



# Supporting the Manx Community for 41 Years

Established in 1978



## Annual Report 2018-19

## LIST OF OFFICERS AND STAFF April 2018 to March 2019

### SERVING OFFICERS:

His Hon. Jack W. Corrin CBE (President) *retired September 2018*

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 (*retired*)

Mr Christopher Sidley (*retired*)

### STAFF:

Thea Ozenturk (Director)

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 Yeadsley (Addictions support worker)

Nigel Macfarlane (Addictions support worker)

Holly Cordas (GamCare/Addictions support worker)

Rhiannon Leece (Trainee Addictions Support Worker)



## Motiv8 Addiction Services - An overview

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 and 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”.

## Domain – 2018 results

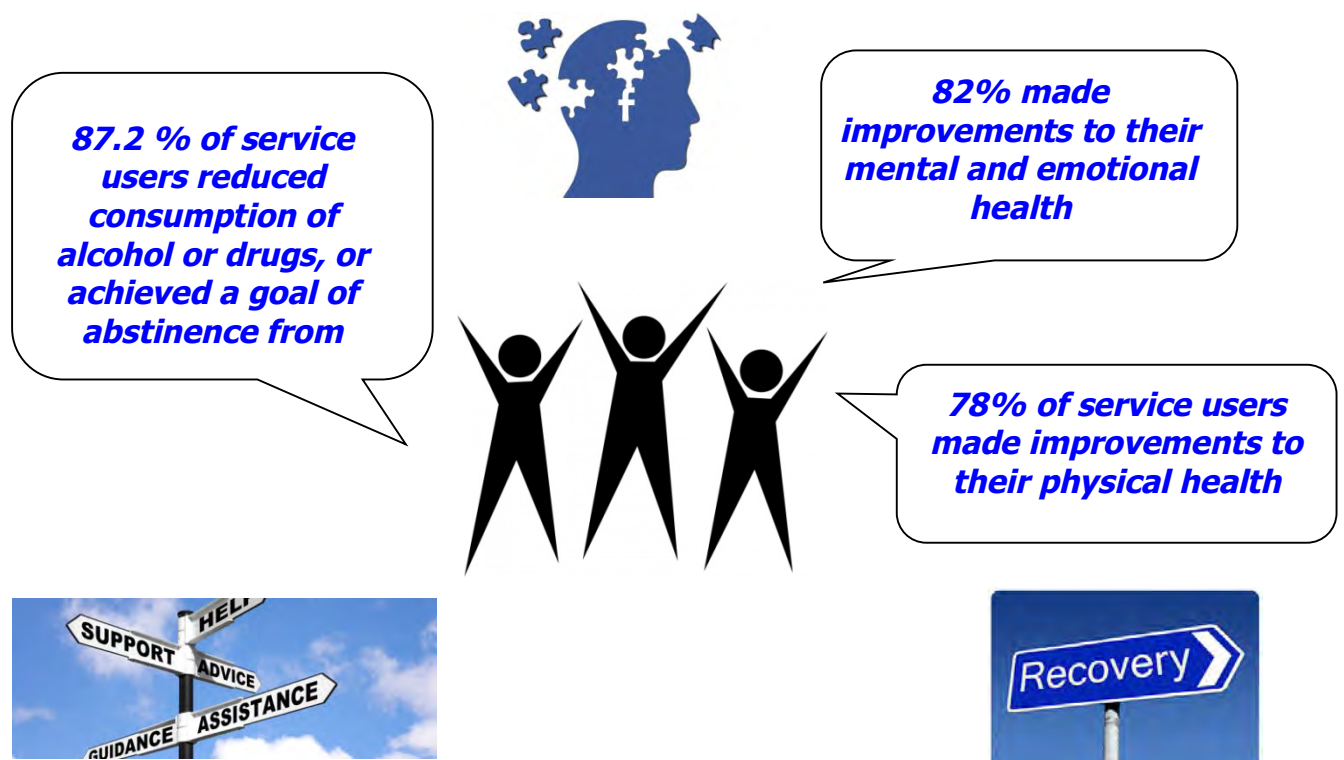
'Domain,' part of Orion Systems is a complex data management programme used by many drug and alcohol services in the UK. Motiv8 moved to this new system in 2014/15 as our old system became obsolete and no longer fit for purpose with the increasing types of client groups now coming under Motiv8's remit.

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:

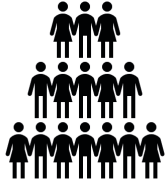
- Alcohol/ drug use dependency
- Injecting behaviour
- Risk behaviour
- Physical health
- Accommodation/family/children
- Criminal/legal
- Employment
- Benefits

Initial results from this programme are looking at alcohol and drug consumption/abstinence, physical health. From the 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: Total number of clients included in this years audit- 602



# Key Facts

## 2018 2019



- **5270** (4634) drug & alcohol appointments attended
- **1342** group work attendances
- **7.2%** (7.6%) DNA (Did not attend their appointments)



- **275** (232) alcohol referrals
- **236** (215) drug referrals



- **112** (55) young persons' referrals alcohol & drugs



- **70** (71) FAS family alcohol service referrals

- **72** (47) new gambling referrals



- **165** (108) DARS referrals

- **(314)** completed treatment/ partially resolved their behaviour



- Weekly clinic in the IOM Prison

- Monthly AIRS groups for first time alcohol offenders



## Directors Report

Welcome to the annual report for 2019. This year has been a difficult year for the charity with moments tinged with a good deal of sadness but also moments of joy and triumph.

The deaths of our beloved President Deemster Jack Corrin, and the sudden passing of our long standing young person's worker Andy Murdoch, marked very low points in the year. The loss of these two great stalwarts has been felt greatly at Motiv8. Andy worked for Motiv8 for just short of 10 years and the Deemster only stepped down as President at the last AGM having served 25 years in the role in 2018. The contribution they both made to Motiv8 cannot be underestimated and two separate tributes are herewith enclosed.

One of last events Andy attended for Motiv8 was the IOM Newspapers Awards for Excellence and we are so glad that he got to share in this moment of triumph for the team.

Our long standing Chair Chris Mitchell encouraged me a number of times to consider entering the Awards scheme and the milestone of achieving our fortieth anniversary in 2018, felt the best time to attempt this highly contested event.

Indeed, we were truly delighted to be shortlisted for the accolade and would have been content with just this, but to triumph on the night and be the overall victors took us all by surprise. To say we were thrilled is an understatement.



*At the Awards for Excellence Event*

*L to R: Holly Cordas, Janine Vels, Anne Cain, Josie Waldrum, Lyndsey Smart, Louise McColgan, Thea Ozenturk, Rhiannon Leece, Andy Murdoch, Kay Mylchreest*

Motiv8 thus is the current proud holder of the award for 'Charity, Cultural and Social Enterprise' Award. Winning in this category has meant so much to us.



Receiving this accolade has been a remarkable experience for our charity. There are many misconceptions about addiction, yet behind every person impacted is a history of trauma, loss, disadvantage and many other personal reasons. Furthermore, there are families impacted, including children. This whole experience has undoubtedly helped to raise the profile of our work and suggests an increase in knowledge and tolerance

towards those affected in the local community. It has been uplifting for our team too who work incredibly hard and to see societal attitudes changing towards their work has been truly heartening.

In October 2018 Motiv8 launched two new projects for the service funded by the Manx Lottery Trust. The Group Work Programme and the Young Persons Drug, Gambling and Gaming Service. These projects ran throughout 2018/19 and have been a remarkable success. The end of project report provided to the Manx Lottery Trust is included in this report for the group work programme.



*Left to Right: Sarah Kelly (MLT), Kay Mylchreest, Breeda Craine (MLT), Louise McColgan, Joanne Yeadsley, Lyndsey Smart, Thea Ozenturk, Trevor Butler (MLT) at the launch of the projects*

Without the support of the Manx Lottery Trust, several of our projects would not exist and I would like to acknowledge heartfelt thanks and gratitude to the Trustees of the Trust, who seem to understand the ethos of our work. Addiction charities are unpopular when it comes to charitable giving and the Lottery fortunately understand and look beyond the substance to the causes and impact of addictive behaviours.

A grant has also been awarded by the Manx Lottery Trust of £48,000 to fund a one-year pilot of a new cross generational Mental Health and Well Being Project, GENERATIONS. Motiv8 is delighted to have received this award as part of the 'Thematic Funding' scheme for 2018/2019, of which the theme was Mental Health and Well Being. Generations aims to develop a supportive, positive and productive recovery community on the Isle of Man via three branches: **MiniMotiv8, Motiv8 Recovery Network and Live Longer & Healthier: Older Generations Project**. These branches reflect the need to break the inter-generational cycle of addiction that we all too often see within families and communities and to bring people of all ages together with common experiences to break the isolation often felt by those impacted by addiction.



At the heart of our philosophical vision at Motiv8 is the strong commitment to help people recover from addictive behaviours and improve their lives in a holistic way. Improving mental health and well-being is an integral part of this vision "Motiv8 is very thankful to the Manx Lottery Trust for their ongoing support towards our innovation, creativity and development. Projects such as Generations allows Motiv8 to continue to provide opportunities for local communities to grow, improve recovery networks and thrive in a safe and supported way". A full report on the launch of GENERATIONS is included within.

Sadly, two of our long standing Trustees stood down as Directors of the charity this year. Chris Sidley and Malcolm Convery. Chris joined us in 1987 serving a mammoth 31 years, stepping down at the AGM September 2018. Also, Malcolm joined us in 2006 serving 13 years in total. In terms of other charities tenures of this length are remarkable and both have been loyal supporters and we wish them both very well for the future.

Our services this year have seen record breaking numbers of service users with increases in every aspect of the service.

New referrals presenting for counselling and support has seen a phenomenal rise. 763 referrals compared to 618 in 2018. A phenomenal 1342 individual group work attendances were noted and a yet another record breaking number 5270 attended counselling and support sessions.

This has been a considerable jump in activity, yet we have continued to meet response times assessing all new clients within 1 week of first contact. Sustaining these numbers is presenting us with a challenge in terms of our building and we have adopted 2 late evening clinics and a group work programme to help meet our targets. This gives clients many options for their recovery journey.

This rise in activity is at a time when we are about to see the biggest shake up in services for services for substance misuse in recent years. The creation of an 'Integrated Core Recovery Service'. This strategic plan is being overseen by Professor Robin Davidson and it is hoped that Motiv8 will be a central part of the new vision and be successful in gaining a longer term contract.

And finally...

Yet again another successful year for the Charity. I would like to thank the Directors of the charity who have between them put in many years of service. I would also like to thank our Chairman, Chris Mitchell who is hugely supportive and a steadfast guide during important times. I would also like to pay tribute to the staff who are wholeheartedly committed to working with their clients, often over and above the call of duty. I would also like to particularly commend my two Deputy Directors, Kay and Lyndsey. Both are exceptional practitioners with a strong allegiance and devotion to the charity and the clients which we serve.

Thea Ozenturk, August 2019



## **Andrew (Andy) Murdoch 1961 -2019**

Andy Murdoch first came to Motiv8 as a counsellor working with young people in 2009. He was ideally suited to this role, offering a sympathetic ear, and a caring and paternal disposition. It was an era of heavy youthful drinking and Manx youth were having a baptism of alcohol in the age of alcopops and 'Frosty Jack' style White Cider. Many hundreds will remember being seen by Andy and he would imprint on their young brains the risk of alcohol poisoning, overdose and above all how to stay safe.

His willingness to undertake any role at the service saw him diversify into working with adults and especially those who were finding it hard to change, with many barriers in their battles to overcome their addiction. He excelled and found his niche is this role managing to build up trusting, long standing counselling relationships with hundreds of people. Over the decade he helped many to overcome their addictive behaviour and change their lives permanently.

Andy was a steam enthusiast, biker and lover of all things mechanical. This was obvious by his personal style including the obligatory pony tail. Over the years we often joked about his ponytail but he refused to give it up until when, in true Andy style, he had it chopped off for Charity. Shortly after though a mammoth 'Hagrid' style beard appeared in its place!

Since his passing we have received many tributes from clients who have described his input as life changing.

A memory we will all treasure is Andy's pride at Motiv8 winning charity of the year at the awards for excellence. We had a great team night out celebrating this accolade and Andy donned his tuxedo on the night and grinned from ear to ear till the early hours of the morning.

In his private life Andy was a devoted husband and father, in addition to being a rail and a motorbike enthusiast he had numerous other hobbies and interests. Indeed, he truly loved life to the full and it is a tragedy that someone with so much to give and to enjoy has seen his life cut short. Everyone from staff, to clients and colleagues across the Island have felt his loss and we will find it hard to fill his shoes as he was a unique and loyal hard working team player. RIP Andy.



## **His Hon, Jack W Corrin CBE 1932 -2019**

The Deemster, as we always addressed him, was Motiv8's President for a remarkable 25 years. His contribution to the charity over the last quarter of a century cannot be under-estimated. Becoming a tower of strength and mainstay to many of us at Motiv8.

I was a new apprentice at the service back in 1993 and attending my first AGM as the junior member of our small team when he was inaugurated, taking over the Presidency from Dr Guy Pantin. I remember conversations with both of these true gentlemen, who, in spite of their positions, would always take time to talk and take interest in the new kid on the block.

Immediately he made his impact at the service, being a staunch supporter of alcohol minimum pricing, asserting the evidence base for this approach in his quiet and reasoned way at events and conferences. He latterly supported us through the difficult time of losing our funding for Gambling Support services.

He was our calm and steady go to person to introduce or sum up a conference. He often met with Politicians to lobby our cause in challenging times and his support behind the scenes, meeting and offering encouragement and support was unwavering.

The Deemsters contribution to many IOM Charities and causes are too innumerable to list, but include the Soldiers, Sailors and Airmen's Families Association, The Manx Asthma Trust, Crossroads, the Manx Workshop for the Disabled and many more.

Such was his support for so many local causes that he was awarded a CBE and made a freeman of the Borough of Douglas in 1998.

His passing has seen an outpouring of loss and warm tributes with many noting his gentle yet firm and modest characteristics and staunch support of hundreds of local charities. The like of which the Isle of Man will probably never see again.



# 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, solution focused, innovative programme of intervention and support for the whole family. This whole care approach builds resilience and enables adults, children aged 4-18 and all family members to have a voice.

Support is confidential and non-judgemental, with the necessary liaison with other key services involved with the family.

## INTRODUCTION

It has been another busy year for the Family Alcohol Service and 2019 has seen us enter our final year of the Manx Lottery Trust Thematic Funding Award. With current funding due to end in October 2019 it has provided us with an opportunity to reflect and evaluate the success of the service and remain focused on ensuring that the service not only remains, but continues to develop and grow. That being said, that has not come without challenges. As we have seen yet another year of steady referrals, the Family Alcohol Service caseload for both adults and children has grown to such an extent that we are struggling to meet demand. Working with families that are impacted by alcohol use has highlighted the need for ongoing, consistent support that is available not only during initial periods of crisis, but support that continues during periods of stability, thus improving the likelihood of families seeing successful changes.



With the service being utilised at full capacity, it has resulted in some changes, ensuring that we focus on working with a smaller number of families at one time, creating a waiting list when needed and highlighting the need for this support to, on the whole, become time sensitive. We have plans to liaise with other services so that they are aware of changes and referral criteria. By making these changes, we will ensure that the service is able to survive whilst also continuing to support those families with higher risk that are in need of longer-term support when required. As promised when the service was first introduced, each child, adult and family is assessed on an individual basis and therefore, support remains tailored to family's needs. The service continues to be solution focused and builds resilience, improves communication and forms positive relationships within the dynamic of the family. These behavioural changes, coping mechanisms and support systems aim to therefore reduce the intergenerational misuse of alcohol and create supportive recovery networks both within families and the community as a whole.

## SERVICE REVIEW

We have continued to provide the service on a full-time basis, which has quickly established itself as a highly regarded, cutting-edge service, pioneering work with some of the most at-risk families known to the local Social Services Division. As from this year we will see some changes to the service in order to try and meet demand, we will aim to work with families for approximately 12 sessions, when each case will then be reviewed. As mentioned, in order for the service to survive, we aim to work with a smaller number of families at one time, continuing to deliver highly specialised work around addiction and addictive behaviours. Due to the number of referrals and ongoing cases, we have had to introduce a waiting list, however we have been able to keep this short at present.

Adults and children continue to be offered one to one support and alongside this, where appropriate, feedback sessions are offered to families. We are delighted to have seen the development this year of Positive Parents' groups. Our FAS Adult Support Worker Janine Vels has developed the project and it has provided parents not only with an extension to their support, but an opportunity to build their own recovery network. This has been another successful development of the service and we are looking forward to this continuing to grow.

As part of Motiv8's Generations Project in 2019, MiniMotiv8 will also be launched. This will see children and young people supported by the Family Alcohol Service invited to attend our resilience building support groups, specifically organised to provide an opportunity to build friendships, improve confidence, learn new skills and find reassurance in the awareness that there are other young people impacted by addiction.

An accolade for this year also included the Family Alcohol Service presenting at the Impact of Addiction on Families Conference in October 2018 organised by the DHSC. This provided an opportunity to highlight the work of the service, foster further good relationships with other services and professionals and offered a platform to evidence the need for hidden harm to be addressed and complex families on the island to receive the necessary support. The presentation was very well received and it was a pleasure to be part of such a prestigious event.

Working with children, adults and professionals this year has remained both positive and successful, and we have again enjoyed delivering such a diverse, dedicated and valued service. Some of the feedback that we have received is highlighted below:

### From children....

**"It has helped me because my whole family is much closer and it just feels like a proper family"**

**"It made me feel like I do belong in this world and that I exist"**

**"It's good because it makes children happy"**



### From parents about their children....



**"Thank you so much, you've changed our son's life. We can't believe the difference in him"**

**"I've seen a real change in her. She's more confident and doesn't let things bother her"**

## From adult Family Alcohol Service clients....

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

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



"I wasn't aware that I was a different parent when I had had a drink & now I realise I had been impacting my children by parenting inconsistently"

## From professionals....

"Excellent service"

"This service is playing a huge part in improving families on the island"

"Feedback has in all cases been positive – families have reported that they valued the service and that they've been able to develop a positive working relationship"

"Their involvement has led to children no longer requiring child protection plans as parents demonstrated greater understanding and awareness, and altered their behaviours accordingly"

"It is a critical part of helping children come out of child protection planning and therefore it is a key factor in preventing children coming into care. We heavily rely on their expertise around alcohol misuse in making decisions at conference. I believe that Motiv8 is an area of great strength in the services in the IOM"

## SERVICE USE

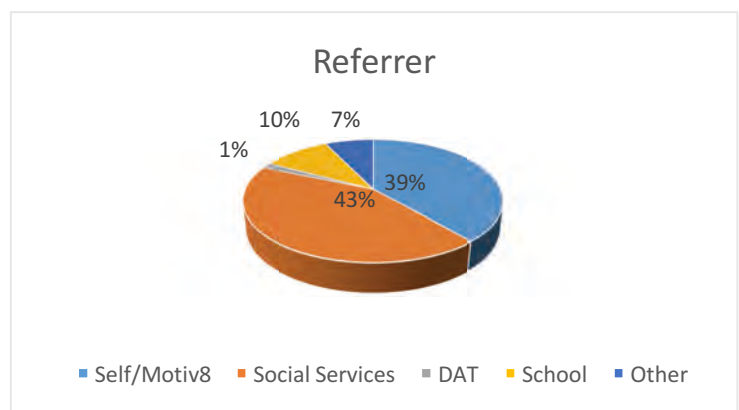
We have had another busy year and have received a total of **70 referrals**. This year we have had referrals for:



44 children

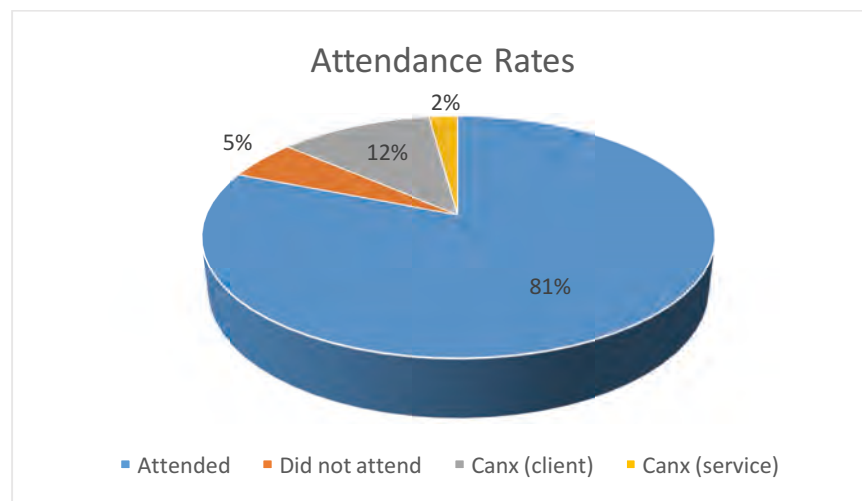


26 adults



As well as many referrals (39%) being from Motiv8 clients or self-referrals, this year we have seen our largest referrer being Social Services, with 43% of all referrals coming from Social Services.

During this year, the Family Alcohol Service has offered **1272 appointments**. This is a 23% increase on last year and again highlights the need for the service to review how we deliver our service or source funding for further FAS professionals. Of these appointments, 81% were attended.



Last year we reported that from the launch of the service to the end of March 2018, the Family Alcohol Service had worked with **59 families**. To the end of March 2019, this had reached a total of **90 families**. It has remained that approximately two thirds of these families have Social Services involvement. We have a very positive relationship with the department and have continued an appropriate balance between information sharing and safeguarding, which has promoted positive relationships between Motiv8, our clients and Social Services.



### **FUTURE SERVICE PROVISION**

It is vital that this service continues. The volume of families that have used the service, and continue to do so, not only evidences need, but highlights that for our island community, support is available that promotes positive change. Whilst we have noted that a large proportion of families utilising the service are amongst the most complex, high-risk families on the island, a key component of the Family Alcohol Service is to address and respond to the hidden harm and the impact of substance misuse. There are many areas for the service to progress towards. Further work in reaching families where harm has not yet led to other service involvement requires The Family Alcohol Service to be able to diversify into the community, schools and primary care services to identify that support is available prior to escalation or potential involvement with Social Services. This could see the development of many projects, but would require funding to do so.

We also envisage the need for the service to continue to develop into supporting families impacted by drug addiction; indeed, we have already started to receive referrals of this nature and would like this to continue. The Family Alcohol Service could indeed grow into a Family Addiction Service and has the potential to support many more families on the island. With this, dedicated Community Support Workers for families supported by the service could provide the opportunity for longer term support that appears so needed by families using the service and allow for our specialised adult and child worker to provide the initial intervention and support for more families in need.

Along with the continuation of the service, all of this development is dependent on funding. Motiv8 works very hard on promoting our services and seeking grants to respond to community need and 2019 will see this continue. To highlight the work of the Family Alcohol Service and promote other services that are

funded via grants and donations, we plan to hold a presentation later in the year to not only share the results of The Family Alcohol Service project, but to recognise Motiv8 as a whole.

Whilst there has been a large amount of research in the UK identifying hidden harm and outlining the need for services, it is an accolade for the Isle of Man that we are already delivering a service such as this, particularly in providing support for children and young people.

**“The Monroe report highlighted that children are too often invisible to services, including substance misuse services, which tend to focus on the adult in front of them (1) ”**

*(1) Supporting Information for Developing Local Joint Protocols between drug and alcohol partnerships and children and family's services 2013 - Public Health England*



**It is IMPERATIVE that we do not fall behind in meeting our hidden harm responsibilities to the young people impacted on the Isle of Man**



## GENERATIONS MENTAL HEALTH AND WELL BEING PROJECT

Motiv8 Addiction Services have successfully been awarded a grant of £48,000 from the Manx Lottery Trust to fund a one-year pilot of their new cross generational Mental Health and Well Being Project - Generations. Motiv8 is delighted to have received this award as part of the Manx Lottery Trusts Thematic Funding scheme for 2018/2019, of which the theme was Mental Health and Well Being.



Generations aims to develop a supportive, positive and productive recovery community on the Isle of Man via three branches: **MiniMotiv8**, **Motiv8 Recovery Network** and **Live Longer & Healthier: Older Generations Project**. These branches reflect the need to break the inter-generational cycle of addiction that we all too often see within families and communities.

**MiniMotiv8** is a mental health resilience group for children and young people impacted by addictive behaviours. These groups will allow young people to improve their emotional resilience and confidence via indoor and outdoor activities that promote socialisation, problem solving, learning new skills and ultimately creating a recovery community for young people impacted by parental addiction. Over the coming months, MiniMotiv8 will facilitate activities and days out that bring young people together in a fun and interactive environment that promotes their positive mental health and well-being during the activities and beyond.

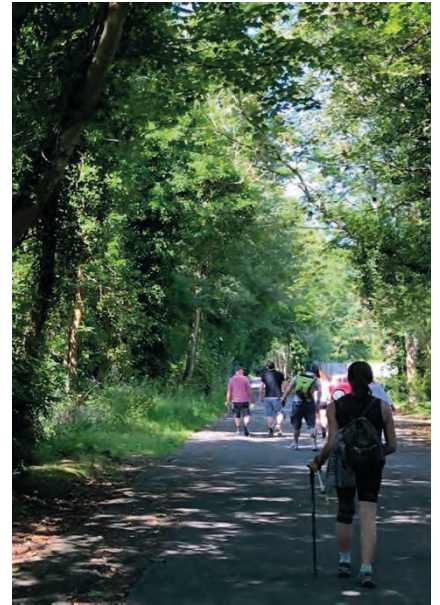


*Day out at St Marks Country Park*

**Motiv8 Recovery Network** - A previous grant from the Manx Lottery Trust saw the creation of a Group Work Programme and a permanent facility for SMART RECOVERY meetings. The recovery community that meets 4 days a week saw close to 1440 attendances in its first year at the 'Recovery Hub,' Motiv8's dedicated group



work facility. This new grant will see the next stage in development of this network with a training course for those in recovery to become trained SMART facilitators and therefore help others to recover from addiction. Also a 'Give Back, Feel Good' environmental project. This branch of 'Generations' offers opportunities to 'give back' to the community with organised activities. The aim being to improve self-esteem, self-worth and in turn build resilience and the network of support around the individual. These projects will build on peoples' strengths, harnessing their inner internal resilience and in turn, help others recover.



***Environmental clean up event Douglas to Peel Railway Track***

**Live Longer & Healthier: Older Generations Project** aims to promote positive mental health and well being in over 50's on the Isle of Man via a health campaign, alcohol awareness sessions and collaborative working with The Drug and Alcohol Team and other key agencies. This branch of Motiv8's Generations Project will include training and information being delivered in the community and workplace, retirement projects and improving awareness of the impact of drugs and alcohol on the older generation on the island. Motiv8's Scoping Study – 'Understanding Alcohol and Substance Misuse in Older People on the Isle of Man' garnered local information about the scope and extent of the issues and results highlighted that mental health was a huge area of concern for this group of people. Generations aims to begin to address these concerns.



# Group work report - 9<sup>th</sup> April 2018 to 5<sup>th</sup> April 2019



Motiv8 made an application to the Manx Lottery Trust as part of the 'Thematic Funding' award in 2018 for financial assistance towards creating a new Group Work Programme for service users of Motiv8 and the Drug and Alcohol Team. The aim of the groups was to provide a range of group activities which will help to develop and improve life skills, opportunities and the environment of those attempting to change their lives and gain recovery from addictive behaviours. We hoped to maximise and improve the outcomes for locally affected individuals.

There was no restriction to taking part in these groups apart from participants being asked to refrain from using substances to the best of their ability and to be as substance-free as possible. Topics covered a wide range of skills and activities using a life skills model. We used a range of outside speakers and skilled staff from Motiv8 and other services.

## MOTIV8'S UNIQUE FIVE POINT GROUP WORK RECOVERY PROGRAMME



## Progress we have made

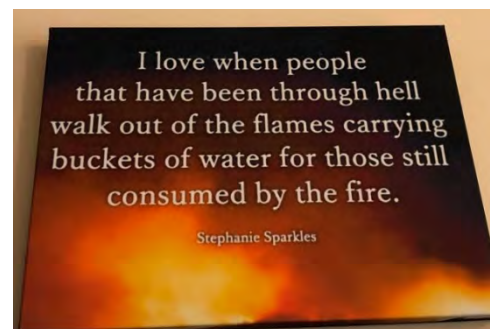
The Lottery funded 'Pathways to Addiction' project was the inspiration for this project.

Evidence from this report clearly showed that addiction is an isolating experience. An addictive behaviour can take over many years of a persons life, leaving them detached from mainstream society. Sufferers reported hiding their addiction and avoiding social contact, particularly in our small community due to stigma and embarrassment. Skills in basic living can be severely hampered with knowledge on life skills including nutrition, self-care, parenting, job hunting, cv writing & general socialisation skills being forgotten or never truly practiced.

'Pathways to Addiction' also showed being convicted of a drug or alcohol related offence can impact on a persons life chances. Opportunities sometimes just to gain employment can also be severely hampered.

The groups have hosted guest speakers from the Benefits office, Circa Volunteering Agency, Housing Matters and the Drug and Alcohol Team. They were more than happy to be involved and held group presentations to assist the clients. Opportunities to volunteer via Circa, understanding of therapeutic earnings, housing issues and understanding detox and medication were all very successful additions to the programme.

We met the target of providing four 90-minute groups per week throughout the year with a rolling curriculum.



### **SMART Recovery Group**

The success of this initiative is without question one of Motiv8's main achievements in recent years. The grant has allowed SMART to continue and grow.

SMART Recovery meetings have been running on the Island since September 2013. Since then approximately 205 different individuals have accessed these groups.

In the period 4<sup>th</sup> April 2018 – 5<sup>th</sup> April 2019, there have been **104** SMART Recovery meetings with **975** attendees overall. Out of the 975, **48** attended for the first time. We believe that these numbers are above average compared to some SMART meetings in the UK.

**Comments from SMART Recovery members include:**



The Family Alcohol Service, also funded by the Lottery, has been an unparalleled success. The Group Work Programme afforded us the opportunity to link in with parents working with this branch and offer a highly skilled intervention with some of our most troubled families. This work required extremely sensitive handling as the group members can feel vulnerable and prejudged and isolated. This has been a great success.

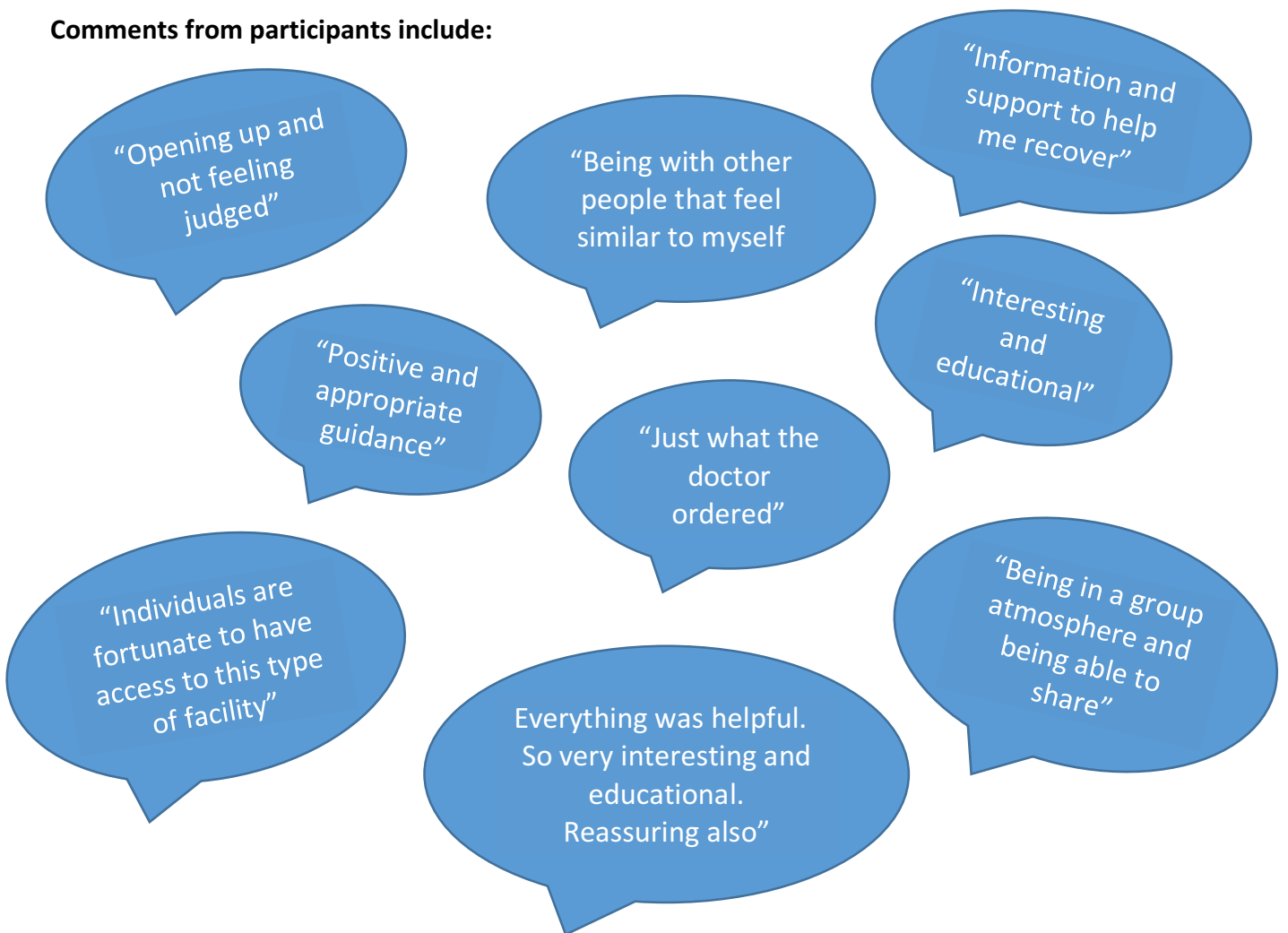
**Summary**

We discovered that "The Hub" has clearly been a place of sanctuary and a supported environment for many, with a 'Recovery Network' growing and developing and Recovery friendships being evident.

The Group Work Programmes, when managed carefully, can be well attended in spite of the fear of confidentiality and stigma in a small community.

We evaluate every session and look to involve the clients in developing the programme with discussion groups and many opportunities to feedback.

**Comments from participants include:**



It was anticipated that we would run 192 group work sessions per annum. During the period 4<sup>th</sup> April 2018 - 5<sup>th</sup> April 2019 we completely met this target having facilitated 191 group work sessions with an overall attendance for all groups of 1,382.



When we started the project we hoped that:

- people suffering from addiction would use the groups to improve their chances of recovery, gain valuable life skills and improve their environment and life opportunities and to develop a therapeutic community.
- the groups would prove to be a 'lifeline' for people and give invaluable holistic information from basic health care, nutrition, psychological wellbeing, training and the workplace or other valuable use of time such as volunteering and that life skills and opportunities could be enhanced by the programme.
- individuals would hopefully see dramatic improvements in their life chances, particularly health and routines.

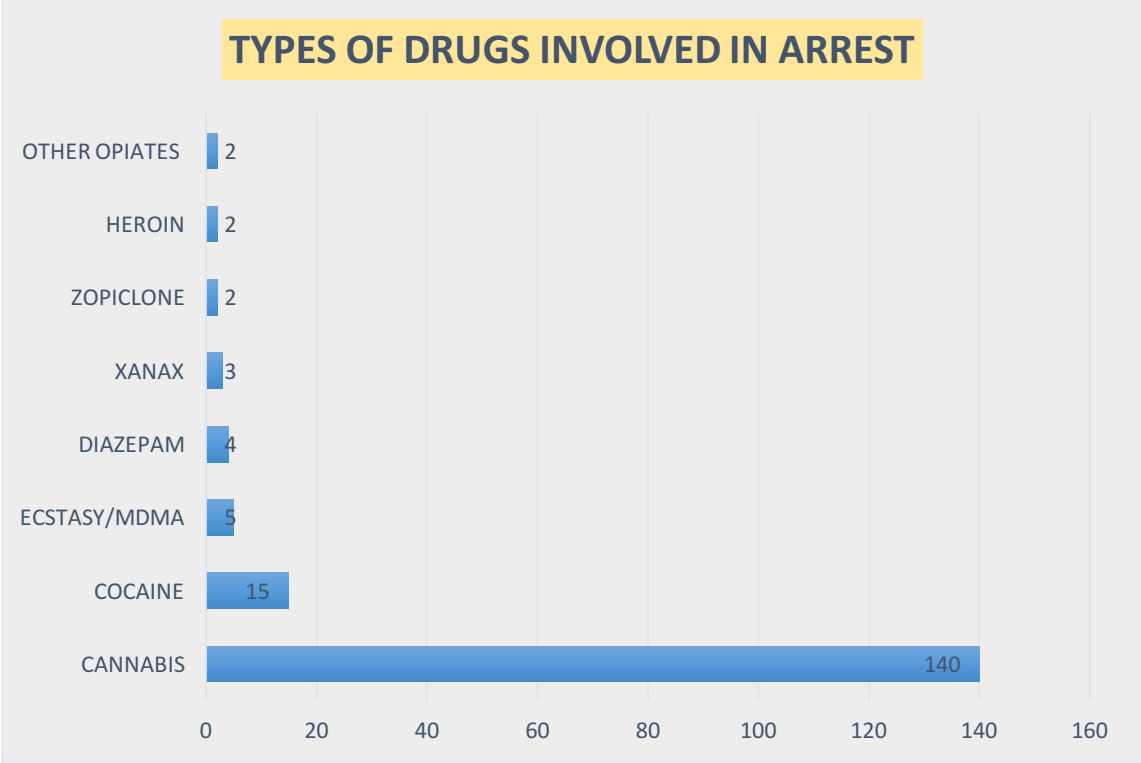
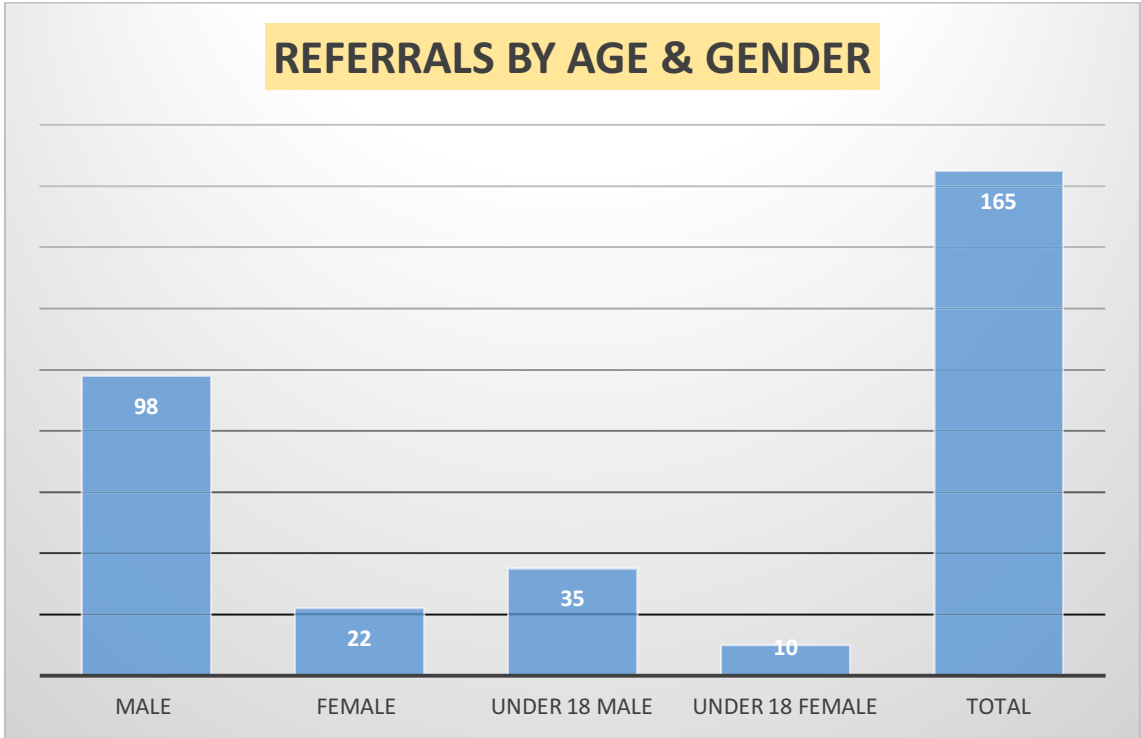
We have seen:

- Development of the Recovery Network and Recovery Friendships and 'The Hub' becoming a sanctuary and inclusive facility
- Long-standing sobriety in clients attending
- Greater periods of abstinence and wellness and reduced harm in others
- Likelihood of re-engaging after relapse
- Better overall engagement in treatment services
- Employment
- Better attention to health and well-being
- People reporting practicing the skills outside of meetings e.g. Mindfulness, CBT, coping with urges, challenging negative thinking etc.

Motiv8 is very grateful for the funding for the Group Work Programme from the Manx Lottery Trust and we look forward to continuing in this work in 2019/2020 with a grant from the Henry Bloom Noble Healthcare Trust.



# DARS referrals & evaluation (Drug Arrest Referral Scheme)



## EVALUATION

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.

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

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, recognising that their substance use is something they want to change and even cease.

Its 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.

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.

Below is an evaluation of the last six months of the DARS scheme.

From the beginning of January 2019 to the end of June 2019, there were 103 drug arrest referrals made to Motiv8, including young people (under 18s). Of these 103, 85% of the arrests involved cannabis, 9% involved cocaine, 5% involved MDMA/ecstasy and 1% involved diazepam.

*Figure 1* – Substances involved in arrest.

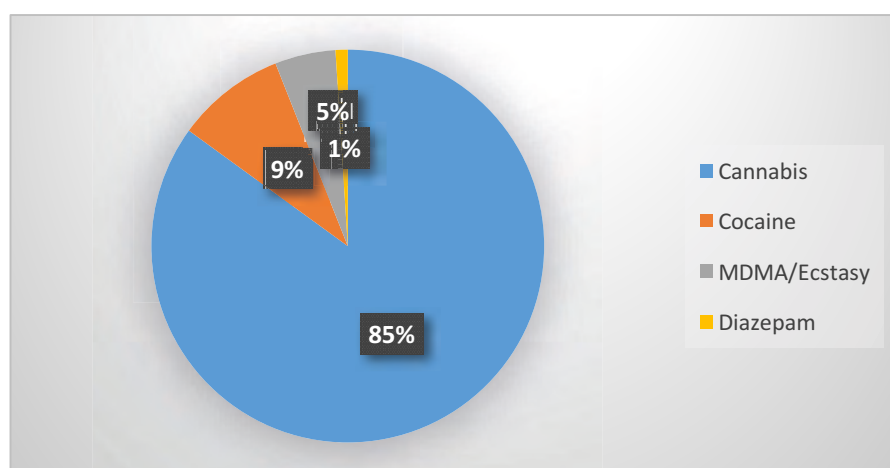
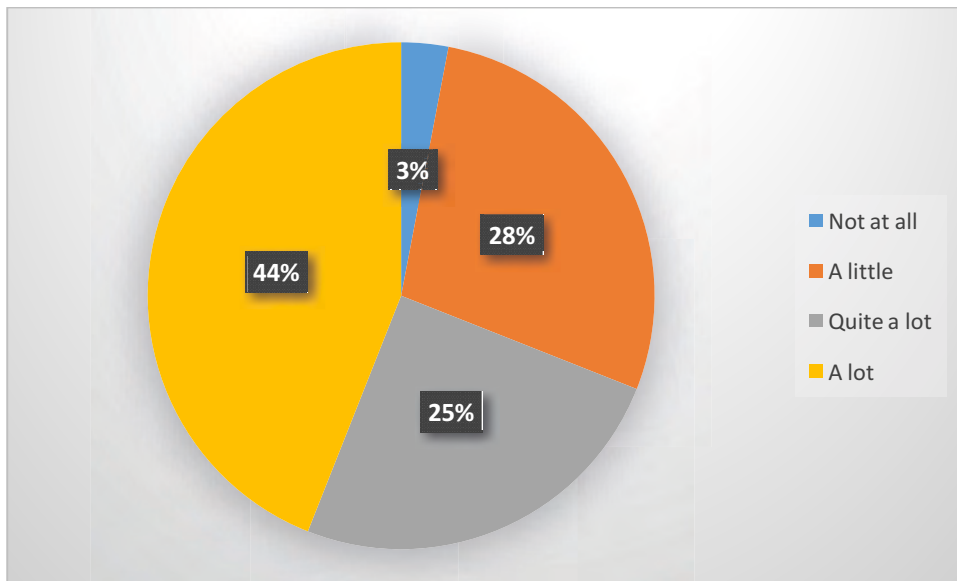




Figure 2 – Overall, how helpful did you find the DARS scheme?



Clients were given the option of leaving further comments to give reason for their answer to the first question. 15 comments were given.

Comments from those who answered “A lot” included:

- “Feels very supportive”
- “Gives me a chance to step back and look at what I’m doing from a different point of view”
- “Very helpful, non-judgmental and I could be honest”
- “I got a lot off my chest about my history of mental health matters/dependency”
- “Perfect with ongoing treatment”
- “Insightful regarding harm/effect of long-term use”
- “Very informative and sociable”

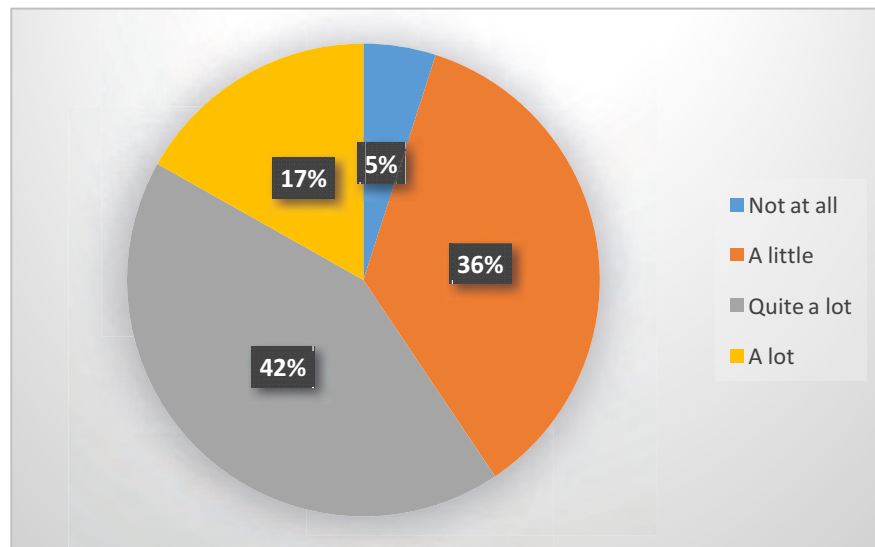
Comments from those who answered “Quite a lot” included:

- “I have become more knowledgeable on the scheme and think that it is a very good place to come and open up”
- “I have learnt new things on top of what I am already aware of. I appreciate the professional help and advice on top of what I am aware of”
- “Helpful information”
- “Helpful to those in need”
- “Very friendly”

Comments from those who answered “A little” included:

- “I learnt about cravings and more details on how cannabis effects the mind”

**Figure 3** – Would you say you have improved your knowledge on the substance that was involved in your arrest during your session today?



Comments from those who answered "Quite a lot" included:

- "I know that it's wrong even more so now"
- "I am aware of what most side effects can happen and very happy to get support with more information from professional advice"
- "Feel I've been informed about the health risks and know them better now"
- "The lady was helpful and explained pros and cons"

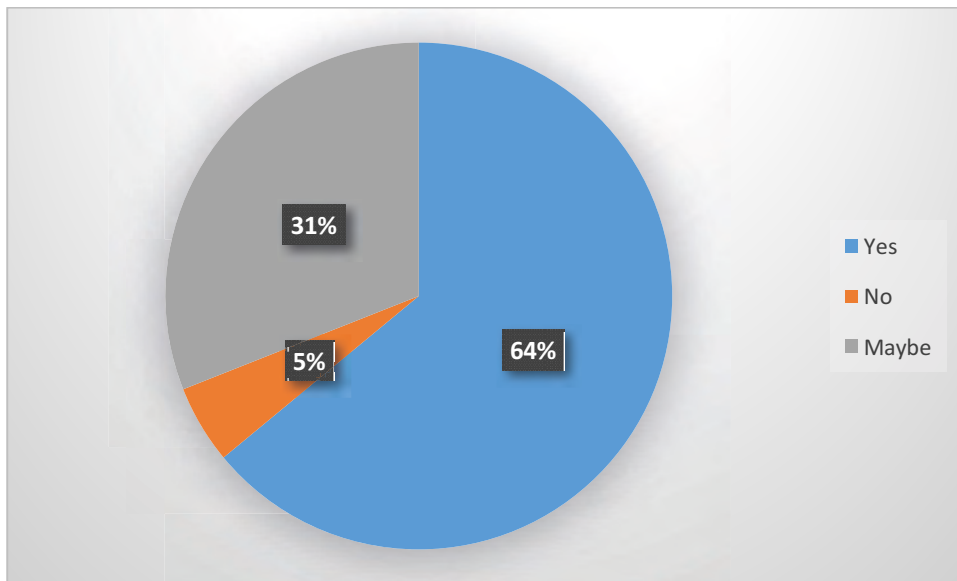
Comments from those who answered "A little" included:

- "I did know the risks but have more knowledge on the situation"
- "I learnt more than I already knew, but most things discussed, I had knowledge on them"
- "Opened my eyes to several factors"
- "Covered use of cannabis of things that I had prior knowledge"
- "Mutual agreement on subject"

Comments from those who answered "Not at all" included:

- "Only as I have a lot of knowledge on cannabis anyway."

**Figure 4** – Will any of what you have learnt make a difference to the way you use this substance in the future?



Some respondents left further comments for this question. 10 comments were given.

Comments from those who answered “Yes” included:

- “Helps to keep clean and remind myself there is help out there”
- “The side effects the Class B drug can cause long term”
- “I need to find an alternative way to cope with my problems”
- “I have learnt I have someone to see if I ever feel a slip”
- “Covered what I should do to go forward”
- “I will be more careful and aware of potential predicaments in the future”

Comments from those who answered “No” included:

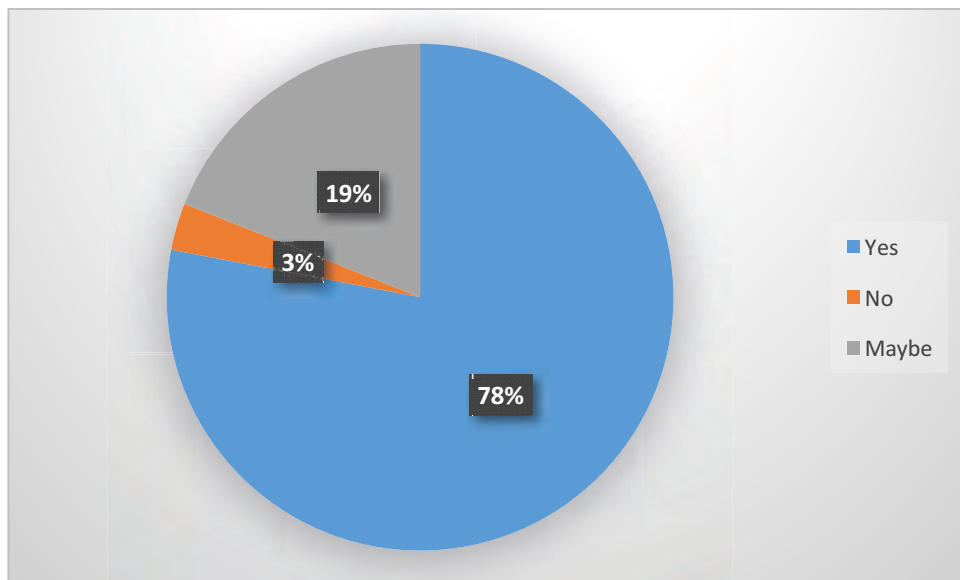
- “Don’t use it a lot”

Comments from those who answered “Maybe” included:

- “This discussion has been useful and I’ll keep it in mind. However, I can’t say I’ll never use cannabis again”

The clients were asked if their experience with the police would change how they would use the substance in the future. A positive 78% of them answered “Yes”, with 19% answering “Maybe” and only 3% answering with “No” (See Figure 5). Again, comments were left by respondents

**Figure 5** – Will your experience with the police change how you use this substance in the future?



Comments from those who answered “Yes” included:

- “Not keep hold of it, dispose straight away”
- “I know it’s illegal even more now and it’s not good for mental health”
- “Being fully aware of what the Class B drug can do in the future and I have bigger ambitions in the future ahead of me”
- “I do not want to be in the same situation again or risk a criminal record”
- “Never again”

Comments from those who answered “Maybe” included:

- “Being caught has definitely put me off, however it might not put me off forever”
- “I think I would be more careful when carrying cannabis although I only use it in moderation as a method of coping with insomnia/relaxation purposes”

To conclude the evaluations, two open-ended questions were asked. The first question asked was “What are the benefits to you coming to a DARS session rather than your offence being dealt with by the police and potentially the courts?”. Recurring themes were highlighted from these responses including, not getting a criminal record or having to go to court, as well as there being no impact on their work or jobs. Being able to talk about their problems was also mentioned more than once. The responses can be read below.

- “No conviction and doesn’t affect work life as much”
- “It won’t go on my record which is good for when I am looking for a job”
- “No criminal record for jobs etc. less hassle”
- “No criminal record”
- “So I don’t have to go to court”
- “Got to talk about real problems with my life and get some help with how to get over them”
- “It gives me a second chance”
- “Found it helpful and found out how bad it is to smoke weed”
- “It’s made me think not to take it again”
- “No criminal offence charges and easier to talk to and relate to”

- “Very helpful due to work and my future of not getting a criminal record”
- “I can still go on holiday”
- “Learning more about the substance”
- “Allows me to be more relaxed and down to earth with whoever I am talking to”
- “My job, parents and reputation have not been tarnished”
- “Speaking to someone who actually tries to empathise and understand my situation and experience”
- “Learn a bit more about the drug and how it affects you”
- “Because they make the situation a lot easier and more comfortable to talk to”
- “I don’t get fined or go to court”
- “Doesn’t get taken any further”
- “Criminal record, awareness and understanding mental health/dependency use/sense of self, also good to receive counselling, feel better as a person”
- “Interesting discussion with friendly professional staff”
- “I will not have a criminal record and won’t affect my job”
- “I felt a lot more comfortable here than at a police station as a result I feel that I will take this more on board”
- “No prison time”
- “I don’t have a criminal record so I can still travel”
- “That saves a lot of police time for small amount and helps but know more about drugs”
- “No further action would be taken”
- “A criminal record is not a good thing to have. Maybe it is not a good idea to use drugs where they are illegal”
- “The benefits are that they showed me how much cannabis can affect your health and that rather than going to court and ruining job opportunities and holidays”
- “Allows people to realise they have made mistakes without potentially life changing consequences. Also allows them to seek help rather than punishment”
- “The chance to discuss problems, to relieve stress of the courts”
- “Was at risk of losing my job”

The final question of the evaluation asked “What have you gained the most from this experience and the DARS scheme?”. Knowledge of the substance was a common theme for this answer. All answers are shown below.

- “I know that I can easily get help if I ever need it”
- “Further knowledge on the scheme and how it can help people with drug related problems”
- “It was the scare I needed to keep my life on track”
- “Learning about how cannabis affects the brain”
- “I found a lot out about weed”
- “Believing in myself and support around me”
- “The side effects the Class B drug can do to the brain and can do harm”
- “Hopefully no criminal record”
- “Learning more about the substance and its effects”
- “I have a better perspective on how I got into smoking cannabis and why I continued to”
- “It’s ok to have the thoughts and feelings I have and how to manage them”
- “Knowledge”
- “Best ways to fight the addiction”

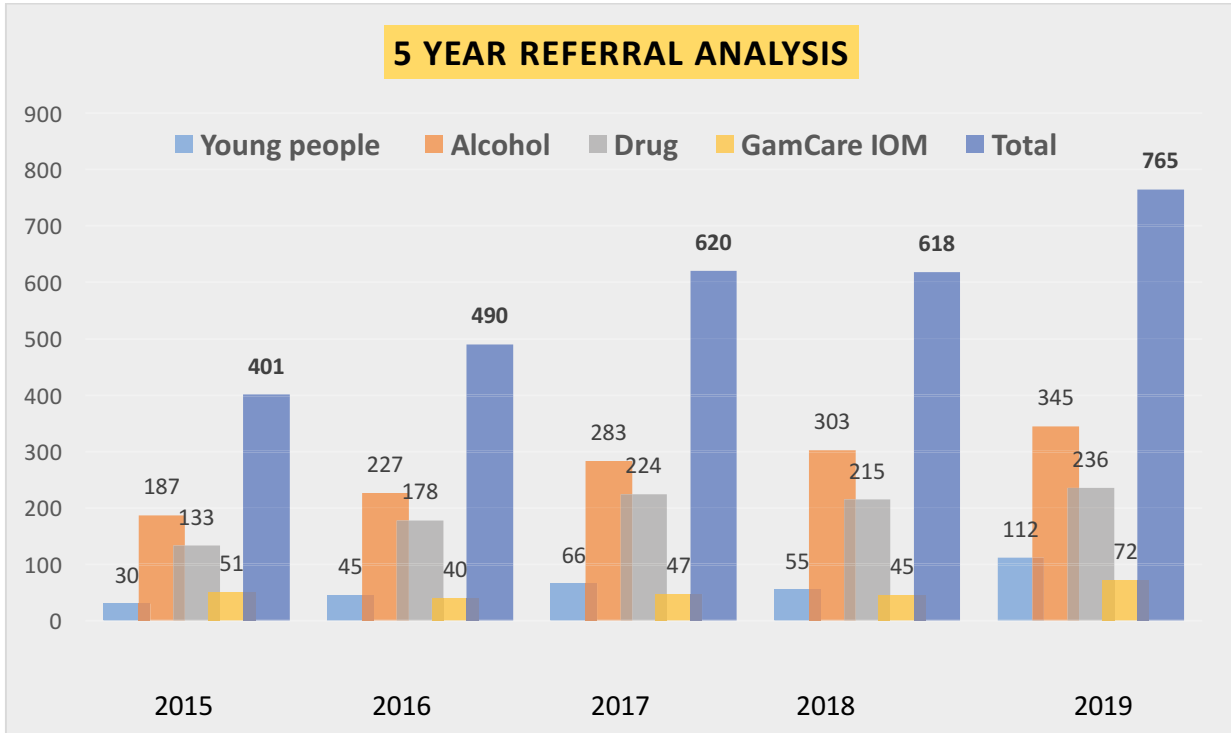
- “To speak to someone if you do have a problem”
- “Praise for stopping”
- “A better sense of self and feel more positive 😊 “
- “An appreciation for professionals”
- “The long term effects of cannabis”
- “A little bit more knowledge on cannabis”
- “More knowledge”
- “I understand better how important things are”
- “Not to be doing drugs again”
- “To be conscious of decisions”
- “A reflection on the usage of the drug in question”
- “Knowledge on cannabis”
- “The damaging effects of drug use. I.E increases the pressure on your heart”
- “A greater understanding and an outlook for the future attending Motiv8”

Ultimately, from the high percentage of clients who found the DARS scheme helpful and who have improved their knowledge of the substance involved in their arrest, along with the majority stating it will make a difference to the way they use the substance in the future, from both this experience and the knowledge gained, it is evident that the scheme is successful, allowing clients a second chance and preventing them from getting a criminal record with improved knowledge on substance misuse as well.

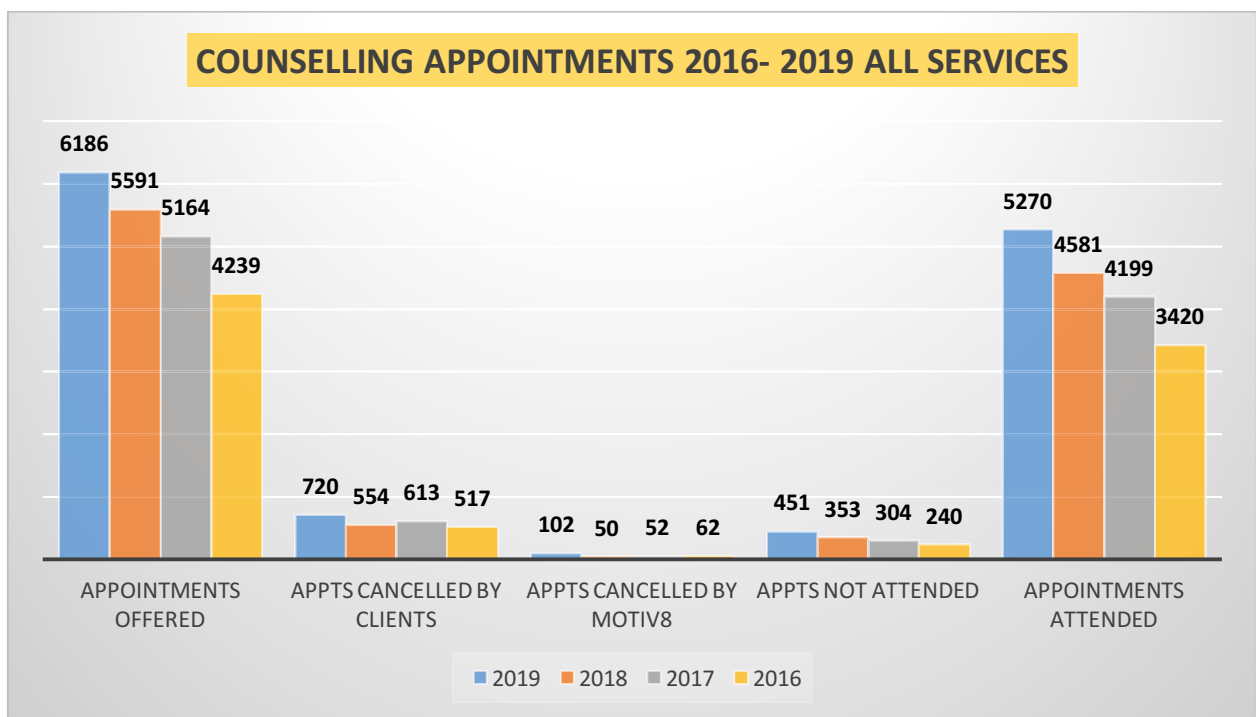
*(Report produced by Rhiannon Leece)*

# STATISTICAL REVIEW 2018-2019

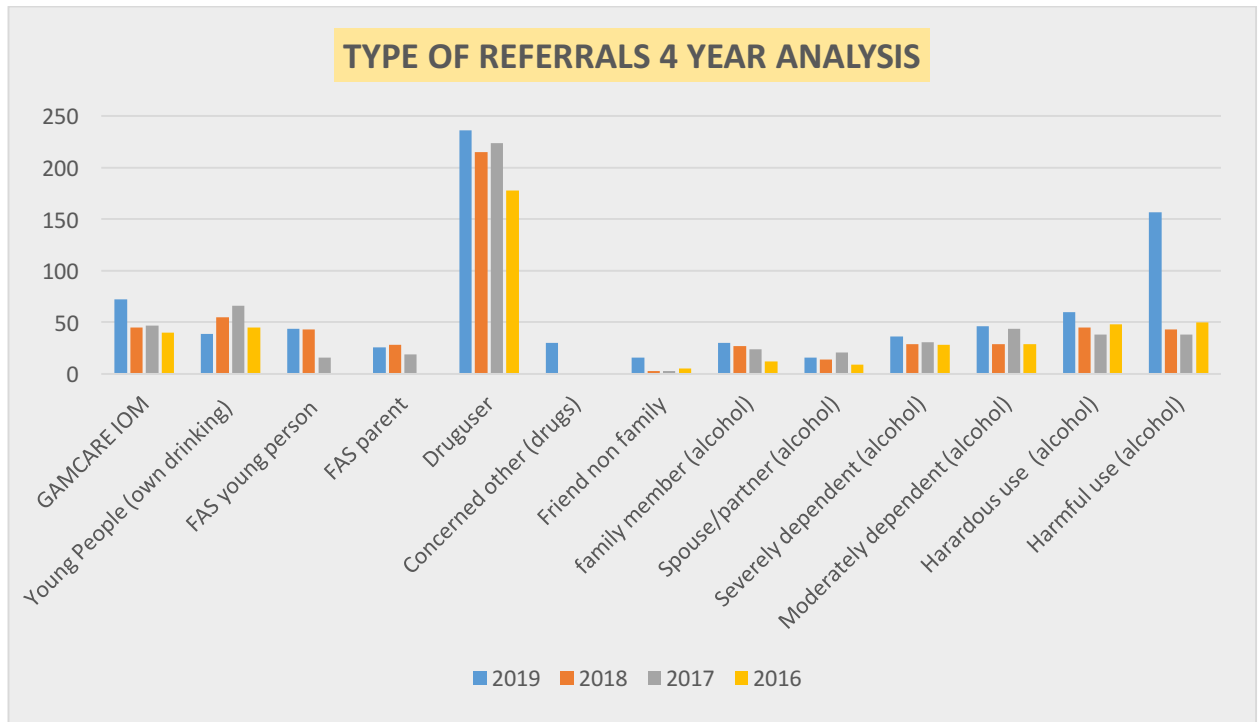
## Target 1. Increase the numbers of clients accessing Motiv8



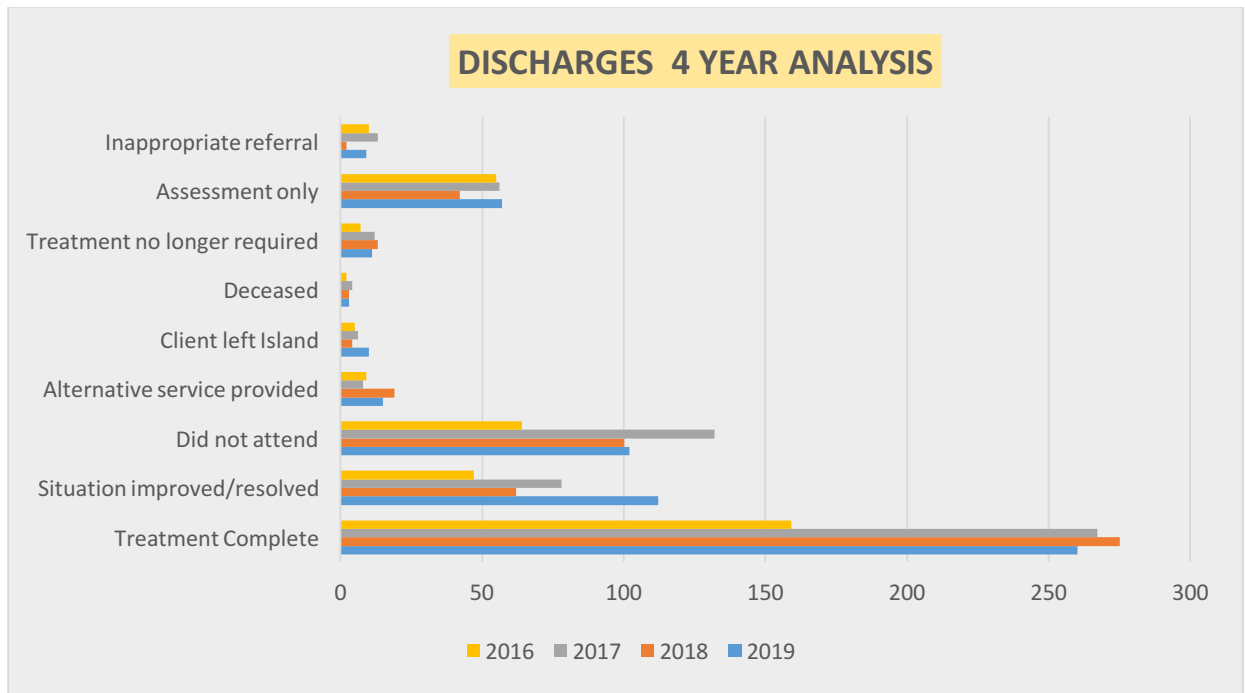
## Target 2. Increase the number of sessions for those contacting Motiv8



**Target 3 Increase the numbers of referrals across the different branches of service**

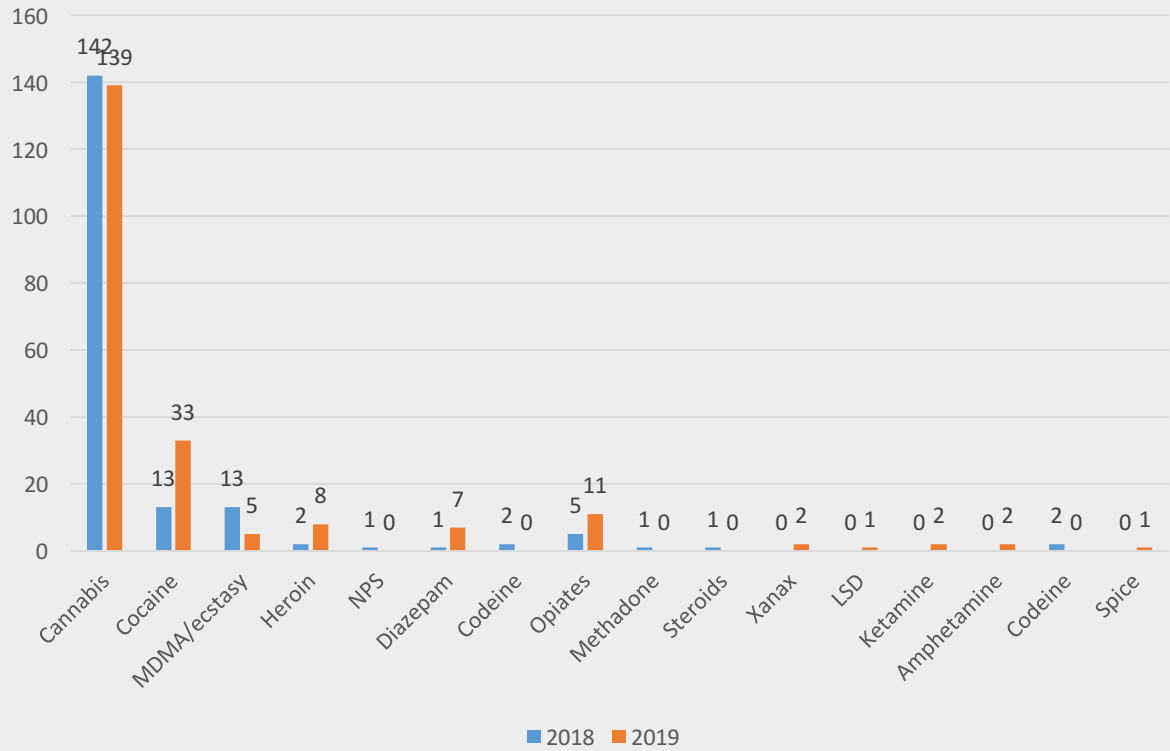


**Target 4 Increase the number of those successfully completing treatment**

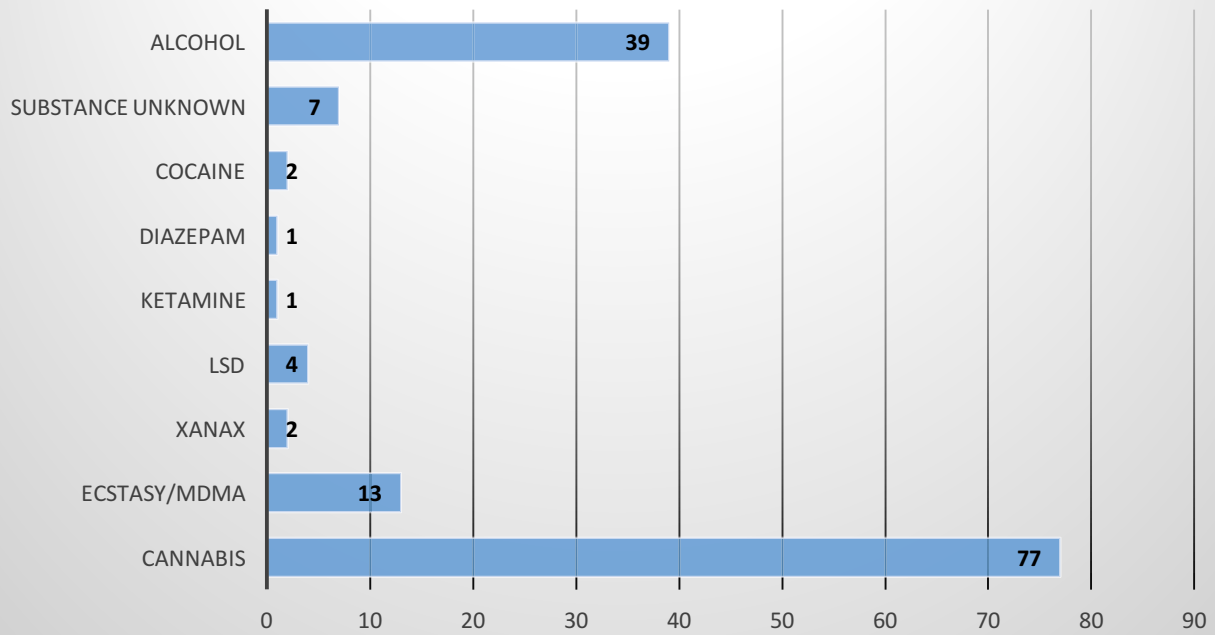




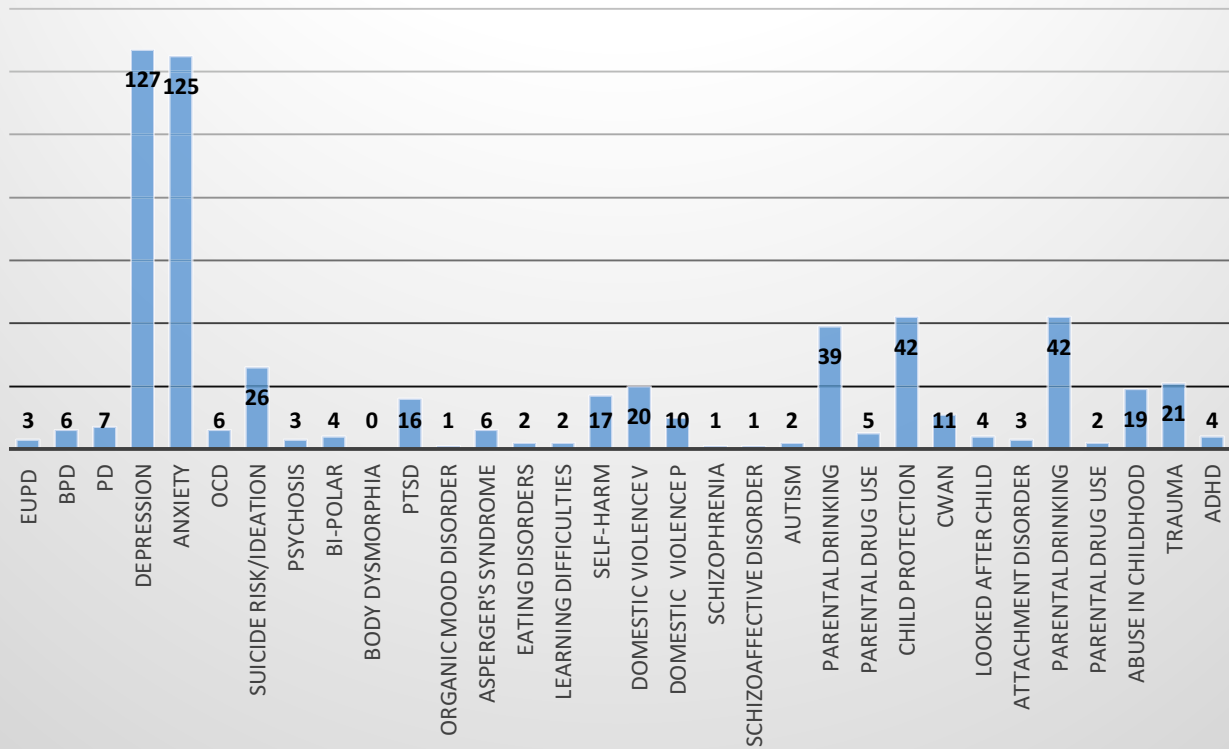
### DRUGAWARE - TYPES OF DRUGS OVER 18'S



### YP @ Motiv8 - Type of Drugs (launched in May 2018)



## MENTAL HEALTH ISSUES AND SUBSTANCE MISUSE CO-MORBIDITY AUDIT DECEMBER 2018



**EUPD** Emotionally Unstable Personality Disorder

**BPD** Borderline Personality Disorder

**PD** Personality Disorder

**OCD** Obsessive Compulsive Disorder

**PTSD** Post Traumatic Stress Disorder

**CWAN** Child with additional needs

**ADHD** Attention Deficit Hyperactivity Disorder

Every December Motiv8 takes an opportunity to conduct a caseload review to understand the level and type of complex issues the clients presenting to Motiv8 are facing in addition to an issue with a substance. It was felt in previous years that 'dual diagnoses' or co-morbidity was rare in those with drug and alcohol issues but it is more than often the norm. It has also meant that the staff have had to become highly skilled in assessing and responding to these complex issues in order to best assist their clients. This evidence was also influential in our application to the Henry Bloom Noble Health Care Trust towards providing a part-time Consultant Psychologist at Motiv8.



# ALCOHOL INTERVENTION REFERRAL SCHEME

Figure 1: Overall, how helpful did you find the A.I.R.S presentation?

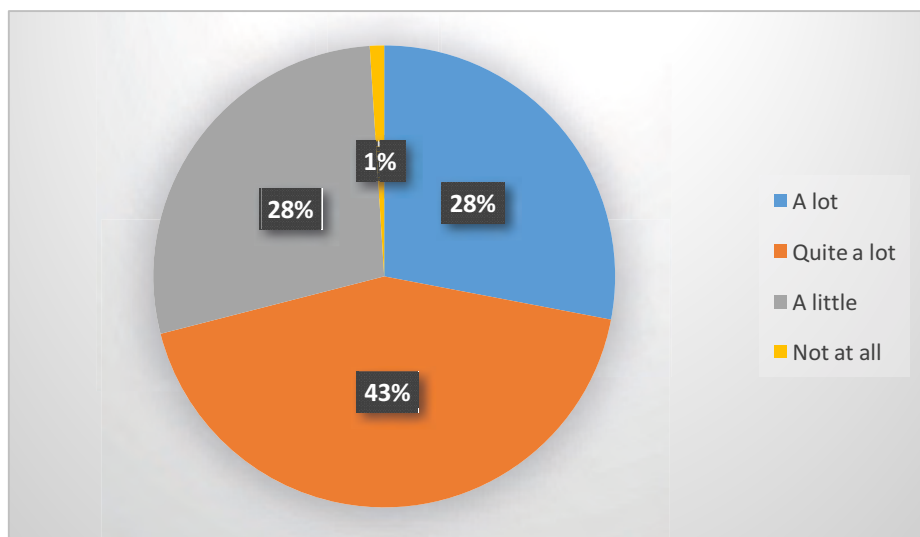


Figure 2: Were you aware of any of the following before attending the session?

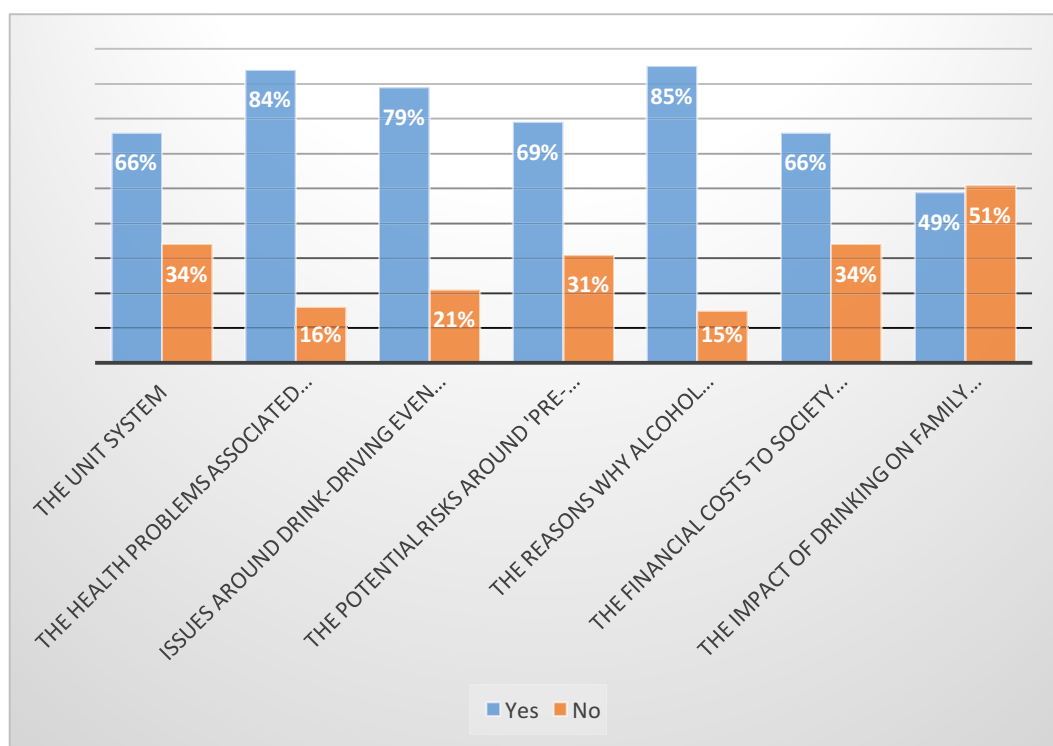


Figure 3: Would you say you have an improved knowledge on any of the following since attending the session?

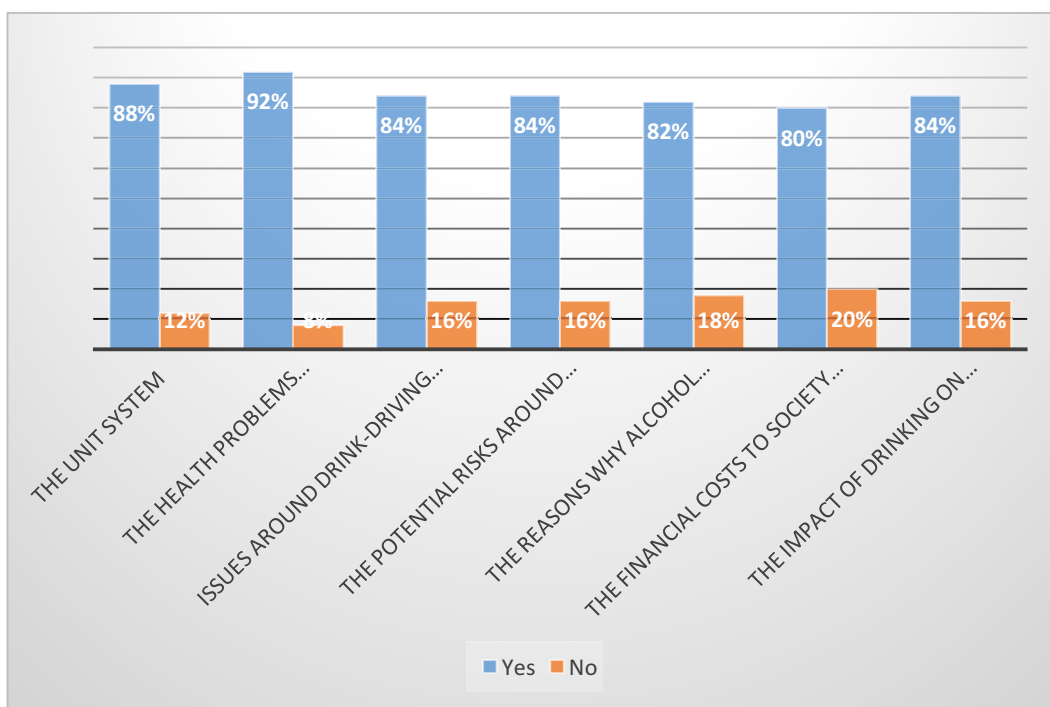


Figure 4: Has the session made you think about your own use of alcohol?

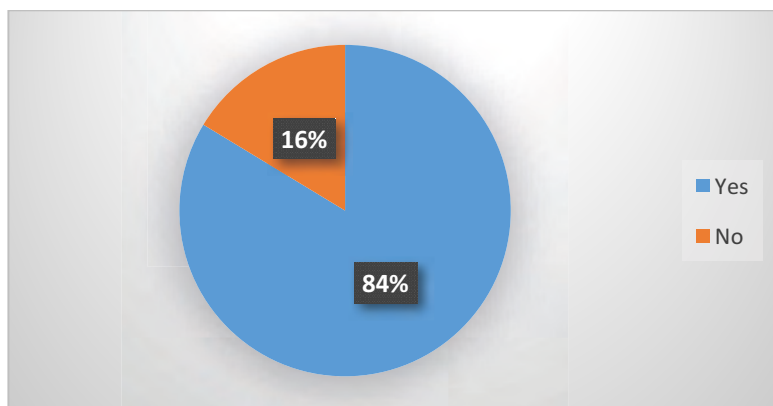
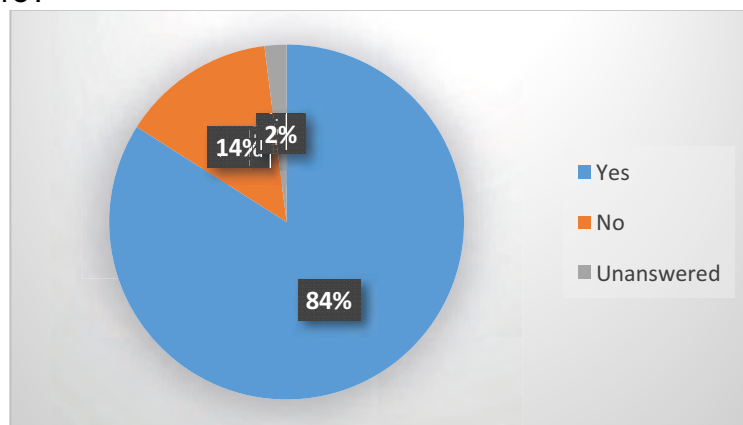


Figure 5: Will any of what you have learnt make a difference to the way you see drink in the future?



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

- Don't feel like a criminal
- I feel I've been given a chance to alter my behaviour
- I have been given a chance not to do something stupid
- It has only cost me the repair to the damage I caused and no more
- It has been a fresh chance which I am extremely grateful for – I would have potentially put my job at risk
- I am an anxious person, being dragged through courts during exam season would kill me
- It has meant I did not have a record which could affect me later in life
- It has benefited me massively in regard to me not being given a criminal record potentially affecting employment in the future
- Made me sit up and think about myself and drinking
- Understanding the effect alcohol has on your mind and body
- Learning how to drink responsibly
- Learning about impact on not just ourselves but loved ones
- General knowledge around the hazards and risks of alcohol
- Offers another chance to slow it down and educates you on why
- Giving me a chance to look at the actions I take when drinking
- Education about alcohol
- I get to keep my job
- Learnt more about risks, better prevention method than court
- You're not on your own
- Not having a criminal record and not being fired
- As I believe this was one-off mistake for myself it means I can be educated and worried without it impacting my future
- Major thank you
- Attention to the units, effects of alcohol on the body etc.
- I think going to court would have been bad for my depression so I'm very grateful
- Learning a lot about how to act  
Learning about the dangers
- Greater knowledge of the impact alcohol can have
- Learning that families suffer from alcohol
- I feel like I should go easier on myself but also that I need to be more careful
- Keeping job and not moving off the island
- I would have had a record and would have struggled with work and keeping my pass
- Great idea and 2<sup>nd</sup> chance
- I work, wouldn't like my employer to know or have my name in papers, due to my daughter
- Given the opportunity to be able to learn from the mistake is a positive for everyone involved
- Informed me of the real-life dangers of alcohol and gave me various strategies which can improve my health. Avoided negative implications to my life/job

- I have learnt that I need to control my drinking as it affects people around me and my health
- By learning new information, I can make better decisions instead of just being punished
- It makes me look at how much I drink
- Educational and eye-opening
- To learn the effects of alcohol on your body and behaviour
- Good educated class
- This has given me second chance after making stupid drunken mistakes
- Keeping my job and being given a second chance to never be in that situation again which I'm very thankful for
- A learning experience instead of a fine etc., stops you repeating
- Made me think I can still have fun on a night out without drinking as much as I do, also to take more breaks throughout the night
- It has been a good reminder that I have been a complete idiot and I feel embarrassed by what I have done
- It gave me the opportunity to learn more about what alcohol does rather than a fine/prison and not learning or developing knowledge
- Learning the reasons why so now able to correct the mistakes myself and not resent the system
- Lesson learnt. Less impact on work and personal life
- Education rather than punishment is always better
- Better understanding of the health issues alcohol causes (plus saved the court time)
- Less embarrassment of my actions on the night

(Report produced by Rhiannon Leece)



GamCare Isle of Man is a tremendous success story surviving many obstacles that could have threatened its survival.

The idea of having a local gambling support service was first mooted about a decade ago when it was noted that local problem gamblers and their significant others had no access to support in spite of a growing local Gambling sector. A review of Psychological Services on the Island was conducted and it was deemed a third sector operative was best placed to provide these services. Hence the creation of GamCare Isle of Man as a branch of Motiv8 Addiction Services.

The service launched in 2011 and no sooner had it opened its doors the referrals for those locally affected started to appear.

The service was funded via an entirely satisfactory mechanism, ergo a levy obtained by the industry. This was subsequently passed to us via a 'memorandum of understanding' between the Government and the IOM Gambling Supervision Commission.

Services ticked along successfully prospering year on year with the partnership approach being seen as an innovative model of practice, gaining respect from all professionals and industry bodies. Significant work went into securing the GamCare brand and model of delivery and we follow GamCare UK, being trained and supervised by their head office professionals.

A significant proportion of those impacted contacted the service, many appreciating having a local service, with instant access to qualified GamCare Counsellors, a Consultant Clinical Psychologist and our Group work programmes.

Sadly, this all came to an abrupt end due to no fault of Motiv8 but to the Island no longer being categorised as a white-listed jurisdiction in 2014 and the ending of the levy scheme by the GSC.

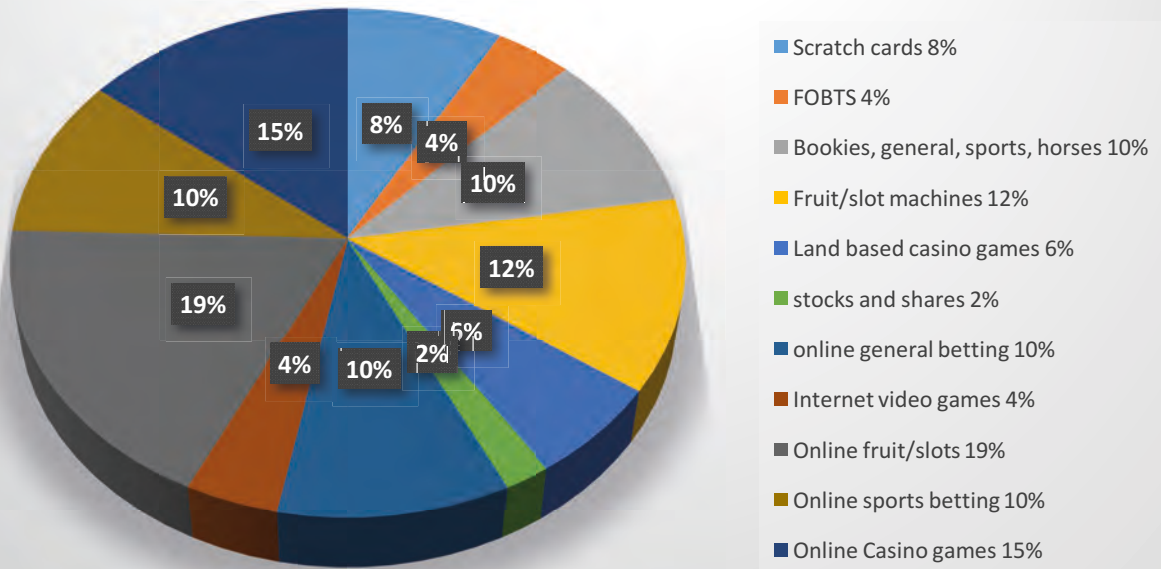
A period of great uncertainty left us worried for the future. The message of needing funds to keep gambling support services open and avoiding the political and morally embarrassing situation of the Island not having a service in spite of its substantial e-gaming sector seemingly going unheard.

However, after several meetings with key local Industry figures, support finally started to emerge by means of donations with many companies in the Gambling sector continuing to maintain these annually.

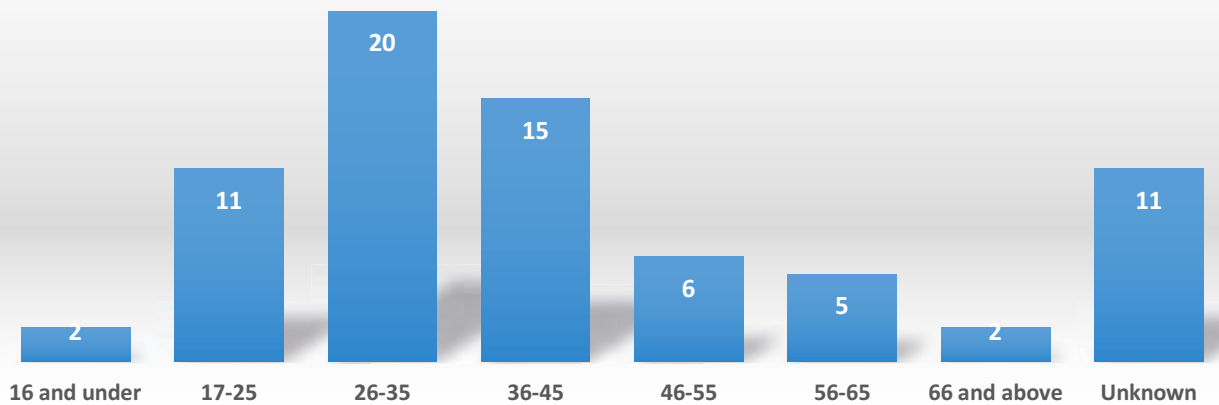
I would particularly like to give thanks to David Hudson, Chief Executive Officer at SMP Partners. David particularly understood the need for the service to continue and the need to demonstrate Social Responsibility to those impacted by Gambling addiction. David was a key protagonist in garnering the local industry into support for our plight. Thank you also to all who have donated to GamCare Isle of Man, without your continued support we would not be able to operate.

## Statistical Review

### Referrals by type of Gambling



### New referrals - Age groups



### Appointments offered



43



29



Significant events and achievements that have taken place this year include, contributing fully to the Joint Strategic Needs Assessment for Problem Gambling, conducted by the Public Health Directorate;

A presentation on problem gambling for Autism Initiatives. The team also underwent a refresher training session with GamCare UK's clinical lead for counselling and support. Both Lyndsey and Holly attended a presentation with Epic Risk Management organised by SMP partners during 'Responsible Gambling Week.'



*Paul Buck and Mark Potter of Epic Risk Management, GamCare Isle of Man's Lyndsey Smart and Holly Cordas. Ted Pepper Centre, SMP's Managing Director of eGaming and training. Presentation at Noa Bakehouse during 'Responsible Gambling Week 2018.' Photo from 'Affiliate Insider'*

The team also facilitated responsible gambling training for SMP staff. Support for Gaming issues is also developing. With Gaming now being recognised as an addictive behaviour under the classification of mental and behavioural disorders. It seems natural that Motiv8 should offer support for those impacted by this increasingly concerning issue. Rhiannon our trainee addiction support worker, has studied this subject extensively and with the support of Holly has been offering 'Gaming education sessions in schools for your young people and also parents evenings.

It is not unusual to find young people gaming several hours a night to the detriment of other activities and general well being. A link between gaming and gambling has also been realised and the potential for online exploitation and grooming in rare cases, with young people being targeted in associated chat rooms.

Motiv8 was also involved in a significant project to develop an online 'Social Responsibility' project in conjunction with SMP Partners with their 'Online Compliance Academy.' This training portal offers training for Industry Staff on a range of issues and we created for them a training course

which assist staff at the frontline in their interface with their customers who are potentially suffering from gambling disorder. With solutions on how to spot and direct those impacted to our service.



***GamCare Isle of Man's stall at the annual KPMG eGaming Summit 2018***

Youth behaviours and drugs of choice are constantly changing with the use of all of types of drugs increasing. Our new young persons service YP@Motiv8, combines our previous young persons alcohol service with a contemporary approach to support young people who are getting into difficulties with all variety of substances. We also offer support for gambling and gaming addiction. (Now a recognised disorder under the classification of mental health disorders)

Launched with the assistance of a grant from the Manx Lottery Trust and donations from the gambling industry, we now have a responsive, youth focused service that can respond to constantly shifting pattern of youth drug use, gambling and gaming.

The success of the new service in terms of the number of young people reached has been outstanding with 112 referrals since launch. The trends in drug use in those receiving support seemingly mirrors the most recent trends in young peoples' drug use across the UK. The amount of young people admitting to ever taking drugs was 24% in 2018, whereas in 2011 it was 17%. Furthermore, the amount of young people reporting ever drinking alcohol in their life time was 44% compared to 52% in 2008. (NHS Digital 2016 and 2018 results 11 to 15 year olds survey)

Key successes include being able to work closely with the statutory Drug and Alcohol Team and an agreement to set up a triage system via Motiv8. Hence, all young people are screened first at Motiv8 thus allowing a prompt access to services. Also, our approach to working with young people is entirely holistic and looks beyond the substance and problematic behaviours to the underlying reasons in their lives, which may have resulted in an over reliance on a substance. Furthermore, an assertive outreach approach is practiced to maintain contact with the most vulnerable and hard to engage young people

**Funding for year 1 of the project for drug use provision has now come to an end. But we are hopeful we can find further funding to allow this side of the service to continue.**



## Drug usage presenting to Motiv8 (under 18'S)



**Ketamine**



**Diazepam**



**Cocaine**



**Cannabis**



**Ecstasy/MDMA**



**LSD**



**Xanax**





Registered Office:  
Rosemary House, Mount Havelock, Douglas, Isle of Man IM1 2QG  
Tel: 627656 email: [motiv8@iom.com](mailto:motiv8@iom.com) Web: [www.motiv8.im](http://www.motiv8.im)