

Cumbria Alcohol and Drug Advisory Service (CADAS)

Annual Impact Report 2019 - 2020



CADAS is a countywide charity that offers advice and guidance for all ages surrounding substance use and addiction. We provide therapeutic interventions to people using substances problematically plus support to the families, parents and carers of people using substances.

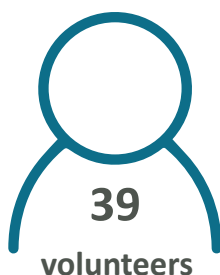
We work in partnership with a variety of other services (e.g. mental health and homelessness charities, statutory children services and local employers) to create a package of support for our service users that leads to more sustainable change. Whilst we do work with people in recovery, a key part of our mission is to prevent substance related harm.

We do this by working with young people, educating and supporting them to maintain good mental health, build resilience and develop positive coping mechanisms. We deliver educational (drug and alcohol awareness) programmes to children and young people in partnership with schools and colleges; youth clubs; apprenticeship schemes and local employers.

Our training courses cover a wide range of topics and provide information and skill development for professionals including teachers, youth workers, therapists and health and social care colleagues.

Our Team

This year we had **18** paid staff working countywide, supported by local clinical supervisors, a volunteer Board of Directors and **32** community based volunteers.



2925

volunteer hours which averages as

75

hours per volunteer per year.

Parent, carer, family support

This service supports those whose loved ones are using substances or carers using substances to cope with their caring role.

We offer group and individual activities, substance advice, guidance and training to help them manage their own feelings and support their family member.

"Having someone to listen and support me over the months has been vital in maintaining my sanity"

Young people's service

We work across the county delivering assemblies, drop in sessions and structured workshops educating young people and raising their awareness of substances and risk. We provide targeted support to groups and individuals via our Supporting Teenagers At Risk Service (STARS) where professionals, parents and young people can refer in for intensive support.

"I feel the sessions are really helping me, I have not been using any drugs. Black box helps lift my mood and helps relax me"

Adult 1:1 support service

Our adult support service offers bespoke, discreet 1:1 support delivered by peers in the community – volunteers trained extensively to coach and support others. It is built on the following principles:

- We do not require abstinence and believe people are capable of change.
- We focus on harm reduction as opposed to abstinence and our support focuses on the reason why the person uses the substance rather than just stopping, as we are aware those behaviours left unattended would just manifest themselves in other ways.

Professional training courses

We offer a wide range of professional training courses from general drug and alcohol awareness to specific substance seminars, for example Volatile Substance Abuse (VSA). Our own team are trained to deliver high quality therapeutic services and we offer this opportunity to others providing bespoke training in Emotional Freedom Technique, acu-stimulation (Black Box) and mindfulness techniques.

Employers and occupational health

We support other professionals and organisations to develop their policies and practice, and have templates for employers to adopt.

We offer staff training and relevant occupational health support to employers and employees, plus refer to respected drug and alcohol testing partners.

5 ways to wellbeing activity programme

In order to embed and sustain behavioural changes and aid long term recovery, we also offer an aftercare service based around the '5 Ways to Wellbeing'. These are optional activities that people can engage with to help them eventually transition into similar services offered in the general community. These sessions vary but this year have included doorstep walking, yoga, mindfulness, journaling, craft and tai chi.

“

It never ceases to amaze me how many obstacles the people we support overcome. Our staff and volunteers are inspiring and professional and keep me focussed on why we are here at CADAS.

Phillippa Williamson,
CADAS Chair of Trustees

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Health promotion

As part of our preventative role, we deliver substance related health promotional activities throughout the county. These are aimed at any member of the public and may focus on topics such as the difference between smoking and vaping, or the amount of units in alcohol. This year we have worked with Allerdale Health and Wellbeing Partnership to deliver smoking cessation and alcohol related sessions to hundreds of people across Allerdale. The whole charity ran events for National No Smoking Day and we supported Morecambe Bay Health Trust with alcohol related awareness in hospital foyers during their awareness weeks.

“

I really enjoy volunteering for an organisation that is dedicated to helping people make changes in their life for the better.

Jen Carlton, Carlisle Volunteer
(Jen started supporting CADAS on reception and this year trained to be a volunteer recovery coach).

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If you would like more information about any of our services, please contact us on **0300 111 4002**

This year we have intensively supported 413 adult clients - the majority are signposted to us via their GP, family or friends

- We have twice as many employed clients as unemployed clients and offer services outside of normal working hours
- 57% of the clients that reported a mental health problem were taking prescribed medication to help with their condition
- 76% of clients that recorded an ACE (Adverse Childhood Experiences) score of 1 or above also had a corresponding problematic alcohol score that put them in the 'higher risk use' category

Professional training courses

We delivered training / workshops to **684** individuals including:

- Youth Projects
- Publicans
- Citizens Advice Bureau
- Schools & Colleges
- Mental Health Services
- Family Centres

The most common substances

We are seeing an unprecedented rise in cocaine use - with or without other substances.

After intensive 1:1 support from CADAS:

- **71%** of clients reported an improvement in their mental health
- **70%** of clients reported an improvement in their self esteem
- **68%** of clients confirmed they felt less isolated

2688 members of the community and professionals (school children, teachers, social workers, health practitioners, foster carers) participated in CADAS training or educational workshops.

92% of participants say their knowledge and understanding around substance use has increased.

**“ It is good to feel supported and have someone to talk to who has understanding and knowledge of the subject
Parent Carer Family Service Client ”**

When asked:

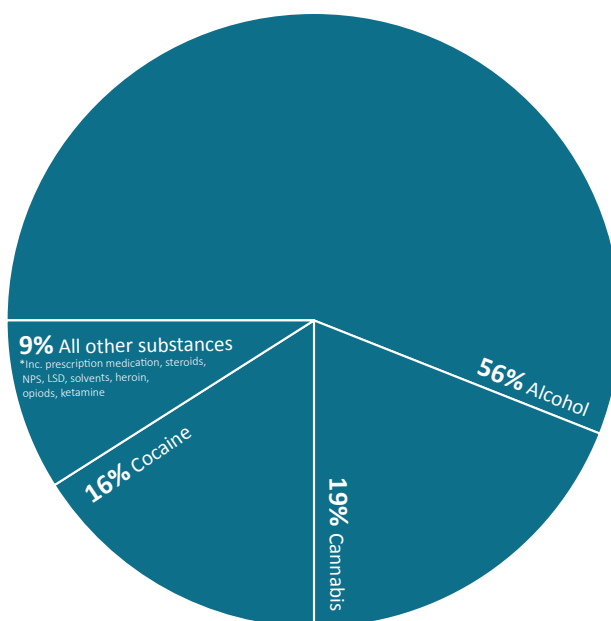
Q) What will you do differently in your personal / work life after this training?

- A) Reflect more on changes I want to make and possible relapses / sabotages.
- A) Set small goals and reflect, looking for triggers before relapse.
- A) To take more notice of what I'm putting into my body.

Q) What has been most useful / thought provoking?

- A) The cycle of addiction. Looking at and reflecting on a change I made in my life.
- A) Understanding how much alcohol drinks contain and what drugs are like.
- A) Knowing how drugs block the reproduction of dopamine.
- A) There's a lot more 'legal' highs than I know about. The effects to babies with alcoholic mothers shocked me. There is more help for people than I first thought.

**“ I have found the sessions extremely helpful; I cannot recommend the service highly enough. Thank you
CADAS Client ”**



CADAS staff and volunteers at Cumbria Pride

CADAS are proud to support the LGBT community. This year we raised awareness about drug and alcohol use amongst LGBT people via our social media pages as well as a stall at Cumbria Pride.

**“ Alone we can do so little, together we can do so much
Helen Keller ”**



Working in partnership

CADAS works hard to collaborate with others and is proud to have been part of Building Better Opportunities: Getting Cumbria to Work Barrow and South Lakeland. This is one of three partnership projects in Cumbria jointly funded by the European Social Fund and the National Lottery Community Fund. CADAS is a delivery partner in this project and has received funding to help provide support to people furthest removed from the labour market.

Thank you to all our funders, supporters and partners who have helped us make such a positive difference including: Allerdale Health and Well-Being Partnership, BAE, Big Lottery Fund, Building Better Opportunities, Cumbria Community Fund, Cumbria County Council, Cumbria Youth Alliance, Francis C Scott Charitable Trust, Frieda Scott Charitable Trust, Lloyds Bank Foundation, Santander, South Lakeland District Council, The Hadfield Trust, The Henry Smith Charity, The Sir John Fisher Foundation, The Stephenson Trust, Unity.



If you would like more information about any of our services, please visit our website - cadas.co.uk