

# ANNUAL REPORT

2023-24



**Motiv8**  
Addiction Services

Support for anyone impacted by  
Alcohol, Drugs or Gambling

IOM Registered  
Charity 275



# Contents

<b>Page 3. List of serving officers and staff</b>
<b>Page 4. Motiv8 Addiction Service an overview</b>
<b>Page 5. Vision and Mission Statement</b>
<b>Page 6. Chairman's report</b>
<b>Page 8. Chief Executive Officers report</b>
<b>page 10. Fundraising report</b>
<b>Page 15. Education</b>
<b>Page 17. YP@Motiv8 &amp; SOAR</b>
<b>Page 20. Groups report</b>
<b>Page 25. DARS- Drug Arrest Referral Scheme</b>
<b>Page 29. Key Facts</b>
<b>Page 30. Statistics 2023-24</b>
<b>Page 37. Motiv8 Prison Service report</b>
<b>Page 38. Cognitive Behavioural Therapy</b>
<b>Page 39. The Family Service and M-PACT</b>
<b>Page 46. Strategic Objectives 2024 to 2028</b>



# LIST OF SERVING OFFICERS AND STAFF

Patron: HE The Lieutenant Governor, Lieutenant General Sir  
John Lorimer KCB DSO MBE

Honoury President: Deemster Alistair Montgomerie

Chairman: Mr Gary Lamb

Honoury Secretary: Mrs Geraldine Pishvaie

Honoury Advocate: Ms Jane Gray

Honoury Treasurer: Mr Robert Picken

## **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

## **STAFF TEAM**

Nicola Browne

Tiffany Crookall

Mark Cromwell

Adam Cubbon

Maryann Hatton

Joanne Hartley

Jane Hill

Rhiannon Leece

Louise McColgan

Colleen McDaid

Jason McKee

Suzan Ozenturk

Caitlin Pinder

Brian Watterson



# Motiv8 Addiction Services - an overview

*Motiv8 Addiction Services is proud to be a strategic partner with Manx Care in the delivery of therapeutic drug and alcohol addiction recovery services on the Isle of Man.*

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 offers a wide range of therapeutic interventions that 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 and 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.



## Addiction Services

Support for anyone impacted by  
Alcohol, Drugs or Gambling



### OUR VISION

**An island, free of the  
stigma and harm  
associated with  
alcohol, substance  
misuse, gambling, and  
gaming.**



### OUR MISSION

**To provide a service where  
individuals and families are  
supported and empowered to  
reduce the harm from alcohol,  
substance misuse, gambling,  
and gaming. We achieve this  
through early intervention,  
counselling, community  
services, education, research,  
treatment, and rehabilitation.**

# CHAIRMAN'S STATEMENT

## 2023/4



I would like to welcome you to the Motiv8 annual report for 2023/24. I hope this report will give you some insight into our work during 2023/24 and the essential services the Motiv8 team provides to our Island.

On a daily basis our team provides 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 approaching 50 years.

Over a quarter of our island's population is impacted, directly or indirectly by addiction and during 2023/24 the Motiv8 team saw 5,471 attendances at the Motiv8 facility. We support a wide range of ages of people with one-to-one sessions and our group sessions helping those dealing with gambling, substance abuse, and alcohol either directly or indirectly.

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. On behalf of the Directors, I would like to thank the whole team at Motiv8 for the work they do every day and the impact you have on so many lives on the Isle of Man. We are very proud of you all.

It is only possible to provide our valuable service to the Islands community with the support of our many sponsors, spending over £600k per annum. Firstly, I would like to say a special thank you to Manx Care for their support over the years and in particular for entering into a 10-year strategic partnership in 2024 which gives the service funding certainty for the wide range of services we provide.

I would also like to thank all of our business and individual sponsors whose contribution to Motiv8 makes a significant difference to many people's lives and hopes for the future.

Following a visit to the Motiv8 facility by The Lieutenant Governor, Lieutenant General, Sir John Lorimer earlier this year, the team at Motiv8 were excited and honoured that The Lieutenant Governor accepted our offer to become the Patron of the charity. We would like to thank The Lieutenant Governor for joining our team and helping to promote the charity and the fantastic work it does across the Isle of Man.

I would like to thank our CEO, Thea Ozenturk, for leading Motiv8 in 2023/24. Thea's experience in addiction is unmatched on the Isle of Man and on behalf of our Island community I would like to thank Thea for her dedication and expertise she brings to help so many people.

At Motiv8 we are all 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 provides to the Isle of Man and support the team to provide that service. Please join us in helping to lift the stigma associated with addiction and thereby helping so many people have a better, healthier, and happier life.

**GARY LAMB**

*Chairman of  
Motiv8 Addiction Services*



# CHIEF EXECUTIVE OFFICERS REPORT



Welcome to the annual report for the year end 2024 which is our 46th year of operation. The past 12 months has been an interesting year in terms of trends in substance use, the impact of policy, and changes for our service provision on the horizon.

The Gambling Service has a new SMART gambling support meeting. This new group in its first few months has regular members who meet weekly to enable their recovery from gambling disorder. Our gambling service also has important news, in that our partnership with Gamcare comes to an end in December 2024. You can read about the British policy changes and the new levy scheme that has invoked this change within.

Groups have become a major success at Motiv8. Who would have thought that just over 10 years ago when we launched our first meeting, that a vibrant recovery community with thousands of attendances each year would have emerged? Service users often have fractured lives and limited contacts. The groups run four days a week, providing many opportunities to engage and connect. Essentially a 'dayhab' unit for the Isle of Man.

Another new group is the SMART friends and family programme. This new group

offers the SMART programme for those impacted by the use of someone else. Motiv8 recognises the need to offer group interventions for this client group as just as important.

Motiv8's Prison service continues to offer support and despite our limited time available, (four hours per week), we were able to offer counselling to 20 individuals. The charity would like to offer more, but due to funding constraints, we are unable at present. The prison population is greatly swelled with the recent highly profiled in the media case, 'Operation Night Jar'. Often becoming involved in the supply side of the drug culture is a necessity, when a person's drug use has escalated to dependency in order to fund a drug habit. This can also put a user at the mercy of drug gangs higher up the supply chain. We are seeing an increasing number of young people finding themselves becoming embroiled and exploited by these groups. Motiv8 is committed to creating innovative and necessary services, to respond to emerging needs. The creation of our intensive YP support worker and their role to work consistently with young people whilst these influences are starting to take hold has been one such initiative. This post a one-year pilot project is funded by the Manx Lottery

Trust. It aims to offer intensive outreach interventions, with these young people before their use escalates and they are lost to the attraction of the drug culture. You can read more about SOAR our YP project in this report.

The Family Service got the M-Pact project off the ground with our first pilot project. This exciting highly therapeutic intervention has proven to be a great success, and we hope to roll out this programme to referrers as its value in reducing the impact of addiction on children is key if we are to break the cycles of intergenerational substance misuse.

The trends in substances in our statistics this year reveals several interesting developments. Cannabis referrals and drug referrals overall have gone down. Whether the recent drug arrests have turned people away from illicit use, or the prescribing of medicinal cannabis has lessened illicit use is a possibility. One anecdotal trend we have noticed is the trade in medicinal cannabis. What has been astounding though is the dramatic increase in alcohol referrals, rising by 28%. Whether this is to do with the aftermath of Covid or other reasons is concerning. The UK Office for Health Improvements and Disparities states, alcohol deaths have increased by 4.7% since 2021, suggesting this trend is still

climbing.

The Naloxone road shows continued this year as has the weekly drop in service. This has been a committed and concerted effort from the team. Working hard across the island to ensure that those who require a kit, get one with training, in a safe and non-judgmental manner. Naloxone is the antidote to an opiate overdose.

Our dedicated education worker has made great strides in delivering in all the Island schools using evidenced-based education and training for hundreds of the Island's school children. A report is also included within.

Our Cognitive Behavioural Therapy Service has also come to fruition, and we are delighted that we can offer this service to our clients impacted by mental health issues. As well as addictive behaviour.

Finally, thanks are extended to the team, our charitable Directors, and everyone who has helped us make it through another great year. Thanks also to Manx Care our strategic partners and to continued excellent working relations in year two of our 10-year strategic partnership. All in all, another great year for the charity and its supporters.

**THEA OZENTURK**

# FUNDRAISING

During the last 12 months fundraising has been key to forming the centre of the continuation of the service and allowing development in areas that have been identified as needing more resources.

The cost of running the service for this year was £610,000 and as with any given period, the charity needs to fundraise to cover all work. We are lucky that we have a strategic partnership with Manx Care and this covers some core service provisions but not all.

Some of the main key areas where funding support was needed and in the future include:

- The Family Service which provides support across entire families, including the newly launched M-PACT programme where entire families are supported in a group work setting.
- Education Programme with a dedicated education officer.
- DARS – Drug Arrest Referral Scheme - A one-to-one session that is used by the IOM police as an option when an individual is found with a small amount of personal use drugs. In this year alone 80 individuals came to Motiv8 through this scheme.
- AIRS – Alcohol Intervention Referral Scheme - A group session that is run once a month and is used as an option by the IOM police when an individual is found to be under the influence of alcohol.
- Gambling and Gaming support this forms part of one-to-one counselling and since October 2023 is now offered in a group setting too.
- Wellbeing Workshop Programme – Ran weekly on a Thursday covering a range of topics and craft sessions.



To support the above, we have been able to secure some new donors and one in particular has supported us with £30,000 to allow us to 'continue our valued work'. The Manx Lottery Trust and a private donor have been crucial in supporting the family service and we aim to have this continue into the forthcoming year to ensure this service can continue to develop and offer more services to our community.

We continue to have individuals who choose to support us in their personal fundraising efforts be that with a walk, run, or other sponsored event. This year highlights have included several individuals walking the Parish Walk, one person who walked the entire 98 miles of the Raad ny Foillan, and walkers who walked from Port St Mary to Maughold lighthouse in one day.

Each and every donation is important to us and really does make a difference. Next year we will be looking to develop support from current donors, provide them with information on how funding has been used and crucially looking for new donor support opportunities.







## Marketing

As a charity that is often only found when searching for support, we have been working on raising our profile through presence both in person, through printed literature, and online.

Our social network is very important to our current clients and to new people looking for support. This tends to be through Facebook with Instagram developing a small following. Every week we post about our groups for the week, post about our Naloxone collection service, and other key things coming up. We use a small amount on the feeds to promote new engagement with the service. Our user profile on Facebook tells us that we are followed by over a thousand followers and circa 80% of which are female. We plan to look at how to encourage more users in particular male users to our socials during the next twelve months.

The education programme is forming a significant part of our marketing programme through the island's schools which is bringing our service/brand to the front of the island's next generation of adults giving young people someone to talk to now or in the future.

During the next 12 months, it will be key to review our website and branding to ensure that we are offering the best possible experience to those reaching out for support through website interaction.

# MOTIV8'S GAMBLING SERVICE

Motiv8's gambling service has had an interesting year with some new interventions, including a SMART recovery weekly group work meeting. The SMART programme has proved very successful at Motiv8, with hundreds of people benefitting. It offers support to those impacted by substance and alcohol misuse, and it made sense to introduce a gambling smart meeting as the tools to change behaviour are easily adaptable to gambling disorder. Gambling problems are characterised by dysfunctional thoughts that impact behaviour. As SMART finds its roots in cognitive behavioral therapy, it lends itself perfectly to helping those impacted to understand the connection between how these thoughts may lead to gambling. The group is small but established, with several regular members. Groups have been a phenomenal success at Motiv8 since launched just over 10 years ago.



One of the most significant developments in the gambling field across the pond has been rising concern around gambling harm and the need to review existing laws. The British Government launched a new strategy, 'High Stakes gambling reform for the digital age'. It's the result of the review of the 'Gambling Act 2005'. The new measures include a statutory levy on gambling companies. Roughly 1% of income for online and 0.4% for land-based. (casinos, bookmakers, etc) Based on 2022 prices, this will generate about 100 million per annum. This money will be steered into treatment, education, and research.



Sadly, however, this has had a knock-on effect on Motiv8's gambling service. I write with the sad news that as a result, GamCare has decided that they will end their affiliation with Motiv8, attuning their focus on their core business, and no longer offering affiliation to organisations outside of mainland UK. This is nothing to do with the relationship we have with GamCare indeed the relationship between our two organisations has flourished since 2011. Indeed, other services they were about to open in Guernsey, and Northern Ireland have now been halted before even opening.

In publishing the white paper, the British Government suggests that the mechanism of receiving direct funds from the industry in the gambling treatment field is no longer acceptable. They claim stopping this direct funding "would reduce concern that the industry wields too much influence". For Motiv8 however, this is the only mechanism we have to exist. Motiv8 has no Government funding for its gambling service as the levy in place here was stopped several years ago by the GSC.

Motiv8 will continue to offer its unique gambling service in the Isle of Man for as long as we have continued funding and support in the form of donations from the industry. Our relationship with the industry has been very ethically monitored, with no gambling company ever having direct influence or say over research, public relations, or treatment. Indeed, they have kept us afloat and without them, we would have closed several years ago. Whether the Manx Government has a review planned of current legislation that incorporates a much-needed response that is balanced towards the needs of those individuals, families, and communities impacted by gambling disorder is unknown.



# Education

Motiv8 understands the importance of early intervention and education within our Island schools. Educating our children and young people around reducing harms and lowering risks as they navigate through life. The landscape is ever-changing which necessitates staff awareness and continuous research as to what our young people and society are facing. Through the workshops we run, we aim to provide a toolkit for young people which includes, recognising peer pressures, how to spot if a behaviour such as gaming is becoming an issue, and ultimately learning the importance of improving self-esteem and learning how to lower risk and harms to themselves or indeed ways to spot signs in others and seek support if needed.

2023-2024 saw the introduction of our new Education Officer role with the appointment of Colleen McDaid. A part of our ongoing commitment to early intervention on the island is tier 1 intervention in educational settings.

**Providing education sessions to island students in secondary schools and UCM, this past year has meant Motiv8 delivered workshops to over 3500 students.**





Relationships are being built with the Pastoral teams in the island's high schools and Motiv8 endeavours to become a recognisable and regular presence at all the schools in the future. In conjunction with the educational workshops that we run, we have also delivered assemblies to year groups, recently on the risks of gambling to sixth formers. This is an important age demographic to capture as gambling becomes legal for students to engage with online betting and other forms of gambling. Evidence shows that post pandemic this age group is at particular risk due to the exposure during Lockdowns which saw a large number of young people gaming as a way of socialising, this exposed them to in-game purchasing and microtransactions within games which studies show, can be a precursor to gambling.

Future plans for education provision, include running workshops for Year 6 primary school children on Gaming, educating them on how to stay safe and reduce harms. We also endeavour to deliver even more bespoke education to smaller focus groups within high schools, working closely with each school's PSHE leadership team and providing appropriate intervention on the needs that are highlighted and current.

***If you are interested in an alcohol, substance, gambling, or gaming education session for any youth setting or the workplace please get in touch.***



# YP@MOTIV8 & SOAR

Many young people experiment with drugs, it is part of a 'right of passage' into adulthood to experiment with alcohol, tobacco, vaping, and other illicit substances. The majority grow out of this youthful experimentation as real life starts to take over, jobs, responsibilities, etc. However, for a small amount, this use continues and becomes possibly more problematic. The role of our young person's service is to intervene during the earlier part of young person experimentation, to hopefully break this cycle sooner, before more of a reliance on a substance kicks in. This vital service also works with young people who are subject to the Drug Arrest Referral Scheme.

As part of this work, we offer education on substances and support to understand any underlying issues the young person may be experiencing, including family disharmony, domestic abuse, mental health issues, and many other personal, physical, familial, and psychological issues.

A new pilot project has been created at Motiv8 to respond to a growing need to support young people who are becoming increasingly involved in the Island's drug culture. Often these young people will be using drugs themselves, they are vulnerable due to their family situations, earlier trauma, or through having additional identified or unidentified needs. These young people often have multiple adverse childhood experiences (ACE'S) they may have a lack of trust in authority, and the other adults in their lives.

Those involved in the drug trade are now known to exploit young people who are vulnerable and are grooming them into the illicit drug trade. They do this by making them feel a sense of belonging, and that they are their friends, rewarding them with free drugs, money, or gifts. However, as the young person becomes more involved the relationship can often become more controlling and abusive with threats of harm and injury if they do not carry out the 'jobs' they have been assigned in the local drug market.

## **Why is this needed?**

In 2021 the IOM Constabulary Chief Constable added further weight to this concerning trend by reporting a significant rise in drug crime and that the police had increasingly encountered young people who are being exploited naming a 33% increase on the previous year. Furthermore, the Children's Society recommends that these young people require protection and innovative ways to divert them from further exploitation.

## **The project**

As a result of this emerging concern, a pilot project has been created for the next 12 months to respond to some of the most concerning young people we work with to help them break away from exploitation. SOAR–SURVING ORGANISED exploitation ACROSS the Island, RECOVERING Lives, (A Lottery Trust-funded initiative) is a new innovative project that seeks to offer intensive support to help the growing number of young people at risk or already involved in the illicit drug trade. County lines are here in the IOM, the practice of exploiting our young people to do the work of organised drug gangs causing damage to them and the community.

## **Rising concerns**

Every week during our team meetings we discuss the most difficult of cases that we are each dealing with, gathering support for paths forward. There is not a week where we don't hear about at least one young person who is on this path and we develop ways of trying to support them.





Our current caseload means that we have an hour with each person, each week but this simply doesn't work for the level of support that is needed for individuals that find themselves in this arena.

We access these young people from several pathways currently and they include:

- Own referral
- Referral from school when a pupil is identified by staff
- Agency referral including Social Services
- Police referral under the DARS (Drug Arrest Referral Scheme), arrests, probation
- Prison Referrals

These young people have been exploited often because they are vulnerable due to their family situations, earlier trauma, or through having additional identified or unidentified needs. Drug exploitation gangs feed on these vulnerable people giving them the feeling of being wanted, rewarding them verbally, with money or physical gifts, and fear, threats, or injury.

SOAR will help these young people:

- To feel worthy, to feel that there is another path for them
- To know that someone 'has their back, when they need it' – Someone to text when they feel low or someone is 'on their back'
- To take them to, or join them at meetings so that someone is in their corner and there to advocate for them and help them to understand what is happening
- Secure work experience, training, and jobs
- Reassurance
- Time
- Care



# Groups



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. Since then, 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. Meetings are well attended and provide a safe and comfortable space for members to come together, support, and learn from each other. We are hopeful that the meetings will continue to grow and help people with their recovery.

**During the period April 2023 – March 2024 we held 138 SMART meetings with an attendance of 1368.**

## **Some feedback from SMART Recovery members:**

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

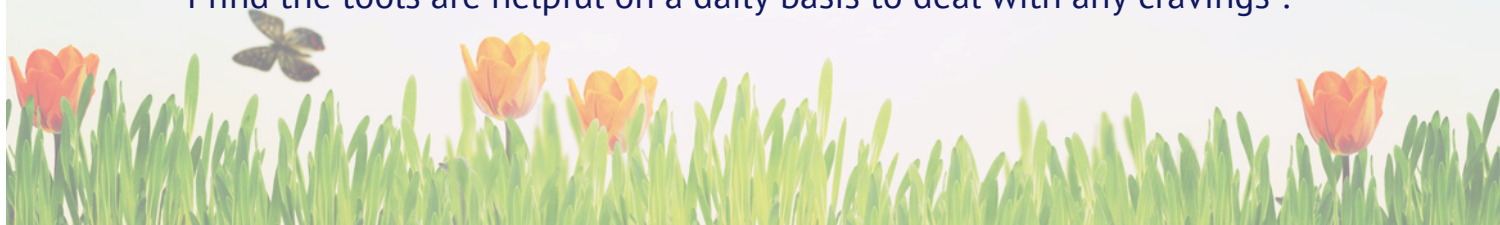
“You are not judged in SMART”.

“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”.



## SMART Family & Friends

In January 2024 we launched SMART Family & Friends. The Family & Friends Programme has used the four key points of SMART Recovery and adapted these to suit the needs of family & friends of people with a drug and/or alcohol addiction. Rather than focusing on the loved one, the Family & Friends Programme invites participants to spend time concentrating on themselves and their goals, an area they may have been neglecting for some time.

The Family & Friends programme explores ways participants can look after themselves better; even in difficult and stressful circumstances and establish healthier relationships with their Loved Ones.

Taking steps to make changes in life requires considerable courage. Participating in a supportive environment, comprised of people sharing similar experiences, will hopefully lessen feelings of isolation and instill a sense of hope.



### Some feedback from SMART Family & Friends members:

‘Your never alone... there is always help and assistance available’

‘It was good to see other families / people who are in a similar situation and dealing with similar issues that my parents could relate to.’

‘Feling supported and confident in what I do – Also not alone.’

‘The opportunity to explain and ask.’



# Wellbeing Workshops

Following the relaunch of the Wellbeing Workshops in October 2022 they have been growing from strength to strength. The workshops cover a wide range of topics which include 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. We have also done some craft workshops including Christmas cake decorating, needle felting, jewellery making, and more. These craft workshops enable participants to come together and have a couple of hours to focus on other activities. The workshops have been well attended and feedback from the participants has been positive. 614 service users attended the wellbeing workshops since the relaunch in October 2022 and March 2024.

This not only highlights the success of the workshops, but it also highlights how beneficial the clients find these workshops for their own, individual recovery.

## Feedback includes:

“Friendly, relaxed, well delivered, and very informative”

“Easy to understand format”

“Group session very helpful”

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

“Positive and uplifting”

“Informative and friendly!”

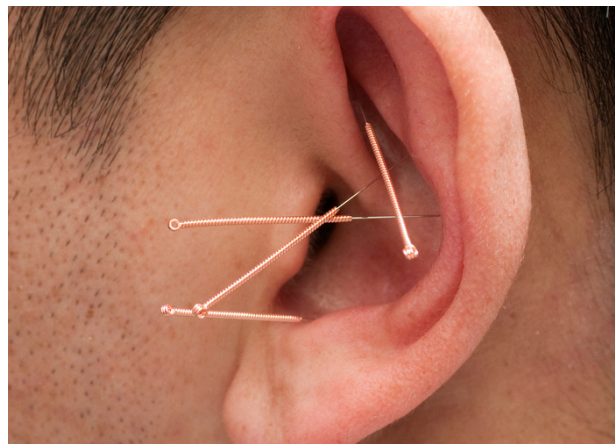




# Acupuncture

Auricular acupuncture is a holistic therapy based on Traditional Chinese Medicine. Auricular acupuncture works by stimulating (with needles) the reactive sites in the ear. This protocol is particularly beneficial for drug and alcohol dependence, stress, anxiety depression, smoking, relaxation, and sleep. It has also been found to have a significant effect in reducing cravings, thereby supporting relapse prevention.

6 members of the Motiv8 team undertook training with NADA UK to qualify as NADA 5 Point Acu-Detox Practitioners in October 2023. This training enables us to offer acupuncture sessions to provide another level of support which is already offered by Motiv8. We currently hold 2 sessions per week which will be increased to 3 sessions per week in the near future. The sessions include a guided relaxation led by one of the Motiv8 team. This enables participants to thoroughly relax as well as experiencing the benefits of acupuncture. These sessions are well attended and some feedback from the participants includes:



## Feedback includes:

**Felt relaxed, confident, and assured**

**Reduces stress and anxiety**

**Makes me feel calm, helps the cravings, and helps me not feel negative about anything and I look forward to attending**

**Feel a better person myself. It's an oasis of calm in a busy world**

**I feel a great deal more relaxed after treatment and interaction with other group members and it helps my sleep patterns**

**Marvellous, especially the guided meditation**

**In the 5 months of delivering the service, from November 2023 to March 2024, 352 sets of ears have been pinned.**



As an Acudetox practitioner, I feel Acudetox provides an excellent wrap-around service. I see the clients come in for their first session nervous and thinking they will give one session a try, then I see them coming back week after week for their acupuncture session. They are even queuing at the door and coming early to the sessions.

The attendees also enjoy the variety of meditation sessions we now offer, as well as Qigong, whilst they are receiving acupuncture. The attendees really seem to engage with Acudetox, and regular attendance reflects their abstinence and overall improvement in health, well-being, and emotional regulation. If Acudetox was not available, I believe that some of our clients would not be drug or alcohol-free and their mental health would be negatively impacted”

***Paula Gelling, Deputy Director***





# Drug Arrest Referral Scheme

Motiv8 continues to run the DARS and has done so now for 10 years. The DARS is run by the charity from its own financial resources and is run in partnership with the Isle of Man Constabulary. Essentially the DARS offers preventative education, harm reduction, and a route to support without unnecessary, and often counterproductive, criminalisation. This may happen when a person is caught in possession of a small personal amount of an illicit substance. They can then be given the opportunity to attend here at Motiv8 with a trained worker by experience. We feel this aspect of the scheme is without parallel as this lived experience can highlight the dangers and pitfalls of the substance involved.

Evidence from the UK and globally shows that drug offence diversion schemes can deliver a wide range of benefits to police forces, court jurisdictions, individuals, and society. By diverting people to the DARS we can educate, inform, and lead a pathway to support should the substance involved be problematic. If not, then that person knows who we are and what we offer if they feel they need support in the future.



Between April 2023 and March 2024, there were in total 80 DARS offered.

Of these 56 were male and 24 were female, of which there were 62 adults and 18 young persons (under 18yrs of age). This is a marked increase of young person's coming through to the DARS. The main substance involved was cannabis totalling 54. Then it was cocaine through 17 attendees whilst ketamine was at 5. Other substances involved in a few of the referrals included Diazepam, MDMA, Pregabalin, and some prescription drugs.

There is evidence, through DARS feedback forms we use after every session, that the scheme is confidential, held in high regard, valued, and found to be a very beneficial support for those found to be in possession of a small amount of an illegal substance, most of whom are for the first time. The DARS allows those who are referred to have a safe, non-judgmental space where they can talk openly about any issues or problems, they may have that they wouldn't normally speak about outside of these sessions.

### **DARS Comments**

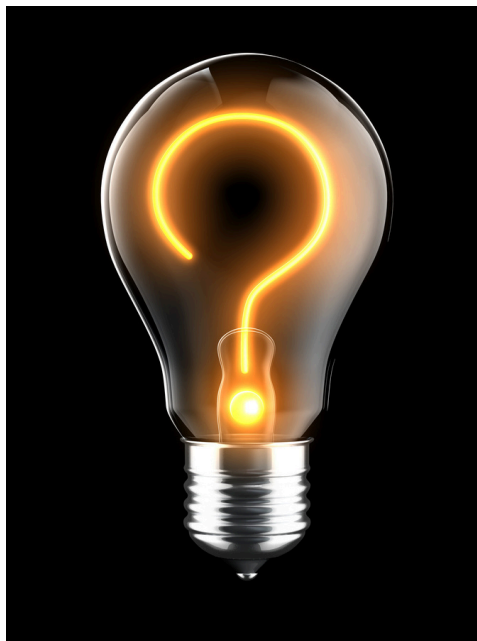


#### **“Overall, how helpful did you find the DARS scheme?”**

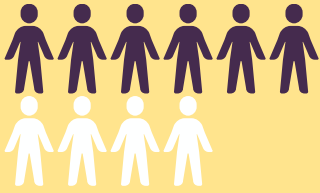
- “Very helpful and friendly support!”.
- “It gave me knowledge and helped me have an understanding”.
- “I can see how this can be helpful and beneficial to people in need”.
- “Very helpful learned a lot that will help me make better decisions”.
- “It’s been nice getting supportive words from Jason to believe in myself”.
  - “Very helpful”.
- “Found out a lot more information about side effects of drugs”
- “Very informative and really helped to talk about what the catalyst was”
  - “Informed on some subjects I did not fully know about”

**“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?”**

- “Benefiting from counselling – no criminal record and getting support”.
  - “It gives me a second chance to learn from my mistakes”.
  - “I don’t have a record for a petty crime to affect my future”.
  - “Court is unhelpful of me, I have to support my stability, my Dad and my own progress”.
    - “Can start again”.
  - “There will be no criminal record and no fines to pay”.
- “Realise where you went wrong and what drove you to make that decision rather than be punished”.
  - “I won’t get a criminal record”.
  - “Lack of consequences and conviction”.
    - “Not having a conviction”.
- “Generally helped me to understand and talk about the reason for using the substance”.
  - “It’s good that it didn’t affect my job, it’s also nice to share things with someone”.
  - “No criminal record and it was sound”.
  - “Helps you stop your addictions”.
- “Police given a feeling of wrong doing and anxiety”.



# KEY FACTS 2024



**637  
Referrals**

**1095  
SMART  
Attendees**



**38 Family  
Service  
Referrals**

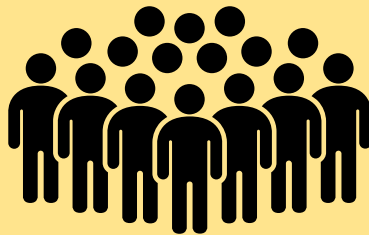
**4614  
Appointments  
offered**



**37 gambling  
Referrals**



**329 alcohol  
Referrals**



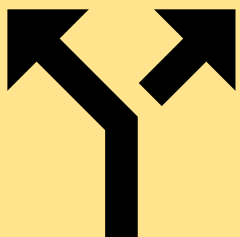
**482  
Discharges**



**105 Drug  
Referrals**



**80 DARS  
Referrals**



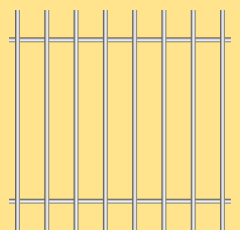
**Did not  
attend appt  
rate -  
12.8%**



**28  
YP@Motiv8  
Referrals**



**20 Prison  
Referrals**







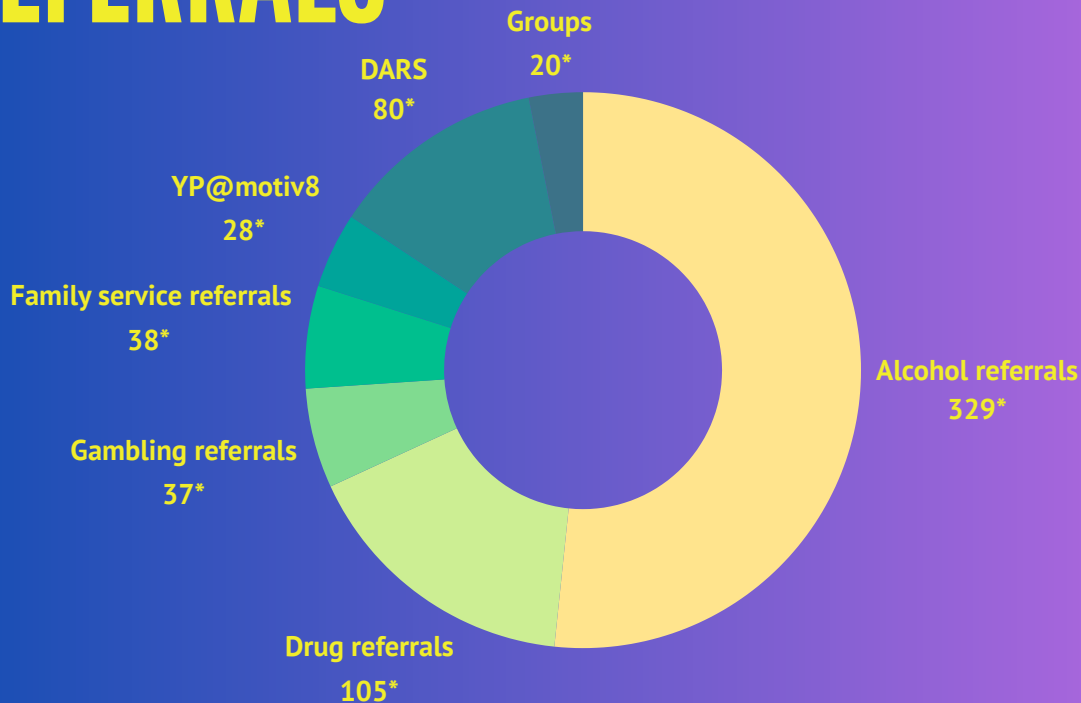
**Total attendances**



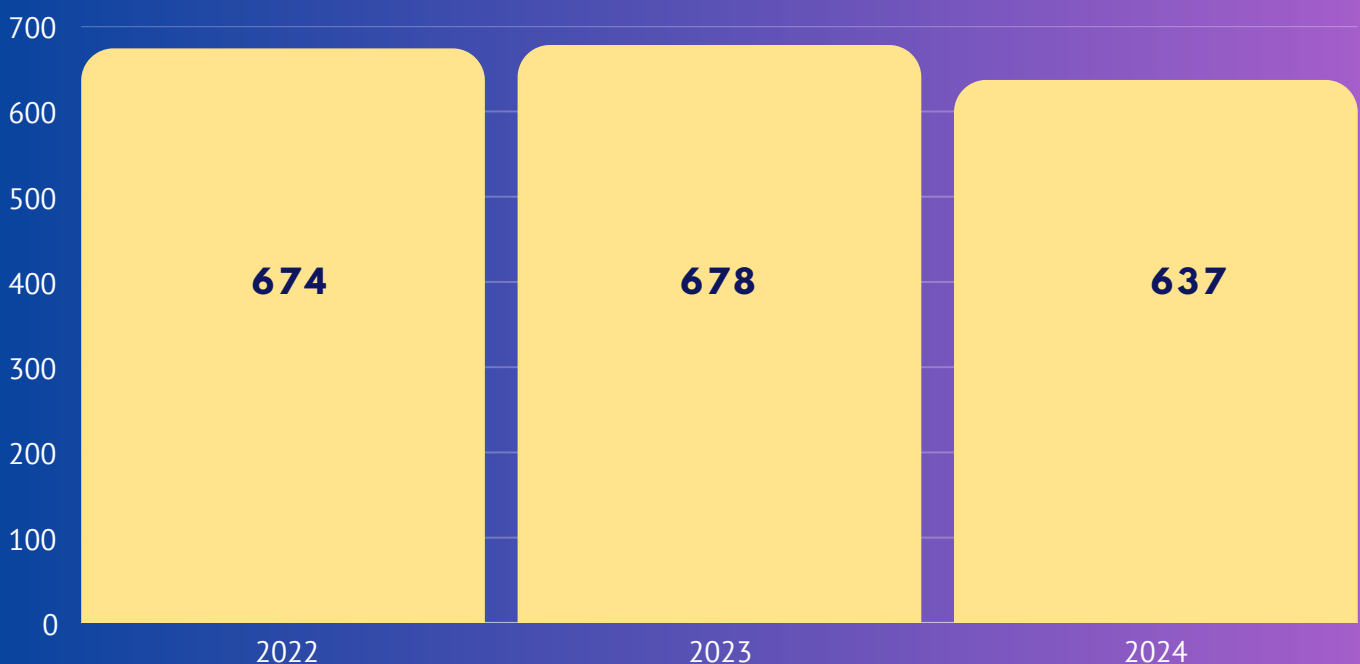
**5471**



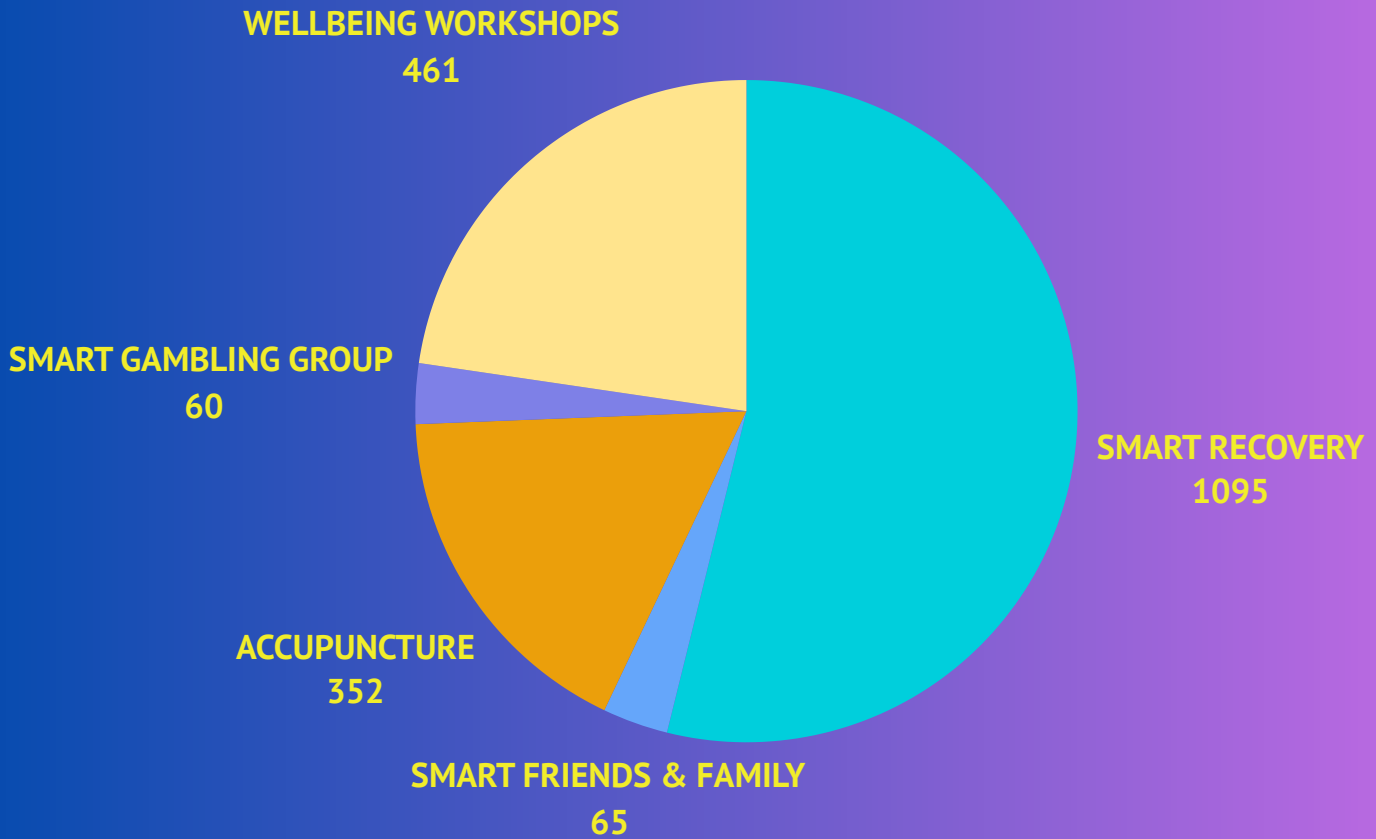
# ANNUAL STATISTICS REFERRALS



## 3 YEARS COMPARISON SERVICE USERS ACCESSING MOTIV8



# GROUP ATTENDANCES

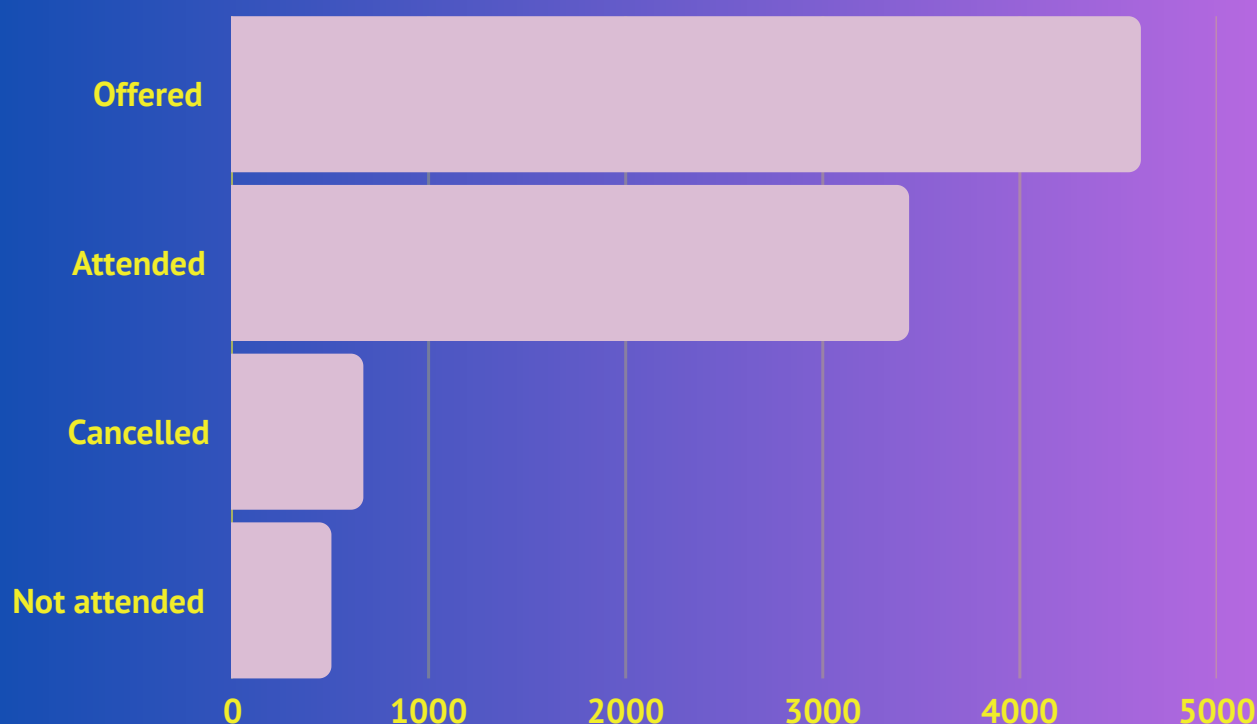


**2023 GROUP  
ATTENDANCES**

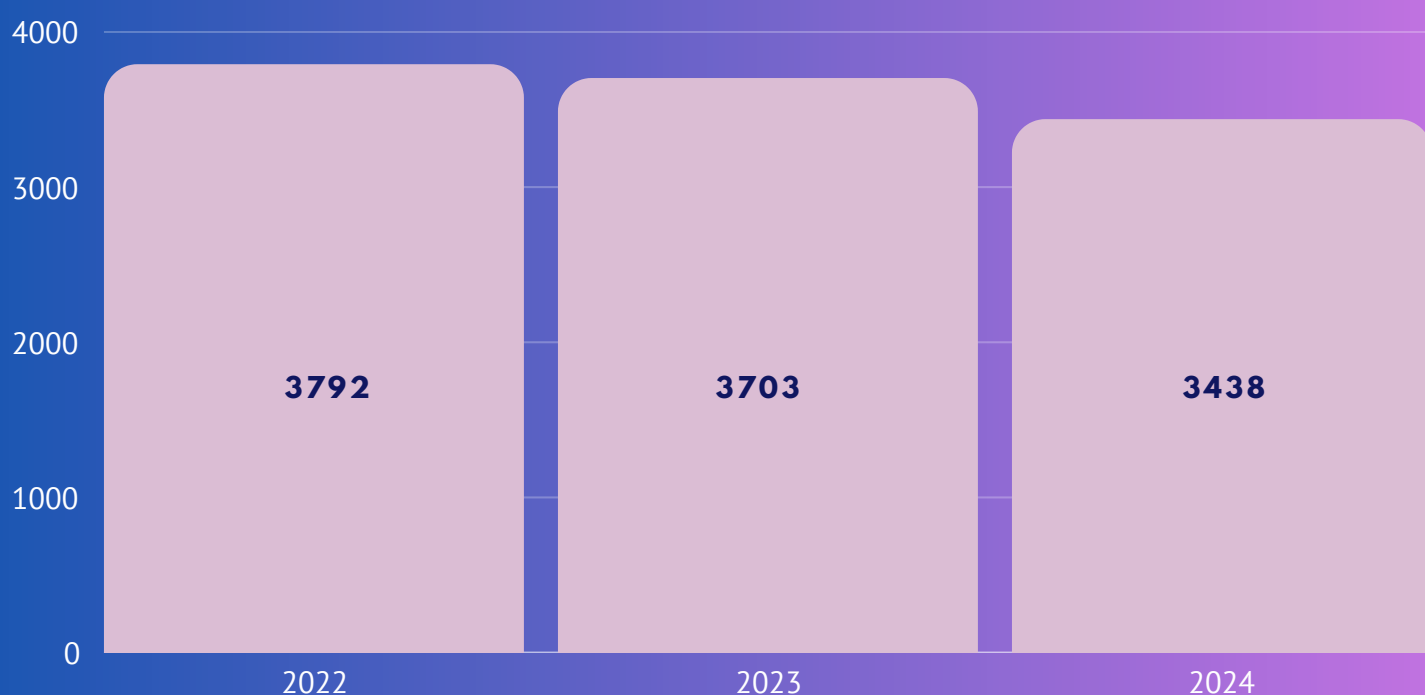
- SMART friends and family began January 2024
- Acupuncture began November 2023
- SMART gambling group began November 2023

# APPOINTMENTS

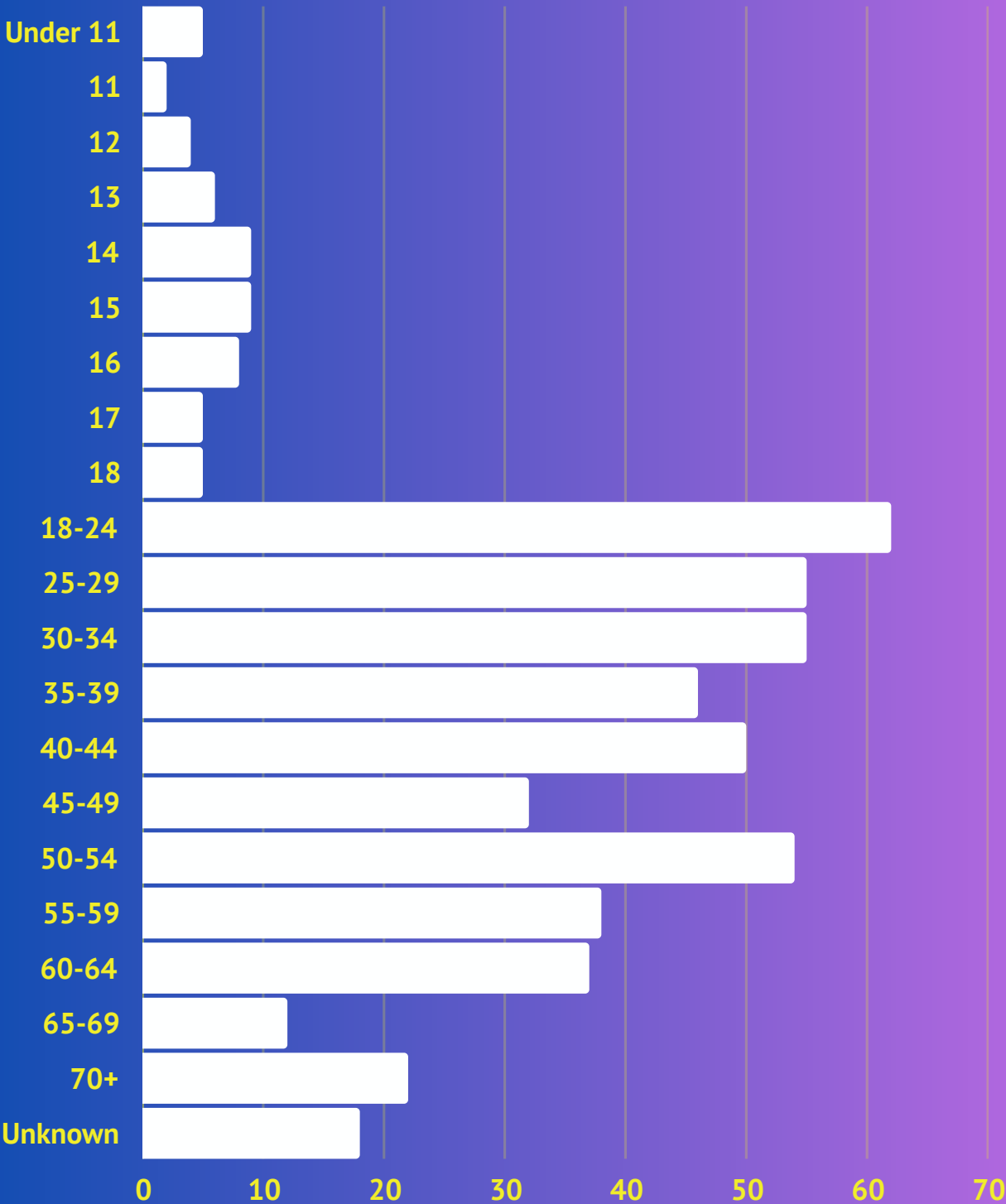
12.8% did not attend



## 3 YEAR COMPARISON

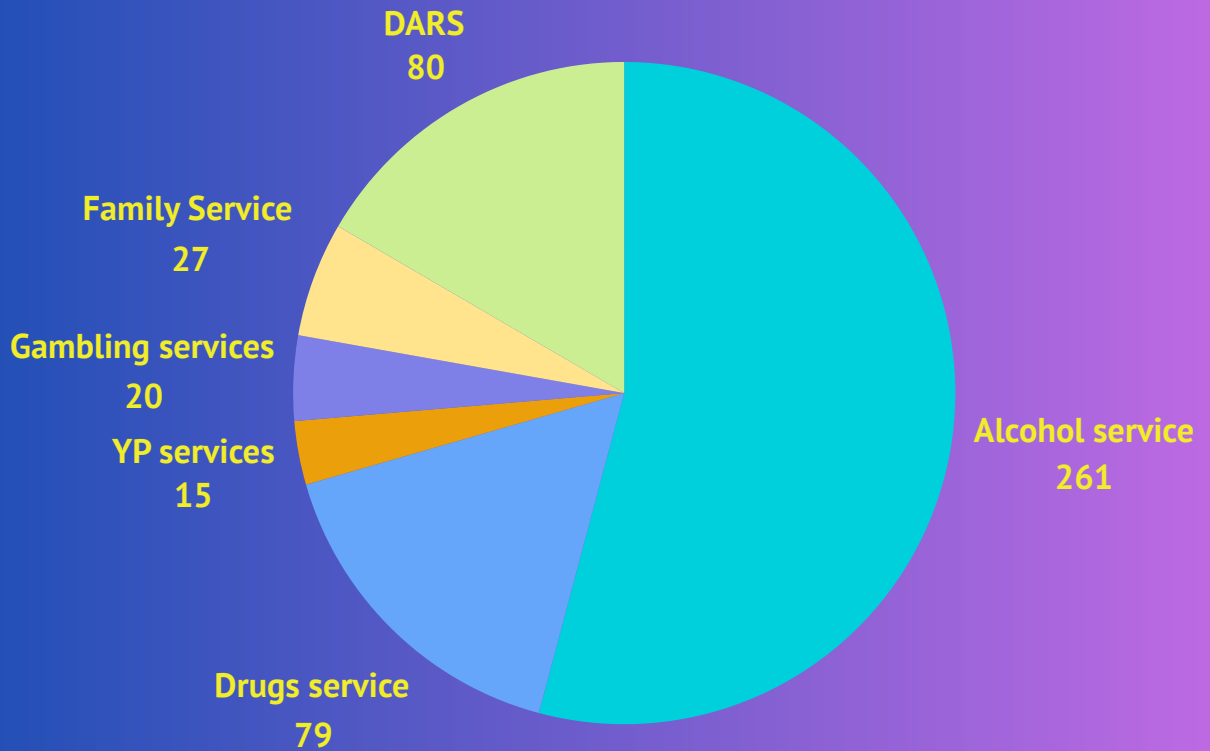


# AGE PROFILES - ALL SERVICES

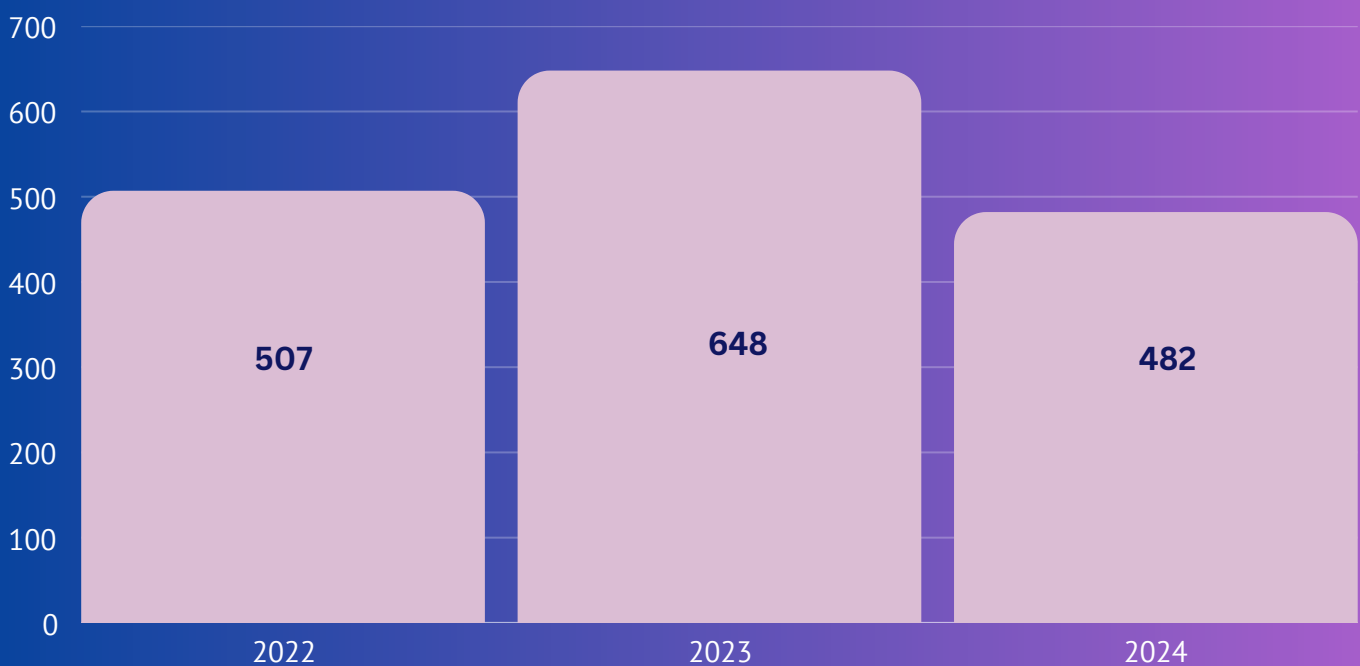


# DISCHARGES

Situation improved/Treatment complete = 209



## 3 YEAR COMPARISON







# STAND OUTS



## Drug Arrest Referral Scheme

**70% attend for Cannabis use**

- 18-Under 18's
- 56- Males (70%)
- 24-Females (30%)
- 56 Attendees attended for Cannabis possession
- 17-Attendees for Cocaine possession
- 13-Attendees for other drugs possession

## Gambling service

**Largest age category presenting 25-29 (30%)**

- 29-Males (76%)
- 8- Females (24%)
- 35- self referrals
- 6- significant others

## Drug Aware

**60 attendees for drugs other than Cannabis**

- 54- Males (54%)
- 48- Females (46%)
- 47- Presented for Cannabis use
- 26- Cocaine
- 8 - Ecstasy
- 26- Other drugs

## Alcohol Services

**The age profile of attendees shows a trend of presenting older (13.6%)**

- 143- Females attended (43%)
- 186- Males attended (57%)
- 254- Self-referrals
- 117- Moderately to severely dependent on alcohol (36%)
- 122 -Presented with harmful and hazardous use (37%)
- 39-Significant others (12%)

## YP@Motiv8

**Alcohol referrals =16- other drugs =14**

- Referrals from:
- 10- Schools
  - 1- Youth justice team
  - 1- Social services
  - 2- Parents
  - 2-Nobles
  - 5- CAMHS
  - 1- Self-referral
  - DAT- 1
  - Probation-1

## Family Service

**53% of referrals are for parental substance use.**

- Referrals
- 12 - Adults
  - 26- Children
  - 25- Female (66%)
  - 13- Male (24%)
  - 20 Parental alcohol or drug use (53%)
  - 26+ Under 18 (68.4%)
  - 14- Social Services referrals

# Motiv8 IOM Prison Clinic

This year saw our multi-disciplinary team provide essential effective treatment and support to prisoners who are sentenced for drug or alcohol related offences. Working with the goal of rehabilitation and reducing recidivism rates, these one-to-one counselling sessions provide a supportive environment for clients to work through personal difficulties. We have two Accredited Drug and Alcohol Professionals, who run our weekly morning clinic at the prison: one an accredited CBT practitioner and the other, who is a worker by experience, providing essential lived experience and insight, while serving as a positive role model for a substance-free future.

Within the Isle of Man prison population approximately 70% of crimes are substance-related making any contribution Motiv8 makes an essential part of changing behaviours. We have worked with 20 (2022/23: 18) new prison referrals this year and delivered a total of 160 (2022/23: 153) private and confidential appointments. This contribution serves positive and effective outcomes in these prisoners' current and future lives, despite restrictions on time and resources being a significant limiting factor to our role.

Drug and alcohol counselling in prison are essential to support a reduction in recidivism. The work we do aims to address complex issues and situational factors that lead to drug and/or alcohol offences. Often prisoners have lived experiences where they feel they have no control or agency over poor decisions made that lead to their incarceration. Working with our professionals they can learn to change their current circumstances to ultimately achieve successful reintegration into society upon release, with continued, streamlined provision, beyond prison, with Motiv8 counselling and group support.

This coming year sees us doing more work with the prison-based clients we see whereby we have started screening for gambling issues to address difficulties these clients may suffer because of poor choices made in connection with gambling.

*Prison team- Tiffany Crookall  
and Mark Cromwell*

# Cognitive Behavioural Therapy

“From January 2024, two of Motiv8 staff finished their intensive 2 ½ -year study to become Cognitive Behavioural Therapists. Caitlin and Joanne work as part-time Cognitive Behavioural Therapists, alongside their recovery support worker roles. This work was funded by a grant by the Manx Lottery Trust, and the charity's own training fund for its employees.

Cognitive Behavioural Therapy (CBT) is an evidence-based intervention commonly used to treat anxiety or mood disorders but has been found to be valuable in treating substance and gambling disorders. Using a time-oriented, structured, and present focus, CBT aims to help individuals identify and challenge unhelpful thoughts and behaviours. It is based on the theory that our thoughts, feelings, and behaviours are all connected, and if we can change one, the others can be altered.

Since the beginning of their training in 2021, Motiv8 has seen 52 referrals for CBT. Referrals are screened by our psychologist Dr Dyal for suitability for CBT. Following this, clients are offered 1-1 sessions with a therapist to help understand and overcome their problem.”

This service is now running with one CBT therapist, as Joanne Yeardsely has left Motiv8 upon finishing the course to work in private practice. Caitlin Pinder continues to offer CBT for clients of Motiv8



In May 2023, 7 Motiv8 staff members undertook a week's MPACT training. MPACT stands for Moving Parents and Children Together and is a family programme, for those affected by substance misuse, devised, evaluated, and licensed by the Forward Trust, of which HRH the Princess of Wales is the Patron. After the training, each staff member had to submit a 2,500-word assignment which was assessed and evaluated. I am delighted to say that they all passed with flying colours. The next task was to identify when we would start to deliver the programme. Each MPACT programme runs over 8 consecutive weeks and engagement is key.

The Family Service looked at 13 families that we were currently working with, to identify which families would be the best to start MPACT. Then each family and individual family member, considered, were assessed for their suitability to attend the programme. Participants need to be substance free on each of the programme days. Participants are assessed for their risk of violence including domestic abuse and their mental health. A much smaller cohort took part in the pilot programme.

MPACT is primarily about how parents in families where there is substance use, can learn to understand how the behaviours surrounding addiction can have a damaging effect on their children and young people. Parents get an opportunity to see this impact through the children's eyes from the children's creative art and written work in a safe supported environment, which doesn't look to judge, but to learn how to improve on family functioning and communication. Parents also get to work creatively, such as writing a 'no holds barred' letter to their addiction. Over the eight weeks of the programme, the family learns how to talk openly about addictive behaviours, in a safe way. They learn new ways of coping; the children understand it's not their fault and they are not alone. The relationship with non-substance-using parents/ sig others in the family also improves, and a plan for safe functioning for the family, particularly for the children is adopted for if/when relapse occurs.

We commenced our first pilot programme earlier this year. Further rollouts of the MPACT programme are planned later in the year and the Family Service at Motiv8 looks forward to reporting back next year about how much difference the MPACT programme has made to the families and individuals in contact with our charity.





The Moving Parents and Children Together (M-PACT) programme was developed by Action on Addiction (now part of The Forward Trust) in response to the 2003 Hidden Harm report. This report put a spotlight on how parental substance misuse can affect children and called for people working with vulnerable families to be trained in the delivery of evidence-based interventions. The programme was therapeutically designed to specifically meet the multiple and complex needs of families affected by addiction.

## THERAPEUTIC FRAMEWORK AND OUTCOMES

Each M-PACT programme brings together a small number of families (up to 8), usually including at least one parent (or parenting figure) with a substance use problem and at least one child aged 8-17 years. In many cases at least one other non-using adult will also participate. A standard M-PACT programme consists of a family assessment followed by 10 face to face sessions - 8 group sessions (which combine work with all participants, work with adults and children separately, and work with individual family units); a family review, and a reunion.

There are also shorter and longer versions of the programme so it can be tailored to the organisation and their participant's needs, as well as an

1

aftercare programme for families who may need ongoing support. The programme can be best described as an evidence based psychosocial and educational brief intervention, that takes a whole family approach to the problem of parental substance misuse. At its core, through recognising the overlooked voices and experiences of children, M-PACT has a number of objectives with the overarching aim of improving the well-being of children and families affected by parental substance misuse. For most families it offers the opportunity for change that is unlikely to happen without external help.

### The M-PACT programme aims to:

- Increase coping skills
- Improve family functioning
- Identify resources to provide ongoing practical help.
- Build resilience and increase protective factors.

## FAMILY PROFILES

The M-PACT programme is specifically designed for families affected by addiction which means there can be multiple and complex support needs present. Alongside the addiction, abuse, physical and mental health issues and economic deprivation are often reported by family members. Our inclusion criteria for those wanting to attend an M-PACT programme is purposefully broad, to allow as many families as possible to access the programme, whilst still enabling us to manage risks and keep people safe through robust assessment. We accept referrals to the programme through many routes, including self-referrals, to make it as accessible as possible for families.

M-PACT can engage and work with many different family members including parents, grandparents, aunts, uncles and foster carers. Family members do not need to be in recovery to attend the programme and this is managed through comprehensive risk assessments, management plans and support contracts. The programme is designed to support children and young people aged between 8 and 17 years old.

2

mpact@forwardtrust.org.uk

## EVIDENCE BASE AND EVALUATION

M-PACT is an evidenced based independently evaluated programme. The data gathered over the years has clearly shown the programme generates positive outcomes and measurable opportunities for change, for families living with addiction.

In 2014 an independent economic assessment of M-PACT was carried out by Interface Enterprises, so a robust and defensible estimate of the costs and benefits of the programme could be provided. The methodology chosen to undertake this assessment was an evaluative Social Return on Investment (SROI). From a cost-effectiveness perspective the SROI showed that M-PACT provided substantial and real economic value and in 2014 the programme generated a conservative £2,213 of savings per family, at a cost of £802 per family. This generates an SROI ratio of 2.76 or for every £1 spent on M-PACT, it generates £2.76 in savings.

In 2019 the '12 years of M-PACT report' was published. Written by independent researcher Lorna Templeton, her mixed-method evaluation of qualitative and quantitative programme data collected between 2006 and 2018, showed that participants reported improvements over time in:

- Global family functioning (including disrupted communication, strengths and adaptability and feelings of being overwhelmed by difficulties)
- How families viewed the severity of the problem
- How families thought they were managing
- Coping efficacy

Many of the changes, most notably for family functioning and coping efficacy were **statistically significant**, meaning that they were unlikely to have occurred by chance and were likely to be directly associated with attendance on the M-PACT programme.

3

In 2019 the Prison Service Journal published an article by Lorna Templeton which evaluated and highlighted the success of M-PACT within prisons, using HMP Parc as the case study for this. In the same year, M-PACT was also recommended in Ireland's joint strategic statement on Hidden Harm and practice guidelines.

In 2021 the M-PACT programme was also noted as an effective intervention in the Government publication: [Examination of the links between parental conflict and substance misuse and the impacts on children's outcomes](#).



Drawing from a child participant of the M-PACT programme

4

mpact@forwardtrust.org.uk





***MPACT in action***



There is help and support out there if you're willing to accept it.

I can choose not to give in to it.

but I can change it ✓

**I can't CURE it**

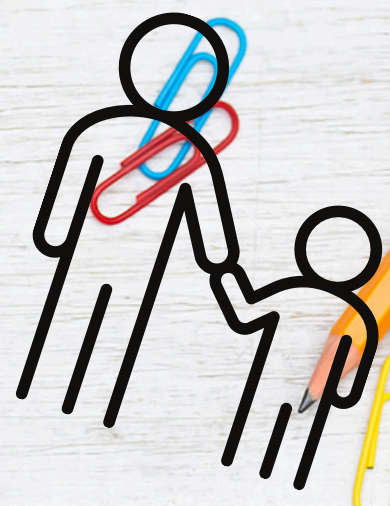
Can't always be cured but can be helped.

but I can help to ~~stop~~ it

it can be but it will always follow you.

But I can take control

Everyone is different individuals are there own being no cure but is treatable with the right help.



But I can find a way out of it

I can ask for help & support

**I didn't CAUSE it**

At the time it's hard to feel like it's not your fault, you do blame yourself.

Even if you know you didn't ~~what~~ it's and maybe can eat away at you

but I can help.

I followed it to flourish.

I can change it

Monitor my achievements

**By CELEBRATING myself**

we can move on together.

Remembering my achievements and what I have done

I can do go on myself

I can get better.

2 my recovery + my journey

I can keep moving in the right direction and stay positive.



Try to enjoy life

Enjoying Life Eating Exercise and having fun (Living a Balanced Life).

Stop when it's getting too far

**Making healthy CHOICES, and**

let healthy food go on a diet.

Still have fun

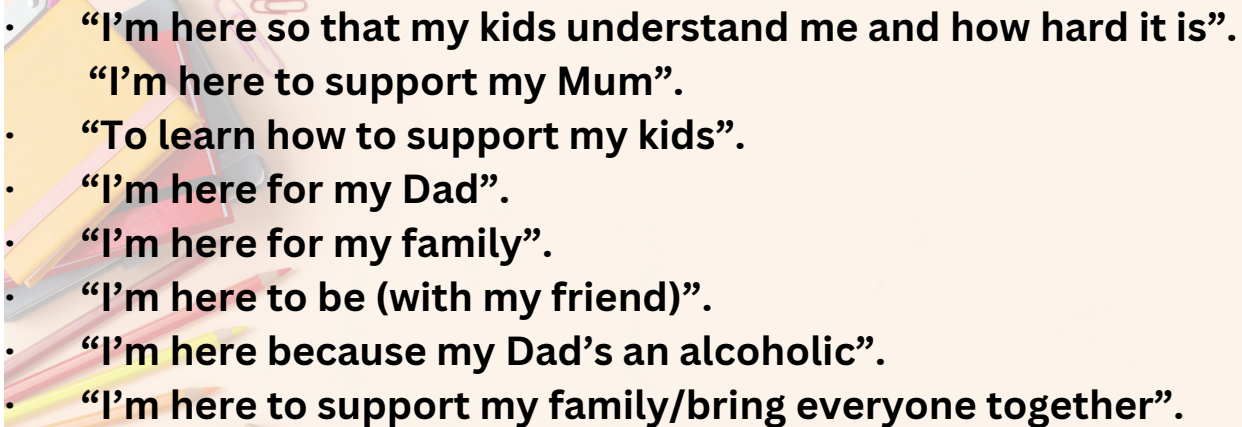
Learning to let go and move on

Allowing time for healthy attitudes + beliefs.

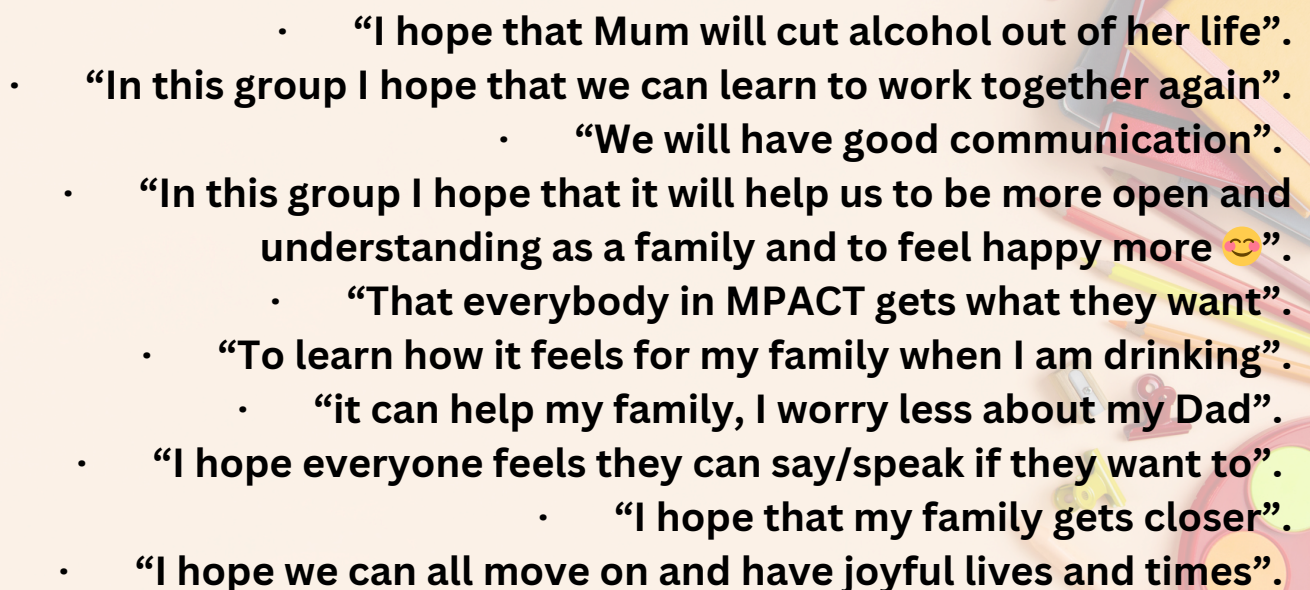
Enjoy my recovery & life a well balanced life



# Why are we here?

- 
- “I’m here so that my kids understand me and how hard it is”.
  - “I’m here to support my Mum”.
  - “To learn how to support my kids”.
  - “I’m here for my Dad”.
  - “I’m here for my family”.
  - “I’m here to be (with my friend)”.
  - “I’m here because my Dad’s an alcoholic”.
  - “I’m here to support my family/bring everyone together”.

## I hope that...

- 
- “I hope that Mum will cut alcohol out of her life”.
  - “In this group I hope that we can learn to work together again”.
    - “We will have good communication”.
  - “In this group I hope that it will help us to be more open and understanding as a family and to feel happy more 😊”.
    - “That everybody in MPACT gets what they want”.
  - “To learn how it feels for my family when I am drinking”.
    - “it can help my family, I worry less about my Dad”.
  - “I hope everyone feels they can say/speak if they want to”.
    - “I hope that my family gets closer”.
  - “I hope we can all move on and have joyful lives and times”.

# I fear that...

- “I fear that we could fall back to bad days”.
- “I fear my Mum will use alcohol again and something bad will happen to her”.
- “I’ll be talked over and not listened to. He won’t take responsibility”.
- “In this group, I fear that nothing will change for the better”.
- “I hope we can all move on and have joyful lives and times”.
- “?”.
- “I will look silly, i might cry”.
- “I will learn some things I find hard to hear”.



*An Mpact craft session*



*Sandstory is a therapy tool for children to describe their story and experiences of family life and difficulties they may be experiencing*



The Family Service work has been made possible by funding from the Manx Lottery Trust and another substantial anonymous donor. The work conducted by the service includes one-to-one sessions with children, in their school, using games, art, and Sandstory to convey the child's thoughts and feelings. Work is also undertaken with parents on a one-to-one basis. The goal is to reduce the harm of alcohol, drugs, gambling, and gaming in families and to keep children safe and protected from addiction. Three of the Family Service are now Sandstory practitioners. A therapy tool for children enabling creative ways to discuss their story.

During the year, the Family Service has taken the MiniMotiv8 children to Apeman for the afternoon, been to the Theatre to see Elf the Musical, had a Christmas party and a visit from Santa and been to the Children's Centre Farm.





# Strategic Objectives

This past year Motiv8 was fortunate to have received hours from a consultant to assist in the creation of Motiv8's strategic plan for 2024- 2028. This most helpful contribution came through a grant from the Lloyds Bank Foundation. This exercise saw us working with the consultant, the team, and the board of Motiv8 to hone our vision, mission statement, values, and other accompanying policies for the next 5 years.

This was an eclectic event for the charity bringing together everyone's thoughts of what we truly are, what we represent our vision for the future of the charity, and our provision for the Isle of Man.

The policy document is included in this annual report





## **Addiction Services**

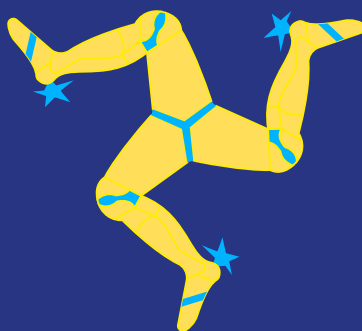
Support for anyone impacted by  
Alcohol, Drugs or Gambling

**ISLE OF MAN REGISTERED  
CHARITY 275**

# **STRATEGIC PLAN 2024-2028**



***46 YEARS OF SERVICE TO THE  
MANX COMMUNITY***





## Addiction Services

Support for anyone impacted by  
Alcohol, Drugs or Gambling



# Who are we?

**MOTIV8, is a local registered charity (Established in 1978). We are a dedicated team of highly qualified and experienced counsellors who specialise in addictive behaviours. We are committed to helping our service users make positive changes to their lives with a non-judgemental therapeutic approach.**

**Our philosophy is that of harm reduction and a person-centred approach in that we believe all individuals have the power to make positive changes that can reduce and delay significant harm to themselves and their families.**



**Motiv8 was the first service on the Isle of Wight 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, gambling, and gaming services.**

**The primary aim of Motiv8 is to minimise the harm associated with drug, alcohol, gambling, and 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 offers a wide range of therapeutic interventions which offer choice and flexibility.**



## Addiction Services

Support for anyone impacted by  
Alcohol, Drugs or Gambling



## Who are we cont/

**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. Motiv8 understands this. We have no waiting room, no signs outside the premises, and our building is central but discreet.**

**However, we need to challenge the stigma associated with addiction in our society, and this will become an important aim of our long-term strategic direction.**



**Motiv8 is apolitical and impartial in approach preferring to remain low-key to gain the confidence of potential service users as an organisation of discretion and trust.**





## Addiction Services

Support for anyone impacted by  
Alcohol, Drugs or Gambling



### OUR VISION

**An island, free of the  
stigma and harm  
associated with  
alcohol, substance  
misuse, gambling, and  
gaming.**



### OUR MISSION

**To provide a service where  
individuals and families are  
supported and empowered to  
reduce the harm from alcohol,  
substance misuse, gambling,  
and gaming. We achieve this  
through early intervention,  
counselling, community  
services, education, research,  
treatment, and rehabilitation.**



# Our values

## Non-judgemental

A service that is non-discriminatory and welcoming. We are equality focussed. Everyone is treated with dignity and respect.



## Confidential

We are passionate about being a discrete service, we understand the importance of this in a small community.

## Person-centred

We understand everyone is unique, and we tailor our services to the individuals needs.



## Empowering & positive

We strive to enable our service users to feel empowered to change.



## **Our strategic objectives for the next 5 years**

**We have undertaken extensive research, and we know what is required to sustain Motiv8 for the benefit of our service users and the Manx community for the next 5 years.**



**We can't do this alone, we need the Manx community to get involved and support us and help break the stigma of addiction.**



# OUR STRATEGIC OBJECTIVES



1

## REDUCING THE STIGMA

Promote the positive benefits of personal intervention before dependency escalates into serious addiction; promote the help available to treat harmful behaviour; and reduce the stigma associated with addiction.



### WHY THIS IS IMPORTANT

We believe that early intervention is key, we want people to reach out to us sooner. We need to maintain discrete and sensitive services that promote this and the community to be educated about addiction to break down the stigma that deters help seeking.

2

## REDUCING THE HARM

We will strive to deliver a prevention and early intervention programme to reduce harm. Whole family support is essential, to prevent intergenerational harm with holistic services that offer choice and flexibility.



### WHY IS THIS IMPORTANT

The sooner people reach out to us for support, the less the impact on them, their families, and the Manx community. Addiction damages lives and we want to ensure that everyone impacted has access to high-quality support.

# OUR STRATEGIC OBJECTIVES



3

## EVIDENCED-BASED PRACTICE

We provide an experienced, highly-qualified support service to deliver early intervention; counselling; community services; education; research; treatment and rehabilitation.



### WHY IS THIS IMPORTANT

Our team are highly trained, experienced counsellors and experts by experience. Maintaining this skill level is key to meet local need .

4

## A CENTRE OF EXCELLENCE

We will ensure Motiv8's work is based upon up-to-date research and best practice.



### WHY IS THIS IMPORTANT

We have conducted major research projects and strive to stay informed on the latest developments in the addiction and prevention field. Maintaining our research programme is vital.

# OUR STRATEGIC OBJECTIVES



5

## FINANCIAL SUSTAINABILITY

**We will ensure that Motiv8 maintains its financial sustainability.**



### WHY IS THIS IMPORTANT

**We promote and feedback our work to all donors. We strive to seek out new funding opportunities and social responsibility initiatives/partnerships with key donors. who have a vested interest in harm reduction.**

6

## ETHICAL AND RESPONSIBLE

**Motiv8 is committed to be a responsible organisation and employer**



### WHY IS THIS IMPORTANT

**We aim to be an ethical, environmentally aware organisation, seeking ways continually to reduce our carbon footprint and impact on the individual and the environment.**





# WHAT OUR SERVICE USERS SAY

## **"A SAFE PLACE"**

"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"



## **"HELPED ME TO GROW"**



"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."

## **"EASY TO OPEN UP"**

"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"



## **"PERSON-CENTRED"**



"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."



# Motiv8

## Addiction Services

Support for anyone impacted by  
Alcohol, Drugs or Gambling



0808 1624 627



[contact@motiv8.im](mailto:contact@motiv8.im)



[www.motiv8.im](http://www.motiv8.im)