

ANNUAL REPORT

2022-23



IOM Registered
charity number 275

Motiv8

Addiction Services

Support for anyone impacted by
Alcohol, Drugs or Gambling

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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 drugs, gambling and gaming 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.

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.

Mission Statement

“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 practise. 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 ADAP code of ethics.

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

LIST OF SERVING OFFICERS AND STAFF

Deemster Alistair Montgomerie (Hon. President)

Mr Gary Lamb (Chairman)

Mrs Geraldine Pishvaie (Hon. Secretary)

Ms Jane Gray (Hon. Advocate)

Mr Robert Picken (Hon. Treasurer)

DIRECTORS

Dr Alex Allinson MHK

Mrs Rosemary Barlow

Mr Darren Bradford

Rev Alex Brown

Mr Christopher Mitchell

Mrs Alison Thompson

MANAGEMENT

Thea Ozenturk (Chief Executive Officer)

Kay Quirk (Deputy Director)

Paula Gelling (Deputy Director)

Dr Rajinder Dyal - Consultant Clinical Psychologist

TEAM MEMBERS

Nicola Browne

Tiffany Crookall

Mark Cromwell

Maryann Hatton

Rhiannon Leece

Louise McColgan

Colleen McDaid

Suzan Ozenturk

Caitlin Pinder

Joanne Yeadsley

PEER MENTORS

Joanne Hartley

Jason McKee

Fraser Kinley

Robert Moneta

Annabel Ramsey

Anthony Stevens

Brian Watterson

Chris White

CHAIRMAN'S REPORT

I would like to welcome you to the Motiv8 annual report for 2022/23. I hope this report will give you some insight into our work during 2022/23 and the essential services the Motiv8 team provide to our Island.

On a daily basis our team provide support to those directly and indirectly impacted by alcohol, drugs, gambling and gaming, and have provided this valuable service to the Isle of Man community for 45 years.

Over a quarter of our Island's population is impacted, directly or indirectly by addiction and during 2022/23 the Motiv8 team dealt with close to 4,000 individual appointments and held many group sessions. We support a wide range of ages of people and are seeing an increasing number of children up to the age of 18. We plan to expand our services during the coming year, increasing awareness of our service and in particular spending more time in our schools helping children understand the risks associated with alcohol, drugs, gambling and gaming. It is only possible to provide our valuable service to the Island's community with the support of our many sponsors, spending over £600k per annum. The funds to provide our service come from the Isle of Man Government and all of our other sponsors ranging from individuals to local businesses.



Without your support we could not provide help to so many people. On behalf of the Board of Directors and all of our wonderful team, I would like to thank you. We could not do this without you.

The team at Motiv8 are passionate about the work they do and pride themselves in supporting each individual person, through their personal journey. There is no doubt that the support given helps to save people's lives and improves the quality of the lives of so many. At this point I would like to specifically mention some of our team.

I would like to especially welcome to our team our peer mentors. These are special people who have lived experience of addiction and have battled with their own challenges.

Their lived experience means they understand the personal journeys of those who seek our support and how to help them live a better and more fulfilled life. I would like to thank the peer mentors for joining the team and wish them a long and enjoyable career with Motiv8.

Next I would like to thank our CEO, Thea Ozenturk, who has led the Motiv8 team for close to 22 years and who has been pivotal in the development of the Island's service, helping thousands of people here on the Isle of Man. We are all full of admiration for the dedication Thea has shown over the years and the positive impact she has had on our Island's community. Thank you Thea.

Finally, I would like to thank Chris Mitchell who has been part of the Motiv8 Board for 25 years. This year Chris stood down as Chairman after 13 years in the role so he can spend more time with his family (Chris will remain on the Board). I was delighted to accept the role from Chris and continue the good work he has done for so many years. Like all of our team, I am passionate about helping all those impacted directly and indirectly by addiction and will strive to help improve awareness of the amazing, essential service our team provide to the Isle of Man and support the team to provide that service.

GARY LAMB

*Chairman of
Motiv8 Addiction Services*

DIRECTOR'S REPORT



Welcome to the annual report for 2022-23 which is our 45th year of operation. The past 12 months can be summed up as a year of change, resourcefulness, resilience and success.

The Gambling Service has seen an increase in demand with new types of gambling activity emerging in this ever changing landscape. Crypto currency addiction has emerged as a concerning issue. Online gambling however remains the most prevalent issue affecting clients presenting to the service. The most significant age of clients we are supporting is the 18 to 24s. You can read more about the gambling service and our collaboration with GamCare and GamCare trained associates within.

The Young Person's Service has seen some very concerning cases come to fore, with 'county lines, the practice of young people being exploited' well and truly establishing itself on the Island. This concerning development needs a therapeutic rather than criminal justice response, with diversionary schemes that assist young people to break away from these influences. Motiv8 as ever will seek out new ways to support these young people.

The Peer Mentoring project was successfully completed in this year and we now have a team of 8 peer mentors, offering another layer of support, a listening ear and a lived experience to the clients of Motiv8.

The Prison Support Service saw a change in personnel in managing this important branch of our service. However we now have a counsellor and a lived experience drug worker able to offer a range of interventions.

The Groups continue to go from strength to strength. With ever increasing numbers. The addition of the winter well-being workshops has seen people being offered a hot meal in addition to attending a well-being activity, and has proved a life-saver during the winter fuel heating crises.

The DARS and AIRS schemes continue to run successfully. Motiv8 recently took part in a review of the harms into illicit drugs, conducted by a team from John Moore's University on behalf of the Department of Home Affairs. It is worth remembering that Motiv8 has for several years provided these interventions from its charitable

resources, yet the cost to the Island let alone the individual in terms of averting a drug habit before it becomes a life changing addiction cannot be measured. We are hoping that funding may become available for this evidenced-based work when the findings of this research are published.

The Family Service has had a great year in spite of facing a number of challenges, including changes in key personnel. The new Deputy Director managing this service is renowned domestic abuse and victim advocate Paula Gelling. A new energised service has emerged full of ideas and passion for the work, taking the service in new directions and, delivering it to new heights, and working with more young people impacted by parental substance use and gambling than ever before. The team all recently became trained M-Pact practitioners, an internationally renowned group work project for families impacted by addiction in collaboration with the Forward Trust. The funding for this service still needs donors, and we are actively promoting this branch of the charity.

One of the most significant developments for Motiv8 has been the recent signing of a 10-year

strategic partnership agreement with the IOM Government, Mental Health Services to deliver a range of services. This brings the charity and its team of dedicated workers enormous security and allows us to plan and consolidate our work. Whilst this agreement helps us with our core work, drugs, alcohol and SMART recovery groups. The Family Service, Gambling support and our arrest referrals schemes are not covered under this arrangement. This proves beyond doubt the importance of our fund raiser and the foresight of the board to consider this role for the service. Nicola our fundraiser is an integral part of the team, and has become centrally involved in all our work.

An enormous thanks go out to the team, charitable Directors and everyone who has helped us make it through the year. I would particularly like to thank Kay Quirk, deputy director, whose unstinting support and length of service has not been celebrated. an amazing 24 years in total.

Another great year for the service and its supporters as we approach our 46th year in operation.

Thea Ozenturk

THEA OZENTURK

Chief Executive Officer

THE IMPORTANCE OF FUNDRAISING TO MOTIV8

Without fundraising our service simply couldn't do the work that it does and as per our latest accounts during this financial year we needed £606,390.00 to run the service. It is not until you really get into the work that Motiv8 does that you understand the depth and breadth of work that is done, our work is simply not just an hour's counselling! To ensure a continuation of this work and to offer more support going forward we need to maintain and increase our funding levels through our fundraising efforts.

With our forthcoming signing of the strategic partnership with Manx Care it means that the charity has the areas that we used to have to apply for funding prior to Covid on an annual basis will now be secure for up to 10 years. It is important that we ensure that current and prospective funders understand that the level of funding that we need to raise has not lessened with the signing of the partnership agreement, it has simply secured that funding and that they understand the need for the donations from them still exists.

During the past 12 months there has been an increase in our work within the gambling support network to develop and strengthen relationships. This has resulted in us qualifying with all of those who support us that they are happy for their donation to be used across our entire service and not solely for work in the gambling sector. This has been wholly supported by donors as they recognise how those that we support needing help with the impact of all the dependencies that we support as this makes a huge difference to us being able to support more in our communities. It is very important to us to ensure that we keep our donors up to date with what we are doing with their funding and how it has helped our community. We have had comments from donors commending us on how we give them information as with other charities they hear nothing further from them once the money has been transferred.

The relationship internally across the team has identified a number of areas that we needed funding for, one such area has been the family service and the provision of funding for outings and activities which has been so well received that we have applied for another funding amount. Our group work programme has been developed with funding from the Government Led Warm Spaces Scheme. We will continue to look at development areas in the next financial year.



Grants / Trusts / General Fundraising

During this year we have been able to secure new funders and the Manx Lottery Trust have in January awarded us £50,000 to support the work of our family service which is a growing area of support that we offer. From a private funder we have secured £60,000 per year for the next 3 years towards our family service work which has been a phenomenal success for us, this will be reviewed annually in October with the funder to ensure that we are using the funds appropriately and that we are securing funds to further support this work to prevent a reliance on their funding alone.

During this financial year we have secured £3,000 funding from the Manx Lottery Trust as part of the Government's Warm Spaces Scheme which meant that we were able to provide warm spaces, activities and lunches for those that we support from October until March. We will be looking to secure further funding to continue this into the next financial year.

We were lucky enough to be part of the Tesco Blue Coin Collection scheme which meant that for 3 months customers put blue plastic coins into the charity of their choice (we were one of 3), we came in second place and were awarded £1,000. This was great to get people to read about our work on the display stand and helped to increase awareness whilst raising money for the charity too. We had the opportunity to have a collection at the pantomime in December and also to have a collection at the Will Young concert which was great for us as it came at the time when he had been publicly talking about his family's experience with the impact of addiction and he agreed us fundraising after his performance which isn't something that is normally permitted at his concerts.



Marketing / Awareness

During the past 12 months we have continued to raise our profile across the community through more cohesive messaging in media such as the newspapers and across Facebook and latterly Instagram.

There is no doubt that Motiv8 has touched many lives across the island and wherever you go people in conversation will openly share their personal stories which helps people understand what we are doing and why we do it.

During the next 12 months we plan to use connections with the local media to develop and raise our profile through free marketing with stories, which we hope will bring more people to us for donations and for support.

Our website needs updating and this is something that we will work on also during the next 12 months with our aim to make it more simplified to use and maintain to keep it fresh and up to date.

We plan to increase our work within schools in the education programmes to allow us to reach the younger generation to open doors for support now or in the future by removing the stigma that surrounds dependency and explaining what that can look like.

We have secured a funded freephone number which means that if people do not have funds on their phones they can still call us for support. This has been well received and will continue to support those who need us.

Moving Forwards

During the next financial year we will be continuing to develop our relationships with current and new funders and pushing forwards with raising awareness about Motiv8 and the work that we do.



MOTIV8'S GAMBLING SERVICE

This year has seen an increase in those attending for support for their gambling problems and a number of concerning new types of gambling behaviour have emerged.

We have seen a number of people presenting with a Crypto currency addiction. Crypto is an all-round term to describe a digital currency in which transactions take place over the internet and no banking institution or government oversees the trading. Described by the head of the IOSCO as the 'wild west without a sheriff', there are 22,932 types of crypto currencies in the world, with a market capitalization of \$1.1 trillion. (Forbes 2023) The buzz around these trading markets means they are very appealing to anyone that is at risk or previously had a gambling disorder in that there is somewhat of a false sense of illusion to trading on these platforms, with the individual feeling they are investing rather than gambling.

The emergence of this type of gambling behaviour demonstrates how gambling disorder can manifest with new challenges, and we need to keep on top of these trends, if we are to help those impacted.

Online gambling remains the dominant form in which people gamble, as this can cover a range of mediums. For example, sports betting, online slots, bingo, poker etc. Land-based gambling still occurs via bookmakers and the casino, machines and tables. Licensed premises and the use of fruit machines is still a popular method. Over purchase of scratch cards also occurs with one individual buying up to £100 worth of cards daily.

GamCare provide us annual refresher training and a significant number of the team are trained to provide GamCare's model of care. They are also providing us with a range of training days around these important topics, including crypto addiction and young people and gambling this coming autumn.

We are eternally grateful to the local gambling industry who continue support and donate to us. This vital service to locally affected individuals and their family members is not funded by the Government and would cease to exist without their kind donations.

This funding allows us to fund a Consultant Clinical Psychologist and a team of trained GamCare counsellors. Also, new for autumn 2023 a group programme dedicated to those impacted by gambling disorder and an education officer to run gambling and gaming awareness sessions in the Island's schools.



YP@MOTIV8

Motiv8 provides a free, confidential, non-judgemental, specialist drug and alcohol service for young people. We deliver a person-centred and evidenced based treatment programme for all our young people on the island. We assess and design an individualised plan that will best meet the young person's needs. We support young people if they feel they have a problem, and this can be a one off or a longer piece of work.

The effective work we do aims to help the young person to stabilise their use and reduce the harm from all substances. Psychoeducation including impact on the brain and the body, motivational interviewing, CBT approaches, harm reduction and relapse prevention are all approaches and interventions that are utilised. We also try to make our sessions engaging, interactive and appealing to young people. We work closely with our statutory partners at DAT who offer treatment for young people who require Tier 3 interventions beyond the scope of Motiv8.

Cannabis is the dominant drug of choice in this year's report. Referrals for both males and females have increased, this is likely to be down to increased awareness. Of note, is the number of appointments offered during this reporting year, 235 appointments were offered this year compared to 87 the previous year. Out of the appointments offered, 207 were sessions that the YP attended. This is a better attendance and engagement rate than the adult service. The YP@Motiv8 service is overseen by Joanne Yeadsley who is nearing completion of her intensive study to become a qualified Cognitive Behavioural Therapist. This year other team members have assisted with YP referrals including Maryann Hatton, Mark Cromwell with assistance from Colleen McDaid.

Drugs used were Alcohol = 12 , Cannabis = 17 , Cocaine = 2 , Ketamine = 1, Multiple substances = 1. There have also been some referrals for gaming this year for under 18's.



GROUPS' REPORT



At Motiv8 we run a very popular and well attended group work programme. Having started SMART on the IOM back on the 11th September 2013 with only 1 person attending we now have 3 groups per week and further groups for our Wellbeing Workshop Programme. Average attendances for SMART are 10 per group, wellbeing workshops 8 per group and our crafting groups prove to be really popular with up to 15 attending these.

Our groups all offer a safe, comfortable space for members to come together, support and learn from each other. They support our one to one counselling programme and our counselling team encourage clients to come to the groups when it will appropriately support their recovery journeys.

Being able to run the workshops in our own building is of huge benefit as we are able to move between our office based work and counselling to the group sessions with little disruption and no travel time. Having the entrance to 'The Hub' separate to the main entrance also means that we have a clear separation between



the two and it allows free passage into and out of the group area, keeping confidentiality key for those attending one to one sessions.

Offering groups both during the day and in the evenings across the working week means that we are able to capture more clients who may have commitments that would mean that they couldn't for example attend during the day but having the evening sessions opens this up to them.

We identified a need for food for some of our clients at the beginning of this period, because of several factors including:

- Cost of living, unable to afford a warm meal
- Self worth and self care not a priority
- Positive group atmosphere

We started this on Monday lunchtimes at first but by the end of the year we had food on Monday, Thursday and Friday lunchtimes with funding gained to support this. The atmosphere is great around the lunch table and it means that our staff can join the lunches in a relaxed environment which gives more of a group feel.



SMART Recovery (Self-Management and Recovery Training) is a science-based programme that provides training and tools for people who want to change their problematic behaviour, including addiction to drugs, alcohol, and gambling.

The purpose of SMART is to empower people with practical skills, tools and support so that they may manage their addictive behaviour and lead satisfying and meaningful lives.

SMART meetings started in the Isle of Man in September 2013, so will be celebrating 10 years in 2023. Over the last 10 years, the meetings have grown substantially and a recovery network has really developed through support and friendships. Motiv8 started with one meeting a week and we now hold three meetings a week. We are hopeful that the meetings will continue to grow and help people with their recovery.

**During the period April '22 – March '23 we held
138 SMART meetings with attendance of 1,349.
90 people regularly attend smart meetings**

Some feedback from SMART Recovery members:

“SMART has helped me focus on maintaining my abstinence”.

“You are not judged in SMART”.

“The SMART Group and the support we offer each other has benefited all areas of my life”

“SMART has helped me learn tools to manage the feelings and emotions on which I used to drink”.

“SMART has helped me not to feel so isolated in my recovery”.

“I find the tools are helpful on a daily basis to deal with any cravings”.



WELL-BEING WORKSHOPS

In October 2022 Motiv8 relaunched its Group Work Programme and introduced our Winter Wellbeing Workshops. These workshops ran in conjunction with the warm spaces scheme and we offered a warm space and food before the workshops. The workshops cover a wide range of topics which included Relapse Prevention, Anxiety Management, Stress Management, Sleep Management and many more. These workshops provide participants with tools and strategies to help them with their recovery. This programme has been very successful, feedback has included:

“Friendly, relaxed, well delivered and very informative”

“To know that I am not the only one struggling”

“Group session very helpful”

“A lot of helpful tips and getting to chat to other”

“Positive and uplifting”

“Informative and friendly!”

Wellbeing Craft Workshops

We have also done some craft workshops including Christmas cake decorating, needle felting, wreath making amongst others. These workshops enable participants to come together and have a couple of hours to focus on other activities. The workshops have been very well attended and feedback from the participants has been positive. Feedback includes:

“I have had time to just be me, to not think about all the ‘stuff’ going on”

“I didn’t think I would be able to make a hedgehog from wool but, it’s great and my family will love him”

“I feel so fortunate to be able to join a group of friends for some real relaxation and fun, Motiv8 has really helped me find myself again”

“Thank you, I have really enjoyed learning something new, and having a giggle along the way”



KEY FACTS 2023



678
Referrals

1349 SMART
Attendees



76 Family
Service
Referrals



3703
Appointments

52 gambling
Referrals



257 alcohol
Referrals



648
Discharges



113 Drug
Referrals



107 DARS
Referrals



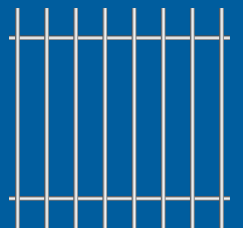
Did not
attend appt
rate - **8%**



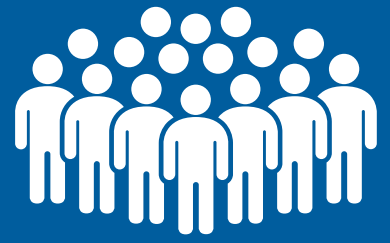
32
YP@Motiv8
Referrals



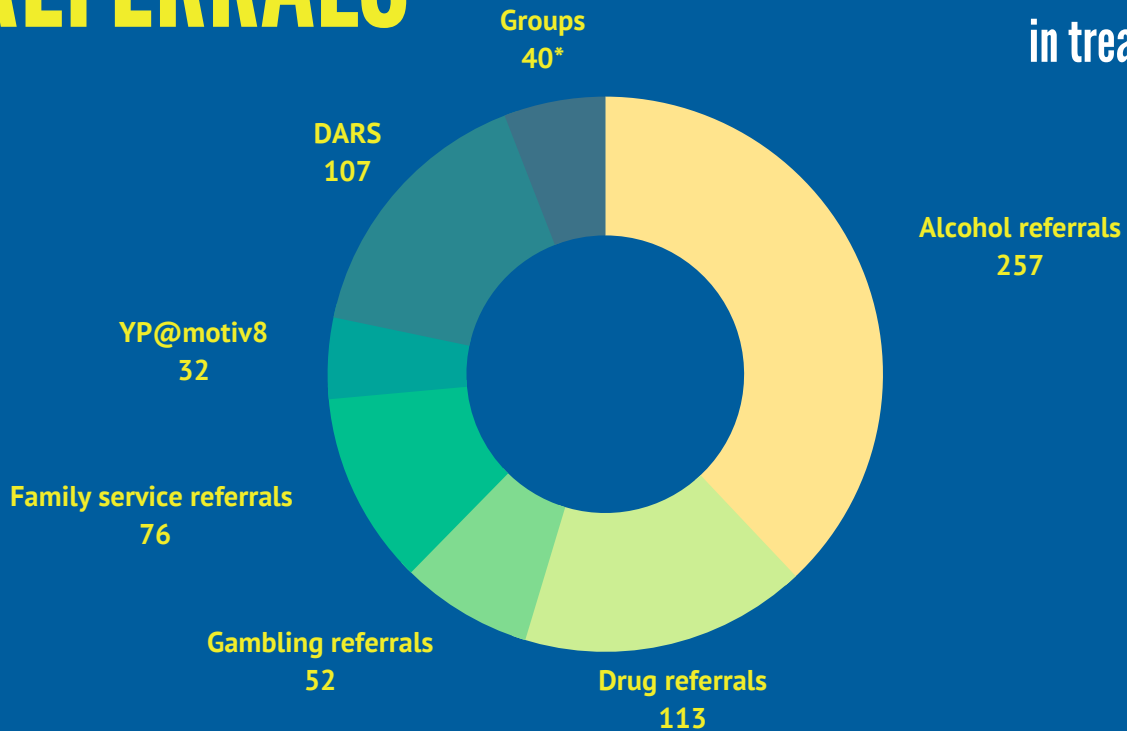
18 Prison
Referrals



ANNUAL STATISTICS REFERRALS

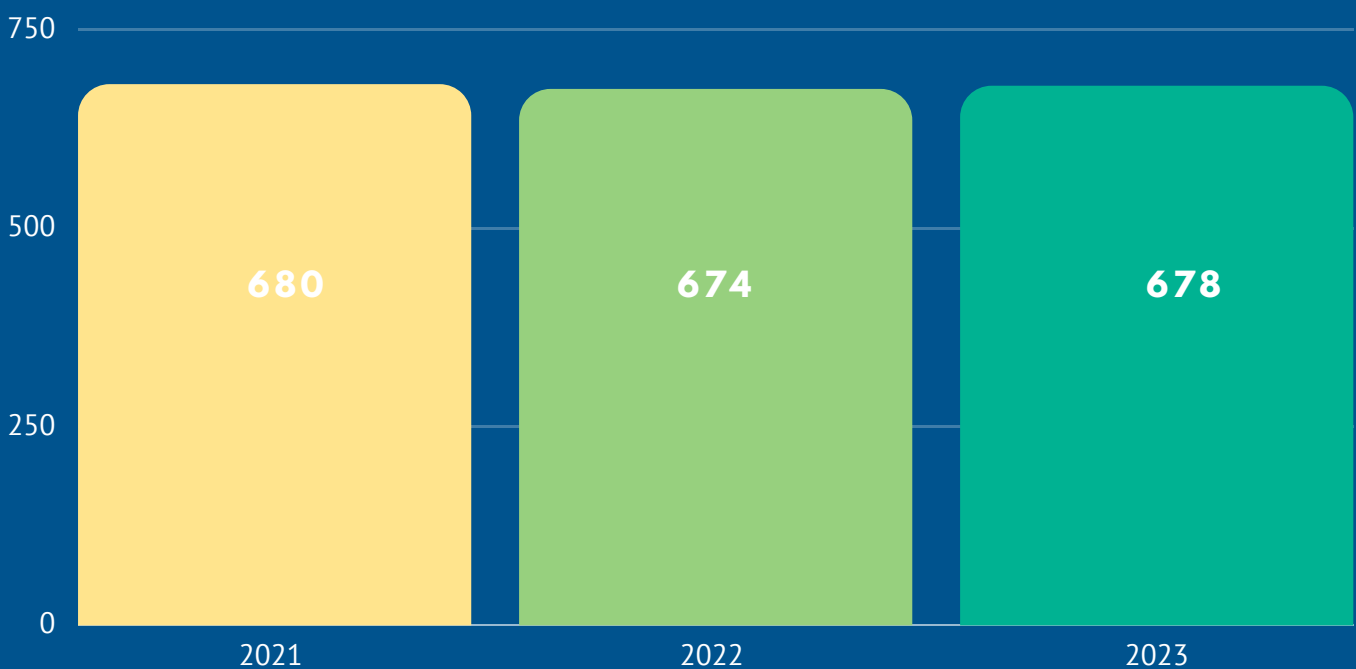


425 remain
in treatment



40* attend groups only, 50 access 1 to 1's

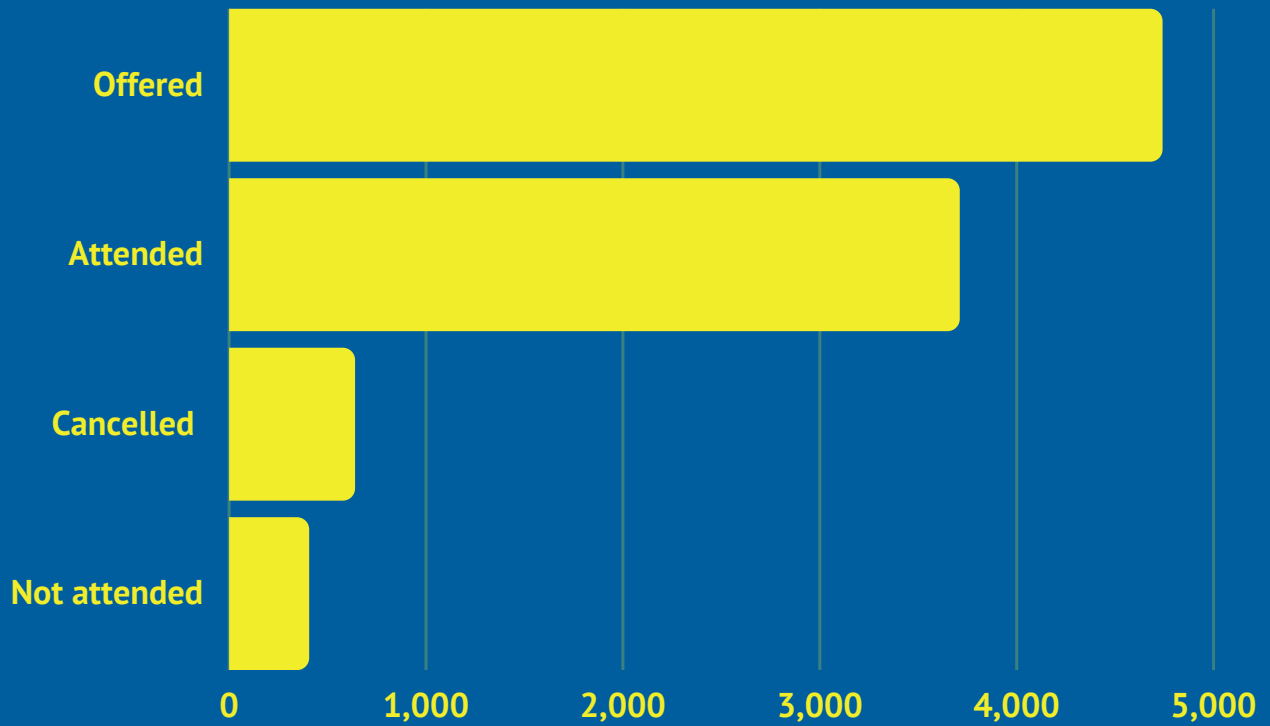
3 YEARS COMPARISON SERVICE USERS ACCESSING MOTIV8



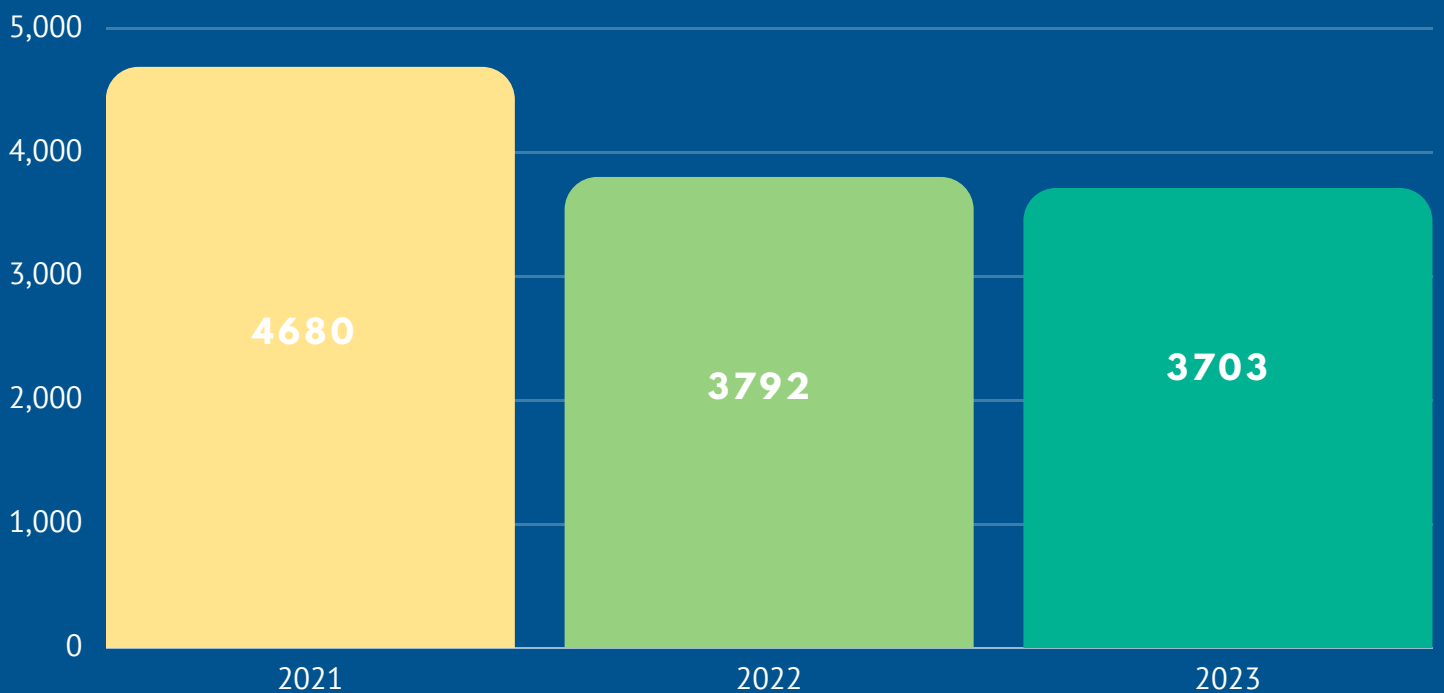
APPOINTMENTS



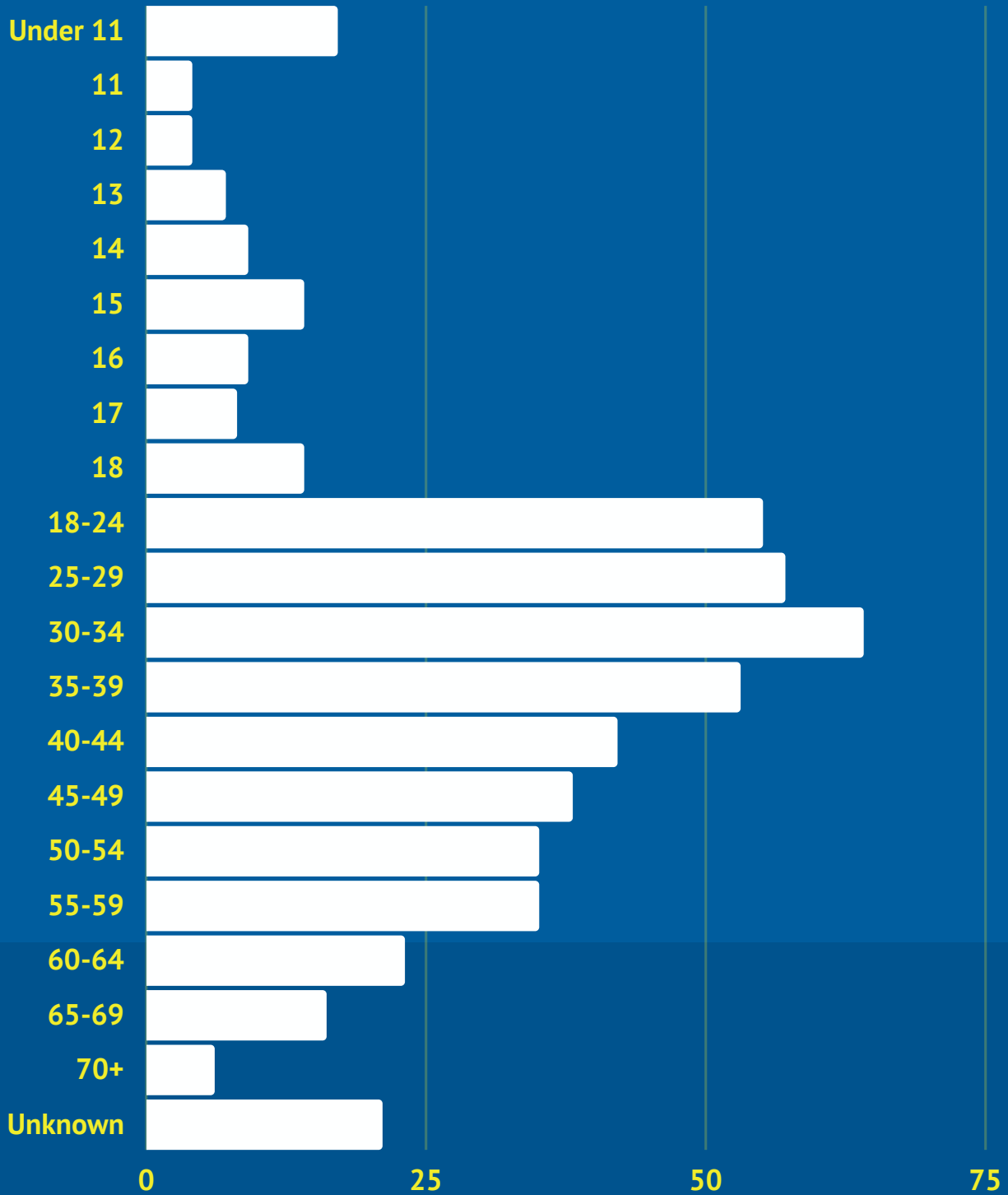
8% did not attend



3 YEAR COMPARISON



AGE PROFILES - ALL SERVICES

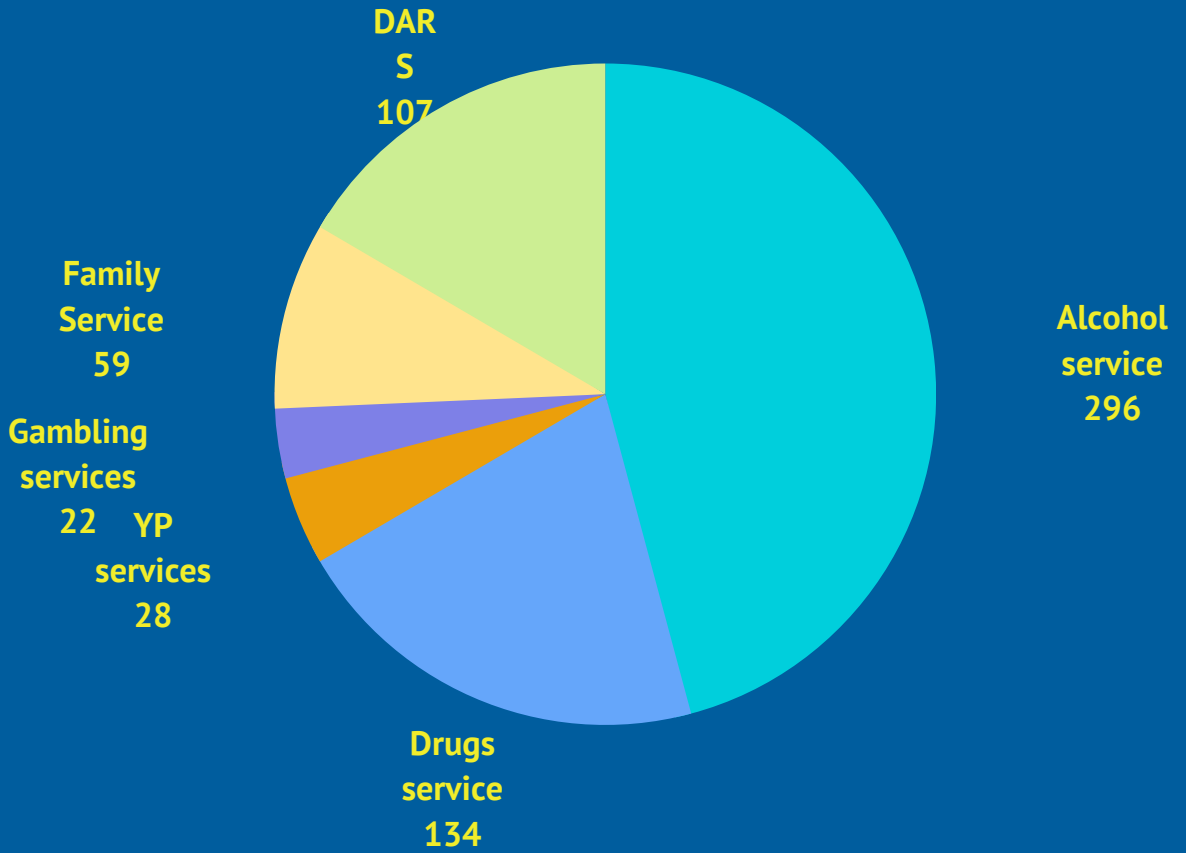


107 DARS REFERRALS

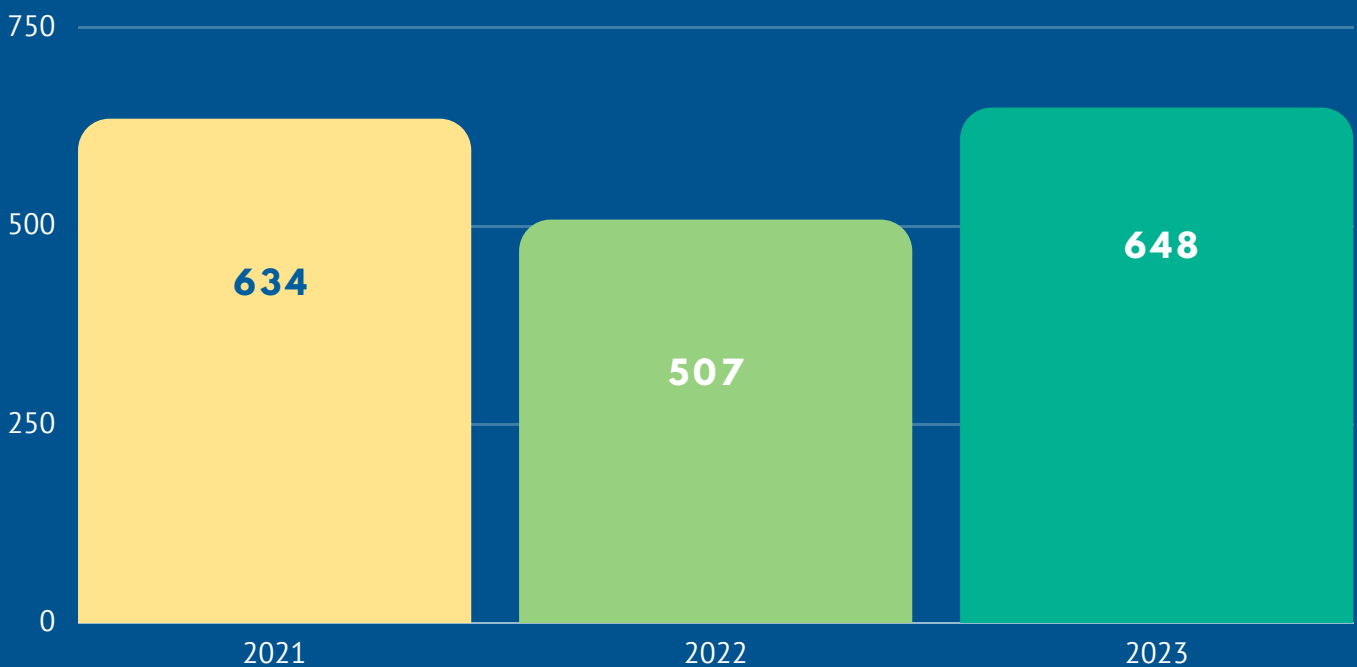


347 Treatment complete
Situation improved/resolved

DISCHARGES



3 YEAR COMPARISON





STAND OUTS



Drug Arrest Referral Scheme

75.5% attend for Cannabis use

- 12 - Under 18's
- 90 - Males (84%)
- 17- Females (16%)
- 81 - Attendees attended for Cannabis possession
- 22 -Attendees for Cocaine possession
- 4 - Attendees for Ketamine possession

Gambling service

Largest age category presenting 18-24 (19.2%)

- 35 - Males (67%)
- 17 - Females (33%)
- 42 - Own gambling
- 7 - Gaming referrals
- 3 - significant others

Drug Aware

49 attendees for drugs other than Cannabis

- 85 Males (75%)
- 28 Females (25%)
- 57 – Presented for Cannabis use
- 25 – Cocaine
- 8 - Ecstasy
- 7 – Significant others
- 6 – Prescription use
- 10 - Poly drug use

Alcohol Advisory Service

The age profile of attendees shows a trend of presenting younger (25-39)

- 98 -Females attended (38%)
- 159 - Males attended (62%)
- 202 - Self-referrals
- 136 - Moderately to severely dependent on alcohol (53%)
- 124 -Presented with harmful and hazardous use (48%)

YP@Motiv8

Referrals have increased from 25 in 2022 to 32 in 2023

Referrals from:

- 8- Schools
- 8 - Police
- 5 - Social services
- 4- Parents
- 5 - Nobles
- 1 - CAMHS
- 1- Self-referral

Family Service

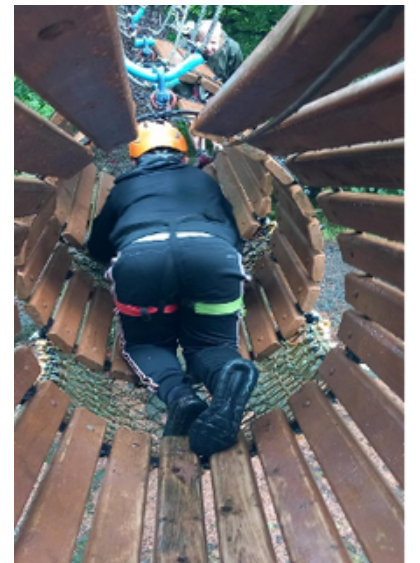
52% of referrals are for parental substance use.

Referrals

- 30 - Adults
- 46 - Children
- 50 - Female (66%)
- 26 - Male (24%)
- Parental alcohol or drug use - 40 (52%)
- Largest age category presenting, under 11's -17 (22.3%)

THE YEAR IN PICTURES





MOTIV8 AT THE ISLE OF MAN PRISON

Drug and alcohol counselling in prison plays a crucial role in addressing the complex issue of substance use among the prison population. Essential in the Isle of Man prison where approximately 70% of crimes are substance related.

We had the opportunity to work confidentially and privately with 18 (2021/22: 29) new referrals this year, with a total of 153 (2021/22: 141) appointments provided to existing and new clients at the prison. Working with a goal of rehabilitation and reducing recidivism rates, these one-to-one counselling sessions provide a supportive environment for clients to confront challenges.

The '2023 Report from an announced inspection of the Isle of Man Prison, by HM Chief Inspector of Prisons,' identified approximately 10 clients open to Motiv8 staff, in the prison. Our workers attend the prison for a maximum of 3 hours per week, resulting in each client being seen on average, every two to four weeks.

Using evidence-based interventions, such as cognitive-behavioural therapy and motivational interviewing, prisoners gain coping skills and learn healthier ways to manage their emotions and behaviours. Counselling in prison not only promotes personal growth and recovery from substance but fosters a safer and more productive environment within the prison, ultimately contributing to successful reintegration into society upon release. Prison-based clients receive harm reduction advice, education regarding substance use, explore more positive coping strategies and help seek further support once back in the community with the Motiv8 team.

Looking forward to next year sees changes to the work done, following our outgoing counsellor being replaced with 2 new skilled counsellors. Using evidence-based approaches, one counsellor is a CBT trained practitioner and the other, a worker by experience, who provides essential lived-experience insight and ability to serve as a positive role model. A multi-disciplinary team serves to contribute significant and effective treatment and support.



*Prison team- Tiffany Crookall
and Mark Cromwell*



FAMILY SERVICE

The family service is in its final year of funding from the Bally's foundation and the Lloyds Bank Foundation. We are extremely grateful to these donors, who have helped us continue support for some of the most vulnerable families in our local community. The number of referrals to the Family service remains high.

A particular trend of note is referrals for under 11's. These have increased dramatically, in 2021/22 it was 3 and for this period it jumped to 17. Upon examination, the reason for this could be that we have been supporting more families this year, and from that, we have several families which have more than one child. The number of referrals from parents for their children has increased and that is positive in that the adult is likely seeking support for themselves with Motiv8, and they see the benefit of the support they receive and learn how Motiv8 can support their children. It will of course depend upon at what point in their journey of recovery we start seeing the person with a substance issue or gambling.

The Family Service Team of Support Workers consists of the following:

- Rhiannon, who is mainly working with children. She is currently on maternity leave.
- Maryann, who sees adults and children across the service, who has obtained her Substance Misuse Understanding Level 3 Accreditation that covers supporting adults, young people and those effected by substance use. Maryann is looking to study further and is working towards Drug & Alcohol Professional registration.
- Caitlin, who sees adults and children across the service. Caitlin is nearing completion of her intensive study to become a qualified Cognitive Behavioural Therapist and has already obtained a Psychology Degree. She joined the service in February 2022 and bring's with her 20 years of supporting victims of crime and domestic abuse.

All of the Family Team, along with a couple of other members of Motiv8, have recently undergone training for the MPACT programme. A fantastic piece of work of 8 weeks, that brings parents and children back together as a family, following addiction. We hope to roll out that programme very soon to improve the lives of all.



***Family service team-
Paula Gelling-Deputy Director.
Rhiannon Leece, Caitlin Pinder,
Maryann Hatton***



MINI MOTIV8

As part of the Family Service we try to provide an activity for the young people who are supported by Motiv8. Often the children we support don't have the opportunity to go to a Christmas or Halloween party. There aren't the funds in the household for luxuries and days out. These events give the children a chance to be away from the issues at home, to be themselves, to have fun and are very much appreciated. It also gives them an opportunity to meet other children in the same situation as themselves, and friendships flourish in these circumstances.

This year we held a Halloween party, a Christmas party with a visit from Santa and an Easter Party. We also held the Mini Motiv8 Cinema Club. Nicola our fund raiser has successfully managed to access funds for these activities and has also thrown herself into helping with the events.



Children have a voice and they deserve to be heard

What is alcohol?

There are lots of different drinks that we refer to as alcohol, such as beer, wine, vodka and many others. What does the word alcohol mean to you and how does it affect your family?

Alcohol

- TV
- X-Box
- PS4/PS5
- Go out with mates
- Speak to brothers/sisters - Aunt/uncle/grandparent(s)/Mates
- Call childcare/speak to teachers
- If parent is angry don't argue back because you probably won't get anywhere. Just agree with them as much as you can, they won't get upset/angry/angry
- There will be always be people with similar opinions/some worse some not so bad people like me

Motiv8 has people that can come to school and speak to you about alcohol/drugs/problems at home.

- Talking to people
- My friends
- Dad getting better
- My mum and sister
- Not hiding things
- Teachers
- School

help My dad.

- help my dad get out of the
- Stop my from thinking of it
- Stop depression
- Stop me from going
- Good job
- Made me believe in dad.
- Showed me what happened with my dad.
- helped my family to get together again.

- Don't drink irresponsible
- Don't drink drive
- Talk to people
- No secrets
- Don't mix other people
- Don't Drink alone.
- Don't drink in pubs, at home
- Don't Drink all the time on special occasions
- Sunday dinner, parties, with family & friends.



PEER MENTOR PROJECT



Motiv8 decided to embark on a Peer Mentoring project in the Autumn of 2022. The success of our recovery community which has grown fantastically through the group work programme saw us encounter many inspiring recovery stories and people eager to want to help others at the beginning of their recovery journeys.

The peer mentors know all too well that successful recovery is not just about stopping your substance use or other addictive behaviour, it's about changing your life. People essentially need other people to shine a light on that road to recovery to help show them the way.

The comprehensive training programme added to academic learning and an accredited award to the invaluable lived experience these mentors already possess. It's been so inspiring and an honour for Louise, Mark, Kay and I to have been part of this peer mentoring programme and to see the mentors achieve this fantastic award, Level 2 Open Awards Peer Mentoring Diploma.

The eight peer mentors undertook counselling skills training, had some cracking debates to do with all matters related to addiction, got their heads around the essentials of working for Motiv8 and generally immersed themselves fully in the programme.

There are a multitude of benefits from peer mentoring. Not just for the mentees but the mentors.

- Service users benefit from seeing and learning from a peer who has already made great strides in recovery
- It's someone who understands the pitfalls and challenges and who has lived experience and absolute empathy
- Helps improve 'recovery capital', the tool box to aid living a life free from addiction.
- It also gives peer mentors the opportunity to give something back and encourages them in the next stage of their recovery, increasing confidence and feelings of self-worth and a route back to employment in a field they have a passion to work in.

The benefits of peer mentoring are also backed up in research with greater recovery outcomes achievable when added to a service users care plan.

Our mentoring service is well and truly underway adding a new level of support for service users alongside of our one to one counselling and group work programmes.

Special thanks go to Louise who has been amazing putting together all of the paperwork and essentials and Mark too, a mentor himself, prior to working at Motiv8. Both Louise and Mark were the first workers by experience at Motiv8 who are now full time members of staff.

Peer mentor support team Thea Ozenturk, Louise McColgan, Mark Cromwell.



The Covid-19 Pandemic and the lived experience of Motiv8's service users impacted by substance and gambling disorders in the Isle of Man

*A research project for an MSc completed Thea
Ozenturk*

Executive Summary

This work-based research project examined the impact of the coronavirus pandemic on a cohort of drug, alcohol and gambling service users at Motiv8 Addiction Services in the Isle of Man. In spite of the Island's unique position, and some might say privileged locality, many it would seem have endured struggles and seen impacts to their physical, psychological and social well-being.

The research was informed by a survey conducted from October to November 2022. (4 weeks in total) The sample size was N= 242 eligible adults (over 18's) drug, alcohol and gambling service users open on the caseload of counsellors at the service. The response rate was = N 43 (17.6%). Two further responses were recorded after the closing date and were excluded from the analysis. Another 5 participants started but did not complete or partially completed the survey. Of the respondents, 58.2% of the sample were female and 44.2% were male.

The coronavirus impact scale reviewed questionnaire was utilised and proved a highly useful tool in measuring a range of impacts of the pandemic on service users.

Results:- gender differences in terms of the impacts of the pandemic were noted. Women fared less well than men in 3 items on the scale, namely, conflict in the family, experiences of stress and access to food. Whereas men fared less well than women in 6 items, including, income and employment, access to medical care, access to mental health treatment, access to family supports and disruption to normal routines.

The research has demonstrated the impacts for some including escalation and relapse, change in mode of use of gambling and alteration of substance due to supply and access shortages. A slider scale from 0 to 100 was used to rate the severity of the pandemic. The mean score for substance use was 28.5, for gambling 57.0, and for alcohol 47.58. It is difficult to compare the means, due to the low numbers, however the gambling mean of 57.0 revealed the greatest impact.

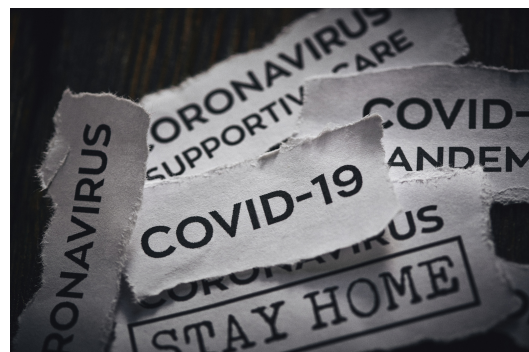
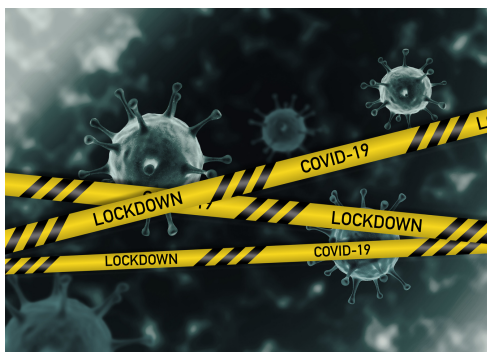
Higher rates than expected comorbid mental health conditions were reported of varying nature with 69.7% participants reporting having a diagnosis of a mental health problem.

Mixed anxiety and depression was the most commonly occurring condition at 27.5%, other conditions reported include: Bi-polar disorder, anxiety, depression, phobias, dissociative disorders, borderline personality disorders, CPSD, emotionally unstable personality disorders and ADHD. Caution around interpreting all of the findings must be taken as this is self-reported data and a small sample size. A larger scale survey would be required though to verify these results further.

The project has also revealed how Motiv8 a third sector charity adapted during the pandemic to meet the need of its service users. The dedication shown by the team of this service, who rose to the challenge of finding a variety of innovative methods to ensure services continued, and indeed in some cases thrived, is to be commended.

SOME COMMENTS ON THE IMPACT OF THE PANDEMIC.....

- “I drank more to deal with stress of having to work in care setting and keeping everyone safe around me”
- “I worried about money and was tempted to gamble. Boredom as well made me think about gambling as I couldn’t do my usual hobbies”
- “It wasn’t a good time for me, I didn’t cope well with the loneliness”
- “Desire to misuse prescribed medication (for anxiety / depression and Opioid painkillers) increased, particularly during the height of the Pandemic when I was also tempted to misuse Alcohol (currently abstinent). ”
- “A continuous concern about the health of my parents in the UK due to not being able to visit them.
- “Realisation that I have very few connections, and that I relied on myself for everything”
- “I started drinking more heavily”
- “I struggled to know what to do or how to go about a normal living so I drank a bit more till I could get my head around everything thank god for my kids and GP”.
- “I increased my gambling activity online after suffering financial abuse. It was an awful time I felt trapped and not in control”.



Motiv8

Addiction Services

Support for anyone impacted by
Alcohol, Drugs or Gambling



0808 1624 627



contact@motiv8.im



www.motiv8.im