

Ballymun Youth Action Project

A Community Response To Drug Misuse The Newsletter

Under The Black There Is Light!! Life !!

Christmas Edition
2013



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Best Wishes For Christmas From All
The Staff Of The Ballymun Youth Action Project

BECOMING ADDICTED TO CONSTANT AND
NEVER ENDING SELF IMPROVEMENT

A Word from the Director

In November 2013, BYAP held a certificate presentation for people who had completed courses with us over the last year. There was a great turnout. Many of those getting the certificates brought family or friends. A lot of people were struck by the sense of achievement that was felt and talked about by so many people from the different courses. At the same time there was an awareness of the difficulties and challenges that had to be overcome in order to get to that point.

I'm sure for many of those getting their certificates there were times when it all seemed a bit too much, where sessions on courses pushed us or made us uncomfortable with what we were discovering about ourselves, our families, or our community. But because people stuck with it, not giving up because it was too hard, people were getting their certificates on the night, and in some cases people were taking home a whole collection of awards.

Christmas means lots of different things for people. But maybe it can also be a chance to notice and celebrate pieces of the year passed where we did stick with something and where that has made a difference, to ourselves, to our family, or to our community. Maybe too it is a time to support each other in hope, and to keep building up the things that keep that hope alive.

Finally, thanks to everyone who makes BYAP possible, and who together work to make things different.

Happy Christmas

The Friends Remembering Friends Service 2014 will be held in February in The Holy Spirit Church, Sillogue Road. If you would like to get involved, help plan and organise the event please talk to Cara or Chris.

**“The Years
Teach
Much
Which The
Days Never
Knew”**



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Ballymun Youth Action Project Christmas Opening

BYAP opening hours over Christmas

Friday 27th December 12 - 4pm

Monday 30th December 12 - 4pm

The Happiest Christmas I Can Remember

I remember when my kids were young, they loved Christmas. When we went shopping they loved to see all the toys. The kids would pick up all the toys and play with them. They would have a long list of toys that they wanted from Santa. My daughter really wanted a Baby Born Doll and some kids Jewellery and my son was mad into Trains, especially Thomas the Tank Engine. So I got my daughter her Baby Born with nappies and clothes for the doll. She also got some other small toys. My son got the train set with some other small toys which he loved. When I got home I wrapped their presents up in some lovely wrapping paper.

On Christmas Eve when we had our dinner we turned on the telly and snuggled up together with our Christmas lights on it was so cosy. The kids watched their favourite film. We had ice cream and sweets and then I put them to bed. They were so exited they couldn't sleep. Eventually they fell asleep.

The kids loved Christmas morning when they opened their presents and played with them. They were so happy and it makes me so happy to think about that time together.

Christmas Morning I made a nice fry for breakfast. The kids were running around opening their presents. I loved to see the smile on their faces. My daughter was so happy with her Baby Born Doll she spent all day dressing her doll and putting her in her pram and pushing it up and down the room. My son loved his Thomas The Tank Engine and his Lego. Christmas was the best day of the year. We had our lovely Christmas dinner and desserts. After that we got dressed in our Christmas clothes and the kids looked so cute. We went to my mums and the kids played with their cousins.

It was such a great day and most of all the kids loved their presents so I couldn't wait until next Christmas RQ

Christmas And Christmas Past

Christmas and Christmas Past.

Lighted candles shadows cast,

My ma in the kitchen doing what she could

My Dad nursing a can like every man should,

My Granda came Christmas Eve

My Aunt with the whiskey doing drinking you wouldn't believe

I used to say where does it go

And after a few more her cheeks would glow

I loved my Granda and loved the presents

But Christmas in his house was great in Greencastle crescent

The family altogether in that house

My Granda had drinks from *Sandiman Port & Famous Grouse*

Pork steak and Turkey gravy and mustard

And when it was all over apple pie and custard

Now I'm the father and I give the presents

But I'll never forget the Christmas in Greencastle Crescent ...

PM





"It's
never
too late
to be
what
you
might
have
been"

Many thanks
Olive & Paul
for their
continued
support in
producing the
Newsletter.
Best wishes,

*Maybe it's not always trying to fix something broken.
Maybe it's about starting over and creating something better ?*

L J

Christmas In Ballymun

3 weeks before Christmas I took the kids out to do the Christmas shopping and they were so cold. But my son Paul and my daughter Gemma were crying saying they were so cold. But they were so excited about Christmas. So Stacy and Rachel said to me are we going to have a good Christmas and I said yes we are. To them it's going to be the best ever no matter what happens. So what I did , I got sleeping bags and put them around the open fire and the kids got real comfortable and Rachel, Stacy, Paul and Gemma started to sing Christmas carols while the hail stones were hitting the windows. And it was a joy to hear them sing. The tears just stood out in my eyes with joy and happiness the best ever.

F H

Dear tummy, sorry for all the butterflies.
Dear pillow, sorry for all the tears.
Dear heart, sorry for all the damage.
Dear brain, you were right.

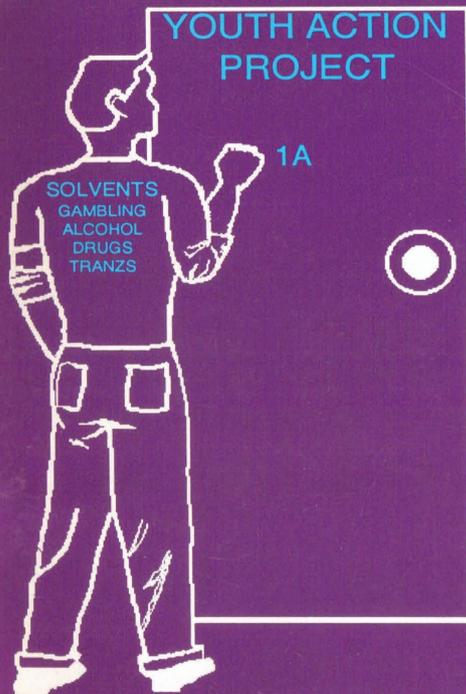
L J

BYAP Day Programme

The Ballymun Youth Action Project will start a new series of programmes in January 2014. This series of programmes will include a Cannabis Programme, a Relapse Prevention Programme and an Addiction Awareness Programme. If you are interested in coming along to the programmes please contact Gary or Mairead on 01- 8428071 or drop-in to The Ballymun Youth Action Project, Balcurris Road, Ballymun Dublin 11.

TEN YEARS ON

A history of the Ballymun Youth Action Project, a community response to drug & alcohol abuse



Written by : Mary ellen Mc Cann.... PRICE £3.00

A Blast From The Past.

In 1993, for YAP's 10th birthday the then Director, Mary Ellen McCann, wrote a book documenting the story of YAP from its very humble origins, it's many struggles, it's happy times all the way up to it's 10th birthday. It was a great achievement at that time for the project. As you can see the book cost £3 at the time and would now have to be considered an antique and probably worth a small fortune. Be sure to check all presses in case you have one around the house !!!!





“The most important trip you may take in life is meeting people halfway”



YAP / Urrus Certificate Presentation Presentation

The Ballymun Youth Action Project Day programme and Urrus held a Certificate Presentation on the 14th of November 2013 in The Horizons Centre Balcurris Road.

The guest presenter for this event was Emer Costello a **Member of the European Parliament**, The Labour Party and former Lord Mayor of Dublin



Emer Costello M.E.P.

Emer spoke about The Youth Guarantee Pilot Project which will provide a major boost to The Ballymun Regeneration Project, ensuring a degree of social regeneration will take place alongside the housing regeneration in the Ballymun area. Proper implementation of the Youth Guarantee will be crucial. Emer also spoke about the corrosive impact on a community with a large number of young people unemployed.

Ballymun has suffered for too long from social problems that result from high levels of youth unemployment.



Jason & Leon

On the night of the presentation. The YAP Day Programme presented over 50 certificates of attendance for the following programs, The Relapse Prevention, The Detox Programme, The Cannabis Programmes, The Addiction Awareness Programme, The Detox Support Group and The Detox Preparation Programme.



Local Representatives Dessie Ellis, John Lyons, Emer Costello & Dermot King



Urrus also presented 30 certificates for the Community Addiction Studies Course, a 100 hour FETAC level 5 course, enabling people in the community to respond more effectively to drug and alcohol issues. They also presented certificates to 15 participants for attending a FETAC level 5 Drug and Alcohol Studies Programme.

Many members of the Ballymun community attended this enjoyable event. Several course participants also made speeches about their experience of participation on the programs and about their hopes and plans for the future. Emer Costello stayed on to pose with participants for photographs and mingled with members of the local community.

Our thanks for the continued support of Mary Love, The Ballymun Adult Literacy Programme and of course Eileen Griffin, Literacy tutor.

If you are interested in any of the programmes or courses run by The Ballymun Youth Action Project or Urrus please contact us on 8428071 or drop into The Horizons Building, Balcurris Road Ballymun.

Thanks to everyone for making the night such a success.



Lisa & Barbara

The Drug Treatment Programme, Mountjoy Prison



Judge your success by what you had to give up in order to achieve it.



In 1994 The Irish Prison Service approached three Dublin drug services, YAP, Coolmine & Anna Liffey, who at the time were actively working with prisoners who had drug issues. The Prison Service wanted to establish a drug treatment programme and asked to meet with the services to design and discuss what would need to happen to get the programme up and running.

YAP has always seen prison as an important place to be working in as many people with drug issues contemplate and consider change while in custody and the daily structure can assist people gain some degree of stability allowing them make different choices. We happily agreed to be part of an eight week programme. The programme would begin with a two week medically supervised detox, if necessary, followed by six weeks of group treatment.

The programme began in 1995 and is now in its 18th year, and almost 1,300 prisoners have been involved with the programme. All three of the drug services facilitate sessions in the programme along with addiction nurses, school dept and the counsellors who work in the prison.

The Aims of our programme are;

- To explore the relationship between the participant, drugs and addiction.
- To examine the effects of drugs / addiction on the individual.
- To explore the process of addiction within the person's life.
- To increase self efficacy.

Within the prison room we work to

- Establish a safe and therapeutic environment,
- Explore the effects of addiction on various areas of the individual's life, using the Whole Person Model,
- Explore Emotional Development through Chemical Use using the "Process of Addiction" model,
- Allow participants explore and assess the effects of addiction on Values, using the "Personal Values Sorting Exercise",
- Examine Change, Blocks and Supports available,
- Highlight strengths identified and participant's development throughout the process of the programme.

We use a number of self assessment tools during the programme as we believe the person is a valuable resource in effecting change. Self-assessment allows the person take responsibility for their own performance and development. We also find when an individual participates in self-evaluation, there is an increased level of commitment to their goals. Self-assessment also helps the person assess the need for change and performance improvement. The participant is actively involved in evaluating their own performance. The self assessment instruments, complimented by the Motivational Interviewing approach of the worker, play an important part in building on self efficacy. Building the self efficacy of the person is important as it plays a major role in how the person approaches goals, tasks, and challenges. People are more inclined to take on a task if they believe they can succeed. People generally avoid tasks where their self-efficacy is low, but will engage in tasks where their self-efficacy is high. Research has also shown that enhancing self efficacy decreases the potential risk of future relapse.

When I remember the days that I lived in Ballymun with my 4 kids. It was winter and it was snowing and I took the kids out to play with the snow. They were so cold. So I took them to the Shopping Centre and bought them woolly hats and gloves. My daughters Stacey and Rachel said that the hats and gloves were so cosy and that we love you ma. So they all played in the snow full of happiness. Just looking at my son Paul throwing the snow high in the air and coming through his fingers likes flakes that was the best winter I ever had.

F H

As you waste your breath complaining about life, someone out there is breathing their last breath. Appreciate what you have. L.J.



A Christmas Wish

*I'd like a stocking made for a giant
And a meeting house full of toys
Then I'd go out in a happy hunt
For the poor little girls and boys
Up the street and down the street
And across and over the town
I'd search and find them everyone
Before the sun went down*

Eugene Field

Stone Heart

I remember so well the day he passed
And it reinstated my faith in the term nothing lasts
And even seven, eight months on my heart is still breaking
And I constantly asked God, why have you forsaken
If I had a gun I'd play Russian Roulette,
And drink the largest bottle of whisky to forget
People say it out straight "he's gone" I have to forget
I dream of death, corpses coming to life in my dreams
My children are on my mind constantly Kerri and Liam
I sit in a darkened room, even a toilet, just uncomfortably crying
My Fiancée is what keeps me here; I'll stay for you my dear
You bring out the best the best you can get from a stone heart
And I promise you darling we will never be apart
The sun rises and sets only for you
Thanks for the love, the company so I'm not lonely
God give me strength, because I feel my feelings are spent
I dream of drowning and it is on my mind
I was told that this means I'm running out of time
Why every breath I take feels like I'm dying
PM

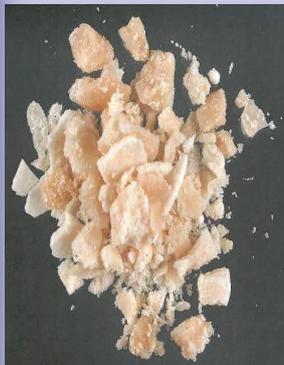
Christmas

Some say loneliness is worse than a heart attack. Especially at Christmas these people seem to fall through the cracks.

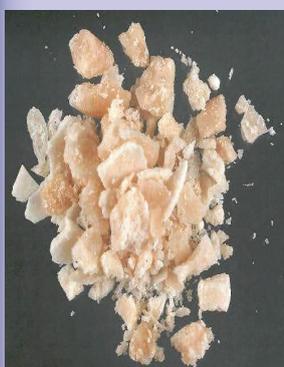
So when you're with your family on Christmas Day and you're tired from your turkey dinner and the kids are at play, spare a thought for the old woman next door. At Christmas a bit of companionship is nothing, she wouldn't want more. Or the man who lives at 85. Some people just feel the need for a freshly cooked meal at Xmas to feel alive.

Remember the lost souls at this time of year. Imagine it yourself the loneliness and the fear PM





You won't worry so much about what others think of you if you realised how seldom they do



Crack Cocaine

In the 1980s a new drug emerged. Because of its cost and quick intense high, crack cocaine quickly gained popularity among users, especially in poor urban areas. Within two decades, crack had exacted a heavy toll, leaving serious physical and emotional side effects not only on its users, but on entire communities and on the United States as a whole. While the number of people using crack cocaine in Ireland remains low, a new report indicates that the drug's use and availability has spread throughout the Dublin region. Crack Cocaine is the freebase form of cocaine that can be smoked. Crack cocaine may also be termed **rock, work, hard, cavy, base, or just crack**. Crack is said to be the most addictive form of cocaine. Crack rocks offer a short but intense high to smokers. Crack cocaine is a substance that affects the brain chemistry of the user causing euphoria, supreme confidence, loss of appetite, insomnia, alertness, increased appetite, a craving for more cocaine. The high usually last from 5 to 10 minutes, after which time dopamine levels in the brain plummet leaving the user feeling depressed and low.

Crack Cocaine Harm Reduction Techniques

- 1 . Don't share your pipe. Hepatitis C can live in an amount of blood too small to be visible to the naked eye.
- 2 . Try to use Pyrex pipes (instead of cans, copper or cheap glass)
- 3 . Use a screen in your pipe (a hash pipe style screen). This will protect your lungs from some of the toxins and damage.
- 4 . Know that your pipe is going to get hot and protect your lips by wrapping your pipe end in something (paper or cardboard).
- 5 . Eat a good meal and drink plenty of fluids before starting to smoke.
- 6 . Try to limit your access to finances before you start smoking (Only bring as much money as you need).
- 7 . Have condoms on you. You never know what's going to happen once you start smoking crack cocaine.

The aftercare team in BYAP provides a range of services and activities for drug users from the Ballymun area who either exiting treatment or rehabilitation or have made significant change to their drug using lifestyle and who continue to need support

The aftercare counsellors also contribute by facilitating recovery in a variety of settings and assisting clients to establish new support systems and links to specialised services by showing those that change is possible

The Aims of the Aftercare Service are:

- To support Individuals who have become Drug Free, or have made Significant Positive Change to their Drug Use or Drug Using Lifestyle
- To Help Individuals put in place Supports to Sustain those Changes Made
- To Give the Person the Opportunity to Identify and Achieve their own Goals
- To Prevent or Manage Relapse and to Identify Patterns of Relapse

Prison Work:

The Aftercare Team work with prisoners around general addiction issues while in prison and also a lot of the work is Pre and Post Release Plans. We also work with service users who may be waiting to get sentenced and look at issues that may arise during their sentence and how to best manage their time in Prison (Schools/ Workshops/ Detox/ Drug Free Programme) etc.

The Aftercare team work alongside the Ballymun Prison Links worker to make appropriate plans for Prisoners before they leave Prison to link them to Further Education/ Employment/ Accommodation or whatever it is that either the service user or worker feels is necessary. We also let it be known to Prisoners that all of Ballymun Yap's services will be available to them upon release.

Discussion Groups:

Recently the aftercare service has started to have discussion groups on a variety of different topics. These groups are non-therapeutic, meaning that they are not a group where somebody would go to speak about problems or difficulties they are having. The discussion group is aimed at anyone from the Ballymun area that would like to attend to discuss different issues around addiction and recovery in a neutral setting. So far we have held three groups, discussing ‘

- 1) The social impact of addiction
- 2) What is Recovery and
- 3) Adjusting to Change.

The discussion groups are held every three weeks and the next one is taking place in the New Year. For more information on these groups call **Christian or Emer** on **0867312358**

What I Believe

What we think about ourselves becomes the truth for us. I believe everyone, myself included, is responsible for everything in our lives. We create the situation and then we give our power away by blaming the other person for our frustration. NO person, NO place and Nothing has any power over us for **WE** are the thinkers in our mind. The universe totally supports us in every thought we choose to think and believe. The universal power never judges or criticises us. Most of us have foolish ideas about who we are and many, many rigid rules about how life ought to be lived. When we are very little we learn how to feel about ourselves and about life by the reactions of adults around us. When we grow up we have a tendency to recreate the emotional environment of our early time life. However I would not blame our parents for this. I believe that we choose our parents. The point of power is always in the present moment. The only thing we are ever dealing with is a thought and a thought can be changed.

LJ



YAP - Ballymun Youth Action Project

Horizons Centre, Balcurris Rd - Tel: 01 8428071

Domville House Treatment Centre

Main Street, Ballymun - Tel: 01 8620111

Contact Service

Evening and weekend services which provide drug and alcohol advice, information and

Support - Tel: 086 -7915053; 086 - 2482858.

Rehabilitation / Integration Service

Axis, Main Street, Ballymun, Dublin 9

Contact Michael or Brian - Tel: 01 8832107

YAP - Ballymun Youth Action Project Aftercare

Support Service for Recovering Drug Users Tel: 01 8428071

The Star Project

Horizons Centre, Balcurris Road - Tel: 01 8467930.

DePaul Trust Case Management Team

Tel: 01 8623728

Ballymun Job Centre

Tel: 01866700

Ballymun Local Drugs Task Force

Axis, main Street, Ballymun - 01 8832142

Ballymun Regional Youth Resource (BRYP)

The Reco, Sillogue Road - 01 8667600

Local Services Christmas Opening Times

Ballymun Youth Action Project; Monday 23rd 10am – 8pm, Friday 27th 12 – 4pm, Monday 30th 12 – 4pm, and normal services resume Thursday 2nd 10am.

BRYP; Closed from Friday 20th at 12:30 and will be re-opening on the 6th Jan
A skeleton staff will be on duty and the senior outreach team will be on call.

STAR; Closing on the 23rd Dec and re opens on the 3rd Jan

Ballymun Job Centre; Open on the 23rd, 27th, 30th and 31st of December.

Closed on 1st and reopen on the 2nd January

DePaul Trust; Closed from Monday 23rd Dec. reopen on Thursday 2nd January 2014.