



Orkney Alcohol Counselling & Advisory Service

NEWSLETTER

Issue 34

January 2012

Special points of interest:

- More for less
- More for Orcadians - exit polls show big improvements in client wellbeing.
- Expansion of services offered - SWAT, Play Therapy, & Group Work

As another year starts, at a time when austerity measures are starting to bite, and family finances tighten up, it is clear that there are deeply challenging times ahead. More and more people are being affected by stress, anger, depression....etc, and are turning to alcohol and other substances 'in order to cope'. But OACAS is rising to the challenge, and we are endeavouring to increase the services we can deliver: see overleaf. But first, let us celebrate!

More for less

The "philosopher's stone" desired by local and national government has been achieved by OACAS!!!

An analysis of costs to client ratio over the last 3 completed operational years shows that although our annual spend has been increasing, the numbers of clients assisted has been rising even faster – resulting in reduced costs per client as follows:

- Year ended 31 March 2009: 213 clients seen, £157,366 spent = £738 per client treatment/intervention
- Year ended 31 March 2010: 329 clients seen, £191,944 spent = £583 per client treatment/intervention
- Year ended 31 March 2011: 388 clients seen, £204,666 spent = £527 per client treatment/intervention

In the last completed year, 2111 appointments were kept, averaging 5.5 kept meetings per client at a cost of £96 per kept meeting. Moreover this is **total** cost – i.e. basic training and accreditation for volunteer Counsellors, their continuing professional development, provision of premises from which to work, support and

supervision, and all management and fundraising matters.

More for Orkney

The money provided to us does not all come from the Islands Council or NHS Orkney. One of our largest funders, quite rightly, has been the local Alcohol & Drugs Partnership. But external charitable funders such as the Lloyds TSB Foundation for Scotland, the Robertson Trust, Glasgow, Awards for All and others local and national, have given us a continual flow totalling about £50,000 per annum: this year we may reach £70,000. This is money which goes towards the provision of 5 full time and 1 part-time paid staff, training for staff and volunteers, and all office overheads; money which would not otherwise come into Orkney.

Many of our volunteers over the years have either found some work with us, or have been able to transfer the skills gained with us to other paid or volunteer employment.

More for Orcadians

The big result however is the improvement in the reported wellbeing of clients at the end of the Counselling intervention. Our basic exit interviews record a minimum 70% improvement rate, many clients insisting that the improvement is much higher. We are more accurately charting these improvements by utilising more sophisticated measuring tools which can record changes between meetings and demonstrate progress made over the period of intervention. Happier individuals mean happier families, happier

(Continued over page)

“ reported wellbeing of clients.....Our basic exit interviews record a minimum 70% improvement rate, many clients insisting that the improvement is much higher. ”



If you require more copies of this leaflet, or if you have any views or comments on drug or alcohol problems, or you simply wish any information on our counselling and information services please contact us.

Address and contact details overleaf.

Affiliated to:



6 Bridge Street Wynd
Kirkwall
Orkney
KW15 1JD
Phone: 01856 874738
Fax: 01856 871011
Email: enquiries@oacas.org.uk

www.oacas.org.uk

We Can Help

(Continued from front page)

workmates and colleagues: a happier society, whereby we help to meet Scottish Government outcomes – our clients leading longer, healthier lives in communities where people take responsibility for their own actions and how they affect others.

SWAT

This project aims to provide 'Support With Adolescent Transitions' and has been funded by LEADER, with matched funding from The Gannochy Trust, Bank of Scotland Foundation, The Slater Trust, Orkney Rotarians, Lows & OACAS. It builds on evidence from the successful In-School Counselling project by targeting an area identified as being of particular importance to adolescents in Orkney.

Many of the adolescent population, especially those from the Isles, have to make very significant transitions early (e.g. from Primary to Secondary school, sometimes involving Hostel living). While we recognise that other services like Education and The Hostel are also focusing on this, as a matter of course, we feel that we can make a contribution too.

Our programme hopes to encourage young people to support and mentor other young people, who may be anxious about or struggling with moving from one life stage to another. We intend to run a series of awareness raising and skills development workshops and then

recruit a number of young people to a longer training programme. We hope this group will then be able to accompany us in visiting some of our remote and rural communities and pass on their learning to the young people there. In addition the group may be able to provide familiar faces and listening ears for younger ones when they eventually make their own transitions.

All of this is underpinned by having a continuing counselling presence in the secondary schools. SWAT will be developed alongside the staff at the schools, and also in partnership with the communities involved. Ultimately, the sustainability of the project will not rely on our input but that of the young people themselves, which will be both empowering and challenging!

Play Therapy

One of our Youth Counselling Co-ordinator's keenest interests is in the help that can be given to younger children by enabling them to achieve their potential by reducing emotional, behavioural, and mental health difficulties, by carefully designed and delivered professional Play Therapy.

Who we are

We are an independent voluntary organisation. We help people who are suffering from the effects of alcohol and/or drugs misuse, either through their own misuse or because someone they are close to (spouse, family member, friend) is misusing alcohol and/or drugs.

We also encourage those who do drink alcohol, to do so responsibly, within safe limits and without causing harm to themselves or others.

Our aim is to limit the effects of alcohol and/or drugs misuse on individuals, families and the community, by providing a range of services and activities.

We also provide Counselling for other problems such as anger, stress, depression, gambling addiction....etc... problems which often underlie or lead to substance misuse.

We offer:

General Information and Advice.

One-to-one Counselling

Counselling for Couples and Families (alcohol related).

Youth Counselling Service.

In School Counselling Service.

Play Therapy

Renate has obtained a Provisional Post Graduate Certificate of Therapeutic Play Skills, and has since been building her portfolio towards an MA in Practice based Play Therapy, through PTUK and the University of Canterbury.

She has been building up her local Play Therapy practice and is now seeing six youngsters per week. Word is getting about regarding her successful outcomes, which are being sought more and more.....

Group Work

We are delighted to be able to announce that the Robertson Trust have pledged £69,000 over the next 3 years to enable us to deliver Counsellor facilitated Group Therapy, Client Group Support, and Group user feedback to our services – and indeed to support other groups that may evolve. This award was made from their 50th Anniversary Award, of the 475 applications made to the Trust only 37 were granted. Once we have sourced a further £10,000 per year for three years to match this pledge, we will be able to develop and deliver this new service.