



Ecett Newsletter

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Lifelong learning in the addiction, social work and youth sectors

Welcome to your 14th Ecett Newsletter!

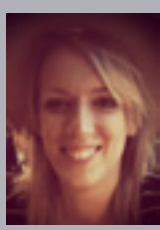
This edition has been created by the British and Irish helpdesks at Phoenix Futures and Coolmine Therapeutic Community.



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The Ley Community in Oxford is no stranger to Ecett having co-hosted an EFTC conference in Oxford in 2011. The Ley Community (TLC) are very happy to receive your trainees from across Europe. See their information on page 5.

We welcome back our Irish partners Coolmine Therapeutic Community, an Irish addiction treatment and rehabilitation T.C established in Ireland since 1973. Please see information on Coolmine on page 7.

It has been another successful year in Erasmus Plus applications with a total of 97 traineeships being funded between 5 Ecett partners – Argo (12), Monar (16), Magdalena (28), CEID (24), and Trampoline (17). They will all be looking for organisations to host their trainees so send back your Partnership Agreements quickly to support them in their planning programme. Don't forget there are many resources and tools on the Ecett Platform for support and guidance.

This year Phoenix Futures hosted an Ecett event at its Head Office in London to celebrate the end of its last project which ran between 2013 and 2015. Andrea Ascari from CEIS Italy, and Marketa Dolejsi from

Magdalena, Czech Republic were invited to speak as they were two of the hosts who received trainees from the UK during this project. Read all about the event on page 9.

ARGO, in partnership with University of Macedonia, University of Nimes, and the Partnership for Youth Empowerment (UK), have been successful in receiving funding for "Strategic partnership and training on the use of music as an additive treatment modality in the detoxification and rehabilitation processes of individuals suffering from drug dependence". Read about this wonderful project and fine example of collaborative working on page 4.



Despite all this positive news and progress, the current financial situation of Ecett is always a concern and the financial viability and sustainability is always at risk. We are constantly seeking solutions and developments to strengthen the Network and as always need your input, support and communication throughout the year, whether you have been successful, or even if you didn't apply for grants this year. We thank you for your participation.

We send our support and love to the people of France, particularly in Paris at this sad time due to recent events in their beautiful capital city. We have many partners and friends in France and we want you to know your Ecett 'family' supports and thinks of you in these worrying and challenging times, not only for France but for the rest of Europe too.



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A big thank you to Coolmine for hosting the next Steering Committee event in Dublin between 10th and 11th December 2015. Newsletter 15 will report back to you on developments and decisions from these two days.

Thank you to everybody who contributed to this newsletter, with special thanks to Emma Dibblin from Phoenix Futures for putting it together.

- Frances Gray, Phoenix Futures



Examples of Innovation



Tom Wright was the winner of the Ecett Contributor of the year award at Phoenix Future's Annual Graduation. We interviewed him about the **support booklet** he brought back from his trip to Belgium:

Did the trip have an impact on your way of thinking about your profession?

The trip had a great impact on my way of thinking. For example, substance misuse services in my host country (Belgium) have minimal access to prisons, meaning that support generally takes place on release from custody. This made me extremely proud of the great work that we do as an organisation and the support that we are able to offer service users in custody. Also, by seeing the different approaches used by substance misusers service around the prison restrictions, this highlighted the importance of being flexible and adaptable.

Did the internship have an effect on your way of thinking?

As a result of this internship, I identified an area of best practice that has had a positive impact on my service. At Transit in Brussels, service users are given a support booklet, which provides

information for those who live on the streets or have little money. This contains information and a map on where to access free/low cost support services such as: food outlets; shelters; hair dressers; clothing outlets; hostels for those with dogs. At my service, many prisoners are released into the community with no fixed abode, I felt that this good practice would greatly benefit them by allowing them to easily locate support services on release. I therefore developed a support booklet based on the local area than can be given to service users when they leave. Following on from this, support booklets for other areas have also been produced by the team.

How did you get your team interested in your innovation?

On returning from my placement, I delivered a presentation to my team, sharing my experience and highlighting areas of best practice. I showed the team the support booklet from Belgium and explained why I had identified this

as a best practice. The team recognised the positive impact this would have within our service and the support that this would give to our clients.



Tom with Tony Pearson, Direct of HR and L&D at the annual Phoenix Futures graduation ceremony.

Has this had a positive impact on your clients?

This innovation had a very positive impact on our service users. For those being released into the local area, they were able to locate a range of services that provide help and support. Also, this booklet can be retained by the client and referred back to in times of need.



Morgane Dedecker from Phenix, Belgium visited Ceis in December 2013 and on return implemented a **Welcome and Orientation phase** to the Therapeutic Community.

What have you done after return of your internship at the COD?

In December 2013 we travelled to Ceis in Modena (Italy) to learn about how to work with addicted people with dual diagnosis, in our daycare therapeutic community. We were amazed by the period of 3 months observation in community at COD, while in Namur (Belgium) observation was limited to 2 interviews of 1 hour by a single professional who gave his opinion to get the patient in the center or not (see GP "be clear regarding dual diagnosis patients" in Newsletter n°13).

We wanted to introduce a period of observation at Phénix on return, we formed a working group with the idea of reducing the waiting time for admission to the daycare centre by giving time for the observation of new patients in a community setting. We thought that giving more time to the new patient before admission to the daycare center, would reduce the pressure on the patient and on the head of the admission service.

What innovation did you bring to Phénix?

It was decided to open at Phénix a "welcome and orientation phase" (PAO). This phase leaves time for observation of the person at their own pace, to propose rules and expectations adapted to their capacities. It is important that the person feels well, in terms of staff availability and treatment modal-

ities. One month after admission, the team meets to assess the person's progress and decide what is the best option for them, as the community dynamic is not necessarily the best choice for everyone. The PAO is therefore a considerable period in order to take a decision and see whether we need to adopt a particular attitude towards a patient with special needs.

The visit brought a problem in terms of confidentiality; how could we inform the group why some patients (with dual diagnosis) were entitled to special rules. We don't like to give people a "psy" label. It was decided not to talk about diagnosis, rather about behaviors and emotional difficulties justifying special provisions.

How did you manage the communication with the team so that this innovation was accepted?

The Director of Phénix accompanied us in Modena, this made the transfer of the good practice easier.

Advantages of the PAO:

- reduction in the waiting time for applicants to enter the day centre.
- Decrease of pressure on the patient and on the person in charge of admissions when they are facing difficult situations.
- opportunity to negotiate milder rules and expectations when necessary.

Difficulties related to the PAO:

- Fast PAO admissions override some rules and this induces more stress and requires management efforts by the rest of the group – particularly with the volume of admissions. It may be necessary to limit the number of newcomers to avoid saturation of the group
- The administrative team has more work because some newcomers are quite unstable

Possible improvements:

- One must make sure to keep this period as a reflection and observation time, although many newcomers are caught up in the movement of the group and become very participatory. This involvement may decrease the 'observation' aspect of this period.
- We had to establish a "PAO mentor" role for the staff who provides the link with the patient before admission in the day centre. It is necessary that the newcomer knows who can help him in case of difficulty. The person who enters the PAO should feel secure about having his mentor and not feeling alone, because he has to wait one month before confirmation of his admission in the day centre.

Examples of Innovation

Lisa Larkin from Coolmine TC visited Phoenix Futures, on her return to Dublin she introduced a **Welcome House:**



Could you talk about the Good Practice you brought back from your internship in April 2015?

Yes, I visited Phoenix Futures Wirral while they were having a 'back to basics' week, one of the things I noticed was the participants wore badges to identify their roles in the community. When we introduced the badges to Ashleigh we found that the women took more pride in their roles, structure changes started to generate excitement within the community as the badges were seen as an award or recognition of achievement.

At the Family Service in Sheffield where they have a mother and child residential facility; families are responsible for their own children while they are on site unless the children are in the crèche. It had been the norm in Ashleigh for the women to support one another with their children, this was a good thing in terms of 'community as method' and peer support, but on the other hand much support might have meant women were not developing the skills they needed.

I brought it back to the team and we introduced a policy which states that: Women are responsible for their children at all times; they cannot leave their child in Ashleigh House when they are not there unless they going to hospital or court, they can ask for support with minding their children under certain circumstances which have been communicated to the community. It's early days to determine whether the women are developing more skills but it's great to see them spending more time with their children on site and building a healthy relationship pattern.

Another innovation that you have introduced is the Welcome House. Can you tell me about that?

The Welcome House is essentially a sep-

arate programme for new clients which last five to six weeks. It allows new clients to enter treatment without being overwhelmed by the structures and procedures and gives them time to grow their confidence.

How does it work?

The welcome house group structure is centred around TC, applied CRA and Relapse Prevention workshops, regardless of when you enter the TC Welcome House, you will have gone through the entire workshop programme because it is designed to cover everything over the course of five weeks.



So the Welcome House is more to do with new clients being given the opportunity to digest the structures, concepts and procedures of the TC before they enter the main treatment centre Programme with more established peers?

Yes, so if you come in on your first week and somebody else is in their sixth week, you are both doing the same class but the person in week six will have done all the other classes and be ready to move on. It's working fantastically well. While participants will still role model for others there is a consistent message from the staff. It's really important that new participants understand what the TC is all about so that they understand what's going on. Sometimes people can begin their programme and experience a heavy group and think 'I can't do this' and leave. With this new system, they will

understand what groups are and what their purposes are.

How have these new initiatives resulted in terms of measurable outcomes?

We have only had two people leave orientation phase since we began the new initiative overall our retention rates have improved significantly as a result. Often when people leave it will be within the first few weeks, so this has definitely had an impact just at the stage where it is most needed.

How has your exchange impacted on your thinking in terms of what you do in your job?

Well one big change is how I think about relationships within the therapeutic community. In the Wirral community they let the community police relationships so that if the community feel that two participants are forming an exclusive relationship, they are aware that this presents a serious relapse risk and they intervene as a community to address it. Previously I would have been adamant that people in treatment should not mix in terms of gender as it presents such a risk to recovery but having observed how the Wirral community deal with this I have definitely changed my thinking on the subject.



It was also great to see the men challenge women in mixed therapy groups when naming manipulative behaviours with women who used this in addiction. It was also great that men were there to hear of women's experiences dealing with violent or abusive men in relationships whether mentally or physically. It is beneficial for men to hear this especially if they have used these behaviours in the past in their own relationships.

European Projects

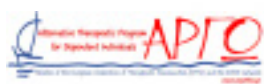
Application of 'Mobility' scholarships for Ecett Internships In 2016



2nd February 2016 is the deadline for submitting applications for EU Mobility grants. Ecett can help you introduce your application file.

By 2015, five helpdesks of the Ecett network have introduced applications for Mobility grants within the ErasmusPlus scope and all have been approved by the EU. This makes a total of 97 travel grants for trainees french, Greek, Polish, Czech and Belgian. Would you do the same for the members of your organization? Any organization Ecett partner may submit an application for mobility scholarships to finance exchanges of personnel within the Ecett network. We will send you a template folder if you wish.

There are three main categories for mobility grants. We have selected for you the relevant information to be introduced in applications for Ecett internships (information available on request). Call the central bureau of Ecett if you intend to submit your application and if you need our support (contact@ecett.eu).



MUS.I.C.D.A.RE



(Music In Creative Detoxification and Rehabilitation) Project

ARGO are pleased to announce that they will be participating in MUS.I.C.D.A.RE in cooperation with the University of Macedonia (Greece), the University of Nimes (France) and the Partnership for Youth Empowerment (PYE - UK). The aim of the project is the establishment of a European-level strategic partnership and know-how exchange network and the preparation, development and implementation of a 'hands-on' adult training program (face-to-face but also e-training) on the use of music as a complementary psychosocial therapeutic intervention during the detoxification and rehabilitation processes of individuals suffering from drug dependence.

The target population of the project are carers, therapists, psychologists, social workers, educators, musicians, volunteers and ex-drug dependent individuals employed or intending to be actively involved or employed in drug detoxification and rehabilitation centres in Europe.

EAMM Project

Last springtime, Ceis-Formazione and a group of Ecett Organizations presented a proposal based on MECETT within the framework of Erasmus+ programme, in the field of Strategic Partnership for Vocational Education and Training. The proposal was especially aimed to ensure the long-term sustainability of MECETT for Ecett Organizations, through a coordinated set of actions, among which was included the involvement of actors from the for-profit sector and the spread of fund-raising

competences within Ecett. The proposal was entered in Italy, at the Italian National Agency, under the coordination and responsibility of CEIS - Formazione from Modena. Some weeks ago, CEIS - Formazione was notified the communication of non-selection for funding of the Proposal. The communication included a detailed evaluation of the proposal, with the reasons for non-selection, which may represent a very constructive starting point for any

Ecett Networks NGO enters the Peer Awards

Ecett-Networks NGO is entering the Peer Awards in 2016. Their entry in these prestigious awards, which are held in the UK but open to worldwide organisations, explain the learning method and benefits for staff to enable them to develop their skills to meet their objectives.

The method MECETT is designed for employees with a few years of professional experience. It can (and should) be practised by all the hierarchical levels of the organisation and people from all ages to get the highest return on investment.

If you would like to enter the Peer Awards please visit: www.thepeerawards.com

further initiative of this kind, within the framework of Erasmus+. Indeed, presenting a new proposal may be still a very suitable option, especially if the coordinator resides in one of the more populated EU Countries (ie. Germany, France, UK, Italy, Poland, Spain...), as Erasmus+ allocates the overall financial resources for funding proportionally to the national populations. This will be discussed in December 2015 in Dublin during the Steering Committee of Ecett.

New Ecett Partners



Host: Ley Community
Site: Oxfordshire, UK
Sector: Addiction
Website: www.leycommunity.co.uk



The Ley Community offers a staged progression of learning; phase one being the main therapeutic intervention, lasting 26 weeks and phase two resettlement, with 12 weeks voluntary work placements then secure full time employment.

Aftercare involves assertive outreach, responding to early intervention, support to the recovery community and recovery alumni as well as organizing activities and events.

Recovery in reality

Their programme is based on the theory of social learning and built on the belief that everyone could achieve recovery if they want to. The main characteristics of this behaviour change programme are:

- peer driven,
- self-help
- abstinence

A Therapeutic Alliance is developed between peers and their key worker, a social model of intervention as opposed to a medical model. The idea that wider social and environmental factors can turn an individual's vulnerability to drug use into actual drug use so that use becomes problematic is well established.

Equally it is clear that there is a relationship between drug use and a range of other risky behaviours. This suggests that simply tackling drug problems and drug using behaviour on their

own will be insufficient to deliver responsible behaviour. Such efforts have to be integrated and co-ordinated with other social and economic policies.

For example: tackling structural problems that increase risk of drug problems – social problems, such as income inequality, lack of a sense of community, feelings of exclusion and disenfranchisement, are likely to have an impact on whether someone develops drug problems.

The Ley Community works with individuals and families to develop and evaluate early interventions to help families and communities build resistance to drug problems along with other problems through engagement in our programme.

“We labour on recovery, not on treatment”

Residents work in departments, such as housekeeping, admin, kitchens and grounds. Learning new skills and living in a communal setting interspersed with a range of psychosocial and therapeutic interventions such as CBT, talking therapies and art and music.

The recovery programme is based on a merit and privilege system; as you gain more seniority you take on more responsibility. Running the community is integral to understanding how to run a home.

“We deal with behaviour; we are not interested in who people were, we are interested in whom they are going to be”



Phase 2 Resettlement – resident's engage in a range of voluntary work placements across Oxfordshire to get an up to date CV and references and then apply for full-time employment. Once in employment they move into semi-independent living on site while they save for a rent deposit to move out into the private rental market.

The community has an 84% success rate post discharge still clean and sober at least one year on and they host a Graduation event usually in September to acknowledge and honor those who have achieved Graduate status.



Host: L'Amarrage (the “Mooring”)
Site: Braine l'Alleud, Belgium
Sector: Help for young people
Website : www.amarrage.be



L'Amarrage is an association active in youth assistance, approved and subsidized by the Brussels Wallonia Federation, for the support of 66 children from 3 to 18 years who are in danger in their family environment. These children are placed at the request of the Assistance Service for Youth, the Judicial Protection Service or the Court for Youth affairs . The purpose of the support is to protect the youngster, re-engage the family functioning, to strengthen the link and the dialogue between the parties.

One approach around two themes:

- individual or collective projects under mandate (Court for Youth affairs, etc)
- not mandated projects, in synergy with the first ones:

support projects in Africa, intercultural exchanges, capacity-building projects, peer support and non-mandate coaching

The pedagogical projects

The Amarrage works through different “projects”:

1. 4 family type homes
2. a house for teens (accompaniment to autonomy)
3. break stays (in and outside Europe)
4. a project of peer coaching
5. a project of training action for young early school leavers
6. a project of intercultural exchange (Africapsud)

The objectives

Through these projects, the Amarrage works for the following objectives:

- promotion of the self-fulfilment of children or young persons so that they get a maximum of trust in themselves and others.
- restore, improve and maintain links within the environment of child and his family system.
- induce a change at the level

Exchange of Good Practices

Host Institution: De Kiem

Location: Belgium

Author: Johanna Goacher

Title: Response to substance misuse in Belgium

From: Phoenix Futures, UK



The Drugs Court in Belgium is a specialist court that just has hearings for individuals that have committed crimes due to their habit or to fund their habit. De Kiem had a worker there to support each case that was heard. I thought this was particularly useful not just for the support that it gave to the client but also for the information that it gave to the court about the services that the individuals were accessing/planning to access and their progress. The link that the worker gave between the client and the court was consist-

ent and concise and this was something that I thought would benefit our services. It meant that the client was comfortable in the knowledge that there was someone there to support them and the court was confident that they were hearing the correct information which enabled them to make the best decision with regards to the offence and any subsequent punishment or sentence.

In the prison that we visited I was impressed with the substance misuse programme. I particularly liked the fact that the programme was made up of substance misuse work (group work/therapy/1-1 etc) as well as being combined with the routine of the prison.

This meant that if the prisoners did not embrace every aspect of the programme instead of "cher-

ry picking" what they wanted to participate in then they lost their place and had to transfer to a standard prison. It was also nice to see that at the end of the programme it culminated with a marathon and celebration day that was held in the prison grounds with family/friends attending to see their loved ones compete to see how far they had come in recovery; emotionally and physically. It was apparent that this was a huge goal for the prisoners and something that they aimed for even if they were only physically able to complete only part of the marathon. In the prison that I currently work in this would be impossible as it has closed conditions. But I did think that if this could be incorporated into an open prison then it would be a fantastic idea for prisoners that were committed to addressing their substance misuse and hoping for a future of recovery.

Host Institution: Le Relais Sénart

Location: Vert-Saint-Denis, France

Sector and Mission: Centre for women victims of domestic violence

Author: Christelle Risselin

From: Espace Libre, Charleroi

Title: Expression workshops for children exposed to domestic violence.



General objectives:

- Allowing children who have undergone a climate of violence to their experiences and emotions into words.
- Working with protection schemes and identifying resources in their environment.
- Allowing mothers to address domestic violence as well as the direct and indirect impact on children.
- Discussing the impact of domestic violence in the parental relationship on children.
- Target group: Children from 4-6 years and 7-12 years and their moms

The 'children' groups:

These groups consist of maximum 8 participants and are aimed at children from 4-9 and 10 to 15 years. 6 sessions take place once a week. Each session has a similar pattern and includes a beginning ritual, a time for discussion, a time of activity, a reading time and a conclusion ritual. The supervision is provided by a therapist and an educator. The objectives of these meetings are:

- Offering a space to children, in a secure place, to speak with confidence and to address violence.
- Breaking the law of silence;
- Giving sense to the unspeakable, far from chaos
- Giving different therapeutic keys

The themes addressed during the meetings are:

- The identification of the 6 basic emotions; mainly fear and anger
- the difference between conflict and violence
- the difference between protective and dangerous secrets
- working on the network and people resources
- implementation of the child's safety
- The themes addressed in the groups are the same, regardless of the age of the children, because the proposed tools are adapted to their age.

The Group of "moms".

6 sessions around the same themes as for their children. The objectives of the meetings are as follows:

- Understanding and identifying the effects of violence and the symptomatic signs in children
- Making the link between their experiences of violence, the consequences for them and their implications in the mother/child relationship
- Encouraging support and parenting skills of mothers
- Developing tools and strategies in complex situations of everyday life
- The 6th meeting is devoted to the balance of the proposed aid. Stakeholders, mothers and children gather in order to:
 - make a return on the relational strategies, develop, to speak among mothers and children over the group experience, take position about pursuing therapeutic work (individual or group).

Host Institution: CAF

Location: Milan, Italy

Sector and Mission: To help children who are victims of abuse and their families

Author: Geneviève Pierquain

From: CRES (Regional Centre for Educational Services and Studies), Belgium

Title: Active Prevention at CAF

Aim: Active prevention is designed to integrate the Center in the district and to host mothers in the area in order to prevent incidents of ill-treatment by various means: the "moms round", "home visiting" and "selection of foster families"



they come to enjoy a moment at the centre with their children in order to create an alliance, to strengthen a bond and to work on their mother-to-child relationship with professionals. Two additional mornings of learning the Italian language have been added for issues or immigrant parents. During these courses, children are supported by educators. The locals help on a voluntary basis the educational team.

2. The "Home visiting" consists of visits conducted by an educator and a mediator (an assistant speaking the same language as the beneficiary). They educate expectant mothers, from the 7th month of pregnancy until the child is two. These mothers are sensitized during the prenatal and postnatal consultations through two years of work. It is a job that goes to the heart of emotions and cultural aspects, in accordance with the 'time' and the rhythm of the family.

3. Selection of foster families: CAF selects host families (couples or singles) for children in care.

Meetings between the host family and the family of origin are held prior to the contact with the children so that they know each other before the first meeting the child who should feel comfortable to live there. The fact that the host family is informed of the issues of the child and his family and that he continues to be followed by familiar persons, allows a better understanding of the child and therefore a better support. The host family meets the needs of the child and the family, and must refrain from any judgment against them. It takes account of the attachment of the child to his family of origin, is aware of the problems of the child as well as the family problem or capacity the child maintains strong ties with both families.

The workshops of the CAF undergo a great demand:

- More than 50 mothers are followed and there is a waiting list.
- 77% of the application for these workshops come from hospitals and prenatal consultations.

Self Reported Good Practices

Evidencing Coolmine Therapeutic Community

Pauline Mc Keown, CEO



Coolmine Therapeutic Community is not new to the idea of organisational transformation, as with other Therapeutic Communities who have adopted post-modern approaches that advocate the introduction of shorter programmes, evidence based treatments, outreach and community-based interventions.

We have delivered significant change to our programmes and practice in recent times that demonstrate our commitment to evidence based practice whilst remaining true to our core values.

Now blended with the core TC programme, CTC staff have been trained and accredited in Community Reinforcement Approach (& Family Therapy), Mindfulness programmes, Parenting Under Pressure Programme as well as core motivational interviewing and cognitive therapies to improve quality of service to our clients. Perhaps one of the most significant achievements for Coolmine in the last few years has been our participation in formal research.

In May 2014, we hosted the European Working Group on Drugs Oriented Research symposium (EWODOR), in Trinity College Dublin. We were delighted to welcome European and international researchers and service providers to the two day event. The symposium consisted of 34 oral presentations on the theme of gender and diversity in substance misuse treatment. The research presented made specific recommendations for consideration in the provision of gender responsive services, working with prison populations and dual diagnosis services. CTC have been awarded and look for-

ward to hosting the EFTC conference in September 2017.

During the EWODOR conference CTC presented preliminary findings from our mixed methods longitudinal rehabilitation outcomes study, which we shall launch in November 2015. The key findings include:

Of the initial baseline quantitative sample (n=144), 36% of clients completed the programme and graduated from CTC.
More than one third (35%) self-discharged and an additional 21% were discharged by CTC.
Of those who discharged early, 5% re-engaged in the programme.
71.8% of the study's quantitative participants were maintaining a drug-free lifestyle (i.e. not using illicit drugs) at the 24 month follow up period.
25.2% were engaged in paid employment at the 24 month follow up.
Positive reduction in criminal activity from baseline to two year follows up period.
Notable physical health, psychological health and quality of life improvements for all study respondents

Parenting Under Pressure

During late 2013 Coolmine Therapeutic Community (CTC) introduced the Parents under Pressure Programme (PuP) in our women's residential centre, Coolmine Ashleigh House, which has been extended across all our services in 2015.



PuP supports parents with addiction problems to build their strengths as a parent, develop a safe, caring relationship with their baby and learn practical parenting tips and life skills. The overall aim of PuP is to help clients with addiction problems to develop positive and secure relationships with their children and to be the best possible parent that they can be to their child (ren). Through providing parents with methods to man-

age their emotional regulation so that they can support their child's emotional and behavioural development in a calm non-punitive manner.

The programme is led by Professor Sharon Dawe from Griffith University, Brisbane, Australia, co-founder of the internationally recognised Parents under Pressure (PuP) programme. Professor Dawe has trained 12 CTC staff and is supporting CTC accredited PuP therapists to become trainers to ensure maintenance of the programme in CTC. Independent research shows that this programme contributes to helping parents to complete their addiction treatment as well as reducing the costs associated with providing welfare and health services for their children.

During 2014 CTC conducted a feasibility study on the implementation of PuP in Coolmine. The study presented some stark findings:

- Four out of five clients interviewed grew up in addicted households where either one or both parents had addiction problems
- Almost all had experienced maltreatment including physical violence by their parents
- Childhood feelings of isolation, abandonment, rejection, humiliation and confusion resonated deeply
- A deep distrust of social workers and social services featured strongly

Notwithstanding this, encouraging and hopeful findings were evidenced during the course of the study. All parents who participated spoke highly of the PuP programme citing it as a beneficial and valuable programme with real perceived gains for developing positive relationship with their children. CTC continue to monitor the outcomes from the PuP programme and look forward to publishing the same in 2016.

Self Reported Good Practice



Creative Education for Drugs and Alcohol (CEDA) Project

Pamela Cuthill, Phoenix Futures



The CEDA project explores the impact of drugs and alcohol use on a young person's mind, body and overall wellbeing in a fun, energetic, open workshop style. Our workshops are pitched to engage the most pupils at risk, whilst still being accessible and educational for all.

Assemblies and Workshops for Secondary Schools

We use lots of different activities to cover the learning points such as quizzes, small group work sessions and open discussions to make the sessions very interactive, enjoyable and memorable. Workshops are delivered to 'form group' sized classes, but we can also deliver assemblies to whole year groups.

Our sessions are suitable for all year groups as the content is easily adapted to be age appropriate. Typically the sessions focus on alcohol and cannabis, however we can deliver on substances you may be hearing about or seeing in your local area, including NPS (New Psychoactive Substances – formally known as legal highs). As well as this, we also provide workshops on Mental Wellbeing and Drugs, to enable young people to make informed decisions about their lives and encourage them to learn more about their own mental wellbeing.

What else do we do?

Peer Mentoring Programme

We are able to create and facilitate a Peer Mentoring programme in schools. Our Peer Mentor Co-ordinator will recruit, train and supervise responsible pupils to mentor a 'matched' peer in a lower year.

Teacher Training

Our sessions for school staff are designed to improve their knowledge and confidence in working with young people using substances. The session will cover the effects of substances popular with young people, signs and symptoms of substance use in young people and ways to support a young person in need.

Recovery Speaker

To broaden pupils understanding of drugs and alcohol we have the option of inviting one of our recovery speakers to spend a session sharing their experiences of addiction and answering pupils questions. Our recovery speakers are incredible young people who have worked with our service in the past and can inspire pupils with their strength and resilience.

News



Steering Committee of new sectors: Social Work and Youth, Belgium.

The Steering Committee of the Social work sector and Youth sector met in September 2015 in Nivelles, in order to start a “consortium” for Mobility grants to EU. These grants would be distributed among staff of partner organizations in 2016-2018. The application file will be introduced in February 2016 and the response is expected for June of the same year.

Phoenix Futures Ecett Celebration Event

At the end of its second mobility project Phoenix Futures organised a celebration day at its central office in London on 27th May. All 24 trainees were invited to present their experiences to the rest of the attendees. Our trainees travelled in groups of 3, so each group of 3 presented back their experiences in a colourful and very photographic way via power point presentations. Invited to this event was Marketa Dolejsi from Magdalena, Czech, and Andreas Ascari from CEIS, Italy. They both spoke about their experiences with our trainees and their experiences of the Ecett programme.

Karen Biggs, the CEO of Phoenix introduced the day and welcomed everyone. There were flags from all the countries involved in our mobility project around the tables and large flags decorated the walls. The event was a great success and enjoyed by all. A lunch was provided half way through the presentations and the whole day had a very friendly, warm European feel!



General Assembly of Ecett Networks Madrid - June 2015



Proyecto Hombre Madrid hosted the Ecett General Assembly meeting as well as the Steering Committee which brings together all helpdesks to coordinate the network and the organization of internships over the year. Fifteen members represented the various helpdesks: Poland, Czech Republic, Greece, Italy, France, Spain, Belgium, Ireland and Great Britain.

Phoenix Futures returns to the Peer Awards

Fran Gray was invited to the Peer Awards to present awards to winners of several categories. “The entries were, as always, innovative, inspiring and motivational, and it was great to see video entries of some amazing projects from around the world. It is great that Phoenix Futures was involved again this year, and for people to still ask about Ecett at the event, and how impressed they were with our entry last year. Hopefully we will have other inspiring and innovative project that we can enter next year!”

Testimonials

**Karen Biggs, CEO
Phoenix Futures (UK)**



on the Phoenix Futures Ecett celebration event

It was great to hear the presentations from staff who took part in Ecett over the last 18 months. As ever it is clear how much they have benefitted from the experience and the contribution it has made to service improvement across the country.

It was also good to see people grow in confidence and present so capably. I'm glad we are keeping our connections with Europe open. It was clear from the presentations today that we benefit greatly nationally and locally from the network.

**Niamh Kavannagh
Coolmine TC (Ireland)**



on De Kiem, Belgium

To exchange knowledge with another TC was most definitely achieved to a high level. The staff at De Kiem were very interested in how Best Practice was achieved in Coolmine TC. The staff at De Kiem and I discussed many aspects of best practice in our organisations. We exchanged ideas and experience which influenced me and my practice in a positive way.



Niamh with Prof. Eric Broekaert
Honorary President of
European Federation
of Therapeutic Communities

**Lisa Larkin
Coolmine TC (Ireland)**



on Phoenix Futures Sheffield Family Service

I attained knowledge of PF alcohol detox, Case management system; Funding and Family support service. I was particularly interested in the Family Support Service as I currently work in a mother and child facility. I gained good insight into their process regarding mothers being responsible for their own children (child protection – good practise), groups, process in regards to crèche and their case management system - All of which will be helpful to me in delivering a quality service in my own facility.



Trainees from Coolmine TC visiting
Phoenix Futures Wirral Residential Service in the
UK.

**Gary Roche
Coolmine TC (Ireland)**



on Magdelana
(Czech Republic)
OPS

"The host organisation was most facilitating in their welcome and cooperation. I met all my objectives and exceeded my expectations. Differences and similarities were observed and explored with host. It was important to get an experiential knowledge of how things are done. The opportunity to discuss the pros and cons of different approaches to the same problem was valuable"

**Joseph Buckley
Coolmine TC (Ireland)**



on Magdelana (Czech Republic)
OPS Primary prevention

The training schedule allowed for a comprehensive view of the host organisations activities. The primary prevention programmes in schools were an interesting and engaging concept. Those responsible for training school teachers in the approach allowed for an interactive role for the traineeship. In all activities observed I was asked to take an active role where possible. This allowed me to foster better relations and receive more feedback from those activities observed.

**Bea Wheeler, Locality Manager
Phoenix Futures (UK)**



On her staff travelling through Ecett

Over the past three years I have had staff travel to Dublin, Portugal, Czech Republic and Belgium. My experience managing staff experiencing ECETT, has been to mostly manage their excitement and enthusiasm!

The staff arrive back to England filled with new experiences, perspectives and ideas as to how we can better our treatment and delivery. ECETT gives staff the opportunity to experience a completely different way of delivering treatment from a different cultural perspective. But what they gain is so much more than this - they come back telling me how aftercare and 'knowing your community' is so important to a service user in Belgium, how 'giving staff the opportunity to feedback and develop their services' works so well in Portugal or how the use of 'play' enables service users to talk through trauma in the Czech Republic.

**Lebrun Françoise
Social worker (Belgium)**



on a 3 day traineeship to Coolmine TC - Ashleigh
House Mother and child residential

For me it was an unforgettable experience. I could learn some exciting new tools. I came back with a head full of good working techniques. Julie and I have been able to share an early conclusion with our director and team. Our team was surprised with the pedagogy used in Ireland. To them it seems unreal to give as much responsibility for moms, addressed modules ... Our next team meeting will be November 26, then we will go into more detail and discussed the tools that they could be set up within our institution.

ECETT encourages our staff to take the lead on implementing these newly gained perspectives into our services in order to improve them, and we've had some amazing results because of this! Women leaving Holloway prison now leave with a information pack on what support their local community offers them, staff in Pentonville prison now have a way of feeding back ways to improve the service with innovation and our Islington Family Service are beginning to use sandpits and play as a tool to communicate with their loved ones. The value that ECETT has given our services has been unlimited – not only by offering our staff new experiences but by allowing us to learn from other countries and cultures of ways to interact and deliver treatment. And it doesn't stop there – our staff have built friendships with peers overseas allowing them to continue to share ideas and best practise after their ECETT trips have ended. I have thoroughly enjoyed seeing my staff attend ECETT and have enjoyed even more the wealth of experience they bring back with them and have been able to share with their colleagues and our service users.