TURAS TRAINING

Annual Report 2019

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

An Roinn Gnóthaí Fostaíochta
agus Coimirce Sóisialaí
Department of Employment Affairs
and Social Protection

2019 at a Glance

672
Hours Outdoors

2106
Programme Sessions

1297
Care Plan Steps

1225
One-To-Ones

513
Hours of Education

14,326
Session Attendances

2661
Lunches

78%
Strongly Recommend the

52 Clients
71% Male ♂
29% Female ♀

71% Report Polydrug Use

15% Weed
Primary Drug of Concern

60% Report Mental Health Concerns

255
Hours of Holistic

17% Heroin
Primary Drug of Concern

60
Programme Subjects

86
Outward Referrals

293
Care Plans Objectives Fully/Mostly Achieved

113
QQI Awards

1293
Hours on Recovery

78
Inward Referrals

Vision, Mission and Values

Vision Statement

A world free of the harms associated with substance misuse and addiction.

Mission Statement

Our mission is to provide a holistic rehabilitative education and training programme for people living with addiction in the Canal Communities areas.

Values

Values are the guiding principles and beliefs that members of an organisation consider important in how people work together. Our values are the standards by which we conduct and manage our relationships in order to carry out our mission.

- **Safety**
  Safe, Welcoming Environment
  Psychological and Physical Safety
- **Respect, Equality and Fairness**
  For Ourselves, Others, and Property
  Everyone Treated and Valued Equally
- **Confidentiality**
  Recognise the Need for Privacy
  Treat Information Sensitively & Appropriately
  Acknowledge Boundaries
- **Transparency**
  Openness & Honesty
  Clear Communication
  Accountability
- **Commitment**
  Attendance, Punctuality and Participation
  Work Towards Goals
  Take Responsibility
- **Peer Support and Teamwork**
  Provide & Accept Support
  Share Relevant Experiences & Knowledge
  Cooperation & Support

Turas Training
Unit C1 Bluebell Business Park, Old Naas Road Dublin 12.

Phone 10 450 5396 Website www.turastraining.ie Email info@turastraining.ie

Company Registration Number 341613 Registered Charity Number CHY 15488

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Introduction

Turas was founded in 1999 as a rehabilitative education and training day programme to respond to the needs of persons in recovery from substance misuse.

Turas is funded by the Health Service Executive (HSE) and the Department of Employment Affairs and Social Protection (DEASP).

The Biopsychosocial Model, developed by the World Health Organisation (WHO, 1981), in our view best accounts for the many factors that influence substance misuse and how they interact.
Our services include a range of integrated psycho-social interventions and education programmes grouped under four headings: Recovery, Education, Outdoor, and Holistic.

This structure promotes a balanced holistic approach to recovery ensuring the most relevant and effective interventions and supports are available for services users to deal effectively with the impact of addiction, achieve certification and improve employability.

Overview

This report provides an account of the work of Turas Training for 2019 and details all programme activities and outcomes for the year.

The first section gives an overview of the governance structures followed by a logic model which summarises on one page the 'what, why and how' of the organisation in terms of input, process and output.

The next section deals with the throughput figures, in other words, the number of clients we worked with throughout the year.

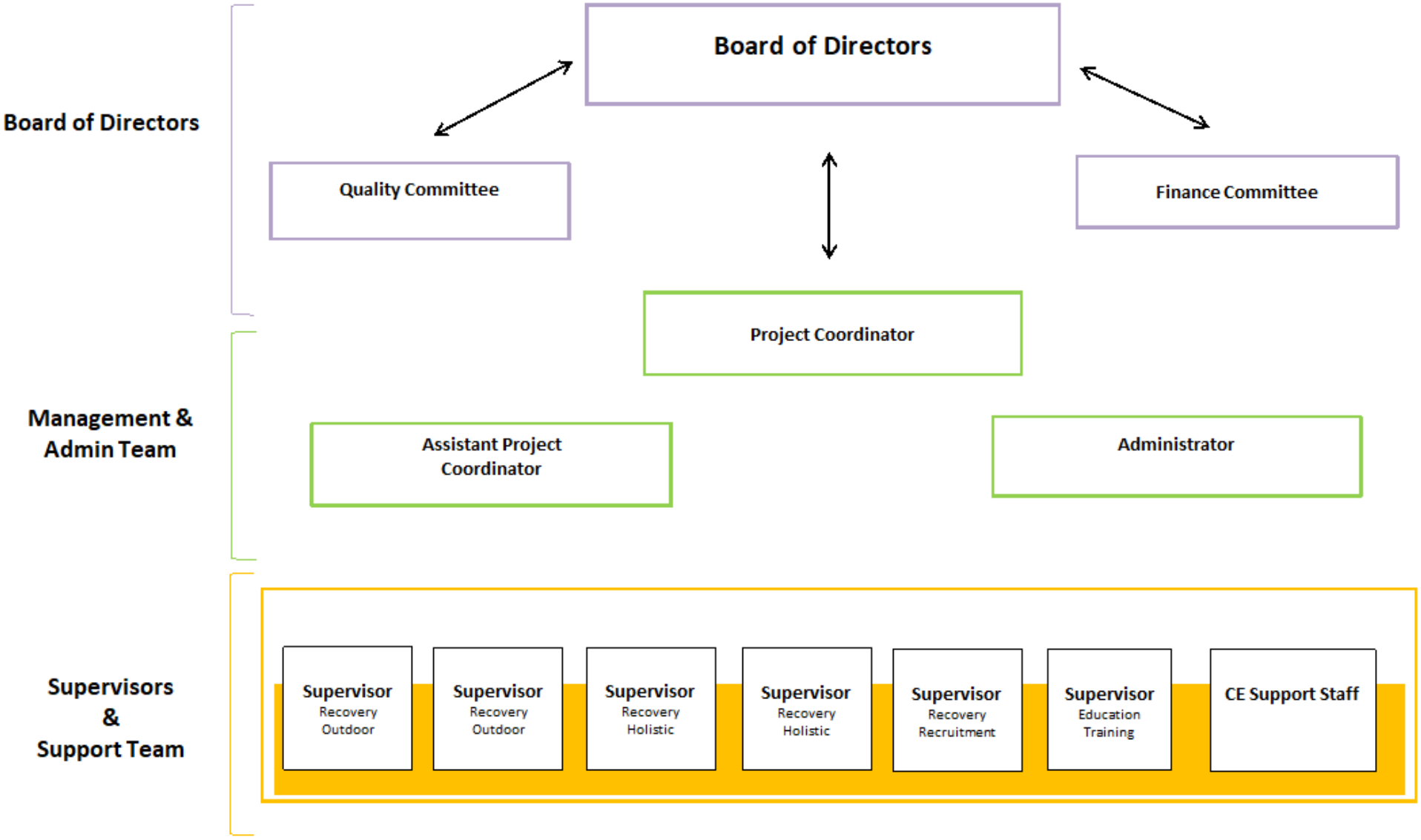
The report then presents a series of detailed charts and lists with explanations of all the group sessions, education classes, outdoor and crafts activities and the recovery focused work that is the core of our day programme.

Company Structure

Board of Directors
Francis Ward – Chair
Philip Nolan – Vice Chair & Secretary
Pat Carolan – Treasurer
Rosanne Edger - Director
Noel Carton - Director
Donal Ryan – Company Auditor

Management and Administration Team
Trevor Keogh - Project Coordinator
Catherine Gorman - Administrator
Tony Coffey - Assistant Project Coordinator

Supervisors
Liz Doherty
Colin Walshe
Karen Cleary
Michael Reynolds
Monica Mooney
Anthony Moyles
Dave Barrett JI


Board of Directors
Board of Directors
Quality Committee
Finance Committee
Project Coordinator
Management & Admin Team
Assistant Project Coordinator
Administrator
Supervisors & Support Team
Supervisor Recovery Outdoor
Supervisor Recovery Outdoor
Supervisor Recovery Holistic
Supervisor Recovery Holistic
Supervisor Recovery Recruitment
Supervisor Education Training
CE Support Staff

Logic Model

Programme Areas	Recovery Specific Services		Rehabilitative Education & Training Services	
	RECOVERY	HOLISTIC	EDUCATION	OUTDOOR
Aims	The aim of the Recovery pillar is to provide a structured developmental process whereby individuals are facilitated to become fully involved in the process of regaining their capacity for daily life from the impact of problematic substance use.	The aim of the Holistic pillar is to provide a therapeutic creative response to the harms caused by problematic substance use and to promote healthy ways to cope with stress.	The aim of Education and Training pillar is to provide appropriate education and training services and enhance employment and progression opportunities.	The aim of the Outdoor pillar is to improve physical and mental well-being and enhance team-working and problems solving skills through a variety of group-based outdoor activities.
Objectives	1. Identify Recovery Needs 2. Develop Comprehensive Integrated Care Planning, Keyworking and Case Management 3. Ensure Day Programme Meets Needs	1. Develop coping skills 2. Develop stress management skills 3. Provide evidence based holistic treatments 4. Provide creative therapeutic activities	1. Identify Education & Training Needs 2. Improve education 3. Improve employability 4. Attain QQI & Other Accreditation 5. Progress to further education and/or employment	1. Engage in a range of outdoor activities in various locations 2. Improve health and wellbeing 3. Achieve QQI and Other Accreditation
Inputs	➢ Health Service Executive Funding ➢ Dept. of Employment Affairs and Social Protection Funding ➢ Voluntary Board Members & Subcommittees		➢ Canal Communities Local Drug & Alcohol Task Force Funding ➢ Local Drug & Alcohol Task Forces, City of Dublin Education & Training Board ➢ Fundraising	
Outputs	Outputs are measurable units of delivered services to service users. Outputs include day programme components delivered and all other activities and services. Output data is published in our annual reports and on our website at www.turastraining.ie.			
Outcomes (measures)	• Programme Attendance & Participation • Reductions in Substance Use • Care Plan Goals Achieved • Positive Service User Feedback • Improved Mental Health & Wellbeing •	• Participation in and Completion of Holistic Programmes • QQI Certification and other Certification • Reductions in Anxiety • Improved Coping Skills • Positive Service User Feedback	• Participation in Education & Training Programmes • Awards Achieved • Increased Employability • Defined Career Plan • Improvements In Employability	• Participation in and Completion of Experiential Learning Programmes • Outdoor Education Individual Learning Plan Achievements • Improved Physical Wellbeing • QQI and Other Certification
Quality Assurance	➢ HSE Service Level Agreement ➢ Quality Standards In Drug & Alcohol Services / Safer Better Healthcare ➢ National Rehabilitation Framework ➢ Quality and Qualifications Ireland (QQI)		➢ Community Employment Operational Standards ➢ Quality Standards in Substance Use Education ➢ Mountaineering Ireland Standards ➢ Holistic Treatments Best Practice	
Results	Reduction In/Abstinence from Substance Misuse Improved Quality of Life Personal Development Independent Living		Improved Educational Attainment Improved Employability Progression to Further Education/Employment Improved Coping Skills and Life Skills	

The logic model above is a graphical description of the relationship between the organisation's resources, outputs and outcome

Service User Throughput

The throughput for 2019 refers to the number of service users attending our service including the numbers that join and leave over the year. The organisation worked with a total of 52 individuals on the day programme in 2019: 13 female and 39 male, with an age range of 18 to 59 years.

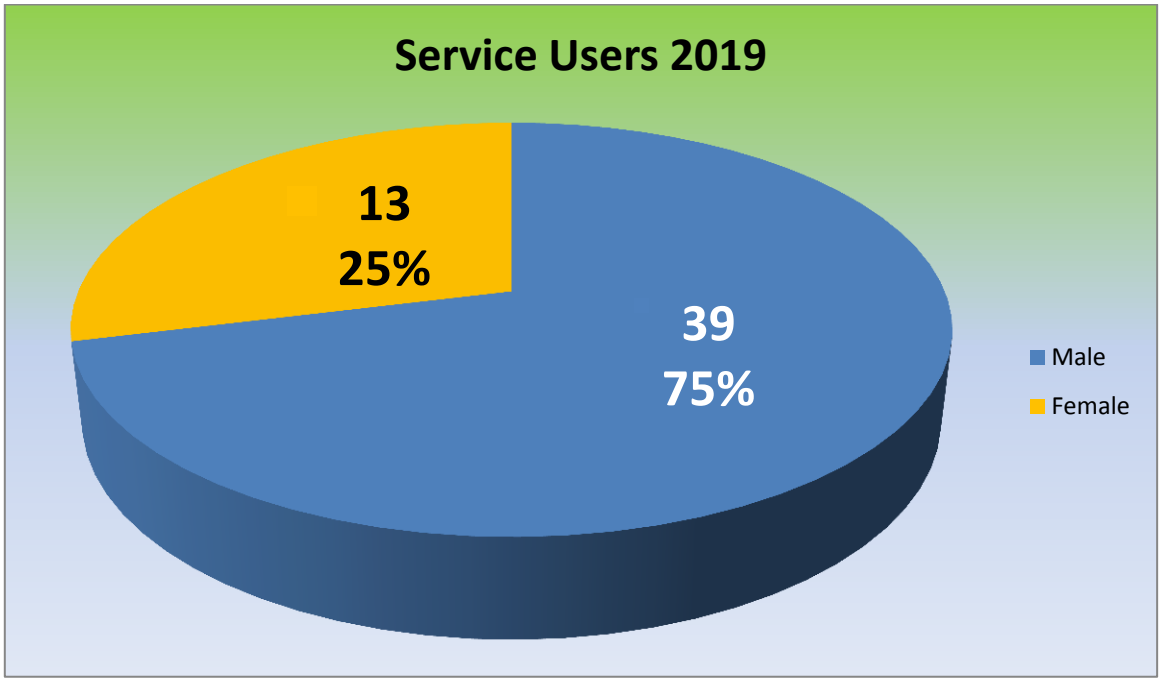


Figure 1: Gender of Service Users

On 1st January 2019 there were 41 service users enrolled and active on the day programme. By December 31st 2019 that number was 37. If we consider a three year period – 2017/187/19, the average length of time a service user spends in Turas is 14 months with a range from zero (a person completed the recruitment process but did not formally start) to longer term engagements of four years.

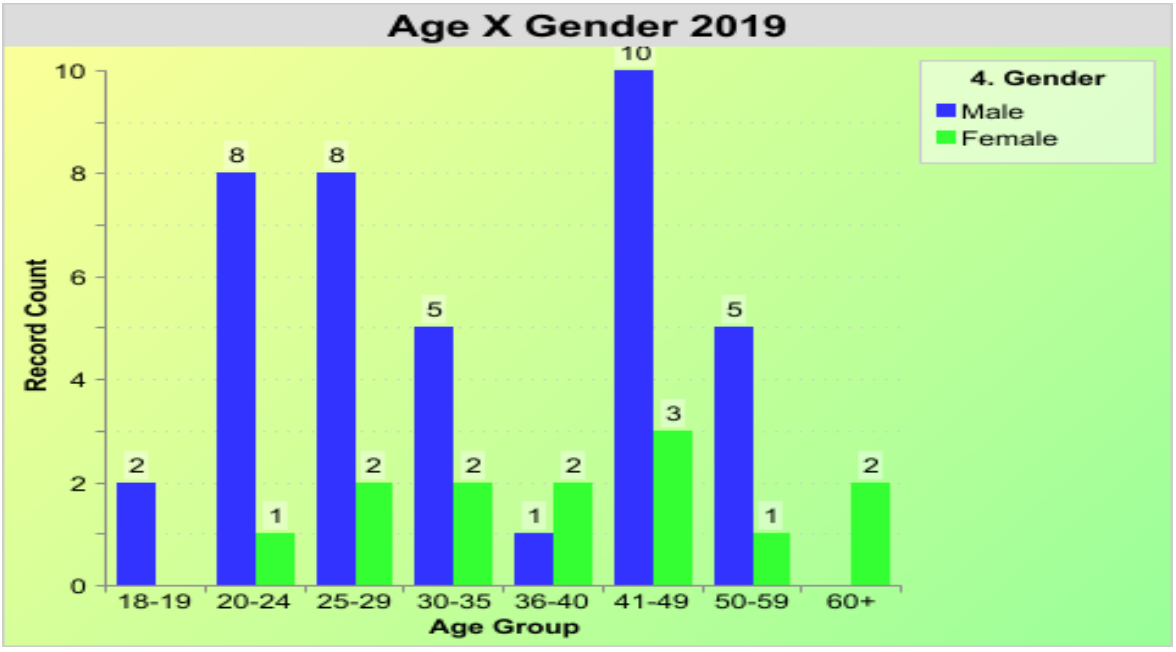


Figure 2: Age Range and Gender

New Starts and Finishers

Service users and CE workers join the organisation throughout the year following the recruitment and induction process. In 2019 three CE workers joined the full-time team A total of 29 new service users joined the day programme this year. The first chart below shows the new starts in 2019 followed by a chart at the bottom of the page showing the numbers that left. A total of 35 people exited the scheme during the year.

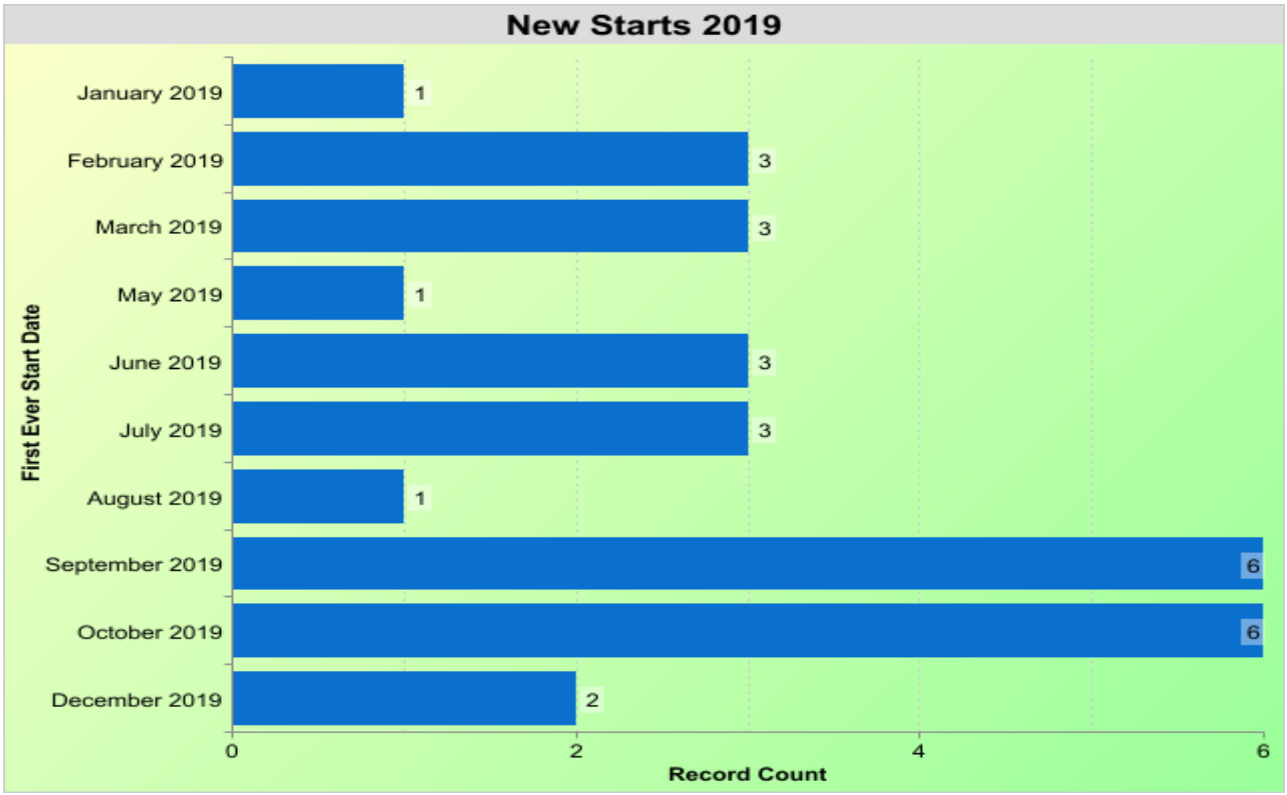


Figure 3: New Starts: Numbers Joining Turas Throughout 2019

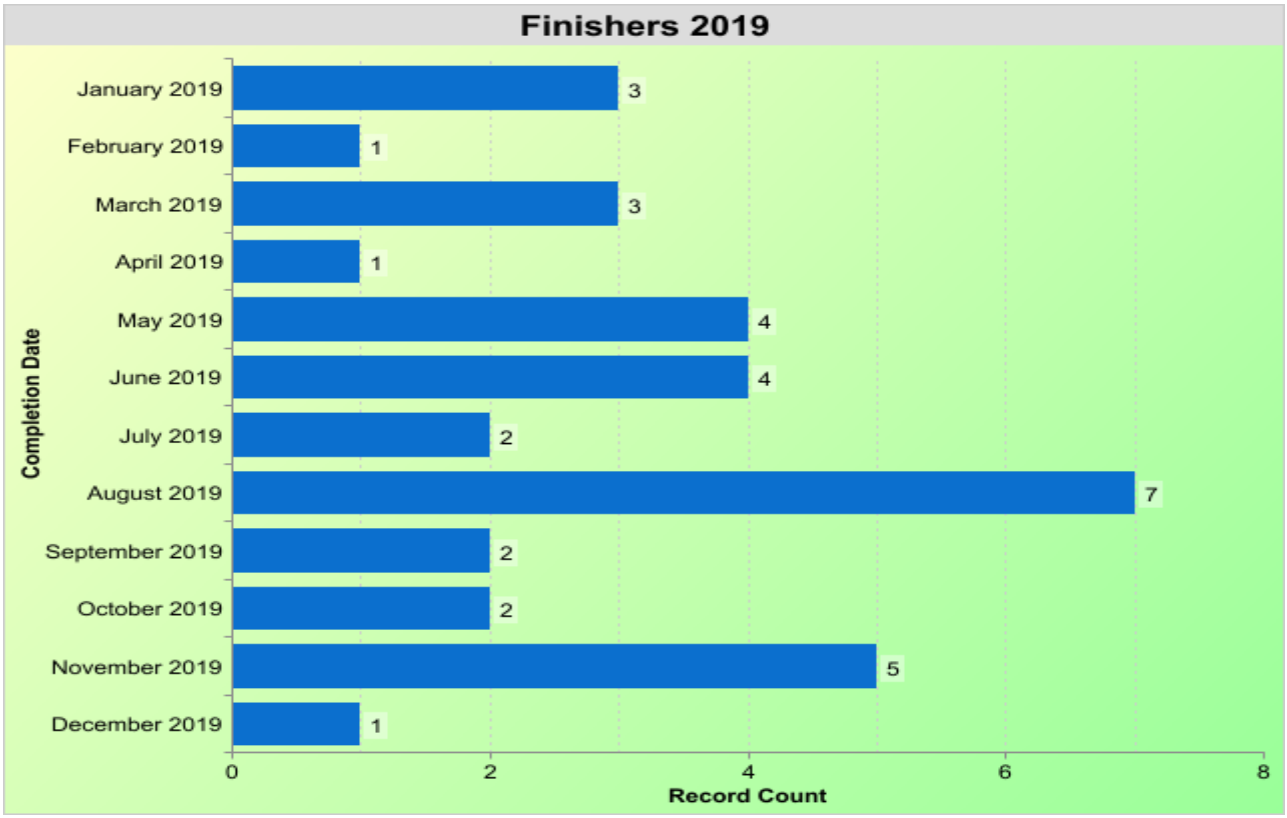


Figure 4: Finishers 2019 - Numbers Exiting Turas in 2019

Inward Referrals

Turas received a total of 71 inward referrals in 2019 from 19 sources. The three leading sources of referrals for the year were self-referrals (20), Frontline (18) and Merchants Quay (13). The day programme has three groups, one young persons' group 18 to 25 years and two 25+ years groups.

The majority of the referrerals for the young persons' group come from Merchants Quay. A number of service users who complete the stabilisation programme in Frontline regularly progress on to Turas.

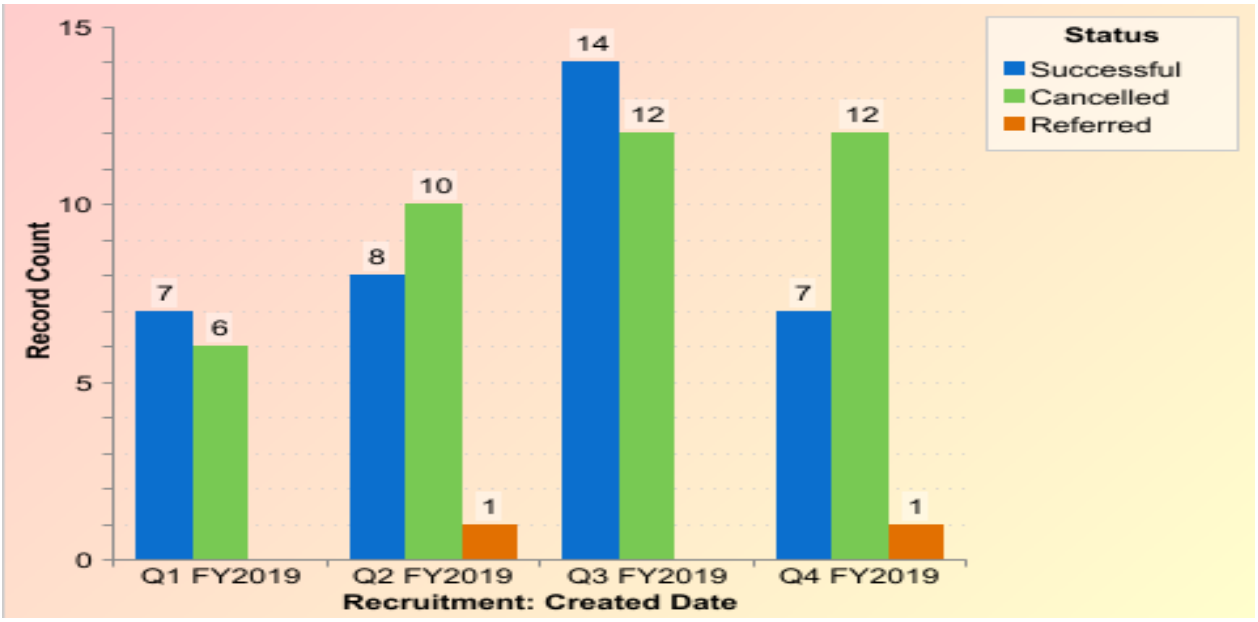


Figure 5: Inward Referral

Primary Presenting Drug Issue

Consistent with data from previous years the trend is still primarily reflecting the use of more than one problematic drug at a time. Polydrug use is still typical, and the majority also report secondary and tertiary substances, the primary, and most commonly reported problematic substance in 2019 was Heroin, followed by Weed and then prescribed Methadone.

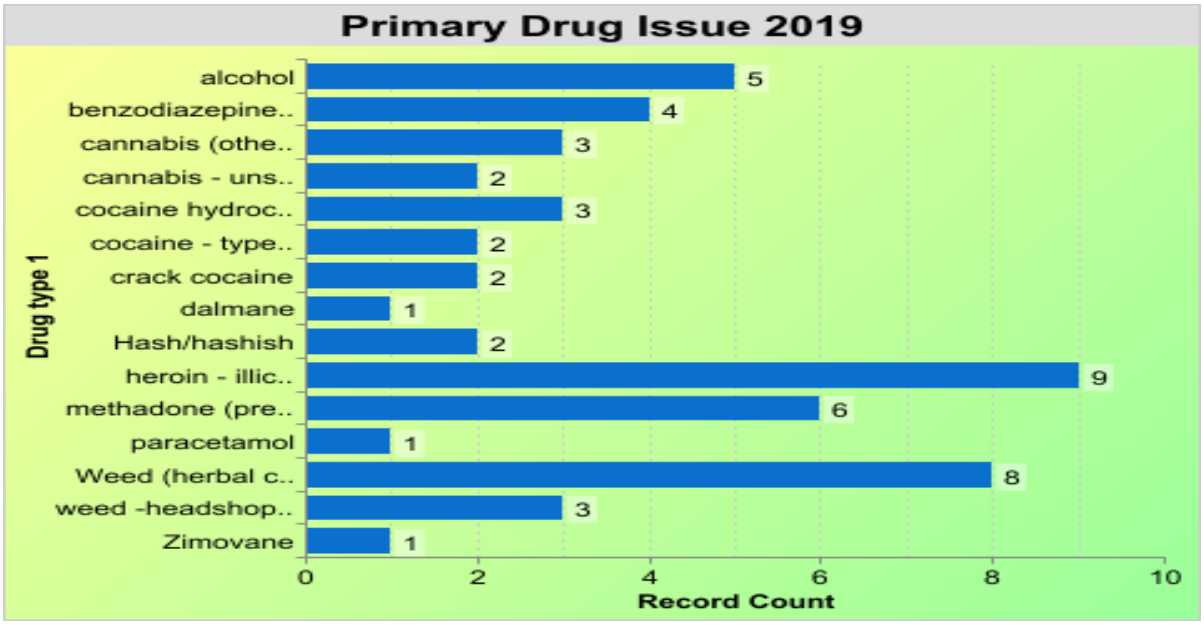


Figure 6: Primary Presenting Drug Issue

Service Outputs

The day programme schedule is designed to ensure that there is a range of components /courses suitable to the needs of a diverse group of services users covering each of the four pillars. The day programme runs from Monday to Thursday within a 19.5 hour CE week.

Time/Day	Monday	Tuesday	Wednesday	Thursday
Morning	Breakfast & Checkin	Breakfast & Checkin	Breakfast & Checkin	Breakfast & Checkin
Session 1	Computers	Outdoor Education	Relapse Prevention	Career Preparation
Session 2	Care Planning		English	Maths
Afternoon	Lunch		Lunch	Lunch
Session 3	Crafts		Meditation	Peer Support

Table 1: Sample Week on the Day Programme

All services and activities can be presented in terms of the number and type of programme sessions and one-to-one meetings with service users. A total of 2,177 sessions were delivered across all four pillars. Sessions vary in length from 15 minutes for checkins, 60 minutes for education and group work sessions, and outdoor education sessions lasting approximately six hours.

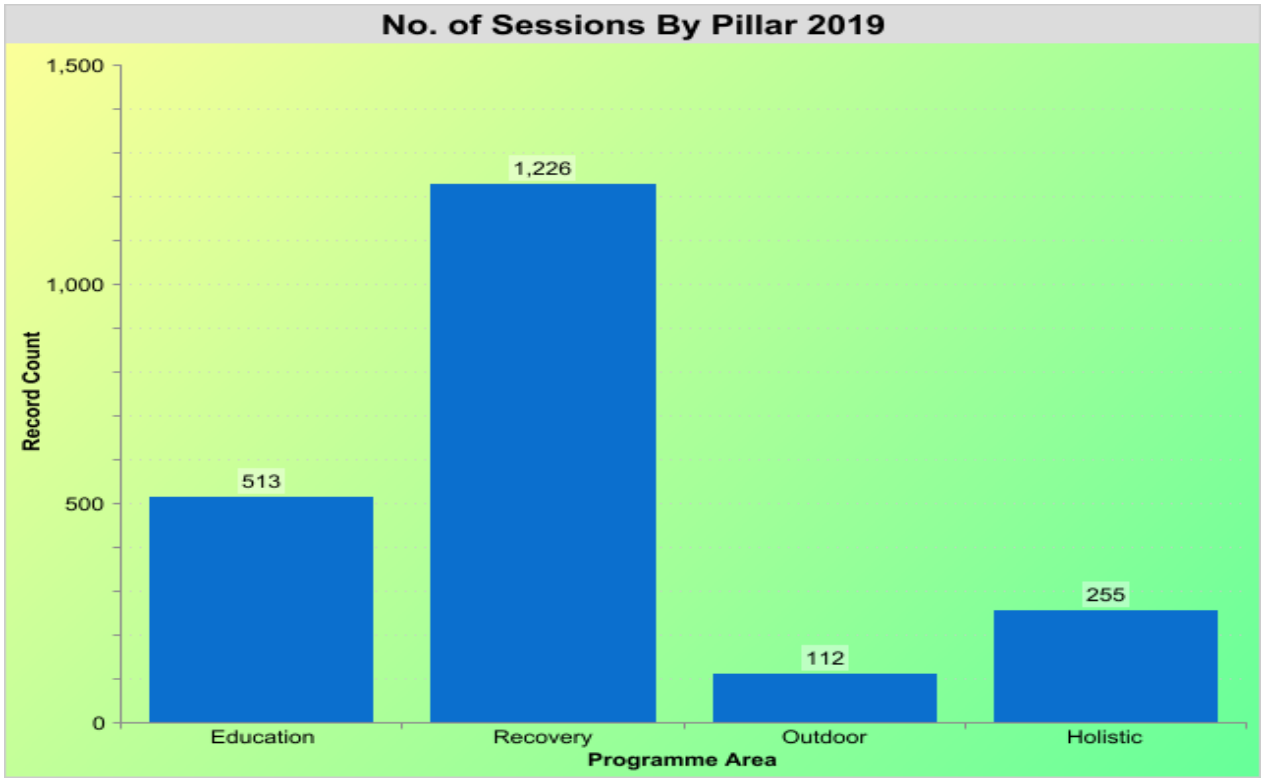


Figure 7:No. Sessions in 2019 Grouped by Pillar

One-to-One Meetings

Service users will meet with keyworkers each week for a range of supports and assessments. In 2019 at total of 1,225 one-to-ones took place. Each meeting is recorded by theme or focus.

Figure 8 below shows that checkins and care planning were the most common types at 401 and 332 respectively.

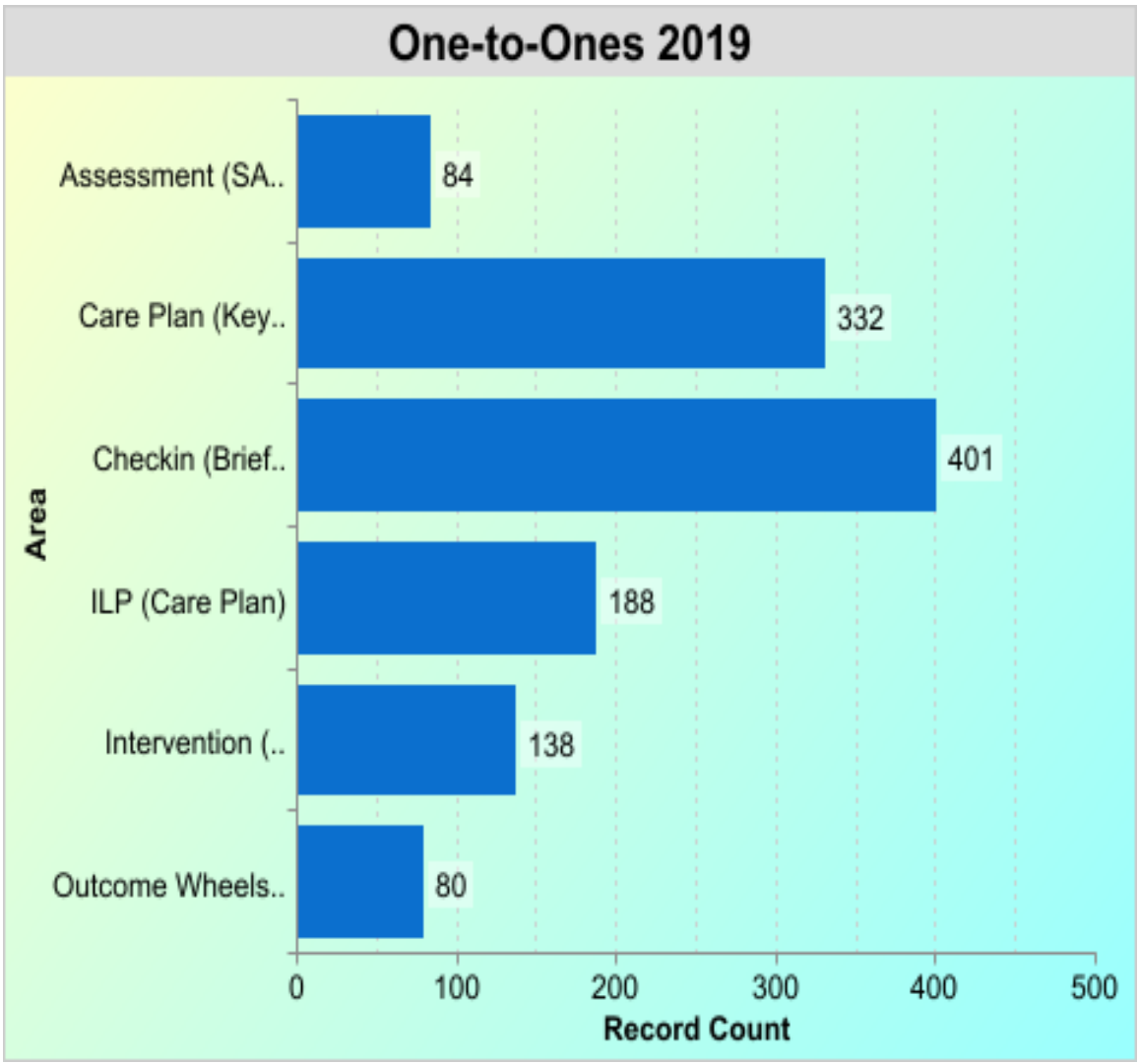


Figure 8: One-to-One Sessions 2019

ILP/*Progression* refers to planning related to the service user's move beyond the day programme into further education or employment [Individual Learner Plans].

Interventions take place in response to a crisis that may arise such as suicidal ideation, physical or health issue, housing or relapse.

Assessment can include the use of one or more the following instruments: AUDITs (alcohol use disorder identification test) CBT Interventions, Comprehensive Assessment, CUDITs (cannabis use disorder identification test), Decisional Balance Scales, DUDITs (drug use identification test), Health Screening Reviews, and Safe Plans. Outcome Wheels are another type of assessment that allows service users to measure their progress in specific areas of their lives.

One-to-one meetings recorded as 'checkins' are short, focused meetings that typically following up on care plans and any of the other categories listed above.

Programme Components

The chart below lists every component that was delivered, either in full or in part in 2019 (some courses run in accordance with the academic year, others are short courses and others still run for more than a year. The numbers in the bar chart beside each component is a record of the individual attendances in the sessions for that particular component.

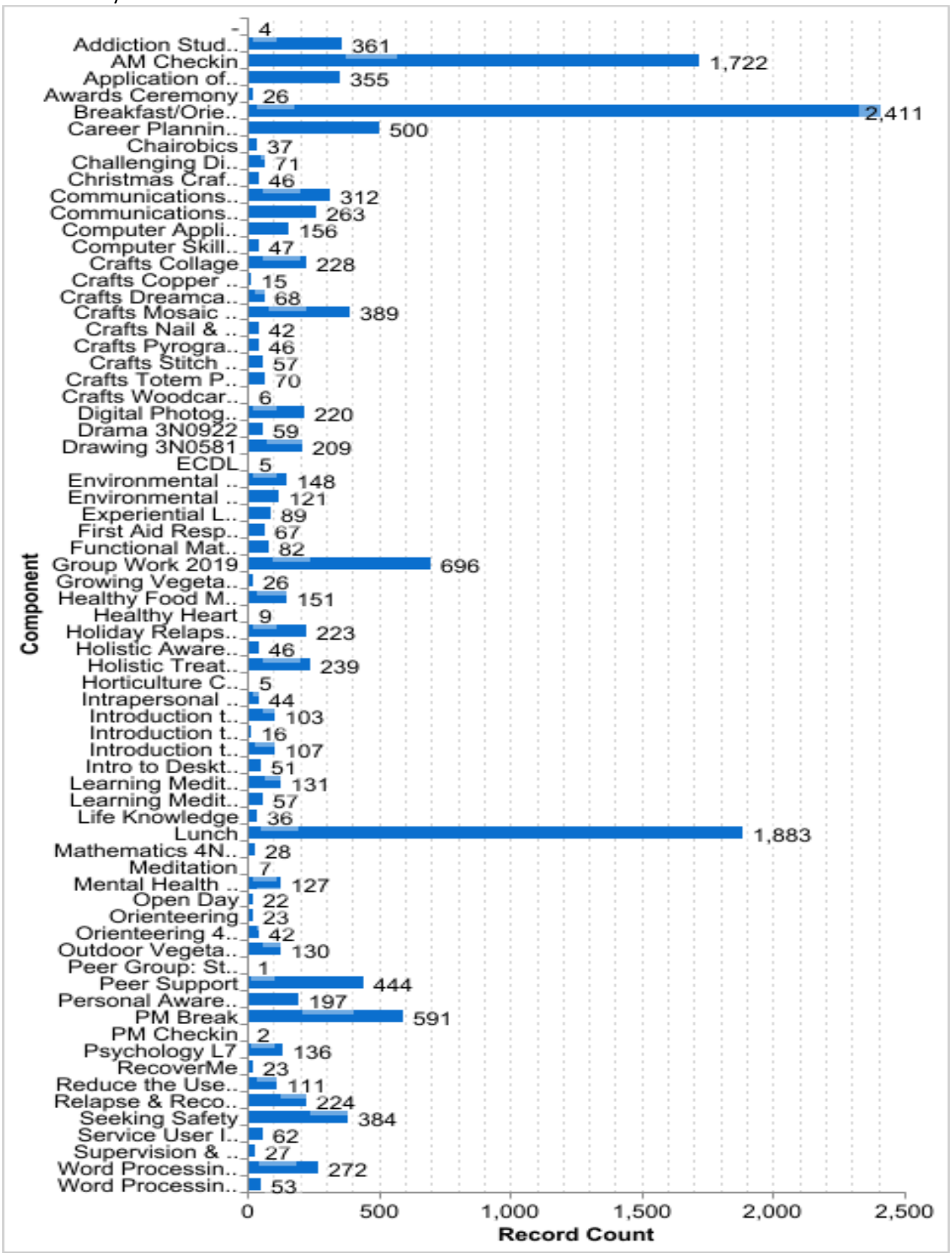


Figure 9: Components By Pillar 2019

Service Outcomes

Outcomes refer to the changes that occur for service users as a result of their participation and engagement in the psycho-social and educational interventions, and other structured programme activities. Outcomes are the key measure of the effectiveness of the service and how well it delivers on its aims and objectives.

Overall outcomes for the year can be demonstrated by looking at the number of care plan outcomes for each service user along with the number of activities and components completed including certification. In this section we will look at all the outcomes starting with care plans.

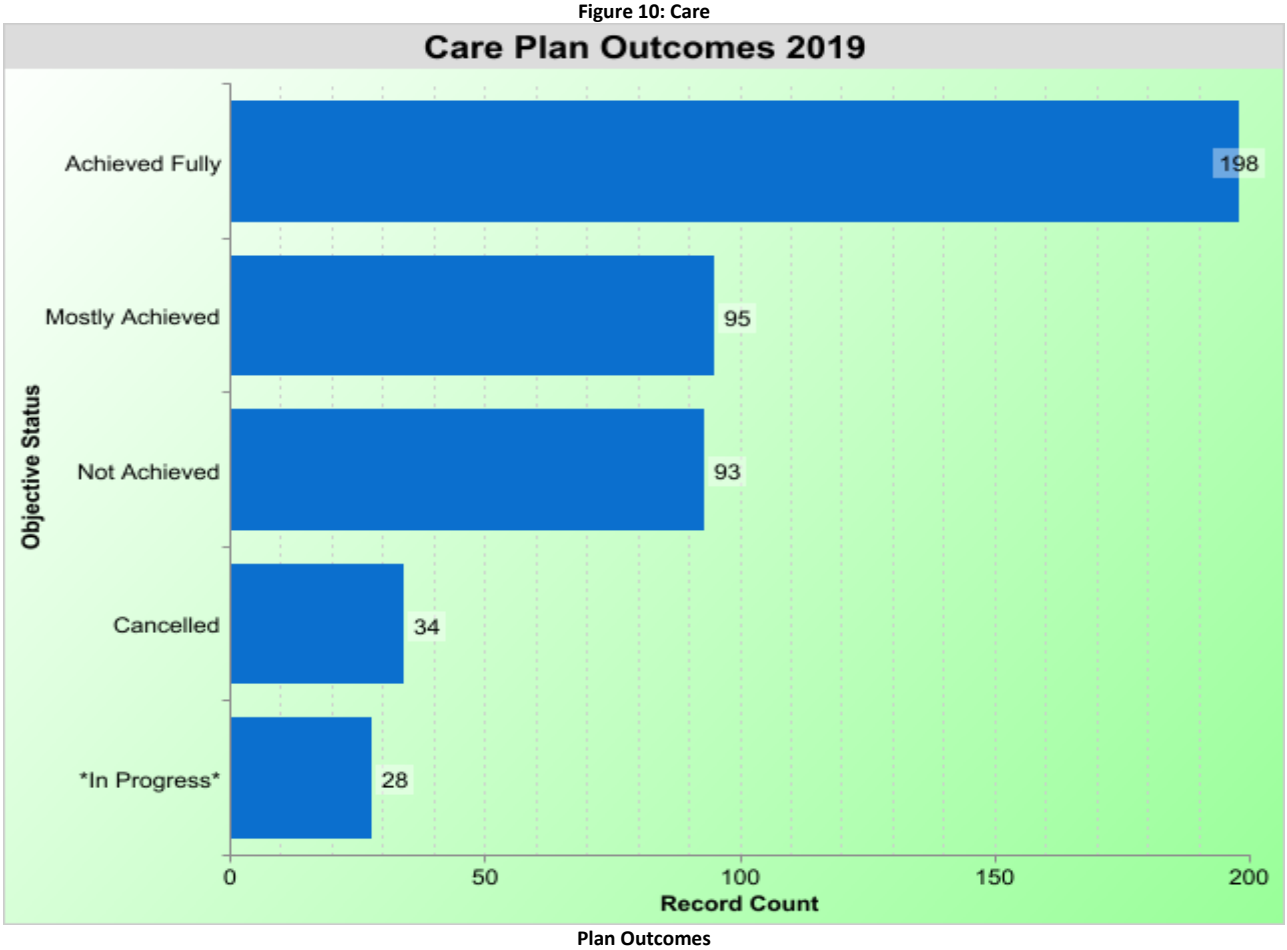
A care plan is a structured, collaborative and client-centred approach to planning, organising and recording all psycho-social interventions and advocacy activities. Our definition of care plans incorporates a number of elements including assessments, keyworking/one-to-ones and case management.

All care plan activities are grouped under one or other of the twelve domains recommended in the National Rehabilitation Framework document. Each one of the twelve domains is further broken down into subdomains or sub-categories. The table below lists all outcomes for each domain.

In 2019 a total 448 individual care plan objective were created using SMART criteria. The outcomes for each of these individual objectives may be achieved, mostly achieved (a significant portion of the objective is met), or not achieved.

In 2019 a total of 198 care plan goals were achieved, 95 were mostly achieved, and 93 were not achieved. The remaining categories added to together total 62.

Figure 10: Care



Plan Outcomes

Care Plan Outcomes

The table below lists the outcomes under each of the 12 care plan domains. *Drug Use* and *Alcohol Use* are the domains with the highest number of care plans with a corresponding number 'achieved' and 'partially' achieved. The second chart below is a visual representation of the same information illustrating the nature of service users' most pressing needs and where the work of the care plans are directed.

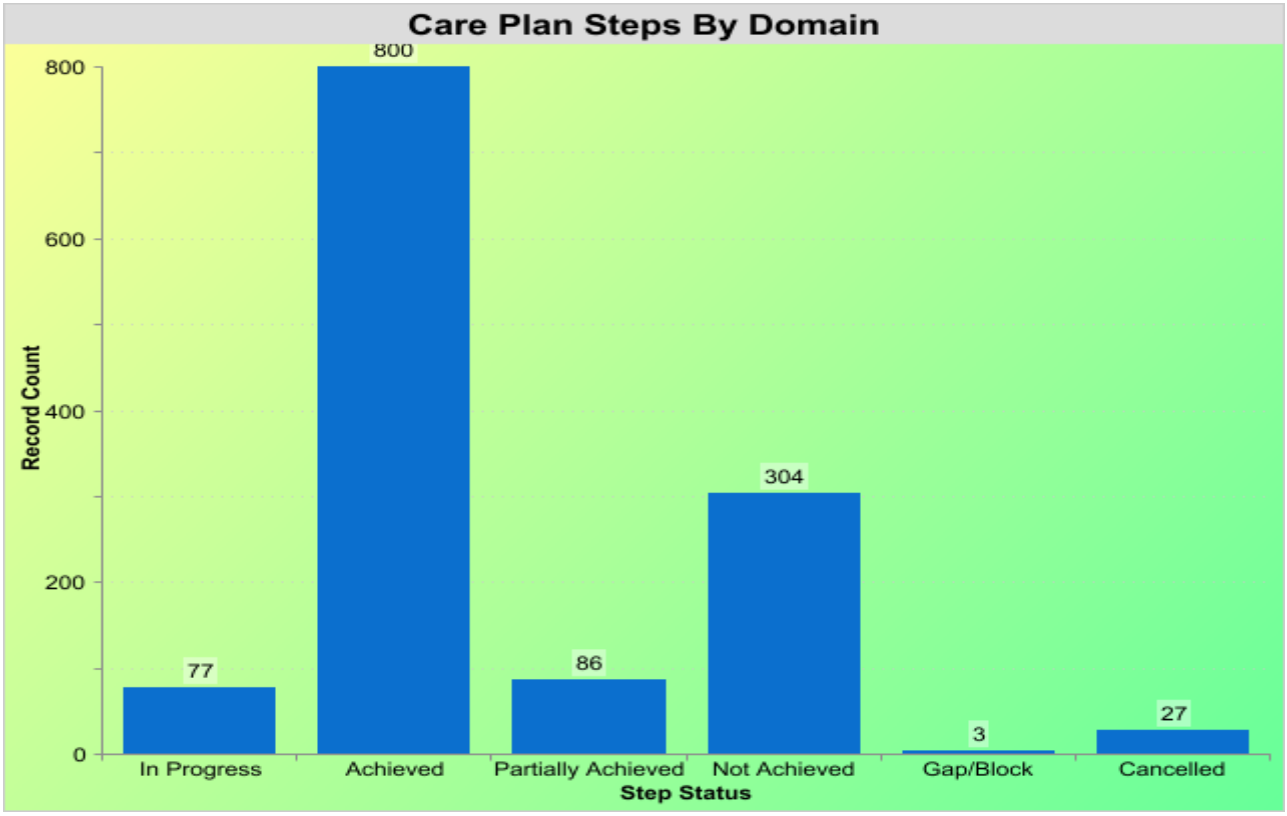


Figure 11: Care Plan Objectives By Domain 2019

Care Plan Specifics - Subdomains

A more detailed understanding of what care plan goals were achieved is gained by looking at subdomains. For example, under the general domain of Drug Use, there are nine subdomains including abstain/maintain abstinence, complete detox and reduce by goal amount.

Clearly defined domains and subdomains are essential in setting, structuring and monitoring specific, measurable, achievable, relevant, and time-bound, care plan goals. Referrals to other agencies and details about the time and actions involved in each goal are recorded on a regular basis with service users.

The subdomain categories are based on the most regularly identified goals that service users select using the SMART care plan approach. The graph on the next page shows the breakdown of the outcomes of the domains by the finer grain subdomain.

Care Plan Subdomains

The chart below summaries all care plan activities in 2019 by subdomain. 'Abstain or Maintain Abstinence' is the most frequently set care plan goal and the most frequently achieved. Accessing other specialist services, attending a suitable course, and reducing drug or alcohol use by a specific amount are the next most frequently set goals and subdomains by service users in 2019.

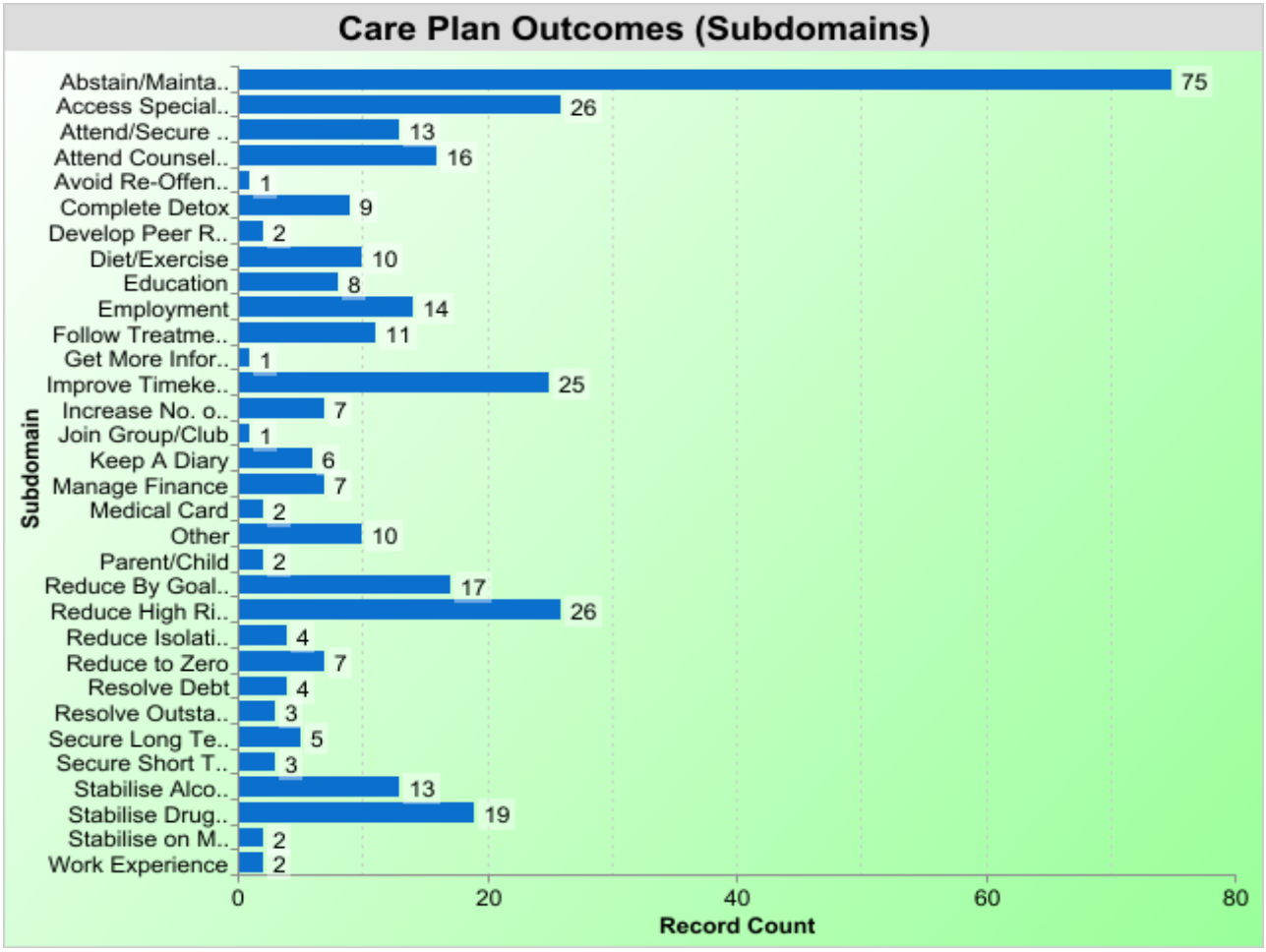


Figure 12: Care Plan Outcomes by Subdomain

Component Outcomes

In 2019 there were a total of 727 components (individual programme modules) undertaken across all four pillars.

One-hundred-and-thirteen certified awards were achieved from QQI level 3 to level 7 and 399 non-certified components were completed (e.g. Recover Me, Reduce the Use, Intro to Desktop Publishing, Copper Embossing).

A learner may not have met all assessment criteria or reached the minimum attendance requirement to fully complete a component but may have achieved a significant amount of the learning outcomes. In those cases an outcome of 'Part Completed' was recorded.

There are also cases where service users may have started work on a component but moved on from the centre before completing that component.

In these cases an outcome of 'Not Completed' will be recorded. The portfolio of work may be reopened and completed at a later date.

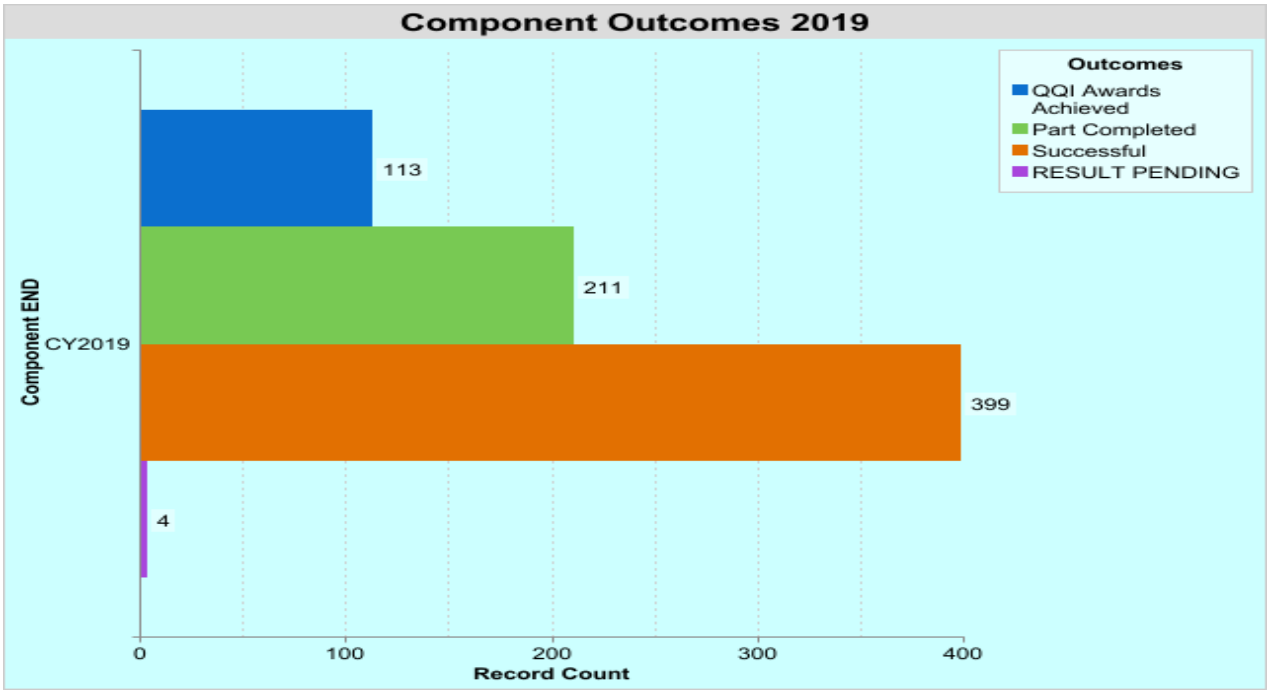


Figure 13: Component Outcomes

Outward Referrals

The outcomes achieved in 2019 in care plans and components are the result of a coordinated effort across the continuum of care involving a number of agents and agencies from the community, voluntary and statutory sectors.

The chart below illustrates the number of outward referral episodes in 2019 (86 in total), with each one linked to a specific care plan objective and care plan step or Individual learning plan item.

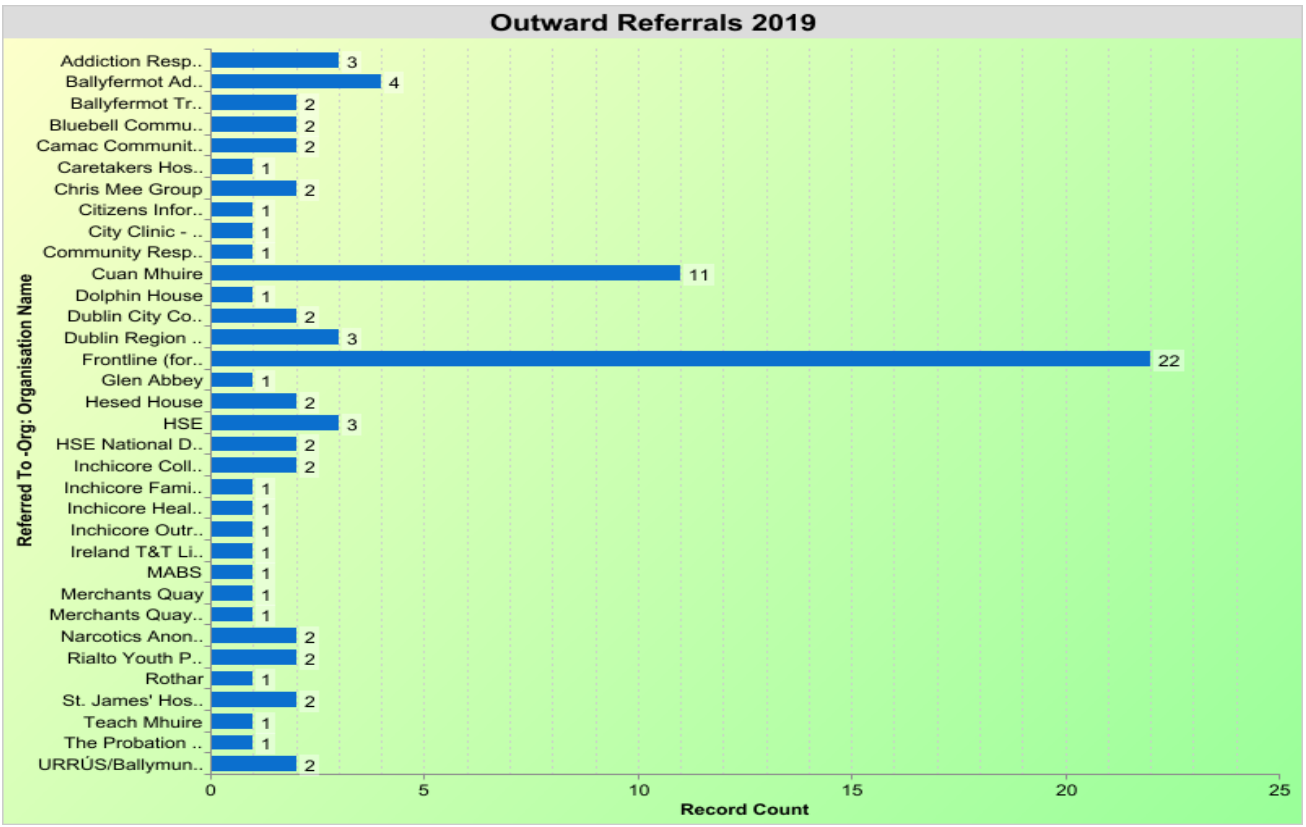


Figure 14: 330 Outward Referral Episodes in 2019 to 34 Organisations

Some Highlights of 2019

Education Trips to Hisotrical Sites

Participation in the NDEP Forum

End of Year Finale Performance

Outdoor Education Trips and an Image of the Polytunnell in our Allotment in Bohernabreena

Open Day Wednesday 16 October Featuring Rapper 'A2C'

Turas Training Company Limited By Guarantee

(A Company Limited by Guarantee and not having a Share Capital)

Extracts from the Audited Financial Statements for the Year Ended 31 December 2019

Income and Expenditure Account for the year ended 31/12/19

	2019	2018
	€	€
Income	1,095,809	1,053,297
Expenditure	(1,100,162)	(1,033,397)
Surplus/(Deficit)	(4,353)	19,900

Balance sheet
as at 31/12/2019

	2019		2018	
	€	€	€	€
Fixed assets				
Tangible assets		12,000		16,000
Current assets				
Debtors	74,550		64,318	
Cash at bank and in hand	41,861		50,608	
Creditors: amounts falling due within one year	(115,785)		(113,947)	
Net current (liabilities)/assets		626		979
Total assets less current liabilities		12,626		16,979
Net assets		**12,626**		**16,979**
Capital and reserves				
Reserves		12,626		16,979
Members' funds		**12,626**		**16,979**

Turas Training Ltd.

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Phone 10 450 5396 Website www.turastraining.ie Email info@turastraining.ie

Company Registration Number 341613 Registered Charity Number CHY 15488

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