

ALJEFF TREATMENT CENTRE LTD
Drug, Homeless & Suicide Intervention Services

ANNUAL REVIEW

2007



.....respect, dignity and consideration

ALJEFF TREATMENT CENTRE LTD.

Dedicated to helping all touched by addiction / homelessness / imprisonment
with the respect, dignity and due consideration that they deserve

Annual Review 2007

ALJEFF Treatment Centre Ltd.
Drug / Homeless / Suicide Intervention Service

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ALJEFF Treatment Centre is a company limited by guarantee Reg. No. 337964
Reg. Charity No. CHY 14509

ALJEFF TREATMENT CENTRE LTD.

ALJEFF is a voluntary agency providing addiction and suicide intervention services to individuals and families whose lives have been affected directly or indirectly by addiction. We provide creative and innovative responses to the drugs and homeless problem in Limerick City and the Mid-Western Region.

VISION

At ALJEFF we look forward to the day when the devastation resulting from homelessness and substance abuse is minimized and quality holistic drugs services is maximized through an interagency approach.

VALUES

- Provision of holistic quality interagency service for drug users and their families
- Provision of quality services to homeless persons
- Making services available to the most marginalized
- Provision of quality services within the prison setting and continuum of care for individuals on release
- Working in the heart of the community
- Involving service users in the development of services
- High quality professionals for the provision of services
- Prudent financial management
- Encouraging interagency work / partnerships

MISSION

- Committed to assisting individuals and families affected by the disease of addiction
- Providing Quality Holistic Recovery Treatment Programmes
- Dedicated to helping all touched by addiction / homelessness / imprisonment with the respect, dignity and due consideration that they deserve
- Committed to promoting positive mental health in the community in an effort to reduce high numbers of substance related attempted suicides / self-harm and death through suicide

GENERAL MANAGER / CLINICAL DIRECTOR - REVIEW

2007 marked the 7th Anniversary of ALJEFF Treatment Centre Ltd.. When first opened, ALJEFF worked from rented premises in John Street, Limerick which comprised of a steering committee and a small team of volunteers.

The founding and main objectives of ALJEFF was a response to the growing levels of substance misuse (including alcohol) in Limerick City and our aim was to develop and deliver addiction services to marginalized groups and people at risk.

The prevailing philosophy of the day was, there were sufficient services available in the region for addicts. Alongside this, was the belief that you couldn't and, indeed, shouldn't work with addicts while in active addiction, until they made the commitment to become substance-free. At ALJEFF we felt that our first duty was to help them reduce use through creating awareness, education and prevention, to reduce the harm / dangers associated with drug use. When that was achieved, to provide every assistance to those ready to become substance-free. Our approach offered a real life line for those struggling with dependence, addiction and those at risk.

August **2004** ALJEFF Treatment Centre Ltd., launched our Addiction Counselling and Suicide Intervention service at the new offices in South Circular Road, Limerick. ALJEFF services continued to develop and while continuing to offer education / prevention programmes, we moved to developing other services including:

1. 'Drop-in-Service' for addicts and families
2. One-to-One counselling for substance users / gambling
3. Family Support
4. Homeless Persons / Hostels
5. Prison Service

Following research to identify 'gaps' in the provision of addiction service in Limerick and conscious of the limited funds available to ALJEFF at that time it was important that whatever service ALJEFF was to provide would fulfill the Company Objectives in line with National Drug Strategy Team (NDST) and Regional Drugs Task Force (RDTF), without over-lapping with other services.

Lack of addiction services at Limerick Prison was identified as an important 'gap' in the provision of addiction services. Following discussions with Prison Authorities, ALJEFF launched its Prison service. This service was provided by two counsellors three mornings a week. The counsellors worked with prison authorities and services and played an active part on the multi-discipline team within the prison.

The programme proved both popular and successful and soon it became obvious that an increase in hours at the prison was necessary in order to respond positively to the demands on our service.

While continuing to work at the prison, ALJEFF worked on developing relationships with Homeless services in the city and began to make services available to clients in residence or frequenting homeless hostels. Homelessness by its nature destroys an individual's self-esteem and can result with clients being suspicious of individuals and life in general. For this reason individuals were slow to avail of the service. Recognising this issue, we put a strategic plan in place to encourage people to engage in our services as a result the service took off resulting in a number of success stories.

As many addicts in the community were, for one reason or another unable to access addiction services, ALJEFF began to provide a 'Drop-In' service where individuals had access to an Addiction Counsellor. This service also included the provision of support for families of addicts. We established that due to space constraints, ALJEFF were in a position only to provide One-to-One Counselling, Family Conferences and 'Pre-treatment services.

Our links with Homeless Services, Prison Authorities, together with Voluntary, Statutory and Community Organisations made it possible for us to provide more coherent responses to the issues of problem substance use in the community, prison and amongst the homeless population. Problems of drug use, homelessness, crime, substance abuse continue to devastate many individuals across City and County every year; however, in conjunction with other services we are now much better equipped to address these problems head on.

The services now provided are a holistic approach which includes;

- Primary Healthcare
- Counselling
- Day Treatment Programme
- Crisis Support
- Transitional Programmes
- Re-Integration Programme
- Health Promotion Services
- Structured Pre-Treatment Programmes
- Structured Day Treatment Programmes with continuum of care plans

Continuum Care

Continuum Care includes Aftercare support group, bi-monthly review, return to education and employment / training. Following negotiations with FÁS and RDTF, ALJEFF was chosen as sponsors for the new Special Category Community Employment Scheme. This Scheme has proven most beneficial for clients in early recovery.

Family / Concerned Persons Programme

For concerned persons / families affected by substance abuse we provide non-residential and quarterly residential weekend programmes. Here, concerned persons / families gain an understanding of addiction, setting boundaries and understanding 'detachment'. It is clear that when sufficient resources are in place the more treatment options are available resulting in keeping harm caused by substance misuse to a minimum. With the proper services / supports in place it is possible for individuals to live full lives free from substance dependence / abuse and crime.

Since launching our counselling service in 2004, ALJEFF has seen a significant increase in the number of clients availing of our services and part-taking in recovery programmes.

The ALJEFF philosophy is that no individual organisation can win the war on substance abuse working in isolation. With this in mind, the Aljeff Team are committed to working with Statutory, Voluntary and Community agencies to work towards combating substance misuse and the consequences which evolve as a result of misuse on families and communities. By end of 2008 ALJEFF will have launched Transitional Housing Programme, Re-Integration Programme and commence our Outreach Worker Programme in the community.

Billy Fox

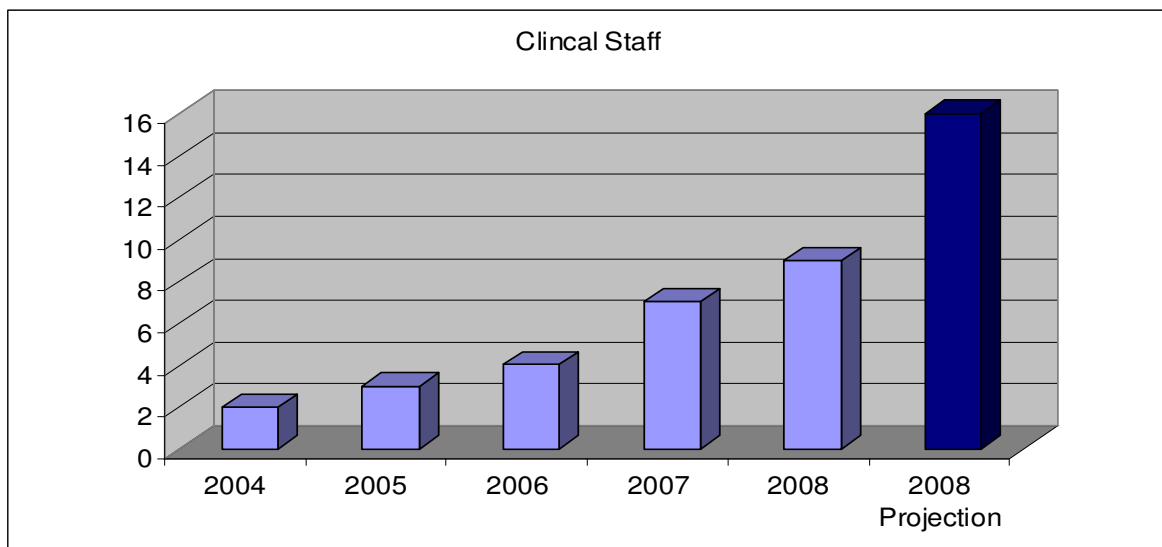
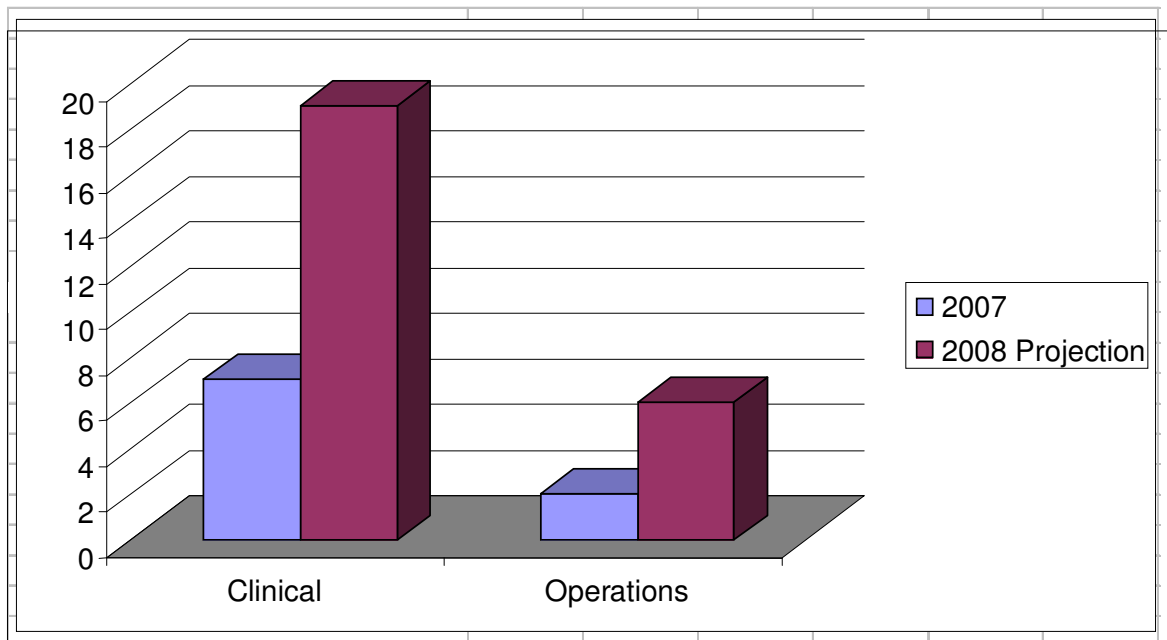
General Manager / Clinical Director

PERSONNEL STATISTICS

As the demand on services grew annually together with the introduction and development of new services it was necessary to increase personnel both in Operations and Clinical Departments. In 2004 services were provided by the Clinical Director, Snr. Counsellor, Jnr. Counsellor and an Operations staff of 2.

At the end of 2007 the Clinical team numbers totaled 9 personnel including, Clinical Director, Snr. Counsellor, 7 Addiction Counsellors. The Operations personnel increased to 4 bringing the total staff count of ALJEFF to 13.

The projected figures for 2008 is a total of 16 Clinical personnel, this to include Transitional Counsellors, Night Availability and Outreach Workers, while Operations / Support staff will total 6 personnel.



STRUCTURED SUPPORT SERVICES

Pre-Treatment Programme

Due to the chaotic use of target group we believe it to be an unachievable goal to expect clients to participate fully in Primary Treatment programmes without preparation. The introduction of the Pre-Treatment programme has proven most successful. It enables clients the opportunity to reduce substance use with support, while at the same time preparing them for Primary Treatment. The Pre-Treatment programme runs for two days per week and enables participants to:

- Explore substance use
- Introduction to Group Therapy
- Education / Prevention
- Exploration of different treatment approaches, health issues, and treatment options

On completion of Pre-Treatment programme and substance free, clients are admitted to the Primary Treatment Programme. We have found that clients having completed this programme participate fully in Primary Treatment from commencement.

Eligibility for this programme is a desire to look honestly at substance use, behaviour and a willingness to accept help. Referrals are accepted from General Practitioners, Voluntary Sector, Community Sector, Statutory Sector, Self Referral, Family / Concerned Persons, Work place, Probation Services and other. Admission to Aljeff programmes is subject to assessment.

Day Treatment Programme

The Day Treatment Programme is 4.5 days per week that runs over six weeks. The programme is holistic and covers all aspects of a participant's life. It is non-judgmental, non confrontational and conducted in a safe supportive environment. This programme is 'roll over' and limited to 12 participants.

From the beginning all clients are expected to partake fully in all aspects of the programme and an individual care plan is compiled with each client. During the course of the first five weeks clients will receive education on addiction, one-to-one counselling, group therapy and alternative therapy.

Week one allows individuals time to get to know group members, share their life story with their peers, during this week Social and Chemical Assessments / Diagnosis will be conducted by their assigned Case Manager. On completion of assessments / diagnosis the client works with their Case Manager in drawing up draft care plans. The Case Manager in turn discusses the plan with the Clinical Team for input.

From week two to week five, the client will work on Powerlessness & Unmanageability, identify needs for personal growth, learn the importance of trust for a healthy recovery, will partake in peer evaluation, learn how to ask for and accept help, work through past hurts, take responsibility for negative behavior, learn to let go of resentments and identify relapse warning signs. Week six focuses on Aftercare Issues, Lifestyle Changes and Primary completion ceremony.

Prison Programme

Demand on the prison service continues to grow. We now have 3 Counsellors five days per week working with prison clients. To avail of these service clients must follow referral procedure through Governor, Medical Team, Probation Service, Chaplin and Schools. Following referral, clients are assessed to determine client's willingness to look at their substance use, their behavioral compulsions and a desire to rebuild their lives. When accepted, clients will engage in one-to-one counseling, Personalised Care Plan, Education / Prevention and Aftercare plan.

Family / Concerned Persons Support Programme

This is a non residential support programme for families / concerned persons of drug users (including alcohol), conducted in a group setting with one-to-one support over an eight week period. This programme has proven popular and demand on the service has grown. In 2008 we plan to introduce weekend residential programmes on a quarterly basis or on demand. During these support programmes participants learn that they are not alone, gain an understanding of addiction, the meaning of powerlessness, learn how to set boundaries, letting go, detach with love instead of anger or Indifference, ask for help and take action and improve the quality of their lives.

Services for Homeless Persons

Our service for homeless persons was introduced in November 2004. It focused on one hostel up to mid 2006. As this service was seen to be of value to the clients and evidence of 'success' stories began to emerge, ALJEFF were asked to introduce the service to other hostels within the city.

ALJEFF staff work closely with Case Workers in hostels, Limerick City Co-ordinator for Homeless Services, Health Service Executive and other agencies in the provision of a holistic service. The services provided in conjunction with the above include: information, advice and crisis support (to both clients and staff). Assessment on clients' needs is conducted and information is shared with relevant personnel in order to facilitate care planning for clients.

Individuals experiencing homelessness often suffer severe stress caused by the situation in which they find themselves. It is not surprising therefore that those individuals experiencing difficulties coping with life very often turn to alcohol or other drugs in their attempts to escape this painful reality. The provision of counselling service helps to identify the level of substance dependence or addiction.

The counselling service has seven levels:

1. Crisis Intervention
2. Once off interventions
3. Long-term one-to-one counseling
4. Dependence / Addiction Assessment
5. Pre-Treatment Support
6. Appropriate treatment services
7. Post-Treatment Support

Suicide Intervention Service

The objectives of this service is to work in conjunction with our addiction services to promote positive mental health in the community in an effort to reduce the high numbers of attempted suicides / self-harm and death through substance related abuse.

The service outlines the following:

Intervention, Assessment, Psychiatric referral, Diagnosis Treatment Planning, Counselling Therapy, Support Group, Liaison with General Practitioners, Family Support, Bereavement, Referral to appropriate services

ALJEFF works with other agencies in the provision of this service.

Aftercare Programme

The objective of this programme is to provide continuum of care for clients / families having completed Primary Treatment. This programme includes facilitated group therapy sessions for 52 weeks, regular one-to-one review meetings, ongoing education and support groups.

Special Category Community Employment Scheme (SCCES)

In November 2007 FÁS made available a SCCES with ALJEFF as sponsor. The scheme is part of continuum of care and the objectives are:

- To support / facilitate ongoing recovery for addicts
- To identify individual training, rehabilitative learning and ancillary needs through continuous one-to-one assessment / communication
- To develop / provide vocational and educational programmes in line with participants needs / requirements
- To support participants during work placement / work experience with a view to achieving sustainable employment

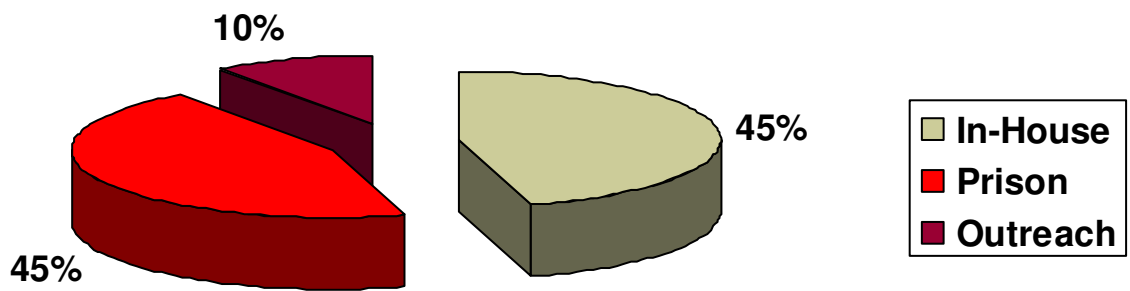
SCCES Programme Outline:

- Assessment / Supervisor
- Induction
- Health & Safety
- Participants Needs
- Assessment (Rehabilitative / Vocational)
- Personal Development
- Work Skills Module
- Work Placement

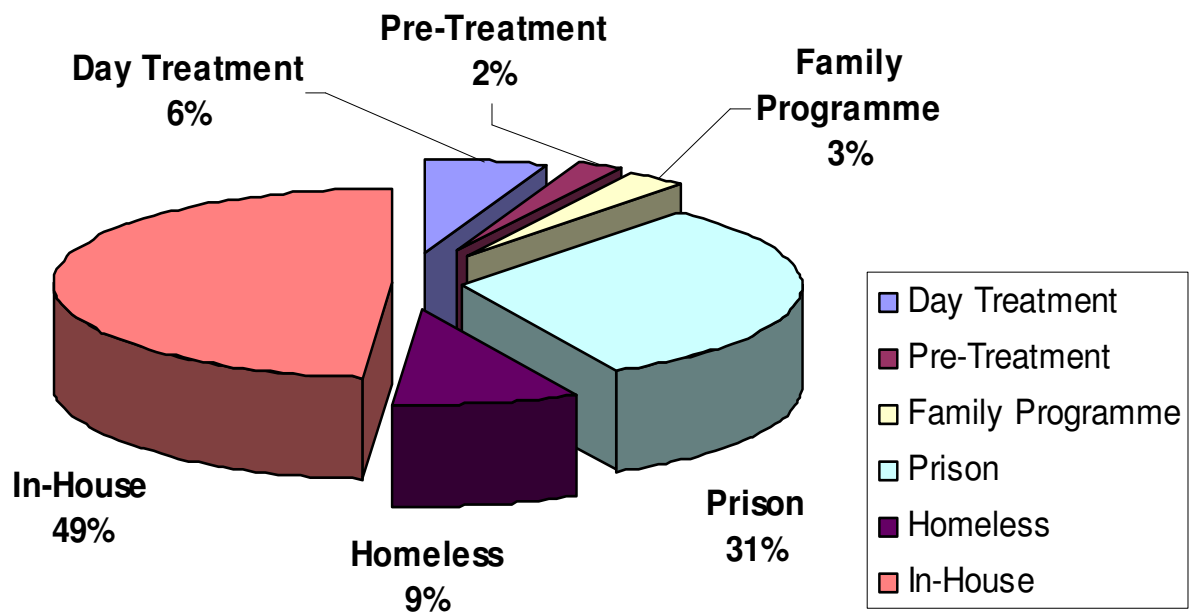
Participants profile / client group consist of ex-prisoners, homeless persons, disability and /or incomplete education. The current gender profile is mixed with 11 males and 4 females, ranging in age from 18 to 55 years. All participants are in recovery and the SCCES is part of their continuum of care. This scheme has proven successful with participants continuing their recovery programme. Each individual has access to counsellors as well as having support form their highly qualified Scheme Supervisor / Facilitator.

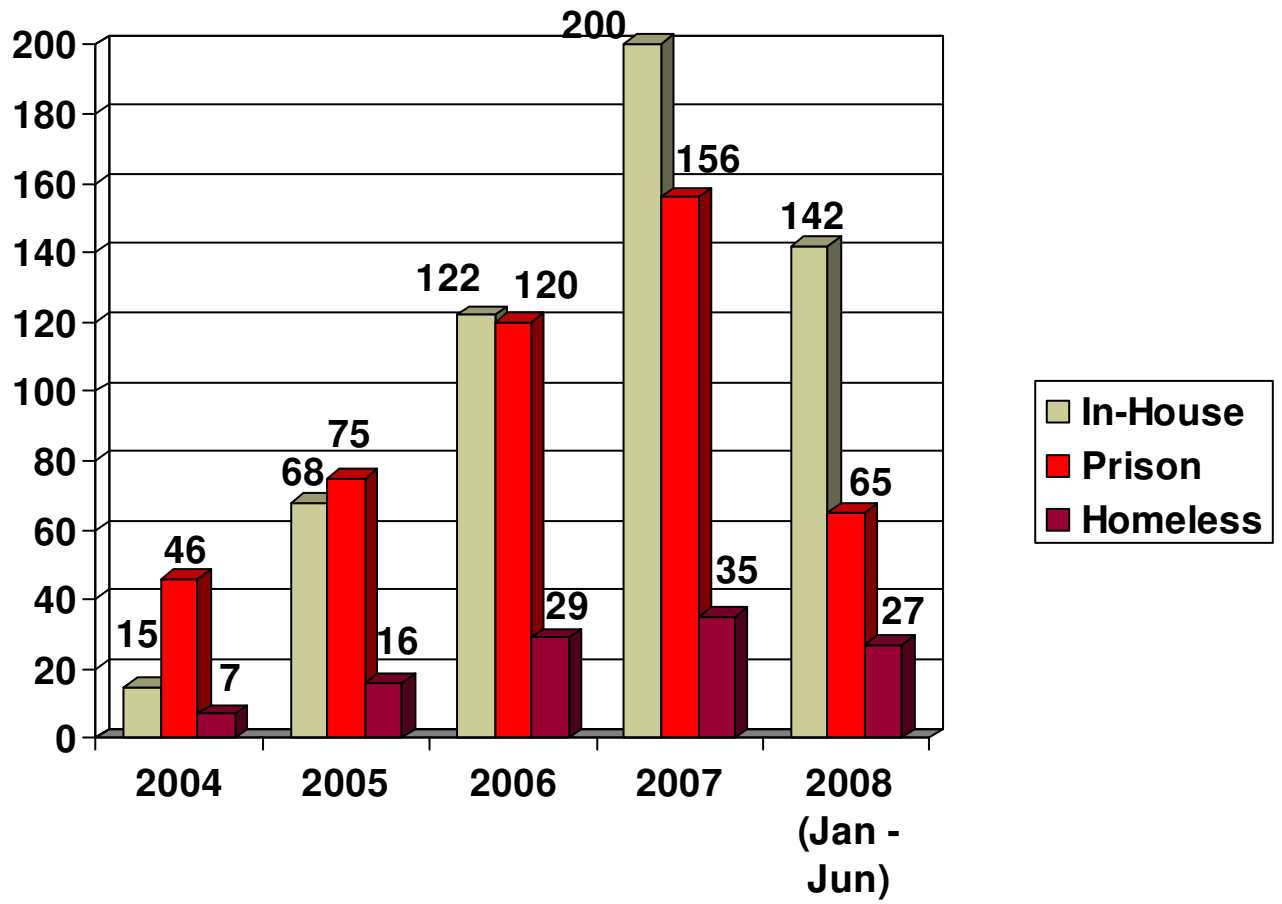
CLIENT STATISTICS

2004 - 2007 - Clients



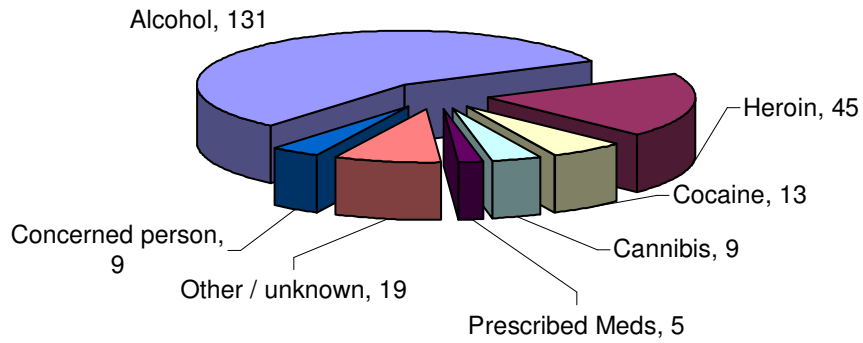
2007 - 2008 Clients



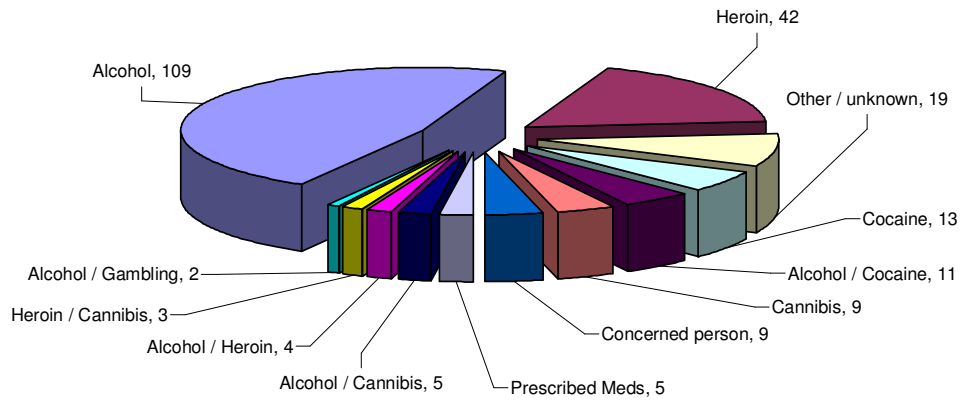


CLIENT DRUG OF CHOICE

Drug Of Choice - 2007



Drug Of Choice - 2007



NETWORK / OUTREACH SERVICES

Throughout 2007 ALJEFF continued interactions with Voluntary, Community and Statutory Agencies, including Homeless Services, Probation Services, Suicide Intervention / Prevention Units. The continued networking enables more coherent responses to the issues of problem substance use in the community, prison and amongst the homeless population.

ALJEFF have provided services to families of prisoners, child protection, Trauma Unit Regional Hospital together with other services in the community.

Through this positive networking we developed partnerships with other organisation which enabled us to provide our Outreach services in the community. This networking has further assisted us to identifying other 'gaps' in services. The most obvious of these include services for juveniles. Daily we identify young individuals whose substance use goes from experimentation to chaotic use. Very often these individuals fall through the gaps and go on to developing addiction this leads to anti-social behavior, legal problems, imprisonment and homelessness. We believe it is possible to provide intervention / education / other services for these clients. It is our intention in 2008 to develop services in conjunction with other organisations for this client group. We will deliver this programme as a 'gateway' project, where the aim will be to engage individuals in education, recreational support and opportunities. The objective of this programme is to help individuals identify alternatives to drug use. From this programme clients will have the opportunity to engage in treatment programmes as appropriate.

By the close of 2007 there was clear evidence of increase in numbers of clients engaging in our services. Even with four counsellors providing cover within the prison five days per week it is proving difficult to keep numbers on waiting lists to a minimum. The same situation is arising with all our services.

While alcohol remains the most abused drug followed by cannabis (both of which are gateway drugs) there is a large increase in abuse of prescribed medication, heroin and cocaine use.

Daily we are faced with the serious problem of lack of detoxification beds. A total of 22 beds are available for detox to serve the whole country. We are currently involved in preliminary discussions in the hope of providing this service in the Western Region.

FINANCIAL REPORT

ALJEFF Treatment Centre Ltd. has as a priority effective and prudent financial management. In order to deliver a best practice service which shows value for money it is imperative that financial resources be managed at the highest level.

We maintain consistency and accountability throughout the organisation with integrated financial planning at all strategic levels.

ALJEFF Treatment Centre Ltd. accounts are summarized below. These accounts cover all the services of ALJEFF Treatment Centre.

Income and Expenditure: Total income for ALJEFF Treatment Centre Ltd. for the year ending 31st December 2007

	2007	2006
Income	353,014	199,351
Less Expenditure	384,406	282,682
Surplus / (Deficit)	(31,392)	(83,331)

Income:

Income from Statutory Bodies represents more than 88.4% of ALJEFF Ltd. The remaining income was raise through charitable donations / other income.

Expenditure:

Wages and salaries represent 85% of total overhead expenditure. Remaining overhead expenditure is down with that in previous years.

Balance Sheets:

The Balance Sheets for ALJEFF Treatment Centre Ltd as at 31st December 2007 are set out as follows:

	2007	2006
Fixed Assets	112,141	113,999
Current Assets		
Debtors	9,743	8,419
Cash at Bank on hand	120,470	129,125
Less:		
Current Liabilities		
Creditors	(50,014)	(23,839)
Net Current Assets		
Deferred Income	(80,200)	(113,705)
Creditors		(3,972)
Accumulated (Deficit) Surplus	192,340	223,732