



ANNUAL REPORT

2016/17

Established 1978

Registered charity on the Isle of Man number 275

Registered Office
Rosemary House
Mount Havelock
Douglas, Isle of Man IM1 2QG
Tel 627656
email motiv8@iom.com
Web: www.motiv8.im



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SERVING OFFICERS:

His Hon. Jack W. Corrin CBE (President)

Mr Christopher Mitchell (Chairman)

Mrs Jo Brackett (Hon. Secretary)

Mr Tony Davies (Hon Treasurer)

Ms Jane Gray (Hon. Advocate)

DIRECTORS:

Mr. Alex Allinson MHK

Mr Darren Bradford

Mrs Rosemary Barlow

Mr David Cole

Rev. Malcolm Convery

Mr Quintin Gill (*Resigned September 2016*)

Mr John Shimmin (*Resigned September 2016*)

Mr Christopher Sidley

STAFF:

Thea Ozenturk (Director)

Professor Robin Davidson (Consultant Clinical Psychologist)

Kay Mylchreest (Deputy Director, Addictions Professional)

Lyndsey Smart (Deputy Director, Addictions Professional)

Andy Murdoch (Addictions Professional)

Josie Waldrum (Addictions Professional)

Anne Cain (Team Administrator)

Louise McColgan (Addictions support worker)

Janine Vels (Addictions support worker)

Elaine Muldoon (Addictions support worker)

Joanne Yeardsley (Addictions support worker))

Nigel Macfarlane (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.

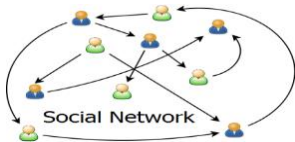
We abide by the FDAP (Federation of Drug and Alcohol Professional) code of ethics.

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

(Passed by Special Resolution on the 5th December 2012)

87% OF CLIENTS HAD POSITIVE OUTCOMES

**Abstained or reduced
substance use**



Increasing social networks

Mental health improvement



Reduced offending

Routine and employment



**Improved relationships with family
and others**

**Improvements to personal well-
being**





Key facts cont./

- **248 (227)** alcohol referrals
- **224 (178)** drug referrals
- **66 (45)** young persons' referrals
- **35 FAS** family alcohol service referrals
 - **47 (40)** new gambling referrals
 - **119 (71)** DARS referrals
- **4199 (3661)** drug & alcohol appointments attended
- **314 (206)** completed treatment/ partially resolved their behaviour
 - **5.8% (5.6%)** DNA (Did not attend their appointments)
 - **2171 (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
- (* 2016 figures)



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.



"Motiv8 never judged me, they understood my requirement for privacy. They understood my needs. They listened to me. They have never suggested there is a quick fix. They have never doubted me and they have always been there for me. My main problem has been alcohol and even when writing this feedback, I know that this is not something I would have really understood and definitely not acknowledged before I received help from Motiv8."

"Motiv8 has been very supportive and helpful. I wouldn't be where I am now without the support. All the staff have been non-judgemental and understanding."



"What has been helpful? The counselling from Janine, appointments when needed at short notice. Advice; given referrals to DAT and also, written exercises. Honesty and also confidentiality of things I've said when I've had nobody to turn to its helped me a lot get through bad times. Phone calls to check I'm okay have also been greatly appreciated and made me feel not alone."

"Being able to talk about things other ways to cope without having a drink."



"Non-judgemental, the feeling of being able to be completely honest and afterwards being able to feel good at 'getting it of your chest'. Motiv8 are very flexible and you are able to get an appointment at very short notice."

Directors Report

Welcome to Motiv8's Annual Report for 2017 with yet another memorable action packed year.

This year has seen the service go through an extremely busy period in terms of clients engaging in the service and the unprecedented success of the new Family Alcohol Service (FAS).

After last year contracts process stalled, the service was advised the new contract will be advertised shortly for a short period. This is due in part to the late publication of the new Drugs and Alcohol Joint Strategic Needs Assessment. (JSNA) After this document is made public, we have been advised that a longer contract agreement will be sought from potential providers. Motiv8 is hopeful that it is successful in having its contract renewed for a further period and that we will be in a position to bid for the extended contract beyond that. However, nothing can be taken for granted and the IOM has seen several well established charities lose out to other UK and local organisations. The value that services like Motiv8 bring to the local health and social care services, going beyond the scope of what is commissioned is not often appreciated until it is lost.

We are hopeful that Commissioners will see the 'social value and value for money' a local charity and non-profit making organisation can provide, with its unique understanding of local addiction issues.

In spite of these challenges Motiv8 has had yet another record breaking year with the highest levels of client activity since our opening 39 years ago. In total an amazing 620 new and repeat referrals came to the service, with an increase of 230 on the previous year. A total of 5164 counselling appointments were offered with a DNA* rate of just under 5.8%. (* People who do not attend after referral) The calls to our helpline are also up at 2171. Furthermore, Motiv8 has noted an increasing complexity in the clients that present to the service. Co-occurring mental health conditions and misusing several drugs of choice with multiple addictive behaviours is becoming more commonplace. The targets that we set each year which aim to increase referrals, increase success at engaging our clients in treatment and successful discharge and have all been met.

The Gambling support service has faced a difficult year following the ending of the 'Memorandum of Understanding' between the Mental Health Division and the Gambling Supervision Commission (GSC). Essentially the IOM lost its white-listing status in 2014 and the levy scheme that was previously paid by local operators was stopped by the GSC.

This arguably ill-considered move led to an abrupt ending to what the GSC termed the "IOM problem gambling fund." And, subsequently the end of the contract with Mental Health Services for gambling support to the Manx community. It is disappointing that an alternative creative mechanism was not considered and put in place, similar to the voluntary arrangement that exists in the UK through 'Gamble-aware,' the UK charity that collects funds from the industry and distributes these to problem gambling services.

This unforeseen move now sees the gambling service relying entirely on donations to continue to survive, without a dedicated funding stream or contract. Behind the policies and recent headlines lies a gambling service which has supported hundreds of local casualties of this industry, including family members. Also, from a reputational perspective as the Island

must be seen to a “socially responsible’ jurisdiction that protects the vulnerable and those impacted by the industry.

Related to this the Public Health Division and the Mental Health Services have announced a JSNA for problem gambling to establish a needs assessment framework. This investigation will be particularly fortunate to have already at its disposal Motiv8’s IOM Gambling Population Survey, which is the most up to date prevalence survey in the UK. Plus, GamCare Isle of Man’s rigorous statistical data from the last 6 years of service. Ending this section on a positive note. The local industry has come to our rescue and provided us with sufficient donations to operate for the next 12 months. Furthermore, some key industry individuals may be instrumental in looking at an alternative mechanism of funding.



This year has seen the creation of our new provision for families and children the ‘Family Alcohol Service’. Deputy Director Lyndsey Smart has made this project a huge success using play therapy techniques to help children and young people express their emotions and develop coping and safety strategies around their parents drinking. Janine Vels one of our addiction support services works very skilfully alongside the parents to increase their understanding of the impact alcohol misuse has on their children.

Enclosed within this report is review of the the Family Alcohol Services first year of activity and its highly creative and skilled approach into working with some of our most vulnerable children and families with the highest level ever of families who are subject to Child Protection Plans through Social Services.



The scoping study, ‘Understanding Alcohol and Substance Misuse in Older People on the IOM’, is now in its final stages. It has taken time to collate the 1-1 interviews, focus groups and questionnaires that took place, but the information and attitudes of those who took part

has been quite revealing and very interesting. A written draft of the research and recommendations is underway and we hope that we have done justice to the opinions of those who took part. Exploring the current and future needs of the Island in relation into those older people who develop or continue to have issues with substances has been, what we hope, a very valuable undertaking. A presentation of the findings will take place later on this year and we hope that a working group may be formed to drive forward any recommendations.

This year saw us open our new facility for group work and dedicated suite for young people 'The Hub.' Sitting just below our premises in Finch Road Motiv8 has taken over this unit as the rising demand for space in this record breaking year has left us no alternative but to extend our premises.

The SMART recovery meetings use this facility, meeting twice weekly this mutual aid and recovery group continues to be a great success. Ran by people in recovery themselves, the meetings have most definitely enhanced the range of support interventions at the service. Louise McColgan Motiv8 support worker is the SMART recovery champion for Motiv8 and her dedication to the smooth running of the meeting must be commended.

We have also held a 'Mindfulness group' which has been particularly helpful for our client groups in coping with trying to maintain recovery from addictive behaviours.



And finally,

I would like to conclude with an enormous thank you to the team at Motiv8 who have adapted and evolved to meet the rising demand for services whilst maintaining the same excellent level of counselling provision. Thanks also to the Committee particularly our Chairman Chris Mitchell who always makes himself available to the service during challenging times. As I mentioned earlier the service will celebrate 40 years of operation next Autumn and we hope to hold a celebratory event to acknowledge this milestone.

Thea Ozenturk (Director)

Professors Davidson's report

Introduction

The nature of Professor Davidson's work with Motiv8 has evolved over the past year in response to changing demand. The work strands continue to come under the broad headings of direct client care, clinical staff supervision, in-house training, multidisciplinary presentations and other activities. However within these areas the nature of the work reflects the increasing complexity of our referrals and the requirement for more efficient, focused and cost effective staff training.

Direct Client Care

Client care continues to be the main focus of the work. Essentially Professor Davidson sees individuals referred from our counsellors, who present with complex needs or significant comorbidity. Professor Davidson assesses each referral and provides a formulation and a one-to-one case review. In other words the formulation is discussed with the key worker with reference to future case management. On occasions part of this management will include follow-up reviews. When clients present with particular problems that may be helpful for other staff, that person is presented anonymously in the staff-training forum.

Staff Training.

The staff-training forum is a client-centred, staff supervision meeting held every month. In this meeting Professor Davidson presents two or possibly three redacted clients. The purpose of this training is to provide information on common comorbid conditions, complex addiction presentations, alternative ways of making a formulation, different psychotherapeutic interventions, the historical or contextual analysis of an individual's presentation and/or theoretical considerations. In the past year this style of training has prompted discussion on subjects ranging from the contemporary definitions of behavioural addictions to theories of childhood attachment. Feedback indicates that this type of on-site, experiential learning is invaluable in helping staff gain greater self-efficacy and confidence.

General Training

Each year there are a number of more formal training events for Motiv8 staff and any other interested health and social care professionals. This year we ran a seminar on the on a psychological analysis of the key operational problems in running a cash-limited, community, addictions agency. There was also a presentation on the nature, advantages and disadvantages of commissioning addiction services. This was particularly apposite in the current climate. Professor Davidson was invited to give a similar presentation to the Commons Select Health Committee in Westminster in May 2017 and there are plans to role this out further on the Isle of Man in early 2018.

Additional activities

As noted above Professor Davidson's contribution is evolving all the time. For example, Motiv8 is beginning to contribute to the Family Courts on the parenting capacity of our clients with addiction problems. This is a particularly responsible activity in the light of, for example, the baby P case. Professor Davidson conducts around 20 such assessments for the Family Courts in Northern Ireland each year and is regarded as the lead expert in addictions and parenting in that jurisdiction. He was instructed by a local legal firm to provide a formal parenting capacity, psychological assessment of a mum who was a long-standing Motiv8 client. He worked in conjunction with one of the Motiv8 staff in order to illustrate capacity and risk issues and how these can be assessed. This is another example of on-site training in a very specific area.

There were also a number of reports produced this year including one sent to the House of Keys on the current literature, diagnostic criteria and service provision for pathological gambling. There was another brief report on some of the key neuropsychological presentations in elderly drinkers. This is a particularly important area given the Motiv8 assessment of the prevalence drug and alcohol misuse among the elderly population of the Isle of Man. This year Professor Davidson conducted the first neuropsychological assessment of a Motiv8 client. This is a significant development as there are key neuropsychological syndromes in people with a lifetime history of heavy alcohol consumption that are often missed. This is an area which could be expanded if there is found to be a need and demand.

And finally

2016/17 has been a difficult year on a number of fronts. First, client demand has increased both in terms of numbers and complexity. Second, with the introduction of Service Commissioning our CEO has had to quickly develop an expertise in writing Tender documents. Unfortunately, we do not have the funds to buy in external consultants to assist. Third, the successful arrangement between 2011-2015, which ensured that funds generated by the Local Levy Scheme were transferred to Motiv8 to run the Island Gambling Service, was terminated. We had to quickly develop income generation expertise in our interface with the powerful gambling industry on the island. Success in this regard enabled us to maintain the much needed, pathological gambling service. In this ever-changing service delivery environment, Professor Davidson's assistance and counsel has been invaluable.

Criminal Justice Diversionary Schemes

"A drug conviction could be disastrous for a young person's career." *Pathways to Addiction Isle of Man, NatCen (2014).*

"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 by promoting education rather than punishment should be developed further than just the one off opportunity at present. A conviction at any age can be detrimental and affect the person's life opportunities. 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.

AIRS –Alcohol intervention referral scheme

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 who take part in the AIRS scheme are asked to fill in an evaluation at the end of the session. Below are the answers to question which asks:

"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?"

- *Bigger knowledge of the dangers of alcohol and the overall effects*
- *No criminal record – this would have a determined effect on a career future for me*
- *Improved knowledge and awareness of alcohol*
- *It's allowed to give me a reflection on actions and what to do about them, was not aware of Motiv8 and their services*
- *I have learnt a lot more here and would not have learnt any of this in court*

- *Gives a real opportunity to reflect on both the incident and own risks to health and behaviour and impact on local police*
- *Learnt a lot about alcohol and drugs*
- *I have developed an understanding of the implications of excessive drinking, whereas I would've been neglected in other outcomes*
- *Increased knowledge on units, volumes and effect it has on IOM*
- *Lack of criminal record*
- *I start college in September and there could've been problems if I had to mention a criminal record*
- *Opportunity to think and reflect more than anything*
- *I am on probation so it's been extremely beneficial, however I think I only relieved a caution anyway*
- *Learning about the health facts which were extremely shocking. Especially the issues caused by pre-loading*
- *It has given the realisation of the effects of alcohol and how quickly it could affect your career*
- *I now know so much more about the consequences to myself and others*
- *I volunteered, I still have to appear in court*
- *Learnt a couple new things*
- *I've actually been taught about the consequences of alcohol where as in court I wouldn't have been this informed*
- *Made me realise how a stupid thing can impact your life so quickly and inspired me to be more careful*
- *I've been educated rather than punished for a one-off thing*
- *No criminal record*
- *Learnt about alcohol and what to do to prevent future trouble*
- *Prefer not to comment*
- *It's saved me money and time and I would've had to miss work*
- *No mark on my record for future employment or travel*
- *I learnt a lot and will be reducing my levels*
- *Future job prospects*
- *This will make me always think what the consequences would be if this happened again and the massive overall effect it would have on all areas of my life*
- *Although I still feel disappointed with myself I am grateful for the session and not being dealt with in court*
- *Education over prosecution*
- *Saves embarrassment and my work doesn't find out*
- *It gives you a chance to prove yourself that you won't do it again*
- *I've learnt a lot more about what alcohol can do so I can keep an eye out in the future*
- *A second chance as the incident could've been avoided but due to this session I now know why it occurred*
- *I needed this a long time ago*

DARS Evaluation (Drug Arrest Referral Scheme)

Motiv8 took over responsibility for the DARS scheme from the Drug & Alcohol Team in October 2014. It was thought that scheme was better placed in Motiv8 as a tier 2 lower intervention service. Anyone accessing the Drug & Alcohol Team has a 'mental health' service record allocated to them on referral. This was felt to be inappropriate and with the launch of Motiv8's new branch of service 'DrugAware,' it was agreed by all parties that it was an opportune moment for Motiv8 to take over the scheme.

Essentially an appointment for the DARS lasts one hour. It involves a psycho/educational interview with elements of 'motivational interviewing.' Participants get an opportunity to reflect on the incident with the police and receive a physical/psychological health and well-being check. There is also an exploration of any level of dependency or harmful use and a gentle overview of Motiv8's services.

In our opinion the DARS has been a great success and there have been several examples of individuals continuing to be seen as clients beyond the initial DARS appointment. Having recognised that their substance use is something they want to change and even cease.

It's clear the scheme brings many benefits for the participants. Many hundreds have been referred with only a tiny minority not attending. Nearly all are grateful for the opportunity to stay out of the courts. Many cite that they have learned something and have welcomed the opportunity to talk to a counsellor in a confidential manner. Motiv8 has two workers by experience in its employ one of which conducts DARS sessions. The opportunity to discuss drug use with someone who has turned around their life is also extremely valued and often cited by participants as an important feature of the scheme. Very few surveyed are not enamoured or appreciative of the scheme. It is also interesting to note that only a tiny proportion of DARS attendees are existing clients of the service or previously known to Motiv8. Thus, the potential for DARS clients who go on to develop substance issues may feel more relaxed and confident about accessing help for support.

The DARS scheme in our opinion should be built upon and possibly extended for a further opportunity for those who come into contact with the Criminal Justice System for possession of a substance.

It is also worth noting that the charity runs this scheme from its own funds in entirety and does not receive any government funding for specific projects like this.



Question 1 - Overall how helpful did you find the DARS scheme?



“Opened my eyes to where my life is going”

“Telling me things I didn’t know about cannabis”

“I understand how weed effects your mind”

“it has reaffirmed thoughts I have had about needing to move on from smoking pot”

“Very little pressure on the conversation, drug counsellor was honest and open with information relating to cannabis.”

“Very informative and non-judgemental”

“Very useful insight into the long term effects of smoking cannabis”

“Was good to hear things from an unbiased party”

“Its allowed me to open up without feeling judged. I feel that’s its taken a lot off my shoulders so I can breathe a little more”

“Having an ex-drug using person helped a lot because he actually knows what he’s talking about”

“I have had a really interesting conversation with the team and am willing to speak to the team again”

Question 2. Will your experience with the police change how you use this substance in the future?

“No, I’m my own person”

“Aim to stop using it completely”

“First time getting nicked and it scared me”

“I don’t want to be involved with the law for such a matter again”



Question 3. Would you say you have improved your knowledge on this substance during your session today?

“The information I got was very helpful”

“There were some factors I was not aware of”

“More negatives and knowledge”

“It has made me realise I am only worsening my existing mental health issues”

“How different types of ‘high’ can affect your body in different ways”

“Learnt a selection of facts I didn’t know before”

“I learnt quite a bit I was able to learn about the physical effects and the differences between types and how they can affect me”

“Learnt effects it can have via different ways of taking the substance”

“Very helpful information☺”

“I have learnt more on the negative effects on Cannabis”

Question 4. Will any of what you have learnt make a difference to the way you use this substance?



“By Chatting to somebody about substance use it has made me realise it is not normal”

“Going to reduce my using gradually”

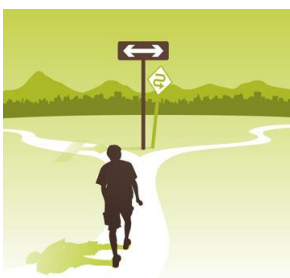
“Learning about the affects has re-enforced the idea of quitting completely”

“I believe I will watch myself in future so that I’d, I try and make my life better, I will cut it out eventually. I promise”

“Going to come into a meeting about stop using drugs”

“I feel it could help with my problem and has gave me plenty to think about”

“Cautious about where to use”



Question 5 What are the benefits to you coming to a DARS session rather than your offence being dealt with by the police and potentially the



“Someone to educate rather than punish”

“I now have a second chance to stop what I do now and head in the right direction”

“It kept me out of court”

“You learn about the drugs you use and the effects they have”

“No Courts”

“It not being publicised”

“I feel better educated and happy that help is there if needed”

“Getting information and knowing help is there if required”

“Learning about the different effects such as health”

“By coming here its stopped the fact could have been prosecuted and most likely lost my job or worse gone to prison”

“Not a criminal record and gained some education”

“I don't have a criminal record”

“Anonymity Gives more knowledge and understanding and makes you think about your actions”

“More friendly advice service”

“Good to talk it through with somebody and learn more about the negatives of the substance rather than just be charged/cautioned.”

“Talking to people who understand and can relate”

“No criminal record”

“Instead of being punished, I have been helped”

“Not as scary and talking to a person is less intimidating than a police officer”



Question 6 What have you gained the most from this experience and DARS scheme?

“Knowledge of the drug and how bad it actually is for you”

“Speaking to somebody with experience makes me realise I can move on from drugs”

“Information on the different effects of cannabis i.e. CBD and THC, Good information on” “Cannabis and the negative effects”

“I’ve learned more about the different classes of drugs and the effect they have on society”

“I have realised what I’m doing isn’t normal and should be stopped eventually “

“Good conversation”

“Knowledge of the substance”

“Information regarding the drug and knowing I can quit”

“I’ve learnt more about the negative effects of using the substance”

“Education about my use of cannabis”

“A wake up call”

“More understanding and the affects of the drugs”

“A little bit of information”

“Knowledge and comfort that there is support if I need it”

“A better outlook and understanding on cannabis Learnt a lot of new things I didn’t previously know. Influenced me to continue to cease smoking cannabis”

“How stupid it is to use drugs”

“Effects of substances”

“Experience of the drug and negative effect”

“Confidence in giving up for the right reasons”

“I have learnt about safer ways to smoke that are less harmful”

“How weed affects you”

“Learning about cannabis and its dangers”

“Not going to court”

“Better educated about help available”



Family Alcohol Service

The aim of Motiv8's Family Alcohol Service is to improve the awareness and impact that alcohol has on a family by providing a structured, focused and innovative programme of intervention and support for the whole family. This whole care approach enables all family

Following on from our successful pilot scheme of the Family Alcohol Service we were delighted to receive funding from the Manx Lottery Trusts Thematic Funding Award Scheme for three years. This funding will allow for families on the island to receive dedicated, person centred support that focuses on recognising the impact of alcohol use and building resilience within the family as a whole. The Family Alcohol Service was officially launched at Keyll Darree on 29 March 2017 and was well received by everyone in attendance.

The service launch gave professionals an opportunity to see the work that was offered to families and hear feedback from those that have used the service. When working with children, play therapy techniques are used to provide a platform that is familiar, child led and encourages communication through play. Children are able to play games, draw, craft and be creative in their communication. This encourages children to explore their emotions and feelings and understand their home life and the impact of alcohol use on their lives, focusing on building resilience with regards to acknowledging how they can feel better and gain support from those around them. For example, using figures can help young people describe the effects of their parents drinking and how this can change their presentation, personality, looks, behaviour and how they interact with them. By using these visual techniques, a child can then explore how this feels, how it impacts on them and encourage the development of a safety plan to ensure their protection. The example below shows a young client's depiction of how their father changed when he had been drinking.

When daddy isn't drinking



When daddy is drinking



We are pleased to be able to provide a child friendly space called 'The Hub' that allows young people to attend their appointments in a comfortable, appropriate environment. It is important that children are included from the beginning and therefore the decision with regards to where they are seen is an important one. For those that are in agreement, children are also seen on school premises. We are pleased that the primary and secondary schools that we have worked with on the island have been both supportive and accommodating regarding arranging appointments for children. We are also delighted that we have started to receive a steady increase in referrals from Social Services and are able to jointly work with the team where appropriate.

The comments received from children that have used the service include:



Children have described themselves as feeling...



Brave!



Happy!



Confident!



Safe!



Good at home!



ALL rated themselves as happier!

Studies suggest that problematic alcohol use by a parent most significantly affects the quality of their parenting. This results in a parent being emotionally unavailable, inconsistent and unpredictable which can lead to parenting that is passive, cruel and neglectful. Children can therefore not be supervised, nurtured or supported.

Working with parents to help recognise the impact of their alcohol use and facilitate positive changes can result in a many improvements, as well as reduction or cessation of alcohol use. The service provides supports for all family members. Studies suggest that if significant others work on improving relations with the children and the family rather than focusing on the drinking parent outcomes improve for that family. Partners can provide family support rather than 'police' the alcohol misuse, protect children from alcohol related harm and children can be given emotional support and safeguarded by the non-drinking parent which enables the child to thrive.

Families working with the service have recognised changes in...

- ❖ **Relationships**
- ❖ **Communication**
- ❖ **Trust**
- ❖ **Support**
- ❖ **Behaviour changes**
- ❖ **Structure and routines**
- ❖ **Reduction or cessation of alcohol use**



The comments received from parents that have used the service include:

"Because I'm not a violent drinker or a 'rolling on the floor' drunk I thought, no impact. However, I am so much more aware of the 'smaller' impact i.e. trust/relationships"

"It's been fantastic to talk to someone and that I don't feel judged"

"I have been able to be more honest with my problems and no longer scared of accepting help"

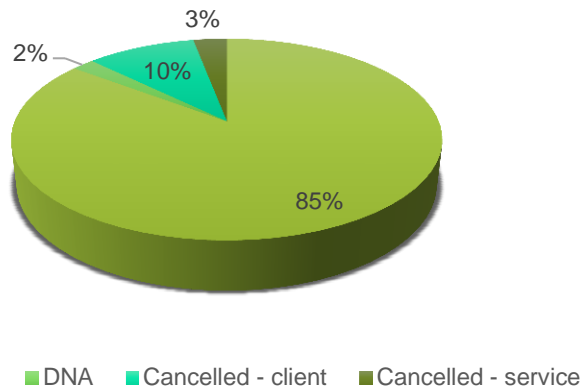
"Motiv8 has helped me focus on a) the impact of my drinking on my girls and b) self care and mood management"

"I have learnt how to distract myself when I feel I need a drink and think about the consequences if I did drink"

"I thought that Janine's honesty with me really helped – rather than her making out everything is/will be fine, we were able to have frank discussions and I was able to be honest with her too"



Family Alcohol Service Attendance



This last year has seen the service go from strength to strength. Children, young people and adults are engaging well and liaison with other services has seen an increase in referrals from outside sources also. The work with families is proving to be fairly long term and this open access to the service allows both adults and young children to receive support and intervention for a period of time that is suited to them and therefore provides a platform for children to be able to build rapport and trust with their worker. At present, we estimate that most families are working with the service for about a year, which initially starts with weekly appointments then gradually reduces as their resilience and ability to gain support from those around them and communicate effectively improves.

We are looking forward to the further development of the Family Alcohol Service and working with families to reduce intergenerational alcohol misuse. As identified in the Pathways to Addiction Research...

“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, NatGen, 2014)

With this in mind, it is vital that we are able to provide this service now and in the future. This services now offers a platform for Motiv8 clients and other services and professionals to support families. In the words of Richard Velleman;

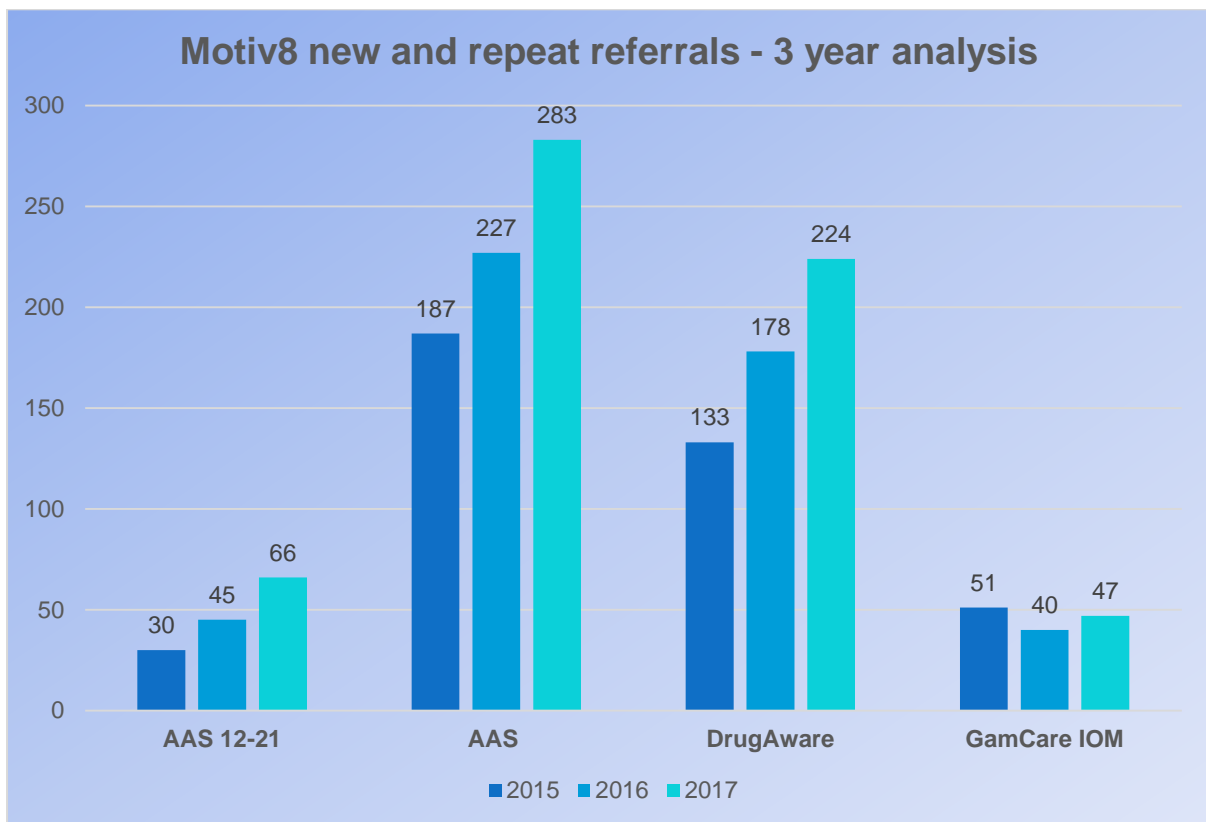
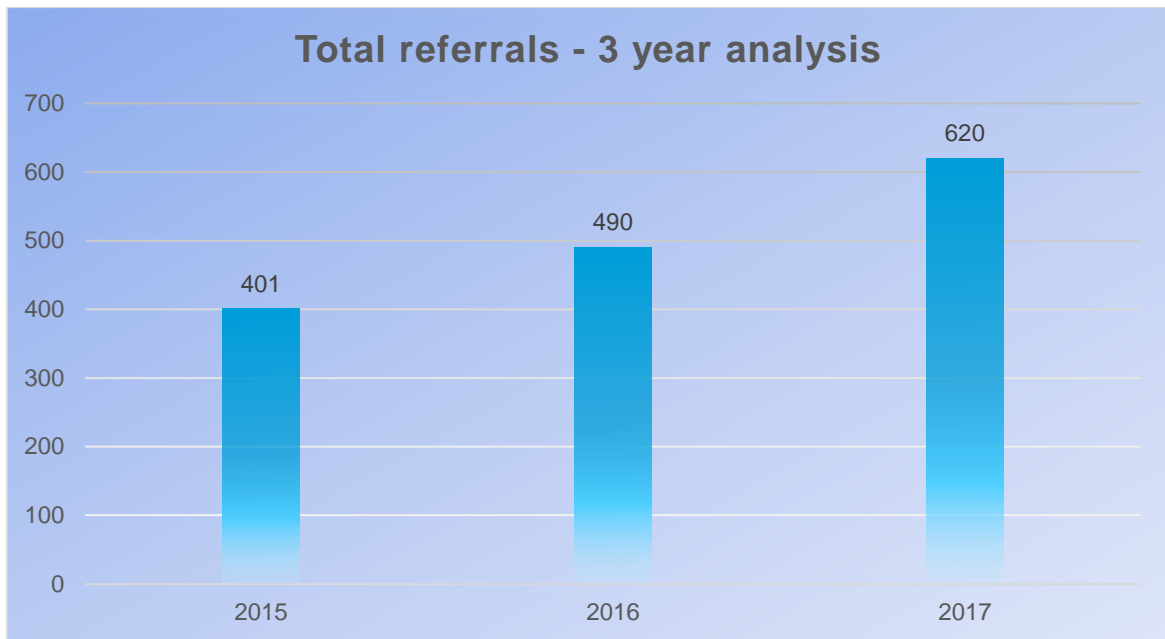
“It is important that professionals are not left feeling powerless to help these children. They clearly do need our help, they have a right to expect it, there are many things we can do, it is our responsibility to ensure that this help is provided”

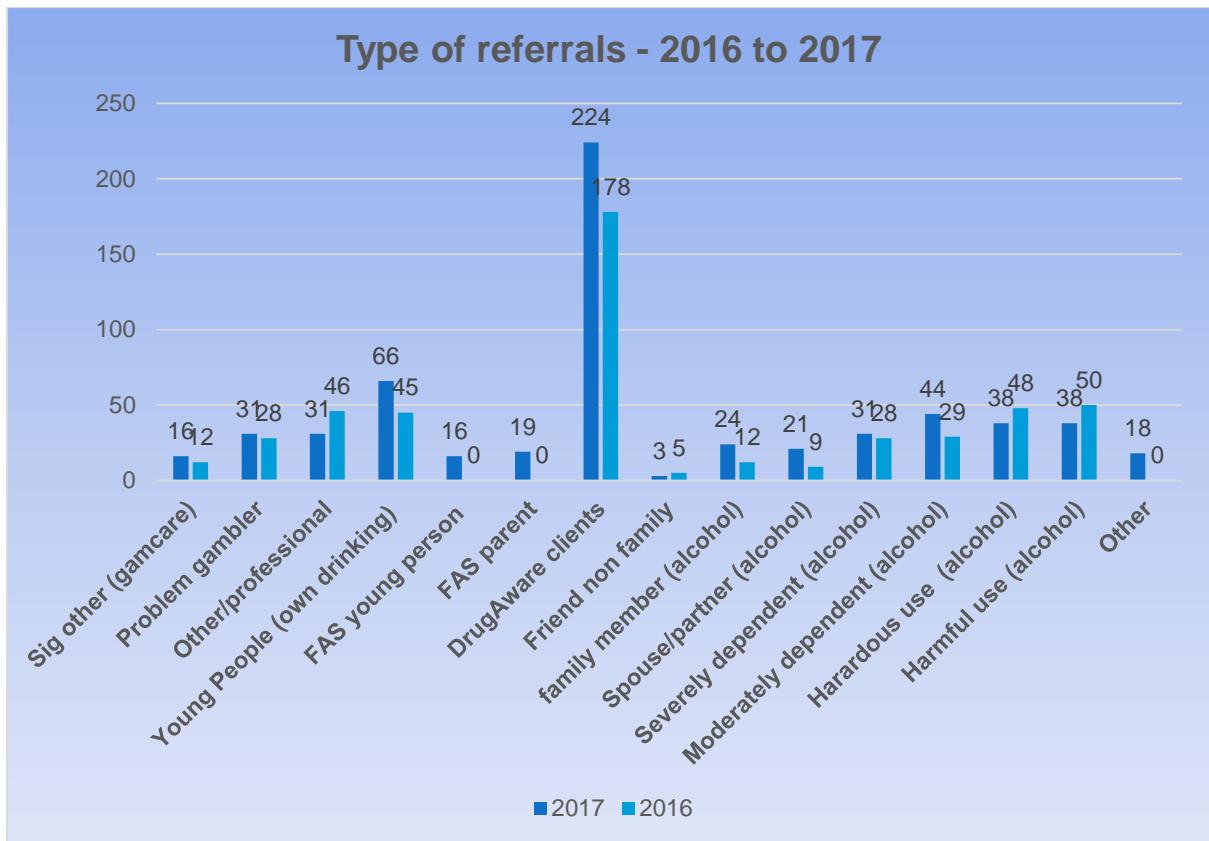
Implications for improved policies, Professor Richard VELLEMAN; Helsinki, Finland (



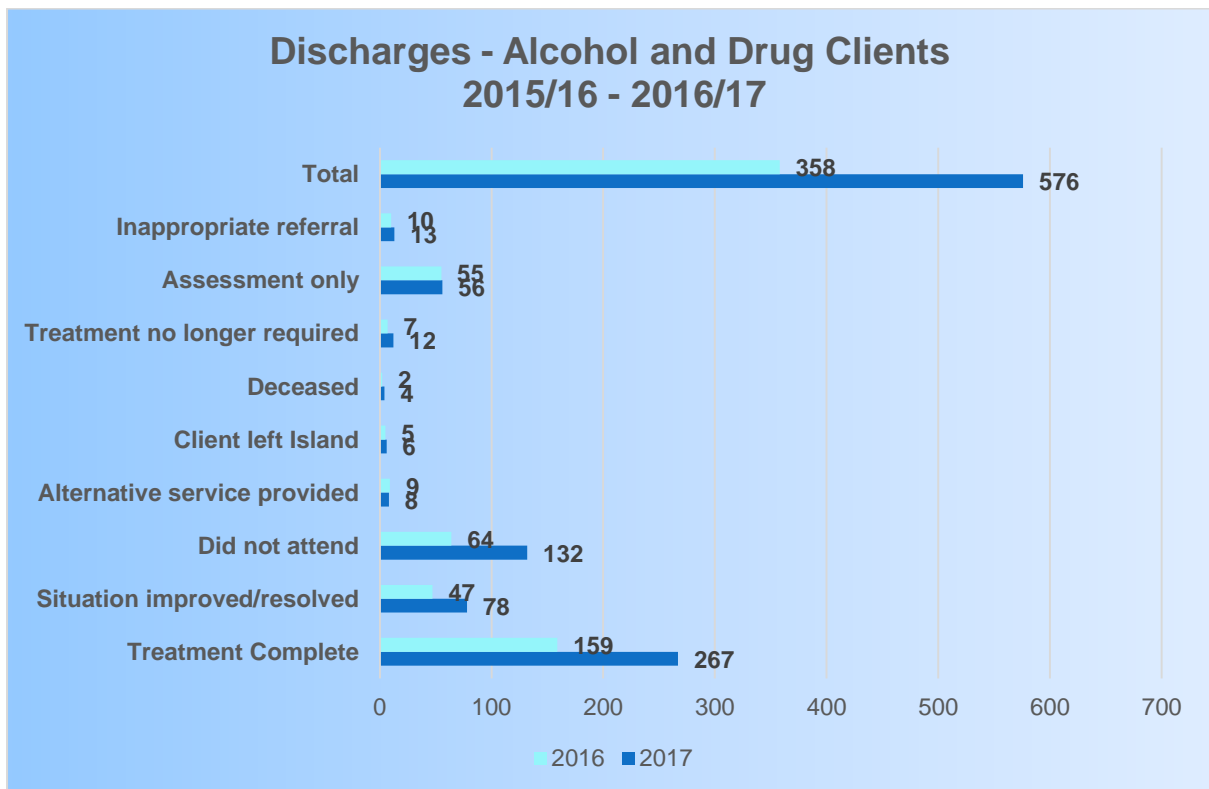
Motiv8 Annual Statistics

Target 1. Increasing the number of people accessing our services

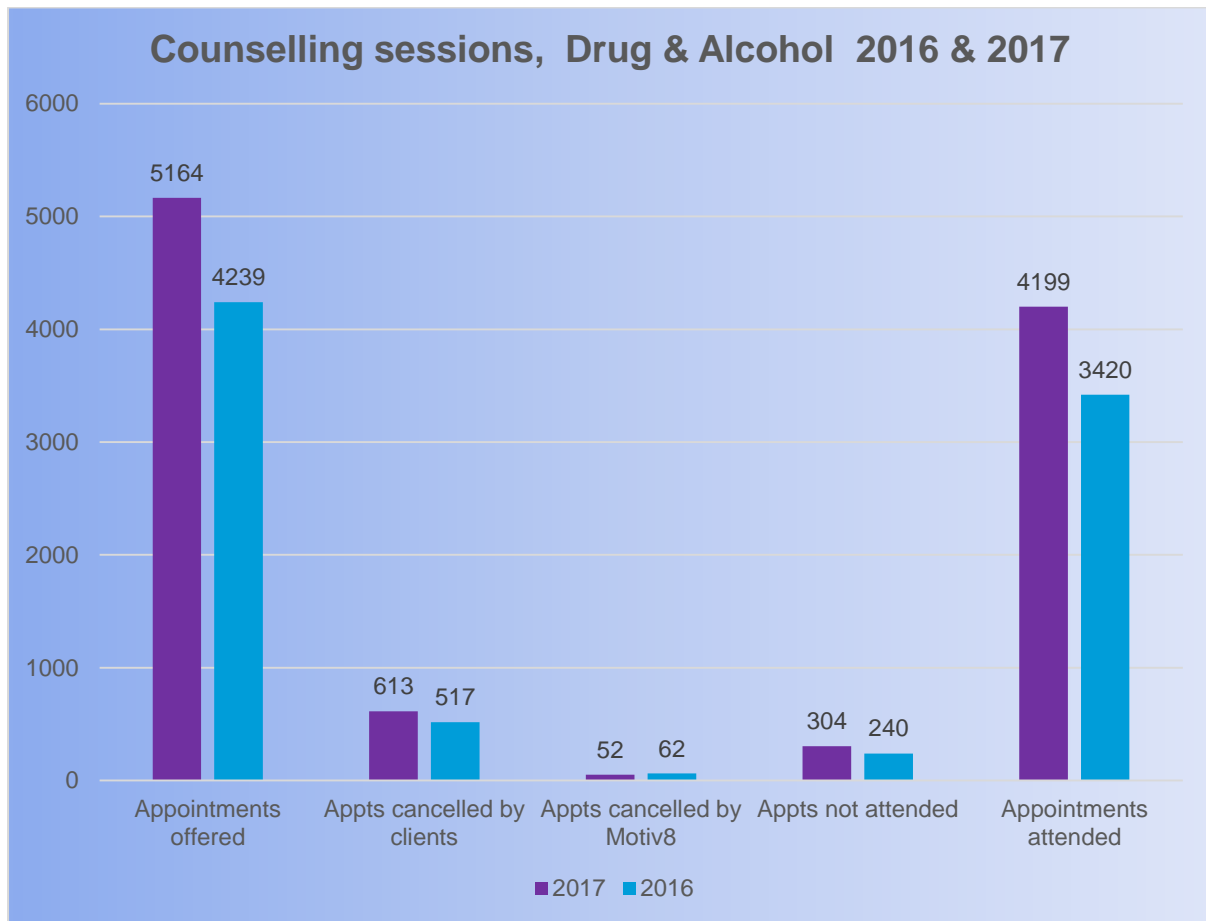




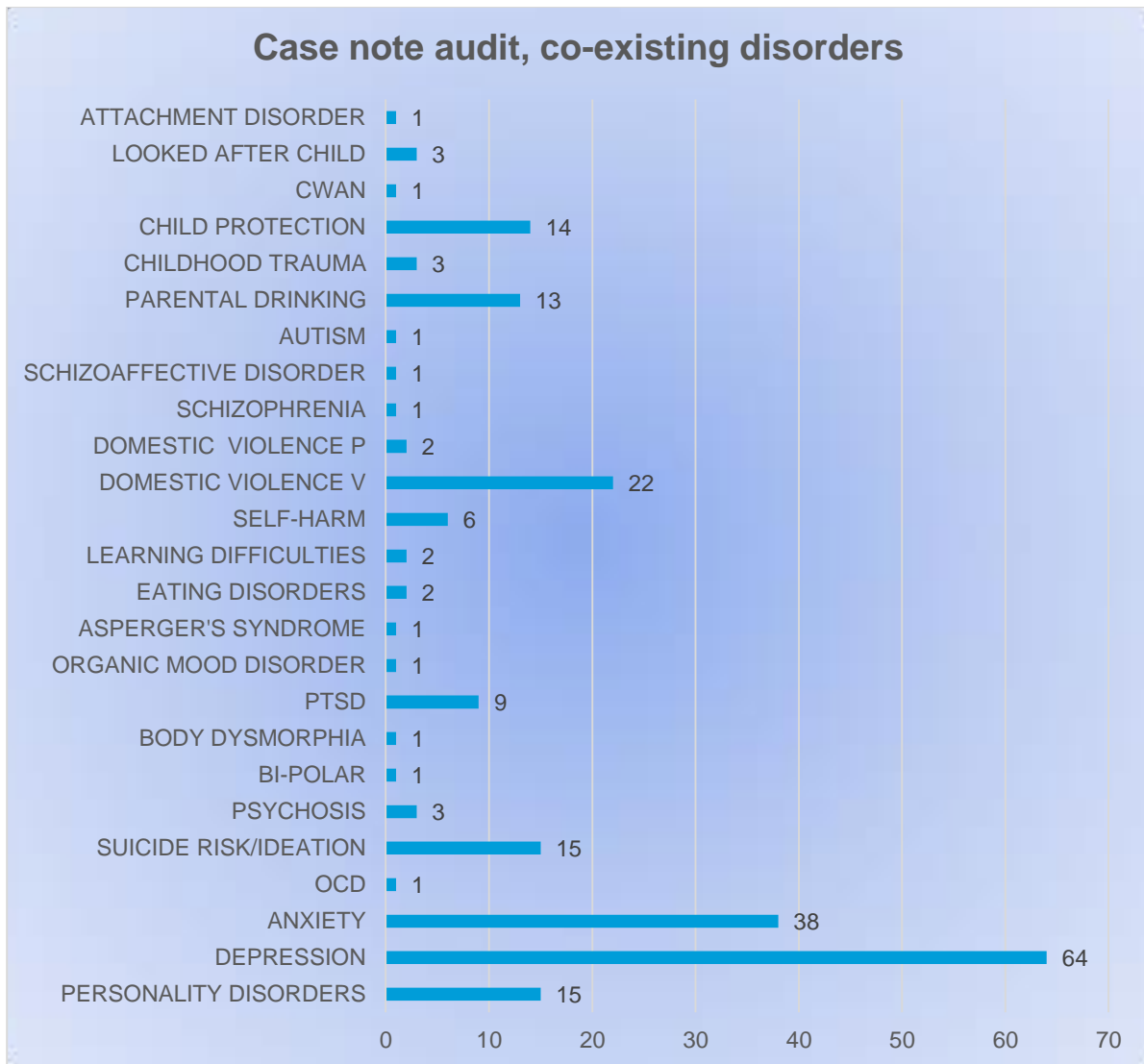
Target 2. Increase the number of those successfully completing treatment



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 5.8% for Drug and Alcohol services.



Key – CWAN – Child with additional needs; Domestic violence V & P – victim/ perpetrator; PTSD – Post traumatic stress disorder.

Motiv8 conducted a one-day case audit in October 2016 with the aim of analysing the complexity of cases presenting to the service. The exercise was completed at the request of the team who are conducting the Joint Strategic Needs Assessment for drugs and alcohol on the IOM.

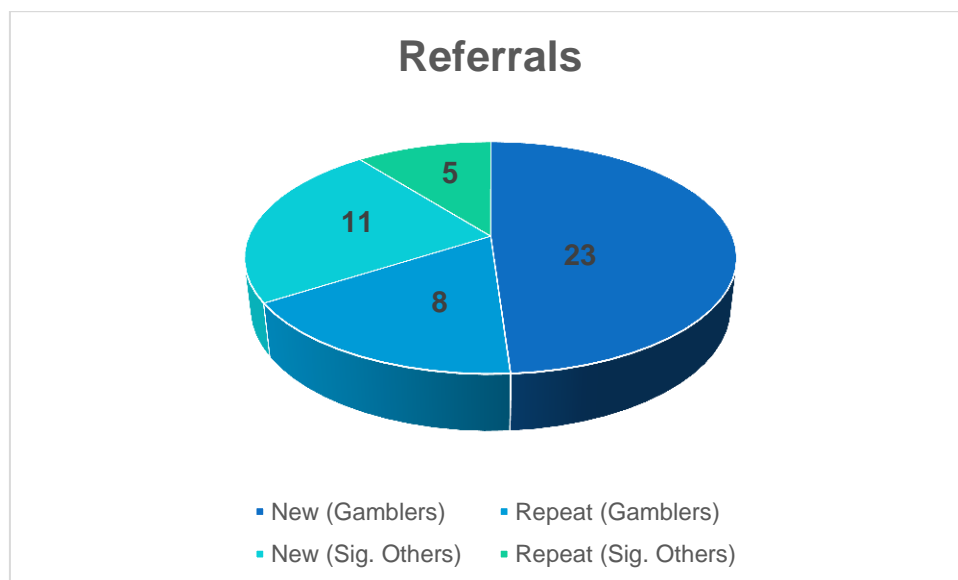
The results indicated that many who attend the service are not only battling problems with substances but a variety of other co-occurring conditions. The issues which particularly coincide with substance misuse include anxiety and depression, however a significant amount present with more complex issues such as personality disorders and suicidal risk or ideation and an increasing number of families who are part of Child protection procedures. The complexity of cases presenting may also be due in part to the waiting times that exist for psychological therapies and the lack of Tier 2 provision for mental health problems.

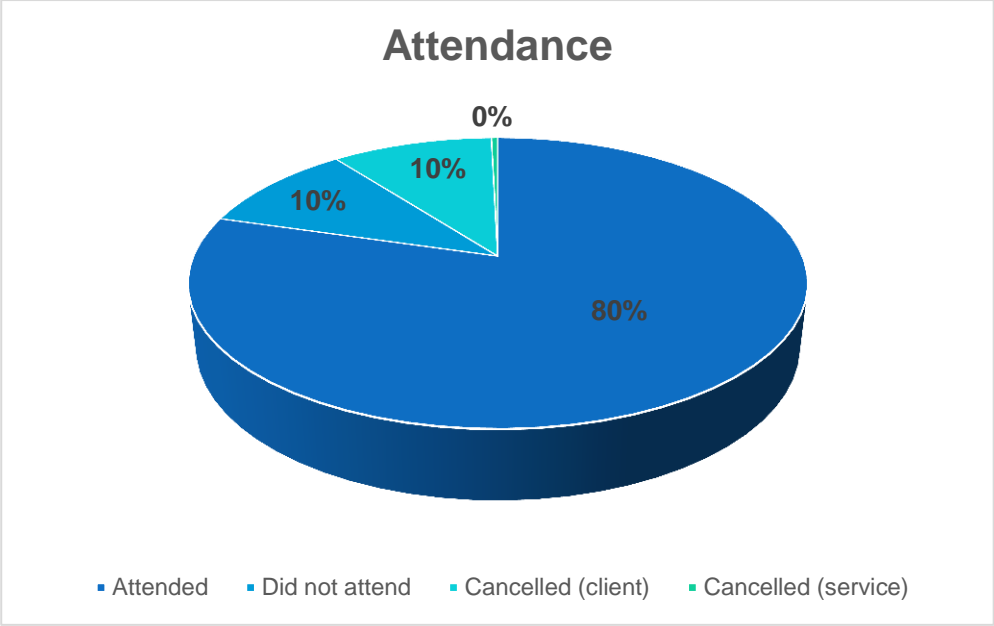
The audit also shows that the team have had to hone their assessment and risk management skills to identify and respond to these cases and the training offered by Professor Davidson in working with mental health cases has been invaluable.



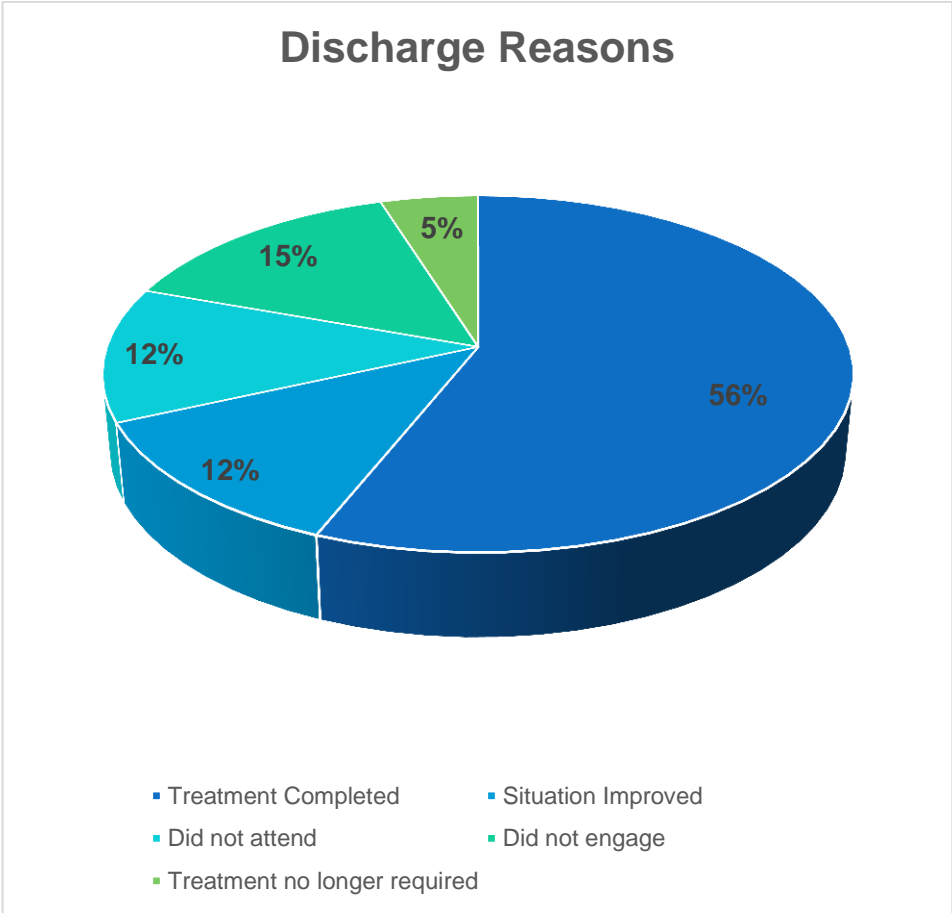
GamCare Isle of Man - Statistical Review

Our problem gambling service has continued to receive a steady rate of referrals this year and has in fact seen a slight increase. We have received a total of **47 referrals**, which included 31 gambles and 16 significant others that were affected by someone else's gambling.



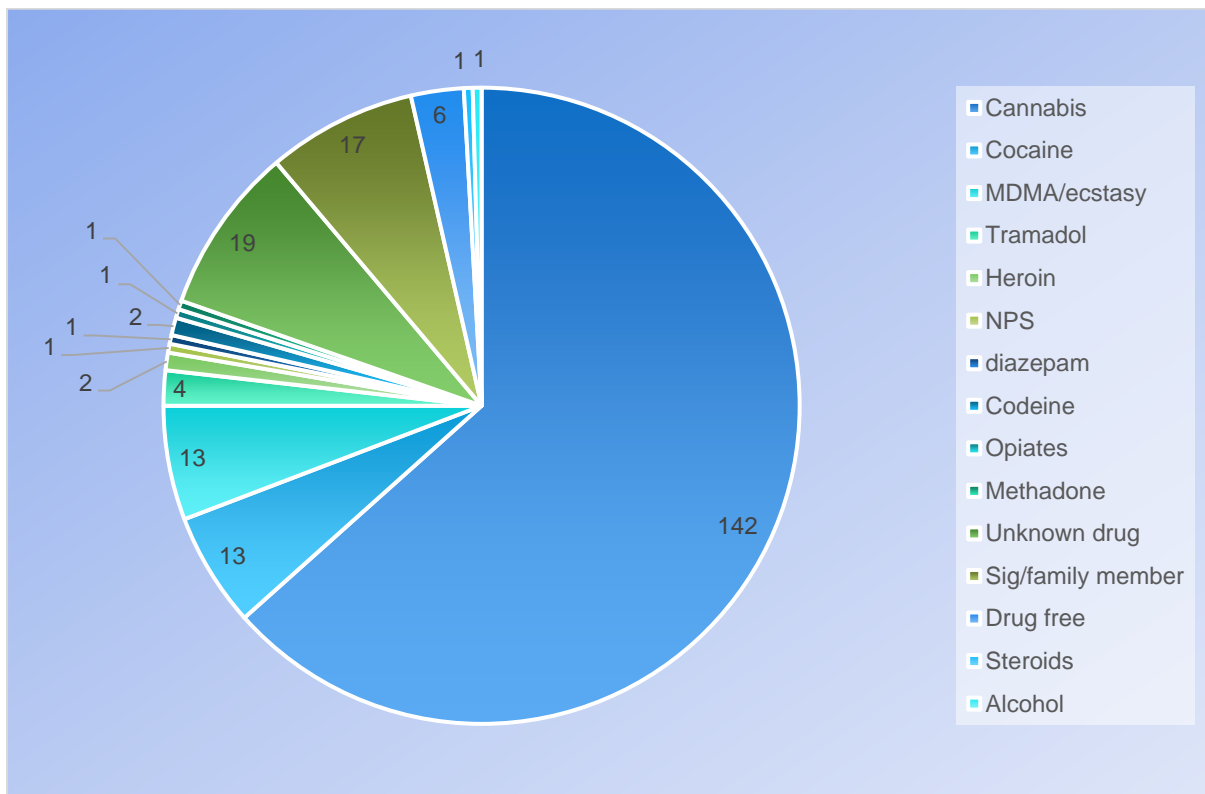


We are pleased to report that of the clients that have been discharged from the service, **78%** have either completed treatment or their situation has improved.

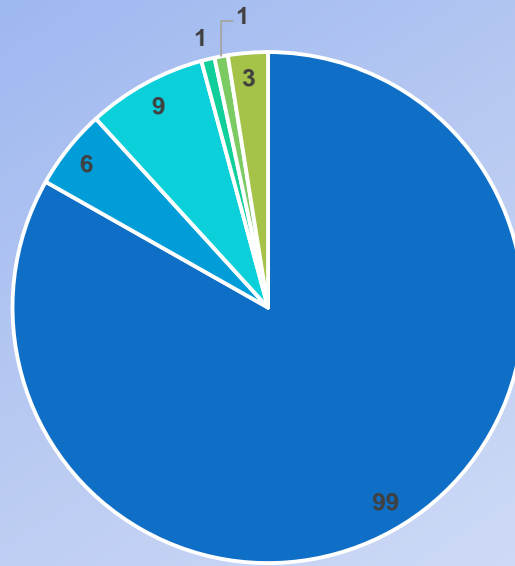


DrugAware statistical review –2016/17

Drug	Primary	Secondary
Cannabis	142	5
Cocaine	13	1
MDMA/ecstasy	13	1
Tramadol	4	
Heroin	2	
NPS	1	
Diazepam	1	1
Codeine	2	1
Opiates	1	
Methadone	1	1
Unknown drug	19	
Sig/family member	17	
Drug free	6	
Steroids	1	
Alcohol	1	3
	224	13



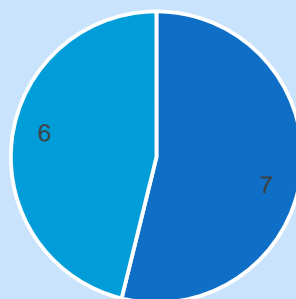
DARS -Drug Arrest Referral Scheme



■ Cannabis
 ■ Cocaine
 ■ MDMA/Ecstasy
 ■ Tramadol
 ■ Heroin
 ■ Unknown

Cannabis	99
Cocaine	6
MDMA/Ecstasy	9
Tramadol	1
Heroin	1
Unknown	3

Prison referrals



■ Drug Free
 ■ Cannabis

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 drug and alcohol clients who have been assessed.

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?

Domain – 2017 outcomes 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:

73 % of service users reduced consumption of alcohol or drugs, or achieved a goal of abstinence from alcohol or report being substance free

59% made improvements to their mental and emotional health

55.5% of service users made improvements to their physical health



*Total of clients on the Domains Outcomes programme and included in this audit 627.

Mindfulness

In March this year, Motiv8 employed the services of Julie Bibby (known to some as Student Welfare Officer at the UCM) to run a 10-week Mindfulness course. 12 clients attended the course along with 3 members of staff.

Mindfulness began as type of meditation practiced for centuries as part of a Buddhist philosophy for everyday living. In more recent times, it has increasingly been used by psychologists and health practitioners to help a range of conditions. Motiv8 became aware that it could be a very useful tool in helping with addictive behaviours so it seemed a natural progression to see if Mindfulness could be used as an additional 'tool' or coping mechanism for clients.

Research has shown that mindfulness impacts on the brain centres which regulate negative and positive emotions and help individuals to pause before acting on emotional impulse. There is also evidence that practicing mindfulness helps to reduce stress and anxiety, improve sleep, manage chronic pain, help manage depression, increase immunity, improve memory and attention span - as well as reducing addictive behaviour.

Over the sessions, Julie taught us about the key skills and benefits of practising mindfulness. Mindfulness 'invites us to explore and accept ourselves and our shared humanity with compassion and without judgement.' The key skill to develop in mindfulness is 'awareness in the present moment.' Some key skills that we learnt are to:

- ✚ Purposely have our attention in the present, rather than the past or the future
- ✚ Focussing on something (e.g. the breath) and 'letting go' of thoughts and feelings
- ✚ Observing and accepting thoughts, feelings and moods without getting drawn into them, kindly and without judgement.

Each session began and ended with a guided meditation and it was amazing to see and feel the benefits of this straight away. Some clients began to really embrace the philosophy and were able to introduce elements into their daily lives.

Julie Bibby has also looked into a specific branch of mindfulness for addiction issues and has trialled this with us. If it is successful, we hope to run multiple sessions for clients over the course of a year???

Mind Full, or Mindful?

