



## THE 5-STEP METHOD IN IRELAND



C&F Training is an Irish based Social Enterprise established in 2021. The organisational mission is to coordinate and deliver high quality training in partnership with currently existing industry experts, nationally and internationally. C&F Training have a primary focus on issues which affect people who use substances and affected family members. The organisation is socially responsive and passionate about ensuring that practitioners, and professionals who support vulnerable people, have access to quality training, supervision and continued professional development to develop and improve on the skills required to work effectively and confidently.

C&F Training was established by Fionnuala O'Brien and Clara Leonard, the model is based on contracting industry experts to work alongside them in delivering training, supervision, accreditation and governance.

Fionnuala has a background in forensic mental health which includes running court liaison and diversion service in several London Magistrate Courts. In addition to forensic mental health, she has over 12 years' experience in general mental health, dual diagnosis, mental health rights and restrictions, patient information development, project management in NICE Guidance and training development and delivery. Fionnuala has a BSc and MSc in Forensic Psychology from Teesside University.

Since returning to Ireland, she has further developed her skills in coordinating and developing training and has worked with AFINet to further expand the accessibility of the 5-Step Method. Fionnuala has maintained her links with Her Majesty's Prison and Probation Service in London and the developments within the area of Chemsex-Related Crime and Vulnerability and Project Sagamore. She is an active member of the Chemsex Crime - Professionals Peer Support Group.

Clara has over 25 years' experience in administration, project management, financial management, event management, training coordination, governance and office and people management. In her last position Clara played an integral role in the introduction of the 5-Step Method into Ireland and developing a self-sustaining model consisting of establishing trainers and assessors in Ireland. Clara has over 11 years' experience working directly with AFINet and with the 5-Step Method. Clara holds certificates from NUI Maynooth in Counselling and Addiction Studies and Human Resources Certificate from Open College Ireland.

Throughout her career Clara has developed a passion for supporting vulnerable people and assisting them where possible to divert to alternative paths in life. This work has identified the need for quality training for individuals working in drug services supporting vulnerable people.

Since the beginning of the Covid 19 global pandemic, Ireland has led the way in adapting to changes in the delivery of 5-Step Method training. Despite the change in training provision, Fionnuala and Clara were responsible for training more people than had been achieved in a previous 12-month period when in person training was available. The developments with the training delivery have proven to be more popular with trainees, who reported better experiences with skills application particularly. The adapted training allowed for more trainees to access the full training and it allowed increased flexibility around their employment commitments, requiring four half days over two weeks opposed to 2 full days. Additionally, delivering the 5-Step Method remotely has increased access for practitioners in more remote locations.



The members of C&F Training have extensive knowledge of the services and organisations who require access to 5-Step Method Training. In our previous roles we have developed strong network links with seasoned trainers and assessors which we will continue to develop. AFINet's Gill & Richard Velleman have agreed for C&F Training to have the sole licence for 5-Step Method Administration, within Ireland for Irish organisations, to allow for the development of a governance and quality framework and monitor consistency of trainer, assessors and practitioners. We will continue to work closely with AFINet and other international partners to further enhance the accessibility of the 5-Step Method while contributing to the success of the intervention globally. C&F Training can offer training to others outside Ireland.

C&F Training aim to develop a cohesive network of 5-Step Practitioners, Trainers and Assessors who will support peer learning and integrated service delivery. We will be responsible for developing and managing a database of active Practitioners, annual networking event for all 5-Step Method services and promote links with AFINet to connect with international practitioners and trainers and their International Conference.



[Candf2021@outlook.com](mailto:Candf2021@outlook.com)