

# **Annual Report 2008-2009**

## **Chair's Report**

It gives me great pleasure to welcome you to this year's Annual Report. I hope it shows you the diverse services we offer anyone affected by substance misuse in Rhondda Cynon Taff, Merthyr Tydfil and Bridgend.

As in previous years, we have endeavoured to use our resources carefully to ensure we maintain quality service provision. The ethos of TEDS is to provide a comprehensive package of care to our service users, their families and carers and the communities in which they live.

In any charitable organisation, there are numerous people and agencies that need to be recognised and the thanks of the Management Committee go to Jean and her staff for continuing to deliver the excellent services we have become known for. I would also like to thank everyone who has provided funding and support to TEDS for their continued confidence in the work we do.

If you have any queries arising from this report please do not hesitate to contact us.

**Glyn Evans**

**Chair**

## **Manager's Report**

As can be seen from the statistics included in this report 2008/09 has been another incredibly busy year for everyone involved in TEDS.

As well as direct service delivery to our clients, this year we have also been subject to a Health Inspectorate Wales Thematic Review, along with all other substance

misuse providers in Wales. This was a useful exercise for our project to go through, although it did cause capacity issues. We are still waiting for feedback from the Review, which we hope will be positive !

I would like to thank the team, both paid staff and volunteers for all the hard work and commitment they have shown in this year. TEDS strength and reputation lies in the quality of our staff and we wouldn't be where we are without them.

Once again, we have to report the tragic death of a member of our Team. Norman Michel, one of our Youth Offending Service workers, died suddenly in January. He hadn't worked for us for long but had already impressed us and the YOS with the quality of the work he was undertaking with the young people he worked with.

This Annual Report is dedicated to his memory.

**Jean Harrington MBE**

**Manager**

## **Aims & Philosophy**

TEDS was established in 1985 as a community response to substance misuse related problems. We cover Rhondda Cynon Taff for all our services and we also deliver some services in the Bridgend County Borough area and Merthyr Tydfil.

We provide a range of services for people who are affected by substance misuse. These services are delivered within a harm reduction framework and are provided free, in confidence and are tailored, as far as possible, to meet individual service user's needs in a non-judgemental, non-discriminatory way.

The principles of individual choice have always been, and will remain, of paramount importance to TEDS and we maintain the commitment to providing a quality service in all areas of our work.

# Management Committee

As at 31<sup>st</sup> March 2009

Glyn Evans	Chair
Alan Watts	Vice Chair
Liz Begg	Trustee
Chris Metcalfe	Trustee
Paul Pritchard	Trustee
Dennis Street	Trustee
Jean Yerbury	Trustee

## Co-opted

Jean Harrington	Manager
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## Staff Team

Michael	Beynon	Progress2Work Project Worker	Ann	Miles	Progress2Work Project Worker
Natalie	Blake	Young Person's Worker	Leanne	Morris	Substance Misuse Project Worker
Lizzy	Bray	Progress2Work Project Worker	Sharon	O'Keefe	RISMS Relapse Prevention
Peter	Clark	Detox Nurse	Wayne	Oliver	Project Worker
Chris	Coffey	RAP Co-ordinator	Lisa	O'Sullivan	Detox Team Leader
Belinda	Coleman	Progress2Work Project Worker	Mark	Oates	Relapse Prevention Worker
Lynn	Davies	Progress2Work Manager	Sue	Owen	Counsellor
Geraint	Davies	D.I.P. Case Manager	Eleri	Owens	RAP Project Worker
Maria	Davies	Probation Alcohol Worker	Gina	Phillips	Finance Officer
Bethan	Elias	Families First Childcare Worker	Matthew	Powell	RAP Project Worker
Angelica	Evans	Young People's Team Leader	Rhiannon	Price	Families First Childcare Worker
Tracy	Evans	Project Worker	Susan	Rainbird	Senior Admin Worker
Stephanie	Farrugia	Admin Worker	Christine	Ramsey	Progress2Work Project Worker
Pat	Grba	Community Development Worker	Nadia	Rees	Families First Training Officer
Lindsey	Haggar	Criminal Justice Team Leader	Colin	Richards	Detox Nurse
Jean	Harrington	Manager	Nicola	Richards	Progress2Work Project Worker
Corinne	Havard	Progress2Work Project Worker	Nicola	Shankland	Project Worker
Sian	Hetherington	Admin Worker	Eryl	Simmonds	ABIS Project Worker
Roxy	Hill	YOS Substance Misuse	Sara	Stone	Alcohol Support Worker

		Worker			
Catherine	Humphreys	DRR Project Worker	Pat	Underwood	Project Worker
Leah	Huntley	Progress2Work Project Worker	Rachel	Watkins	Probation Worker
Lynne	Johanson	Project Worker's Team Leader	Ceri	Watts	Training Manager
Karen	Johnston	Data Management Officer	Vicky	Whitcombe	ABIS Project Worker
Kirsty	Jones	Admin Worker	Barbara	Williams	Alcohol Worker
Charlotte	Lee	Progress2Work Project Worker	Catherine	Williams	Families First Childcare Worker
Katrina	Liosatos	Counsellor			
Leanne	Martin	Young Person's Worker			

## PROJECT BREAKDOWN

<b>Core Services</b>  Full range of specialist interventions	<b>Home Detox &amp; Rehabilitation</b>  Working with GP's to safely detox service users in their own homes	<b>Counselling</b>  Delivering a structured counselling service to substance misuse
<b>Needle Exchange</b>  An important element of our harm reduction work	<b>Advice &amp; Information</b>  For service users professionals & families	<b>Training</b>  Working in school's and with adults to increase knowledge of substance misuse issues
<b>Family Support</b>  Providing vital support for families affected by substance misuse	<b>Criminal Justice Services</b>  Services to clients within the Criminal Justice System	<b>Youth Offending Service</b>  Working with young offenders with substance misuse problems
<b>Young Person's Services</b>  Working with young people up to 25 years old	<b>Looked After Children</b>  Working with young people in the looked after care system	<b>Progress2Work</b>  Helping clients back into training, education or employment

<b>Alcohol Project</b>  Alcohol Liaison Scheme and Alcohol Brief Intervention Scheme	<b>Community Care</b>  Working within the Substance Misuse Team of the Local Authority	<b>RISMS</b>  Multi agency project providing services in the Rhondda
<b>Community Development</b>  Looking at local responses to substance related issues	<b>Complimentary Therapies</b>  Acupuncture & relaxation techniques	<b>Families First</b>  Child focussed service for children of parents who are substance misusers
<b>Volunteer Training &amp; Mentoring</b>  Developing a volunteer base to support our work	<b>Strategic Planning/ Forums</b>  Working with partner agencies to deliver quality services	<b>Social Work Student Placements</b>  Providing opportunities for students to learn about substance misuse

## ACTIVITY 2008/09

<b>TOTAL CONTACTS</b>	<b>11,723</b>
<b>No New Clients</b>	<b>1042</b>
<b>Re-referred Clients</b>	<b>1461</b>
<b>Ongoing Clients</b>	<b>268</b>
<b>Total Individuals</b>	<b>2,771</b>

<b>NEW &amp; RE - REFERRED BY GENDER</b>	
<b>MALE</b>	<b>1824</b>
<b>FEMALE</b>	<b>679</b>

<b>NEW &amp; RE-REFERRED BY MAIN AREA</b>			
<b>RHONDDA</b>	<b>796</b>	<b>CYNON</b>	<b>775</b>
<b>TAFF</b>	<b>615</b>	<b>BRIDGEND</b>	<b>266</b>
		<b>OTHER</b>	<b>51</b>

<b>NEW &amp; RE-REFERRED BY MAIN DRUG</b>					
<b>ALCOHOL</b>	<b>1221</b>	<b>AMPHETAMINES</b>	<b>133</b>	<b>BENZODIAZEPINES</b>	<b>45</b>
<b>CANNABIS</b>	<b>187</b>	<b>CRACK/COCAINE</b>	<b>52</b>	<b>OPIATES</b>	<b>318</b>
<b>STEROIDS</b>	<b>97</b>	<b>N/A</b>	<b>423</b>	<b>OTHER</b>	<b>27</b>

<b>NEW &amp; RE-REFERRED BY REFERRAL SOURCE</b>					
<b>CDAT</b>	<b>272</b>	<b>SUPPORT AGENCIES</b>	<b>84</b>	<b>MENTAL HEALTH</b>	<b>39</b>
<b>GP</b>	<b>143</b>	<b>PROBATION</b>	<b>353</b>	<b>FAMILY/FRIENDS</b>	<b>90</b>
<b>SELF</b>	<b>506</b>	<b>NEEDLE EXCHANGE</b>	<b>121</b>	<b>SCHOOLS</b>	<b>16</b>
<b>A&amp;E</b>	<b>46</b>	<b>PRISON/ARREST REFERRAL</b>	<b>79</b>	<b>JOBCENTRE</b>	<b>372</b>
<b>DIP</b>	<b>45</b>	<b>SOCIAL SERVICES</b>	<b>108</b>	<b>OTHER</b>	<b>15</b>

<b>NON STATUTORY DRUG SERVICE</b>	<b>214</b>
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<b>NEW &amp; RE-REFERRED BY AGE</b>			
<b>UNDER 15</b>	<b>40</b>	<b>21 - 25</b>	<b>471</b>
<b>16 - 18</b>	<b>110</b>	<b>26 - 30</b>	<b>480</b>
<b>19 - 20</b>	<b>185</b>	<b>31 +</b>	<b>1198</b>
<b>UNKNOWN</b>	<b>19</b>		

<b>NEEDLE EXCHANGE</b>	
<b>CLIENTS USING EXCHANGE</b>	<b>395</b>
<b>NEW CLIENTS</b>	<b>120</b>
<b>NUMBER OF VISITS</b>	<b>1693</b>
<b>RETURN RATE</b>	<b>72%</b>

### **REASON CONTACT ENDED**

<b>TREATMENT COMPLETED</b>	<b>701</b>	<b>MOVED FROM AREA</b>	<b>51</b>
<b>TREATMENT WITHDRAWN</b>	<b>10</b>	<b>CUSTODY</b>	<b>60</b>

<b>REFERRED TO ANOTHER SERVICE</b>	<b>239</b>	<b>DECEASED</b>	<b>14</b>
<b>DNA</b>	<b>607</b>	<b>INAPPROPRIATE REFERRAL</b>	<b>76</b>
<b>DROPPED OUT</b>	<b>399</b>	<b>NO OF INDIVIDUALS CLOSED</b>	<b>2329</b>
<b>ADVICE ONLY</b>	<b>172</b>		

## **CASE STUDIES**

### **Alcohol Brief Intervention Scheme (ABIS)**

Tony self referred to TEDS as he was concerned about his escalating alcohol use. His pattern of use was to binge drink three times a week, on days he wasn't working.

Tony believed that boredom was a contributory factor to his use and we worked with him to identify the triggers and look at developing coping strategies and control techniques. These included alternating soft drinks, restructuring his day and keeping drink diaries to monitor progress.

Tony was supported to attend the gym on his days off and we looked at the option of accessing evening classes at his local college with support from our Progress2Work team.

Tony achieved his target goal of controlled drinking on the weekends only. He has recently started a Health Care course in the evenings at his local college.

### **Family Support**

Mum and Dad were referred to TEDS for support around issues that affected them in respect of their son's Heroin use.

There was a lack of knowledge and understanding about their son's drug use that was causing tremendous tension within the family. We looked at effects and risks in great depth with them and, on some occasions, their son took part of the sessions. This proved very effective as it gave them all a greater understanding of each other's point of view. Communication improved between them on all topics, not just drugs, which meant a calmer environment for them all to live in.

The family now feel in a better position to support their son and respect the decisions he makes. He is currently on a methadone programme and is doing really well.

### **Community Detox**

John is 43 years old, with a history of past illicit drug use, who referred himself to TEDS to get help with his alcohol dependency. Prior to his alcohol use becoming

problematic, John was a passionate and prolific writer of poetry, some of which had been published. This had stopped as his alcohol use increased.

He had been drinking heavily for 6 years, which increased following the split from his long term partner. His confidence was extremely low and he was very depressed. If he reduced or stopped his alcohol intake, he would experience severe withdrawals. His mental and physical health were deteriorating, he had lost a lot of weight and his sleep pattern was erratic.

He was referred for detox, and after blood tests and a specialist assessment by our Nurse or Relapse Prevention worker, he was assessed as suitable for Community Detox, with his GP prescribing the medication required and also providing additional support throughout the actual detox as required. The detox Nurse visited on a hourly basis throughout the day to ensure John was coping with the withdrawal. He also visited the following day to initiate the Antabuse medication that John would take to minimise the risk of relapse.

With the support of the Relapse Prevention worker, John has remained abstinent for four months and is beginning to think about his poetry again, and is feeling much more confident for his future.

A full set of accounts is available on request

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**If you have any queries regarding this report please email [teds@teds.org.uk](mailto:teds@teds.org.uk)**