of the case study and explained how the information was going to be used. **Assurances of confidentiality** and the voluntary nature of the process was provided. It was agreed that names would not be used and people would not be identified.

The role of SICAP and the LDC and the rationale for this i.e. if the LDC were the main delivery agent, why was this and not one of the mainstream service providers? What was the nature of the collaboration? Who was involved; how did you work together?

IRD Duhallow is taking a multi component approach to addressing the complex issues associated with addiction in rural and remote communities in East Kerry. Targeted supports through SICAP are being provided to improve the life chances and opportunities of those who are marginalised, living in poverty or in unemployment through community development approaches and interagency collaboration. Community level interventions that influence levels of addiction are not always drug or alcohol specific but are implemented as broader interventions. These interventions are made available through an integrated system of support that includes education and training, employment, housing, family support and other SICAP support services. Depending on the complexity of need a SICAP beneficiary may require support supports from a range of other statutory, voluntary and community service providers. The board of IRD Duhallow and its strategic working groups has multi-stakeholder involvement which generates co-operation and improves the outcomes. All working groups are chaired by a board member and there are representatives from staff as well as community and State Sectors. Each report to the board of IRD Duhallow on specific agreed targets and indicators. This structure allows IRD Duhallow to target specific expertise beneficial to the implementation of the strategic aims assigned to the particular working group. There is a recognition that no one agency can cater for the diverse needs of people who are vulnerable to addiction and an integrated care pathway is required. The knowledge, experience, expertise and input of the multiple stakeholders sitting on the board and working groups is valued and principles of mutual respect and trust are fundamental to engagement. The active participation and collective buy-in means that the structures are adaptive and effective on the ground. They play a valuable role in promoting positive social change, in partnership with the local communities and the communities of interest that they serve. IRD Duhallow continues to apply an integrated approach across all areas of work which has proven effective when trying to implement preventive and early intervention work for disadvantaged individuals including those vulnerable to addiction. With the assistance of SICAP funding training was delivered by Talbot Grove to Board, Working Group and Staff around issues pertaining to addiction in September 2019. Talbot Grove, Castleisland, Co. Kerry was established in 1993 with the aim of treating people with addictions and other related issues. This training workshop looked at actions that are appropriate when there are concerns about the welfare of an adult due to addiction; the types of emotional and behavioural liabilities as a result of addiction; health avoidance and alcohol misuse; self-neglect through addiction, and an exploration of the key services available to support people locally. This workshop equipped attendees with the necessary skills for supporting those vulnerable to addiction.



IRD Duhallow's Board and Sub Committee Structure

In general addiction services in Ireland are referred to in terms of tier one, tier two, tier three and tier four (National Drugs Rehabilitation Framework, 2010). The Four-Tier Model of Care implies that clients should be offered the least intensive intervention appropriate to their need when they present for treatment initially. Where lower tier levels of care have not been successful, more intensive interventions should be offered. An integrated model of rehabilitation supports requires a wide range of components. Depending on complexity of need a service user may require support in one, some or all of the following areas.

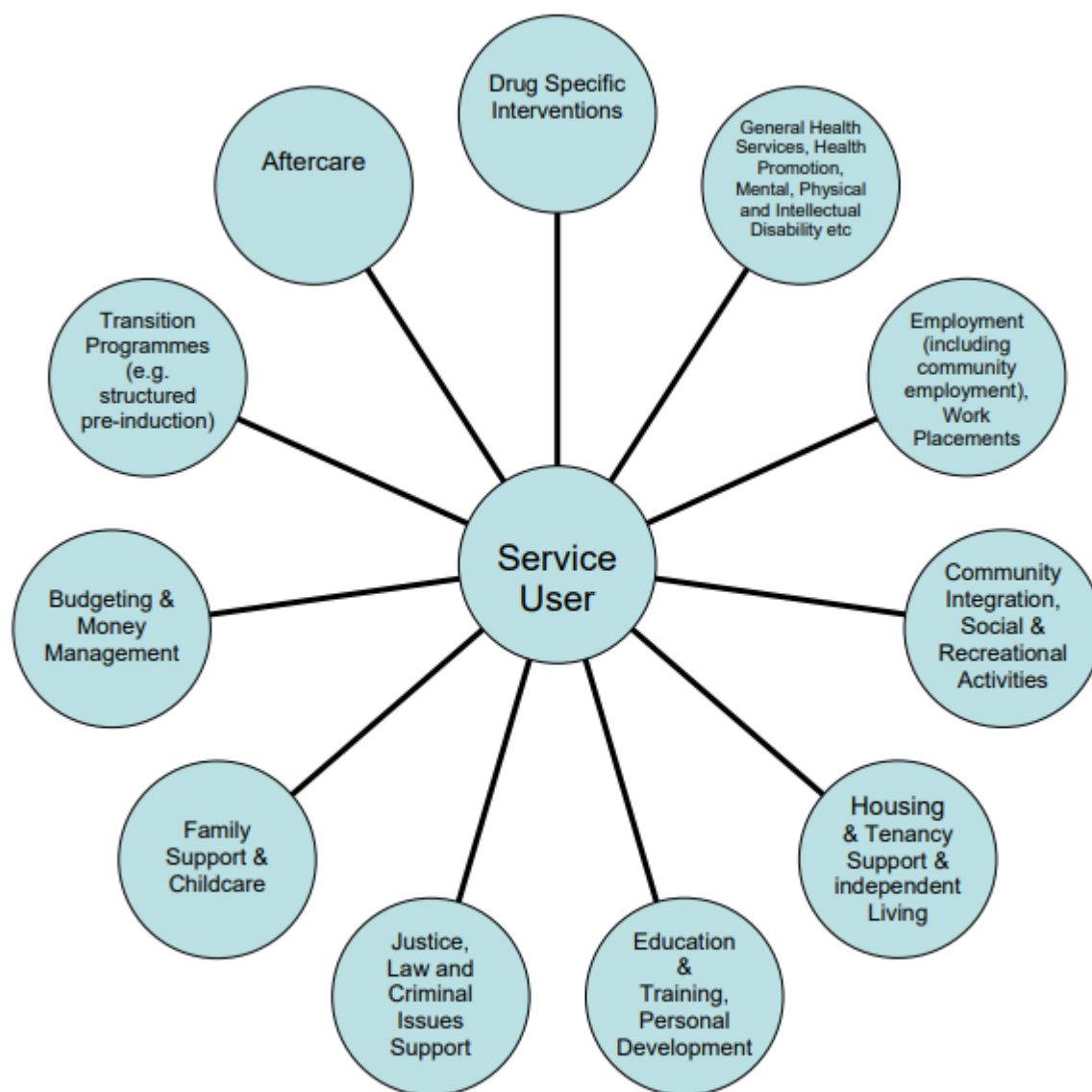


Figure 1: The range of supports required for an effective, integrated model of rehabilitation

These supports are provided by a range of statutory, voluntary and community service providers.

IRD Duhallow’s Community Care Committee

In early 2017, the local Gardai, Public Health Nurses and the Board of IRD Duhallow established an interagency Community Care Committee. The steering group comprises of local Gardai, Community Welfare Officers, DEASP Case Officers, Public Health Nurses, an Occupational Therapist, Local Authority Staff, St. Vincent de Paul, Rural Social Scheme/Tús Supervisors, the Warmer Homes Scheme Coordinator, Rural Meals Delivery Drivers and MABS. The group meet quarterly or as required (e.g. if there is an urgent rapid response required) to oversee the implementation of community care requests. IRD Duhallow’s Community Care Committee aim to support older and more vulnerable adults to maintain successful independent living, reduce

the level of admissions to hospital/residential care and increase the social reconnection of these people in their own communities.

Largely hidden behind closed doors, an event such as a fall or a short stint in hospital can bring the poor living conditions to the attention of a Public Health Nurse or a meals on wheels delivery driver. In addition, over the last 12 months 35 homes have been insulated in Kerry by Duhallow Warmer Homes. Through this work IRD Duhallow has identified a number of older people who are living in less than adequate/unsanitary conditions. A typical picture of somebody who is referred is one of very poor personal hygiene, inadequate living conditions (of extreme squalor in some cases), vermin infested, the accumulation of items which present a health and safety hazard, spoiled food and the presence of a number of pets i.e. cats or dogs living in the dwelling house with them. In some instances, there is no running water or no access to bathing facilities and other utilities are not in working order e.g. boilers, stoves etc. Many of these vulnerable older adults are living alone and disconnected with little or no contact from family members, have poor social networks and often refuse the help of neighbours and concerned members of the community due to their sense of pride. The self-neglect of these individuals is often misinterpreted in the community as purely a choice or simply as being too lazy. However, in the majority of instances, the underlying problems include dementia, depression, anxiety, alcohol/substance abuse, bereavement, poor financial circumstances, hoarding or a diminished capacity to perform essential self-care tasks.

Each community care case is unique and there is rarely a single solution. Given the complexity of issues, a multi-disciplinary approach across community, health, social care, housing and the voluntary sector is necessary. The Community Care Committee take a holistic approach to the person's needs that captures physical, psychosocial and environmental issues e.g. living conditions. By request of local Public Health Nurses, housing assessments are conducted by Rural Social Scheme Supervisors. Recommendations are sent to the HSE and Community Welfare Officers outlining the works and associated costs. General clean ups including painting and repairs are arranged for houses that fail to meet the basic standards of warmth and safety. Necessary adaptations/alterations to facilitate the vulnerable adults physical needs are also made e.g. bars in the bathroom, ramps, lighting etc. Some older homes are poorly designed and extensions that were added over time were not properly planned e.g. placing down stairs toilets in utility rooms. Stud partitions are often required.

Furniture and other household items are retrieved through IRD Duhallow's REVAMP project at a subsidised cost. Referrals to other relevant Community Services are made where appropriate to ensure that those most in need are made aware and encouraged to utilise the community services. e.g. Warmer Homes Scheme, Rural Meals Service, Community Laundry, Senior Alert Scheme, Duhallow's Befriending Network etc. Many older people rely on these support services to enable them to remain living independently in their home and continue to carry out activities of daily living. The Community Care Committee provide that all important gateway to these services and other locally based services also e.g. Rathmore SAG, St. Josephs Day Care, Teach Mhuire etc.

We received the following words from a Community Care beneficiary:

I would like to thank IRD Duhallow for the marvellous work they did in my home. Since my husband's death, my health declined rapidly, my daughter has special needs and my son is unwell also. I found it hard to maintain my house. When the people from IRD Duhallow came into my house it was in a very bad condition. They were very sensitive to our needs, they cleaned, repaired and replaced what they could. When the workers were finished our home was once again fit to live in. Since the work was done we have been able to maintain it and it has made our lives so much better.

What was the added value that SICAP brought to this collaboration that was not available from other stakeholders? For example, the relationships that the LDC has with communities or the ability to undertake outreach work to engage with a priority group of individuals.

Often a number of issues need to be addressed before individuals who are vulnerable to addictions can progress with their lives. Wellbeing/self-esteem/confidence building work is often a starting point through SICAP for progression towards employment or further education. Development Officers engage with participants on a one-to-one basis and agree personal action plans. SICAP supports include health & well-being supports, educational supports, labour market training and occupational specific skills, career advice and guidance support, employment supports and self-employment supports which assist in moving individuals closer to or into the labour market, which has a positive effect on the individuals, their families and the wider community. In 2018, 7% of the SICAP caseload fell into the Emerging Needs bracket for the Kerry Area. This figure is not fully representative of the number of people engaged with because in a number of instances people did not want to fill out the IRIS forms. The term emerging needs can be off putting for individuals engaging with SICAP as they may not always be aware of their own needs and in some instances individuals react negatively to this label. This is a sensitive area of work and therefore a delicate approach is required. Staff need to be aware of the complexity of needs for people suffering from addiction. The information and rapport is built up incrementally, with trust being established after a period of time. It is important that staff build trust with the client as this assists with the participation and progression of the people engaging with SICAP supports.

Community Education and Social Reintegration

Community Education and lifelong learning can provide structure and the opportunity to meet new people for those vulnerable to addiction and their family members who may need an outlet also. SICAP has a pivotal role in supporting and exploring learning options with participants. For vulnerable adults, access to community education is often a catalyst to labour market skills training and provides the first step on the ladder of qualifications. IRD Duhallow's SICAP programme offers employment and training/education guidance and self-employment advice and mentoring where appropriate to further long term goals. IRD Duhallow has developed a series of training opportunities which are delivered from a number of different bases in East Kerry including: Teach Mhuire, Rarhmore, Teach Iosagain, Teach Failte, Gneeveguille, Tureencahill. More recently, IRD Duhallow has collaborated with the Credit Union in Rathmore in efforts to increase participation. Seminars included: Dangers of Social Media, SUSI information and budgeting, Start Your Own Business and Succession Planning. The intention is to expand on accredited training opportunities. Unfortunately, there isn't adequate provision in the SICAP budget but in recent months IRD Duhallow was approved funding to deliver additional training through Skillnets. This will provide an optimal pathway for those vulnerable to addiction in their own community. IRD Duhallow is aware of the following presenting issues that educationally disadvantaged adult learners can face:

- Learner anxiety
- Low Self Esteem or confidence levels
- Previous Negative experience with attending education training programmes
- Financial Constraints – the cost of returning to education may be prohibitive
- Lack of Support Structures – completing assignments, provision of flexible training that allows the participants to organise childcare requirements
- Accessibility – transport is often a barrier for learners who might not be driving or who may have been involved in drink driving offences.

CPR AED (Automated External Defibrillator) TRAINING

Start Date: 18th April • **Time:** 6.30p.m. to 9.30p.m.
Duration: 1 night • **Venue:** Teach Fáilte, Gneeveguilla

Course Aim: Learn the basics of CPR and emergency first aid with this tailored course which is accredited by the Irish Heart Foundation.



TUREENCAHILL COMMUNITY CENTRE

DIGITAL PHOTOGRAPHY for Beginners

Dates: May 11th and May 18th • **Time:** 10am to 2pm
Duration: 4 hours per day • **Venue:** Tureencahill Community Centre • **Accreditation:** Certificate of Attendance

Programme Description: Learn the basics of digital photography. This course is designed to provide learners with the necessary skills and knowledge to use a digital camera. This course will cover basic camera settings, image composition (landscape, portraiture, still life) and image editing. Please note you must have a Digital SLR camera or a bridge camera to take part in this course.

YOUR GARDEN How to create a Wildlife Haven

Dates: 7th May, 14th May • **Time:** 10am to 3pm
Duration: Two Days • **Venue:** Tureencahill Community Centre

Course Aim: How can you increase wildlife in your garden and thereby increase its biodiversity? This two-day workshop will help you to create a biodiverse garden and ultimately add to its beauty as well as increase wildlife in your garden. There will also be ideas on how you can add to the genetic diversity of the plants in your garden. This workshop is suited to any home gardener or Tidy Town group that will cover all the basics of improving your plot for the animal life that live there and in and around our homes.



CPR AED (Automated External Defibrillator) TRAINING

Start Date: 25th April • **Time:** 6.30p.m. to 9.30p.m.
Duration: 1 night • **Venue:** Tureencahill Community Centre

Programme Description: Learn the basics of CPR and emergency first aid with this tailored course which is accredited by the Irish Heart Foundation.

ALZHEIMER'S TEA MORNING

Date: Friday 3rd May • **Time:** 11am to 1pm
Venue: Tureencahill Community Centre



Alzheimer's fundraising morning. IRD Duhallow in conjunction with Tureencahill Actively retired will host an Alzheimer's fundraising coffee morning. People are more than welcome to bring their own home baking to support this worthy cause.

IRD DUHALLOW RESILIENT YOUTH PROGRAMME (ReY)

IRD Duhallow's Resilient Youth Initiative aims to support young people aged 15-24 years who are not in education, employment or training through participation on a programme offering a range of pre-employment training supports, mentoring, group development and skills based training. Through this programme young people will be supported to:

- Complete the driver theory test
- Avail of three FREE driving lessons
- Build confidence and gain social skills
- Create or update their CV
- Set goals and plan for the future



ABILITY PROGRAMME:

Supporting Youth with Disabilities

IRD Duhallow's Ability Programme is designed to support young people with disabilities to improve their employability and social opportunities through a range of person-centred supports.

To qualify for this initiative you must be:

- 15 to 29 years old
- In receipt of disability allowance or similar for more than three months



IRD DUHALLOW JOB CENTRE

IRD Duhallow Job Centre offers a free and confidential service offering advice, support and guidance to job seekers. Registering with the job centre will provide you with access to supports such as cv preparation, career guidance and an opportunity to improve your interview skills.

EMPLOYMENT OPPORTUNITIES - TÚS or RSS SCHEMES

Would you or someone you know be interested in joining IRD Duhallow's Tús or RSS Schemes?

The Tús Community work placement initiative provides short-term working opportunities for unemployed people. Tús aims to break the cycle of unemployment and to prepare people for a return to the labour market.

Self-referral eligibility criteria for Tús:

- The person needs to be on a Jobseekers Allowance payment for at least 12 months
- You are now considered eligible if you had a break of up to but not exceeding 30 days in the Jobseekers Allowance record in the last 12 months

RSS a person needs to be:

- On Farm Assist **OR** In receipt of a means tested social welfare payment
- **And** be actively farming **OR** Have access to an active herd number (Partner's spouse, father/mother, brother/sister, provided this number is not being used by another RSS participant)
- A Class A stamp will be paid for the RSS Participant.

FOR DETAILS ON ANY OF THE ABOVE CONTACT: **029 60633**

IRD Duhallow

Delivering Community Training in Kerry

SPRING 2019



VENUES: Teach Íosagáin, Rathmore
Rathmore Credit Union
Teach Fáilte, Gneeveguilla
Tureencahill Community Centre



TO BOOK ANY OF THESE COURSES CONTACT:
IRD Duhallow, James O'Keefe Institute, Newmarket, Co. Cork
t: **029 60633** • duhallow@irdduhallow.com

www.irdduhallow.com



Participation in Community Education can support recovery for those vulnerable to addiction as well as improving their chances of achieving social integration and brings about individual and collective empowerment and transformation, especially for those in an early stage of recovery. Equally, some clients may be in the later stage of recovery, or are in the process of learning to manage their diagnosis, and are ready to pursue further education to access employment or further training. In other cases, if someone that has been out of an academic setting for a long period or if they left education early due to addiction issues, then returning to education can present literacy or other learning barriers. In this regard, academic supports may be required and this is not always feasible due to limited SICAP budget. Community education as a critical access point for many adults who left school early and/or who are experiencing social exclusion. Community Education enables individuals to develop new personal skills and knowledge as well as empowering them to identify actions needed to address a range of issues relating to their wellbeing. It also encourages them to participate in further actions delivered through SICAP. Pre-development work is required for some individuals who are unsure about what options are available to them. Individuals are assisted to complete a Personal Action plan and are supported in identifying what their learning needs are as well as addressing any underlying issues. The Personal Action Plan incorporates an individual assessment, assessment of personal skills short-term goals and steps in achieving them. Engagement in Community Education can also empower SICAP clients to access other locally available services such as counselling, MABS, Alcoholic Support groups etc. This holistic approach adopted by IRD Duhallow SICAP programme staff ensures that the individual client is supported in

every way possible. Community Education and Lifelong learning can be a driver of social inclusion, regardless of age and circumstances, SICAP clients should be given the opportunity to participate in an education that is accessible and affordable. Participation in Community Education initiatives improve social connectedness and involvement in community life for those vulnerable to addiction and their families. Both of which are key to empowering people to participate as well as increasing community & civic engagement, social inclusion and improving mental health & well-being.

Youth Focused Interventions

IRD Duhallow's Youth and Education working group which comprises of representatives from local youth clubs, an Garda Síochána, Primary and Secondary Schools, CDYS and KDYS identified specific actions and preventative interventions through SICAP to assist the emerging needs group in Kerry. Members of the working group expressed grave concern regarding internet addiction (IA) amongst adolescents. Internet addiction is a behavioural addiction in which a person becomes dependent on use of the Internet, mobile devices, such as smartphones or other online devices, as a maladaptive way of coping with life's stresses. This can include online video game addiction and gambling. The use of phones for the internet and social networking sites such as Facebook, Twitter, Instagram, and Snapchat has drastically changed the way that we communicate. Easy access to the internet through the medium of our mobile phones has brought about the potential for social media addiction. This is an addiction which interferes with aspects of the person's everyday lives and can be associated with a host of other issues. Individuals with social media addiction are driven by an uncontrollable urge to log on to and use their electronic devices to access platforms such as social media and gaming. Studies have shown that the symptoms of social media addiction can be manifested in mood, cognition, physical and emotional reactions, and interpersonal and psychological problems. Studies have proven that teenage girls are the most susceptible to social media addiction, with peer pressure, and the need to be seen online both major factors. Early intervention is crucial for prevention to this addiction. A SICAP supported seminar was organised in Teach Íosagain, Rathmore, provided parents with invaluable information on the dangers of Social Media. The seminar delivered by Dr. Maureen Griffin, a forensic psychologist, covered topics including: Social Networking Sites and Social Messaging Apps, Privacy Settings, Mobile Device Safety, Online Reputation & employment, Gaming and Cyber-bullying. This was an important educational intervention for parents as it made them realise the importance of being aware and involved in what their children do online in order to ensure their safety and prevent addiction.

Learning difficulties, literacy and numeracy difficulties, self-esteem and confidence issues, bullying, are all considered risk factors for Early School Leaving. Many young people who have left school early feel that they are viewed as 'wasters' or 'losers' by the community at large. The impact of early school leaving can be very disruptive to a young person's development and it can have a detrimental effect on their socio-economic standing in the future. There is a great risk that a person who leaves school early will be deficient of the skill-set needed to participate in society to their full potential and in some cases can put them at a greater risk of poverty and unemployment. Early intervention is crucial to support this. A Study by the National Advisory Committee on Drugs (NACD), concluded that 'higher levels of substance abuse were observed among early-school leavers than school attending students'. IRD Duhallow have previously supported a Homework Support Programme in Scoil Phobail Sliabh Luachra through Connecting Youth Provision in SICAP. The aim of this was to combat these impediments arising from social/economic disadvantage which often result in poor levels of participation and achievement. The programme targeted students who were at risk of becoming early school leavers. This is an example of an early intervention support offered through SICAP.

Family Support

Due to the complex nature of addiction, family support is a vital element of supporting those who are vulnerable to addiction on the path to recovery in their own communities. Families can also have a powerful influence on shaping the attitudes, values and behaviour of family members. Unfortunately, many families suffer in silence, some for many years, due to the often very low levels of social acceptability for those with an addiction problem and do not seek external support. Many people feel they cannot talk about the issue to others and are ashamed of the situation and it can lead to stress and strain on the family and it can have devastating effects on the whole family unit. In some instances, the addicted person becomes the centre of

attention and other family members lose out, impacting on their own quality of life. A report by the HSE entitled ‘Alcohols harm to others in Ireland’, revealed that “13.8% per cent of people have experience of family problems” as a result of alcohol addiction. Although not often publically visible, alcohol’s harm to others within the family can have very serious consequences for the safety and well-being of other family members, especially children. According to the World Health Organisation, ‘Adverse childhood experiences (ACEs) and alcohol misuse have been recognized globally as key public health issues’. ACEs refer to stressful events which an individual has experienced in childhood, including physical abuse as a result of parental alcoholism. The Community Care Committee identified a real need on the ground to support family members to cope with the issues they face on a daily basis and to assist them in caring not only for the person vulnerable to addiction but for themselves also. In response to this, we organised a supportive training intervention, delivered by Talbot Grove through SICAP on Septemeber 17th in Tureencahill Community Centre. Unfortunately, the information event was very poorly attended. The trainer from Talbot Grove informed IRD Duhallow that this is not unusual. As a follow up action, IRD Duhallow is currently exploring the potential of establishing a Family Support Group for those affected by addiction. Alanon is available for the families of those with alcohol addiction but there is no support group which focused on narcotics, gambling, food, gaming addiction etc.

Rehabilitation and Community re-engagement

IRD Duhallow is currently liasing with the Department of Employment and Social Affairs and a proposal has been sent with regard to the introduction of a dedicated CE Drugs Rehabilitation Scheme. This would provide a rehabilitation training and development opportunity for individuals recovering from substance misuse and referred to a place on CE. The CE rehabilitation schemes are delivered within the remit of the national response with a specific focus on opportunities for training and development for participants working towards recovery and re-integration into active community and working life. The path to recovery on CE will reflect the personal journey of each participant and will requires additional SICAP interventions and referrals to other support services. Participants in recovery and referred to CE will be encouraged to continue to link in with local addiction services in order to maximise their recovery and re-engagement with community and working life. This will include supports such as counselling, key-working, and related addiction work. This inter-agency approach is a key feature of the proposed care and case management framework introduced by the National Drugs Rehabilitation Committee and is based on a on a continuum of care for all participants in rehabilitation. On-going links with Task Forces is also a feature of an integrated service response. The Rehabilitation Report recommends that the : “...rehabilitation care plans should address the needs of the whole person, from measures to address drug use to personal and social development, education and so on ”. SICAP community education and labour market training will play a key role in supporting the progression of these individuals. Participants will engage in a range of rehabilitation learning activities which will ultimately prepare them for a return to better health, education and/or employment. Rehabilitative supports will be provided to participants through an inter-agency approach to support re-integration into family and community life.



The CE Drug Rehabilitation schemes will aim to promote an all-inclusive activation programme for those in recovery from addiction which incorporates the provision of job-search assistance and training options, not designed solely to address labour market issues of those in recovery, per se but, also informed by actions to improve the quality of life of the participants and their families where possible. A wraparound approach will underpin the schemes as participation on the CE Scheme will act as a gateway for participants and their families by improving their access to numerous SICAP actions and supports. Uptake and access to services/supports in real-life community settings will be encouraged where they can have experiences that build their confidence. This will promote a “Can Do” attitude amongst the participants and will encourage families to empower these people to take self-responsibility where appropriate. It is envisaged that engagement in community life will empower these CE participants to access SICAP and other locally available services such as counselling, MABS, Alcoholic Support groups etc. Social connections will be encouraged including social/recreational/sporting/ activities and opportunities as well as taster opportunities within their own communities through the various clubs and organisations e.g. Macra na Feirme, GAA. This holistic approach adopted by IRD Duhallow will ensure that the individual is supported in every way possible. Participation in community activities can improve social connectedness and involvement in community life for those in recovery and their families. Both of which are key to empowering participants to participate as well as increasing community & civic engagement, rural isolation and improving mental health & well-being of those in recovery. IRD Duhallow’s existing and expanding social care package of third sector offerings will be able to offer CE placement opportunities but will also promote access to vital community services.



Was there any learning for the LDC and other stakeholders that affected their internal practices in addressing needs of target groups and social inclusion issues? Did any of the mainstream agencies identify any learning for their work going forward and mainstream any elements of the collaborative project.

IRD Duhallow’s integrated approach to community development ensures that multiple stakeholders are working towards better outcomes for the emerging needs category and allows for the pooling of resources where available. All stakeholders share common core principles and have a commitment to person-centred

development and progression for those who are most vulnerable in the community. The collaborative approach has allowed IRD Duhallow to tap into unexplored synergies, examining addiction issues and the role of SICAP as well as other programmes and supports when acting at a local level. There are ample opportunities for the sharing of experiences, knowledge, and lessons learned between stakeholders. Furthermore, it has provided as a platform which encourages cross sector agencies to reflect on their own practices and explore and analyse a range of possible collective responses to addiction issues. The Public Health Nurses have cited their difficulties in supporting vulnerable adults to return to their home following a hospital stay. These people are unable to return to their homes unless adaptations and improvements are made to their homes. If individuals are discharged to unsafe, cold unsuitable homes, they are more likely to return to hospital. Enabling vulnerable adults to live to return home from hospital safely requires a cross agency effort. Working together has provided greater clarity with regard to what is possible and feasible collectively whilst also ensuring that individual organisations have included and integrated the issue into their own work plans and made linkages where possible. The training provided by Talbot Grove has provided a greater understanding around the issues at play and the skills to effectively plan and carry out targeted actions at a local level, thereby empowering people with the tools that they need to assist people in need at an appropriate level.



CEO of Talbot Grove, Staff/Board of IRD Duhallow and DEASP rep who attended the SICAP funded Addiction Training

What was the nature of SICAP’s contribution to this work? Was it staff time and resources or financial resources?

Staff time has been a major element of supporting this target group. Unfortunately, due to budget constraints, there is only .90 of a full time equivalent available for the SICAP Programme in Kerry. Staff have identified that beneficiaries presenting with a high complexity of need require more intensive supports and interventions. It has been our experience that each individual case which falls within the parameters of the Emerging Needs category, are at risk of poverty and facing social exclusion. If more resources and staff time were available, it would allow for more proactive and more intensive engagements.

Challenges to Delivery

Stigmatisation of addiction is still largely evident in rural Duhallow. Attitudes towards addictions can be largely negative and hostile. This can bring about feelings of shame and worthlessness for the person vulnerable to addiction which can lead to withdrawals from family life and the community. This can make it difficult for those vulnerable to addiction to participate equally in society and hinders recovery as it prevents the person from seeking help, resulting in further rural isolation. Because of this, it is important that we continue to develop collaboratively supported initiatives which target the emerging needs category on an outreach basis. There is also a need to continue to raise awareness of these issues locally to increase local knowledge and understanding of addiction; dependency and recovery to aid people's reintegration into the local community. This will be taken into account by IRD Duhallow when developing initiatives for the 2020 SICAP annual plan.