

SUPPORT FOR ANYONE IMPACTED BY  
ALCOHOL, DRUGS OR GAMBLING

# Motiv8

Addiction Services

## Annual Report 2021



Company number - 11729C

Isle of Man Registered Charity number – 275

Registered office- 90-92 Woodbourne Road, Douglas, Isle of Man IM2 3AS

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## **LIST OF OFFICERS, DIRECTORS AND STAFF - April 2020 to March 2021**

Deemster Alistair Montgomerie (Hon. President)

Mr Christopher Mitchell (Chairman)

Mrs Geraldine Pishvaie (Hon. Secretary)

Ms Jane Gray (Hon. Advocate)

Mr Stephen McCahill (Hon. Treasurer)

### **DIRECTORS:**

Dr Alex Allinson MHK

Mrs Rosemary Barlow

Mr Darren Bradford

Rev Alex Brown

Mr David Cole

Mr Gary Lamb

### **MANAGEMENT**

Thea Ozenturk (Chief Executive Officer)

Kay Mylchreest (Deputy Director)

Lyndsey Smart (Deputy Director)

Dr Rajinder Dyal - Consultant Clinical Psychologist

### **TEAM MEMBERS**

Anne Cain

Holly Cordas

Louise McColgan

Nigel Macfarlane

Mark Cromwell

Rhiannon Leece

Elaine Muldoon

Janine Vels

Joanne Yeadsley



## 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/gaming 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:

### Objects of the Charity

The advancement of health and the relief of persons in the Isle of Man by the prevention of alcohol, drugs, gambling and gaming-related problems through education, research and community service, and the treatment and rehabilitation of anyone affected by alcohol, drugs, gambling and gaming-related problems and the alleviation of the effects of alcohol, drugs, gambling and gaming 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,' is an 'outcomes programme' and is part of Orion Systems, 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 can furnish us with a full set of reports from activity data to treatment outcomes profiles.



### The fields measured include:

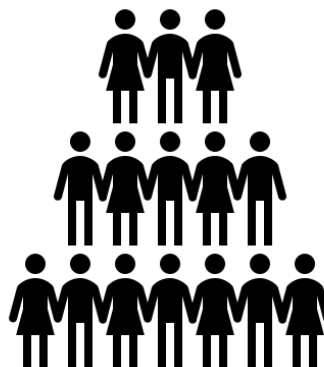
- Alcohol/ drug use dependency
  - Injecting behaviour
  - Risk behaviour
  - Physical health
- Accommodation/family/children
  - Criminal/legal
  - Employment
  - Benefits



From the results 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- 426

**88.2 % of service users reduced consumption of alcohol or drugs, or achieved a goal of abstinence from alcohol or report being drug free**

**82.9% made improvements to their mental and emotional health**



**77.6 % of service users made improvements to their physical health**

# Key Facts - 2019- 20; 2020-21



- **4680, 3359** Appointments attended
- **1145, 1271** Group work attendances
- **10.5%, 10.1%** DNA – Appointments not attended



- **347, 306** Alcohol referrals
- **192, 218** Drug referrals
- **50, 107** Young persons' referrals alcohol & drugs



- **72, 73** FAS family alcohol service referrals



- **46, 50** Gambling referrals



- **117, 154** DARS referrals
- **384** Completed treatment/ partially resolved their behaviour



- **680, 754** New Referrals



- **634, 706** Discharges



- **426** Remain in treatment



- **92** appointments **23** Clients -Weekly clinic in the IOM Prison

- Monthly AIRS groups for first time alcohol offenders



# FEEDBACK



“Rather than using drugs to mask problems it’s better to talk about it”(DARS)

“Such a welcoming environment to the point I feel comfortable discussing my life” (DARS)

“With the help of motiv8 my children have had a safe place to share their emotions while I was unable to do so, they have also given me the same opportunity. Also helping me achieve my main goal providing a stable environment to bring up my children. Extremely grateful this service has been available to me 🙏❤️👨” (Family Service -Adult)



“The therapy I have received has helped me understand myself better and I am finally starting to feel comfortable in my own skin which I never thought was possible. I can see the progress I have made in the last couple of years and am excited to continue to grow going forward.” (Adult)

“The worker was very helpful in being a calm relaxing person to talk to. Felt easy to open up, no feelings of stress around talking to a new person” (DARS)

“It has helped me because my whole family is much closer, and it just feels like a proper family” (young person)

“I was confused about what was happening – as soon as I met you, I actually felt a bit safer with you” (young person)

“Every addict is different. No two recoveries are the same. Our reasons for picking up in the first place all unique. It is here that I feel the methods and practice these people provide is exemplary. Motiv8 tailor the support accordingly. Their patience has been boundless. So, despite having done it all myself, I couldn’t have done it without them.” (Adult)

“I wasn’t aware I was a different parent when I had a drink and now, I realise. I had been impacting my children by parenting inconsistently” (FAS Parent)

# Speak Out!

## Directors Report

Welcome to the annual report for 2021. This year presented us with significant challenges as the Pandemic has continued to ravage round the planet. Our small, protected Island managed to stay relatively safe albeit for a while as the subsequent waves of the virus have recently started to hit us.

The service has stood strong throughout the pandemic. Remaining open at all times and continuing to support the most in need through face-to-face appointments as well as creating many technological and remote opportunities to receive support.

As Covid has dominated so much of our lives, we have produced a special report to focus on the impact of the pandemic on services and how we have adapted our services to meet the increasing demand for those impacted by addictive behaviours.

Staying resilient as a service has been tested significantly this year with not just the pandemic to work through but a funding crisis for some of our branches of services.

Motiv8 is currently core funded under an annually renewing contract as our main contract expired a number of years ago. Services for young people impacted by drugs misuse, parental substance use, addictive behaviours and gambling/gaming support are not funded under these arrangements.

Each year Motiv8 must appeal to grant bodies, companies and the charitable giving public to support these ventures. Many grant giving organisations changed funding priorities during the Pandemic to the impact of Covid and services like ours lost out in this strategic move. This saw us close to losing the family and young person's services due to a lack of funds.

An appeal was launched at the end of 2020 to help raise funds for these services and the response was beyond our expectations. A report on this appeal and the donors who came to our rescue is included within.

There have been some interesting findings emerging during the pandemic, also some worrying trends, with the mental health impacts of Covid almost certainly coming to the fore. Addiction is not something that emerges in isolation, and



comorbidity is often the norm with many people struggling with cooccurring conditions. The trends are discussed in more detail later in the report.

This year we gained a number of new directors of the Charity. Mr Gary Lamb Chief Executive Officer of Manx Telecom joined the charity. Mr Stephen McCahill a banking executive from Barclays Bank. Mrs Jo Brackett Hon Secretary for a phenomenal 3 decades retired at the last AGM in September and will be sadly missed but is replaced by Mrs. Gerry Pishvaie, a retired civil service executive which much experience of charitable work.

And finally...

And finally, an enormous thanks go out to the team, charitable Directors and everyone who has helped us make it through the year. Another challenging year for the charity but seen with the fortitude and resilience the charity is renowned for.

Thea Ozenturk  
Chief Executive Officer

*In Memory of*

**DAVE COLE**

**1941-2021**

This year we learnt of the sad passing of Dave Cole a long serving Director of the charity since 1992. Dave was passionate about young people and particularly diverting them away from going down the wrong path. It was his desire to have alternative places for young people to socialise with the creation of a youth 'dry bar,' that first led him to approach the charity. Dave was particularly interested in the work of charity and those who are impacted by addiction in particular young people and families. He was very supportive of the creation of dedicated provision for young people here at Motiv8, understanding the long-term effects of growing up in families with addictive behaviours. He was the former head of middle school at St Ninians High School. An energetic man who embraced a challenge, raising funds for the pupils in need and other causes. Anyone one who knew him will remember him being a vibrant man, with a zest for life and enormous energy. Sadly, a diagnosis of Parkinson's disorder took away some of his physical ability but his mental determination to battle on was an inspiration to us at the charity. Dave was always very passionate about the well-being of the team at Motiv8 understanding the challenge it was to work in this field and we will feel his loss. Dave leaves his devoted wife Maggie, son Matthew and grandchildren.



*Dave Cole 2<sup>nd</sup> from the right pictured with the Motiv8 Board of Directors at the Annual General Meeting  
September 2020*



## PANDEMIC REPORT 2021

The impact on services has been interesting throughout the last twelve months and there has been some interesting findings and trends.

Motiv8 never strayed from its mission to stay open and support the most vulnerable throughout the pandemic and we prioritised face to face appointments with the most in need service users. Subsequently, appointments attended has seen a significant increase from 3359 at the end of March 2020 to 4680 appointments by the end of March 2021. The changes we made in placing some of our services online when the pandemic first struck saw us being able to offer support remotely through various technological platforms. This has no doubt helped us to increase support to service users. This novel approach came in the nick of time, as mental health impacts of the pandemic started to emerge for many of our service users struggling to cope with the various stages of the outbreak.



There is no doubt that alcohol consumption has increased during the pandemic, with reports emerging both nationally and internationally that alcohol has become a crutch for many. This in turn has led to an increase in mental health impacts. Many of us live in comfortable homes, with family support and others to turn to in crises. However, many of our service users are disadvantaged without the comforts most of us take for granted. Some live in challenging circumstances, domestic abuse, poverty and loneliness, all of which are not conducive to good mental health and well-being. Imagine also living with parental substance misuse and losing your normal sources of support due to the closure of schools and other clubs and interests which offer respite and sanctuary in normal times.



## Mental health



Covid has had short and long-term effects on individual's mental health:

- Depression and low mood
- Anxiety
- Isolation
- Frustration
- Anger
- Loneliness
- Fear
- Confusion
- Self medicating
- Feelings of loss of control
- Impact on medication and routine
- Reduction in self care
- Withdrawal from activities
- Impact of medical issues on mental health and coping mechanisms
- Difficulty in adapting to the 'new norm' and the further impact on mental health
- Loss of routine
- Loss of structure
- Loss of personal space and time
- Disconnection from support network and human contact
- Reliance on alcohol and other substances
- Possible increased risk of harm to self and others due to low mood and/or impact on mental health

Physical impacts too were of concern, those who struggle with addiction often have suppressed immune systems and other health conditions. Alcohol particularly depletes the body of essential nutrients vital for the upkeep of the immune response. Whereas those who use alcohol, opiates, cannabinoids and stimulant drugs can be immune suppressed, with cardiovascular and respiratory weaknesses.

Motiv8 helped with a variety of essentials using its client comfort fund, including, providing recycled phones and sim cards, food vouchers, toys and activity games for children, food bank drop offs, emergency top ups to electricity supplies, essential items for the home including joint-funded ovens with the Salvation Army scheme, bus tickets and many more essentials.



## Motiv8's Covid Response

- During lockdowns services for young people also went primarily online with telephone and video sessions and text support
- Numerous videos were also uploaded to Facebook on how to cope with the lockdown, including awareness raising on subjects related to living with parental drinking and psychological support , along with videos on gambling and gaming.
- These videos were shared by many schools also on their social media platforms and by members of our island community
- These videos received over...

16,000  
views

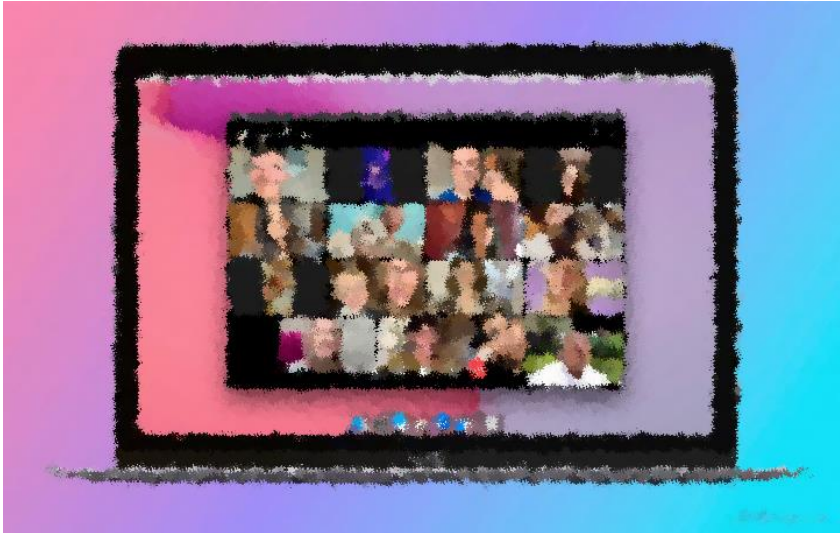


Maintaining contact via various technological mediums as well as offering face to face support for the most vulnerable became a key focus of our young persons services. Motiv8 fortunately was able to offer remote support to children and young people and the adult groupwork programmes over the last year.

Accessing treatment and support including detoxification has also been a challenge at times and whilst initially it was easier with ever increasing numbers of service users finding themselves dependent it has become challenging to access medical help. With some service users having made the brave decision to attempt to stop using finding themselves waiting long periods to access treatment. Whilst Motiv8 can offer counselling and psychological support to those impacted by addictive behaviours, we are unable to offer medical treatments. Group work programmes have flourished with attendances at Motiv8, and views of our mental health support videos are at record breaking numbers. Our five-point group work recovery programme continues to offer a mixture of online groups



and video resources. Groups included: coping with depression, cognitive behavioural therapy, mindfulness, anxiety management and much more. These are available online at any time for users to access. This has opened our services to many more, who may never walk through our doors but need support.



The SMART Recovery network continued to meet throughout the last 12 months with a mixture of face to face and zoom meetings. There have been inspiring examples of recovery throughout the Pandemic as this mutual aid group reach out and support each other in times of crisis.

COVID-19
National & local trends

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More use of locally available drugs  
**IOM – Alcohol usage increased**

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Less use of recreational drugs normally used in social settings such as ecstasy, cocaine, amphetamine (impact of lockdowns)  
**IOM - Reduction in DARS referrals. Cocaine referrals on a par with last year**

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More use of drugs associated with home use (cannabis, prescription and over the counter drugs)  
**IOM - Cannabis and prescription drugs use increase**  
**More usage of drugs associated with relieving boredom and relaxation, cannabis, benzos, diazepam, prescription and over the counter drugs and alcohol**

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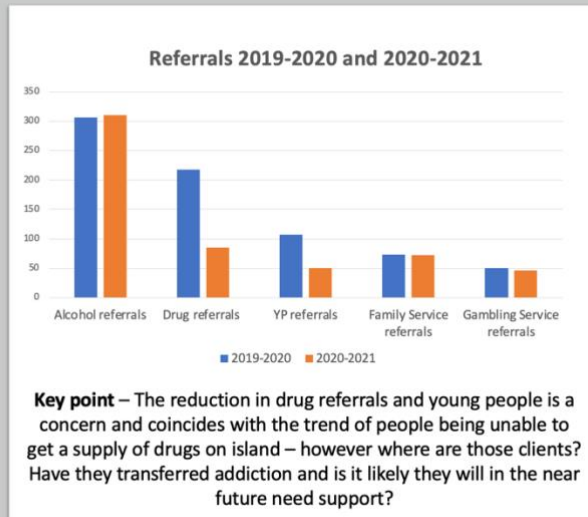
Among the most concerning trends was the impact of COVID-19 on drug trade over the dark web. Data presented during the event revealed an increase in the use of technology and contactless methods of purchasing drugs.  
**IOM - We have seen this locally with more drugs being bought over the web of dubious content and unknown suppliers**

The Pandemic then has been a perfect storm to see an increase in addictive behaviours alongside of the other disadvantages people face in society.

One worrying trend was the decrease in referrals for drug users and young people. A likely explanation could be that schools and other sources of support for young people were referring fewer young people as they were closed for

lockdown periods and impacted by further restrictions when opening up. This is a worrying impact of the pandemic, possibly reflecting the school closures, and other clubs, our normal routes of referral. This is concerning as we know that problems within the home, and other challenges facing young people have not gone away, and these young people have been largely hidden yet still enduring harmful impacts during this time.

## Key statistics



Trends in substance misuse have also proved interesting. Normal shipping routes of drug trafficking drew to a halt across the globe. The international and



UK trend during lockdowns was a shift to drugs that were readily available. In the Isle of Man this has undoubtedly been alcohol. Some also took to over the counter medications and prescription drugs swapping hands. As the nighttime economy ceased, less use of recreational drugs was evident. Locally we saw a significant reduction in referrals for the DARS

scheme, as fewer people were out using drugs in pubs or in gatherings.

## NEWS

Home | Coronavirus | Brexit | UK | World | Business | Politics | Tech | Science | Health | Family & Education

UK | England | N. Ireland | Scotland | Alba | Wales | Cymru | Isle of Man | Guernsey | Jersey | Local News

### Cannabis importation to Isle of Man getting out of hand, deemster says



The problem of people importing cannabis to the Isle of Man is "getting out of hand", a deemster has said.

Deemster Graeme Cook made his remark while sentencing a woman for importing the drug with the intent to supply.

However, surprisingly at Motiv8 we still saw cocaine arrests and usage on a par with last year.

In the UK People were turning to drugs more associated with home use – Service users were reporting usage of drugs to pass time, relieving boredom. The lockdown

saw a decrease in illicit drugs being imported to the Island. However, some were reporting ordering substances online of dubious quality and composition.



Key issues we identified as concerning during the lockdown and client groups we were particularly concerned about included, those living with domestic abuse; children living with substance misusing parents and the elderly and vulnerable, isolating and alone for long periods.



There has also been a normalisation of alcohol use, with alcohol related memes



& social media content largely contributing to this cultural change . A simple internet search will show a wealth of alcohol related memes and humour. This has led to an increase and acceptance of drinking in the home along with drinking earlier in the day. Evidence from the Global Drug Survey suggested that 48% of British respondents disclosed they were drinking more alcohol than before the

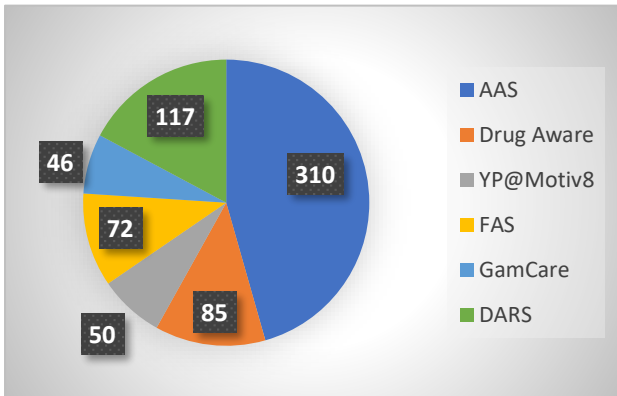
pandemic. This upward trend is concerning given that in recent years alcohol consumption was on a downward trajectory.

All in all, 2020-21 has presented us with significant challenges, but again the service has remained resilient and robust able to respond to these testing times.

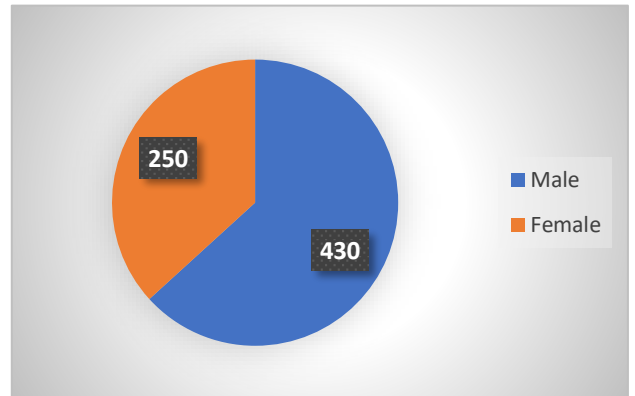


## STATISTICAL REVIEW APRIL 2020 TO 31<sup>ST</sup> MARCH 2021

**TOTAL NUMBER OF REFERRALS = 680**

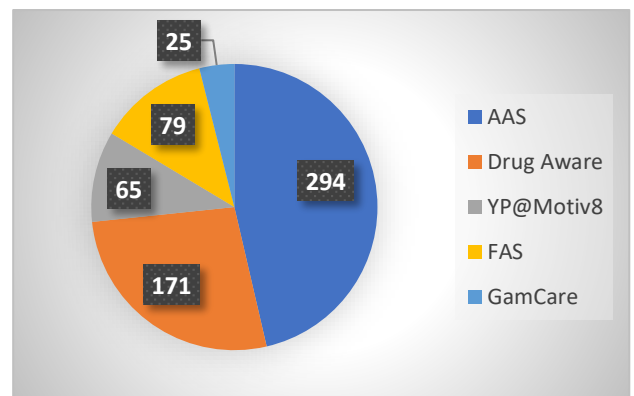
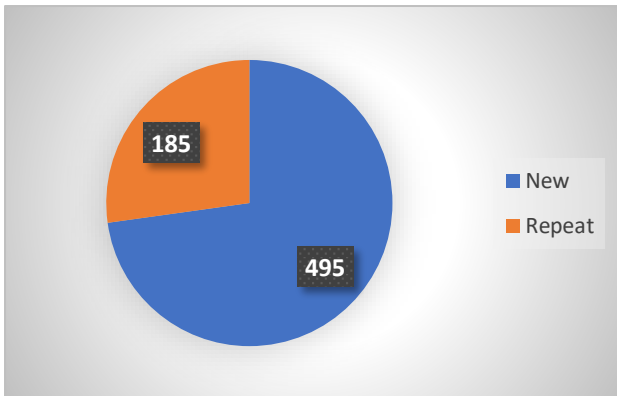


**TOTAL NUMBER OF REFERRALS MALE/FEMALE**



**Key: AAS – alcohol service; DrugAware – drug service; YP@Motiv8 – young persons service.  
 FAS- family alcohol service (now the Family Service) GamCare- Now Motiv8 Gambling Support.  
 DARS- Drug arrest referral scheme**

**TOTAL NUMBER OF REFERRALS NEW/REPEAT**



### TOTAL APPOINTMENTS (all services included)

**TOTAL NUMBER OF APPOINTMENTS OFFERED = 5,922**

**TOTAL NUMBER OF APPOINTMENTS ATTENDED = 4,680**

**TOTAL NUMBER OF APPOINTMENTS DID NOT ATTEND = 623**

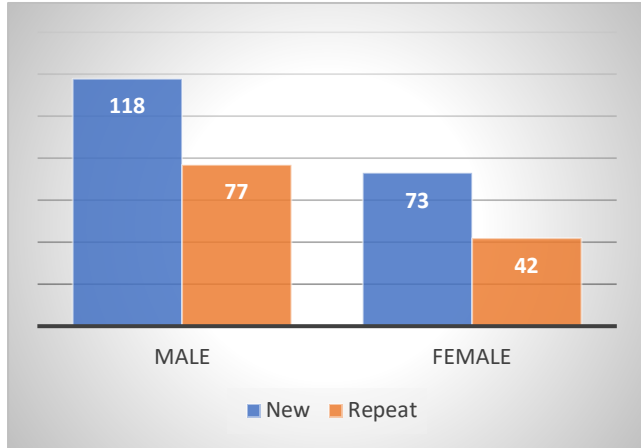
**TOTAL NUMBER OF APPOINTMENTS CANCELLED = 619**

**TOTAL NUMBER OF CLIENTS CO-WORKING WITH DAT = 72**

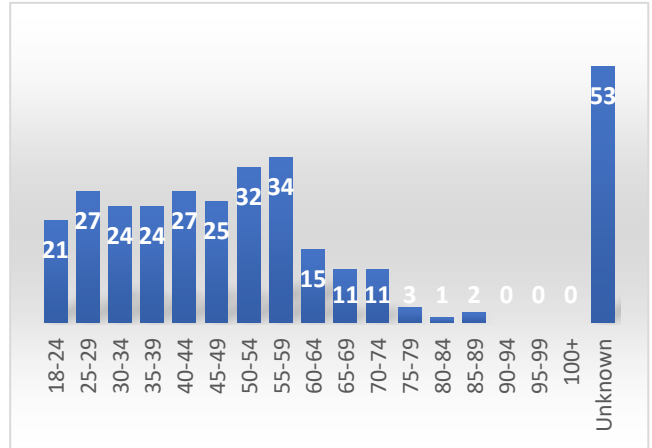
**TOTAL NUMBER CLIENTS CO-WORKING WITH OTHER AGENCIES = 230**

## Alcohol Advisory Service

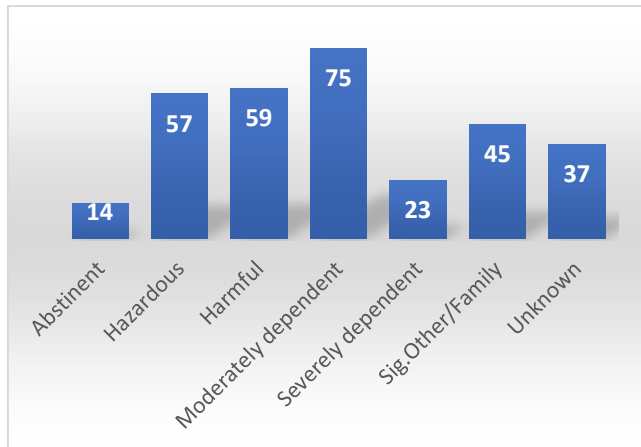
**Male/Female and New/Repeat**



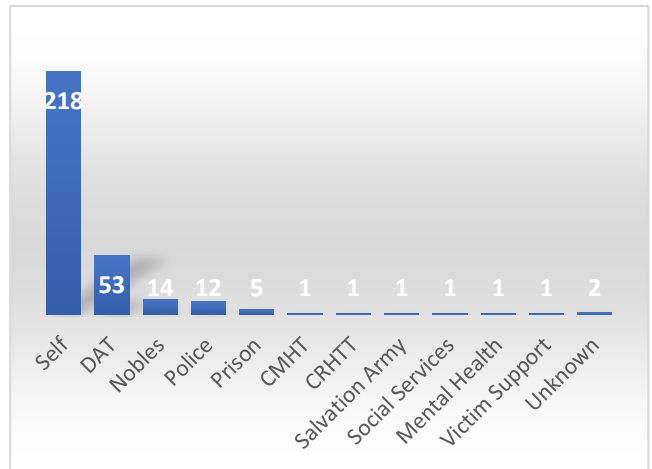
**Age Range**



**Reason for Referral**



**Referral Source**

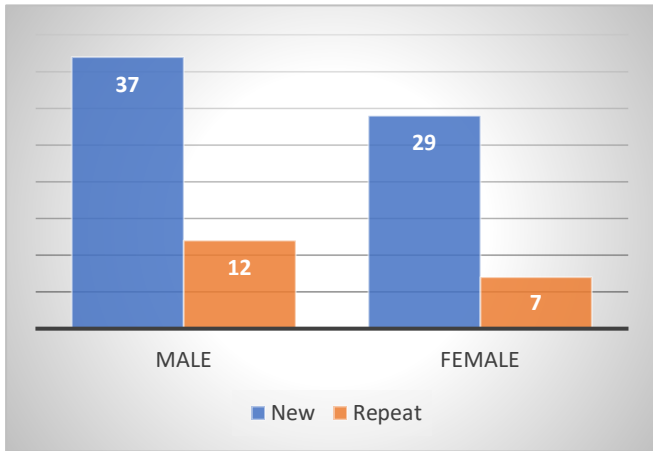


## Appointments

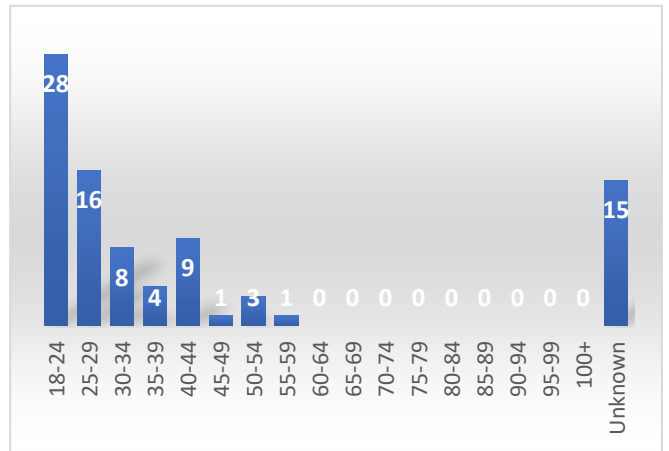
<b>Appointments Offered</b>	<b>3,105</b>
<b>Appointments Attended</b>	<b>2,419</b>
<b>Appointments DNA</b>	<b>319</b>
<b>Appointments Cancelled</b>	<b>367</b>

## DRUG AWARE

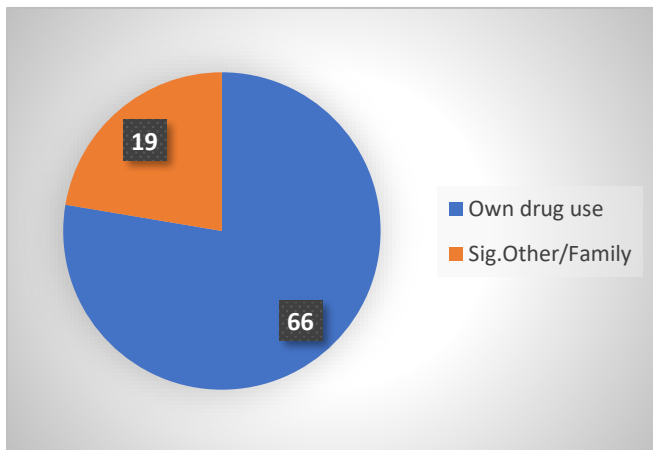
**Male/Female and New/Repeat**



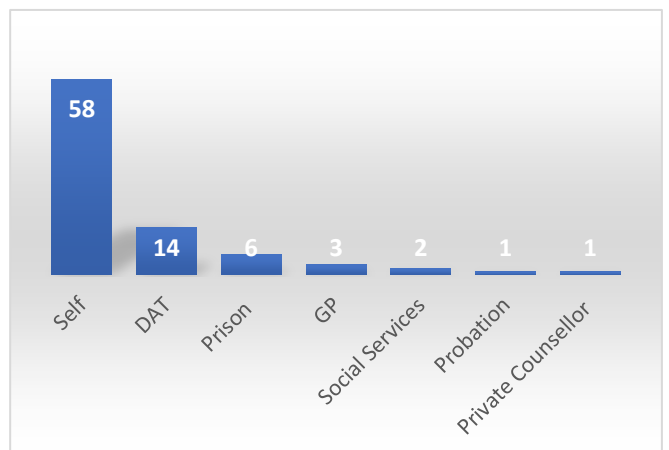
**Age Range**



**Reason for Referral**



**Referral Source**



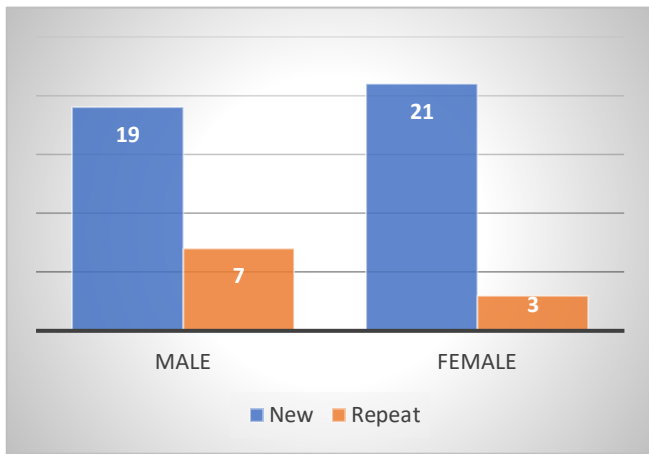
Type of Drug (*please note more than one substance was present in some referrals*)  
 Cannabis = 42, Cocaine = 7, Diazepam = 5, Pregabalin = 4, Codeine = 3, Ecstasy = 2, Illicit drugs = 2,  
 Prescription drugs = 1, Opiates = 1, Heroin = 1, Co-codamol = 1, Lorazepam = 1, Unknown = 1  
 Significant Other/Family Member = 19

## Appointments (INCLUDING DARS – DARS referral figures)

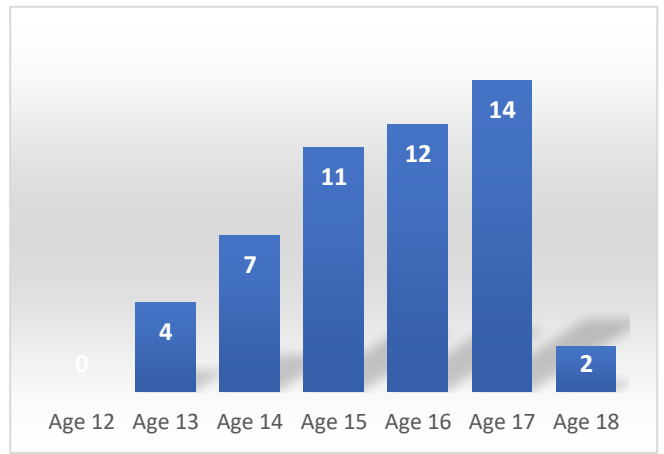
<b>Appointments Offered</b>	<b>840</b>
<b>Appointments Attended</b>	653
<b>Appointments DNA</b>	105
<b>Appointments Cancelled</b>	82

## YP@Motiv8

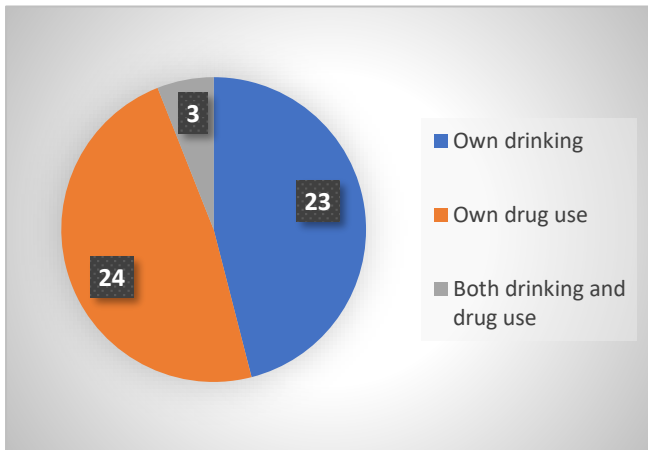
**Male/Female and New/Repeat**



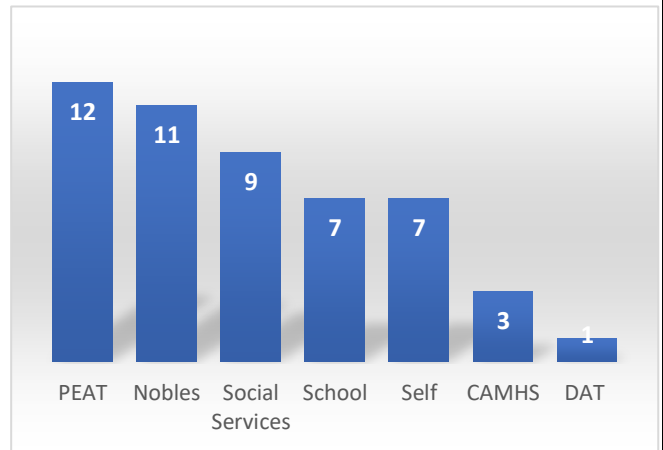
**Age Range**



**Reason for Referral**



**Referral Source**



**Type of Drug (please note more than one substance was present in some referrals)**

**Alcohol = 26, Cannabis = 23, Diazepam = 4, Xanax = 1, Cocaine = 1, LSD = 1**

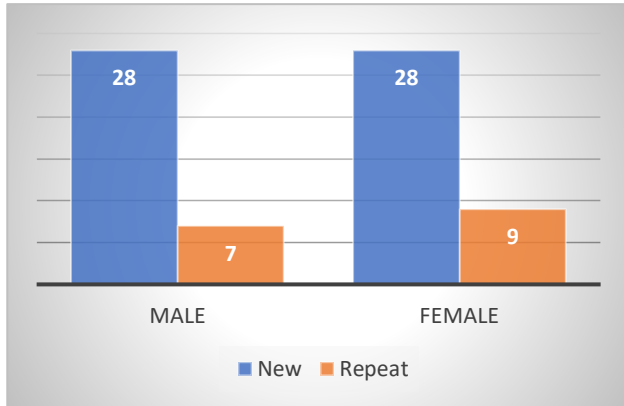
## Appointments (INCLUDING DARS)

<b>Appointments Offered</b>	<b>327</b>
<b>Appointments Attended</b>	246
<b>Appointments DNA</b>	64
<b>Appointments Cancelled</b>	17

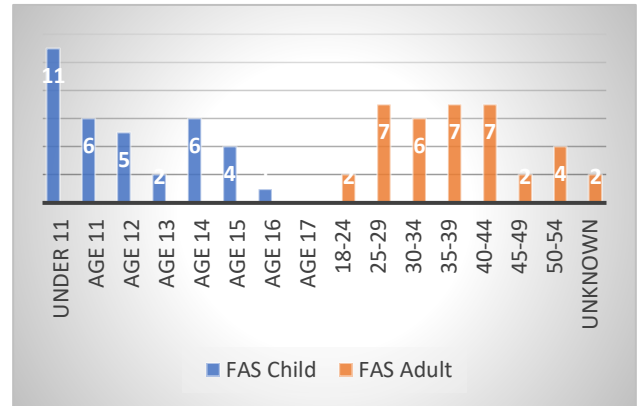
## FAS Family Alcohol Service (Now known as the Family Service)

**TOTAL NUMBER OF FAS REFFERALS = 72**

**Male/Female and New/Repeat**

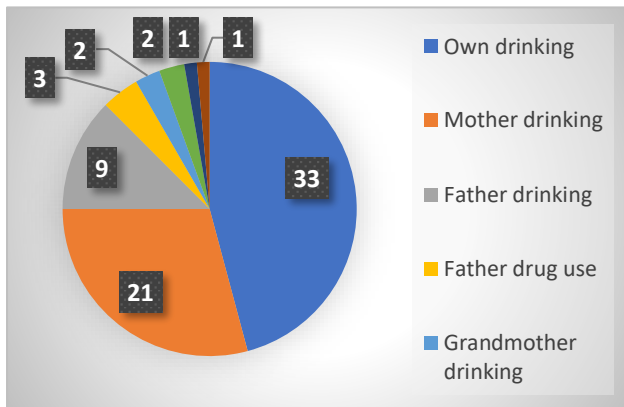


**Age Range**

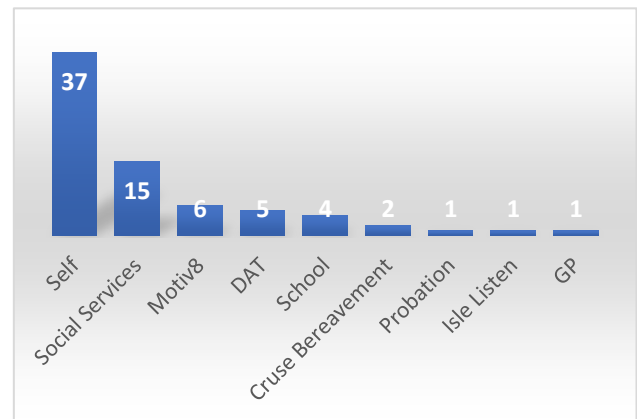


Adult	Child
<b>37</b>	<b>35</b>

**Reason for Referral**



**Referral Source**

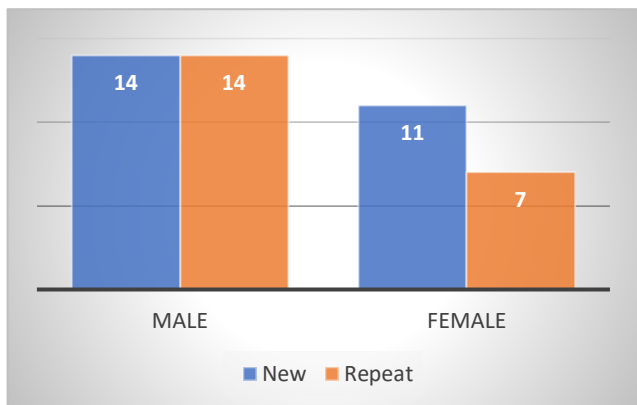


## Appointments

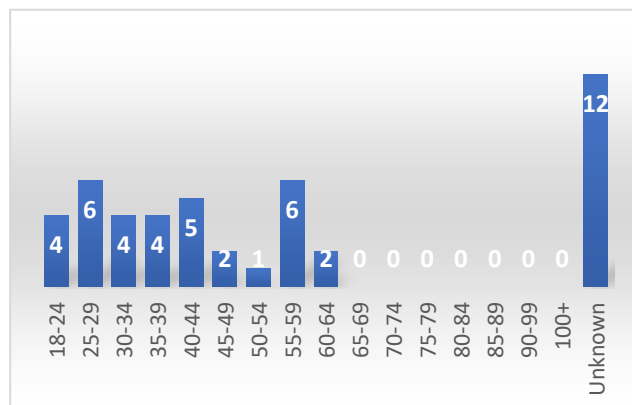
	FAS Adult	FAS Child
<b>Appointments Offered</b>	693	851
<b>Appointments Attended</b>	588	694
<b>Appointments DNA</b>	57	67
<b>Appointments Cancelled</b>	48	90

## Motiv8's Gambling and Gaming Support Services

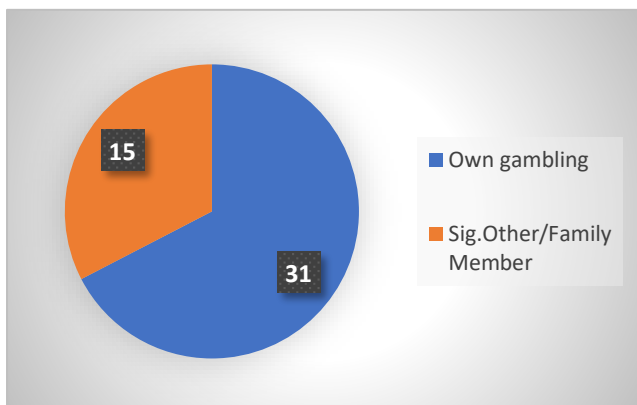
Male/Female and New/Repeat



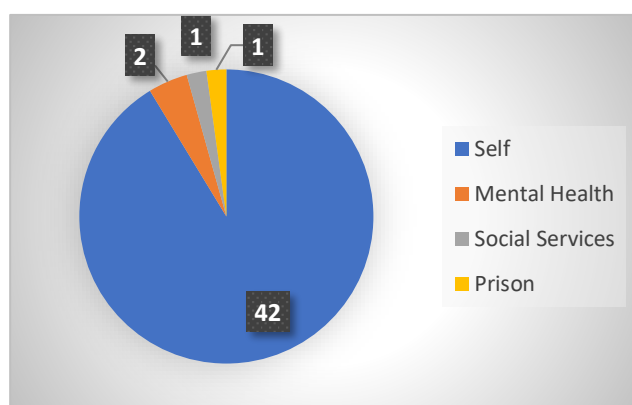
Age Range



Reason for Referral



Referral Source

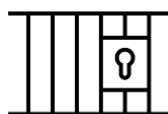


## APPOINTMENTS

<b>Appointments Offered</b>	<b>106</b>
<b>Appointments Attended</b>	<b>80</b>
<b>Appointments DNA</b>	<b>11</b>
<b>1Appointments Cancelled</b>	<b>15</b>

## Motiv8's services in the IOM Prison

Motiv8 runs a weekly one to one clinic in the Isle of Man Prison which mirrors our confidential, non-judgmental support in the community. Over the past year, 23 prisoners have been supported in this way and ongoing support is offered after their discharge from custody. Of course, the various lockdowns during the COVID-19 pandemic impacted the support we were able to provide.



# 92 apointments

# 23 client referrals



Two things which are particularly beneficial in the prison environment are freedom from substances and time. Often the term of imprisonment is the longest period that people have been free from substance (mis)use. In turn this affords them the opportunity (sometimes the

challenge) to address the underlying issues which have led them to rely on problematic coping strategies. With the support of the Motiv8 prison counsellor, they can start to work on more appropriate coping strategies which in turn help them to make better choices for their life back in the community.



Motiv8 is proud to be able to provide assistance to this group of clients who are often vulnerable.

## Gambling and Gaming Support Service

This year GamCare Isle of Man received 46 referrals, 26 of which were new clients who had not contacted the service before. The majority of these clients accessed support for their own gambling; however, 32.6% were family members or impacted others. This is a huge increase from the 18% of recorded impacted others last year.



We saw an increase in online gambling activities reported upon assessment. This accounts for those individuals who had started gambling on their smart phones and computers as something to do during the pandemic, as well as individuals who turned to online gambling as they were unable to access land-based bookmakers, casinos and fruit machines in pubs due to lockdown closures.

Themes emerged around financial pressure due to workers being furloughed or made redundant as a reason to gamble, as well as a reason that some clients found themselves in financial trouble or debt. 106 appointments were offered with a 75.5% attendance rate. These appointments were offered face-to-face, telephone or video call, and GamCare self-help courses were made available via email.

Motiv8 is in the process of changing its contractual agreement with GamCare UK. Motiv8 will remain an affiliate to GamCare with an improved set of terms and training opportunities for staff.

Motiv8 is now able to offer gaming support on a one to one for those impacted, or through education opportunities for the schools to have tutorials on gambling and gaming disorder the latter now a recognised addictive behaviour.



**Online Safety**

**Play Safe, Stay Safe**

**RISK**  
of online gaming

**Be careful who you chat to**

- If you receive a friend request off someone you don't know, ignore it and delete the request.
- Don't share your personal information with people you don't know e.g. address, phone number

**Be careful what you share online**

- Don't choose profile pictures, that could give strangers clues as to where you live
- Check privacy settings regularly, including your location settings e.g. snapchat
- Think about what should be shared in public and what shouldn't

**Think before you post**

- Don't upload/share anything that you wouldn't want your parents, teachers or friends to see
- Once you press send, it is no longer private – you don't know who could end up seeing it.

**childline**  
0800 11 11

**Not everyone will be nice, or the same age as you**

Some gamers might say nasty things or bully and upset other players

**Some people might use games to groom people**

They might try to build a relationship/friendship with a young person or trick or pressure them into doing something they don't want to do

**The content in some games may upset you**

They may include violence, sex, horror. May appear more life-like if you play virtual reality games

**Some people might find it difficult to stop playing**

Gaming may turn into an addiction and could affect the rest of your life

Age rating only. All content is not suitable for children. Some content may be harmful to children. Some content may be harmful to children. Some content may be harmful to children.



## DARS Scheme Evaluation

Many young people experiment with drugs, this is a well-documented phenomena in youth culture and behaviours. The majority cease usage as the responsibilities of adult life take over and having an opportunity not to be criminalised during this youthful experimental stage is vital. The Drug Arrest Referral Scheme Is a scheme that does this by offering participants a one-to-one session with a trained member of staff who is also a service user in recovery. This lived experience insight is of far more value to young clients on the pitfalls of drug use.

During the Pandemic the DARS continued to operate with most appointments taking place online or telephone calls. However, a significant decrease on last years' referrals was noted, with the likely explanation being a reduction in the night-time economy and less drugs arriving on the Island.

In total there were 117 drug arrest referrals, 22 of which were young people under the age of 18. 97 of the 117 referrals involved cannabis. 15 involved cocaine. Other substances were involved in a number of referrals including Xanax, Ketamine, Diazepam, Ecstasy, THC Oil, Amphetamine and Flubromazolam, thought to be a potent form of 'designer' benzodiazepine.

it is evident that the scheme does provide beneficial support for those who have been found to be in possession of a small amount of an illegal substance, most of them often for the first time. From the comments received throughout the evaluations, it is also evident that the scheme is successful in allowing clients to have a space where they can talk and discuss their problems, which they may have not being able to do outside of the session.

***It is worth noting that Motiv8 receives no funds to operate this scheme and does it from its charitable resources***



**“Overall, how helpful did you find the DARS scheme?”**

- The people here were very helpful
- It is really helpful to talk about it and get things off your chest that I would normally not talk about
- We had a chat about the scheme
- Provided good information
- Was informative but not as if I was being told off which is good
- Such a welcoming environment to the point I feel comfortable discussing my life
- Very easy to open up to
- Talking about the problems with cannabis has actually helped me
- Easily approachable and it's clear that they care



- The worker was very helpful in being a calm relaxing person to talk to. Felt easy to open up, no feelings of stress around talking to a new person

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



smoking cannabis

- We talked about all the effects of cannabis, even some that are harder to recognise
- Will read leaflets to gain more knowledge
- It was very educational and learnt a lot about side effects
- Learnt new things
- Good facts
- Yes, it has helped me to know not to touch it no more
- I already had some understanding of cannabis but a few useful comments as to the mental implications of

**“Will any of what you have learnt make a different to the way you use this substance in the future?”**

- Yes, it has made me think a lot more about whether I actually need it and how I can get off it
- I will never use cannabis (
- I don't use it too much anyway
- Do not order in post
- Need to cut back
- Alternatives
- I no longer touch this substance and won't be doing in the future
- Try not to use as self-medication
- I already try to self-regulate my intake of cannabis to 3 or 4 times a week but after discussions would consider just at a weekend thing or stopping altogether (Maybe)



**“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?”**

- No charges
- I could get help with my issue rather than being punished
- Find out more knowledge about substance abuse and learn from it
- Gives you a chance to sort it out
- Holding down my job
- A chance not to re-offend
- It makes you think about it more



- Support/understanding
- Not to store things up
- Brain chemicals, dopamine serotonin can lead to dependency
- That there are people out there that can help
- Support is there
- Know more on the effects
- Education on drugs/harm it can cause
- Met someone that has been in my position
- Think before you act
- That there is support out there
- Learnt not to do it again
- Opened my mind more to benefits of stopping
- Knowing there's support
- Knowledge of addictions and the alternatives
- More knowledge about long-term effects
- Knowledge that it's ok to talk
- How easy it actually is to open up to someone that sets a relaxing atmosphere as opposed to being looked down upon by the police service



## YOUNG PERSONS AND FAMILY SERVICES APPEAL 2020-2023



Motiv8 faced a funding crisis in the Autumn of 2020 as the grants for all of its young persons and family services came to an end. None of these services are funded by the Government and Motiv8 has to fundraise to keep these important services operational. The immediate concerns of responding to the Pandemic meant fundraising and grant applications, took a back seat whilst we responded to supporting our client groups. Thus, the FAS service, YP @Motiv8 and Mini Motiv8 our young persons support groups survival and future hung in the balance. IOM advertising came to our rescue and agreed to help us with a leaflet and campaign advise, as to how to launch public appeal. A series of interviews on Manx Radio and IOM Newspapers saw us desperately appealing how imperative it was that this service survived as closure given the large amount of young people and families, we support was unthinkable.

**£1,000 can fund either:**

- 24x one-to-one therapy sessions for a child
- 15x parenting groups
- Multiple therapeutic outings and activities for MiniMotiv8 children
- 10x training sessions for primary school care staff on impact and awareness of substance misuse
- Client emergency fund for essentials for two years
- One year of accredited training for a Motiv8 team member
- 20x mental health and well-being groups at the Motiv8 Recovery Hub for all clients
- Travel to appointments/mileage to see children across the Island to complete outreach work
- The design and production of leaflets & literature to raise awareness of our services to the wider community

**£500 can fund either:**

- 12x one-to-one therapy sessions for a child
- A Christmas party for 25 children and young people affected by parental addiction
- Play therapy equipment and materials for up to one year
- Top-up phone vouchers to enable vulnerable young people to keep in touch with us



*The campaign leaflet*

The campaign response was overwhelming with many donations flowing in, often from those who wanted to remain anonymous with personal stories of their own experiences of addiction. The Henry Bloom Noble Health Care Trust and the Lloyds bank Foundation came to our rescue initially and then a substantial donation from the Gamesys Foundation over 3 years has helped us to secure these services for 3 years going forward. Heartfelt thanks go out to everyone who raised funds for the service.

Many of the children and young people we support are deeply affected by addiction, either directly or by the impact of a loved one, and this can have negative effects on their mental health. Furthermore, they are often subject to Social Services involvement. The Motiv8 team work to engage and support them to help them achieve inspirational outcomes.

**1 in 5** children in the UK lives with a hazardous drinker...that's **over 2.5 million children** <sup>1</sup>

Almost **1 million** children in the UK live with an adult who has used illicit drugs within the previous year <sup>2</sup>

*1 Silent Voices: Children's Commissioner 2012*

*2 Impact of Parent's Substance misuse on children: Velleman & Templeton 2014*

Using our latest Island census information, this would equate to:

**1 in 5** children in the Isle of Man living with a hazardous drinker ....that's **over 3200 children**

Almost **1400** children in the Isle of Man living with an adult who has used illicit drugs within the previous year

**4594**  
**under 18s**  
affected by drug and alcohol use on the Isle of Man

The 2017 Director of Public Health Report determined that:



**21.5%** of families on the IOM are affected by alcohol use



**7.5%** of families on the IOM are affected by drug use

## Family Service

The service aims to improve awareness of the impact that drug use, alcohol use or gambling has on a family. Support focuses on improving the mental health of family members, building resilience, and coping mechanisms and to prevent intergenerational misuse, further harm and impact to all family members. This therefore can reduce the need for future reactionary involvement and crises driven intervention.

The Family Service also includes MiniMotiv8, a groupwork project providing outings and activities for children and young people impacted by addiction.



The Family Service aims to improve the awareness and impact that drug use, alcohol use or gambling has on the family as a whole. The support delivered is a structured, focused, and innovative programme of intervention that has been created and developed by Motiv8. As with all Motiv8's services, support is confidential, free and non-judgemental. Our Adult Family Service Addictions Professional provides support for parents whilst our Young Person's Specialist Addictions Professional works with the children/young people. Ideally, we will work with parents and children in each family impacted by addiction, however we can and do provide support for parents individually (if the children are too young or do not want to engage) and also for children/young people who's parents may not want to engage or when they are competent (using Fraser Guidelines) to request support on their own.

For young people, the existence of this service highlights that they are not alone. Living with parental drug or alcohol misuse or gambling 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 use, alcohol use or gambling within their families, by the very existence of this service, they are, from the beginning, able to explore their experiences, thoughts, feelings and emotions in an open and honest forum.

The impact of parental drug/alcohol use or gambling can be vast and prolonged and have a significant impact on their mental health. 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 and take care of themselves, communicate effectively and, arguably most importantly, celebrate who they are. This therefore improves their self-esteem and self-worth also and it is this impact on their mental health that needs the continued and longer-term support also.

Our YP@Motiv8 service recognises that youth behaviours and drugs of choice are a constantly shifting landscape with the use of all types of drugs seemingly increasing. Our service offers a contemporary approach to support young people who are getting into difficulties with a variety of

substances and offers a non-judgemental approach to promote change and improve their coping mechanisms and ultimately, their mental health to ensure youth behaviours do not escalate to maladaptive coping mechanisms in adulthood.

## The Benefits of Motiv8’s Family Service and YP@Motiv8



## Supporting Children and Young People aged 4 to 18 years

### Family Service

Motiv8’s Family Service provides mental health and wellbeing support and counselling to children and young people between the ages of 4 years to 18 years and YP@Motiv8 offers support to those under 18 affected by their own drug or alcohol use.

Whilst providing these bespoke and specialised services, we liaise with and work jointly with many other services, primarily with Social Services and CAMHS (Child and Adolescent Mental Health Services).

Sessions are primarily carried out in the safe environment of schools, and we work closely with teachers and other education professionals. We also have a dedicated young person’s therapy room at our Motiv8 premises which provides a therapeutic setting for children also. The support provided by both the Family Service includes:

### Confidential one to one counselling

We are giving children and young people a voice! Sessions provide a non-judgemental, confidential space for children and young people to explore their thoughts and feelings, discuss their experiences, address issues of safety and build their emotional well-being and resilience and ultimately promote positive mental



health. This is vital to break to intergenerational misuse of drugs and alcohol within families and help young people build their own coping mechanisms, emotional resilience and reduce the likelihood of mental health difficulties in their futures.

Sessions with younger children use play therapy skills and creativity to ensure that whilst the topic may be difficult, the sessions are enjoyable. This is key. Children and young people need to enjoy meeting with their counsellor and by using games, activities and play we are able to provide a comfortable, safe environment for them to share and therefore develop their ability to communicate and build their own resilience skills.

### Mental health and emotional well-being support

Children and young people that have grown up in a family where drugs or alcohol are misused can be greatly impacted and in numerous ways, as outlined below:

<p><b>Twice as likely to experience difficulties at school</b></p> <p>Increased likelihood of misusing drugs or alcohol</p> <p><b>Fear of alcohol</b></p> <p>Developmental delay</p> <p><b>Care for younger siblings and self</b></p> <p>Neglect</p>	<p>3 x more likely to consider suicide</p> <p><b>Exposure to domestic violence</b></p> <p>Exposure to substance use and/or criminal activity</p>	<p><b>5 x more likely to develop eating disorders</b></p> <p>Separation from parent(s) or living with other family members</p> <p><b>Physical and emotional abuse</b></p> <p>Behavioural and/or educational problems</p> <p><b>Suppressing emotions can lead to angry outbursts</b></p>
<p><b>Lack of a personal cheerleader</b></p> <p>Overly regimented or well behaved due to fear of 'causing trouble'</p> <p><b>Anxiety</b></p> <p>Impact on relationships</p> <p><b>Low self esteem &amp; self worth</b></p> <p>Self-led safety plans</p> <p><b>Find drug/alcohol education in school difficult</b></p>	<p>Increased risk due to lack of supervision/boundaries</p> <p><b>Poor attendance at school</b></p> <p>Feelings of guilt, shame, embarrassment</p>	<p><b>Poor socialisation for fear of friends finding out</b></p> <p>Anger towards non-drinking/drug using parent</p> <p><b>Involvement from services such as Police or Social services leading to fear or anger towards professionals</b></p> <p>Can be reluctant to share with parents in case they drink/use drugs as a result</p>

Our intervention programme focuses on improving the mental health of children and young people by building resilience, self-esteem, confidence and communication skills in children and young people on the Isle of Man to give them a brighter future.

The rapid growth of the services and the continued need to support children impacted by drug and/or alcohol misuse and gambling has led to us creating the role of a Family Service Young Persons Support Worker to work alongside our Young Person’s Addictions Specialist in recognition of the need for continued mental health support.

The Children’s Commissioner Research Report in 2018 evidenced the voices of children living in households with domestic abuse, parental substance misuse and mental health issues. It highlighted the importance of working with children longer term when stating “For professionals the interplay between domestic abuse, drug and alcohol abuse and mental health in households is clear, yet some issues, such as alcohol abuse and mental health need, can be hard to identify and take time to tease out.” They went on to add “While most children recognised incidences of domestic abuse, substance misuse and mental health at home, some – particularly younger children – showed limited understanding of them.” This clearly shows the need for children to have support to increase not only their understanding of the situation, but the ensure they do not blame themselves, which can have a detrimental effect on their mental health. As we have seen when working with the many children and young people that we already have done, “Children emphasised that what they hated was the ‘problem’ the parent faced (such as substance misuse, anger issues, or mental health problems) and not the parent themselves. Children were very passionate about how much they loved their parents and expressed an overwhelming sense of loyalty and care.” They stated that “Children’s reluctance to talk about problems at home, particularly with professionals, was often from fear of getting their family into trouble, being taken into care, or getting in trouble themselves with family.” This further evidences why it is imperative that we work, where possible, with parents and that we work closely with Social Services also. The report went on to share that “Children spoke about experiencing a wide range of emotions because of what was happening at home. They described feeling very sad, low and depressed, getting upset and angry, feeling lonely, scared and anxious, or ashamed and embarrassed.” They added “Children would cope by avoiding particular situations, delaying going home, relying on siblings, and retreating to their bedrooms.” Building their confidence and support network is therefore imperative to ensure their safety, improve their mental health and rebuild the relationships around them.

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2018/08/Are-they-shouting-because-of-me.pdf>

### Group support via MiniMotiv8

As well as one to one sessions as part of the Family Service, children and young people are invited to attend our MiniMotiv8 groups that are held every half term. These groups provide a safe, enjoyable space for children and young people in similar situations to come together, support one another and continue to build upon their confidence and resilience.

Our groups are so well attended, and it is a delight to see the young people supported by our service build friendships and support one another also.



## YP@Motiv8

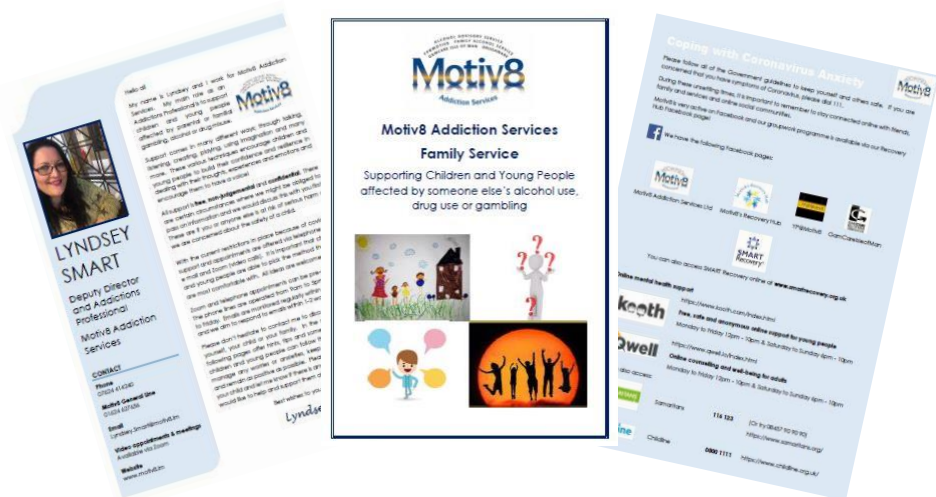
Youth behaviours and drugs of choice are a constantly shifting landscape with the use of all types of drugs seemingly increasing. YP@Motiv8 combines our previous young person's alcohol service with a contemporary approach to supporting young people who are getting into difficulties with a variety of 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*).

Young people aged 18 and under are offered free and confidential support that through our dedicated, holistic support service that aims to reduce the harm caused by substance misuse. Young people are offered one to one sessions, advice, information and education and we provide outreach to vulnerable young people on the island. Furthermore, YP@Motiv8 liaises with other agencies involved with safeguarding young people to ensure that we are to not only support young people with their substance misuse related issues, but to promote positive mental health, improve their wellbeing, help to facilitate improvements in their education and employment opportunities whilst also improving their support network.

## Mental health support

Working with mental health and substance misuse has always been a vital part of our services and the impact of covid-19 has made this aspect of our work more important than ever before. As well as one to one support, children and young people were provided with a support booklet created by Motiv8 that included ways to get help if needed, how to access support, ways to manage feelings of anxiety or worry and things to do whilst they were at home to keep them busy.

We also provided a booklet specifically for coping with coronavirus related anxiety. These resources were vital in providing them with confidence and reassurance to manage their emotions and improve their awareness of their mental health and wellbeing, whilst also knowing how and where to seek support if needed.



The Family Service

# Referrals

**326 Referrals**



**144**  
Adults



**182**  
Children



**320**  
Families

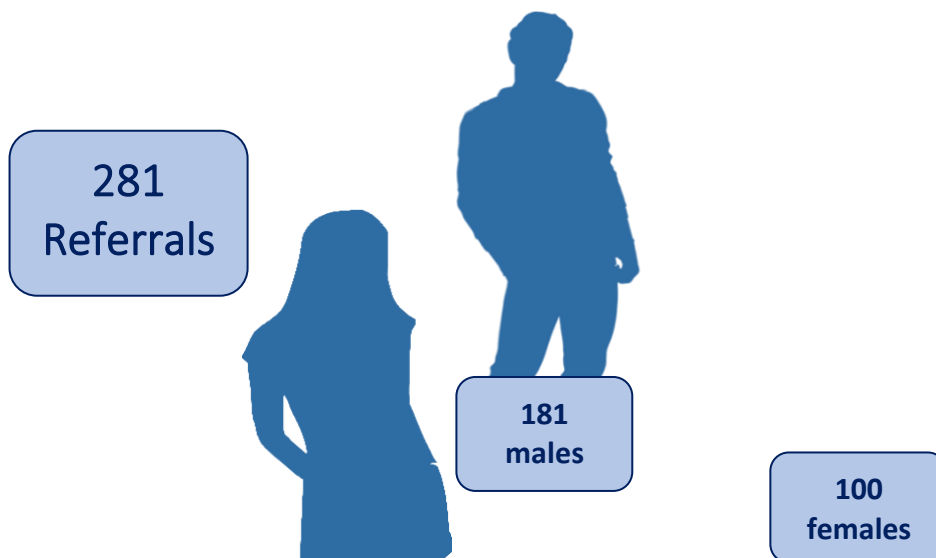


By the end of 2020, the Family Service has offered a total of **5065 sessions** to parents and children/young people. This in itself shows the high level of need within our community.

## YP@Motiv8

YP@Motiv8 is an early intervention service providing confidential, non-judgemental one to one support to young people impacted by their own, or someone else's, substance use or gambling/gaming. This dedicated, holistic support service aims to reduce the harm caused by substance misuse and improve the mental health and wellbeing of young people.

Since its launch in May 2018 to the end of March 2021, the service has offered nearly **1000 appointments** and now offers young people approximately **400 appointments** each year





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