



# Annual Report

DÅPL

DRUGS, ALCOHOL &  
PSYCHOTHERAPIES LIMITED



# DAPL

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PSYCHOTHERAPIES LIMITED

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### **Who we are**

DAPL offers one to one counselling, support, information and advice to individuals and families in Fife. The service is free and confidential and offered by experienced workers.

DAPL's counselling service is accredited by the British Association for Counselling and Psychotherapy (BACP).

The organisation was formed in 1994 and originally served the area of Levenmouth, however is now available throughout the entire Kingdom of Fife.

### **Who we help**

We support:

Adults (who use substances or affected by another's use)

Young people (who use substances or affected by another's use / or are experiencing psychological disorders)

### **How we are funded**

We are funded primarily by Fife Council and Fife Alcohol and Drugs Partnership.

In addition we are extremely grateful for all the individual contributions we receive.



### **Patrons**

Clive Russell

Eleanor Bowman MBE

### **Board of Directors**

Steven Walker

Kathleen McLeary

Geoff Cartwright

Pat Greenhough

Professor Chris Oliver

### **Management**

#### **Service Manager**

Martin Denholm

#### **Business Co-ordinator**

Liam Thomson

#### **Area Co-ordinators**

John Kennedy

Susan Innes

### **Staff**

#### **Counsellors**

Diane Diplacito

Graham Wordie

Christine Paterson

Mandy Morrison

Christine Bowie

Stevie Coote

Kirsty Storrar

Claire Simpson

Catriona Skinner (Art Therapist)

Emma Johnstone (Art Therapist)

Alison Van Loo (Art Therapist)

#### **Emotional Well-Being Practitioner**

Barbara Taylor

#### **Administration**

Lesley Shields (Senior  
Administrator)

Taylor Boyce (Administrative  
Assistant)

Stacey Millar (Clerical Assistant)

#### **Recovery Worker**

Stew Talbot

**In addition, DAPL's staff are supported by a number of sessional counsellors as well as volunteers and placements.**

## Chairperson's Report

Firstly, the board would like to celebrate our organisation becoming a Scottish Living Wage employer and like the Scottish Government we recognise this as a symbol of responsible business practice.

It is with great pleasure that on behalf of the board I can announce another successful year for DAPL, all of which would not have been possible without the skill, expertise and support from all those involved. This was also compounded by the Scottish Drug Forum's National Quality Improvement Team, completing a year-long review into the implementation of the Scottish Government's Quality Principles. The report was published in September and was highly complementary of the work done at DAPL.

We welcomed the Minister for Mental Health, Maureen Watt MSP to DAPL in February and also in the same month celebrated the milestone of having our 500<sup>th</sup> attendee at our very popular SMART recovery group. Well done to Stew for all his hard work in facilitating this group. It would appear to be growing from strength to strength and long may it continue to support those in recovery.

The Board would like to offer a big thanks to John Inglis who, after 15 years service on the board, retired in March. Hopefully this will offer him more time to his other interests and perhaps more holidays.

We have seen a great deal of activity and opportunity within the Fife Schools estates and earlier this year began work, as part of the 'Our Minds Matter' framework supporting pupils in all 18 High Schools. We have also been successful in receiving funding through the 'Pupil Equity Fund' to support St Joseph's Primary as well as Queen Anne and Auchmuty High Schools. A big thanks to Martin and his management team for all the work in putting together and presenting these successful bids.

Our Patrons Clive Russell and Eleanor Bowman MBE visited Auchmuty High school in March to witness the work being done there by DAPL and followed this up in June by helping launch our new YouTube channel, both offering what it meant to them to be involved with our organisation.

We held a very successful Open day this year with over 100 individuals attending from not only the substance misuse field but we were very well attended by MSP's and local Councillors. On behalf of the board I would like to extend a sincere thanks to all who participated at the open day to make the occasion such a success. It was great to see the wealth of DAPL's experience on show. I received many positive comments from out with the organisation highlighting the diverse and innovative ways you engage with your clients.

For me, as well as others on the day, it was the enthusiasm and professionalism which shone through.

The board would like to take this opportunity to show our appreciation to our main funders: Fife Council and Fife Alcohol and Drugs Partnership for their continued support and look forward to the future.

Finally, as always, on behalf of the board I would like to offer our wholehearted thanks to all our staff, volunteers, placements etc, without whose continued dedication and hard work, none of this would be possible. Together we look forward to meeting the challenges ahead.



A handwritten signature in black ink, appearing to be 'S Walker', written over a circular scribble.

**Steve Walker  
(DAPL  
Chairperson)**

## Service Manager's Report

2017 has afforded DAPL to build upon and fine tune the innovation, planning and developments of the previous year; namely in client access, governance and service delivery. In tight financial times services experienced a cut in funding from the Government's allocation to ADPs. This afforded the team the opportunity to stop, reflect and evaluate. DAPL have taken an inclusive strategic approach in our commitment to ensuring our service is delivered and experienced as an efficient, cost effective service. We have achieved this by undertaking full stakeholder reviews of our delivery model and processes there in, whilst fully engaging with our client group. We concluded a fourteen month engagement with the Scottish Drugs Forum's Quality improvement team (findings included within this report) and evidenced a proactive commitment from all involved in DAPL to ensure we deliver the right service to those in need at the right stage on their journey.

2017 has also seen DAPL gain success in new markets, with us successfully gaining the contract to deliver Fife Council's Education Directorate's counselling component for young people experiencing emotional distress within the Our Minds Matter framework; working alongside colleagues from: CAMHS primary mental health team, SAMH, FEAT and school guidance staff.

2017 has also seen us gain success by securing contracts via the Scottish Government's Pupil Equity Fund to deliver bespoke therapeutic solutions within a range of both primary and secondary school throughout Fife; highlighting a

true school led partnership ethos in supporting those in need of additional support.

This past year we continued to support the award winning SDF Addiction Worker Training Project by hosting placements for individuals with lived experience, which continues to be a worthwhile and productive process for all.

Within our adult provision, we designed, piloted and delivered a soft access opportunity named *Recovery Beginnings* for individuals referred to the service, who find it difficult engaging due to life's pressures. This approach has proven highly successful in supporting access to the service and promoting engagement which has resulted in re-engagement, a reduction in DNA's and a better use of resources available.

Our commitment to staff CPD continued during 2017, with our redesign of our staff meetings and CPD process, namely full staff meeting were held quarterly from 9 - 11:30 with a presentation from key service leads and a full afternoon's CPD linked to key themes - with all staff, board members placements and volunteers in attendance. Feedback from all has evidenced that this change has afforded greater service cohesion, shared learning and innovation within the service.

In September this year DAPL held an open day to highlight our work and partnerships. This was our most successful to date, with over a hundred members of the public, key stakeholders and political colleagues in attendance.

To conclude, 2017 has been a year of opportunity, uncertainty

and new challenges; however it gave me great pride to watch our team "grasped the nettle" to ensure we continue to be experienced as an effective, current and viable provision in these unsettling times. I offer humble thanks to my staff, placements and volunteers; in addition to our Board members for their guidance and support over the past year. Moving into 2018, I am confident we have done all we can to ensure the service remains a valued provision by all involved and look forward to tackling the challenges there in.



A handwritten signature in black ink, appearing to read 'Martin Denholm', written over a white background.

**Martin Denholm  
(DAPL Service  
Manager)**



**Management at DAPL have worked in collaboration with National Quality Development Team (NQD) at SDF to evidence the ongoing implementation of the Quality Principles (Scottish Government 2014) within the service.**

100% of staff completed a survey monkey based on the Quality Principles.

Following on from this, the service user survey was launched and this remained open for 6 weeks.

Staff were able to support service users complete these either electronically or as paper versions.

107 service users returned surveys.

This is an exceptional return rate and highlights the commitment from staff to promote service user involvement within the process. NQD also facilitated staff focus groups.

Service users provided positive statements about DAPL throughout the process.

A 'briefing' was produced in February 2017 to summarise the process to date and this was peer reviewed with service users and staff.

Service users, staff and management at DAPL have demonstrated that the Quality Principles are being embedded and fully embraced within the service, furthermore, management at DAPL are committed to ensuring the comments and suggestions from both service users and staff support future development within the service.

There are high levels of satisfaction and confidence expressed that the service embraces a commitment to quality and ongoing improvement.

The professional, positive, non-judgmental attitudes of all DAPL staff and the person-centred approaches taken are particularly valued by service users.

The staff at DAPL work in partnership with service users in the assessment and recovery planning stages.

The process was in full consultation with staff, clients, board members and members of the public.

DAPL management consulted with National Quality Development Team (NQD) at Scottish Drugs Forum to support the service establish the implementation of the Quality Principles and a key feature of this process was to involve service users throughout.

#### **The Quality Principles Standard Expectations of Care and Support in Drug and Alcohol Services**

- 1. You should be able to quickly access the right drug or alcohol service that keeps you safe and supports you throughout your recovery.**
- 2. You should be offered high quality, evidence-informed treatment, care and support interventions which reduce harm and empower you in your recovery.**
- 3. You should be supported by workers who have the right attitudes, values, training and supervision throughout your recovery journey.**
- 4. You should be involved in a full, strength-based assessment that ensures the choice of recovery model and therapy is based on your needs and aspirations.**
- 5. You should have a recovery plan that is person-centred and addresses your broader health, care and social needs, and maintains a focus on your safety throughout your recovery journey.**
- 6. You should be involved in regular reviews of your recovery plan to ensure it continues to meet your needs and aspirations.**
- 7. You should have the opportunity to be involved in an ongoing evaluation of the delivery of services at each stage of your recovery.**
- 8. Services should be family inclusive as part of their practice.**

**Scottish Government, 2014**



## **Key Findings of the Review of DAPL:**

1. DAPL is well established in Fife and regarded as easily accessible by service users given the volume of self-referrals. DAPL is responsive to the needs of service users and self-referral rates ensure rapid access.
2. The physical environment and culture at DAPL is rated highly by service users and staff.
3. Staff in DAPL highlighted working in a supportive, progressive service.
4. Assessment is regarded by service users and staff as collaborative and strengths based.
5. Effective Recovery planning was identified however, it was identified that this activity could be strengthened in collaboration with service users and staff.
6. DAPL provides a holistic range of interventions and opportunities to enable wellbeing and recovery with service users, including provision of harm reduction advice and Naloxone.
7. Partnership working, whilst evidenced, could be strengthened and showcased with all agencies.
8. Reviews with service users are robust and DAPL has been progressive by implementing the Recovery Outcomes Web (ROW) evaluation tool.
9. DAPL has processes in place to support longer term support and follow up with service users.
10. There is a culture of service user involvement at DAPL and this was evidenced by a large return rate of surveys and responses to the survey.
11. DAPL also host SDF's Addiction Worker Training Project.
12. Family support and/or involvement could continue to be evaluated, strengthened and promoted.
13. DAPL staff have embraced new challenges and change in their practice when working with children and young people affected by drugs and alcohol and emotional distress in school environments, which is offering a cohesive early intervention approach.



## **Memorable Moments**

**We welcomed the Minister for Mental Health Maureen Watt MSP to DAPL (February)**

**500<sup>th</sup> attendee at our SMART Recovery groups milestone (February)**

**DAPL patrons Clive Russell and Eleanor Bowman MBE visited Auchmuty High School in Glenrothes to see the work the organisation does there (March)**

**John Inglis retires from the DAPL board after 15 years of service (March)**

**DAPL begins work as part of the Our Minds Matter framework providing a service to all 18 high schools (April)**

**DAPL celebrates becoming a Scottish Living Wage employer (April)**

**We launched a new YouTube channel with the DAPL patrons featuring in the first video (June)**

**DAPL runs successful summer group work programme working with young people (July/August)**

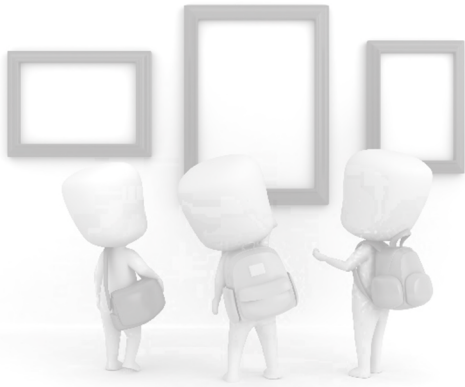
**DAPL proud to be part of Fife's first ever Pride festival (July)**

**The organisation is awarded pupil equity funding to provide additional counselling support to St Joseph's Primary and Queen Anne High School (August) and Auchmuty High School (November)**

**DAPL holds successful Open Day with over 100 individuals visiting our premises in Leven to see some of the work we do (September)**

**Scottish Drug Forum's National Quality Improvement Team completed a fourteen month review of DAPL to see how it was complying with the implementation of the Scottish Government's Quality Principles – report was published which was highly complementary of the work DAPL does (September)**

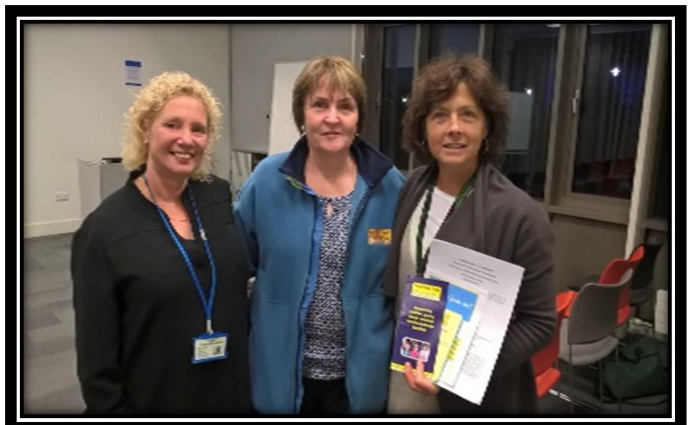
**DAPL proud to be part of the annual Recovery Walk Scotland, with the organisation represented by both staff and service users (September)**



# 2017 Gallery photos









"I have used this service several times over the years when I have had to face very traumatic situations. My way of coping initially was to misuse alcohol but I was able to recognise that I needed external help to help me cope. On each and every occasion, DAPL was able to provide much needed support and saved me from what could easily have been a much further decline into alcoholism."

*"I have been welcomed into the service. I have a great worker who I can talk to about anything and makes me feel at ease where there is no judgement."*

"It is vital to my life at the moment and it helps me from depressive thoughts and my heavy drinking past. It also helps me think about retaking a drink when I experience urges to drink. DAPL have given me tools to use with this prevention."

*"The service has taken the shattered pieces and built me back up into a person again. I feel like I am able to contribute to society as a result. Thank you for everything DAPL has given me since being referred."*

*"My daughter got counselling and support from the young person's counsellor and I see a difference in her through being listened to and believed. I have been attending to get support to work through past trauma and it supports me to manage feelings of guilt and frustration and identify past issues."*

"The consistent support of a knowledgeable worker has supported me throughout my journey of recovery. I am grateful to have the freedom to express how I feel about all areas of my life, not just addiction, but coping with loss, grief, coping with change, rebuilding broken personal relationships and maintaining a positive outlook on my life. Knowing that help is available whenever I need it means a lot."

"I have had a great experience with DAPL. I feel I am getting a better understanding of myself and my alcohol use. I highly recommend the service to others. You won't regret going to DAPL – definitely not."

*"When I came to DAPL I was confused and lacked any kind of direction. I had tried to be abstinent several times but each time I failed. Through SMART Recovery I have gained the tools to maintain abstinence. My counsellor has helped me to be more positive and understand that I'm not a failure. I appreciate that and have a lot to be grateful for."*



*"I have had every bit of support I needed that has been offered to me. I have found the service absolutely lifesaving."*

*"I am able to discuss issues concerning the past and present. It is helpful to discuss how I feel about myself, being challenged to look at myself and how I cope with all the issues affecting my life, whether it's dealing with past or present relationships and peoples' alcohol and drug use."*

*"It's given me a way to perceive myself in a way that is like speaking to a human reactive mirror. Each pivot, point or realisation is an outcome of my counsellor being receptive, encouraging, patient, identifying and proactive allowing the wellbeing and recovery of myself to feel natural, good and right."*

*"My counsellor has a cheery face and a good listening ear, and is easy to talk to."*

*"I have developed positive thinking tools to help when things are going bad. I have regained confidence to challenge irrational beliefs regarding using drugs."*

*"My counselling experience has been very helpful, supportive and it's nice to feel that someone actually understands me."*

*"Counselling has helped me beat my addiction. If it wasn't for this help, I don't know where I would be."*

*"My confidence was really low before I went to DAPL but now I feel much better about myself and my self-esteem has got much better."*

*I have now started working again and feel much happier with my life."*



**DAPL is proud to have its counselling service accredited by the BACP. Only four counselling services in Scotland have this honour and we are proud to be one of them.**

"As one of only four counselling services across Scotland to have achieved BACP's prestigious service accreditation, I am very pleased to commend DAPL for the positive impact that it continues to have in supporting vulnerable children, young people and adults across Fife and beyond.

I was honoured to join DAPL for their open day in September 2017 and meet their team of dedicated and professional staff and volunteers. I was particularly delighted to hear first-hand testimony from many service users about the life changing impact that DAPL has had on their lives. DAPL perfectly exemplifies BACP's philosophy that "counselling changes lives".

**Steve Mulligan, BACP Four Nations Policy & Engagement Lead**

**BACP service accreditation is a recognised quality standard for organisations providing counselling and psychotherapy services, demonstrating that they offer an accountable, ethical, professional and responsive service to clients, staff, volunteers and stakeholders.**

Accreditation is awarded to the specific counselling/psychotherapy service, not to the organisation.

The scheme sets the benchmark for high quality service delivery encompassing the whole range of providers, from the small local voluntary group offering help on specific issues to major commercial employee assistance programme providers.

The accreditation process involves a detailed application and assessment procedure that takes around two to six months to complete.

#### **What are the benefits of accreditation?**

Achieving BACP accreditation:

- Reassures clients that your service is safe, secure and professionally managed
- Improves recruitment and retention of practitioners and volunteers
- Enhances recognition and credibility with employers and funders
- Helps with the acquisition of new contracts

# Testimonials from Fife Schools

I'm not really sure a paragraph does justice to how grateful we are to have DAPL supporting us in improving the wellbeing of our young people. The service that was delivered by Stevie in the past, and now Christine is first class. From my point of view as a Guidance Teacher it is very reassuring to know that we have one consistent member of our team that we can seek support from, and I would be fairly confident in saying this would be a similar message highlighted by the young people that have engaged with DAPL. I cannot commend highly enough both Stevie and Christine's ability to offer support to youngster's in such a short time frame after a referral is submitted. I am aware of the workload that they already have, and their ability to be responsive and strike whilst the iron is hot is when the greatest impact has been made upon a youngster.

The service DAPL provides is greatly appreciated and the members of your team that represent the organisation within Balwearie are in my opinion held in very high regard, and play a significant part in getting it right for our pupils.

**Scott Clunie, PT Guidance (Tyrie), Balwearie High School, Kirkcaldy**



In St Andrew's High School, Kirkcaldy we are incredibly grateful to have DAPL work with us. The counselling sessions offered to our young people are invaluable in supporting youngsters who are facing difficulties in their lives.

Having the sessions take place within the familiar setting of the school and with minimal waiting time relaxes the young people and makes them feel supported and leads to positive changes in their lives. Our DAPL counsellor has also delivered whole staff training which received very positive feedback.

**Sarah Murray, Depute Head Teacher, St Andrew's RC High School**



My guidance staff have reported to me how they have found that the pupils who have worked with DAPL have become more engaged in school and appear to be better equipped to deal with difficulties in their relationships and on the whole more resilient when they experience difficulties.

We have found the approaches offered, art therapy and conventional individual counselling mean that a wide range of pupils have their needs met. DAPL work very closely with our Guidance team and are always willing to suggest strategies and give support to them. In attending the SLG they have often been able to identify specific concerns which have fed into a wider discussion on how best to support a wide range of pupils.

**Steven Norris Deputy Rector Woodmill High School**



Just a bit of background regarding Glenwood's catchment and students. The FMR is currently 23.4% against a national average of 14.2%. 37.2% of the school roll live in SIMD deciles 1 to 2 and 71.8% in deciles 1 to 4.

As you can see, Glenwood serves a extremely deprived area. DAPL (Christine's) input at Glenwood is invaluable. The Guidance staff consult regularly with Christine for advice regarding referrals and Christine is always willing to consider and address every referral that comes her way. She is extremely professional with regards to her sharing of information. The students whom Christine has on her caseload find her input very useful and a high percentage of them continue to ask

for Christine's support once she has closed their case. This is testament of the impact that Christine has on the students. Christine provides them with advice and techniques regarding resilience and managing and understanding their emotions. After a number of sessions with Christine the students display a clearer understanding of their emotions and find reflecting on situations easier.

I write this comment on behalf of the Pupil Support staff at Glenwood and can summarise by saying that we value Christine at Glenwood believe she makes a genuine difference to the pupils to whom we refer to her.

**Ruth McIntosh, PT Pupil Support Falkland House, Glenwood High School**



Through the 'Our Minds Matter' framework and Queen Anne's emphasis on mental wellbeing we have established a stable partnership with DAPL since June 2017. During this time there have been a number of young people who have accessed one to one counselling regarding a variety of needs (anxiety, substance misuse and mental wellbeing). Over this time staff have reported positive working relationships with the counselling team and have worked closely with parents/carers and families to ensure the young people who require the support are accessing it. Young people have felt supported throughout the process and subsequently this has had a positive impact upon the wellbeing of most young people. The counselling support has also been offered to parents, carers and families as well as staff. On average two staff members per week have accessed the service.

Through the Pupil Equity Fund Queen Anne High School has prioritised the mental wellbeing of our most vulnerable and disadvantaged young people in the

Junior Phase. DAPL and Queen Anne High School are also working closely to establish a Family Learning Room to give families and young people the opportunity to work alongside DAPL to improve relationships, academic progress and emotional wellbeing. When not in use by DAPL, Queen Anne High School will use this space for learning and teaching with a focus on family involvement.

**Jonny Main, Deputy Rector, Queen Anne High School**



DAPL is a service invaluable to supporting some of our most vulnerable and challenging young people within school. This service engages young people in an informal but professional setting which makes young people feel listened to and encourages trusting and respectful relationships.

**Lauren Barr, PT Guidance, Lochgelly High School**



The Guidance team are absolutely delighted to have Christine Paterson with us one day a week providing a drop in service for our young people and offering those who are referred to her six sessions.

We feel the pupils respond very well to her and that she works well as part of our team. Christine is very approachable, friendly and non-intrusive when meeting our young people for the first time. She has also contributed a great deal to the school's community as she spent a week working in English classrooms when the S2 year group were looking at a health and wellbeing poetry unit. She also delivered laughter yoga during lunchtimes and participated in a mental health awareness assembly for the junior school. We are very happy that Christine is hopefully going to be spending a couple more days at Kirkcaldy High School in 2018.

**Charlotte Kendrick PT Guidance Kirkcaldy High School**



We are very fortunate to have the support of DAPL in Dunfermline High School. The knowledge that there is support which can be accessed for our pupils is a positive feature within the school and it is used regularly with new referrals or indeed with pupils continuing to engage in sessions.

The pupil support faculty rely on this support which provides another option of support for young people who sometimes only have school as a safe place or is there only constant. The fact that pupils know that support is available in school through DAPL means a lot to many of our young people. The DAPL staff have always been thoroughly professional, caring and supportive and it is a positive relationship which our pupils and guidance staff rely on.

Having input with our pupils helps ensure they remain engaged in their education in what can often be difficult times and even for pupils to know that support is there for them can have a positive impact. It is often difficult to measure impact of support services as it is not until they are not there that their true value is known, but the work of DAPL in our school cannot be underestimated in terms of positive outcomes and impact.

**David Burgess, Depute Rector, Dunfermline High School**



DAPL have been working with pupils in Madras College for some time and their services have benefited pupils in many ways. Pupils have been referred by staff or have referred themselves for a variety of issues and have found that the service has a safe space to explore their situations whilst allowing them to develop their own coping strategies.

Ongoing feedback from pupils has been extremely positive with pupils feeling that the service has made a real impact on their lives. Staff are confident that pupils are getting the help they need, at the right time, and that this is making a very real difference to the young people in our care.

**Angela Robertson, Deputy Head Teacher, Madras College**



Auchmuty continue to go from strength to strength in terms of attainment, attendance and positive destinations for students. We recognise that this is down to the strong partnerships we have and are most proud of the relationship we have with DAPL. DAPL support our young people when they are at their most vulnerable and disengaged, without their support we could not possibly achieve the outcomes we do. We find DAPL approachable, solution focussed and responsive to the needs of our young people, parents are very positive about the support DAPL offer

**Steven Addison, Deputy Rector, Auchmuty High School**



We have found the counsellors to be helpful, reliable and DAPL are keen to catch up with guidance colleagues to discuss the ongoing situation. The referral process is straight forward and some of the counsellors have been willing to meet pupils in another more convenient location than the school. Some of the pupils we have referred are quite unreliable, but those from DAPL we have worked with try their best to catch up and engage with them where possible.

**Nicola Barker-Harrison, Depute Rector, Beath High School**





As a school, the service we receive from DAPL is invaluable.

DAPL are the most effective agency I have the pleasure of working with, giving prompt support to young people, and providing information on the services they provide.

Workers are well known throughout the staff in school and are a constant attendee in our monthly multi agency meetings.

Groupwork that has been provided in conjunction with partners, has provided a positive influence in promoting responsible, respectful individuals whose self-esteem and self-awareness have benefited greatly from DAPL input.

Without the support of our DAPL counsellors in school our young people may struggle to make the right choices.

**Gill Cowan, Pupil Services Manager, Bell Baxter High School**



DAPL has been a fantastic support to the school and its pupils. Our pupils have found it to be a place where they can alleviate their worries and stress with a knowledgeable and caring worker.

It is a place I can send pupils for support for a variety of situations safe in the knowledge that they feel able to move on. It is an important and integral part of the support available to our pupils.

**Graeme Stewart, Principal Teacher Pupil Support, St. Columba's High School**



DAPL offer both counselling and art therapy in Glenrothes High School as well as advising on drug related interventions, upskilling both teachers and parents on the causes and ways of tackling drug use and distress among young people. This academic session DAPL have helped parents learn about how to keep their children safe as well as discussing how to manage distress among young people with the parent council.

DAPL's practice is based in thorough examination of evidence around how to target interventions.

We are extremely grateful for the work DAPL do and value their advice and guidance immensely.

**Gavin Waterston, Deputy Rector, Glenrothes High School**



Diane's role at St Joseph's has developed over the time that she has worked here. Part of her role has been supporting parents on a 1:1 basis. This has been very successful and there has been a big uptake for this. The parents involved feel the benefit from having someone as skilled as Diane listen to them and longer term this is supportive to the children.

**Jacqueline Crawford, Head teacher, St Joseph's Primary School**

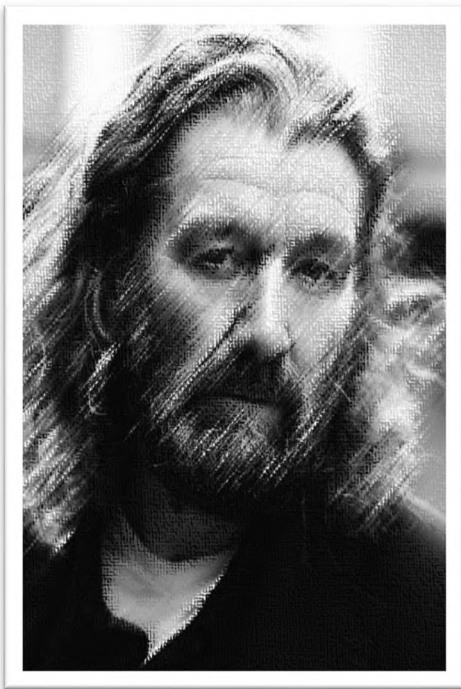


**For all the latest information about what is happening at DAPL, remember to follow us on twitter and facebook**



## Our Patrons

### Introducing Clive Russell



#### DAPL

I went to a DAPL Open Day a couple of years ago and I was really impressed with the work that was being done by all the professionals there. I got a chance to speak to a number of staff to hear about the work they were doing and overall I was impressed that there was such a facility.

#### Growing Up

I grew up in Leven in Fife at a time when it was really quite a prosperous town. I went to school at Parkhill Primary before attending Buckhaven High School where around 40% of the kids there were sons and daughters of mineworkers.

When I was young I used to love playing on the beach. I played football all the time and used to go up to Kennoway to see my pals. I had a great time at primary school but when I was about 11 or 12 I suddenly started to get very tall and got very self-conscious about it because people mentioned it. I also had bad acne and spots so I felt very shy. The only place I didn't feel shy was on the stage in the school play.

#### Work

I went to train as a drama and PE teacher at Loughborough College in Leicestershire. I enjoyed sports and was a good rugby and golf player, so I

was training to be both.

I got into acting because of doing school plays and drama at college. My first acting work was at a theatre in Bolton.

#### Addiction

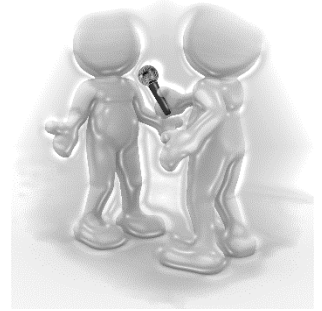
Addiction can be absolutely devastating for individuals, families and communities. It's so important that there are organisations such as DAPL.

*Clive Russell is an actor. He is best known for his roles as: Chief Inspector Frederick Abberline in Ripper Street, Angus O'Connor in Happiness and Brynden Tully in the HBO series Game of Thrones.*

*He also appeared in the Scottish sitcoms Still Game and Rab C Nesbitt as Big Innes and in teen drama Hollyoaks as Jack Osborne's brother Billy Brodie.*

## Our Patrons

### Introducing Eleanor Bowman MBE



#### DAPL

I think DAPL is an absolutely amazing charity. The work they do is much needed because of the drug and alcohol problems here in Fife. Being already involved in a charity I know how hard it is to get people on board to help and I just wanted to help bring DAPL into the public and increase awareness of the charity.

#### Growing Up

I grew up in Anstruther and have lived all my life in the town. I remember growing up playing a lot at the beach. There was lots of freedom back then - you could just be down there on the sand all day. I was lucky to stay right next to the beach and we

used to have a great time playing on the rocks and in the water.

#### Work

When I left school my dad was in the process of opening a hotel and I found it really exciting. Originally I wanted to be an actress as I always enjoyed dressing up and performing. But this came up and I was so excited for my dad that all I wanted to do was work at the hotel.

I worked in the hotel for over 40 years and during this time I started a charity to try and help buy wheelchairs and I've continued that since I retired and I really enjoy that.

#### Addiction

First of all you have to get the person to admit that they have a problem themselves and it's really to try and encourage people as much as you can to get the help that is out there for them, and then to try and support them.

I had a member of my family that had a gambling addiction and that was really hard on the whole family. The entire family was affected but then they were able to admit to themselves that they had a problem.

*Eleanor received a MBE in 2007 for her charity work*



# 2017 Open Day

On Friday 8<sup>th</sup> September 2017 DAPL held a very successful Open Day with over one hundred visitors coming through the doors of our head office in Leven.

Guests were able to try a number of taster and information sessions demonstrating the variety of therapeutic approaches that we use with our clients.

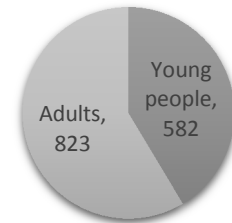
Additionally they heard about the partnership approach we take in collaboration with our colleagues in the field.



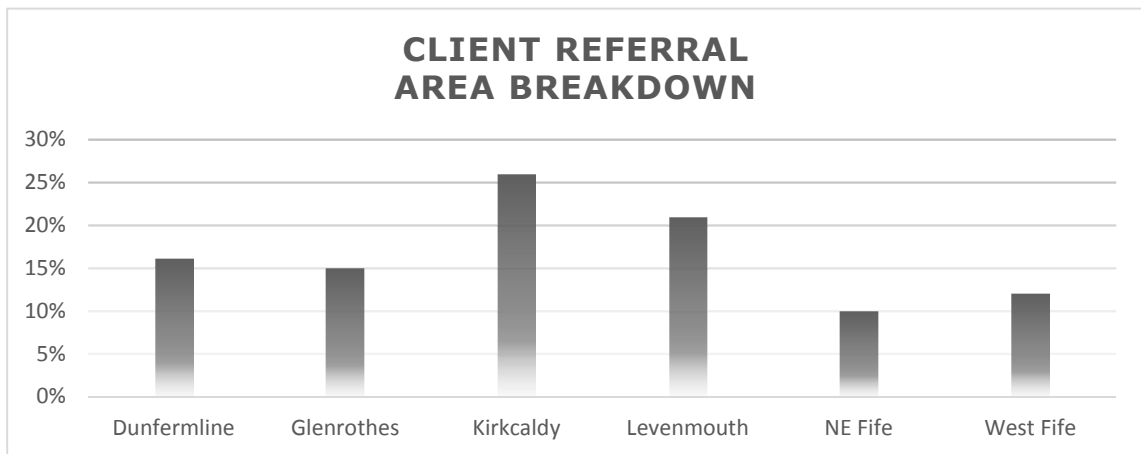
# Statistics



In 2017, 1405 individuals accessed DAPL for counselling and support



■ Young people ■ Adults



## Adults

- **80%** of adults who engage with DAPL report a reduction in the use of alcohol
- **77%** of adults who engage with DAPL report a reduction in the use of drugs
- **79%** of adults who engage with DAPL report an improvement in social functioning
- **76%** of adults who engage with DAPL report an improvement in psychological health/emotional wellbeing.

## Young People (under 18 years of age)

- **84%** of young people who engage with DAPL report a reduction in the use of alcohol and/or drugs.
- **91%** of young people who engage with DAPL report a reduction in risk taking behaviour.
- **90%** of young people who engage with DAPL report an improvement in psychological health/emotional wellbeing.



**DAPL**  
DRUGS, ALCOHOL &  
PSYCHOTHERAPIES LIMITED  
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[www.dapl.net](http://www.dapl.net)







# DAPL

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