



# ***ANNUAL REPORT***

***2015/16***

*Established 1978*

*Registered charity on the Isle of Man number 275*

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### **SERVING OFFICERS:**

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Mr Christopher Mitchell (Chairman)

Mrs Jo Brackett (Hon. Secretary)

Mr Tony Davies (Hon Treasurer)

Ms Jane Gray (Hon. Advocate)

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Mr Quintin Gill

Mr John Shimmin MHK

Mr Christopher Sidley

Mrs Thelma Wilson

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Anne Cain (Team Administrator)

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Janine Vels (Addictions support worker)

Elaine Muldoon (Addictions support worker)

Joanne Yeardsley (Addictions support worker))

Nigel Macfarlane (Sessional support worker)

Mr Graham Clucas (Sessional support worker)

# Motiv8 Addiction Services

Established in 1978, Motiv8 was the first service on the IOM to assist those with alcohol problems. The service has evolved and has had several name changes over time whilst it has taken on responsibility for both drugs and gambling services.

The primary aim of Motiv8 is to minimise the harm associated with drug, alcohol and gambling problems, not just for service users and their families but for the whole community. We offer a service that is easy to access, quick to respond with no waiting list offering a wide range of therapeutic interventions which offer choice and flexibility.

Motiv8 prides itself on its commitment to confidentiality. We recognise that stigma and embarrassment deter many in a small community from coming forward for help with this issue. Motiv8 understands this. We have no waiting room, no signs outside the premises. Our building is central but discreet.

Motiv8 is apolitical and impartial in approach preferring to remain low key to gain the confidence of potential service users as an organisation of trust. Our Mission statement and philosophy read:

## **Mission Statement**

“The prevention of alcohol, drugs and gambling-related problems through education, research and community service, and the treatment and rehabilitation of anyone affected by alcohol, drugs and gambling-related problems and the alleviation of the effects of alcohol, drugs and gambling misuse amongst persons normally resident in the Isle of Man”.

## **Philosophy**

“Motiv8 Addiction Services aims to provide a non-judgemental, person-centred, holistic approach with all our service users to promote self-empowerment and to **reduce the harm** associated with alcohol, drugs or gambling use in a supportive, confidential, accessible and safe environment.

We aim to offer a range of therapeutic interventions in line with best practice. We can refer to other agencies at the service users request and work with them for the benefit of the service user.

We abide by the FDAP (Federation of Drug and Alcohol Professional) code of ethics.

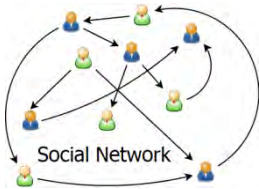
A service user charter with a promise of minimum service standards and practice is in place”.

(Passed by Special Resolution on the 5<sup>th</sup> December 2012)

## Key facts and figures



**73%** of our clients made a positive change by reducing or abstaining from alcohol



**49%** made improvements to their social well-being

**58%** made improvements to their physical health



**62%** made improvements to their mental health

**30%** returned to work or voluntary employment



**17%** of those involved with the CJS reduced or stopped their offending behaviour

**52%** made improvements to family relationships & networks



**67%** made significant life changes and real strides in recovery.

*Taken from Motiv8's 'Outcomes Spider Programme' 5-year analysis data 2010 to 2014)*



## Key facts cont./

- **227** alcohol referrals
  - **178** drug referrals
- **45** young persons' referrals
- **40** new gambling referrals
  - **71** DARS referrals
- **3661** drug & alcohol appointments attended
- **206** completed treatment/ partially resolved their behaviour
  - **5.6%** DNA (Did not attend their appointments)
    - **1705** - Helpline calls
    - Weekly clinic in the IOM Prison
    - Monthly AIRS groups for first time alcohol offenders
  - Drug, Alcohol and Gambling education tutorials for all first year College students
  - PHSE for all Sixth form students in Ballakermeen High School



## Service users - views

Motiv8 has many years of qualitative analysis from its service users on their views of services. These have demonstrated the majority view of appreciation and satisfaction on all of Motiv8's services. Here are just a few selected comments.



*"Thanks so much for the support which you gave in the crucial months when I returned to the Isle of Man from university. I was shattered and lost, very much in the wilderness ....., such was the degree in which my health had declined that the prospect of completing university did seem progressively unlikely... with the invaluable support from Motiv8 what would have been a life defining and very sad outcome did not come to be realised."*

*" I have made great changes in my life and feel a lot happier than I have been in the past. I have cleaned up my act and even though temptation is still there, I am fighting with a clear mind. I would fully recommend anyone to use this service, especially as it's free! I am very happy and hopefully it stays that way ☺ "*



*"I came to Motiv8 scared, wary, paranoid and lost. My counsellor has helped me in so many ways. I have struggled with addictions for ten to eleven years now and the help I've received in the last year is amazing. I was on 10mg of Valium and now I am on none. I am reducing my cannabis. Without my counsellors help, kindness and support I would have never managed."*

*"I am proud to now say that my daughter is no longer on the Child Protection Register, our family can now be together and I am being reinstated in my employment and most importantly, I have not felt the need to drink alcohol and have completely abstained for over nine months. To me, losing my family and putting my family through what I did was a huge wakeup call into my recovery."*



*"Motiv8 are a lifeline. We have been struggling with our son's drug and behavioural issues for many years now...and Motiv8 are the only place that both my husband and I have been able to come and just ask for help – no conditions, no time limit, no judgement"*



## Directors Report

Welcome to Motiv8's Annual Report for 2016 with yet another memorable action packed year for all involved with our long standing charity.

As you read through this report you will note that there have been some interesting and arguably testing times throughout the year, that I would be remiss in not reporting to Motiv8's subscribers. It is often a challenge to relay these events without causing further issues later down the line. However, Motiv8 has proved itself to be a resilient and buoyant charity which is optimistic in approach, often finding a quiet, solution-focussed route through these times. Indeed, the challenges we face and how we resolve them are not unlike the approach we take with our clients in supporting them on their journey to recovery.

To begin with, for the first time in its existence Motiv8 found itself entering into a competitive tender exercise to continue to provide its services. It is an inevitable consequence of the financial constraints facing government, that services in all areas of health care are increasingly going to be outsourced via a Procurement process. These last twelve months we prepared for this event, knowing that it was a necessary requirement if the charity was to be successful in maintaining its position.

Never having completed an exercise like this before was a challenge taking Motiv8's management team out of its comfort zone. However, a team effort between myself and the two Deputy Directors, saw us working round the clock to provide a worthy response to the service specification required. The specification provided by the Mental Health Division looked to develop many new areas of provision, which if successful would have seen further exciting developments for Motiv8.

However, just before we awaited the final decision from the Procurement office, we received word that the process was being brought to a halt.

I do not want to jeopardise future negotiations by stating the reasons behind this action, but this was extremely disappointing for Motiv8 and its team. The uncertainty now for well over a year as to their future jobs and to the continuation of the charity cannot go unmentioned. Clients too were aware of the process due to media interest and lots of reassurance has been offered to those who have queried the outcome.

I am hopeful that Motiv8 will get this opportunity again soon and that those tasked with contracting services will see the 'social value and value for money' a local charity can provide, with its unique understanding of local addiction issues that off island providers would take decades to comprehend.

Another disappointment for the charity came to light during the tender process as it was noted that the specification omitted a Gambling support service. Motiv8 has recently been advised that the Gambling Supervision Commission no longer collects a levy from Island operators. The service was previously managed through a

'Memorandum of Understanding' between the Mental Health Division and the Gambling Supervision Commission. The future of our gambling service and indeed a gambling support service for Isle of Man will now rely on donations to continue to survive, without a dedicated funding stream or contract.

Motiv8 will endeavour to secure funds and the idea of creating a 'Gambling Social Responsibility Fund' aimed at Island operators is one possible solution currently being floated. However, fund raising in our very competitive local charitable field is time consuming and takes away from providing frontline services. Donations are also not a reliable way to run and plan a service. GamCare IOM has been an undoubted success story. We have provided counselling and support for problem gamblers and their family members; research with the Islands first gambling prevalence survey; education for young people and training for the Islands gaming operators. This period of uncertainty reduces security for those employed in GamCare Isle of Man. Motiv8 as ever though will continue to provide the services for as long as funds in reserve allow.

Amidst this period of uncertainty, the service has seen unprecedented levels of referrals, with records being broken across all branches of service. An increasing level of complexity in cases presenting has been noted. This has led to the service funding extra staff from its reserves, in order to continue to meet this demand and offer appointments up until 8.00pm at night, 3 nights a week. This extra provision has helped maintain Motiv8's open access and 'two days' policy to first appointment. The increasing levels of complex cases refer to clients with Mental Health issues, including Personality Disorders and other enduring mental health conditions. The increase in these referrals is possibly due to delays in receiving psychological and psychiatric care. This client group often present in crises, with self-harming and risk-taking behaviours and can require intensive input from our team members. Motiv8 is not commissioned to provide mental health services, yet it is increasingly evident that those that fall short of Tier 3 substance misuse services on the cusp between tiers 2 and 3 are falling into a gap in provision. Fortunately, at this time for the service Motiv8 is able to to utilise the expertise of Consultant Clinical Psychologist Professor Robin Davidson, with a monthly clinic for clients who are high risk across all branches of service. Robin also offers supervision and guidance for our Team in dealing with this level of complexity. As well as training across a broad range of addiction topics. Professor Davidson's contribution to Motiv8 cannot be underestimated which is why Motiv8 must find a solution to the Gambling funds without delay.

Moving on to more positive developments, this year has seen the creation of our new provision for families and children the 'Family Alcohol Service'. Long term subscribers and members will remember the long road it took to develop a dedicated provision for young people. Deputy Director Lyndsey Smart has taken this work further, with a new project in working with younger children, (under 12's) living with parental problem drinking. Her level of skill using play therapy techniques in helping children express their emotions is of enormous value.

Often these cases are known to Social Services and subject to Child Protection Plans. They may also be children identified by us through parents accessing the service. Complementing this work is family support worker Janine Vels, who is working alongside the parents to increase their understanding of the impact alcohol misuse has on their children. This programme founded by Motiv8 and other cases by the rest of team has led to us working with a total of 16 families. This is extremely rewarding and finally reaches our target of working with the most vulnerable and in need children and families. Also laying testimony to the value that statutory services have in the skill of Motiv8's team.



Motiv8's doesn't pluck the ideas for its services on a whim, our extensive portfolio of research provides us with the supportive evidence of the need for these services. For example: The NatCen team who conducted interviews with over 50 addicts on the IOM noted that, "People whose upbringings were chaotic or abusive, or whose parents drank heavily, tended to develop addiction problems at an earlier age than others" *Pathways to Addiction, National Centre for Social Research, London. (2014)* Furthermore, the final GENACIS analysis reported that "Many Manx respondents who were parents perceived even quite heavy drinking at home as safe" *Plant, M et al: GENACIS Final Report (2014)*

Clearly, this work is necessary if we are to break the cycle of intergenerational family alcohol problems.

SMART recovery continues to be a success with over 100 service users having accessed SMART since it began in September 2014. Weekly attendance is above the national average for attendance at SMART meetings. I can't thank the facilitators enough, (themselves in recovery) who run these groups and offer encouragement and support to all of these members assisting many on the road to recovery.

*"Please carry on with your group therapy also as most of us have felt isolated for years and it's so easy to remain isolated. This is where improvement is really needed in dealing with people who lose their confidence and self-esteem. Keep on your vocation as there are lots of unhappy individuals needing practical help."*

The service yet again was successful in securing funds via the Manx Lottery Trust to conduct further research, adding to its wealth of published research. This time a scoping study on the Island's ageing population's misuse of substances. Deputy Kay Mylchreest will be commencing the field work for this research shortly. Funds were also made available for a raising awareness conference. A small article on this project is included within.

*And finally,*

I would like to conclude with an enormous thank you to the team at Motiv8, in spite of the challenges faced and uncertainty at times they still all go beyond the call of duty with the clients in providing a responsive, high quality service, over and beyond the call of duty for those who reach out to our services in their times of need.

*Thea Ozenturk (Director)*

## Criminal Justice Diversionary Schemes -

"The Alcohol Advisory Services' work...through the JARS...and the AIRS...should be viewed as effective ways of targeting this group and are to be commended" *Plant, M et al; GENACIS Final Report (2014) (31)*

Motiv8 has for many years operated a range of interventions in conjunction with the IOM Constabulary. Diverting first time and low level offenders away from the Criminal Justice System arguably should be developed further. A conviction at any age can be detrimental and affect the person's life opportunities. As NatCen reported in our ground breaking research with over 50 addicts these schemes are vital as, "A drug conviction could be disastrous for a young person's career." *Pathways to Addiction, NatCen (2014)*. It is important to note that these schemes operate out of Motiv8's Charitable funds and rely on the close partnership working between the police officers and Motiv8's team. However, there is much evidence to suggest that these schemes can be an opportunity to engage with those blighted by an addiction and open a path to services. Offering treatment as opposed to sentencing is arguably missing from the current drug and alcohol strategy on the Island. A review of some of these services can be found below.

AIRS - Alcohol intervention referral scheme, diverts first time offenders away from the Criminal justice system into a participatory group education evening with a Motiv8 worker and an officer from the Police Alcohol Unit. Participants are predominately young males. This programme has been evaluated from the start and below is a comment taken from a young male participant who succinctly illustrates the value of this programme.

### Question

***What have been the benefits to you of coming to an AIRS session, rather than your offence being dealt with by the Courts?***

*"Everything. My reputation, career, self-esteem. It has definitely made me think."*

*"I feel like I have been given a good opportunity to avoid any further action and the embarrassment of having to report to the police station is humbling"*

DARS – The Drug Arrest Referral Scheme is This diversionary scheme works well to re-route drug users out of the Criminal Justice System with a 'one- time' opportunity to change their behaviour and avoid further prosecution. The scheme operates on a one to one where participants following an arrest for first time possession of an illicit substance have 72 hours to make contact with Motiv8 to arrange a session or face a caution. This scheme sees large numbers of young people accessing the service. Again this scheme is participatory and it is the skill of the worker conducting the session to assess the level of use and to raise discrepancy in the behaviour against life goals etc. and increase their motivation to change their behaviour. The participants are predominately male, in their late teens and early twenties and are using Cannabis.

**QUESTION. What have been the benefits to you of coming to an A.I.R.S session rather than your offence being dealt with via the courts?**

Education rather than a fine or punishment, gives me something to reflect upon to cut back and take more preventative measures

I will not get a criminal record. I have been given the chance to watch how much I drink now rather than sending me straight to court.

Got to meet some nice people and learned a few things I didn't know

I would have lost my job, which would have been quite extreme

I think it's good to be given another chance for a drunken mistake

The session was more educational so you really learn a lesson, than dealing with all the procedures in the court. In the court it is more stressful

Honest mistake, reflect on the mistake rather than be punished.

I have more knowledge on alcohol and I find this very helpful

This is a 1 x chance of changing and never doing it again and I'd never do this again, it's been good to do the AIRS.

I feel as if I have been given a chance to steady my consumption constructively

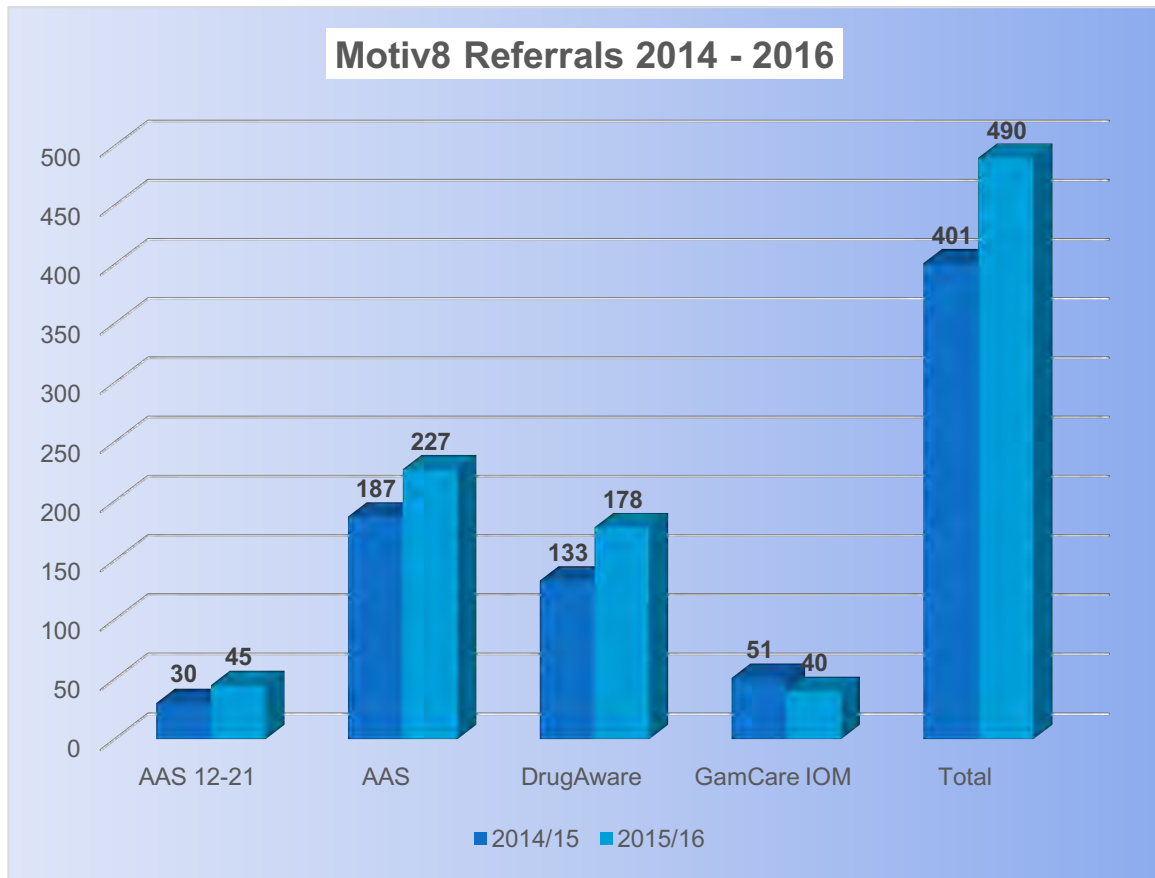
If the matter had been dealt with via courts, it would ruin my travelling plans

Knowledge and educational rather than going through the courts

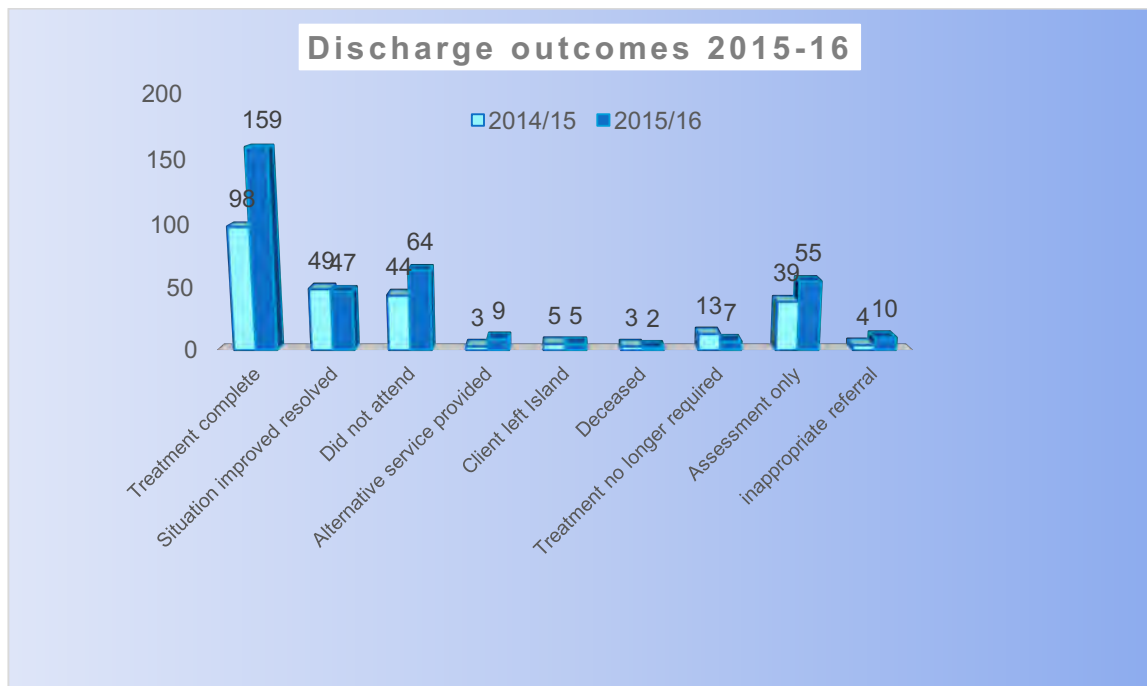
Coming to an A.I.R.S session has made me aware of the effects of drinking

## Annual Statistics

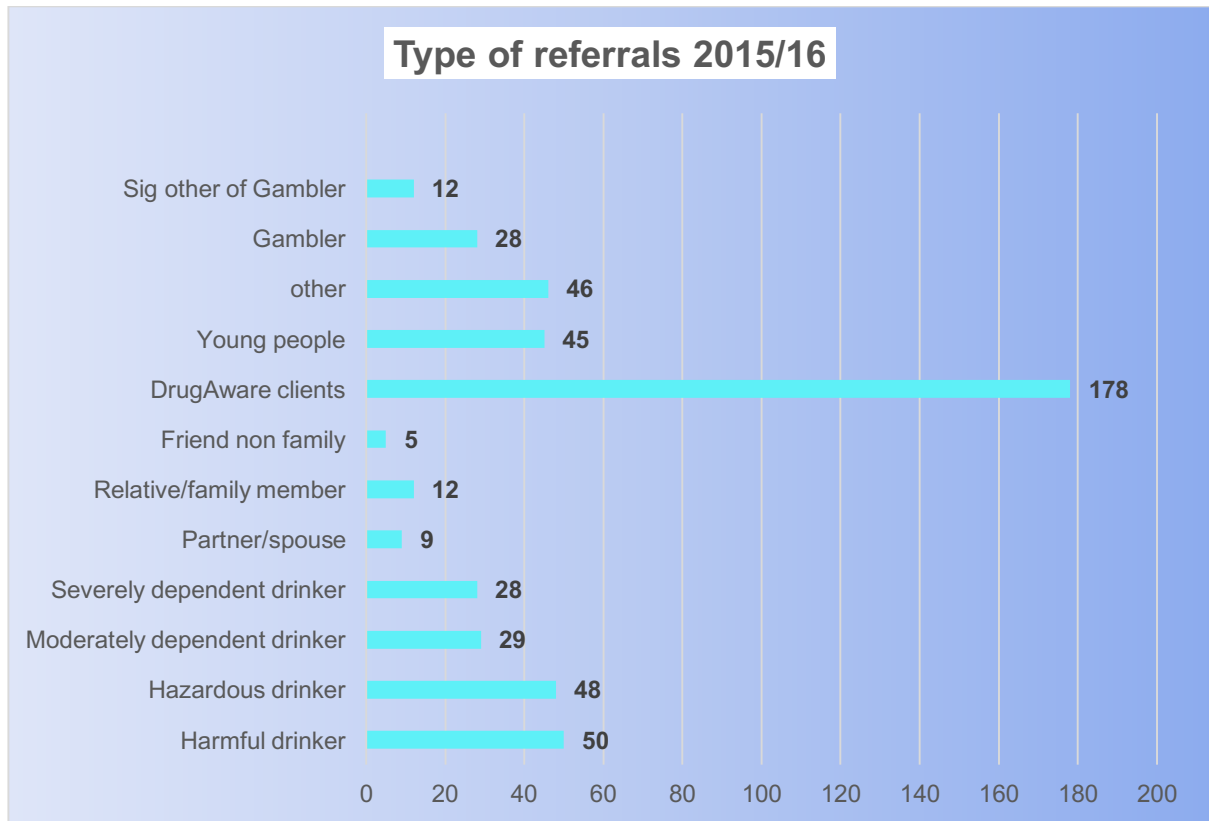
### Target 1. Increasing the number of people accessing our services



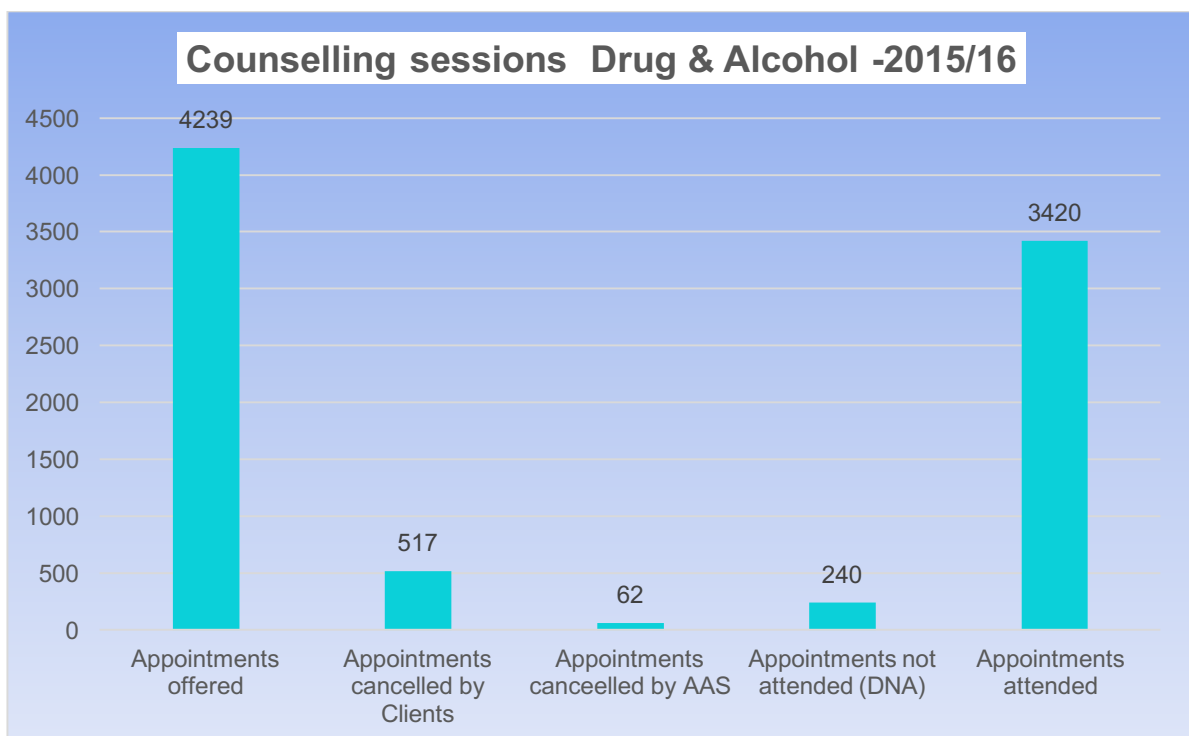
### Target 2. Increase the number of those successfully completing treatment



Target 3, Increase the numbers of sessions for those contacting the service

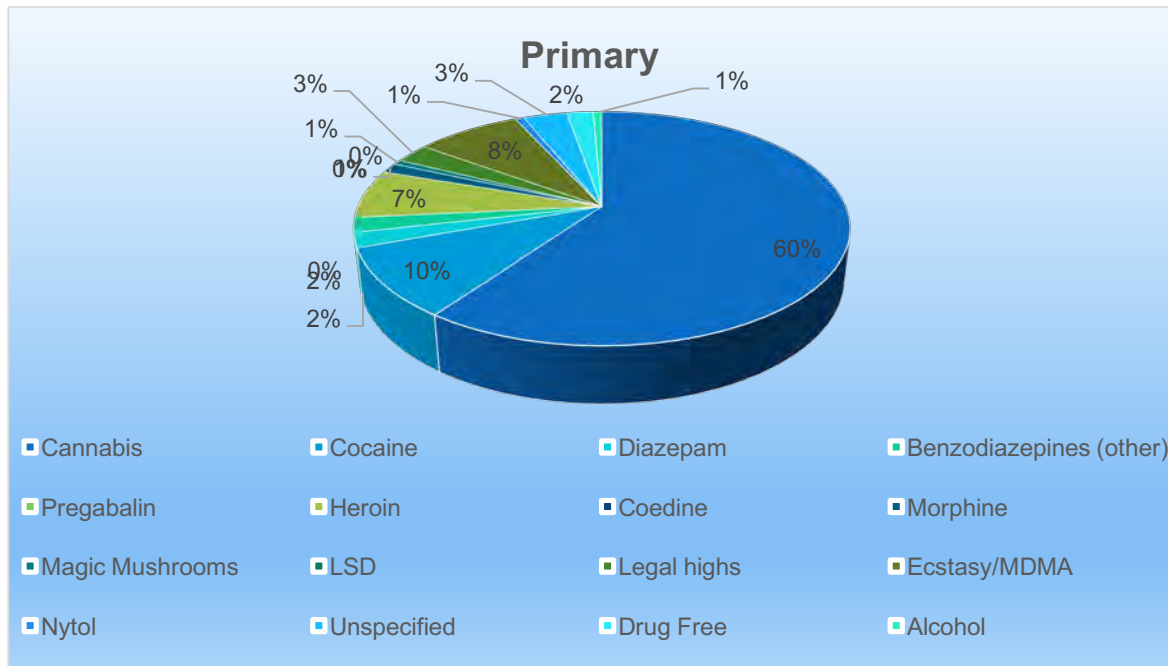


Target 4. Keep the DNA (did not attend) rate to less than 10% - This years DNA rate was 5.6%

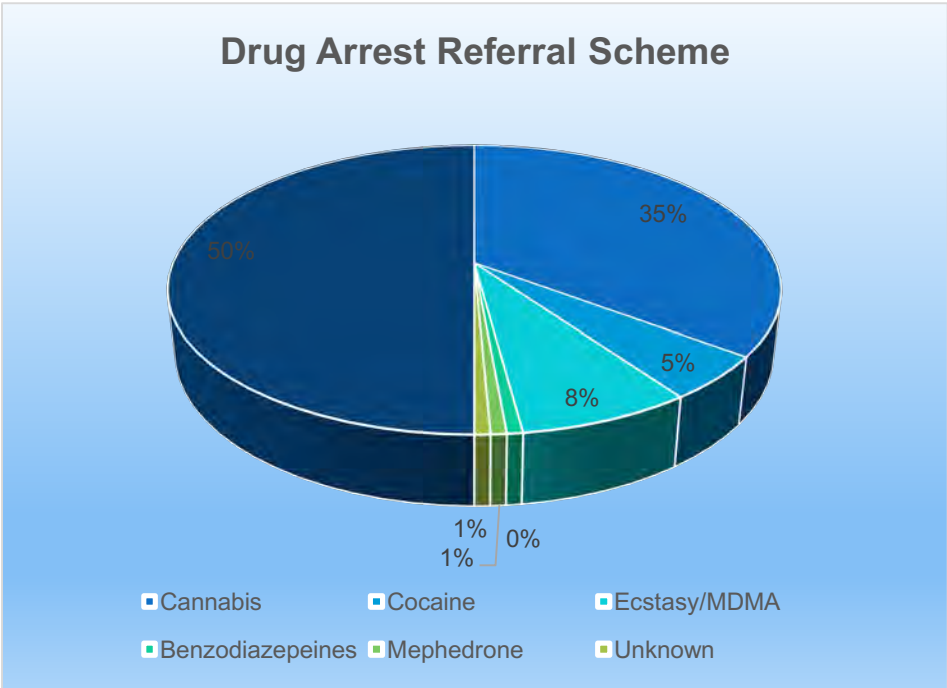
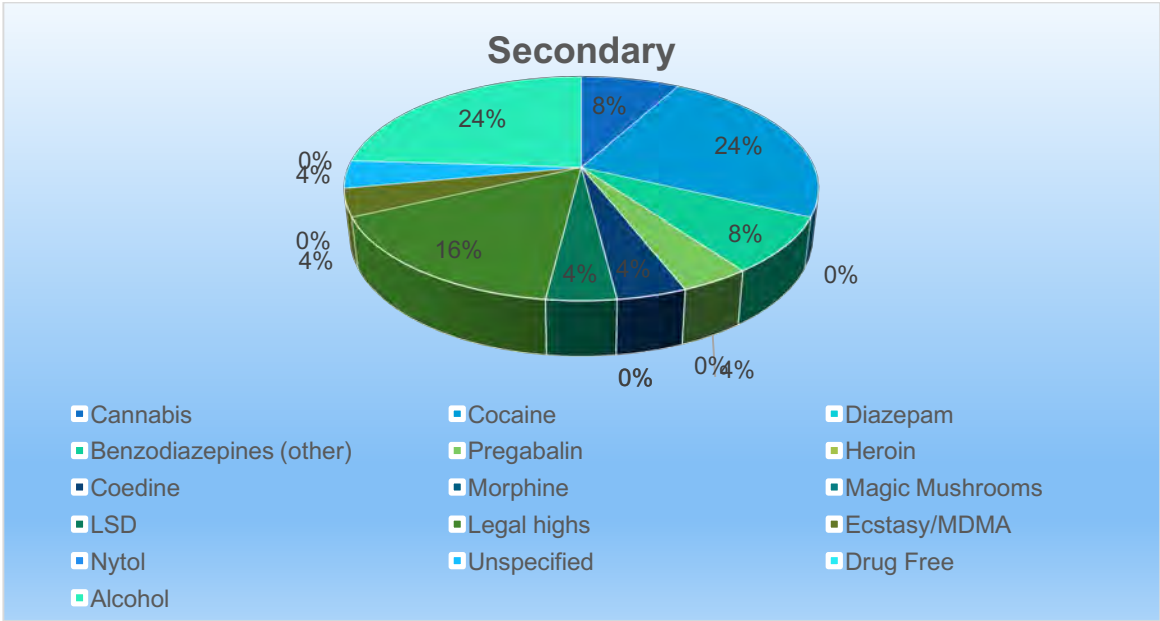




## DrugAware –2015/16

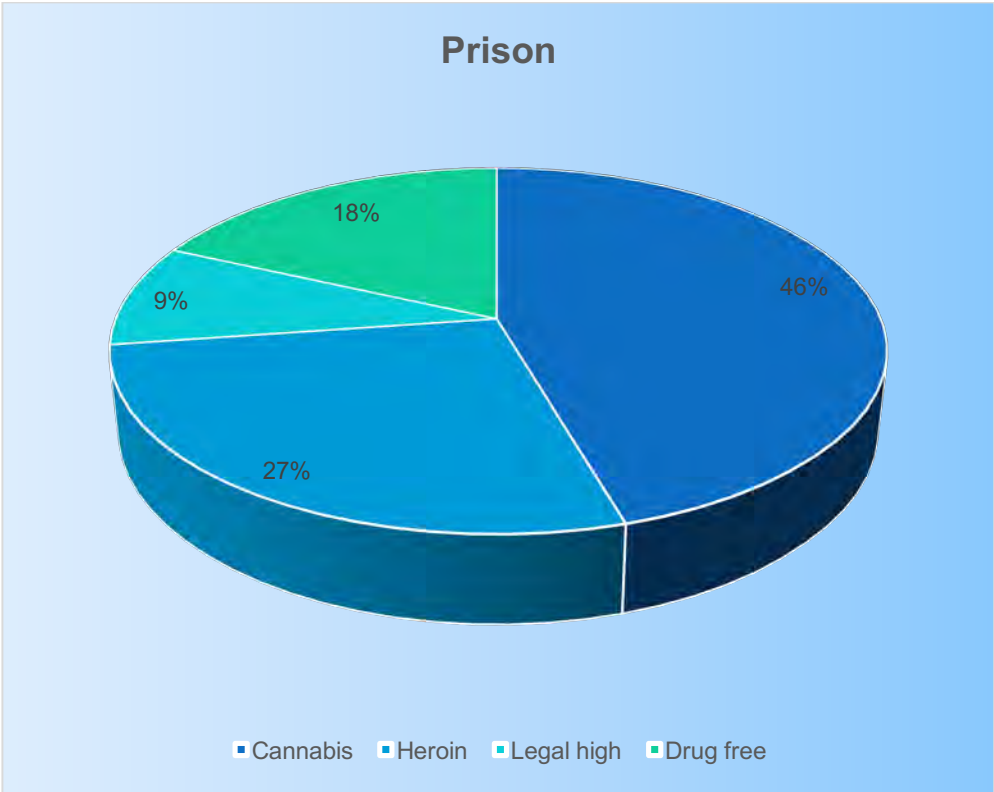


Drug	Primary	Secondary
<b>Cannabis</b>	88	2
<b>Cocaine</b>	14	6
<b>Diazepam</b>	3	0
<b>Benzodiazepines (other)</b>	3	2
<b>Pregabalin</b>	0	1
<b>Heroin</b>	10	0
<b>Coedine</b>	0	1
<b>Morphine</b>	2	0
<b>Magic Mushrooms</b>	1	0
<b>LSD</b>	0	1
<b>Legal highs/NPS</b>	4	4
<b>Ecstasy/MDMA</b>	12	1
<b>Nytol</b>	1	0
<b>Unspecified</b>	5	1
<b>Drug Free</b>	3	0
<b>Alcohol</b>	1	6
<b>Total</b>	<b>147</b>	<b>25</b>
<b>Significant others = 26</b>		



**Drug Arrest Referral Scheme**

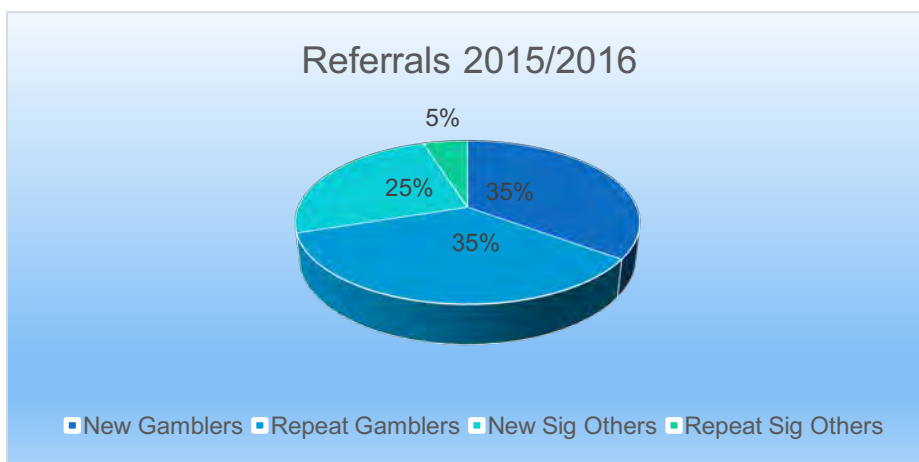
Cannabis	50
Cocaine	7
Ecstasy/MDMA	11
Benzodiazepines	1
Mephedrone	1
Unknown	1
<b>Total</b>	<b>71</b>



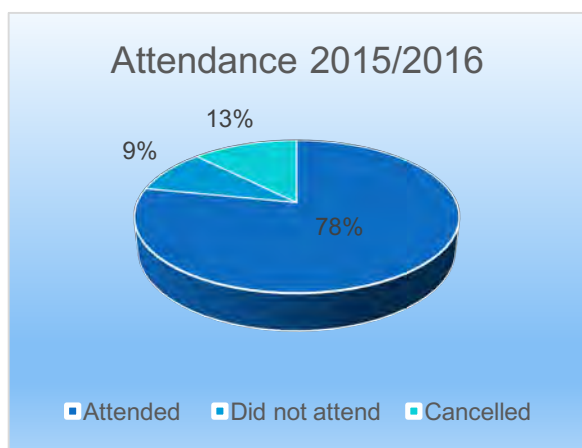
**Prison Referrals**

<b>Drug</b>	
<b>Cannabis</b>	<b>5</b>
<b>Heroin</b>	<b>3</b>
<b>Legal high/NPS</b>	<b>1</b>
<b>Drug free</b>	<b>2</b>
<b>Total</b>	<b>11</b>

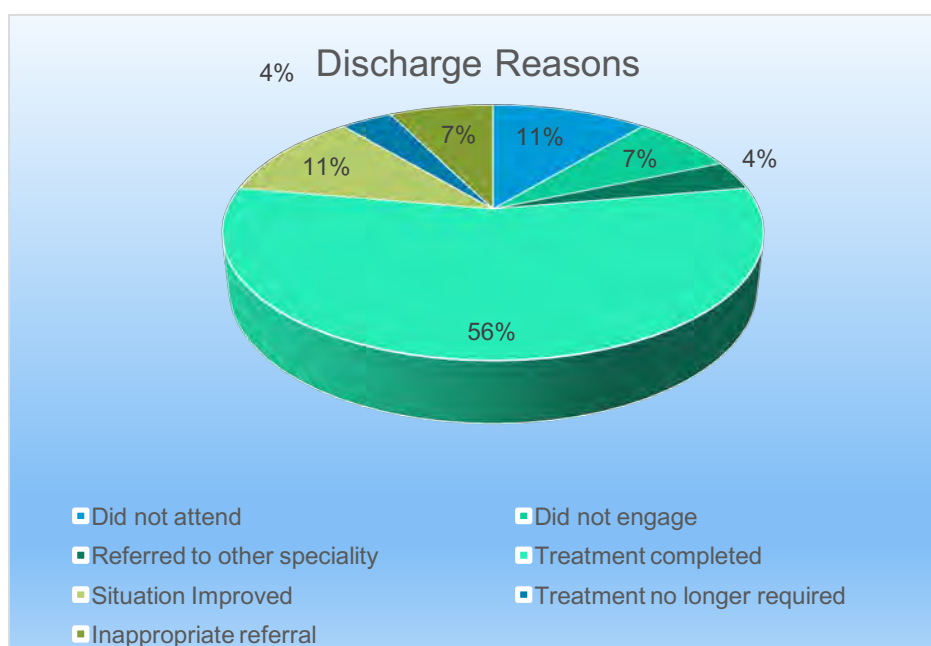
## GamCare Isle of Man – Data 2015-16



Referrals		
New Gamblers	14	
Repeat Gamblers	14	28
New Sig Others	10	
Repeat Sig Others	2	12
Total	40	



Attendance	
Attended	225
Did not attend	27
Cancelled	36
Total offered	288



## Outcomes – how successful are our interventions?

Motiv8 has collated outcomes on its interventions since 2003. A change in service provision to providing services for drug users, in addition to alcohol and gambling problems, necessitated a change of programme to measure these additional activities. The 'Alcohol Concerns - Outcomes Spider,' served us well during this period demonstrating over many years that real successes were achievable with alcohol service users.

The results detailed are based on all problem drinkers who have been assessed, attending a minimum of 4 counselling and support sessions.

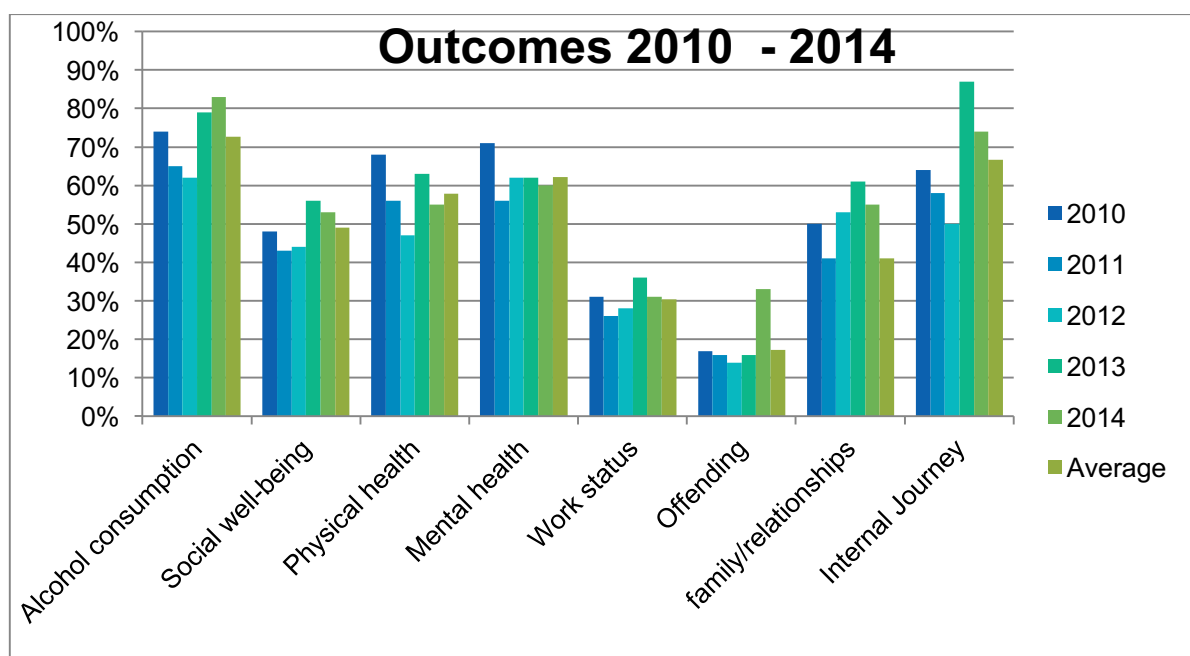
If service users show improvement in any areas by moving up the scale, they have achieved a positive outcome.



### How do we know our interventions make a difference?

Looking at the five-year analysis, it is clear that many service users have made positive improvements. This programme not only demonstrates the value for money this service brings to the local addiction field, but the positive changes problem drinkers who accessed this service made holistically to their lives in the last 5 years.

## Five-year analysis



	2010	2011	2012	2013	2014	Average
<b>Alcohol consumption</b>	<b>74%</b>	<b>65%</b>	<b>62%</b>	<b>79%</b>	<b>83%</b>	<b>72.60%</b>
<b>Social well-being</b>	<b>48%</b>	<b>43%</b>	<b>44%</b>	<b>56%</b>	<b>53%</b>	<b>49.00%</b>
<b>Physical health</b>	<b>68%</b>	<b>56%</b>	<b>47%</b>	<b>63%</b>	<b>55%</b>	<b>57.80%</b>
<b>Mental health</b>	<b>71%</b>	<b>56%</b>	<b>62%</b>	<b>62%</b>	<b>60%</b>	<b>62.20%</b>
<b>Work status</b>	<b>31%</b>	<b>26%</b>	<b>28%</b>	<b>36%</b>	<b>31%</b>	<b>30.40%</b>
<b>Offending*</b>	<b>17%</b>	<b>16%</b>	<b>14%</b>	<b>16%</b>	<b>33%</b>	<b>17.20%</b>
<b>Family/relationships</b>	<b>50%</b>	<b>41%</b>	<b>53%</b>	<b>61%</b>	<b>55%</b>	<b>52.00%</b>
<b>Internal Journey</b>	<b>64%</b>	<b>58%</b>	<b>50%</b>	<b>87%</b>	<b>74%</b>	<b>66.60%</b>

*\*Please note. Offending behaviour relates to a minority of service users, as to be expected in TIER 2*

## Domain – 2016 results

'Domain,' part of Orion Systems is a complex data management programme used by many drug and alcohol services in the UK. Motiv8 moved to this new system in 2014/15 as our old system became obsolete and no longer fit for purpose with the increasing types of client groups now coming under Motiv8's remit.

The Domain outcomes programme and Orion systems provides us with a series of psycho –social assessments that allows us to measure outcomes effectively and is able to furnish us with a full set of reports from activity data to treatment outcomes profiles.

The fields measured include:

- Alcohol/ drug use dependency
- Injecting behaviour
- Risk behaviour
- Physical health
- Accommodation/family/children
- Criminal/legal
- Employment
- Benefits

Initial results from this programme are looking at alcohol and drug consumption/abstinence, physical health and mental health. Other areas will be assessed in future analysis. From the first

raft of results it is clear that many service users have made positive improvements. An explanation of the fields followed by the positive outcome results of all service users currently in treatment at Motiv8 is as follows:

***80 % of service users reduced consumption of alcohol or drugs, or achieved a goal of abstinence from alcohol or report being drug free***



***61% made improvements to their mental and emotional health***

***47.5% of service users made improvements to their physical health***

ALCOHOL ADVISORY SERVICE AAS 12-21  
GAMCARE ISLE OF MAN DRUGAWARE

# Motiv8

Addiction Services

**Family  
Alcohol  
Service**

## Pilot Family Alcohol Service Interim Review





## OVERVIEW

The Family Alcohol Service was first discussed in January 2016 after agreement to engage with a family requesting support. It was agreed to commence a pilot service to ascertain need and develop a Family Intervention and Support Programme that would address the impact of alcohol misuse on families, involving collaborative work not only between parents and children but also, where appropriate, with Social Services. It was agreed that referrals would initially be sourced from parents already engaging with Motiv8 that agreed to support for their children also, however by March 2016 we already received a referral from Social Services referral a 10-year-old boy to the programme. Following the initial referral of two children in January, a further 12 children have accessed the service between March 2016 and August 2016. Support with these families is ongoing.

This service has, to date, not involved any public or professional awareness and referrals have been steadily received via word of mouth. The statistic review in this report highlights the referral rate and we are therefore aware that this is likely to continue to increase.

Collaboratively working with Social Services has afforded Motiv8 the opportunity to highlight the importance of addressing alcohol misuse within a family and provide evidence both to families and Social Services that this intervention promotes positive change. We are currently carrying out an evaluation with parents that have received support to gain feedback to further enhance service provision.



With funding, Motiv8 can develop this much needed service further and present findings to professionals at other services that are likely to come into contact with families where a parent is misusing alcohol. This includes, but is not limited to, the Drug and Alcohol Team, Probation, the Isle of Man Prison and Mental Health. By providing this support we can address the need to break the cycle of inter-generational alcohol misuse.

## WHAT HAVE WE LEARNED FROM THIS PILOT?

Due to the nature of addiction this programme is used as a framework, not a step by step guide. These topics are covered with all clients, however with both adults and children, the counsellor ensures that they are able to direct the session in response to any crisis' that may have occurred, significant events or particular topics or emotions that they need to address in sessions. Initially, the programme was designed for each family to engage for 12 sessions, however it has become apparent that a more realistic guideline is 24 sessions. Nevertheless, each family is offered support on an individual basis and therefore, some families who may for instance be involved with Social Services or have other significant factors, may require longer term support.

Motiv8 would therefore like to be able to offer this service to families for a significant period of time that is appropriate and therefore not time restricted. It is imperative when working with children that they are given the time to engage at their own pace and build rapport with their counsellor. This can of course take more time for some children before they feel ready to explore their feelings with regard to the impact of alcohol misuse on their lives. The impact also varies. Some children will have parents who they have been removed from, a parent who

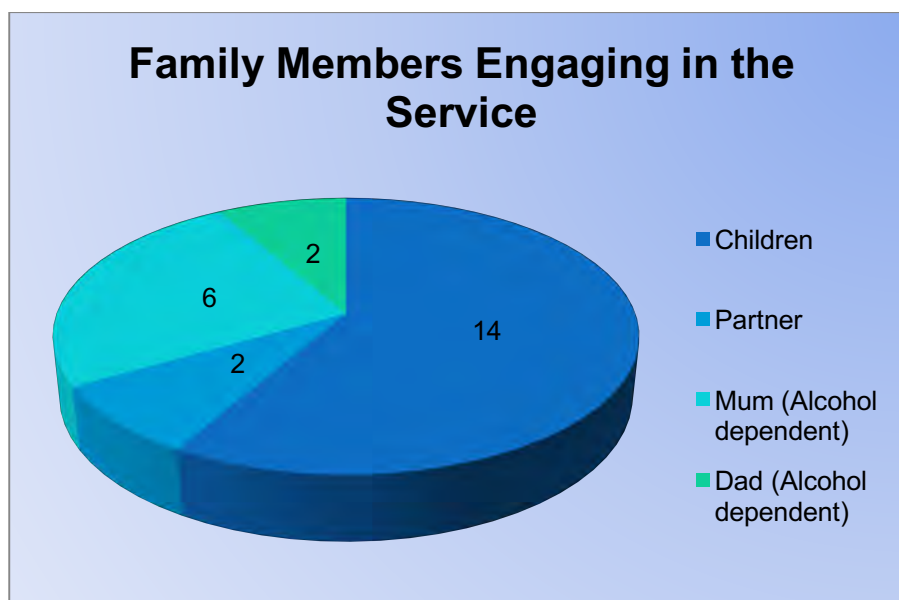
may be in prison, a family bereavement - this impact is significant and requires a sensitive approach. All impact however is significant to the child and all children and adults are individual – therefore Motiv8’s person centred, holistic approach provides a positive, supportive platform for engagement and potential change.



## STATISTICAL AND QUALITATIVE REVIEW

The service is developing quickly. To date (end August 2016) the service has started working with 8 families (one family has been discharged – 2 young people and one parent with alcohol dependency) as well a number of Motiv8 clients receiving impact work on an individual basis.

Within these 8 families receiving the programme there are:

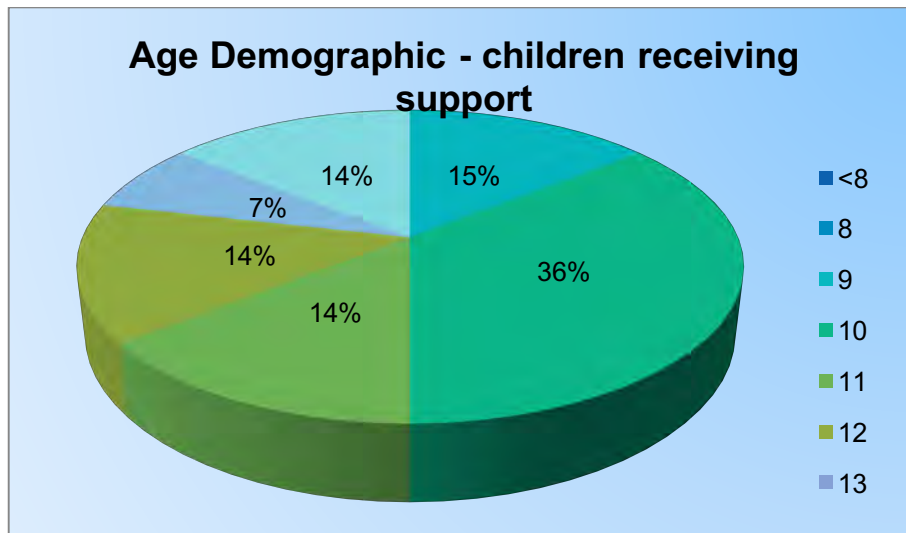


**10 adult Motiv8 clients have also received education on the impact of alcohol on their children but the children have not yet accessed the service.**

There are times when we also work with either children or adults when the whole family is not accessing the service. It is imperative that both adults and children want to access the

programme voluntarily therefore in cases where there is only one party requesting support that this support is still offered and the programme adapted to suit individual needs.

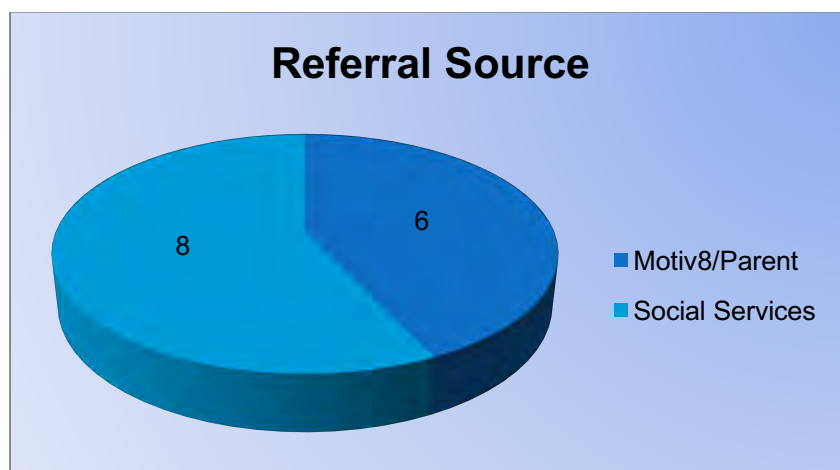
The ages of the children that have accessed the service are represented as follows:



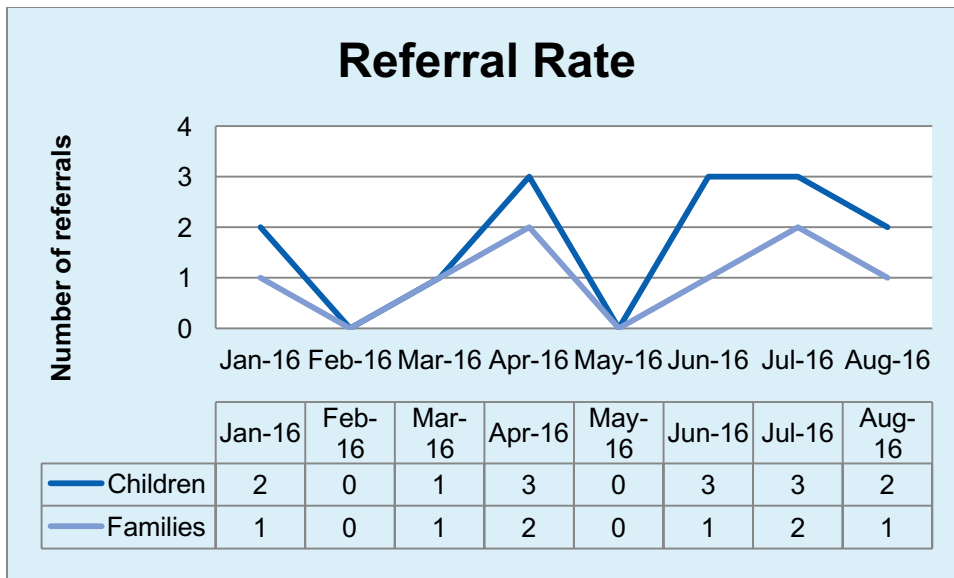
As we have stated, referrals at present are via either Motiv8/Parents or Social Services.

It is imperative to note that this service has expanded without any direct outreach, advertising or public service awareness. As the service becomes further utilised and well known we anticipate a further increase in referrals, particularly from Social Services, and we are able to actively promote the positive outcomes from engagement with the programme. We would like to actively encourage referrals and therefore can only do so with further funding to support this expansion.

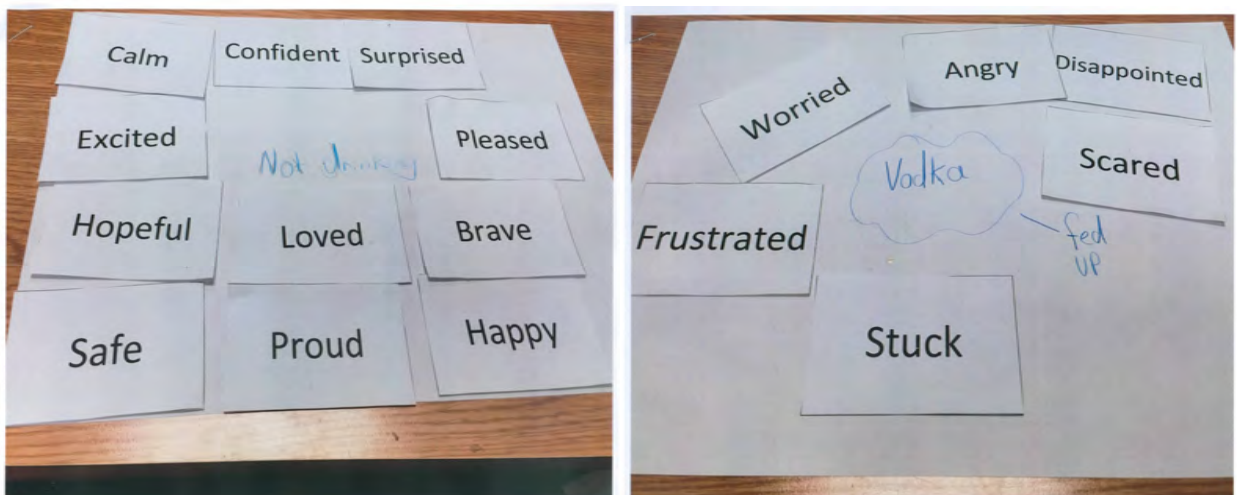
The referral demographic at present is:



The rate that these referrals have been received is as follows:



Both adults and children are engaging well. Parents are recognising all levels of impact regarding alcohol use and children are participating with play therapy based sessions. Below is an example of some of the play therapy based intervention that has been completed by children during sessions to highlight the impact of parental alcohol misuse:



Helping children to improve their recognition of and ability to cope with emotions is a vital. These emotions cards help children ascertain how they have felt about their parents when they are drinking and when they are not, which in turn also helps them to recognise alcohol misuse and adopt a risk plan if required. Emotion management is difficult during childhood and the impact of alcohol often makes it an even greater task which can have longer term effects. The ability to appropriately address these emotions in a safe environment is essential.

It is therefore also important for children to find a way cope with difficult emotions and situations and as such, we encourage the completion of this 'making myself feel better' sheet that they are able to take with them and keep in a safe place, which in itself can offer comfort.

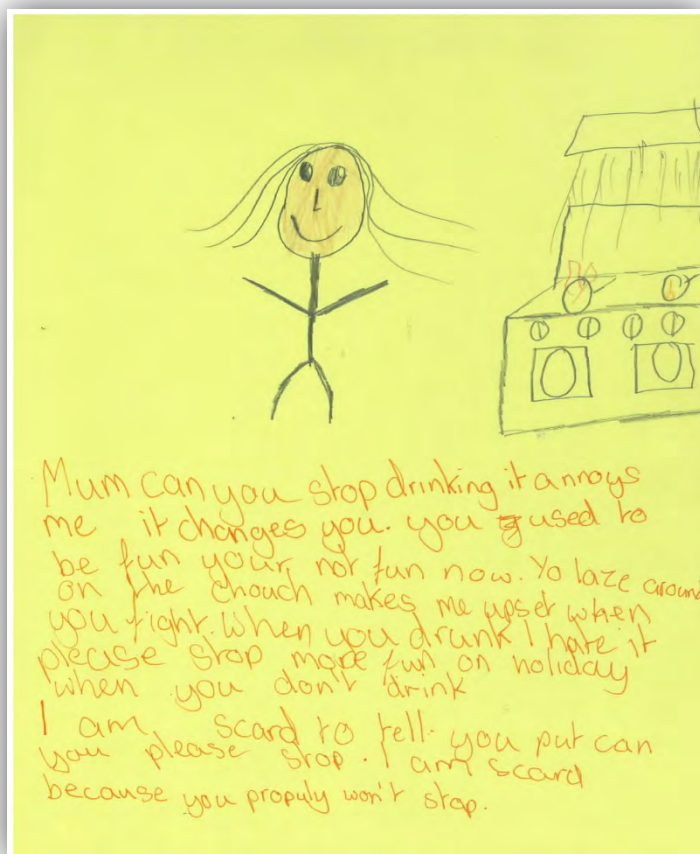
Creativity and drawing are extremely useful and allow the young person to be expressive, communicate with their worker and recognise the impact and effect that alcohol has on their parent and how it effects their behaviour, and therefore often how they feel about them, as these drawings show:



Whilst getting to know each young person they are invited to draw a representation of their life. This example shows that often, young people will draw chaotically, with a mixture of emotions, likes, dislikes etc. This pictorial representation can often highlight the chaos in their lives and provides a useful insight into how they view their inner world and the variety of emotions that they experience, but may not yet be able to understand.



How a child draws their family also often provides information with regard to family dynamics. This is also shown when working with young people with figurines, puppets and using role play to gain understanding of the relationships within the life.



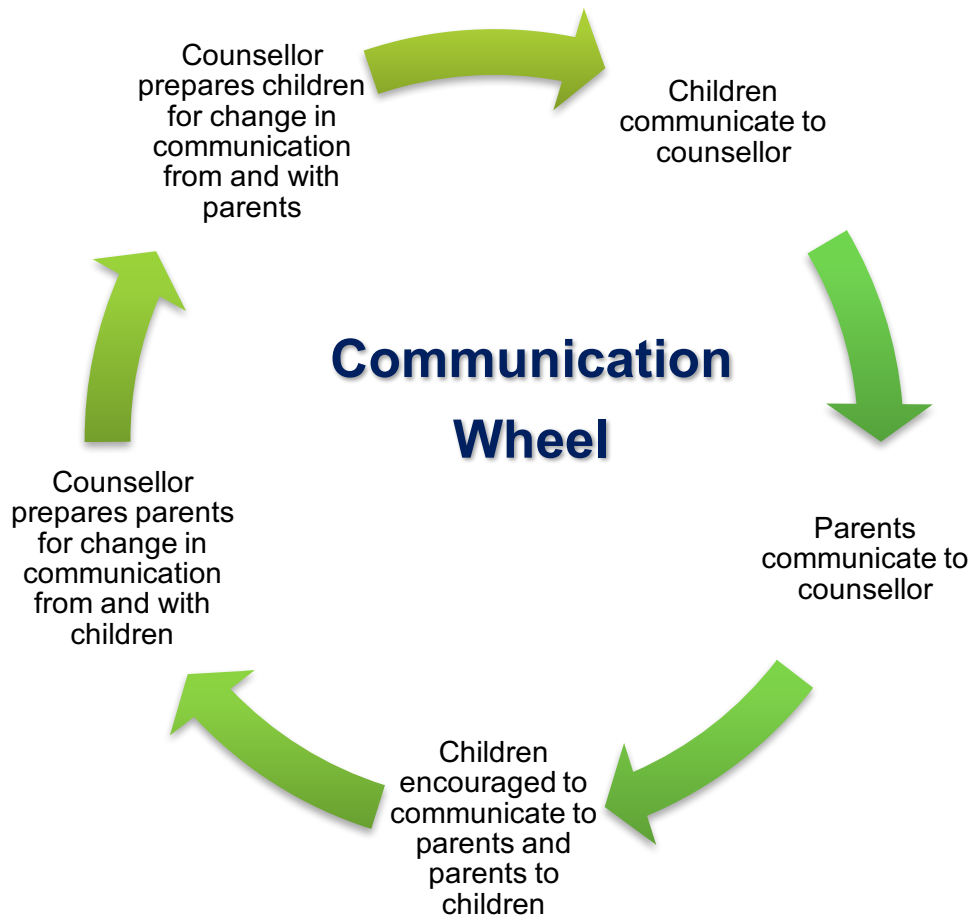
This example of a child's letter to his parent is a form of allowing the child to communicate their thoughts and feelings without fear of consequence or repercussion. It allows their views to be heard and listened to by their worker, who can then talk through these emotions and provide appropriate support.

Throughout the programme, there is the opportunity for young children to directly communicate with their parents when they are ready. This is assessed by the Youth Worker and also the Family Worker working with the parents to ensure that parents are prepared for this impact work also.

These small number of examples provide insight into the work completed by young children and this, alongside the impact work of the programme completed by the parents, can result in

improved communication, relationships, changes in behaviour and in some cases, reduction or cessation of alcohol use.

An emerging key component of the programme is communication. Not only are parents educated on the impact of their alcohol use and therefore their awareness raised of the potential harm it can cause, but communication between family members is explored and appropriate steps taken to improve behaviours. By communicating thoughts, feelings and concerns, adults and young people are shown that changes are achievable and therefore confidence can improve so as to encourage this again. For instance, initially communication occurs between counsellor and child, with the child's permission their counsellor can either discuss this directly with their parent or with their parent's counsellor, if the child wants to be involved in this they can and ultimately, this process will aim to lead to direct communication between child and adult both during the programme and beyond. This is explained via our communication wheel:



## SUMMARY

This dedicated Family Alcohol Service is successfully incorporating a whole care, family approach that is successfully promoting change in the awareness, understanding and impact of alcohol misuse on a family by highlighting the impact on children and parenting. Through engagement with Motiv8, families are able to facilitate positive changes in behaviour and communication and addressing a parents alcohol misuse where possible. Parents and children are able to recognise changes within themselves and their family and we will continue to strive towards these potential community and individual changes, where applicable, as the service develops:



Parents addressing alcohol misuse



Improved communication and support networks



Improved routines and behaviours



Improvement in physical and mental well being and appropriate social activities



Parents return to employment and child's school attendance improves



Reduction in feelings of isolation and loneliness



Reduction in alcohol related crime if applicable



Engagement with Children & Families, Social Services if applicable

A family seeking support together allows all members to have a voice, make changes they are capable of making and provides a platform for improving emotional and practical coping mechanisms for all involved. This pilot has undoubtedly been successful and Motiv8 would therefore like to source funding to establish this service as a permanent programme offered to the Island's community.



## Understanding Alcohol and Substance Misuse in Older People on the IOM

### 'A Scoping Study and Awareness Raising Event'

*by Kay Mylchreest*



In 2015, Motiv8 applied, and were successful in gaining, a grant from the IOM Lottery Trust in line with their thematic funding aware scheme. The aim of the bid was to enable 2 projects to go ahead – an awareness raising event and a scoping study to explore the current and future needs of older substance users and problem drinkers on the Island.

We know from the 2014 Joint Needs Assessment that over the next 20 years the number of older persons on the IOM is projected to increase by 75%, which indicates a 'seismic shift' in the population profile.

Little is known locally about the extent of alcohol and substance misuse in the older population. The only good data are from the GENACIS survey 2005 which showed patterns of higher alcohol consumption among older women (65+) living on the IOM compared with the UK. There is also evidence from ourselves and the Drug and Alcohol Team that there are increasing numbers of older people who have issues with substance misuse, in particular codeine based prescription drugs and Z-drugs.

The Royal College of Psychiatrists estimates that about a third of older people with drinking problems (mainly women) develop them for the first time in later life. Bereavement, ill-health, difficulty getting around and social isolation are all key factors.

Public Health England has also recently highlighted that an ageing population is now becoming one of the key features of drug treatment in England.

There are several reasons why older people may feel reluctant to seek help from drug and alcohol treatment services. Wadd et al (2011) identified a range of professional attitudes that can hinder access to help:

- Lack of awareness that alcohol/drug misuse is a potentially important problem for older people

- Reluctance to ask embarrassing questions of older people
- Attitude that older people are too old to change their behaviour
- Lack of confidence in skills to take action
- Belief that it is wrong to 'deprive' older people of their last pleasures in life
- Inability to identify signs and symptoms of alcohol/drug problems in older people

Motiv8 held a conference on 16<sup>th</sup> June 2016 – 'The Forgotten People – Older People and Substance Misuse'. This conference included presentations by 2 of the most eminent researchers in this field in the UK, Dr Sarah Wadd and Dr Sarah Galvani, both of whom have carried out research on behalf of S.M.A.R.T (Substance Misuse and Aging Research Team). Their presentations looked at 'Patterns and trends in older people's substance misuse' and 'Views from the inside: the reality of older people alcohol service delivery.' Professor Robin Davidson (Consultant Clinical Psychologist) also talked about 'The psychological and physical impact of substance misuse on the elderly.' The conference was by invitation only and was open to anyone working with this population group or who had an interest in this area. The interest was overwhelming and while over 100 people attended we had to turn others away!

The scoping study is an exploratory piece of research that will assess attitudes, opinions and experiences of key stakeholders. For the purposes of the study, older drug and alcohol users are defined as over 65 years – this mirrors the UK work. Stakeholders are multidisciplinary professionals working in drug and alcohol and older peoples' services. Six key areas of enquiry were identified from the national surveys;

- The extent of the issue
- The types of problems/substances that are causing harm
- The physical, psychological, social, harm that older people are typically experiencing
- Barriers which may currently preclude older people from accessing services
- How services can be best tailored to provide optimum care
- Training and resources they would like to receive to enable them to better work with this group

Alongside a questionnaire will be 1 to 1 meetings with key stakeholders and 2 focus groups. Hopefully this stage of the project will commence in September 2016. After the data has been collected a report of the findings (hopefully with recommendations) for stakeholders will be reported back at a presentation. There is also a possibility of forming a task group to look at the recommendations and formulate a working strategy.



