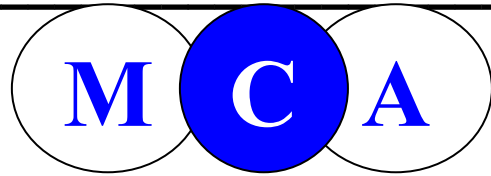

Moray Council on Addiction
(Part of Moray Drug & Alcohol Services)



Moray Council on Addiction



Annual Report

1st April 2010 - 31st March 2011

Moray Council on Addiction is a Company Limited by Guarantee No. SC 97519.
Registered Scottish Charity No. SC 002163
Affiliated to AFS (Alcohol Focus Scotland).

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MORAY COUNCIL ON ADDICTION

Executive Members

CHAIRPERSON:	Iain Campbell
TREASURER:	Alistair Campbell
SECRETARY:	Neil Ross
MEMBERS:	John Davies, Ronald Shepherd, Jeff Hamilton Laurie Stewart, Alan Smailes, Maggie Calder, Amy McKenzie, Carol Thornton, Barbara O'Brien
EX-OFFICIO:	Andrew Fowlie, Lynn Geddes

Staff Members

Director:	Lynn Geddes
Administrator:	Louise McNeill
Development Worker:	Tricia Joyce
GP Counselling Project:	Peter Green Carol Thornton
YPAC Team:	Robert Bruce, Carol Aitchison, Marja Helkala
YPAC Administrator:	Debbie Munro

Volunteer Counsellors

Janet Ware, Alina Ross, Amy McKenzie, Anne Matthew, Brian Currie, Caroline Armstrong, Jodi Glowacki, John Forrest, Karen Delaney, Kathryn Harvey, Maggie Calder, Marja Helkala, Ramona Koeckert, Robert Bruce, Sandra Innes, Sandra West, Valerie Fitzsimmons & Sylvia Croft, Wendy Cochrane

Volunteer Supervisors

Jim Cameron, Lynn Geddes, Tricia Joyce, Peter Green, Carol Thornton, Morag McRae, Janet Ware, Marja Helkala & Robert Bruce

Volunteer SSA Assessors

Sylvia Croft, Sharon Christie-Connor & Morag McRae

Volunteer Cover Staff

Willie Findlay & Kenny Barron

CHAIRPERSON'S REPORT
AGM WEDNESDAY 28 SEPTEMBER 2011

It has been incredibly busy year for Moray Council on Addiction.

We are still running at a high number of active volunteer counsellors and they are all being kept busy. We have continued to utilise support volunteers during this year to help us deal efficiently with the increased government processes that have been implemented within the social agenda. This is ensuring that we are as efficient and as cost effective as we can be.

I would like to thank the all the volunteers, counsellors and support, for their contribution during the year. They give their time voluntarily to carry out what is recognised as a very demanding duty. Without counsellors and their support, our service could not exist, so their efforts are vital for our service, so thank you and well done. The time and commitment made by our committee is also greatly appreciated. The committee has had an increased workload this year, reviewing and developing our strategic plan. This work is vital to ensure that we continue to develop MCA for the future. I would like to thank them all for their efforts. The MCA would not be able to operate without the daily efforts of our full time staff and their dedication to getting the job done. I would like to thank all our staff for their efforts.

The current GP Project has been extended for another year but there remains no surety for its longer term existence despite all our efforts to achieve this. The programme has grown in strength throughout its life, as counselling in the primary care environment has proved an effect method of delivery to those who need our service.

We are now entering the fourth year of the Young Persons Addiction Counselling, funded by The National Lottery and many others. The project's grow is accelerating, meeting its objectives of being a counselling service that is accessible by young persons.

There are changes taking place in government, both local and national, which is making the core funding of our service a matter of pressing concern for ourselves. It is particularly difficult to work with short contracts, which these economic times have pushed us into. We all continue to concentrate on securing our future with the help of Tricia our Development Officer.

MCA is in good shape to meet the growth in demand for counselling services. I firmly believe that we are an excellent value for money service that delivers the support that the community needs. However, we need to continue our work at getting this recognised by a wider audience.

To summarise we have a very busy and demanding year, but also very rewarding. Thank you all for your support, it is very much appreciated.

Iain Campbell

DIRECTOR'S REPORT
AGM WEDNESDAY 28 SEPTEMBER 2011

The feeling of being in the eye of a Tornado comes to the fore when I reflect on the last year and all the work that has been done in MCA and indeed in the wider Addiction field.

Staying true to our core values and affirming them in our Capacity Building Process has enabled us to remain grounded and strong in a difficult environment. We're still offering a quality service! And in light of the turmoil Moray has experienced this last year, that's a major achievement. Big thanks to all who have stuck by us.

Counselling, as a therapeutic intervention is moving back into vogue, some would argue it was never out, but that would not be my experience. And Recovery, "the new Black" clearly embraces the therapeutic relationship and person centred approach we at MCA have promoted & developed for the past 30 plus years.

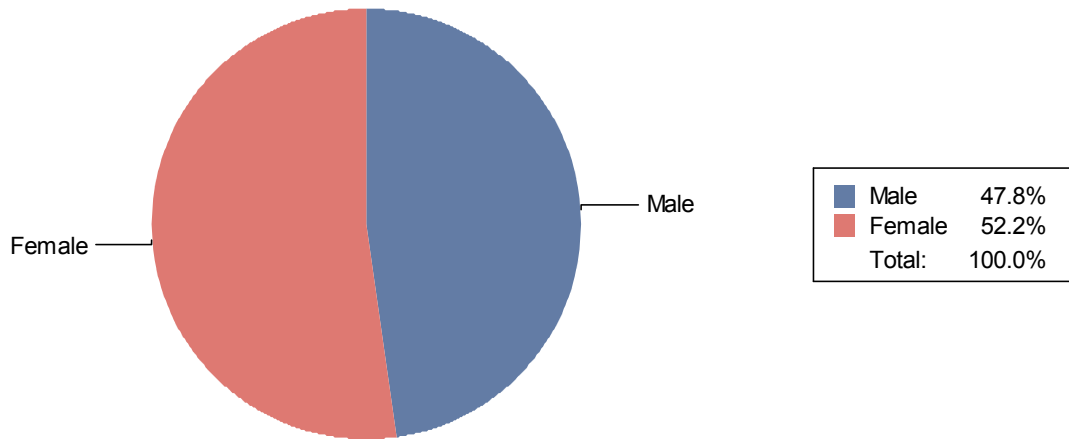
The huge changes that the world is currently embracing is reflected in the micro of Moray, the Addiction Field, the MADP and of course MCA as a small 3rd Sector agency. What has become very clear over the past 12 months is that the professional fear that this type of climate nurtures has not limited MCA in any significant way. We are on the brink of major accommodation changes, and looking towards a procurement process that fosters a competitive approach. Our Executive Committee, Staff, Volunteers and the Clients who utilise our service are all keen, and dare I say it optimistic - that the changes will create a more transparent, collective, efficient & productive climate. A climate that not only embraces the values of MCA, but also enables us to contribute positively to the wider addiction field as we continue grow and develop our client led agency.

The investment in, and the hard work from our Development Worker has really made a huge difference to MCA's commitment to continue to 'serve' the population of Moray. We are confident that we can continue to deliver, have the capacity to evidence our worth, and a bank of volunteers who are keen, professional and highly skilled in their craft. What more could an agency ask for?

Om Shanti
Lynn Geddes

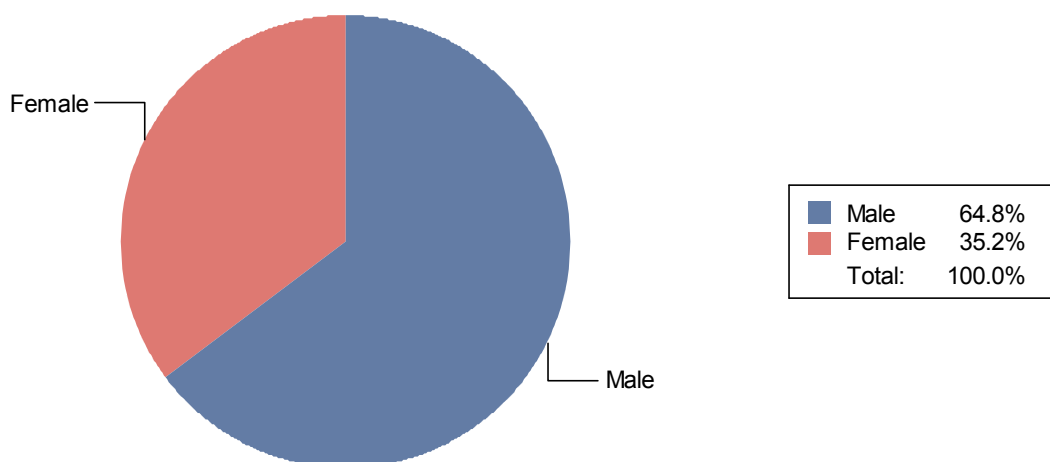
Core Service Statistics - April 2010-March 2011

Gender



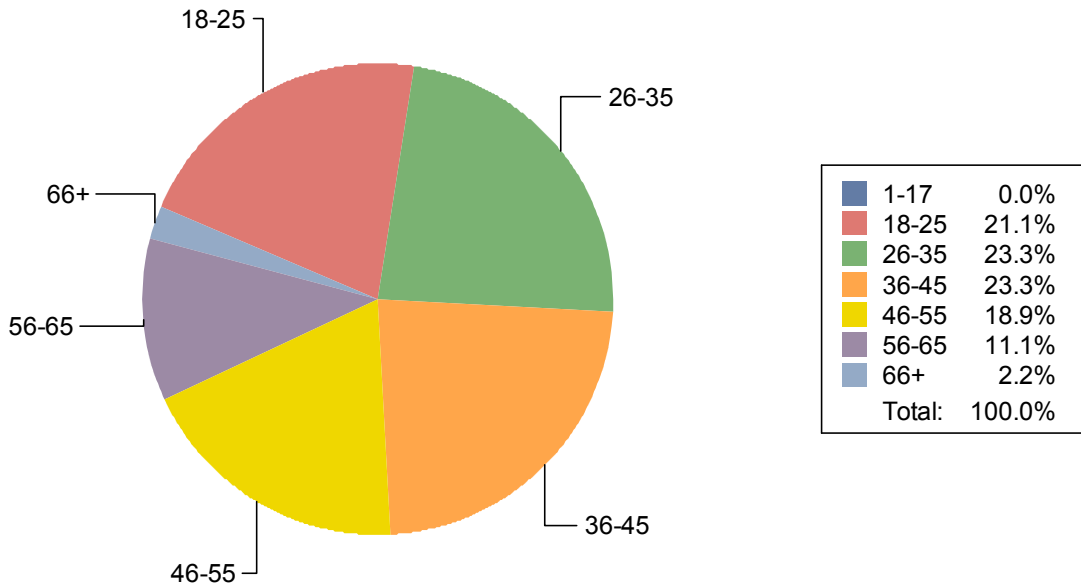
GP Project Statistics - April 2010-March 2011

Gender



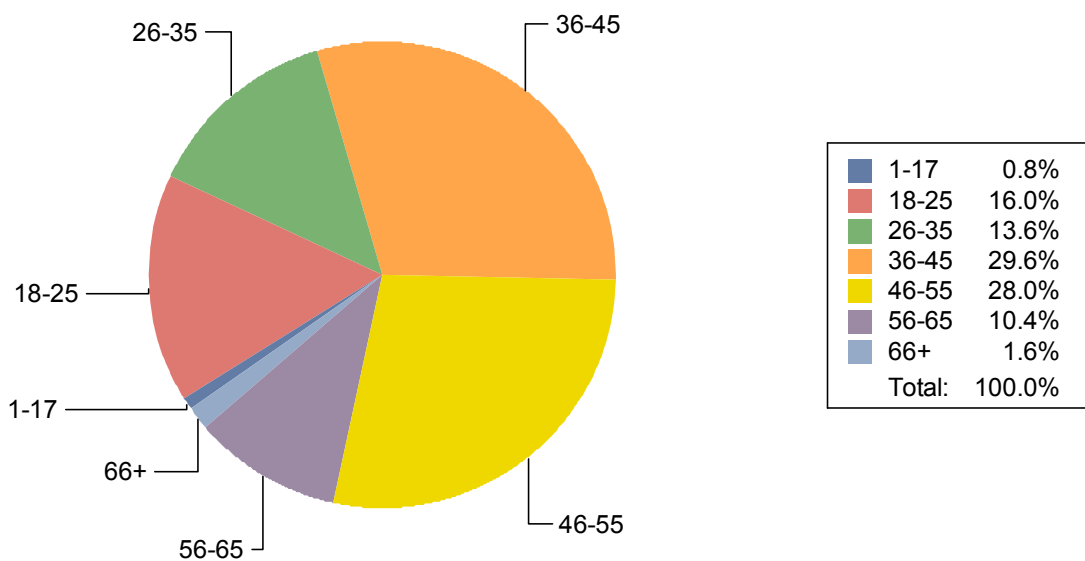
Core Service Statistics - April 2010-March 2011

Age Range



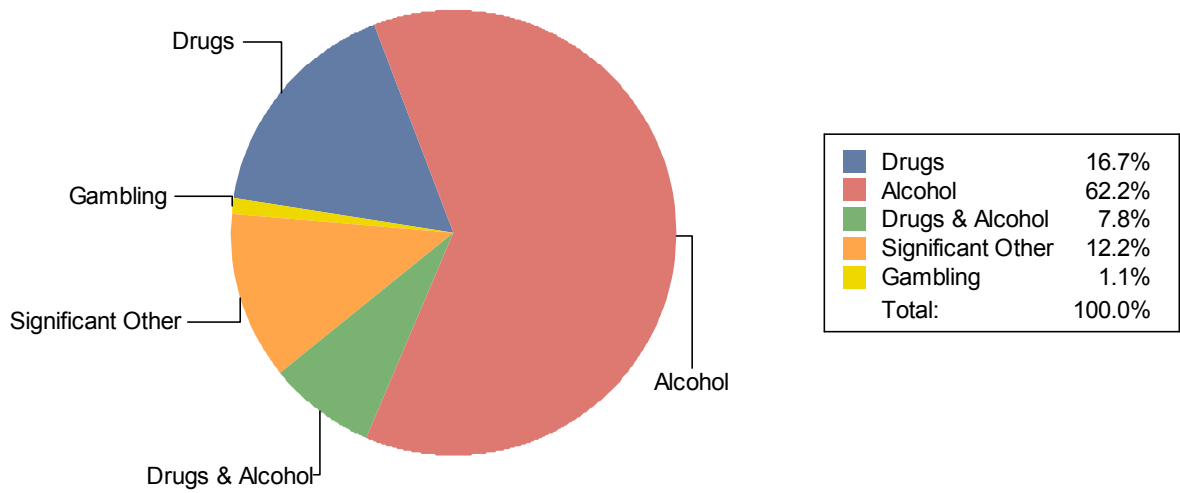
GP Project Statistics - April 2010-March 2011

Age Range



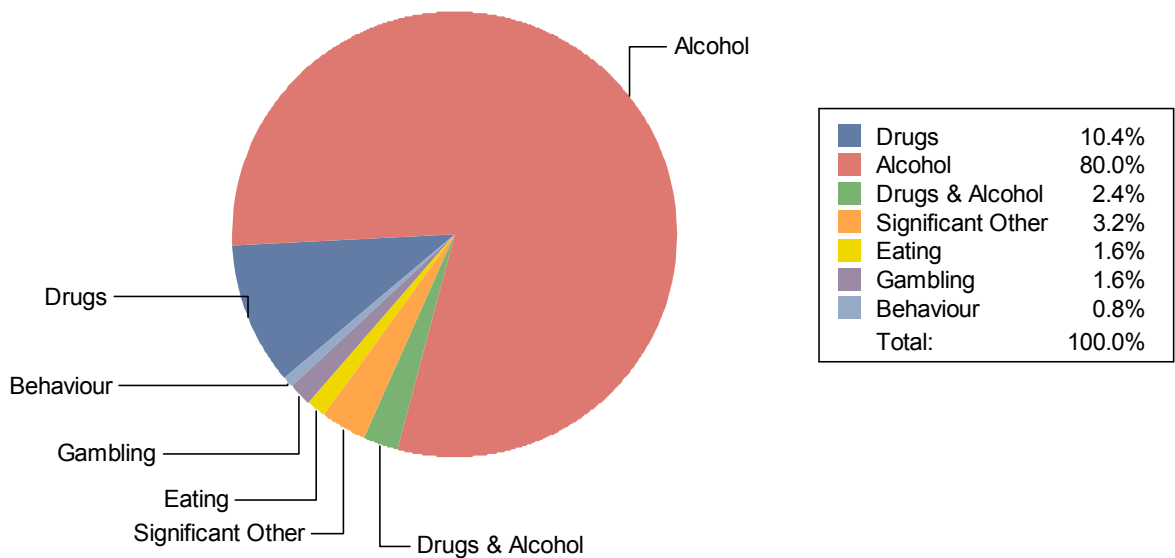
Core Service Statistics - April 2010-March 2011

Problem Type



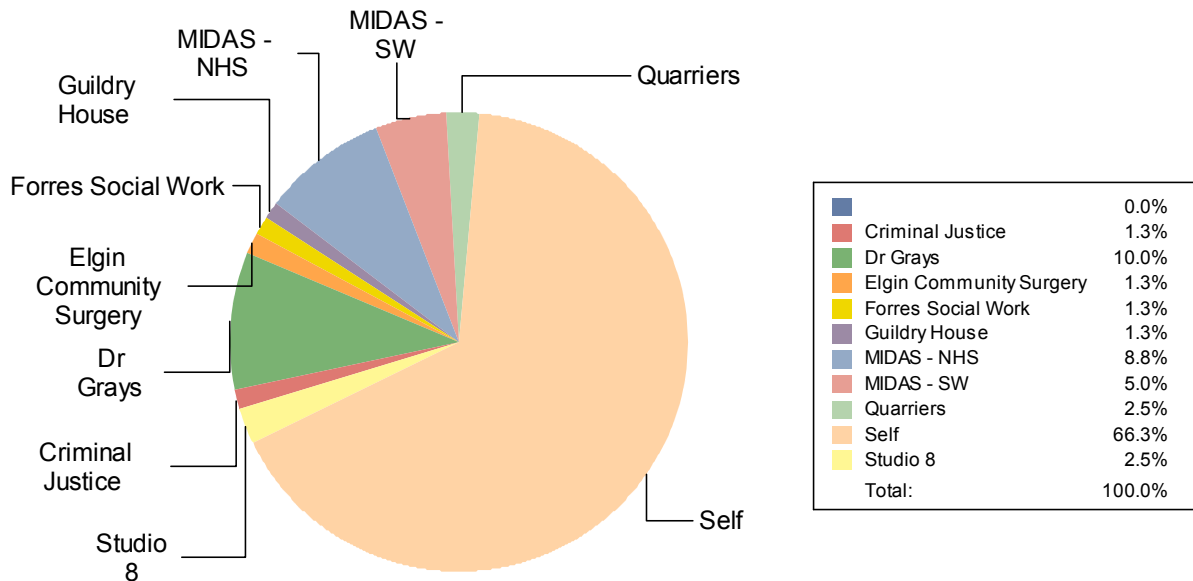
GP Project Statistics - April 2010-March 2011

Problem Type



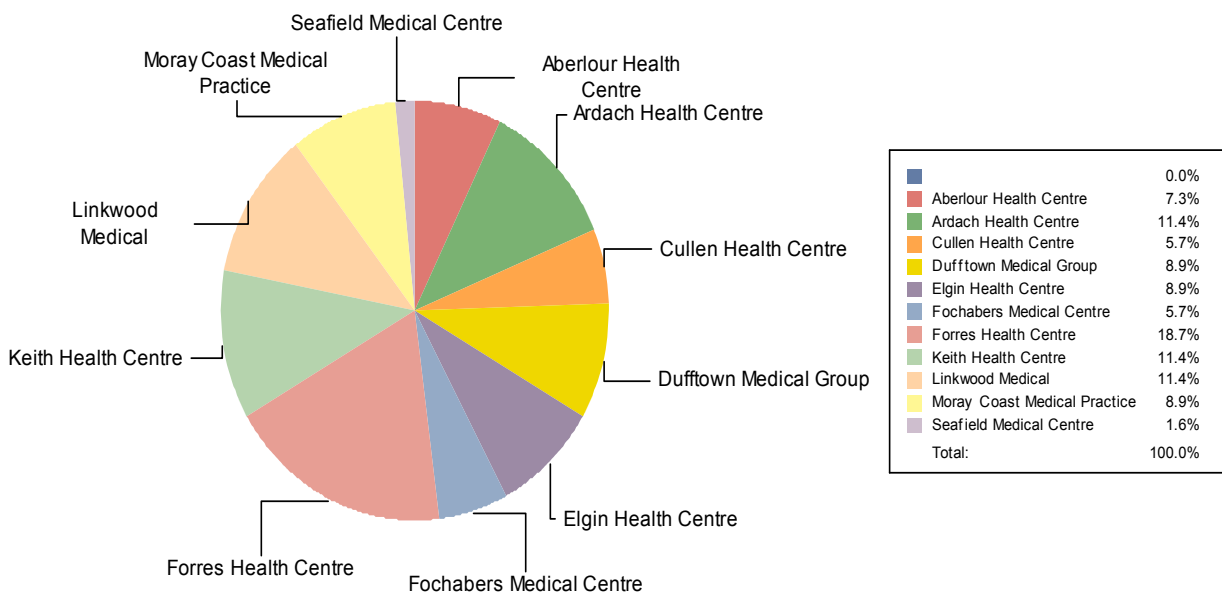
Core Service Statistics - April 2010-March 2011

Referrers



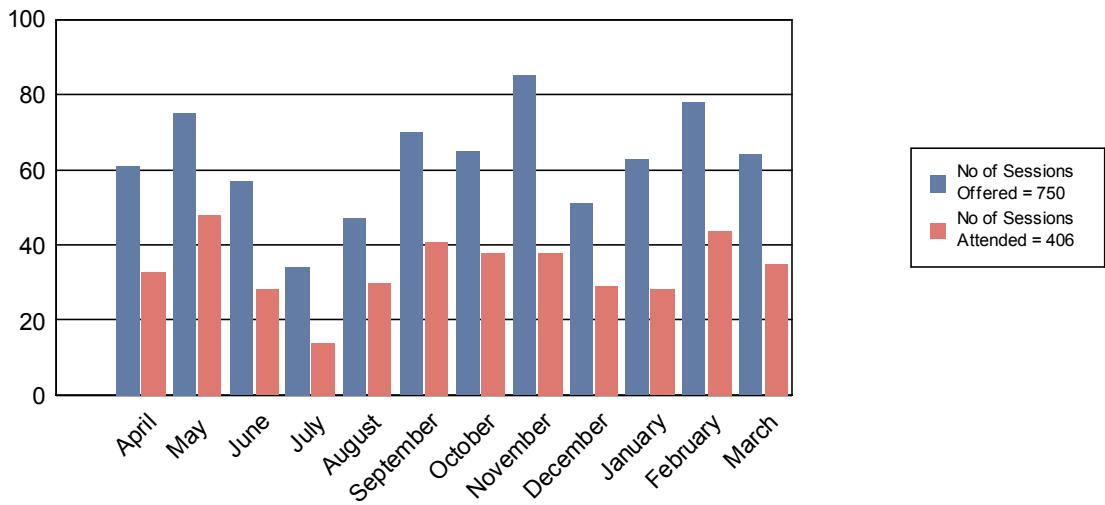
GP Project Statistics - April 2010-March 2011

Referrers



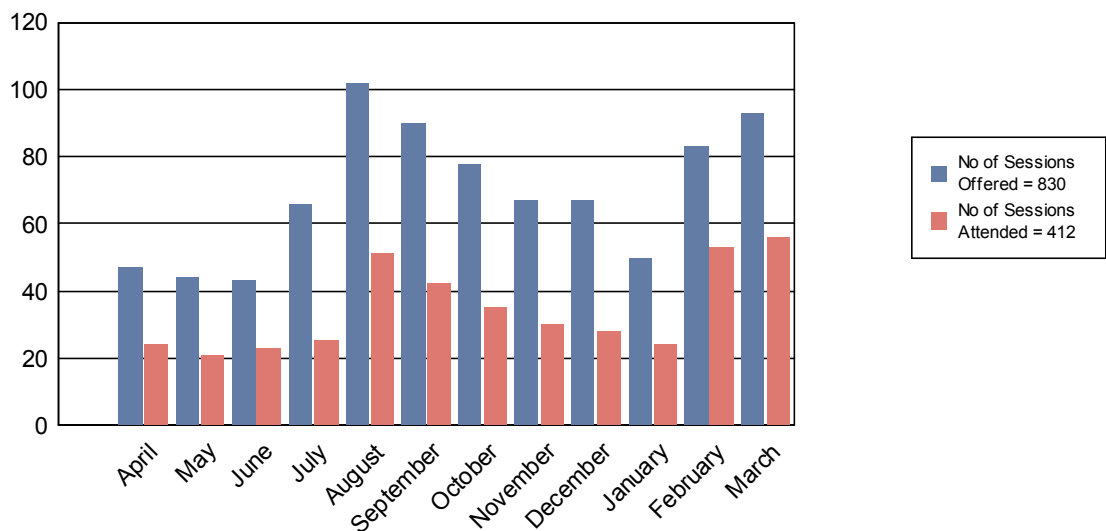
Core Service Statistics - April 2010-March 2011

Hourly Sessions Throughout the Year



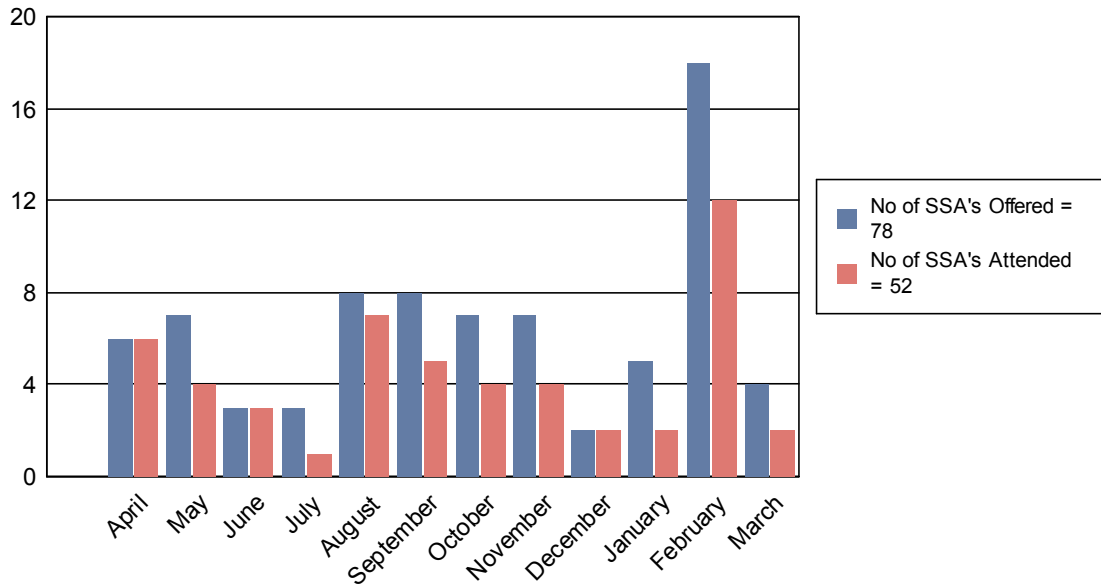
GP Project Statistics - April 2010-March 2011

Hourly Sessions Throughout the Year



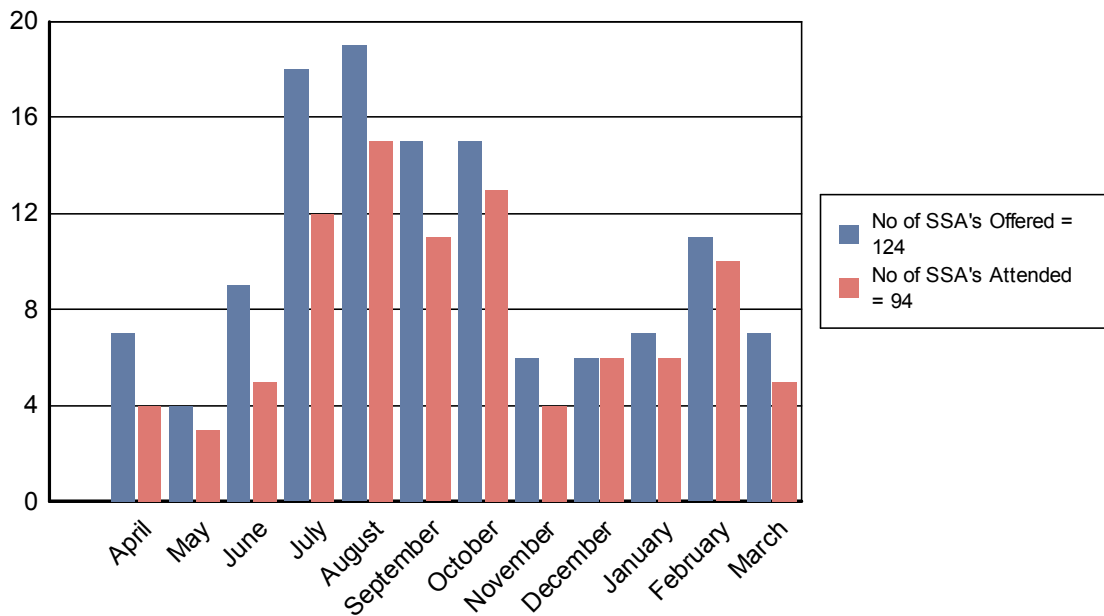
Core Service Statistics - April 2010-March 2011

Single Shared Assessments



GP Project Statistics - April 2010-March 2011

Single Shared Assessments



COUNSELLORS REPORT
AGM WEDNESDAY 28 SEPTEMBER 2011

Training and Support

There are now twenty counsellors at MCA, eight of these are trainee counsellors working towards Alcohol Focus Scotland accreditation. Throughout the year all counsellors have engaged in ongoing training to meet their own continuing personal and professional development. Some of this training has been Telephone and Online Counselling, Strada Courses, Couple Counselling and Coaching. In the course of the next few months all counsellors and supervisors will undertake the yearly mandatory Child Protection Training and a NESPC certificate of attendance will be issued. There has also been a team building day held in the Elgin Resource Centre, this allowed the counsellors to meet and catch up with each other as well as to offer ideas and suggestions to help plan the future of MCA.

Supervisors

There are eight supervisors at MCA and they all give their time on a voluntary basis. Supervisors oversee all counsellors and ensure that they engage in regular supervision. They also support trainee counsellors as they work towards completing portfolios and gaining A.F.S (Alcohol Focus Scotland) counsellor accreditation. Most of the supervisors undertook in-house training on Portfolio work, so that a high standard of work is achieved. In addition supervisors are on duty one evening per week at MCA in order to support counsellors in their work and deal with any emergencies that may arise.

Cover

There are three volunteers who provide cover, this involves making tea for clients and counsellors, answering the door and helping with small tasks such as photocopying. William Findlay, Kenny Barron & Clifford Forsyth do an excellent job.

Counsellors Reps

There are now three counsellor representatives on the MCA committee, they are:

Amy McKenzie, Maggie Calder and Carol Thornton.

GP PROJECT REPORT
AGM WEDNESDAY 28 SEPTEMBER 2011

For over 8 years now the GP Project has been providing a free and confidential counselling service in GP Practices across Moray, addressing some of the problems of rural access. The project continues to be well used and has adapted to changing priorities, with regular meetings with GP's ensuring that the needs of different practices are met.

In a change since last year, a pilot is being undertaken by Studio 8 where all assessments for drug and alcohol clients are carried out at a central point in Elgin. This now includes the GP Project. Studio 8 has been commissioned to carry out the Single Shared Assessment for all drug and alcohol clients. They discuss with the client what support would be appropriate for them and either work with them directly and/or pass on the clients details to the specialist services as directed by the Moray Alcohol & Drug Partnership. Clients with addictions other than drugs and alcohol are still being assessed directly by MCA. These changes have created a longer time scale for clients being seen in the GP Project, and caused some confusion to referrers within the Primary Care settings, however it's beginning to settle and hopefully the benefits of this system will become apparent to all!

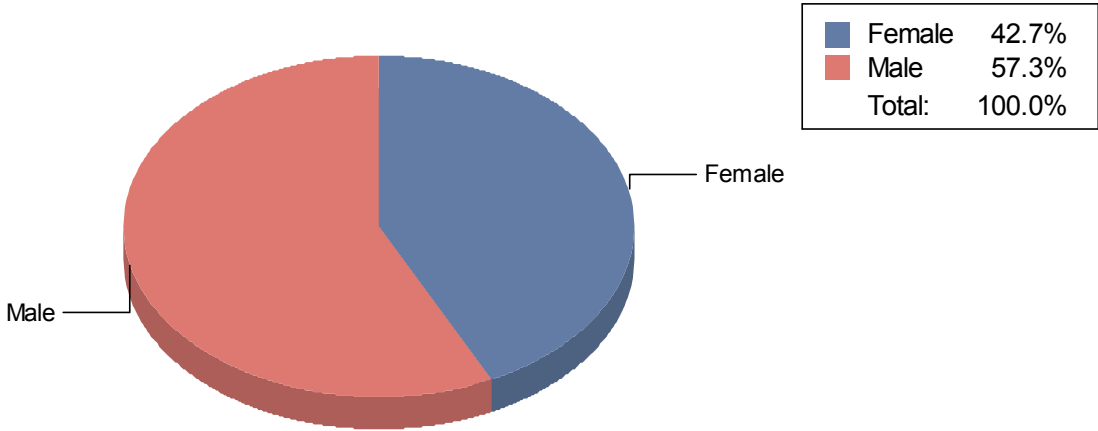
Since last year MCA has evaluated the 7 years that the project has been delivering a service and the findings in the form of a report have been widely circulated throughout Moray and placed on the MADP website. The evaluation sought clients and GP Practice staff views of the service, and also looked at the differences across Moray and sought to explain these. It examined statistics and percentages in an attempt to check out the value of the project across the diverse, Primary Care settings. The findings are encouraging with 'overwhelming evidence to show that the work carried out in the GP Practices is valued both by the client and the professionals in Primary Care settings'.

This positive picture created by the evaluation gives MCA the green light to look at future developments within the project and to continue to provide a much appreciated service.

The GP Project Team

YPAC Client Gender

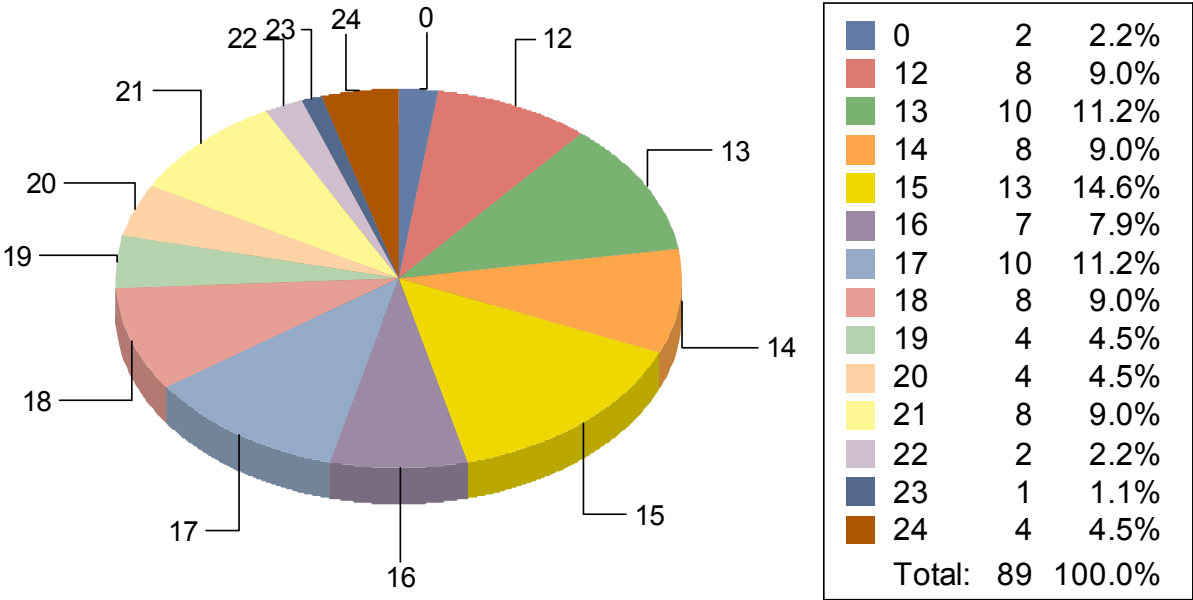
01/04/2010 - 31/03/2011



100 % = 89 clients

YPAC Client Age

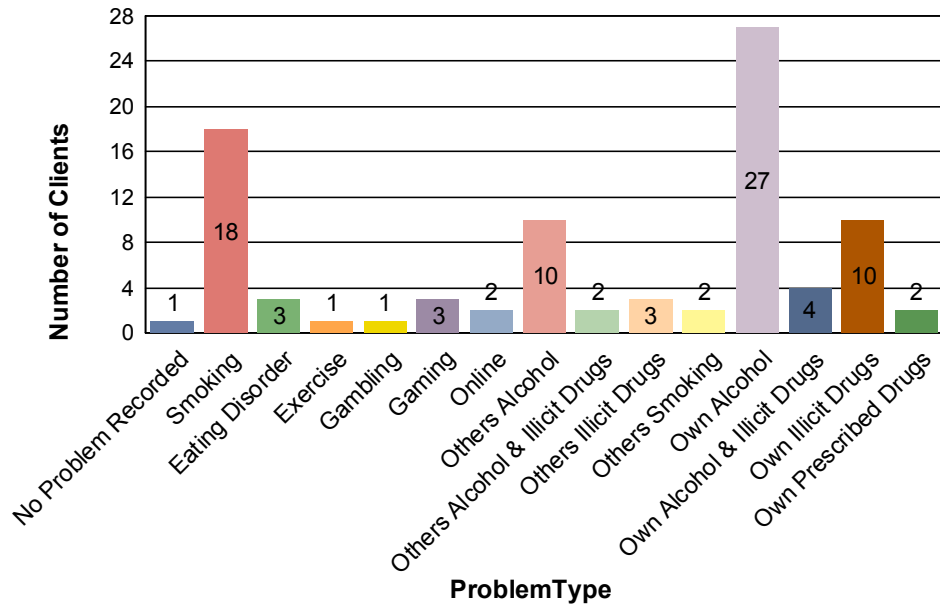
01/04/2010 - 31/03/2011



0 = unrecorded, 100% = 89 clients

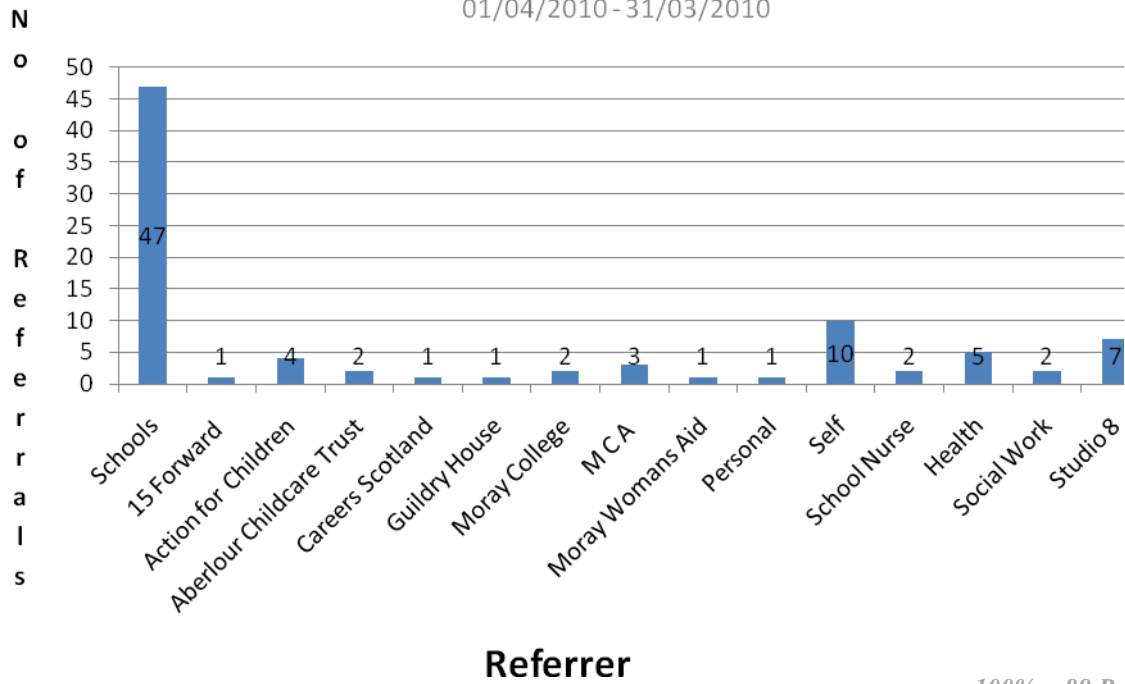
YPAC Client Problem Type

01/04/2010 - 31/03/2011



YPAC Referrers

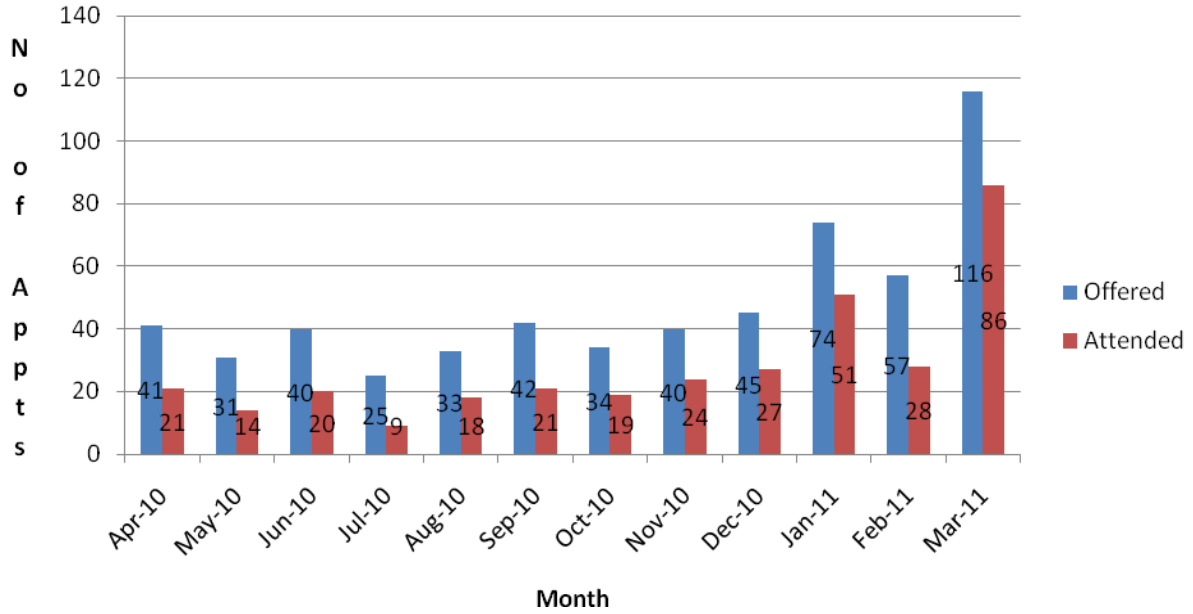
01/04/2010 - 31/03/2010



100% = 89 Referrals

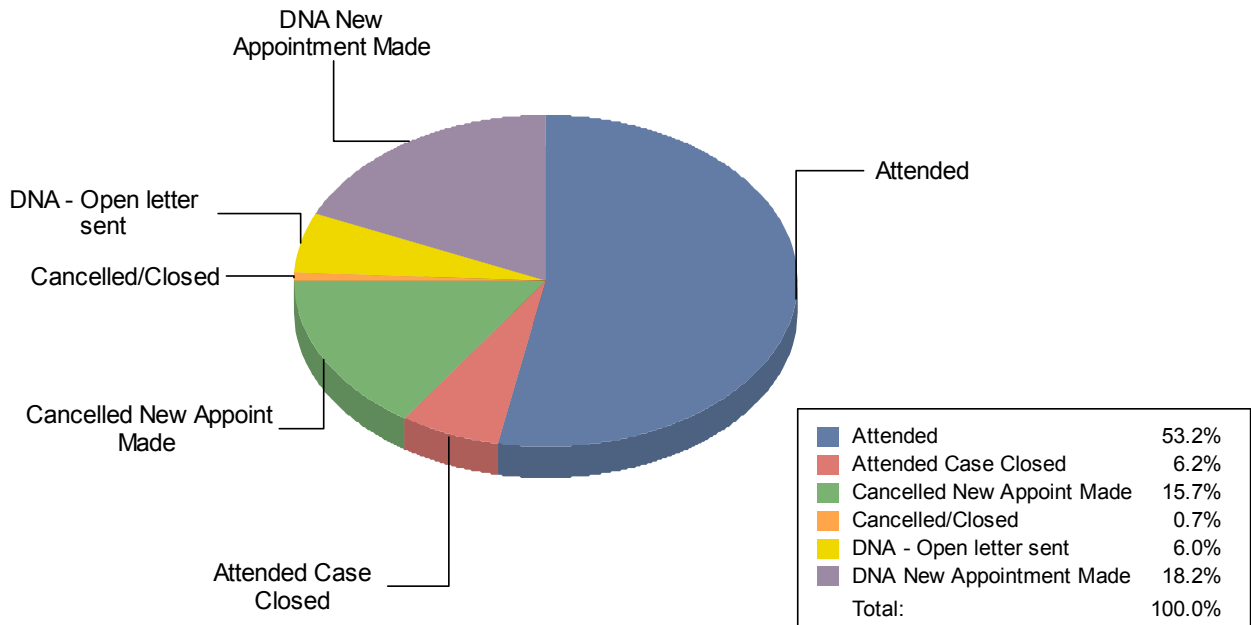
YPAC Appointment Analysis

01/04/2010 - 31/03/2011



YPAC Appointment Analysis

01/04/2010 - 31/03/2011



Total = 581 appts.

YPAC REPORT
AGM WEDNESDAY 28 SEPTEMBER 2011

The YPAC is coming to the end of its third year.

Staffing - There have been a few changes in the staffing this year:

Brigitte Wilson joined the team as our new 20-hour Counsellor

Debbie Munro, our administrator, has moved on to a new job

Diane Halley is our new 20-hour Administrator

So the strong and motivated staff of YPAC currently is:

Robert Bruce	Co-ordinator	Brigitte Wilson	P/T Counsellor
Carol Aitchison	F/T Counsellor	Peter Green	P/T Counsellor
Diane Halley	P/T Administrator		

Counselling

This has been a good year for YPAC as we hit our referral target of 100 young people for the year. We have had more agencies come on board and new counselling slots established. The funding applications we submitted to develop Internet Counselling were successful with Children In Need funding us for a 3 year Internet Counselling Project. We will be starting this exciting project in October 2011. It is hoped this will increase the amount of self referrals we get from young people and also increase the amount of significant others that access our service.

We are now firmly embedded as a service that is being used by agencies throughout Moray. We are established in the majority of the Secondary Schools where we are receiving appropriate referrals. We have had an external evaluation report done for this year, which will guide us in developing areas that need it; the evaluation will also be used by our Advisory Group who supports the team by bringing a wider context to the project.

Training continues to be a slow area, with not many agencies picking up on the free training. We have asked all agencies to fill in a Training Needs Analysis and are looking forward to being able to deliver in a way that meets the ranges of agencies needs.

As the Young Person arm of MCA we are thriving and we believe we will continue to grow as more and more agencies see the effect that counselling can have on their young clients, especially if delivered through a partnership approach which we try to foster across the whole of Moray.

YPAC TEAM

**DEVELOPMENT WORKERS REPORT
AGM WEDNESDAY 28 SEPTEMBER 2011**

If nothing ever changed, there'd be no butterflies

A quote that has been pertinent to the positive development work of the agency in the past year

The start of the year was an opportunity to complete our new, all singing, all dancing development plan that guides the organisation with the Executive focussing on sustainability for the next five years.

Sustainability is important to both existing and new work. This year, through the production and dissemination of a holistic assessment, our GP Project was able to evidence its effectiveness. This piece of work not only reported the outcomes for the individuals who accessed the project but also took account the views of clients and primary health professionals. Working in partnership with the GP's also allowed us to identify other development areas and funding bids have been submitted to allow future work to take place.

It has also been a year of pilots; the telephone counselling pilot was extended to embrace other potential client bases and there was opportunity to start a three year young persons' on-line counselling pilot.

Some opportunities to develop events for both our organisation and other counsellors of Moray have arisen. In the last year we have had the opportunity to co-host two networking events with BACP, addressing the rural issue for professionals out with the central belt. One event through the clever but baffling use of technology linked Moray with others on every continent.

We have been busy looking at new ways to reach clients and trying to source funding to make it happen. Several funding bids were submitted to the MADP for consideration. We have also collaborated with partners in the voluntary sector on funding bids that do not benefit us directly but do give the client a more holistic service on their path to recovery.

Finally, as I'm just about to complete the work for my Masters enabling the organisation not only to prove to funders that our young person project has been effective but also to bench mark our service against other young person counselling services in the UK. It has also allowed me to get a lovely piece of paper that I can hang in pride of place.

As ever, I could not do my job without the co-operation of others both within and out with the organisation; to all you butterflies who have aided the organisations growth successfully this year, thank you.

Tricia Joyce

Thank You

Moray Council on Addiction would like to take this opportunity to thank everyone who has "given" to the agency. Without your support and time MCA would not be able to offer our clients the high quality service they currently receive.

A HUGE Thank You to you all and long may you continue to support us.

Donations

The following financial donations have been gratefully received and enabled MCA to continue supporting our volunteers:

William Grant & Sons	13/12/10	£1000
Keith Based (for YPAC)	05/11/10	£1000
<small>(Incl Lynsey Murdoch, Shirley Morrison et al)</small>		
Personal Donations	24/03/11	
£2202.57		