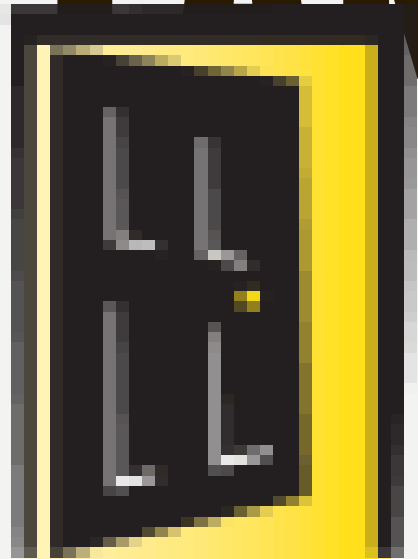


# LOCAL ACTION PLANS



*Clark Summit*

Community

# CORK PILOT – SAFER SATURDAY'S

- Significant increase in the number of homeless people engaged in problem drug use in Cork.
- The number of opiate users availing of Cork Simon's Residential Services has more than doubled in recent years
- The number of people sleeping rough in the city for one night or more has increased from 38 in 2011 to more than 500 in 2017 and we have noted a persistent association between rough sleeping and problem drug and alcohol use.
- There is an increase in antisocial behaviour on the streets. Our quarterly City Quarter meetings with local businesses, hotels, offices, bus station and restaurants confirm this trend.

# DESCRIPTION OF THE SITUATION

- Cork Simon's day service and rough sleeper team have been effective in reducing drug and alcohol related nuisance in Cork City as the service offers alternatives to life on the streets including access to our activities programme and our Employment and Training Service which has found more than 160 jobs for homeless people over the past five years and assists an average of almost 150 people per annum to gain educational qualifications
- Safer Saturdays is a response to direct feedback from Cork Simon's beneficiaries who have made clear their wish for us to expand day services by opening at Weekends. Rough sleepers complain of having nowhere to go on Saturday's and Sunday's and welcome an alternative to the street scene and associated high levels of drug and alcohol use

# AIMS AND OBJECTIVES

- We are piloting a “Safer Saturdays” project aimed at homeless drug users in Cork aimed at promoting deeper engagement with services, with the ultimate aim of reducing alcohol and drug related harm and street nuisance.
- This involves running our Day Service from 8.00am to 1.00pm on Saturdays offering access to a range of supports at time when no services are currently available in Cork for homeless drug and alcohol users. The 30 most frequent users of our Day Service were invited to participate. This also is a direct response to the wishes expressed by Cork Simons service users for the establishment of such services at the weekend.
- Two staff were assigned to the project.
- The programme started in October 2017 and will run until such time as agreed by all the partners.

# SPECIFIC ACTIVITIES:

- Respite from the streets
- Access to breakfast and shower facilities
- Access to
  - Needle exchange service
  - Training in administration of Naloxone
  - Training in First Aid
  - Activities programme
  - Cork Simon Education, training and employment programme
- Opportunity to do assessments, particularly to track changes using the Self-Sufficiency Matrix

# SERVICE UPTAKE OCT 17 / AUGUST 18

- 275 service users
- 83% male 17% female
- 75% Irish 25% other nationalities
- Average age 36 Range 19 - 72
- 757 service visits
- Average of 18 people each Saturday
- Average of under 3 visits per person

# FREQUENT USERS

- 39 Service users (14.5%) account for 332 visits (44.5%)
- Average of more than 8 visits per person for this group
- We have more detailed profiles of 18 of this group, so far
  - All have history of rough sleeping
  - 33% Alcohol Misuse Issues (AMI)
  - 22% Polysubstance Misuse Issues (PSMI)
  - 33% Public Order Issues (POI)
  - 28% Suspected Mental Health Issues (SMHI)
  - 11% Diagnosed Mental Health Issues (DMHI)
  - 11% Diagnosed Physical Health Issues (DPHI)
- 83% have 2 or more of the above. 44% have 3 or more

# Potential bottlenecks + solutions

Bottleneck	Solution
Many more participants than 30 targeted	39 service users account for over 44.5% of visits – core group
Delay in roll out of Naloxone programme	Liaise / lobby HSE, movement on this now
Availability of training providers on Saturdays	Arrange training for other days and refer participants
Staff availability	New staff team fully in place since May 2018 – more stability
Average of 18 people using the service on Saturday, compared with 35+ on other days	Staff noted more positive ambience in the service



# SELF-SUFFICIENCY MATRIX

- Completed for 42 service users in April 2018
- To be done again in December/January 2019
- Finances: Highest score 3. It ranged from barely self-sufficient to acute problems
- Work and education: Four people were adequately self-sufficient. Two were barely self-sufficient and the rest were not self-sufficient or had no work/education
- Pastime: Five enjoyed creative use of time. Fifteen had some structure , but not enough and the rest had little or no structure or daily activities
- Housing: Forty of forty-two were homeless or in Night Shelter. The other two were in housing that was not suitable for permanent habitation.
- Domestic relations: Thirty six scored 4, which equates to relational problems with members of household do not exist or person lives alone
- Mental Health: Half of the people had mental health issues, impaired functioning and mental health compliance

# SELF-SUFFICIENCY MATRIX

- Physical Health: Majority of scores 3-5, which indicates some physical illness/health problems to being fully physically health
- Substance Use: Fourteen had no substance use other than alcohol. Eighteen had severe substance abuse disorder, causing physical and mental health problems
- Basic ADL: Majority of scores in 2-3 range. Execution is limited in several areas of basic ADL
- Instrumental ADL: Score range in 3-4 category. Limited Instrumental ADL in single area and support needed when travelling, small repairs around the house etc
- Social Network: Most of the scores in 1-2 range. This means serious social isolation, no contact with family, hardly any social connections
- Community Participation: Isolated from the community or barely participates in it
- Law and Order: Fourteen in 1-2 range. Frequent contact with police and pending cases. Eight had no contact with police or had no criminal record.

# Involved partners and stakeholders

Joe Finnerty, School of Applied Social Studies UCC – Assisting with Research aspects

HSE Addiction Services – Offer training in Naloxone administration

Irish Red Cross provide training in First Aid for clients

Cork Simon Training, Education and Employment programme – links with employers and training providers.

Garda Siochana - participating in advisory group for the project.

Cork City Council - participating in advisory group for the project.

University College Cork - participating in advisory group for the project.