

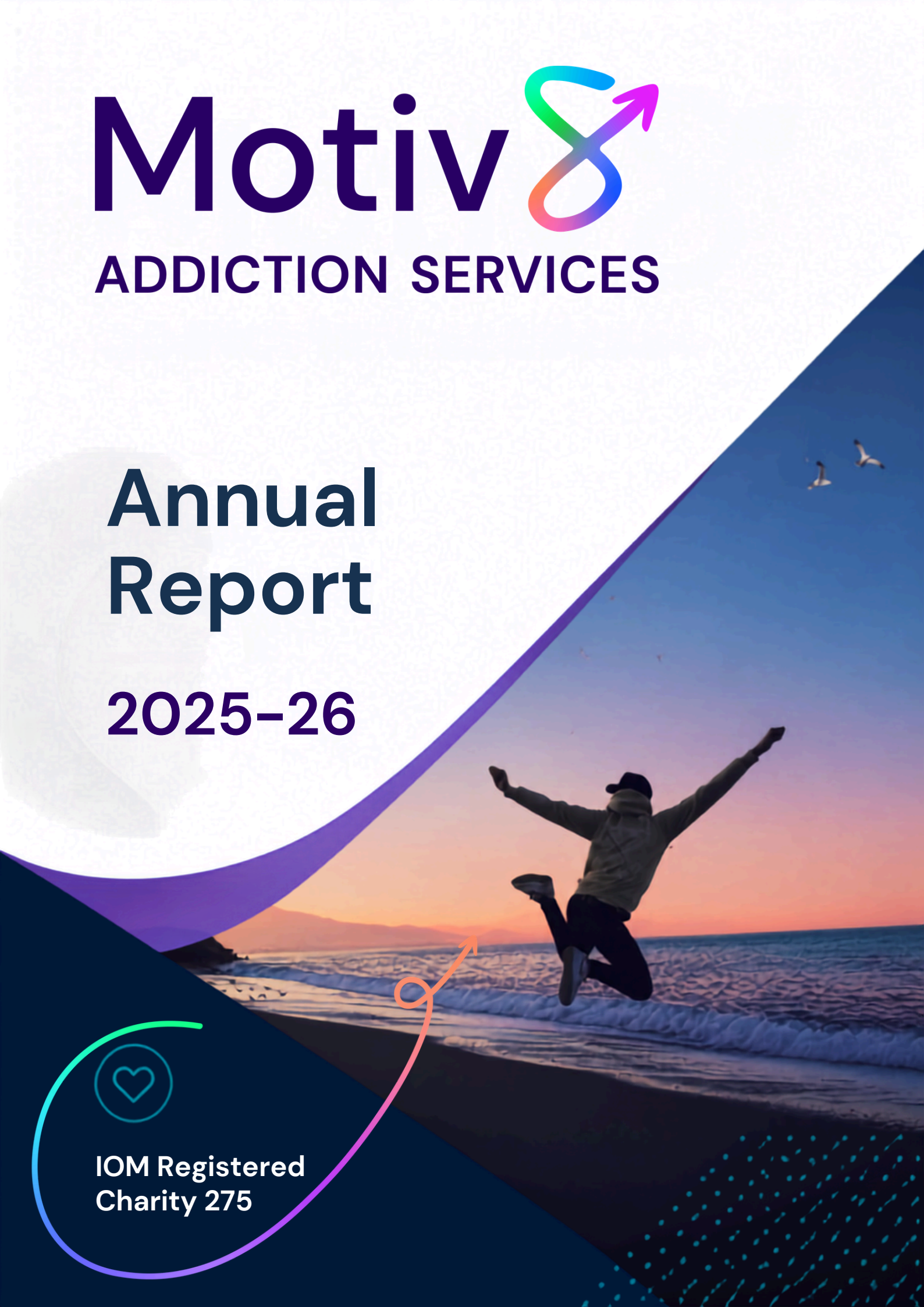
Motiv8

ADDICTION SERVICES

Annual Report 2025-26



IOM Registered
Charity 275



Contents

Page 3. List of serving officers and staff
Page 4. Motiv8 Addiction Service: an overview
Page 5. Vision and Mission Statement
Page 6. Chairman's report
Page 8. Chief Executive Officers report
page 11. Fundraising report
Page 13. Gambling Aware
Page 15. DARS- Drug Arrest Referral Scheme
Page 17. Education and Learning
Page 20. AIRS- Alcohol Intervention Referral Scheme
Page 21: The HUB
Page 24. The year in pictures
Page 26. Annual Statistics and Key Facts
Page 33. Motiv8 Prison Service report
Page 35. M-Powered Teen Group
Page 38. The Family Service and M-PACT Programme
Page 44. Young person's service and the SOAR project
Page 46. Strategic Objectives 2024 to 2028

LIST OF SERVING OFFICERS AND STAFF

Patron: HE The Lieutenant Governor, Lieutenant General

Sir John Lorimer KCB DSO MBE

Chairman: Mr Gary Lamb

Honoury Secretary Mrs Geraldine Pishvaie (Retired)

Honorary Secretary: Mrs Anne Cain

Honorary Advocate: Ms Jane Gray

Honorary Treasurer: Mr Robert Picken

DIRECTORS

Dr Alex Allinson MHK

Mrs Rosemary Barlow

Mr Darren Bradford

Rev Alex Brown

Mr Christopher Mitchell

Mrs Alison Thompson (Retired)

PEER MENTORS & STUDENT COUNSELLORS

Zach Audsley

Sophie Campbell

Simone Delahunty-Heath

Ann Machin

Anna Shimmin

Brian Watterson

Paul Whipp

STAFF TEAM

Nicola Browne

Rebecca Collings

Tiffany Crookall

Mark Cromwell

Adam Cubbon

Michael Estella

Maryann Hatton

Jane Hill

Rhiannon Leece

Louise McColgan

Colleen McDaid

Jason McKee

Suzan Ozenturk

Caitlin Pinder

Samantha Vels

MANAGEMENT

Thea Ozenturk (Chief
Executive Officer)

Caroline Coole
(Operations Manager)

Kay Quirk (Deputy
Director)

Paula Gelling (Deputy
Director)

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.

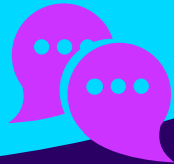
Motiv8 is apolitical and impartial in approach, preferring to remain low-key to gain the confidence of potential service users as an organisation of trust.

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.

Motiv8

ADDICTION SERVICES



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



Welcome to the Motiv8 annual report for 2025/26. The report will give you insight into the work done by our team during 2025/26 and the essential services we provide to our Island.

The team at Motiv8 provide support to those directly and indirectly impacted by alcohol, drugs, gambling and gaming, and have provided this valuable service on the Isle of Man community for almost 50 years.

Our vision is for an Island free of the stigma and harm associated with alcohol, substance misuse, gambling and gaming. We provide a service to individuals and families across the Island to help them reduce harms through early interventions, counseling, community services, education, research, treatment and rehabilitation.

It has been another busy and successful year having received 651 referrals, offered 6,829 appointments and discharged 609 clients. Of particular note is the increase in support offered to those at the prison increasing 2 fold to 418 sessions.

Key areas of the charities work include the donation funded Family Service who work tirelessly to support entire families who are impacted by a loved one's dependency. The M-PACT family group programme brings support to families in a group setting and helps everyone to see how their behaviour is impacting each other and provides positive steps forward. Also our donation funded SOAR programme continues to offer support to young people who are being exploited or are on the verge of drug importation exploitation. This has seen many successful diversions since its inception in 2024/25.

We were excited to launch our first "Road to Recovery" walk to celebrate the achievements of those living in recovery whilst also remembering those that have sadly lost their lives. We aim to do these annually for the foreseeable future.

The cost of running our vital community service continues to increase due to the ever increasing numbers of people impacted by dependency issues and also fuelled by the increasing awareness of our service across the Manx community. I would like to take this opportunity to thank Manx Care for their continued funding support and all of our business and individual sponsors who's contribution to Motiv8 makes a significant difference to many peoples lives and hopes for the future. Without your collective support we would not be able to help individuals and families impacted by alcohol, drugs, gaming and gambling across the Isle of Man.

Funding is becoming increasingly challenging and we would be delighted to hear from any individuals or businesses who would like to support Motiv8 and have a positive impact on those impacted directly or indirectly by dependency.

I am immensely proud of the work done by the team at Motiv8 and the positive impact they have on so many lives across our Island. The team are helping to save lives and improve the quality of life of so many individuals and families on the Isle of Man . On behalf of the Directors at Motiv8 I would like to give a heartfelt thank you to you all, you do an amazing job for our Island and you should be proud of the work you do and the contribution you make to our community.

Finally, I would like to thank our CEO, Thea Ozenturk, on behalf of the directors for her continued dedication to the Charity and leadership of our wonderful team.

GARY LAMB

*Chairman of
Motiv8 Addiction Services*

CHIEF EXECUTIVE OFFICERS REPORT



Welcome to our Annual Report for 2025–26.

This has been another positive and productive year for Motiv8 Addiction Services. Once again, our dedicated team has gone above and beyond to provide compassionate, innovative and evidence-based support to individuals affected by drug and alcohol use, gambling-related harm. Despite continued high demand for our services and the increasing complexity of the needs of those we support, the team has consistently demonstrated professionalism, resilience and an unwavering commitment to helping people improve their lives.

One of the highlights of the year was hosting the Isle of Man's first Recovery Walk. This was a truly meaningful event, bringing together individuals, families, professionals and supporters to celebrate the achievements of those living in recovery, while also remembering those who have sadly lost their lives as a result of addiction and addictive behaviours. The event served as a powerful reminder that recovery is possible and that no one should have to face these challenges alone. We hope this will become an annual event and continue to grow as a visible symbol of hope, remembrance and community support across the Island.

Our Peer Mentor Programme has continued to flourish. Meeting weekly, the group provides an invaluable source of mutual support, encouragement and shared experience for people at different stages of their recovery journey. The programme has become increasingly popular over the past year, with more individuals recognising the value of learning from those who have lived experience and found a pathway to recovery. Peer support remains one of the most effective ways of building confidence, reducing isolation alongside our counselling services, and helping people sustain long-term recovery.

This year we were also delighted to welcome counselling students into the Motiv8 team. Recognising the shortage of local placement opportunities, we developed a volunteer student counselling initiative to provide aspiring counsellors with valuable supervised practice while supporting the charity's growing demand for therapeutic services. This initiative not only helps students gain the practical experience required to begin their professional careers, but also strengthens our capacity to provide high-quality counselling and emotional support to those accessing our services. We are proud to play a role in developing the next generation of counsellors on the Isle of Man, while ensuring that more people can access the support they need.



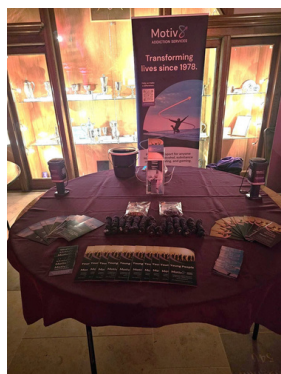
We have also been pleased to develop our new Hidden Harm programme during the year. Hidden Harm recognises the often-overlooked impact that parental substance misuse and addictive behaviours can have on children and families. Alongside developing this programme, we have designed and delivered safeguarding awareness training to professionals across the Island. The training has increased understanding of the signs, risks and long-term consequences of Hidden Harm, while encouraging earlier identification, stronger multi-agency working and more effective support for vulnerable children and their families. The feedback received has been extremely positive, and we look forward to expanding this important area of work over the coming year.

Our Family Service has continued to make a significant difference to the lives of children and parents affected by drug, alcohol and gambling related harm. During the year we delivered another M-PACT programme, providing structured support to families to help them understand addiction, improve communication, strengthen relationships and build resilience. Once again, the programme received excellent feedback from participants, many describing it as life-changing and instrumental in helping families move forward together.

During 2025–26, Motiv8 Addiction Services continued to deliver high-quality support to individuals and families affected by addiction. We received 651 referrals, offered 6,829 appointments and successfully discharged 609 clients, reflecting another busy and productive year, while strong partnership working remained central to our approach, with over 230 clients jointly supported alongside other agencies. Plus an impressive 418 sessions in the IOM prison doubling last years figure.

Our recovery community continued to grow, with more than 2,400 attendances across SMART Recovery, acupuncture, peer mentoring, wellbeing workshops and other groups. We also continued to deliver specialist gambling support and the Drug Arrest Referral Scheme, demonstrating our commitment to improving lives, strengthening families and supporting recovery across the Isle of Man. These services exist by donations only and we hope we can continue to run them in the current financial climate being faced by local charities.

Indeed, funding continues to be one of the greatest challenges facing the charity, with many voluntary organisations across the Island experiencing increasing financial pressures. Securing sustainable funding remains essential to ensure we can continue delivering and developing the high-quality services that so many people rely upon.



We remain immensely grateful to our key funders, whose generosity has enabled us to continue supporting individuals and families throughout the year. In particular, I would like to thank the Scheinberg Family, the Manx Lottery Trust, and the many organisations, trusts, businesses and individuals who have so generously supported Motiv8. Their investment in our work makes a tangible difference to the lives of those affected by drug and alcohol harm, gambling-related harm, and the wider challenges associated with our work. Quite simply, without their support, many of our services would not be possible.

Despite this valued support, the financial landscape for charities continues to become increasingly challenging. Like many voluntary organisations across the Isle of Man and beyond, we are experiencing growing pressures as funding becomes more competitive and the demand for services continues to rise. If this trend continues, difficult decisions may need to be made in the future regarding service provision. Nevertheless, we remain committed to protecting our existing services wherever possible, pursuing new funding opportunities, developing new partnerships, and ensuring that those who need our support continue to receive it. To strengthen our long-term sustainability, we established a dedicated Fundraising Committee during the year. Following an appeal through our social media channels, we were delighted by the response from a group of enthusiastic and committed volunteers who generously offered their time, skills and experience to support our fundraising efforts. The committee will play a vital role in organising community events, developing new fundraising initiatives, increasing public awareness of Motiv8's work, and helping to secure the resources needed to sustain and grow our services. We are incredibly grateful for their enthusiasm and commitment, and we look forward to working alongside them to build a stronger and more sustainable future for the charity.

I would also like to extend my sincere thanks to our Chairman, whose unwavering support, guidance and encouragement have been invaluable to the management team throughout the year. His experience, wisdom and leadership have helped us navigate a number of complex challenges with confidence and clarity.

My heartfelt thanks also go to our dedicated staff team and volunteers. Their professionalism, compassion, resilience and unwavering commitment continue to make an extraordinary difference to the lives of our service users every single day. I would also like to express my sincere appreciation to the Motiv8 Board of Directors, who generously give their time and expertise.

As we approach our penultimate year before celebrating Motiv8's 50th anniversary in 2028, we can reflect with great pride on everything the charity has achieved over the past five decades. From our beginnings as the Island's first alcohol support service to the wide range of specialist services we now provide, Motiv8 has continually evolved to meet the changing needs of our community.

Thea Ozenturk
Chief Executive

Motiv8 FUNDRAISING & EVENTS

Fundraising continues to play a vital role in ensuring Motiv8 can meet the growing demand for our services while continuing to develop innovative support for those impacted by dependency.

Over the past year, we have seen demand continue to grow across many areas of the charity. New referrals and the complexity of need continues to evolve with a notable increase in the number of sessions attended in several areas of the charity, along with the growing cost of overheads etc, meaning that charitable funding has never been more important.

Whilst our strategic partnership with Manx Care enables us to deliver some core services, a significant proportion of our work within the core areas and outside of this remains dependent on the generosity of trusts, foundations, businesses, community groups and individual supporters.

The continued support of our funders allows us to provide services that often fall outside of what is considered as statutory provision but have a life changing impact on individuals, families and our island community. These include our Family Service and M-PACT programme, SOAR, our Education Programme, the Drug Arrest Referral Scheme (DARS), Alcohol Intervention Referral Scheme (AIRS), Gambling and Gaming Support, and our Peer Mentor and Wellbeing Workshop Programme.

This year has also seen us strengthen relationships with local businesses and community partners who have generously supported our work through fundraising events, donations, volunteer days and gifts in kind. These partnerships not only provide valuable financial support but also demonstrate the Isle of Man community's commitment to improving the wellbeing of local people..



We know the fundraising landscape remains challenging, with increased pressure on charitable giving and increasing competition for limited funding. Despite this, we remain incredibly grateful to every organisation, trust, business, community group and individual who has chosen to support Motiv8 during the past year. Every donation, grant, sponsorship and fundraising event helps ensure that people impacted by dependency can access timely, professional and compassionate support when they need it most.

Taking a further look back across the years through past annual reports, it is clear how far the charity has evolved. What began as a service where fundraising enhanced our work has become an organisation where fundraising is fundamental to sustaining and developing many of the programmes our community relies upon. Alongside continued strategic investment from Manx Care, charitable funding now underpins many of our specialist services, allowing us to respond to increasing demand, develop innovative early intervention programmes and provide support to individuals and families whose needs continue to grow in both number and complexity. Whilst the fundraising landscape has undoubtedly become more competitive, the continued generosity of our funders, corporate partners and local community has enabled Motiv8 not only to adapt but to grow, ensuring that more people than ever before can access timely, compassionate and support.

During the past year fundraising has extended far beyond raising income, it has provided opportunities to engage with the island community, raise awareness of dependency and recovery through events that we have held and those held on our behalf. A major event that saw its inaugural event held during this year was our Road to Recovery Walk, a walk that saw 100 people register to walk along the old railway line from Douglas to Peel, it was a wonderful event with individuals, families and family dogs too and raised £4,000 for the charity. The Road to Recovery Walk will now become an annual event for the charity and we aim to build on its success. Other events included fundraisers by an individual who held a cake sale at Douglas Courthouse which raised over £200 in one day and the Dance Teachers association raised £850 through a raffle.

Another new event for this year has been the making and sale of charity Christmas cards which was very popular and demand outstripped our stocks. The card was designed by a client of the service. We received lovely feedback from people about the cards saying that 'they were such a lovely design and for such a great local cause' another person said 'It is great to see local talent being used for local fundraising cards, it gives more meaning to the giving of the cards to family and friends'. We plan to run this again for the forthcoming year.

Looking ahead, we remain committed to diversifying our income, developing new partnerships and creating sustainable funding opportunities that will enable Motiv8 to continue transforming lives for many years to come.

On behalf of everyone at Motiv8, thank you to every supporter who has stood alongside us this year. Your generosity is making a real and lasting difference.

Nicola Browne
Fundraiser



The Gambling Service has experienced another steady year, with referrals increasing from 39 to 47 individuals seeking support. While this represents a modest rise in numbers, it reflects the continued need for specialist gambling support across the Isle of Man.

The gambling behaviours presented by clients have been diverse and include the use of slot machines, sports betting, National lottery scratch cards, bingo, online casino games and cryptocurrency trading where gambling-like behaviours have developed. As gambling products continue to evolve through technology, we are seeing increasingly complex patterns of harm, with many clients engaging across multiple forms of gambling rather than a single activity.

Research consistently demonstrates that certain forms of gambling carry a significantly greater risk of developing gambling-related harm. Electronic Gaming Machines (EGMs), including slot machines found in pubs, adult gaming centres and online, are associated with the highest rates of gambling disorder. Their rapid speed of play, continuous betting opportunities, immersive features and near-instant rewards create an environment that can quickly lead to the loss of control. Online casino games, including roulette, blackjack and virtual slot machines, present a similarly high level of risk due to their accessibility and the ability to place repeated bets within seconds. In-play sports betting has also been shown to increase the likelihood of gambling-related harm, allowing individuals to place numerous wagers throughout a single sporting event, often leading to impulsive decision-making and chasing losses. Although activities such as horse racing and poker are also associated with gambling harm, the evidence suggests that products offering fast, continuous and highly accessible play present the greatest risk of developing gambling disorder.

Many of our clients describe gambling as an escape from stress, loneliness or emotional difficulties, with what begins as occasional play escalating into behaviour that has serious financial, psychological and social consequences. Forgotten casualties are families impacted by gambling related harm including children. A family affected by gambling problems can see their finances impacted, and distraction away from family life and parental responsibility, not to mention untold stress and anxiety.



Alongside our direct client work, we remain committed to raising awareness of gambling-related harm across the Island. We are planning to host a Gambling harm Conference this autumn, bringing together professionals, industry representatives and the wider community to improve understanding of gambling disorder, share emerging evidence and encourage earlier intervention.

The conference will also provide an opportunity to highlight the ongoing challenge of funding gambling treatment services on the Isle of Man. Unlike Great Britain, where statutory levy funding now contributes towards the provision of gambling treatment, education and prevention services, there is currently no equivalent funding mechanism on the Island. Motiv8's Gambling Service therefore relies entirely on grants, charitable donations and the generosity of responsible organisations and individuals. Without this support, specialist gambling treatment on the Isle of Man would simply not be sustainable.

During the year we have also strengthened our collaborative work with industry partners. In partnership with Amber Gaming's Compliance Academy and Isle Listen, we are in the process of developing an innovative online training programme for the gambling sector focusing on gambling-related suicide prevention and gambling related harm. The training equips staff with an understanding of the relationship between gambling disorder and suicide, how to recognise warning signs, respond appropriately to individuals at risk and promote a culture of safeguarding within gambling environments. We believe this represents an important step towards reducing gambling-related harm through education, early intervention and partnership working.



Thea Ozenturk

Drug Arrest Referral Scheme



During the reporting period, Motiv8 received 51 referrals through the Drug Arrest Referral Scheme (DARS) from the Isle of Man Constabulary. The scheme provides individuals who have been found in possession of a small quantity of an illegal substance, and for whom this is a first offence, with the opportunity to engage in an educational intervention rather than progressing directly through the criminal justice process.

Each individual is offered a confidential one-to-one appointment with an accredited Drug and Alcohol Practitioner at Motiv8. The session provides an opportunity to explore their substance use, increase their understanding of the associated risks, and discuss practical strategies to reduce potential harm. The intervention is delivered in a supportive and non-judgemental environment, encouraging honest discussion and promoting informed decision-making.

To maintain confidentiality, information disclosed during the appointment is not shared with the Isle of Man Constabulary. Motiv8's responsibility is limited to confirming whether the individual attended or failed to attend their appointment. Information is only shared with other agencies where there are safeguarding concerns or an identified risk of harm to the individual or others, in line with Motiv8's confidentiality and safeguarding policies.

Of the 51 referrals received during the year, 45 (88%) involved adults aged 18 years and over, while 6 (12%) related to young people under the age of 18.

Cannabis continued to account for the majority of referrals, featuring in 34 cases (67%), reflecting its ongoing prevalence among individuals accessing the scheme. Cocaine was the second most commonly identified substance, accounting for 12 referrals (24%), while ketamine was involved in 3 cases (6%). The remaining referrals related to prescribed medication and an undisclosed white powder.

The DARS programme continues to provide an important early intervention opportunity, enabling individuals to receive accurate information, personalised harm reduction advice and support at an early stage. By encouraging reflection on substance use and increasing awareness of associated risks, the scheme contributes to reducing future harm and supports positive health and wellbeing outcomes within the community.

In addition, successful engagement with the scheme provides eligible individuals with an alternative to prosecution, preventing them from entering the criminal justice system for a first-time low-level drug possession offence and avoiding the long-term impact of acquiring a criminal record. This approach supports rehabilitation, reduces the potential consequences of a criminal conviction, and enables individuals to move forward with greater opportunities for education, employment and personal development.

Caroline Coole –Operations Manager

FEEDBACK



It allows you to have a second chance at turning your life around while being supported and taught all the risks involved

Being able to get a job, not getting put on Facebook, less judgement

Understanding the impact it can cause

The harm it can cause, not just for yourself but others too

No criminal record and self respect and great feedback

Having a wake up call rather than be punished first time

I'm an anxiety sufferer, made me feel at ease, no judgement

Jason was very knowledgeable and didn't judge anything I spoke about

An understanding on how it can affect my dopamine and its tolerance

Knowledge and knowing that this service exists for the future

DARS listens to the whole story !

An opportunity to have a second chance and learn more about ket bladder

This year Motiv8 has continued to deliver high-quality evidence-based education to the Island's Primary Schools and High Schools. Regular assessment of current trends this year in conjunction with communication with education representatives has meant we have been able to adapt and update workshops to address current topics and ensure the information delivered is accurate. Each year group has been offered a specific topic to explore and learn about.

Year 6 (last year of Primary education) – This workshop has been created to explore the positives and negatives within Gaming and what to be aware of in order to stay safe whilst online.

Year 7 – Pupils broaden their knowledge they have around gaming and specifically looking at the links between gaming and gambling by identifying in-game purchases and microtransactions within gaming.

Year 8 – Motiv8 hope to engage pupils in thinking and recognising signs of exploitation. Highlighting who and where they can seek support from should they recognise these signs for themselves or someone else around them.

Year 9 – During this workshop pupils will look at how substance use and gaming and gambling can be influenced by their peers as they progress through life. We will also hope to summarise what tools students can adopt in order to rise above and not succumb to peer pressure and fostering positive respectful friendships.



Year 10 – This workshop is about myth busting during an interactive, game of ‘noughts and crosses’. Pupils will be quizzed on all sorts of questions testing knowledge they think they already possess and if required providing the correct accurate information to them.

16+ – Assemblies have been delivered around gambling harms to Sixth Formers in some of the Island Schools.

University College Isle of Man (UCM) – Provision has been adapted in the past year. We now offer a drop-in session every 2 weeks within Student Services. On occasion this has been to provide an information station in communal areas, on various awareness days. This visibility means UCM students have a point of contact to refer into the service or receive some further information or education.



In the coming year the service would hope to foster further interaction and relationships within the community, providing wider knowledge about Motiv8 as a service and the work that we do and also to continue to provide harm reduction education to as many of the Island's Young People as possible.



Colleen McDaid

Alcohol Intervention Referral Scheme – AIRS

The Alcohol Intervention Referral Scheme has been running successfully for many years now. It was created as a joint initiative between the IOM Constabulary and Motiv8 as a criminal diversionary scheme to provide an opportunity for education around alcohol and recognition that first time, low level offences may benefit more from this approach rather than going down the court route. Any adult arrested for a first time alcohol-related offence (such as drunk and incapable and drunk and disorderly) are offered an education evening as an alternative to court. If people are unable to attend then they can be offered a phone call by Motiv8 as a 1-1 instead. Most participants are grateful that this means they do not have a criminal conviction for their offence (and the impact this may have on future job or visa applications). Numbers for the groups have been lower than in previous years, which possibly reflects the overall minor downturn in alcohol consumption. Groups are now usually offered once every two months.

(Kay Quirk, Deputy Director)



"Learned a lot of new things I hadn't really given enough thought about but I am really happy to have learned about it and I have (been) surprised with a lot. Good awareness."

"Have a better understanding of alcohol problems and avoided criminal prosecution."

"It could have a massive effect with business and home life."

"Instead of punishment, education and awareness was more helpful, especially since alcohol consumption is so casual."

"Being given the chance to reflect on my alcohol consumption."



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 meetings offer members a supportive environment in which they can develop practical coping strategies, build confidence and make positive changes. SMART meetings started in the Isle of Man in September 2023. Since then, a recovery network has really developed through support and friendships. The continued delivery of SMART Recovery provides valuable support for individuals working towards positive change and sustained recovery together. It is a safe and comfortable space for members to come together, support and learn from each other. SMART remains a valuable and effective part of the support we offer to those on their recovery journey.

"SMART helps me stay grounded and stops complacency" ..

"SMART is an important part of my weekly routine" ..

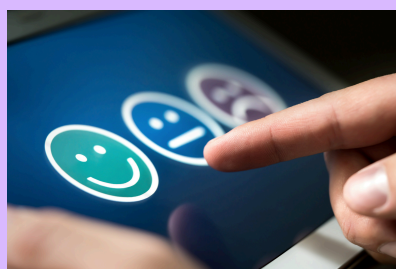
"Everyone is so welcoming"

"SMART has helped me realise I am not on my own".

"I find the tools are helpful and help when I am struggling".

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

During the period April 2025–March 2026,
a total of 157 SMART meetings were held with an attendance of 1,129.



Peer Mentors – Takeover Tuesday

This year saw the continued growth of our group run by our peer mentors who were trained by Motiv8 staff members through Open Awards. These groups are run every Tuesday and were introduced in February last year. The peer mentors have an established recovery themselves and understand the challenges and pitfalls that the clients may face. These sessions provide a positive and welcoming environment and gives individuals an opportunity to come together, share experiences and discuss challenges. These groups have been well attended, and the feedback has been positive.

During the period April 2025–March 2026, a total of 200 attendances were noted at this years peer mentor sessions.



"Reminds me of how far I have come"

"Excellent conversations and discussion"

"Listening to other people stories is helpful"

"Being with like-minded people with similar experiences"

"A nice open way to chat"

"Really nice supportive people and such a nice group"

Louise McColgan - Drug and Alcohol Professional

Auricular Acupuncture

Paula Gelling - Deputy Director

During 2025/26, our auricular acupuncture service continued to provide a calm, welcoming and practical form of support for people affected by addiction as part of the wider package of recovery support. This recognises that people often need more than one type of help to improve their wellbeing. For some people, this may be their first step through the door into wider support without requiring people to talk about their experiences before they are ready, reducing barriers for people who feel anxious, overwhelmed or unsure about accessing more formal support.

NADA detox acupuncture can assist dealing with cravings, anxiety, sleep difficulties, trauma, stress, depression and the wider pressures of recovery. Auricular acupuncture supports the charity's mission by providing treatment and assists people to engage in recovery that feels safe, respectful and person-centred.

Acupuncture encourages attendees to have regular contact with the charity and create opportunities for informal conversations with staff and peers before or after sessions.



REGUL8 - Dialectical Behavioural Therapy Skills Group

Over the course of the last 9 months, Tiffany and Kay have completed a 10-day Level 4 training course in Dialectical Behavioural Therapy (DBT). DBT is a dynamic therapy with the underlying premise that two things can exist at the same time (the 'dialectic') – with the balance of acceptance versus change.

The therapy is particularly helpful for looking at coping skills, impulse behaviour and interpersonal skills and relationships. DBT is split into 4 main components;- mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. To maximise the potential of the DBT skills, Tiffany and Kay were keen to use this within a group setting, something which DBT naturally lends itself well. Tiffany devised a 25-week programme to incorporate the skills, and this is being delivered as a weekly 2-hour groupwork session. Each session has a check-in, a mindfulness practice, an in-depth look at the previous weeks homework/tasks and then introduces a new skill. The teaching very much relies on the commitment of the group participants to practice their new skills, and individuals are encouraged to follow this up with their key workers if necessary.

Although this is a new skill to Motiv8 both Tiffany and Kay feel that it is of benefit already and the feedback from the current cohort has been very positive so far. After the completion of the 6 months, we will look for feedback from both colleagues and participants, but the hope is that this group will be offered on a rolling 6-month programme with a short break in-between. It is open to Motiv8 clients that have been identified as being suitable for the group training and are able to commit to the lengthy programme.

Kay Quirk Deputy Director

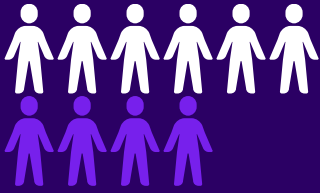


The year in pictures





KEY FACTS 2026



651
Referrals

1127 SMART
Attendances



55 Family
Service
Referrals

4881
Appointments
attended



47 gambling
Referrals



330 alcohol
Referrals



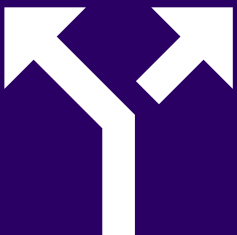
609
Discharges



98 Drug
Referrals



51 DARS
Referrals



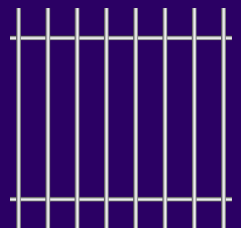
Did not
attend appt
rate - 9.9%



44
YP@Motiv8
Referrals



Prison
Caseload
39





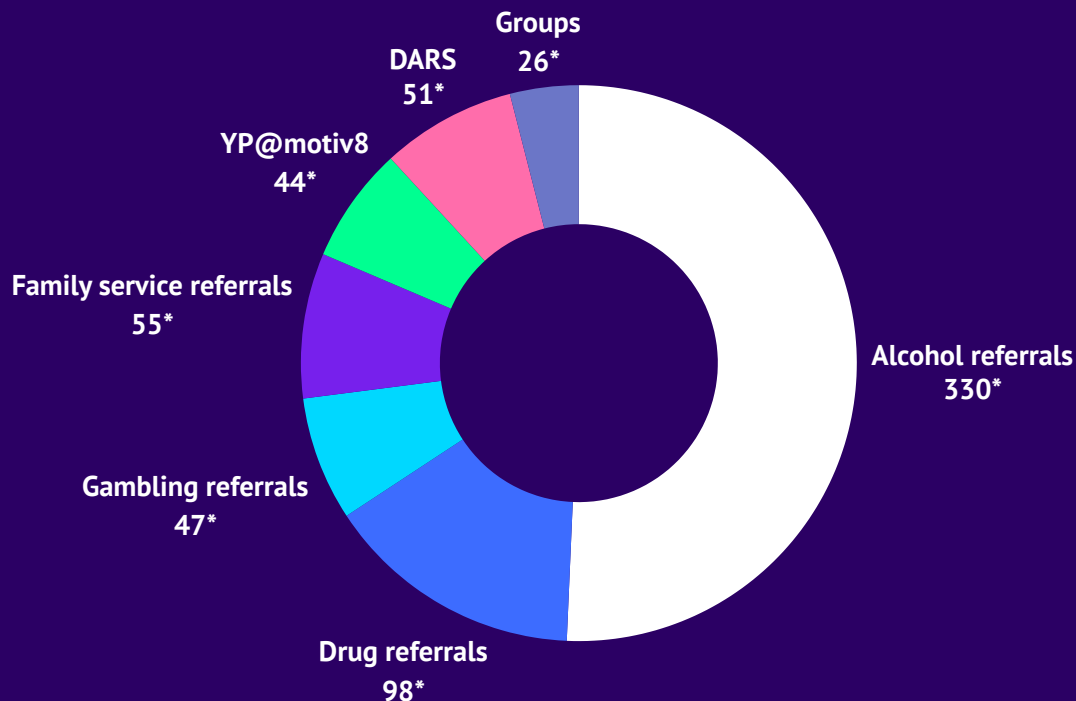
Total appointments attended: 4881

Total group attendances: 2443

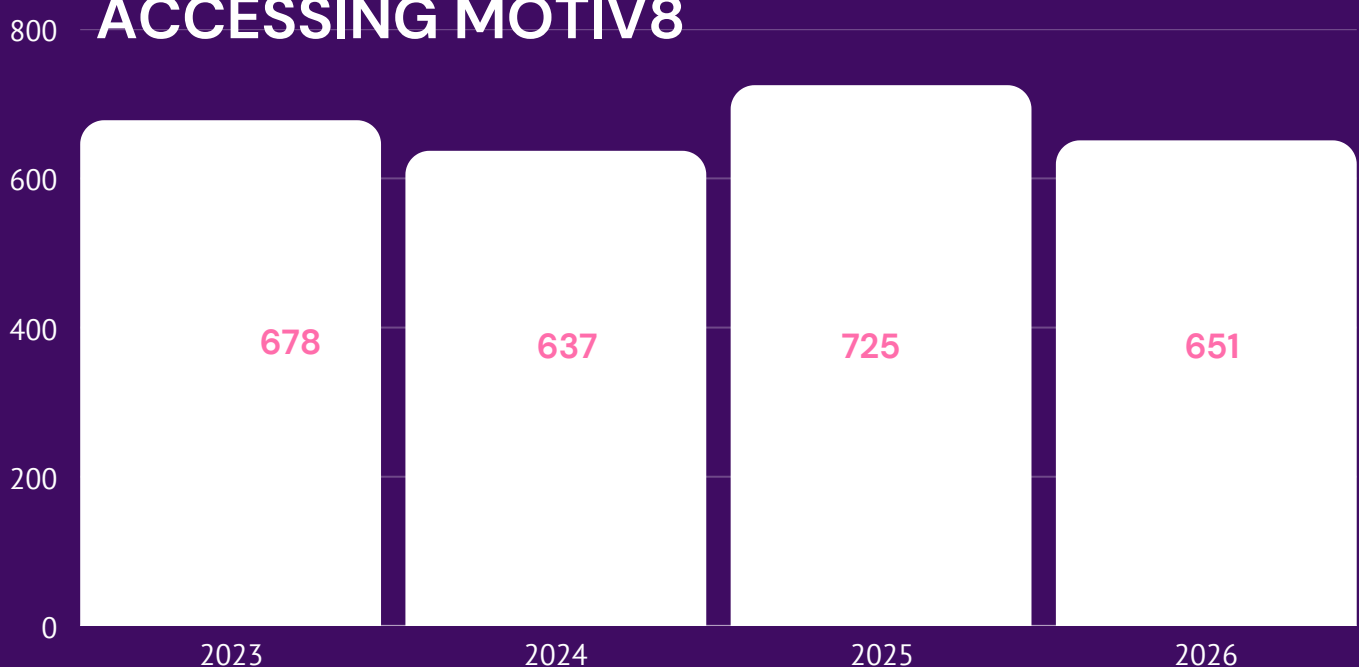
Total – 7324

2025 total = 7361

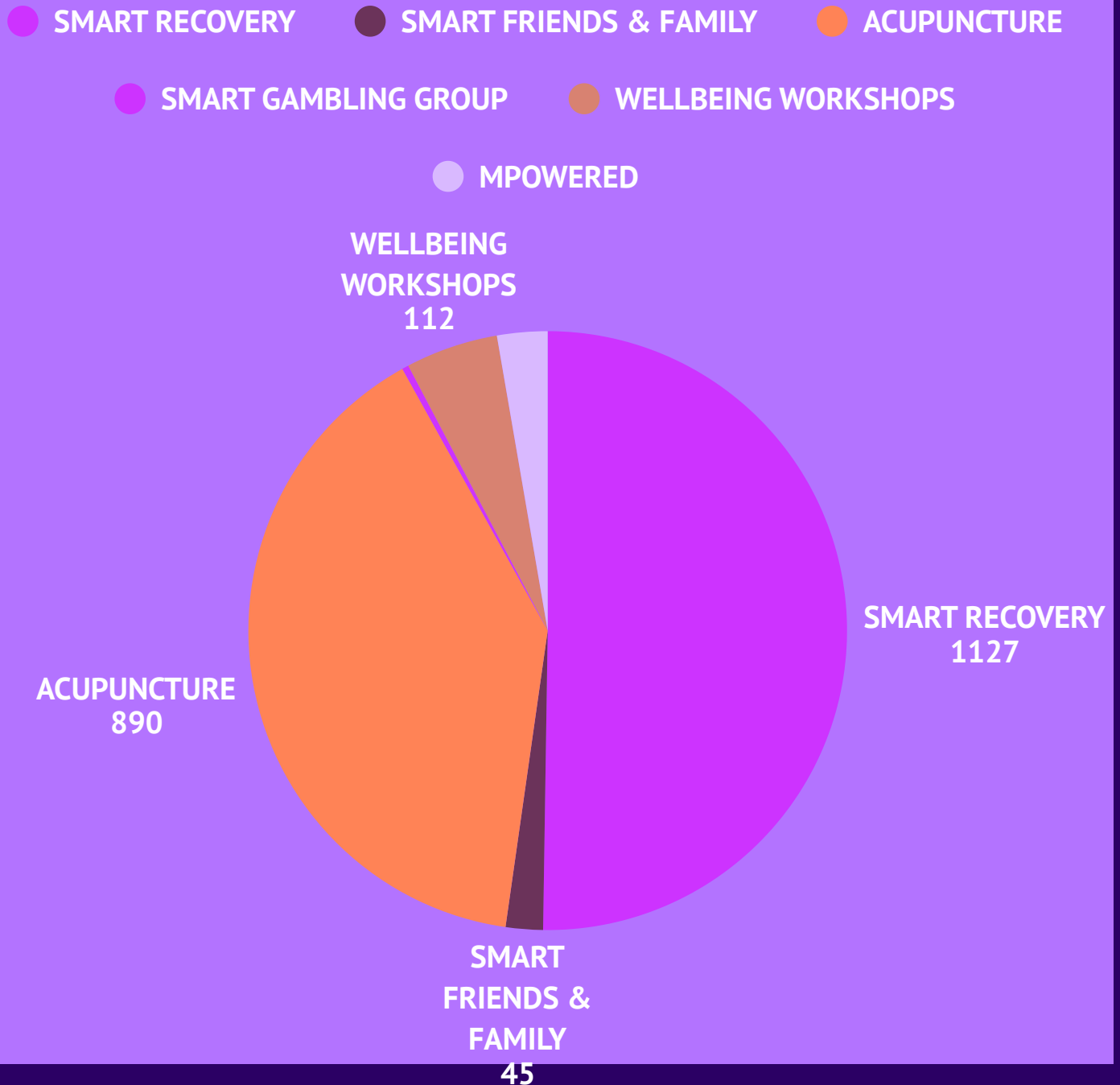
ANNUAL STATISTICS REFERRALS



4 YEARS COMPARISON SERVICE USERS ACCESSING MOTIV8



2443 GROUP ATTENDANCES

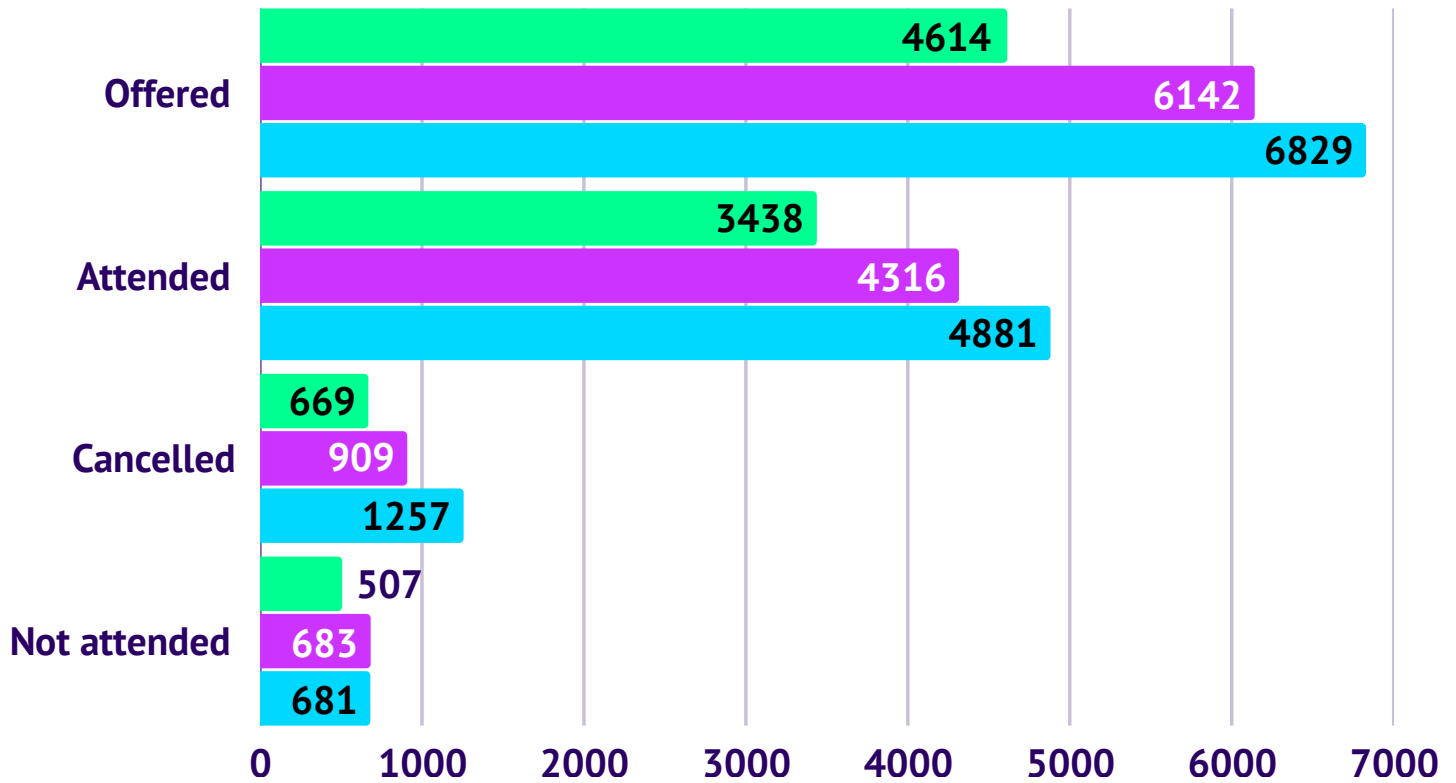


APPOINTMENTS

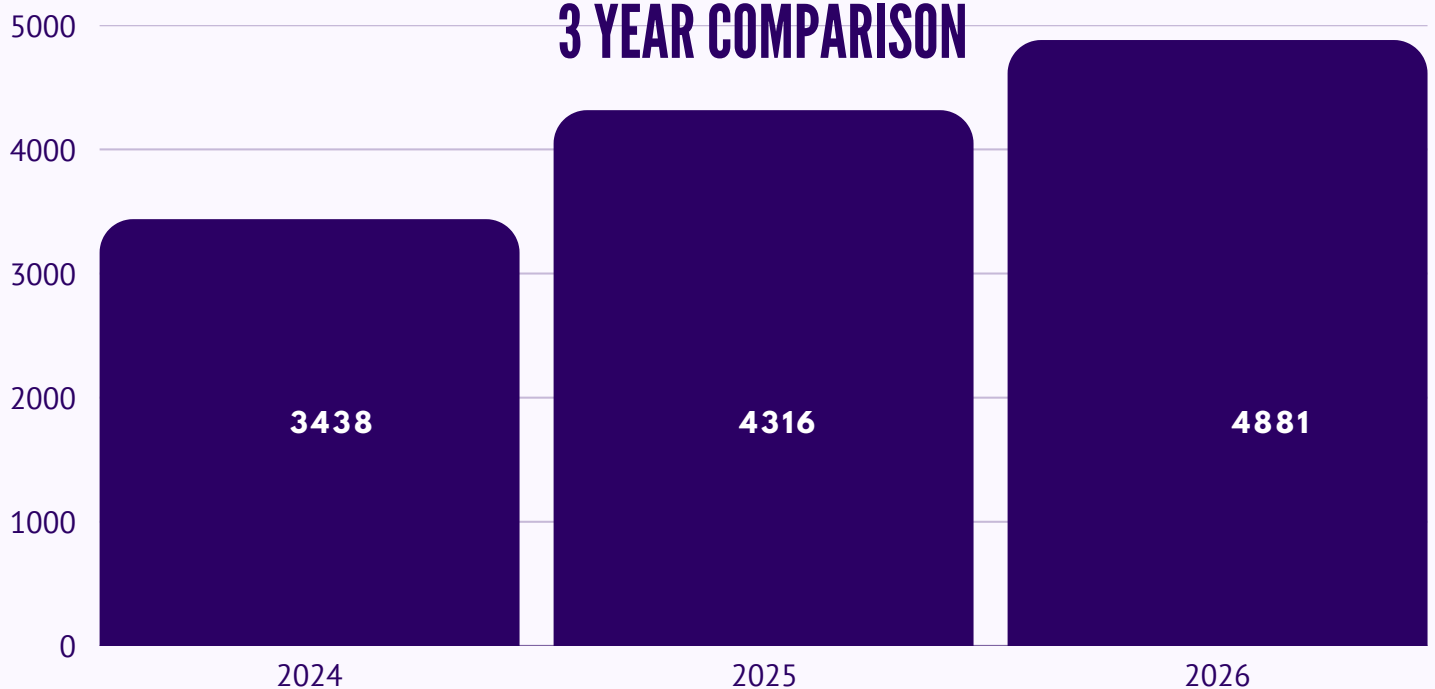
9.97% did not attend



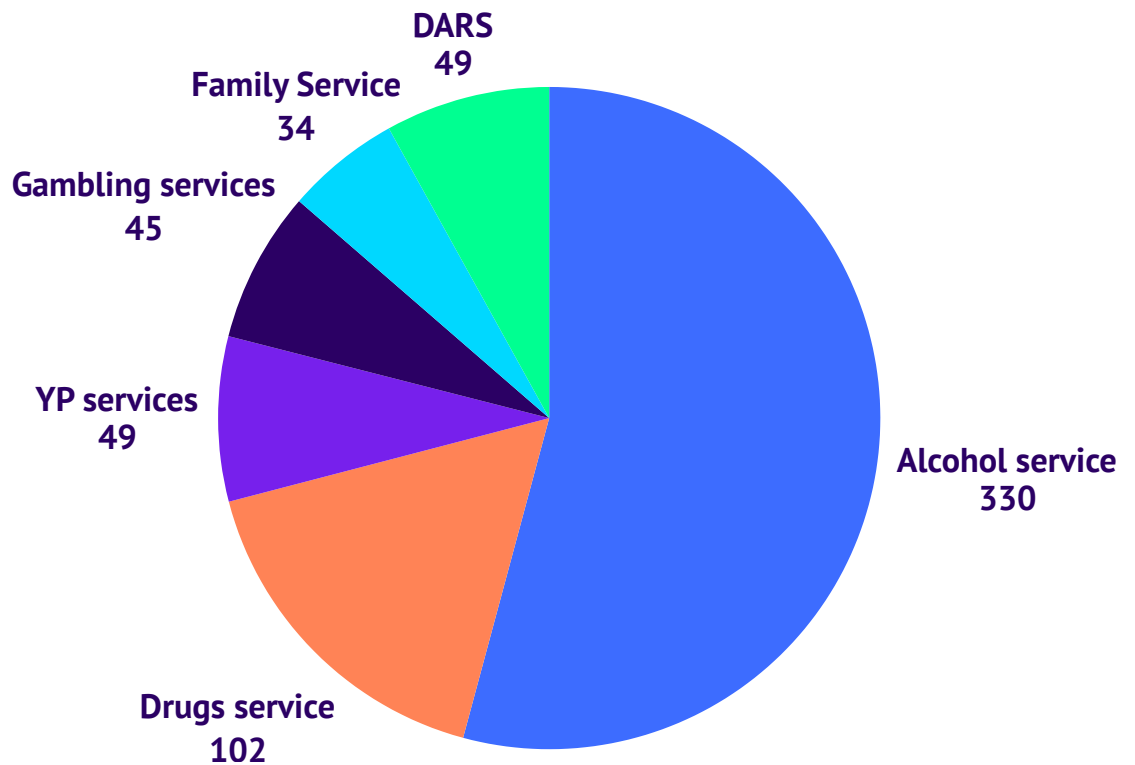
● 2024 ● 2025 ● 2026



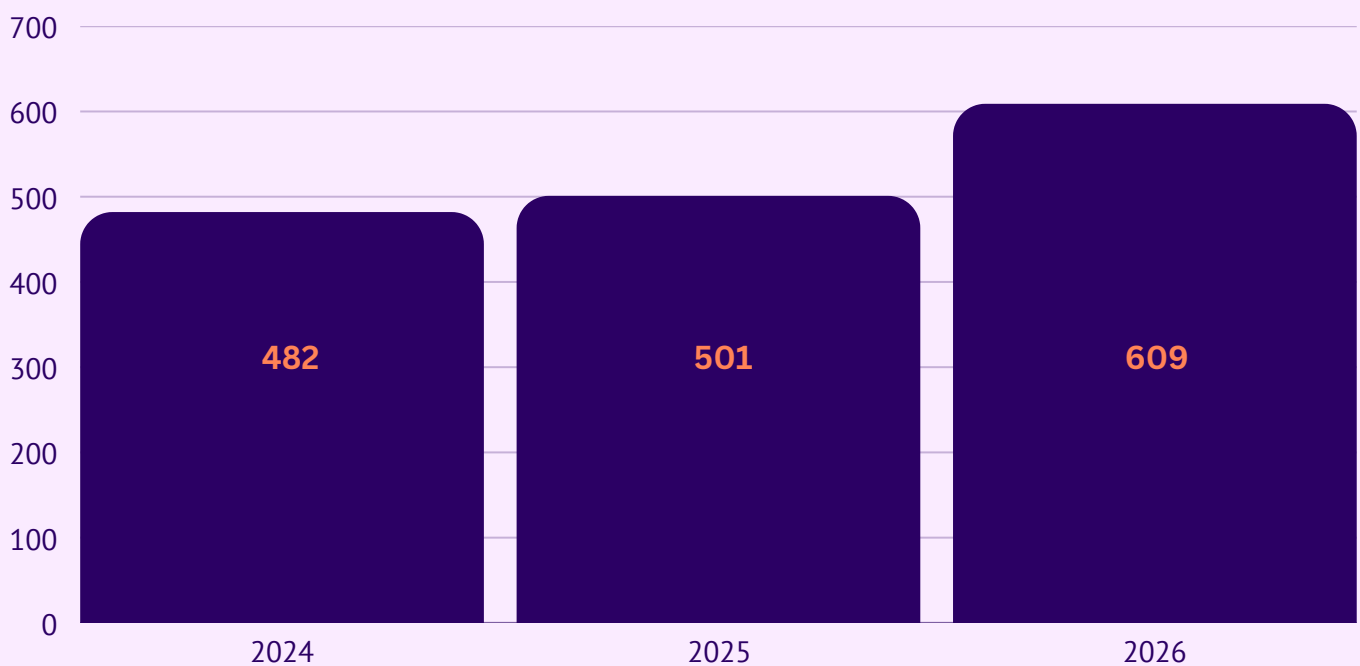
3 YEAR COMPARISON



DISCHARGES



3 YEAR COMPARISON





STAND OUTS

Motiv DRUG AWARE

Largest age category 18–24

31 Cocaine referrals

26 Cannabis referrals

·65– Males (66.3%)

·33– Females (33.7%)

14– Significant others

Medicinal Cannabis users also making contact

Motiv GAMBLING AWARE

Largest age category presenting 35–39

·28–Males (59.6%)

·19–Females (49) (40.4%)

37– Self-referrals (95%)

·39 – own gambling

Motiv ALCOHOL AWARE

Largest age category 35–39

·129– Females attended (39.1%)

·201 – Males attended (60.9%)

·244– Self-referrals

·49– Moderately to severely dependent

·86– with harmful use

40– hazardous use

51–Significant others

Motiv DRUG AWARE

Drug Arrest Referral Scheme

67.7% attendees for Cannabis possession

23.5% attendees for Cocaine possession

·74.5% Males

·25.5% Females

·6 – under 18's

Motiv YOUNG PEOPLE

·44 – Referrals

·Alcohol referrals – 21

·Cannabis – 20

·29 – Males

·15 – Females

·21 – Self referrals

Motiv FAMILY SERVICE

100% of referrals are for the impact parental alcohol, substance or gambling use.

·14 – Adults

·37 – under 18's

13 – Social Services referrals

Largest age category – age 11

Motiv8 IOM Prison Clinic

In October 2025, Motiv8 commenced a new 2-year contract within the prison, significantly increasing clinical provision from four hours per week to two full days. This expansion has enabled a more comprehensive and effective delivery of targeted support to individuals serving sentences related to substance misuse.

The service supports both male and female prisoners, with a primary focus on drug, alcohol, and gambling-related harms, all of which are known to contribute to offending behaviour. The team's breadth of expertise allows practitioners to respond effectively to individuals presenting with multiple and complex patterns of addiction.

Partnership working remains central to achieving positive outcomes. Motiv8 collaborates closely with a range of on-island professionals to ensure coordinated, consistent, and holistic support. This integrated approach not only aims to reduce likelihood of reoffending but also supports individuals in making meaningful, long-term behavioural change. This support extends beyond the clinical room in helping individuals navigate emotional and practical challenges of release, characterised by feelings of overwhelm and uncertainty.

Support is delivered through confidential one-to-one sessions, creating a safe and structured environment where individuals can reflect on the factors contributing to imprisonment. These sessions enable prisoners to explore their experiences at their own pace while developing healthier coping strategies and practical tools for change. Despite the inherent challenges of the custodial setting, levels of engagement and retention remain encouraging, alongside observable improvements in behaviour.



The service is underpinned by structured, evidence-based approaches delivered by a multi-disciplinary team. A key strength is the inclusion of a worker with lived experience, who brings valuable insight and relatability, reinforcing the message that recovery and a sustainable, substance-free lifestyle are achievable. Additionally, the two keyworkers delivering the prison clinic have been in post since June 2023, providing continuity, consistency, and a stable therapeutic presence for those accessing the service.

Motiv8's work supports reduction and abstinence from substance use. Our two qualified drug and alcohol practitioners manage an average caseload of over 30 individuals, requiring careful prioritisation based on risk and need, with approximately 12–14 appointments delivered weekly.

Given capacity limitations, priority is given to:

- Individuals newly admitted to custody, who may feel overwhelmed, disorientated, and unable to process the emotional impact of incarceration
- Prisoners identified as vulnerable or at risk, often following referrals from prison staff or concerns raised by peers
- Individuals demonstrating strong engagement and motivation to change, particularly those working to address unhelpful thinking patterns and behaviours
- Those approaching release, who benefit from structured preparation for reintegration and access to continued Motiv8 support in the community

Substance misuse remains a significant factor within the Isle of Man prison population, underlining the importance of services such as Motiv8. The programme not only addresses harmful behaviours but also focuses on developing core psychological skills. Key areas include emotion regulation, distress tolerance, and interpersonal effectiveness. These skills that are often underdeveloped but essential for managing the challenges associated with release and reintegration.

By strengthening these skills, individuals are better equipped to respond to difficult situations in a considered and constructive way, rather than reacting through automatic, negative behavioural patterns.

During the financial year, Motiv8 supported 16 new referrals and delivered a total of [418] appointments (previous year: 208), current caseload 39. Demonstrating continued demand for the service and its role in facilitating meaningful change.

It is widely recognised that many individuals in custody have experienced significant adversity, including trauma and challenging childhood experiences, which often underpin substance misuse and offending behaviour. In response, Motiv8 continues to advocate for therapeutic, recovery-focused interventions as the most effective and sustainable approach to supporting rehabilitation within the prison setting.

***Tiffany Crookall Drug and
Alcohol Professional***



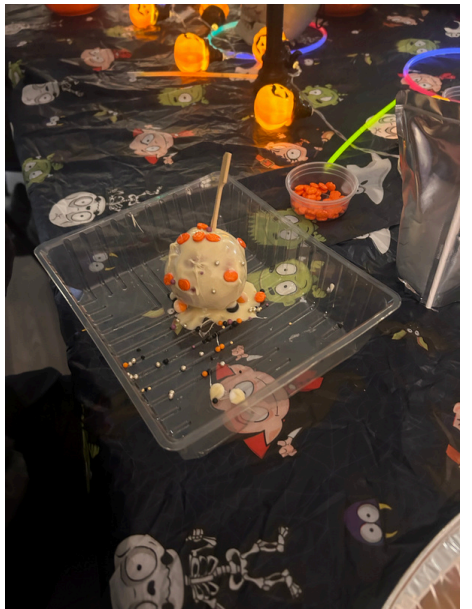
In 2025, with funding from the Manx Lottery Trust, Motiv8 launched a wellbeing programme for young people aged 11–18. The programme was developed in response to the barriers our team regularly encountered, including the high cost of community activities, limited access to transport, and a lack of confidence among many young people to participate in social opportunities.

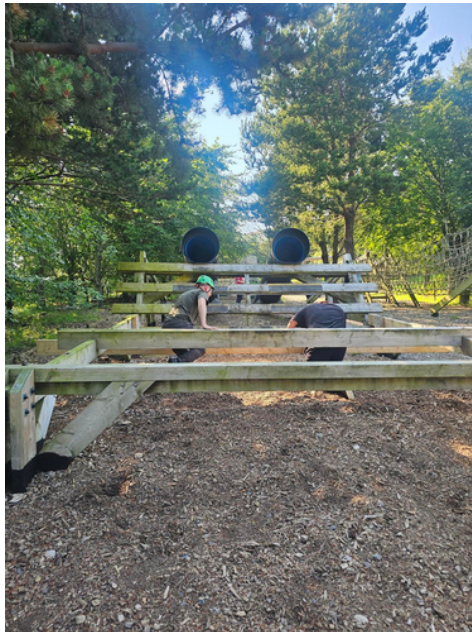
Our aim was to create a safe, welcoming environment where young people could build friendships, develop new skills, increase their confidence, improve their wellbeing, and enjoy a wide range of engaging activities. Since its launch, the programme has welcomed X attendances, demonstrating the demand for accessible, inclusive opportunities for young people.

Participants have enjoyed a diverse programme of activities, including baking brownies, bowling, ice skating, football, badminton, CrossFit, science experiments, and a variety of creative craft sessions such as New Year journals, slime making, and chocolate apple decorating. Young people are also encouraged to prepare their own meals and tidy up afterwards, helping to develop independence and essential life skills.

Alongside these recreational activities, the programme has delivered focused wellbeing sessions covering topics such as personal values, anxiety, and anger management. Feedback from both young people and their families has been extremely positive. Parents have reported that their children return home happier after sessions and value having a safe, supportive space where they feel accepted and able to be themselves.

We hope to continue delivering this successful programme throughout 2026–2027 with the support of community grant funding.





Motiv8's Family Service supports children and parents through a holistic, compassionate approach, offering:

- Counselling and support to reduce the harm for children, young people and parents
- Tools for coping, healing, and long-term change
- Guidance to strengthen family functioning and communication
- Practical help for children: clothing, school essentials, and inclusion in trips and activities
- A safe place for young people to talk reducing loneliness, secrecy, and the pressure to cope alone

Benefits of Motiv8's Family Service:

Our outcomes show that families supported by Motiv8 experience:

- Improved relationships and support networks
- Better routines, behaviours and communication
- Increased resilience and improved mental well-being
- Parents engaging in treatment for drug, alcohol or gambling issues
- Improved engagement with social services, schools and community support
- Reduced feelings of isolation
- Improved school attendance and parents returning to employment
- Reductions in drug- or alcohol-related crime
- Preventing intergenerational misuse
- Reducing further harm and impact
- Building resilience within the family improving support networks and communication



The Family Service team consists of five staff, all of whom are experienced addiction professionals. Each member of the team has also undertaken specific training to support children and young people directly, while helping adults understand the impact that addiction can have on children, family relationships, routines, emotional wellbeing and development.

The Family service does not receive funding through the Strategic partnership with Manx Care. The service is entirely funded by donations and would not be possible without the financial support from the Scheinberg Family, the Dormant Asset Fund via the Manx Lottery Trust, the Co-op Community, Thomas Miller Group and Tesco Community Blue Coin scheme.

This year, one member of the team has been on maternity leave. The service was fortunate to recruit Samantha Vels to provide cover during this period. Samantha's knowledge and experience enabled her to move into the role quickly and begin working directly with children and young people immediately. This helped maintain continuity of support and ensured families were able to access timely intervention without unnecessary delay.

During the year, the Family Service received 55 new referrals, which is lower than the previous year. Although the overall number of referrals has reduced, there has been a notable 133% increase in referrals for young people aged between 12 and 13. This is significant because it suggests that younger adolescents are increasingly presenting with needs linked to the impact of addiction within the family, and it reinforces the importance of early intervention before difficulties become more entrenched.

Referral sources also changed during the year. There was an increase in referrals from Social Services, reflecting the stronger working relationships the team has developed with Social Workers and the confidence partner agencies have in the service. In contrast, referrals from the Drug and Alcohol Team decreased. This trend has already been identified early and is being addressed, with work underway to strengthen referral pathways, improve communication between services and ensure families are signposted to support at the earliest appropriate opportunity.



The service experienced an increase in both the number of appointments offered and the number of appointments attended. This demonstrates improved engagement from families accessing support and reflects the commitment shown by children, young people and adults involved with the service. It also highlights the skill and persistence of the Family Service team in building trust, maintaining contact and creating a supportive environment where families feel able to engage openly and consistently.

Safeguarding remains central to the work of the Family Service. The team has excellent working relationships with safeguarding leads within the schools, which supports early identification of concerns and helps ensure that children and young people receive appropriate support. These relationships are particularly important where children may be affected by parental substance misuse, gambling or gaming, as the impact is not always immediately visible.

The team continues to contribute to multi-agency responses by sharing relevant information, attending meetings where appropriate and supporting professionals to understand the lived experience of children affected by addiction. This collaborative approach helps strengthen safety planning, improves communication between services and ensures that children's needs and voice remain at the centre of decision-making.

During the year, the team identified children at risk and made 18 Multi-Agency Safeguarding referrals (MARFS) . In addition the team made 29 reports for either court or child protection conferences. Plus they attended 141 meetings to discuss children who were at risk.



***Paula Gelling –Family service
lead and Deputy Director***

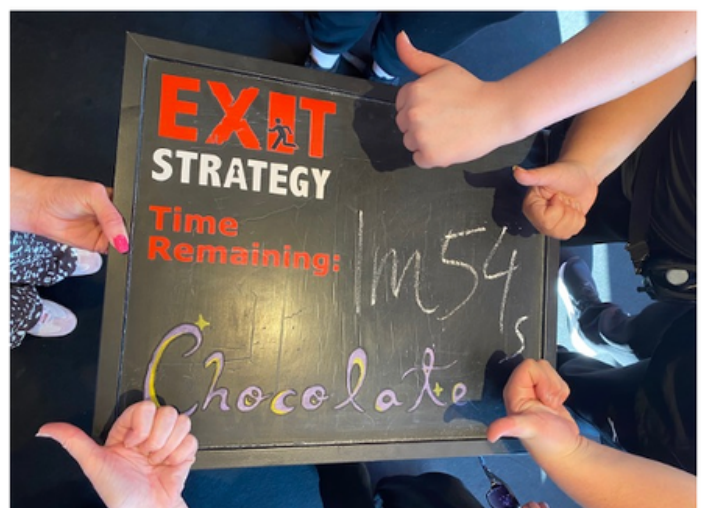
Licensed by The Forward Trust

M-PACT is an evidence-informed psychosocial and educational intervention that takes a whole-family approach on the impact of substance use. It was developed in response to the 2003 Hidden Harm report and is designed to meet the needs of children and families who may be experiencing complex emotional, relational and practical challenges linked to substance misuse

The 8 week programme brings together a small number of families and combines work with adults and children together, separate age-appropriate sessions, and individual family activities.

The programmes aims are to improve the wellbeing of children, young people and families affected by substance use by providing a safe space for children and young people to talk about their experiences. In turn this improves communication and understanding within families, increases their coping skills and resilience, and gives support to parents to understand the impact of substance use on family life.





I have built a stronger relationship with my dad

Feeling more confident in myself

Being able to listen to others and how it helps our situation

Bitter sweet that its the end as i have learnt new things

I now have the ability to share my experiences with others

We can communicate better as a family

Sad to say goodbye!

End of an era, its been an emotional good bye, thank you

FEEDBACK



Surviving Organised Exploitation Across the Island, Recovering Lives

Overview

The SOAR Project was launched in April 2024 and has been operating continuously since this date. The project maintains an average caseload of 20 young people, each receiving one-to-one support tailored to their individual needs, circumstances, and identified risks. The support delivered is flexible and may include interventions focused on reducing the risk of exploitation, improving emotional wellbeing, and addressing substance use issues. The project takes a solution-focused and strengths-based approach with the aim of strengthening protective factors within the young person's life. The project supports a range of individuals from those at low risk of exploitation to those who have been a victim of exploitation by organised crime groups.

Key Developments

- **Therapeutic environment:** Improvements to the youth therapy room have now been completed. This development has created a welcoming, engaging, and comfortable space for young people. The refurbishment included a full redecoration featuring stencil-inspired street art murals, designed to make the environment feel more relatable and youth-friendly. This also features a dedicated activity area which provides opportunities for therapeutic interventions, interactive activities, and relationship-building through games and structured sessions.
- **Enhanced multi-agency working:** The project has continued to strengthen its multi-agency partnerships, working closely with schools to support young people in overcoming barriers to attendance. Through coordinated interventions, the SOAR Project helps facilitate the successful reintroduction of education for young people.
- **Continuous professional development:** To ensure young people receive the highest standard of support, ongoing specialist training has been undertaken to further develop knowledge and skills. Recent training has included:
 - Dialectical Behaviour Therapy (DBT) approaches for adolescents.
 - Training on how to deliver effective child exploitation awareness workshops for parents and carers.
 - Advanced training on ketamine use, trends, risks, and harm reduction.



Drug Arrest Referral Scheme (Under 18s)

The SOAR Project continues to deliver diversionary interventions through the Drug Arrest Referral Scheme for young people under the age of 18. The scheme provides an early intervention opportunity for people coming to the attention of police in relation to drug-related offences. The under 18s aspect of the scheme aims to:

- Divert first-time offenders away from the criminal justice system where appropriate.
- Assess young people for indicators of criminal exploitation and other safeguarding concerns.
- Provide education, advice, and targeted support around substance use and associated risks.

Looking Ahead

The SOAR project continues to provide high-quality support to young people who are vulnerable to exploitation. The project relies on securing independent funding to maintain and develop this vital provision. Research has been ongoing to discover similar projects operating across the UK. The purpose of this is to identify other services that provide effective practice and innovative ways of supporting young people affected by exploitation, to further develop the SOAR project's response to the changing needs of young people.

The project remains committed to advocating for young people, ensuring they receive the support and opportunities they deserve. The project will continue to work closely with partner-agencies and families to help young people to build resilience and make positive and healthier choices.



Adam Cubbon
Young persons, drug and exploitation worker



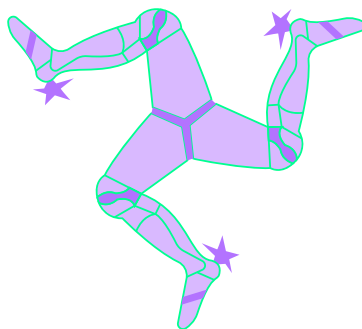
ADDICTION SERVICES

ISLE OF MAN REGISTERED
CHARITY 275

STRATEGIC PLAN 2024-2028



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





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 Man 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.

Motiv



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.





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

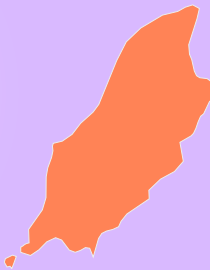
We have undertaken extensive research, and we know what is required to sustain Motiv8 for the benefit of our service users and the Manx community for the next 5 years.



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

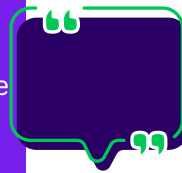
We aim to be an ethical, environmentally aware organisation, seeking ways continually to reduce our carbon footprint and impact on the individual and the environment.



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"

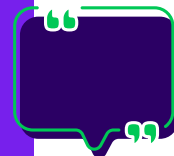


"HELPED ME TO GROW"

"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."



0808 1624 627



contact@motiv8.im



www.motiv8.im

