



Supporting the Manx Community for 42 Years

Established in 1978



Annual Report 2019-20



LIST OF CONTENTS

Page 2. List of officers and staff 2019-2020

Page 3. Motiv8 Addiction Services – an overview

Page 4. Domain outcome results

Page 5. Key Facts year end 2020

Page 6-7. Directors Report

Pages 8 -14. Covid-19, impact on services and responses

Pages 15-18. Drug Arrest Referral Scheme

Pages 19-21. Statistical Review 2019-20

Pages 22 -25. Henry Bloom Noble Healthcare Trust Grant

Pages 26-27. GamCare Isle of Man

Pages 28-39. Family Alcohol Service - Service Evaluation

Pages 41-53. YP@Motiv8 - Service Evaluation

LIST OF OFFICERS AND STAFF April 2019 to March 2020

Deemster Alistair Montgomerie (President)

Mr Christopher Mitchell (Chairman)

Mrs Jo Brackett (Hon. Secretary)

Ms Jane Gray (Hon. Advocate)

DIRECTORS:

Dr Alex Allinson MHK

Mr Darren Bradford

Mrs Rosemary Barlow

Mr David Cole

Rev Alex Brown

MANAGEMENT

Thea Ozenturk (Chief Executive Officer)

Kay Mylchreest (Deputy Director)

Lyndsey Smart (Deputy Director)

TEAM MEMBERS

Anne Cain

Elaine Muldoon

Holly Cordas

Janine Vels

Joanne Yeardsley

Josie Waldrum (Retired March 2020)

Louise McColgan

Mark Cromwell

Nigel Macfarlane

Rhiannon Leece



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”

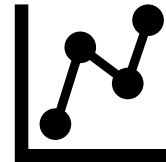
Domain – 2020 results

'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:

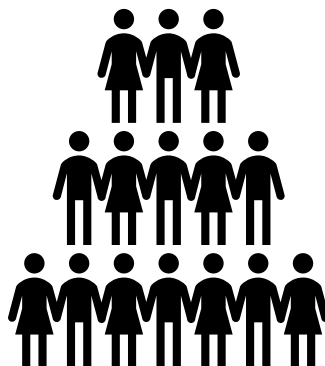
- Alcohol/ drug use dependency
 - Injecting behaviour
 - Risk behaviour
 - Physical health
- Accommodation/family/children
 - Criminal/legal
 - Employment
 - Benefits



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 year's audit- 597

87.3 % of service users reduced consumption of alcohol or drugs, or achieved a goal of abstinence from alcohol or report being drug free

83% made improvements to their mental and emotional health

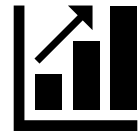


77% of service users made improvements to their physical health

Key Facts - 2019- 2020



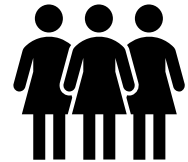
- **3359** Appointments attended
- **1271** Group work attendances
- **10.1% (429)** DNA – Appointments not attended



- **306** Alcohol referrals
- **218** Drug referrals

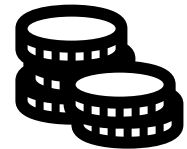


- **107** Young persons' referrals alcohol & drugs



- **73** FAS family alcohol service referrals

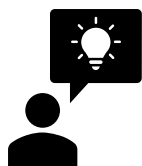
- **50** Gambling referrals



- **154** DARS referrals

- **429** Completed treatment/ partially resolved their behaviour

- **754** New Referrals



- **706** Discharges

- **597** Remain in treatment



- Weekly clinic in the IOM Prison

- Monthly AIRS groups for first time alcohol offenders



Directors Report

Welcome to the annual report for 2020 and what a year it has turned out to be! Who would have thought that this year would have seen such a dramatic turn of events with a global Pandemic that has altered the world forever. Words such as 'lockdown,' social-distancing, and the wearing of masks and repetitive handwashing have become part of our daily vocabulary and behaviours. For those impacted by addictive behaviours, mental health and social issues, it has been a worrying time, posing particular issues for our client groups and their family members.

For the team at Motiv8, the advent of the Pandemic saw a complete shift in our way of working and supporting our service users. The Charity has never had to alter its way of working to such an extent in its 42 years history. In spite of the challenges, we managed to keep the doors open and find innovative ways of helping those in need whilst we all went under lockdown.

It wouldn't be fitting if we did not include a report on the extensive work undertaken by the charity and the particular impact Covid-19 has had on our client groups during the Pandemic and I have included an extended feature in this report.

Reflecting on the rest of the year- in October 2019 the charity held a conference to report back on several projects funded by the Manx Lottery Trust. Namely, the Family Alcohol Service and YP@Motiv8, our dedicated young person's drug, gambling and gaming service. The funding for these projects has now come to an end and we felt it was important to present the findings of these projects to an invited audience. Interest in the event held at the iMuseum was encouraging and we are hopeful that the connections made that day will lead to further funding for both projects. Without finding further sources of funding some aspects of these services for young people and families will cease to continue. You can read about the excellent work undertaken by both branches of service in executive summaries included within.

The service has recently found new premises having outgrown the building at Mount Havelock. We have now doubled our counselling capacity, with seven counselling rooms, a group work suite with 2 rooms and a large conservatory. We also have a board room and a dedicated room for children. The premises based at 90-92a Woodbourne Road have been well received by our service users and the Team who have much more room for therapeutic work. The building

though slightly out of town centre is on a main transport route and has a greater degree of confidentiality with the entrances being set back from the road.

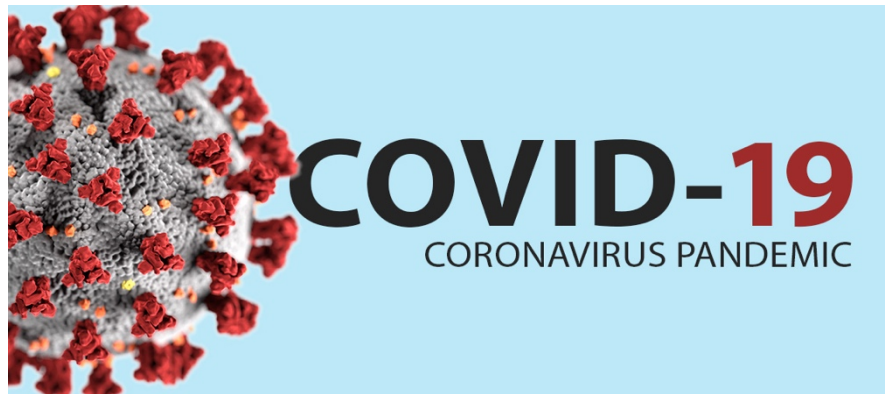
This year saw the retirement of Josephine Waldrum from the charity and the recruitment of a part-time Consultant Clinical Psychologist Dr Rajinder Dyal. This post has been made possible by a grant from the Henry Bloom Noble Healthcare Trust. This funding also part pays for the groupwork programme and SMART recovery. Unfortunately, Dr Dyal has been unable to attend his clinics due to the border restrictions, but we are hopeful he will be able to return to the Island again soon.

And finally, an enormous thanks go out to the team, charitable trustees and everyone who has helped us make it through the year. One for sure we will not forget in a hurry!

Thea Ozenturk

COVID-19 IMPACT ON SERVICES AND RESPONSE

When the world was faced with the news that a Pandemic was racing across the globe, little did we know that our worlds would change so dramatically in such a short space of time.



On Friday the 13th March with the news that the virus was spreading rapidly, we created our first policy on how we could continue to operate yet reduce the footfall and protect the vulnerable.

Those who struggle with addiction often have a suppressed immune system and other health conditions. Alcohol particularly depletes the body of essential nutrients vital for the upkeep of the immune response. Whereas those who use opiates, cannabinoids and stimulant drugs can be immune suppressed with cardiovascular and respiratory weaknesses.

The lockdown also posed the initial issue of those dependent on alcohol not being able to secure enough alcohol to avert withdrawals! Alcohol withdrawal can be more dangerous than many other substances causing seizures and other risk factors.

Whereas for drug users, the reduction in the supply of illicit substances due to the border closures posed significant problems of sources alternative sources of supply of illicit substances.

Coming up with a Pandemic Policy and new ways of working was clouded by the issue that Motiv8 was in the middle of moving premises. A new lease on the Woodbourne Road property had just been signed and work was about to commence. We were left with no choice but to put the move immediately on hold in order to prepare the service to deal with the crises in hand.

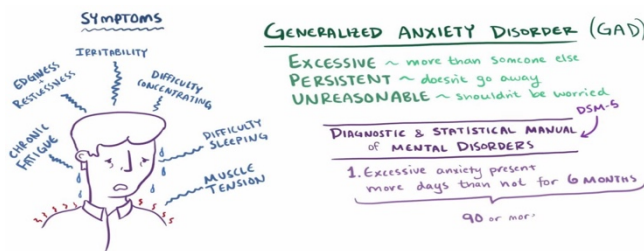
The team was split initially into pairs to reduce contact with other team members and a rota created to keep the service open for walk ins and emergencies. The idea being if one team needed to isolate, another team could take over and keep the doors open. The remainder of the team worked from home, and indeed a few members had family members who were classed as vulnerable or had health issues themselves and it was agreed that they would work from home to protect them and their family members.

The initial lockdown saw us supporting people via the telephone and via Zoom technology. Although there were fears about the use of this technology, the problems of 'Zoom bombing' appear to arise when meeting id's are not shared confidentiality to the intended recipients

and broadcast over a public medium. Motiv8 experienced no such problems fortunately. Sharing meeting ID's carefully and privately.

Younger people tended to take to this technology with ease, however, we tended to phone older clients and text them in order to stay in touch.

Remote support is not quite the same as face to face, losing the intimacy and confidentiality of a counselling session. Particularly for those who are impacted by the substance use of others, or who live in coercive situations. Being able to express true feelings may be stunted somewhat by the presence of others in the background. Confidentiality also was an issue with staff having to take extra care, as families isolating and thrust together meant that few were truly on their own for any length of time. Parents with young children were also under strain, struggling with being a Teacher and the upkeep of their children's education; working from home and let alone have time for work on their own recovery issues.



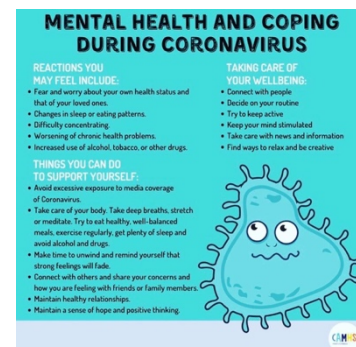
The therapeutic approach adopted was one of stabilisation and maintaining general well-being. In-depth counselling was put to one side whilst we helped clients stay safe, manage anxiety, relapse prevention, harm reduction and above all stay mentally well.

In spite of all these challenges, many clients were grateful of being able to stay in touch, being entirely understanding of the lack of face to face sessions.

However, there were some who posed a greater risk, and in some cases the concern was too great not to engage in face to face sessions and we felt a particular obligation to engage in welfare checks via outdoor/garden visits. Family and young person's workers Janine and Joanne conducted many sessions like these particularly when there were Child Protection concerns and young people with vulnerabilities.

Some of the most vulnerable and complex clients struggle with owning phones or credit on their phones and internet access. We put out a plea on Facebook and received some donated recycled phones and provided top up vouchers from our client emergency fund to some of these clients and tried our utmost to stay in touch with this group.

Alcohol issues- Many clients already in recovery voiced relief that they were no longer trapped in their addictive behaviour and struggling with withdrawals and craving, noting how challenging it must be for those still alcohol seeking, whilst shops formed long queues and social distancing measures.



For those still struggling this was a daily challenge. The risk of withdrawal seizures from alcohol – was a fear of the counsellors at Motiv8 for a proportion of their clients. Surprisingly though many coped extraordinarily well and took the advice of moderating and stabilising their consumption to the best of their ability and only a handful needed hospital admission.

The lockdown undoubtedly saw a decrease in illicit drugs being imported to the Island. We have had anecdotal reports of people ordering substances online of dubious quality and composition. Some also took to alcohol as an alternative and over the counter medications. Again, all of this posed concerns in terms of tolerance and overdose. A drought on certain substances particularly opiates can see a drug users tolerance



reduce, thus putting them at risk of overdose and drug related death if they return to previous quantities of use. We are yet to discover data on this locally or nationally and whether there has been any significant rise in 'Drug-Related Deaths' tragedies during lockdown. It's possible that the local and national illicit drugs market has seen disruption - different drug dealers coming to the fore, which could lead to conflict and increased crime.

Referrals in the first few weeks of lockdown appeared to slow. However, they have since boomed beyond what we would normally expect. It seems that alcohol has become a crutch for many during this time. Whilst most of us live with supportive families there are sadly those who live in difficult circumstances. Also, those who live alone and isolating for health reasons have faced lonely times and have seen consumption increase. Also, those living in challenging and complex scenarios have used alcohol as a means to cope. The rapid increase in referrals from new clients over the whole of the lockdown has shown we may be facing a tidal wave of alcohol dependency issues and mental health problems that the Island must monitor going forward.

Drug reliance and the drought on substances may have created more alcohol misusers and or/ shift in drugs of choice. We don't know what the shifting patterns are as yet, but this needs to be carefully monitored too.

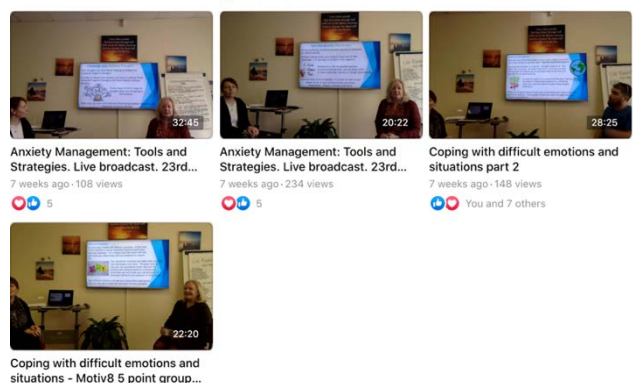
Groups and the recovery network- Motiv8 locked down early putting all its group work programmes online.



The SMART Recovery network, which has a significant following on the Island quickly took to virtual technology to run the groups. Former members based in the UK and unable to get home also took advantage of being able to connect remotely. Numbers boomed and we saw some of the biggest meetings ever for our SMART branch.

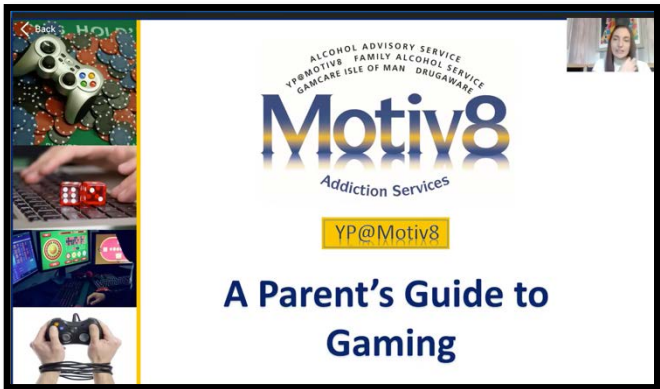


The five-point group work recovery programme was online from March. Louise and I ‘jumped out of our shells’ to provide live broadcasts on subjects around coping psychologically during the pandemic. These programmes were viewed in their hundreds keeping us connected with our clients and gaining other viewers in the process.



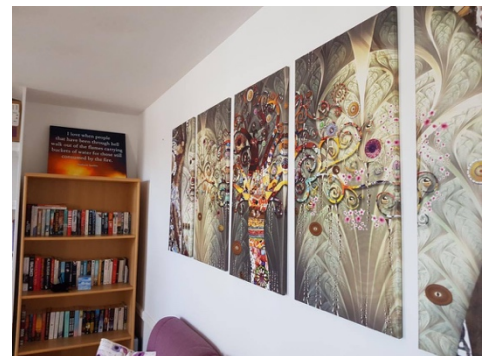
The recovery community has gone from strength to strength during the lockdown. There were wonderful inspiring examples of group members supporting each other, picking up shopping, essential items for those isolating, and supporting each other emotionally. Many members took to the Lockdown with ease, having honed skills in isolation when avoiding drinking or drug using situations. Many flourished and found it was easier to isolate knowing everyone was struggling with similar scenarios.

Services for young people also went primarily online with Lyndsey and Rhiannon creating many videos on how to cope with the lockdown. Including, awareness raising on subjects related to living with parental drinking and psychological support. Rhiannon also contributed with videos on Gambling and Gaming. Lyndsey’s client group (children impacted by addiction) took to virtual support with ease. With Lyndsey seeing record breaking numbers of young people.



Motiv8 New Premises 90 to 92a Woodbourne Road

New era – As the lockdown finally eased, Motiv8 finally was able to move to its new premises in June 2020. The work slowly getting completed once the construction and supporting industries were able to recommence working. The refurbishment of the building was made possible by a grant from the Manx Lottery Trust of £25,000 with the rest coming from reserves. The new premises are palatial in comparison to our previous building, giving us 7 counselling rooms 2 rooms and a conservatory for the groups, a dedicated child focused room and ample back office space for the team.



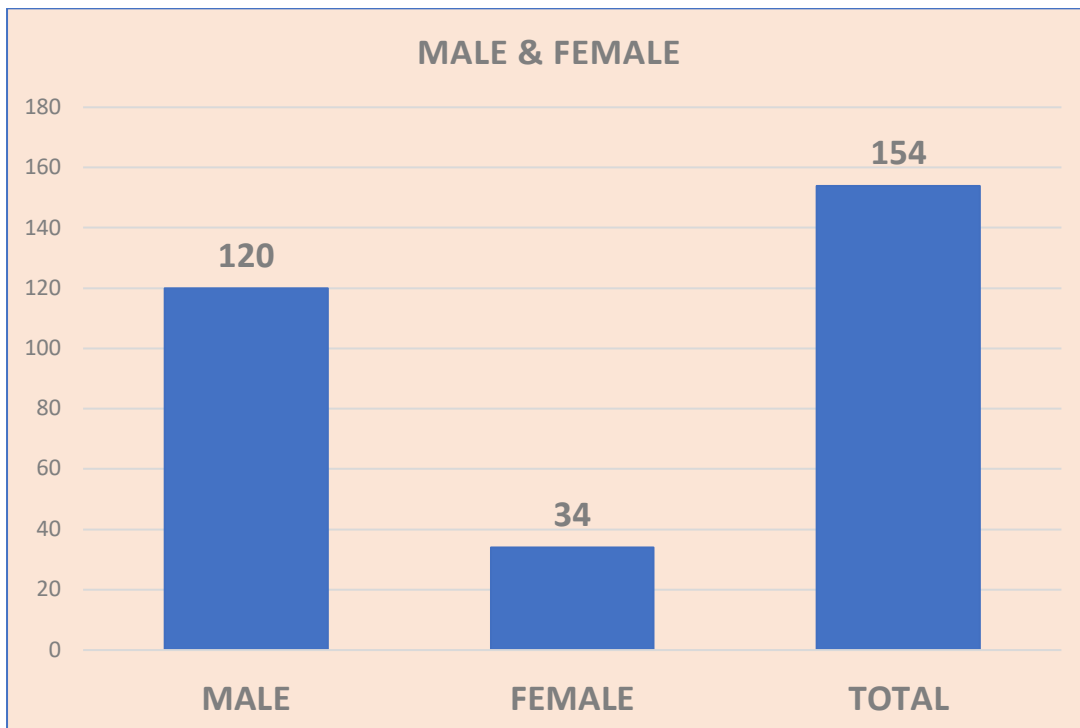
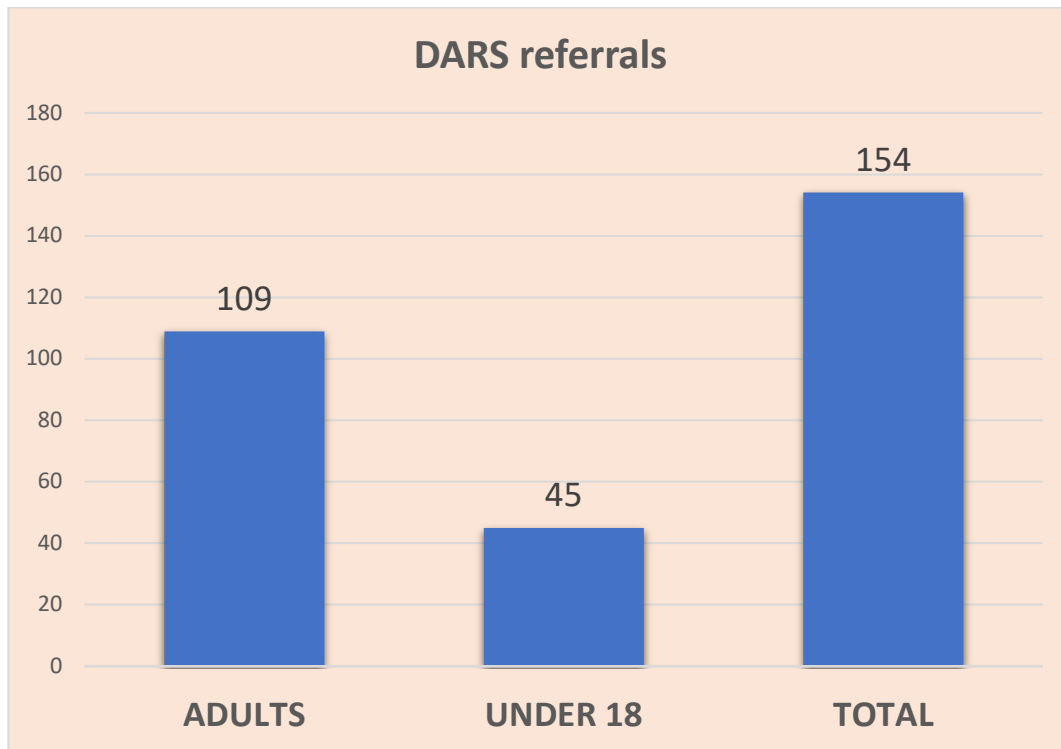


The service opened for normal sessions at the announcement of the end of social distancing and clients have started returning to the service. Some have opted to continue with remote support.

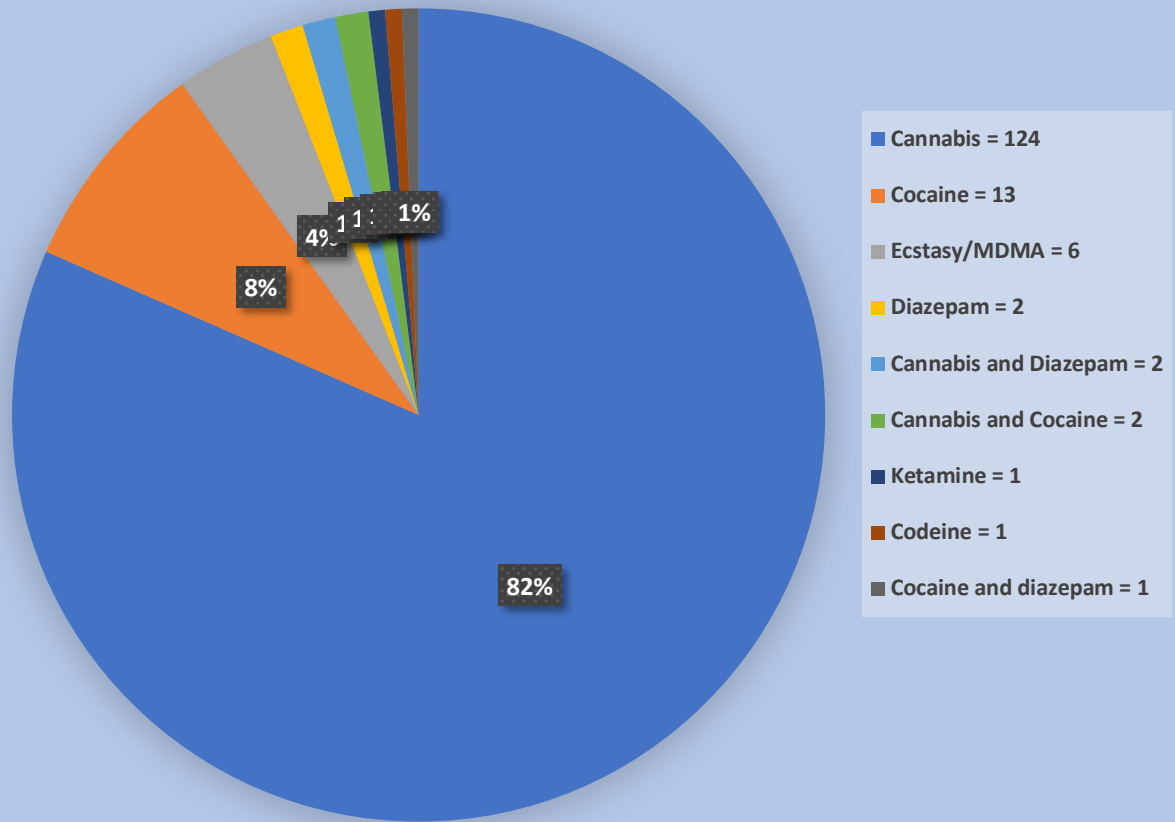
I am extremely grateful to the team who have worked exceptionally hard to support their clients in often difficult circumstances and making space to do this in their own homes. Also, the team members who were able to come into Motiv8 and keep the service door open throughout the Pandemic, like other key workers on the front line should be commended.

What the future holds in terms of the Pandemic is unsure – however whatever lies ahead we will endeavour to continue to operate as normal as possible.

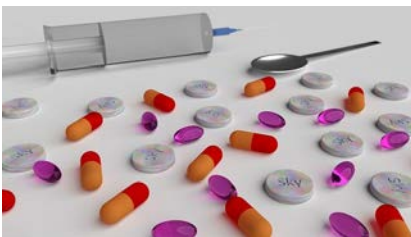
DRUG ARREST REFERRAL SCHEME
1st April 2019 – 30th March 2020



DRUGS INVOLVED IN ARREST 2019-20



*TOTAL NUMBER OF DRUG ARREST REFERRALS INVOLVING CANNABIS (INC. WHERE MORE THAN ONE SUBSTANCE WAS INVOLVED) = **128** (83%)



Drug Arrest Referral Scheme (DARS) Feedback from Participants

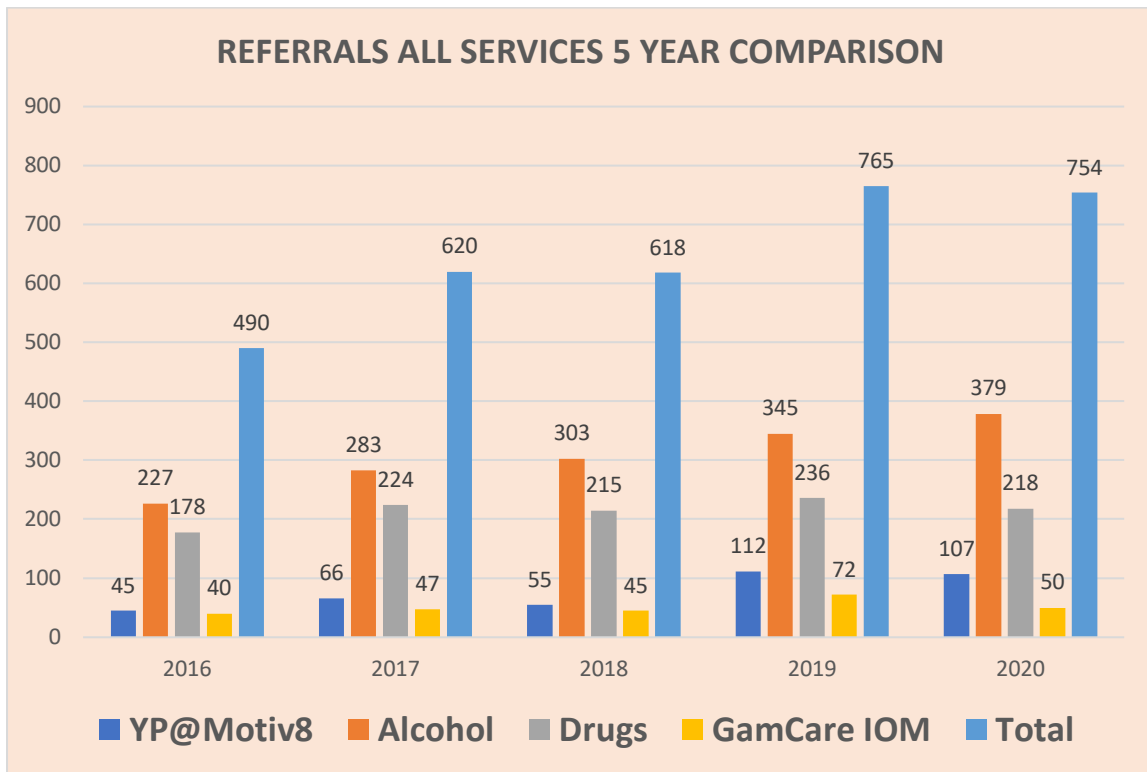
There are hundreds of comments from participants here are just a few to give an overview of how the positively the scheme is viewed.

QUESTION - 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?

- A lot of benefits actually because I don't want to be locked up and plus, I want my kids back in my life
- I feel advised and helped rather than criminalised, and a lot less resentment and frustration than I may have felt otherwise
- Don't feel as anxious in a one to one
- Would rather 30 minutes at DARS than a police record
- Saves police resources and enables you to understand more and make changes going forward
- A drug free criminal record
- It benefits a lot knowing that there is a chance to get help rather than being punished straight away
- I didn't get prosecuted and face jail; I get to deal with and discuss my issues with cannabis
- I learned about the use of cannabis and side effects of using it
- It will make me think twice about how I use it
- I do not have a criminal record and will not be given jail or secure unit time
- Not going to jail
- I have been explained the negatives and can stop my usage in an easier way than being charged and having a permanent record
- More awareness of the negative effects of cannabis. It can't affect my job and I won't have a criminal record
- No criminal record for a mistake and a safe space to talk about substances if needed
- It gives me a better understanding of the reasons behind using the drug
- Able to keep job, learnt a huge lesson
- You gain more knowledge on the substance than by the police
- It offers a chance to fix a mistake from getting worse and also informs people on drugs
- More private and easy to talk. Feel the police want to do more with the outcome than is needed on occasion
- Dars is comforting, makes you feel welcome, can have an honest conversation without worrying what is being said
- A chance to alter instead of a criminal record
- That it offers the person a second chance plus the information that I found out was useful
- Opportunity for reflection before it gets out of hand
- Learnt the risks and side effects that come along with it

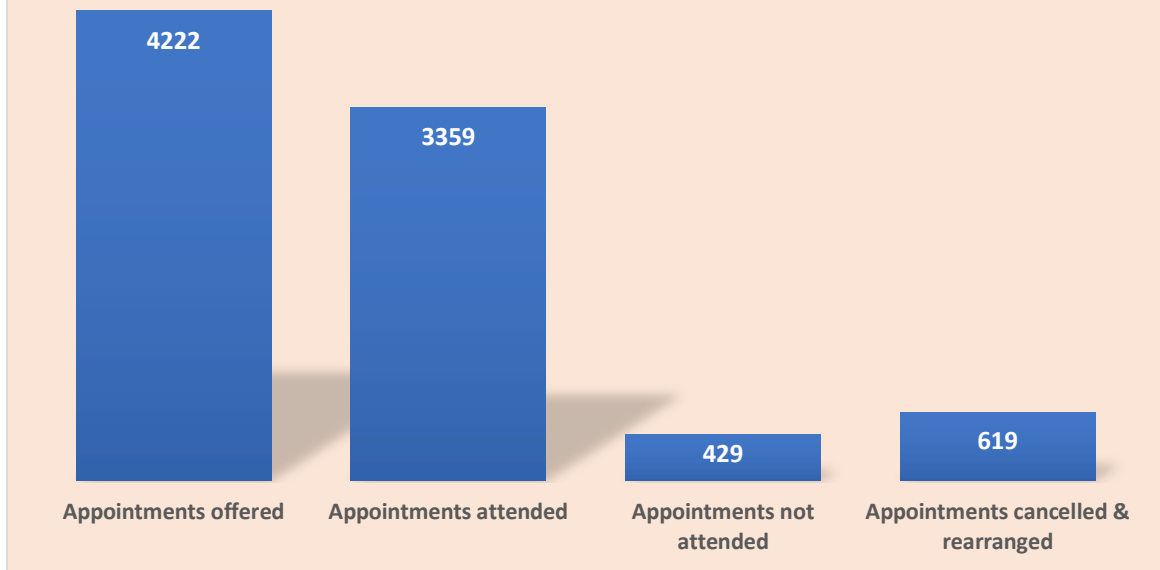
- Not getting a criminal record
- I've been given more information about the use of drugs and the impact it can have. It's been a wakeup call that it's something I don't want to do again
- I don't get a criminal record to affect my future
- Offers of genuine help and a support system to cope with both cause and effect of substance use
- You learn about the drug and can make your own decision on personal use
- Less of an impact on future plans (job, travel, etc)
- Not getting a conviction
- Has helped me understand the dangers of the drug
- No criminal convictions and having somewhere to go when needed
- They have a lot of knowledge that most people don't know about, that comes to be very helpful
- Gives a second chance rather than a more severe punishment
- Been given the chance to know and learn about what I need to about cannabis and the effects. Benefits me for what to do next
- Able to deal with any problems which may later manifest into a larger issue
- They helped me and made me realise not to be stupid
- Learning about the negative effects, I had no idea about before
- Getting to learn more about long-term use of certain substances in a private manner
- No criminal record which may go against any future job prospects
- Have a chance to open up about it
- I feel this is a more compassionate route to helping people with their drug use
- Opportunity to get more knowledge of the drug, the effects and what support is available if needed in the future
- I can reflect on what I have done and learn from my mistakes
- Feel you've got a chance to change first
- Given me a chance to change
- They educate you on things you didn't know
- Not losing my job, not being posted all over social media via news article, so no backlash. A chance to rectify my errors made
- I wouldn't get a criminal record coming here and I'd get less help in a court
- It doesn't go on my record but still makes me think about what I've done and serves as a deterrent
- Learn information that you aren't going to pick up yourself
- For small offences it allows you to understand the subject more and can prevent further crime
- You have a chance to do something about it before being convicted

STATISTICAL REVIEW 2019-20

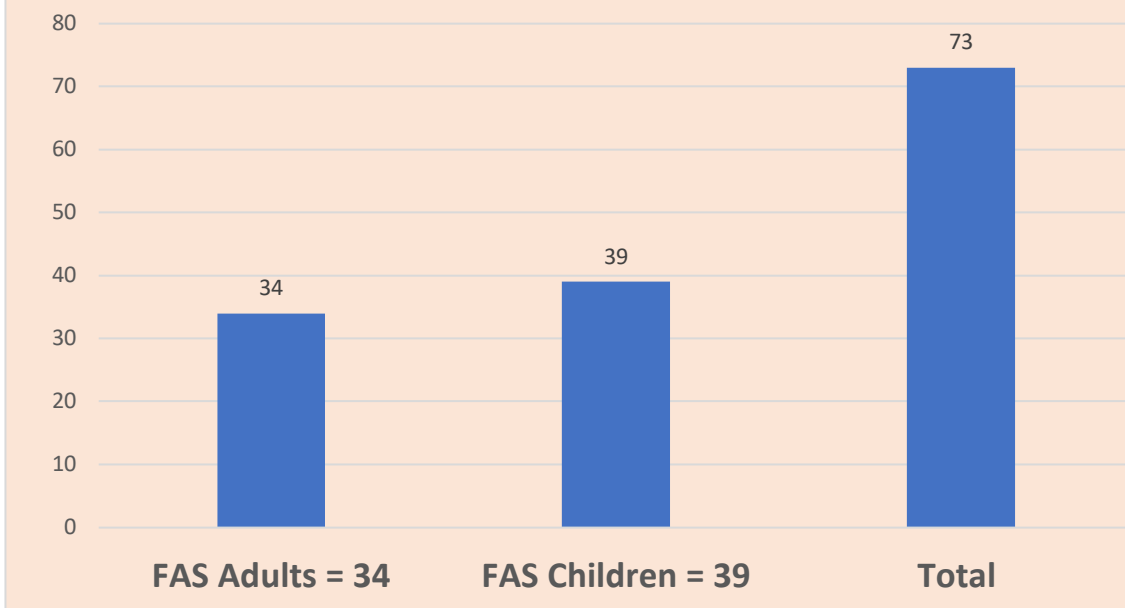


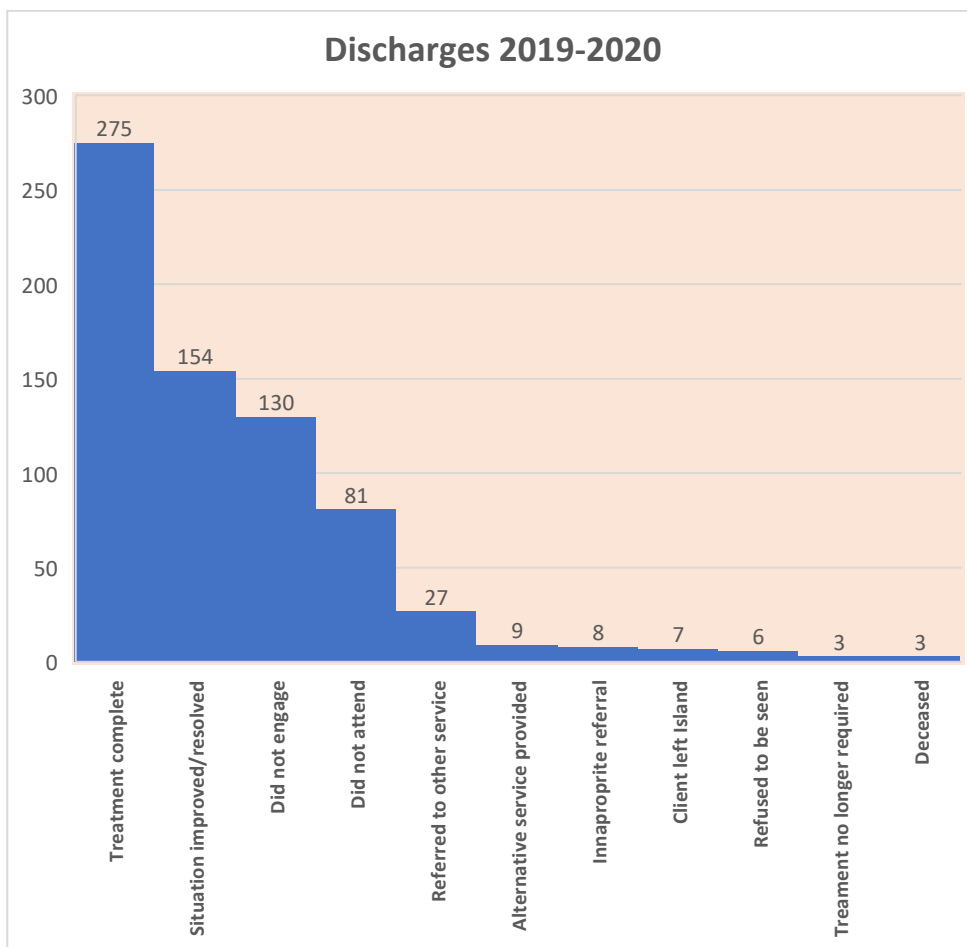
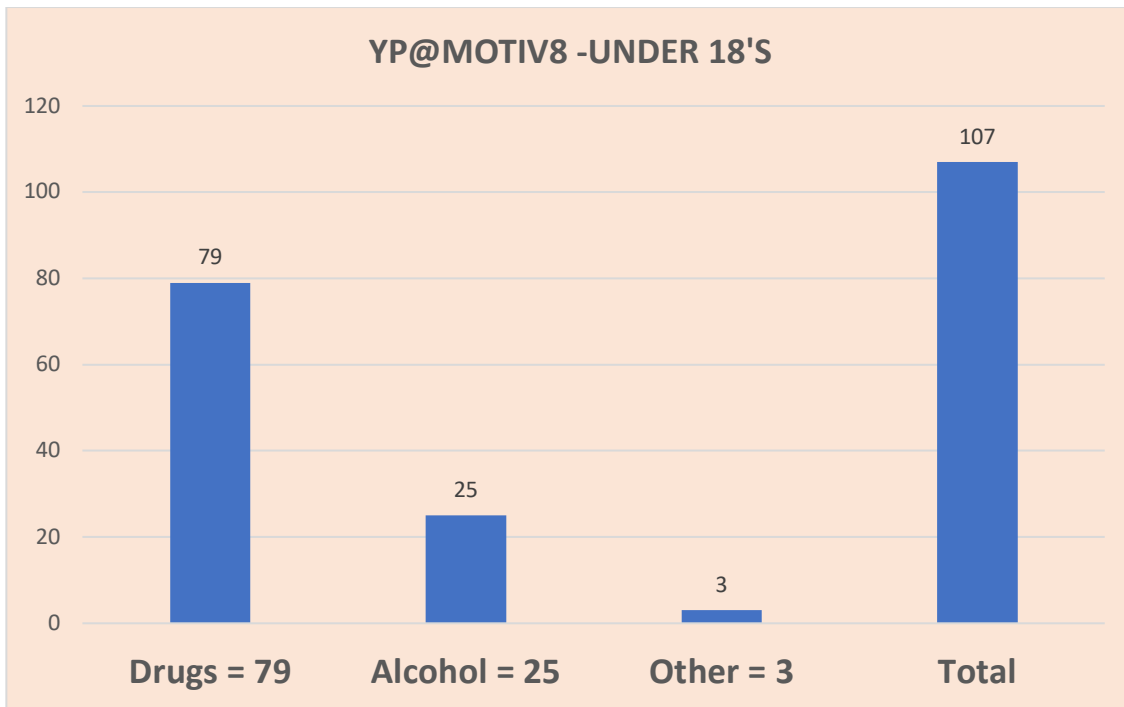
	AAS (306)	DRUG AWARE (218)	YP@MOTIV8 (107)	FAS (73)
SELF	223	74	11	30
DAT	42	17	3	0
SOCIAL SERVICES	3	1	5	22
MENTAL HEALTH	2	1	1	0
NOBLES	12	0	17	1
PRISON	10	13	0	0
A&E	0	0	5	0
PARENT	0	0	0	3
SCHOOL	0	0	11	6
AAS	0	0	0	5
PROBATION	2	0	0	0
FAMILY/FRIEND	1	0	0	0
GP	5	4	0	1
DARS	0	108	44	0
OTHER	6	0	10	5

Counselling Appointments



FAMILY ADDICTION SERVICE





Total discharges = 706



Henry Bloom Noble

HEALTHCARE TRUST

In August 2019 Motiv8 was fortunate to receive funds of £30,000 from the Henry Bloom Noble Health Care Trust. Motiv8 is eternally grateful to the Trust for these funds as they have helped us to improve our support and mental health service provision to the clients at Motiv8 and we have compiled a report with our progress to date. The funds have been applied to three aspects of provision. Firstly, the provision of Psychology services, secondly the mutual aid, scientifically based SMART recovery network and finally, the five-point group work recovery programme.

Project 1- Psychology Services

With the grant we were able to advertise for the position of Consultant Clinical Psychologist. We were fortunate to have a number of applicants with the appropriate clinical Psychology qualifications to apply for the position. Fortunately, we had the assistance of Consultant Clinical Psychologist, Professor Robin Davidson who volunteered to be the external assessor and interview panellist. The position was advertised locally and in “The Psychologist” the UK of the journal of the British Psychological Society.

Dr Dyal was appointed to the position and comes to us with more than twenty years of experience in a range of fields, working as a Consultant Clinical Psychologist within mental health, neurorehabilitation, stroke rehabilitation, physical health, pain management and memory/dementia services.

He is contracted to work 25 hours per month for the charity and he attends the first week of every month. In his role as per the job specification he conducts clinics, seeing clients who are co-morbid/dual diagnoses; Complex drug misuse presentations; lower intensity mental health interventions and substance use. He provides assessments, care plans for the key workers and structured sessions. He also is providing us with mental health training, clinical supervision and support to management.

The Drug and Alcohol Team does not have access to a Psychologist for its clients. The close working between the teams has fortunately allowed us to operate a small clinic for DAT clients who are struggling with addiction to prescribed medications.

Dr Dyal is not based on the Island; however, he also holds a position with the Islands Memory Clinic. Thus, his visits to the Island are frequent and he is happy to be contacted at any time. Unfortunately, the Corona Virus and the border closure has meant we have had to cease normal face to face sessions. However, he has offered us Skype and telephone supervision, until such a time as the services can be resumed.

Project 2 - SMART RECOVERY



With the funds provided to Motiv8 from the Henry Bloom Noble Health Care Trust we have been able to facilitate two Smart Recovery Meetings per week.

SMART is an internationally recognised mutual aid support programme which uses Cognitive Behavioural Therapy in a group format to support anyone who wants to change their addictive behaviour.

The groups are run by people who are in recovery themselves supported by Motiv8 Team members. Group members having attained a long period of recovery from addictive behaviours and wish to become peer facilitators are supported to complete the SMART training programme, with a weekly study session at the Motiv8 Recovery Hub.

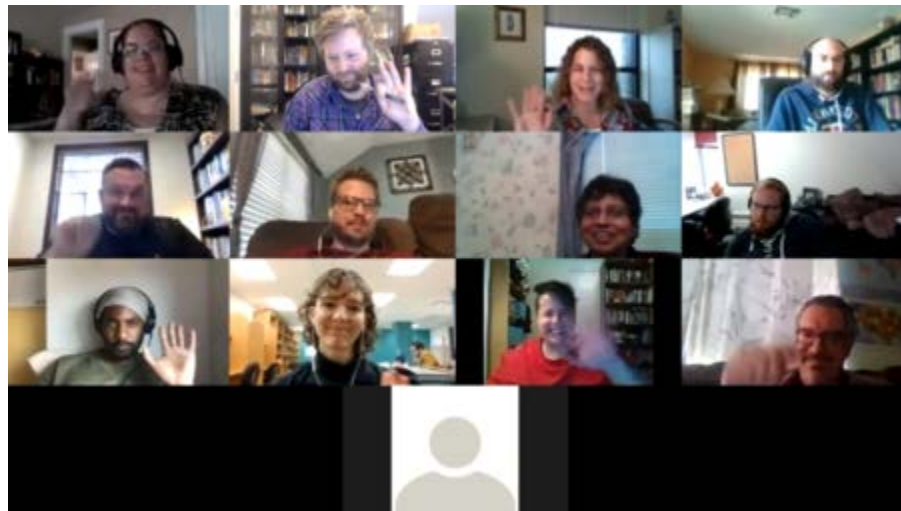
Thus far, 5 people have completed or are in the process of completing the training and are facilitating meetings for Motiv8. Motiv8 staff team attend these meetings and provide support.

**THIS PROGRAMME HAS PROVED A PHENOMENAL SUCCESS WITH ATTENDANCE
APRIL 2019 – MARCH 2020 = 883 ATTENDANCES WERE
RECORDED**



Since the Covid-19 outbreak Motiv8 has had to change the way it ran SMART Recovery. We quickly moved to online platforms as the safest way to engage with and continue the support at this crucial time – March 3rd to May 3rd we had 183 attendances at the twice weekly meetings. The success of this programme and the long-term recovery we are seeing in

participants has been inspirational. It has also been instrumental in the foundation of a supported recovery community.



Project 3 - Five-point group work recovery programme



<p>PHYSICAL AND MENTAL HEALTH WELL-BEING Detox/harm reduction Repair, recover and self-nurture Blood-borne viruses Overdose Medication Mental health Nutrition Improving physical well-being</p>	1
<p>REHABILITATION SMART Recovery Mindfulness Relaxation Relapse prevention Cognitive Behavioural Therapy Sustaining recovery Harm Reduction Motivational group work Anxiety management Self-esteem Confidence building Coping with Depression</p>	2
<p>FAMILY AND PARENTING Protecting your children from Substance misuse Increasing resilience in children Group for those affected by another's substance misuse/addictive behaviour</p>	3
<p>RECOVERY NETWORKS Mutual aid groups (SMART) Life enhancing activities Guest speakers Discussions/get involved</p>	4
<p>IMPROVING LIFE OPPORTUNITIES Understanding benefits/therapeutic earnings Volunteering Employment advice and CV writing Understanding of the law - rehabilitation of offenders Act legal issues Homelessness/housing Accommodation and tenants rights Debt advice</p>	5

Motiv8's Recovery Hub runs a groupwork programme providing therapeutic support on a range of topics. whilst attendances can vary, the small groups allow for in-depth discussion and group work counselling. The programme is seeing many recoveries for people who are largely contemplative and ready to change their addictive behaviours, offering structure and additional support. In essence with the two SMART groups and these two groups we are able the 4 groups a week coupled with the opportunity to see a Motiv8 Counsellor.

This allows for daily contact for those wishing to change and addictive behaviour and has vastly improved what we have been able to offer our clients.

Five-point group work recovery programme – Attendances 1st April 2019 to 16th March 2020
84 groupwork programme groups were held. The total number of attendances within this period was **388**.

Online videos

Since the Covid-19 pandemic, Motiv8 has rapidly changed the way it delivers these groups. Through the use of social media, the service has managed to continue to provide dedicated support to clients, as well as reaching out to many new people as well.

During this period, the groupwork programmes have run online and are published live to the Recovery Hub's Facebook page twice a week, through the use of videos and Zoom presentations.



The first online group was held on Thursday 19th March 2020, focussing on 'Coping with Difficult Emotions and Situations'. Viewers were able to watch this group live and interact through comments, call, or privately message; The recording is still on the Facebook page, available to watch by all at any time.

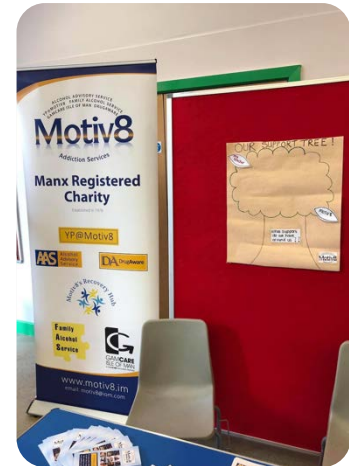
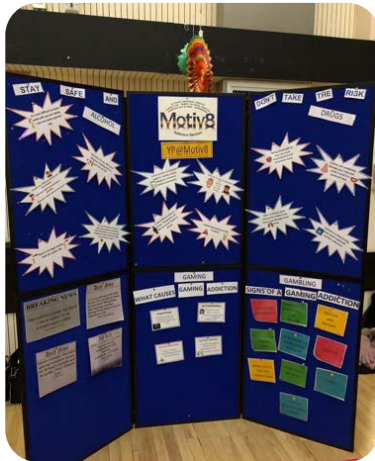
The following groups, including 'Anxiety Management: Tools and Strategies' and 'Stress Management' have also had high numbers of views. Motiv8 used Facebook's boost feature for a number of their groups to enable a larger audience to be reached. The 'Stress Management' group has currently had an astonishing 3,035 views. On Easter Monday (13th April 2020), there was no live group, however a video was posted called 'Motiv8ation Inspiration' which provided useful, positive and encouraging quotes to clients. This video received 68 views.

Two members of Motiv8's team were also active on the Recovery Hub's social media page on Easter Monday. This enabled clients to still make contact if they required support. Further topics covered over the weeks, including 'Relapse Prevention' and 'Coping with Depression' have all had over 200 views.

Engagement for the online groups were an astonishing 12,806 views.



GAMCARE ISLE OF MAN



GamCare Isle of Man had a slightly quieter year compared to last year's considerable jump in statistics of 72 referrals. However, this year's remain on a par with previous years referrals. Work with those impacted by Gambling disorder remains a priority for us and what we are discovering is that more clients than ever before are presenting to Motiv8 with substance and gambling disorder combined. Essentially many referrals remain complex with comorbid issues including, mental health, family breakdown, Criminal justice matters and several more complexities. We are also seeing a link with Gambling and Gaming, particularly for younger people.

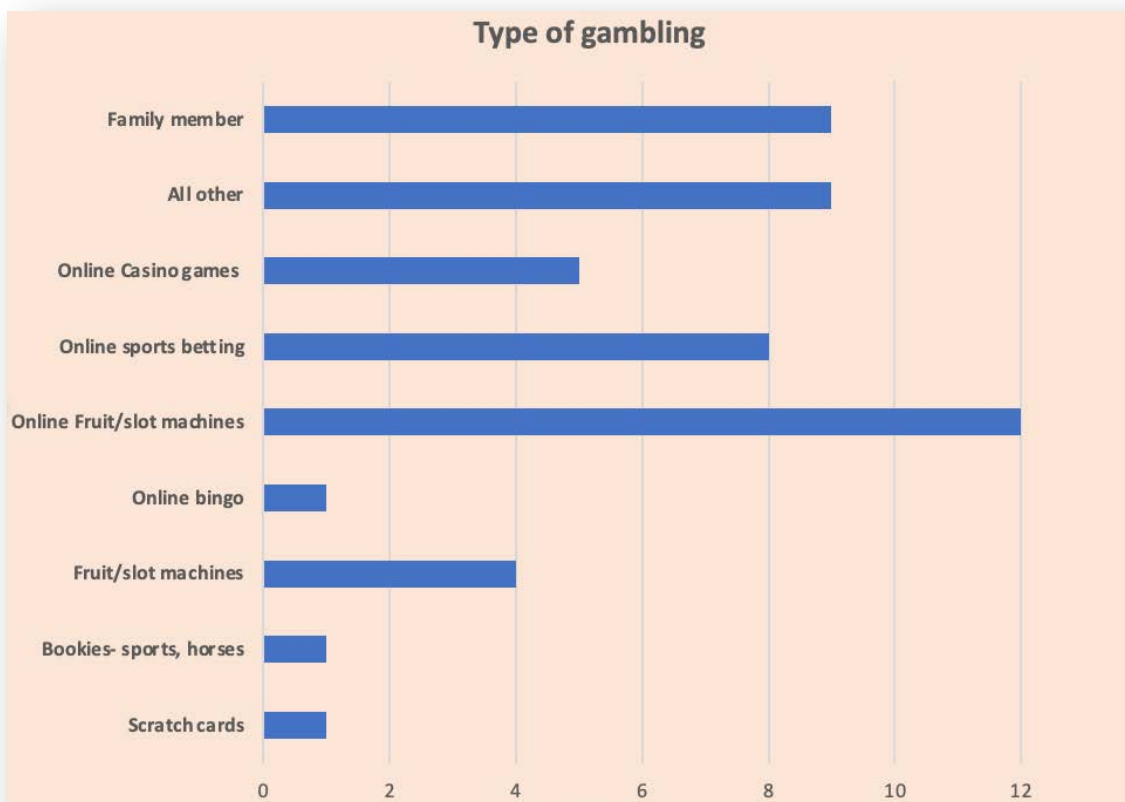
This year we took the opportunity having forged excellent links with schools to conduct multiple tutorials on gambling and gaming disorder –the latter now a recognised addictive behaviour. Holly and Rhiannon have produced informative education sessions with many opportunities for pupils to engage, interact and learn about this subject.



We also conduct gambling disorder awareness training for Annexo, (Lotto-go) This company held a quiz night in aid of GamCare Isle of Man and have been extremely supportive with a further donation. We plan a similar day shortly with Microgaming which was delayed due to Covid.



Thanks also to everyone who has donated to GamCare Isle of Man. The service is about to undertake the biggest change since launch with a rebrand in both the support undertaken and brand due to contract requirements as an affiliated partner with GamCare UK.





ALCOHOL ADVISORY SERVICE
YP@MOTIV8 FAMILY ALCOHOL SERVICE
GAMCARE ISLE OF MAN DRUGAWARE

Motiv8

Addiction Services

Family Alcohol Service



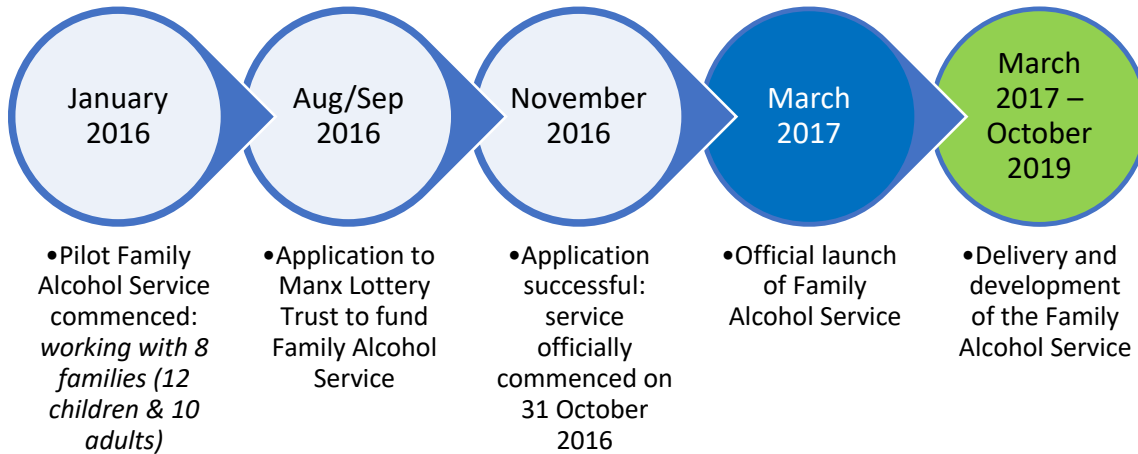
Service Evaluation

October 2019



Executive Summary

INTRODUCTION Motiv8 Addiction Services is a registered charity and not for profit organisation limited by guarantee. We have always recognised that there was an enduring and increasing need to support young people impacted by addiction. Following the successful pilot of a structured programme for children living with parental alcohol misuse and working with parents presenting to Motiv8 with safe-guarding, child protection and child with complex needs cases, Motiv8 was successfully granted the Thematic Funding Award for 3 years to develop our dedicated Family Alcohol Service in October 2016. Please refer to the main report for a comprehensive evaluation of the project.



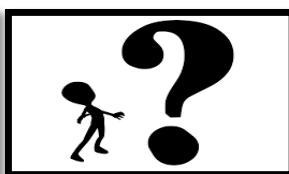
PROJECT SUMMARY



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



Realistic Goal Setting



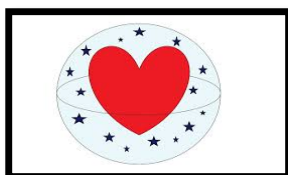
Education & the Impact of Alcohol



Staying Safe



Changing & Adapting



Understanding Emotions

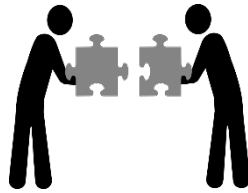


Communication & Relationships



Moving Forward

services involved with the family. Throughout this project, we have continuously evaluated and developed our intervention and support programme, which is as shown below: As per the business case we have met the following objectives:



Employ a dedicated part time family alcohol worker and part time family youth worker

Very early on in the project, our adult and young person’s worker began to provide the service on **FULL TIME** basis due to the volume of referrals and clients utilising the service



Liaise with services that may come into contact with families affected by alcohol misuse

We have developed strong, positive, productive and lasting relationships with key services, in particular Social Services and Education



Official presentation outlining the work completed by the Family Alcohol Service We were delighted to present our project findings in October 2019. This presentation also led to further service liaison and development ideas toward future service provision



Provide education and support to affected families and increase the awareness of the impact of alcohol

One to one support for adults and children has remained the priority for the service and has provided families with a confidential and non-judgemental space to explore the impact that drug or alcohol misuse has had upon them and their families



Develop a child-friendly play therapy area and source play therapy equipment

We created a child friendly space and purchased play therapy resources and equipment both for the Hub and to be used in the community



Create a dedicated family alcohol service leaflet for families Leaflets were specifically designed for the Family Alcohol Service and distributed widely.

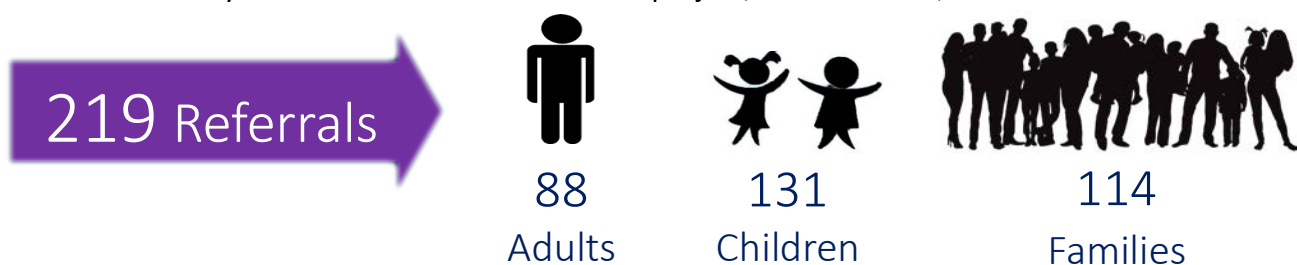
Our original aim for the Family Alcohol Service saw us hoping to reach families that were not yet known to services and therefore address the hidden harm of alcohol misuse on the island. However, the service instead responded to local need and as shown, most cases involved families that had Social Services involvement and where there were safeguarding needs. It is this collaborative work with Social Services and children on the child protection register that has seen the service develop into receiving new beneficiaries of the service, families impacted by both drug and alcohol misuse

Responding to the need presented to us has seen us providing longer term support for families and responding to complex needs, high risk situations and crisis on a regular basis. With 68% of the families we have supported having Social Services involvement, there are now plans in place to formalise the referral pathway between the Family Alcohol Service at Motiv8 and the Children and Families Department at Social Services. This is very positive for clients and the community and provides an opportunity to build upon the effective collaboration at this higher level that has already been successfully established.

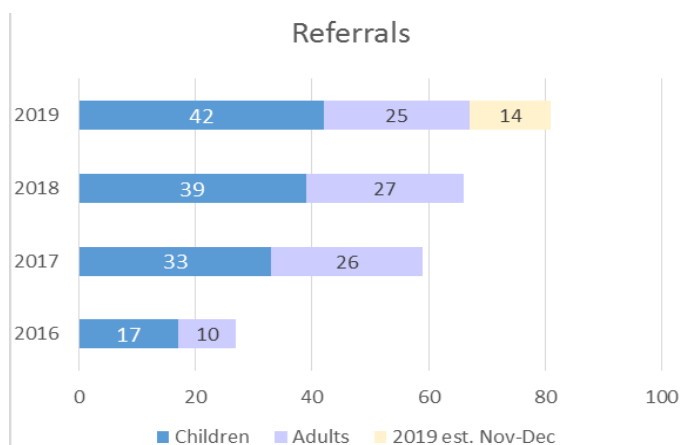
The main report further highlights our project findings, what we have learned from the service and evidences the impact and common themes that we have evaluated.

SERVICE USE

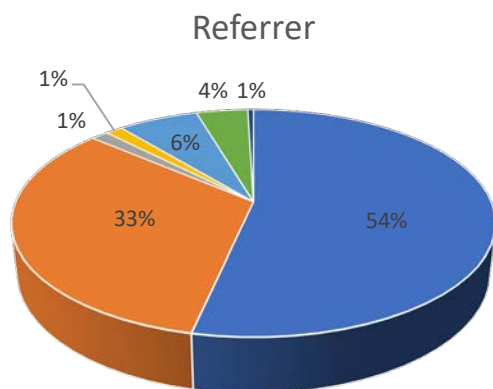
Over the last three years, the number of individuals and families that have received support from our Family Alcohol Service is outstanding, as shown below. From first piloting the service in January 2016 to the end of this current project, October 2019, we have received:



Since the start of the Family Alcohol Service we have seen referrals continue to increase. Based on 2018 and 2019 figures, we are currently receiving an **average of 73 referrals a year!**



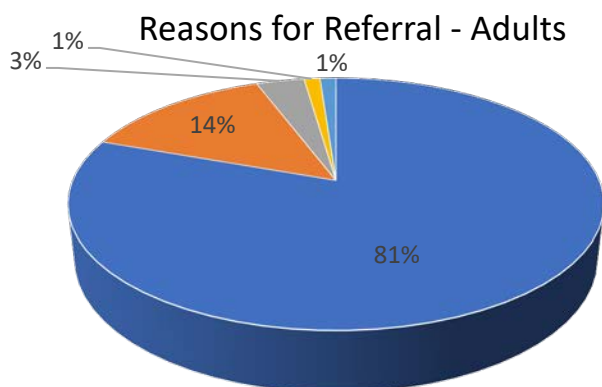
We anticipated that most referrals would be from within local drug and alcohol services and therefore our tier 2 service (Motiv8) embraced the service and ensured identified clients were referred for support. We would still like to see a stronger link with the tier 3 service on the island, the Drug and Alcohol Team. What we had not anticipated was the number of referrals we would receive from Children and Families, Social Services.



1/3
of ALL referrals received were from Children and Families Department, Social Services

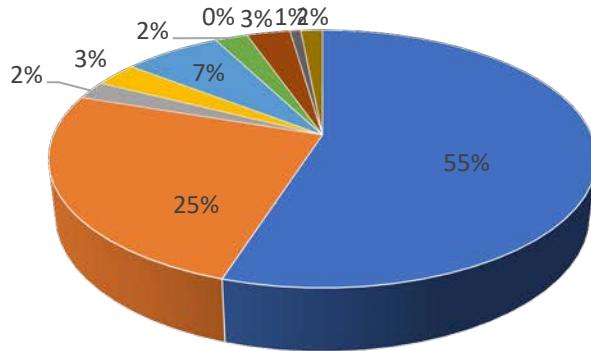
■ Self/Motiv8 ■ Social Services ■ DAT ■ MH & CAMHS ■ School ■ EHAS ■ Other

Not only did we receive referrals for clients addressing their own alcohol misuse, we also received referrals for those requiring support to understand and address the impact of a relative/partners alcohol misuse. This allowed for significant others to also recognise the impact of alcohol misuse and thus ensure both their needs, and their children's, were prioritised and safeguarded. We also started to receive referrals where the impact was due to drug misuse and some for parental gambling also. This has therefore directed the required transition of our service into a Family Addiction Service.



■ Own drinking ■ Partner drinking ■ Own drug use
 ■ Partners drug use ■ Partner drug & alcohol use

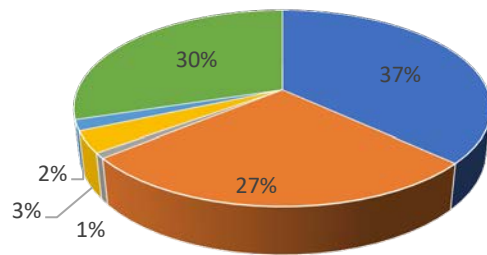
Reasons for Referral - Children



- Mum's drinking
- Dad's drinking
- Both parents drinking
- Other relative alcohol
- Mum drug use
- Dad drug use
- Both parents drug use
- Both parents drug and alcohol use
- Other relative drug
- Parental gambling

Of the **114 families** that we have worked with, **68% have had involvement from Social Services**, with the largest number of our families, 37%, being on a Child Protection plan. This highlights the level of work that the Family Alcohol Service has provided and further evidences the need for this support to continue.

Social Services Involvement



- Child Protection
- LAC
- Social Services (other)
- CwCN Plan
- EHAS
- No Social Services involvement

Appointments also continued to increase, and we have offered a staggering 3486 appointments. As shown below, the number of appointments now offered by our adult and young person's worker is well in excess of 1000 each year!

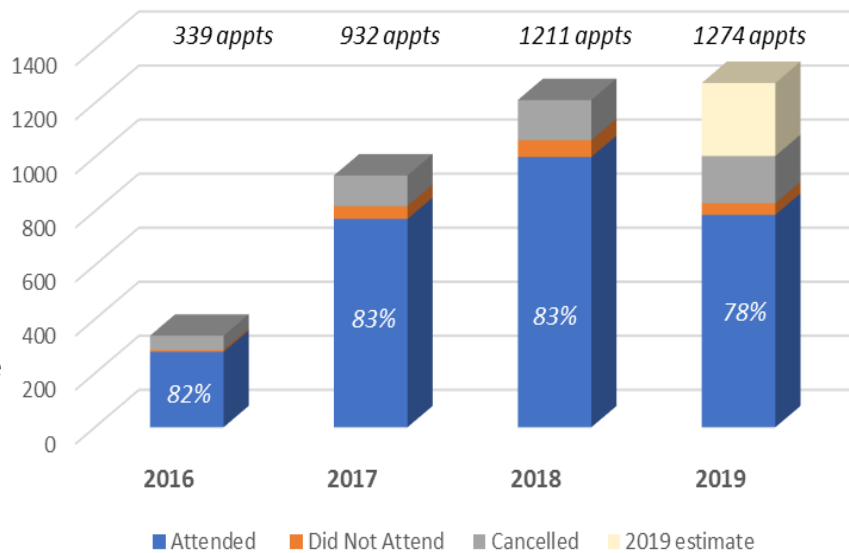


3486
appointments

KEY ACHIEVEMENTS

We are pleased to report also that we have a very low DNA (did not attend) rate:
5% DNA rate.

Appointments



SERVICE USE AND ENGAGEMENT OF FAMILIES



As the statistics show, the high level of service use has been a key achievement. Having parents request support for their children, other services embrace and utilise the service to its fullest extent and the number of individual sessions that have been provided have all shown the success of the

service.

PRESENTATIONS OF SERVICE USE AND RAISING AWARENESS OF THE IMPACT OF ADDICTION ON FAMILIES

We have been privileged to attend and facilitate conferences that have provided a platform to demonstrate not only service use but raise awareness of the impact of parental drug and alcohol misuse on children and families – further details are in the main report.

COLLABORATION AND JOINT WORKING

We have successfully liaised with key services that come into contact with potential families impacted by alcohol and drug misuse, most notably Children and Families, Social Services and numerous primary and secondary schools. Collaborating at the highest level with Social Services has ensured that the families most at risk and in need of support have engaged with the service.

INVITATION TO PROVIDE EDUCATION AND TRAINING TO TIER 1 PROFESSIONALS, SPECIFICALLY EDUCATION AND CRIMINAL JUSTICE PROFESSIONALS

We now have the opportunity to provide education and training to education staff and criminal justice personnel which can therefore start to reach families that are not yet known to services and address the hidden harm of parental drug and alcohol misuse.



AGREEMENT TO CREATE A FORMAL REFERRAL PATHWAY WITH THE HEAD OF CHILDREN AND FAMILIES SOCIAL SERVICES DIVISION

Following the presentation of our findings, we will be meeting with the Manager of the Children and Families Social Services division in the New Year to formalise the referral pathway between Motiv8/Family Alcohol Service and the department.

TRAINING



The Island Safeguarding Board have requested that Motiv8 provides the on-island training to Government and third sector employees that focuses on the impact of drug and alcohol misuse on families. This is a direct result of the work of the Family Alcohol Service and provides a link between professionals and services

being aware of the impact and signposting to our service for support.

PARENT SUPPORT GROUPS

We have held parent support groups to parents that have completed the one to one intervention programme – this has afforded them the opportunity to be part of a recovery community and recognise the importance of putting into place the new coping mechanisms that they have learned throughout their engagement.

CREATION AND DEVELOPMENT OF MINIMOTIV8

In recognition of the need for children and young people to have continued support and to address their mental health and wellbeing needs, we successfully launched our MiniMotiv8 project as part of our Generations project, funded for one year by the Manx Lottery Trust. This project was created as a direct result of the Family Alcohol Service and although MiniMotiv8 will need to continue beyond its pilot funding within the Generations project, we are confident that we can incorporate this into our new Family Addiction Service programme.

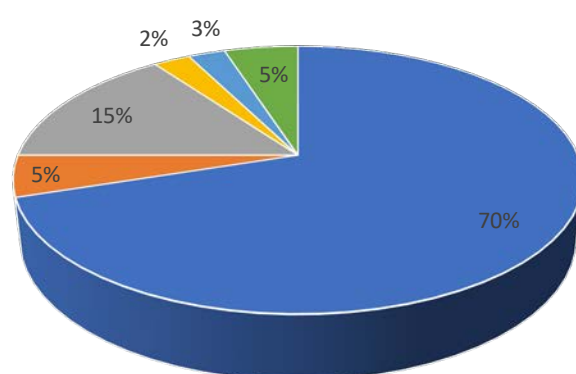


Not only has the MiniMotiv8 project provided an extension of support for children and young people, we have seen these events provide an opportunity for them to engage in team work, build their confidence, improve resilience and support them not only in celebrating who they are, but in supporting and encouraging each other too. Ultimately, it has also allowed them to make friends and build their support and recovery network.

OUTCOMES

As at the end of October 2019, 40 adults and 77 children have been discharged. The discharge outcomes are as follows:

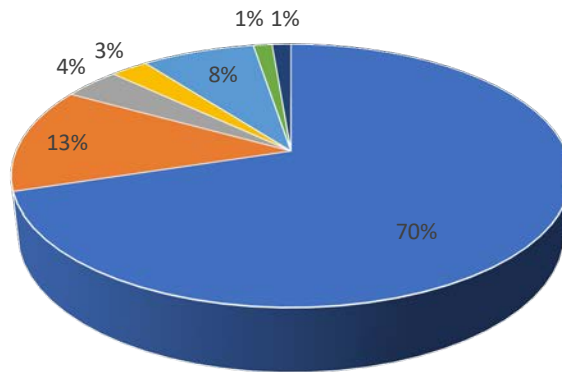
Adult Discharge Outcomes



- Treatment complete
- Situation Improved
- Did not engage
- Did not attend
- Inappropriate Referral
- Refused to be seen

As we can see, 75% of all adult clients were discharged as having either completed treatment or their situation had improved.

Child Discharge Outcomes

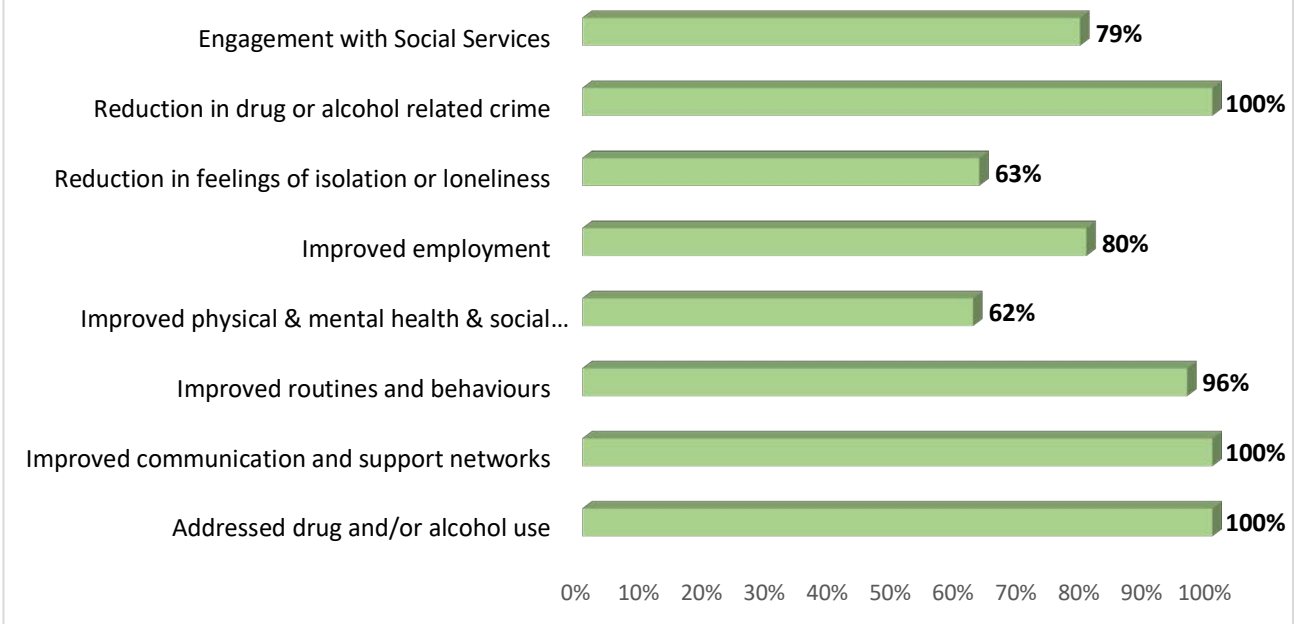


- Treatment complete
- Situation Improved
- Inappropriate Referral
- Refused to be seen
- Treatment no longer required
- Client left island
- Referral to another speciality

Of the children that attended the service, 83% either completed treatment or their situation improved. For both adults and children, these are excellent outcome rates.

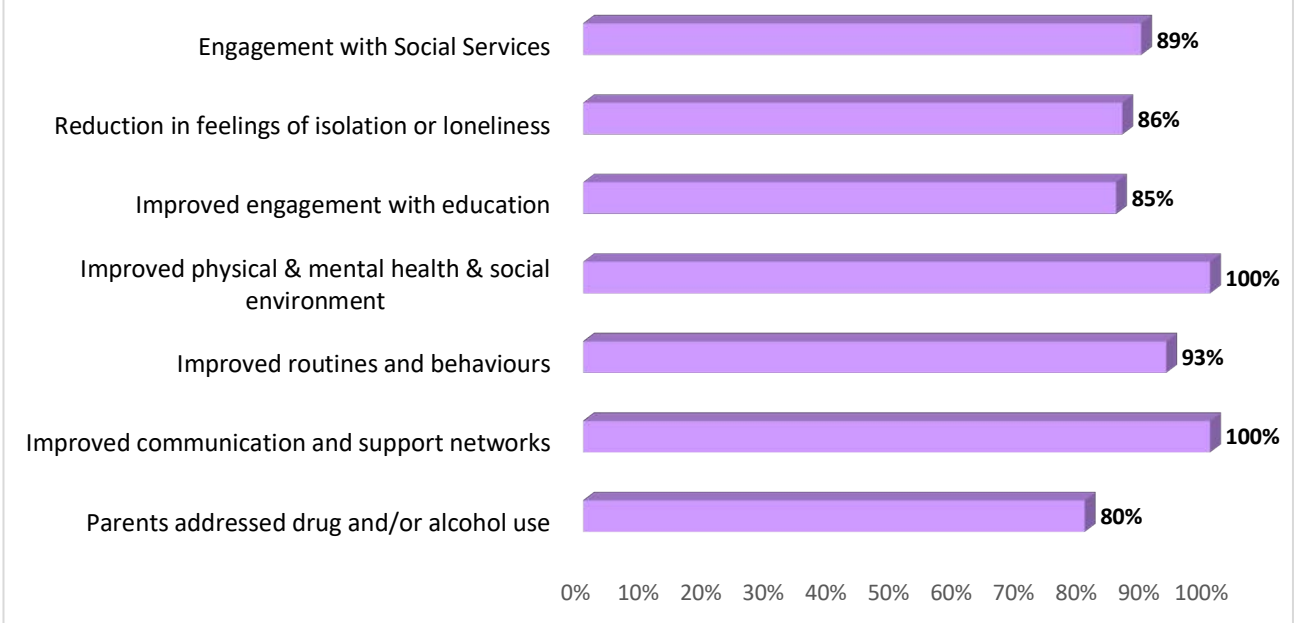
Of the adults that engaged with the service, the most successful outcomes were that **all** clients that had previous drug or alcohol related crimes did not reoffend, **all** clients addressed their drug or alcohol use, and **all** improved their communication and support networks. We are able to identify that further support is required to help parents improve their physical or mental health (62% improvement rate) and any feelings of isolation and loneliness (63% improvement rate). The parent support groups can assist with these in future service delivery however we can identify that further support is needed here. Therefore, encouragement for clients to attend Motiv8’s Groupwork Recovery Programme and SMART Recovery Groups could therefore potentially see these improvement rates increase also.

Outcomes - Adults



Children that engaged with the service also had very positive outcomes. **All** children have improved their physical or mental wellbeing and improved their communication and support networks. All of these outcomes are high and for those children whose parents did not address their drug or alcohol use (20%), these were children and young people that received support from the service when their parents did not.

Outcomes - Children



FEEDBACK

We have a vast amount of qualitative feedback from adults, children and professionals that have utilised the service, examples of which are below. The main report provides further feedback from parents and children that evidences the changes they have made and the benefits of the Family Alcohol Service.

From Parents:



"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"

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

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

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

"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"

From Children:



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

I was confused about what was happening. As soon as I met you I actually felt a bit safer with you

I don't worry about things anymore

When you talk about the problems in your life it feels like the weight of the world has been lifted off your shoulders

I play with my friends more now

It helped me understand my mum better

I don't get angry as much

I can tell you things

We colour, draw and play games to make it better for me to communicate

I like talking to you about stuff!

It helped me build my confidence and made me feel like I can do anything!

I like it when you come to see me

To be with someone who enjoys being with me is nice

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

From Professionals:

"The support they give the families I work with is a very good standard that is not intimidating to the families. The work completed with the children is excellent and has in most cases removed the stigma for the children allowing them to speak freely"

"It has provided a chance for the children to have a voice and an opportunity to talk about their thoughts, feelings and experiences in a safe place, with a highly skilled professional who can support them and their family. They have also been able to guide and support schools in supporting the children as and when needed"

"Excellent service"

"Parents have always felt the input to be positive and supportive"

"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 with therapists"

"Families consistently tell me they find it helpful and it is apparent that they have learned a great deal about the impact of alcohol misuse on children"

"Good communication link between Departments. Provide valuable service to families on island"

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

CONCLUSION

There is no other service on the island like ours. Without our service, families do not have access to dedicated support that focuses on the impact of parental drug or alcohol use. The importance of a service that is dedicated for the impact of drug and alcohol misuse cannot be underestimated. For young people, the very existence of this service highlights that they are not alone. Living with parental drug or alcohol misuse can be very lonely and often, young people keep secrets and do not share. When they are aware that they are able to talk openly about the drug and alcohol misuse within their families, they are able to explore their experiences, thoughts, feelings and emotions in an open and honest forum.

The impact of parental drug and alcohol use can be vast and prolonged. Intervention at a young age can therefore help to build resilience and confidence in young people and address their wellbeing, coping mechanisms and build their much-needed support network. This in turn then helps to address one of our main aims, to reduce intergenerational drug and alcohol misuse, as young people learn that they cannot control or change their parents use, they did not cause it and they cannot cure it, but they can themselves make healthy choices, communicate effectively and, arguably most importantly, celebrate who they are. This therefore improves their self-esteem and self-worth also.

We are incredibly proud of the Family Alcohol Service and the support programme that we have developed. Our priority at present is to source funding to ensure the survival and continued development of the service so that it can transition into a much needed Family Addiction Service, as well as ensuring that we can start to reach those children and families that have not yet become known to services, those impacted by hidden harm. It is

imperative that the hard work of the last three years is not lost, and instead that we are able to continue to grow and thrive.

MINI MOTIV8 - GENERATIONS PHOTO ALBUM

Day out to St Marks Country Park – Summer 2019



Day out to Ardwhallan – Summer 2019



On both trips all of the children said that they would **definitely** come on a trip with MiniMotiv8 again

Halloween Party at the Family Library – October 2019





ALCOHOL ADVISORY SERVICE
YP@MOTIV8 FAMILY ALCOHOL SERVICE
GAMCARE ISLE OF MAN DRUGAWARE

Motiv8

Addiction Services

YP@Motiv8

End of Project Report

May 2018 – October 2019



MOTIV8 ADDICTION SERVICES

TIER 2 DRUGS & GAMBLING/GAMING SUPPORT

INTRODUCTION

The creation of this project is very timely as youth behaviours and drugs of choice are a constantly shifting landscape with the use of all types of drugs seemingly increasing. Our new young person's service, YP@Motiv8, combines our previous young person's alcohol service with a contemporary approach to support young people who are getting into difficulties with a variety of substances. Drug use prevalence increased significantly between 2014 and 2016, from 14.6% to 24.3%, as reported by NHS Digital. The trends in drug use of those receiving support seemingly mirrors the most recent trends in young people's drug use across the UK. The amount of young people admitting having ever taken drugs was 24% in 2018, whereas in 2011 it was 17%. Furthermore, the amount of young people reporting ever drinking alcohol in their lifetime was 44% in 2018 compared to 52% in 2008 (NHS Digital, 2016 and 2018 Results 11 to 15-year-old survey).

We also offer support for gambling and gaming addiction, the latter now a recognised disorder under the classification of mental health disorders. This is funded via donations from the local Gambling and Gaming industry.

As outlined below, the pilot project has now reached its completion date and the funding for substance misuse services at YP@Motiv8 has now expired. In order for this service to continue, urgent funding is required.

THE PROJECT

Motiv8 successfully launched YP@Motiv8 on 08 May 2018 after a successful funding application to the Manx Lottery Trust, receiving part financial assistance towards the creation of a young person's drug, gaming and gambling service. The service has worked in close partnership with the Drug and Alcohol Team (DAT) Tier 3 support service to provide a dedicated holistic support service for young people impacted by their own or someone else's drug misuse on the Isle of Man.

Alongside of this project, Motiv8 created a gambling and gaming support service for under 18's with youth focused support from GamCare Isle of Man and the introduction of a gaming addiction service.

The project aimed to offer free, non-judgemental, confidential counselling and support in the following ways:

- A dedicated, holistic support service to reduce the harm caused by substance misuse
- One to one sessions, advice, information and education
- An outreach service to vulnerable young people on the island

- Liaison with other agencies involved with safeguarding young people
- A drop-in service for young people

Drop-in



Counselling



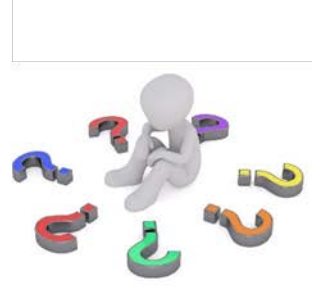
Support



Advocacy



Education



WHAT PROGRESS HAVE YOU MADE AND HOW WELL DID YOU REACH EVERYONE THAT BENEFITTED FROM YOUR SERVICE?

As per the business case, we have met our objectives of engaging young people and have used a variety of ways to provide a proactive, accessible and flexible youth focused service that is able to respond to the constant shifting patterns of drug use.

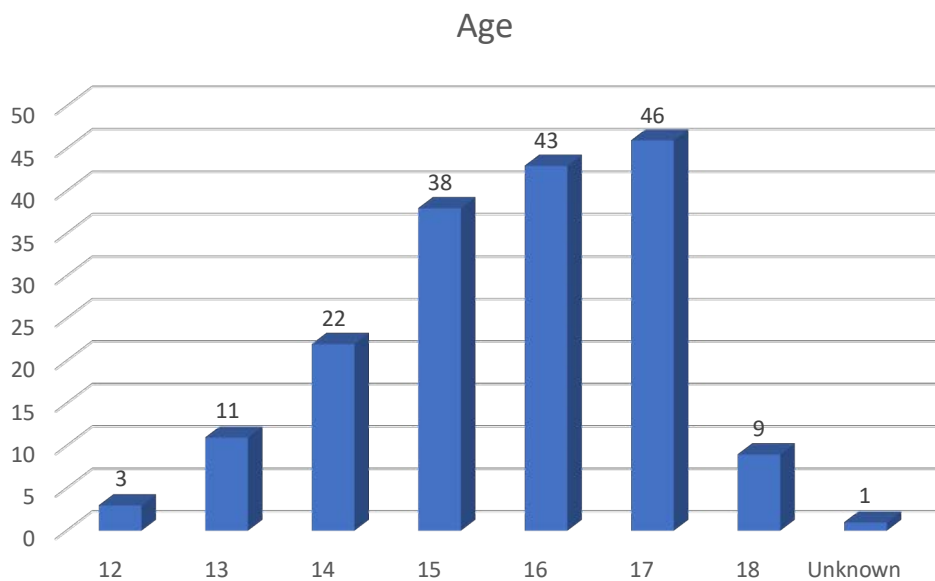
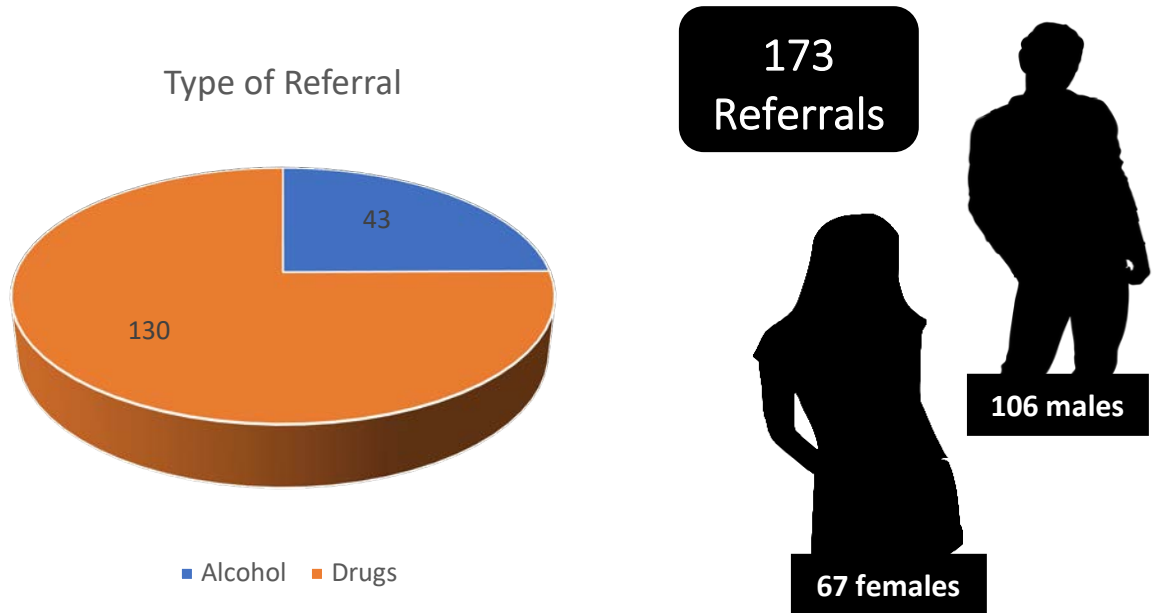
The official launch of YP@Motiv8 in October 2018 was very well received from services and professionals. YP@Motiv8 has provided an enhanced level of support to young people on the island with an emphasis on engagement, retention and outreach. This level of support is provided for **any** young person, including those subject to child protection, child with complex needs plans, looked after children and those transitioning, young people on a reduced timetable and those not engaged with education or employment.

We have successfully developed links with other young person's services that have allowed young people to receive support that addresses their individual needs. It is clear that the majority of young people are complex. This is the rule, rather than the exception. As such, we have found during our first year that exploring a young person's behaviours and environment is essential. They often require support and guidance regarding their relationships, physical and mental health, education, employment and well-being. This is the core business of a tier 2 service provider in order to help young people explore other sources of resilience and alternative coping mechanisms. Therefore, addressing their drug use in isolation is often less beneficial and as such, our holistic approach and advocating for young people leads to improved outcomes.

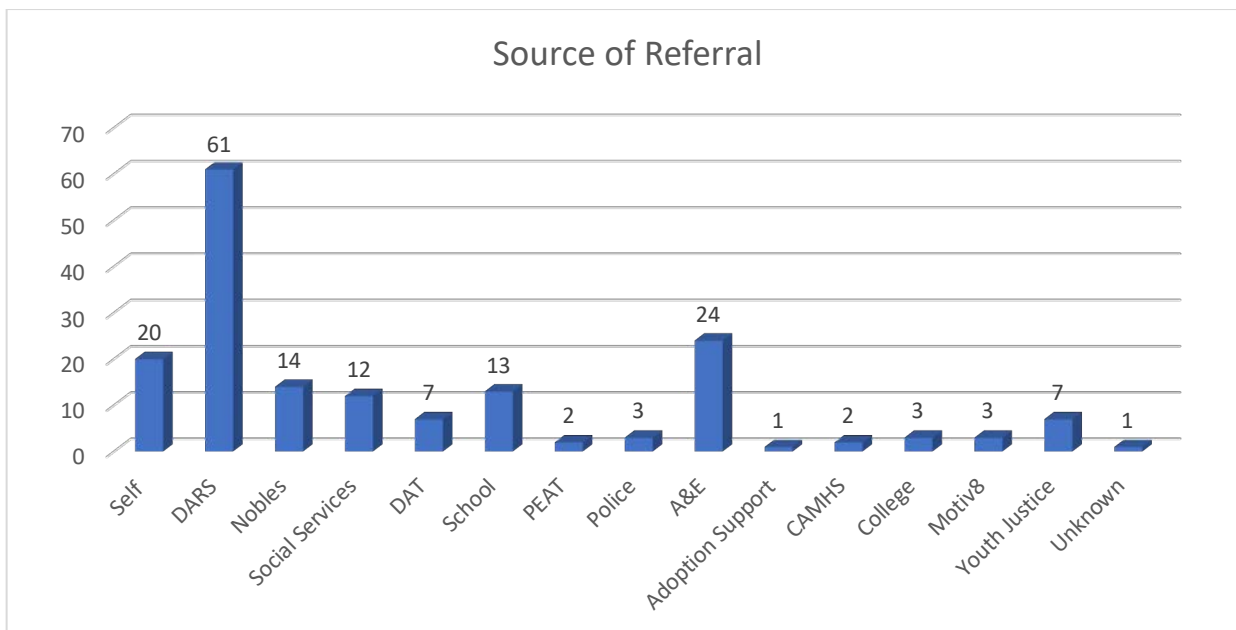


Young people were able to access the service via self-referral, referrals from other agencies or by contacting us via our dedicated social media page. Furthermore, we were able to offer awareness and education sessions to identified at risk groups within high schools. This provided an opportunity for young people to then receive one to one support if required.

As the statistics show, the number of young people that have accessed the service in a short space of time is remarkable and highlights the need for this support to continue:

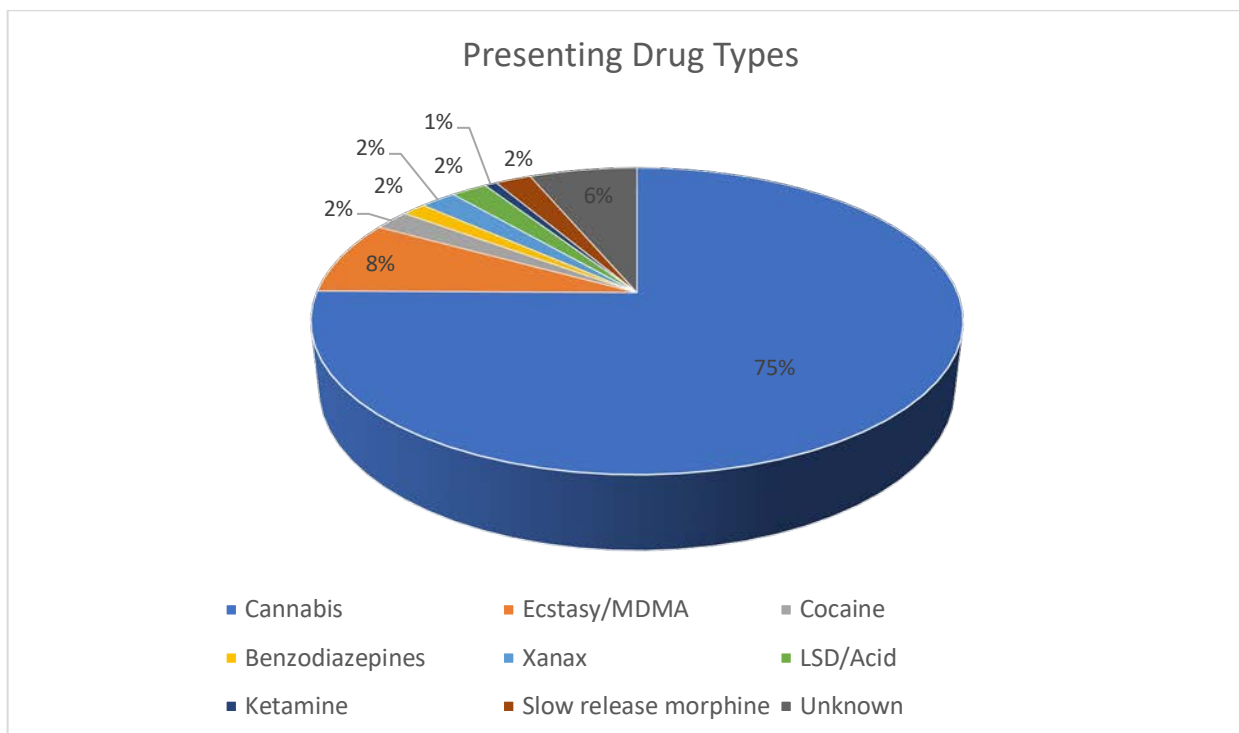


The youngest client has been 12 years of age, but the majority are aged 15-17. Young people are offered support in an environment that they are comfortable with, therefore we are pleased that, as they are school aged, many of the island’s schools have been able to accommodate sessions. Schools often provide a safe, neutral platform for support and can improve communication for young people with other key professionals around them also, therefore providing further safeguarding measures.



As a result of having good links with other services, we have seen a wide range of referral sources. This can continue to be developed upon with the potential for referrals to therefore increase year upon year. As explained shortly, we are pleased to have been able to provide tier 2 support for the island Drug Arrest Referral Scheme for young people, which has resulted in the largest proportion of our referral source and can lead to young people engaging in interventions beyond the criminal justice action.

In terms of what young people are presenting with, the majority are seeking support in relation to their cannabis use, as shown below:



However, often young people have not used only one type of drug and therefore, it is imperative that support is offered in a non-judgemental way, so they are able to fully disclose their drug misuse and associated behaviours. As such we have therefore seen young people disclosed that they have used the following:



Cocaine



Diazepam



Cocaine



MDMA/
Ecstasy



Cannabis



Alcohol



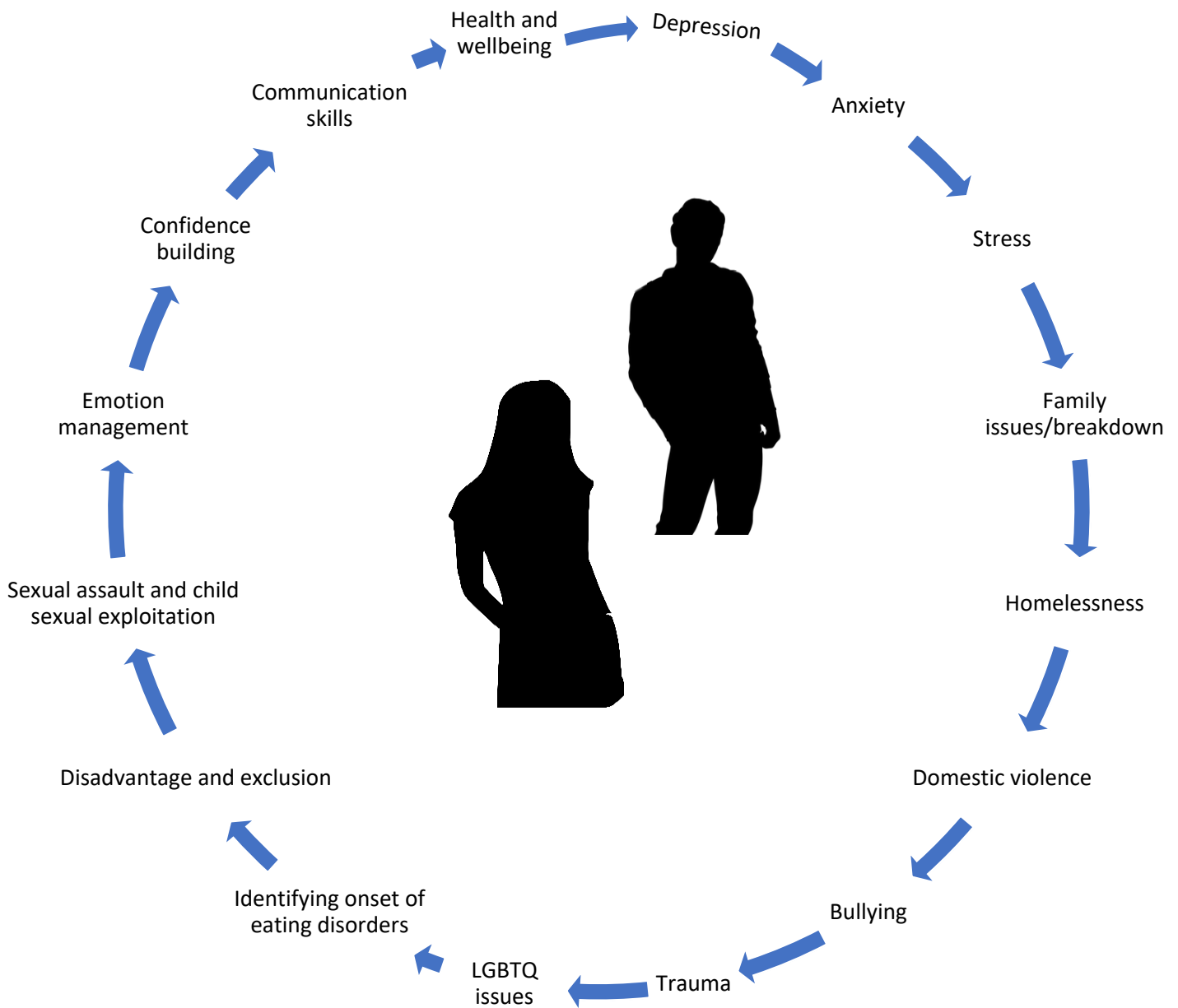
LSD



Xanax

WHAT HAVE WE LEARNED?

Working with a young person's individual needs at the centre of their support has resulted in interventions that are not solely substance misuse focused. As shown and mentioned previously, the complexity of young people has, as outlined in our business case, resulted in support in the following areas:



Unfortunately, our drop-in sessions were not utilised as well as we had hoped by young people. It is unclear whether this is because young people do not want to access support in this way or if we could have approached the delivery of these drop in sessions delivery, however if we are to attempt these again, we could improve upon this by advertising the drop in service more widely and to targeted young person's groups.

KEY ACHIEVEMENTS AND OUTCOMES

SERVICE USE

The level of usage of the service has been one of the main achievements of this year along with referrals being received consistently.

TARGETED AWARENESS/EDUCATION GROUPS

The creation of targeted awareness/education groups within high school where there has been an identified need is key and avoids the need for island wide education sessions.

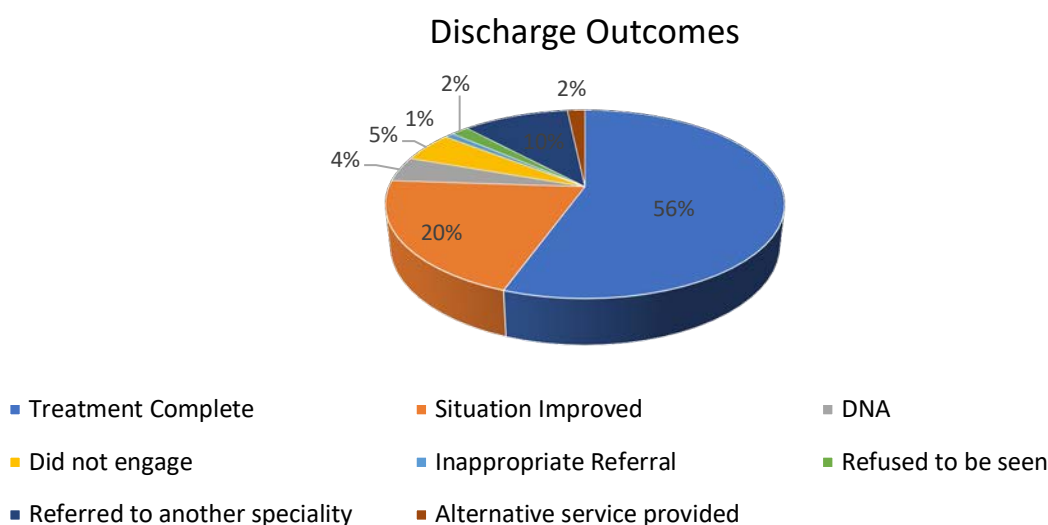
TRIAGE AND REFERRAL PATHWAY

We are pleased that we have developed a much-needed established referral pathway between the tiered services that led to establishing a triage system based within our tier 2 service. All young person's referrals now come to Motiv8 and are then referred up to tier 3 if required. This ensures that young people are entering support at a lower level that is more accessible, reaching more young people in a faster response. This ensures that support commences within the 'treatable moment'. Onward referrals take place where needed, however the young person can continue with support at a tier 2 level until that further support commences.

YP DRUG ARREST REFERRAL SCHEME (DARS)

Any young person that is caught in possession of an illegal drug and has no prior offences is offered a place on the Drug Arrest Referral Scheme (DARS). Previously this had been delivered within the tier 3 drug and alcohol service, which is often not suitable and not in line with best practice. YP@Motiv8 agreeing to take on this scheme for young people has offered an entry into tier 2 services where required also. We are pleased to have been able to train another member of Motiv8 staff also to meet this demand, thus offering young people an opportunity to engage further with support as and when required.

To date, **76% of young people have been discharged as either treatment complete or situation improved**, with 10% being referred on to the Drug and Alcohol Team Tier 3 Service which evidences that this is a more appropriate use of the tiered system.



We have a wealth of qualitative data that outlines the value of the support received, as outlined below:



GAMBLING AND GAMING

Motiv8 prides itself on being one of the first services in the country to launch a dedicated branch to support young gamers

Why do we need this service?



Gaming addiction has now been recognised by the World Health Organization (WHO) as a mental health disorder, under behavioural addiction, and will be listed in the 6th edition of the Diagnostic and Statistical Manual of Mental Disorders.

The NHS has opened it’s first specialist clinic to treat children and young adults who are addicted to playing computer games. It has been set up due to concerns about the growing number of young people whose heavy use of gaming is causing problems for them.



There are further concerns that gaming, in particular games with loot boxes and skins, where real money can be exchanged for in-game items, can lead to gambling amongst young people.

SERVICE USE

Whilst the focus of this service has been awareness and education sessions, we are pleased to report that from these sessions, we have started to receive referrals. At present, there are 4 under 18 gamers and 5 significant others receiving support from our counselling team. The relationships created with education have been a conduit to this and we therefore envisage referrals continuing to increase as this shows the importance of creating good links in the community in helping launch this specialised and innovative service.

So far.....

- 6 workshops at Ramsey Grammar School to Year 10 Students
- Approximately 120 students took part in these workshops
- Surviving Christmas Event at the Isle of Man College
- Upcoming workshops in Ramsey – a further 6 workshops to Year 9 students in October/ November
- One to one support for young people and parents



What did you find most helpful about the workshop..?

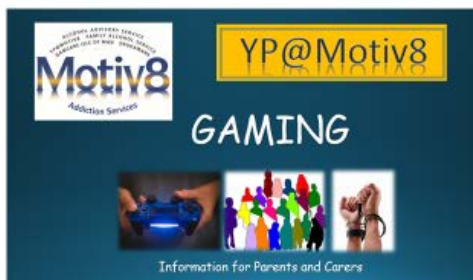
- "The consequences of addiction"
- "Online safety"
- "That gaming can be addictive"
- "Learning about what a gaming addiction is"
- "It told me the dangers of gaming that I didn't know about"
- "Seeing the stories that affected real people put it into perspective"

KEY ACHIEVEMENTS AND OUTCOMES

Awareness sessions within the community



A Parent's Guide to Gaming - Parent's Evening

- Introduction to Gaming
- How to know what games are age appropriate/suitable for your child
- The risks of online gaming
- Gaming addiction
- What gaming addiction could lead to
- Health impacts of screen time
- Ways to reduce time spent gaming
- Keeping details safe online



As outlined, we have provided awareness sessions within the high schools and plan to increase this as the service continues. Providing awareness sessions to parents was also provided as a direct result of our positive relationships with Education.

We have recognised the following key themes:

Themes in 5-12 year olds gaming	Themes in 13-18 year olds gaming
<ul style="list-style-type: none"> • Problems with friends/bullying online • Isolating/not joining in with family events • Conflict with parents about screen-time and household rules • Not participating in hobbies, playing out with friends, playing with other toys at home 	<ul style="list-style-type: none"> • Financial problems (in game purchases) and stealing • Problems with school – concentration, attendance and exam results • Impact on mental health – mood swings, irritation, aggression • Problems with not sleeping, eating, maintaining good hygiene • Relationship issues 

The following case study illustrates the complexity of a young person’s relationship with gaming and the support they received:

Zack's Story

Zack's dad contacted the service as he was concerned about Zack's gaming and behaviour. Zack is 14 and had just started his GCSE's, but was refusing to go to school. Zack would stay at home playing Fortnite on his playstation for up to 10 hours a day in his room, often forgetting to eat, wash or take breaks. He was also gaming through the night with people he had met online. Whenever Zack's dad asked him to stop or he turned off the wifi, Zack would become aggressive and often verbally abusive.

We worked with Zack to understand why he was behaving this way and came to discover he was being bullied at school. He was gaming as a way of escaping his feelings and used it as a way of making new 'friends' online.

We helped Zack explore his emotions around this, develop new coping strategies and liaised with other services to help Zack get back to school.



As we continue, we plan to offer prompt access to services for those referred for intervention and support for gaming and gambling related issues. We will also reach out to more schools to run workshops for other year groups, including primary schools, as this method has been recognised as a conduit to referrals for one to one support.

CONCLUSION – THE FUTURE OF YP@MOTIV8

If YP@Motiv8's drug service branch is unable to source funding, there will be no support service at Tier/Step 2 offering direct access for young people who are impacted by their own or someone else's drug use on the Isle of Man.

A review by the West Midlands Quality Review Team highlighted the following concern.

“Capacity for the Care of Children and Young People: There was clear evidence that the young person’s drug and alcohol worker (a social worker) was providing good care and some good practice was identified. However, she had insufficient capacity for the expected workload and no cover for absences. Over 90 Looked After Children were in care homes, many with drug and alcohol problems. Due to limited capacity, the care provided was becoming reactive rather than proactive, which could have long-term consequences for the children and young people concerned.”

(<http://www.wmqrs.nhs.uk/review-programmes/view/isle-of-man-health-services>) (Feb 2018)

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