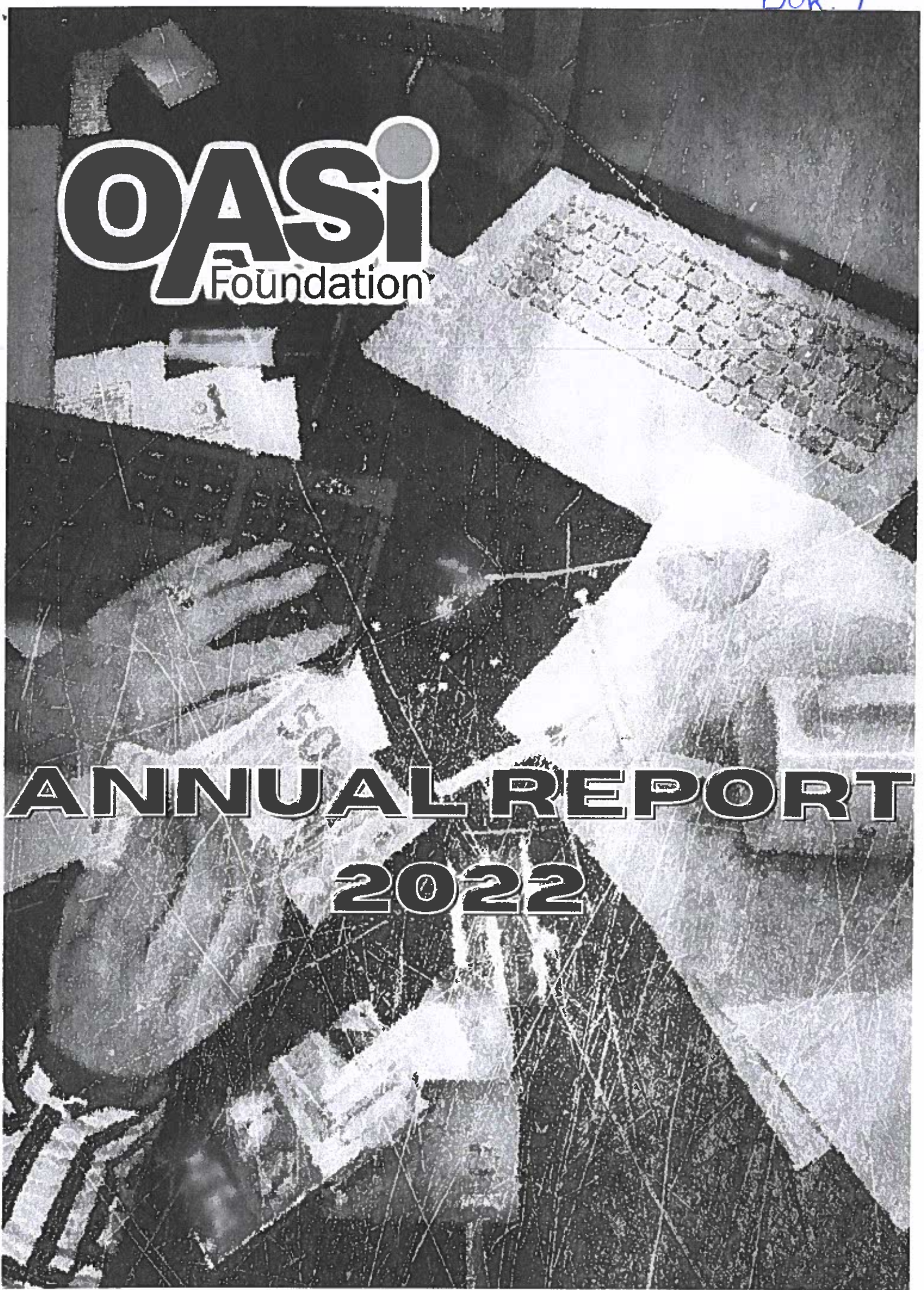




ANNUAL REPORT 2022



CONTENTS

CHIEF EXECUTIVE'S MESSAGE	3
THE OASI FOUNDATION	4
The OASI Foundation is affiliated with the:.....	4
THE STRUCTURE OF THE ORGANISATION	4
Social Awareness Services.....	4
Care Services	5
Support Services Team	6
OASI FOUNDATION'S WORK IN 2022.....	7
Activities	7
Seminars, Talks & Meetings held by OASI Foundation in the community	8
Conferences, seminars and meetings attended by OASI representatives.	9
OASI Foundation Social Awareness Events.....	9
The OASI Foundation group of Volunteers.....	13
Work on an individual basis on a community level.	13
Care and Rehabilitation on a Residential basis.....	14
Training for Staff and Volunteers.....	15
Projects.....	16
Reports.....	16

CHIEF EXECUTIVE'S MESSAGE

2022 commemorates the 32nd anniversary of the OASI foundation – 32 years since Fr Manuel and his associates/colleagues established an organization that has since been striving for the well-being of all Gozitans and Maltese.

During 2022, the Social Awareness team carried out over 2500 hours of prevention work, notwithstanding the difficulties they had been facing. The Therapy team carried out well over 3500 hours of therapy with those receiving our community-based services. There were 50 individuals that benefitted from Residential therapy which amounted to over 3700 bed occupancy.

Over 300 requests were received from people suffering from addiction issues, and there were over 200 people who started receiving therapy, either within the residential services or community basis and of those 36 % are residents in Gozo.

From those that approached us in 2022, 44% due to Cocaine use, while 41% had alcohol problems. It is of a notable concern that only 6% felt the need for assistance due to cannabis abuse, especially when in previous years the amount was higher, 10 % in 2021 and 12% in 2020. With regards to employment and education 84% had stable employment, 15% had a minimum MQF level of 6. Whilst 64% of those asking for our assistance reported addiction traits in their family history, and 57% have children of their own.

Viewing these figures from a Psychosocial perspective, it is evident that addiction is causing a huge amount of pain to these families.

Notwithstanding the drug normalization process that has been taking place since the 90s, there are still individuals and families that are seeking a lifestyle without substance use. The motto that OASI used 32 years ago, "Life is beautiful without Drugs," is still valid today. More research is needed to provide light on the actual prevalence as well as on the ever-changing trends in the field.

In conclusion I would like to wholeheartedly thank the Directors, the employees, and the volunteers of the OASI Foundation for their support during 2022. I also thank those beneficiaries who trusted us with their future lives.

I also thank all those who contribute towards the improvement of this field. A word of appreciation also goes to the Diocese of Gozo, the Ministry of Gozo, and the Ministry of Social Policy and Children's Rights.

Last but not least, I want to thank the immediate families of those working in the field, who are the ones who support and console us after a day's work with those who request our services.

Noel Xerri

02/08/2023

THE OASI FOUNDATION

The OASI Foundation was founded on 26th June 1991. It is an autonomous, non-profit, voluntary, non-governmental, non-denominational and apolitical organisation. The OASI Foundation is governed by a Board of Directors who update from time to time the policies of the Foundation.

The OASI Foundation is affiliated with the:

- Association for Non-Governmental Organisations – Gozo;
- Anti-Poverty Forum (APF) – Malta;
- European Anti-Poverty Network (EAPN) – Brussels;
- World Federation Against Drugs;
- NGO Marketplace

THE STRUCTURE OF THE ORGANISATION

The running of the Foundation is governed by the Board of Directors, where the day-to-day running is delegated to the Chief Executive. The Board is responsible for updating the Foundation's policies that reflect good governance and that the operations of the organisation are in line with the mission of the same organisation.

Social Awareness Services

➤ Prevention services

Prevention is promoted on an educational level to foster a healthier community by strengthening society's values and creating positive outcomes. Awareness is created by giving information about the repercussions of drug and alcohol abuse and the negative impact left on personal, family and social aspects. This service reaches out to all generations, irrelevant of age, gender, race and religion. In addition to this, various cultural and sports activities are organised to promote healthy living without the use of substances.

The Prevention team worked hard to increase awareness among our students in Gozo. This was done by creating a curriculum and tripling the number of sessions to every class in Gozo delivered during the scholastic year 2022-2023.

For continuation the team also carried out several sessions in the different Skola Sajf schools in Gozo.

There were several entities and social groups who asked for our interventions and expertise on matters related to prevention, where the team delivered Addiction Prevention training.

We carried out 2636 hours of direct social awareness work

Care Services

➤ Immediate Intervention Services

Individual or Group sessions are held with people who are at risk due to addiction issues or social problems. During these sessions, our professional therapists manage to help work around the issues through these therapy sessions. In cases of social problems, the work involved will consist of preventive measures to help the individual at risk become aware of the situation and be able to take decisions wisely for one's well-being instead of referring to substance abuse.

➤ Treatment and Rehabilitation Services

In cases of addiction, the therapy team reaches out to the person suffering from addiction, with the aim that the person regains one's independence from such addiction by understanding that a positive lifestyle change has to be maintained to keep away from addiction. The therapy team is made up of several professionals with different care disciplines to provide the person requesting help with a holistic approach.

Upon contact with the organisation, the individual is assessed on different levels, ranging from medical to psychological to social levels to establish the level of harm and the therapy required. 309 persons made contact with the Organisation during 2022.

The therapy team help the person become aware of the addiction problem and how this is having adverse effects on all aspects of the individual's life. A plan is set to kick-start the road to recovery. This is done through various client-centred therapeutic services based on the 12 Steps of AA/NA and facilitated by a multi-disciplinary team. A huge part of therapy entails assisting the person in becoming aware of his addiction and how

These services are provided on residential bases and also within the community. 44 persons started the residential program, amounting to a total of 3626 nights spent in residential care

The family forms an essential part of the therapy process, as they are also part of the addictive vicious cycle. An awareness and rehabilitative program are executed to address their need. The Family program that the Therapy team delivers to family members was reviewed and upgraded, making it more interactive through media enhancement as well as increasing the number of sessions to address contemporary difficulties.

A new therapy modality has been adopted for persons undergoing therapy at OASI. The therapy is based on percussion instruments, majorly drums. Therapy is intended to assist beneficiaries to engage in group interaction through music.

There were 3748.20 hours of direct community-based work related to persons at risk or with addiction-related difficulties. There was also a 3626 bed-night being used by persons using residential therapy.

Support Services Team

The team within this service manages the Foundation's administrative and maintenance work.

Other tasks involve compiling statistical data, research, reports and the handling of other relevant documentation.

The Finance officer draws up reports related to the Foundation's financial sector. All financial transactions are carried out according to the Foundation Financial Terms and Auditing.

The Human Resources officer and the Chief Executive work together to help enhance the possible full potential of all staff members and to also coordinate other possible human resources within the Foundation.

The Volunteers Group form part of this service. They meet regularly to discuss fundraising activities and participate voluntarily in the same activities to aid as additional financial support to the Foundation. This team of volunteers is an essential body within OASI Foundation.

OASI FOUNDATION'S WORK IN 2022

The work of the OASI Foundation is never-ending. The Foundation is always striving to expand its services and reach out to those in need within the community. Dedication and hard work are constantly being invested by everyone within the Foundation. Any activity carried out is subject to detailed scrutiny and various discussions to provide the best possible service. Despite ever-present obstacles, the directors, the staff and the volunteers strive to work hand in hand towards achieving the same goal.

Activities

The OASI Foundation is an active and integral part of the community. All services delivered are updated according to society's contemporary changes, to create awareness through active communication. The activities consisted of:

- Preventive Educational Programmes were carried out in Primary Schools and Secondary, which amounts to 80 sessions in Primary and 45 sessions in Secondary. The topics included: The Importance of Playing with Friends; The Importance of Choosing the Right Play; The Importance of Friendship; Peer Pressure; Time Management; Addiction; The Importance of Always Telling the Truth; Bullying; The Various Effects of Technology; Information about Drugs and Smoking. The sessions were also based on both theoretical and practical experience of our staff who visited both state and church schools upon request.
- OASI Foundation staff members participated in a total of 28 radio programmes, and 3 television interventions.
- During the third quarter, a member of staff carried out prevention sessions with classes of youngsters who attended a local summer school. PowerPoint presentations were prepared for each class and lessons were held onsite; including interactive sessions and the use of handouts.
- Biannual editions of the OASI.Kom Magazine was issued and distributed to all Gozo households, amounting to 30,270 copies. Copies in Maltese and English are also available on the OASI website page - www.oasi.org.mt

Seminars, Talks & Meetings held by OASI Foundation in the community

- On the 28th of January, two representatives from the OASI Foundation, together with a person who has completed the residential program, attended the prayer meeting held inside the Oratory Don Bosco in preparation for the feast of St. John Bosco.
- On the 14th of February a meeting was held with Dar Kenn għal Saħħtek Foundation which is a shelter and care centre that provides residential and outpatient care to those suffering from eating disorders. The purpose of this meeting was to raise awareness about the services they provide in this home.
- On the 19th of February and the 19th of March, Noel Xerri attended a seminar where he spoke about problems of dependence and vulnerability.
- On the 2nd of March, Mr Noel Xerri, Chief Executive of the OASI Foundation, took part in a webinar entitled "The impact of Cannabis use liberalization on the Workplace" where he discussed best practices for identifying substance abuse in the workplace.
- On Friday, the 25th of March, as part of the Lenten journey, a person who completed her therapeutic program, shared her experience of addiction with teenagers and youths at Munxar. This person also talked about her experience with faith and how it has helped in her recovery.
- On the 9th of March, Primary Prevention workers visited the Queen Mary campus where they discussed with students the services offered by the OASI Foundation, whilst handing out information about addiction.
- On the 25th of March, the OASI Foundation organized a lecture in which Dr Chantelle Azzopardi and Dr Joseph Fenech, two psychiatrists, were invited to talk about how addiction and mental health are connected.
- On the 1st and 4th of April, Form 3 students from the Bishop's Conservatory Secondary School, visited OASI to take part in teaching and education activities.
- On the 21st of April, some students attending the University of Artesis Plantijn in Antwerp, Belgium, interviewed Primary Prevention workers as part of their study on primary prevention work.
- Eating Disorders, Addiction & Wellbeing - The OASI Foundation in collaboration with Dar Kenn għal Saħħtek has organized two days of training for professionals in the health field. The speakers were Prof. Anton Grech, Prof. Laura Della Ragione, Dr Costanza Panacc and Dr Camilla Borganzoni where several things were discussed about different types of eating disorders, what is the connection between them and addiction, and how they affect the individual.

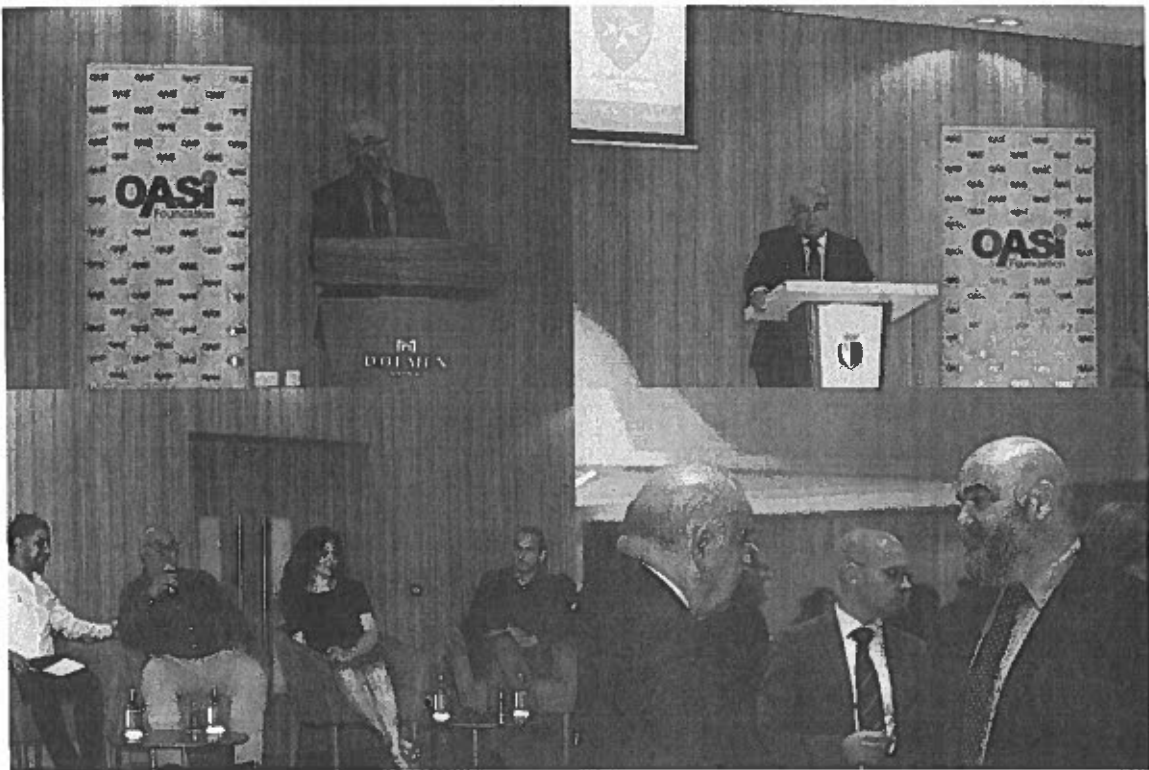
- During the month of June, the Chief Executive delivered a lecture to the students reading a Masters Course at the University of Malta in Mental Health where addiction, the work done by OASI Foundations, and self-help groups were discussed.
- On the 30th of August, a group of students reading a course the Masters in Counselling at the University of Gozo visited OASI where several discussions took place including on what services the OASI Foundation offers.
- During the months of October and November, representatives from OASI met with youths from the Xewkija parish who attend the parish Youth Group. During these talks, they got to know about the various work done at OASI. They were also given general information about different dependencies and also, had the opportunity to listen to the first-hand experience of a person who did the rehabilitation program at OASI.

Conferences, seminars and meetings attended by OASI representatives.

- On the 14th of March, Noel Xerri, Chief Executive of the OASI Foundation discussed the program Ma Christine, where he spoke on the subject of addiction.
- Every Tuesday, a radio program on different topics related to OASI Foundation is prepared by staff working in Primary Prevention and aired on the Nadur parish's radio station, Radju Luminaria.
- On the 5th of June, the Chief Executive held a talk about addiction and recovery at Għasri Parish.
- During the month of July, six radio programs were aired where different subjects were discussed regarding the work carried out at OASI as part of the program in preparation for their village feast on Radju Lehen il-Qala.
- On the 13th of July, the Chief Executive, Noel Xerri was invited to participate on Newslines on Radju Malta.
- On the 26th of July, the Chief Executive was invited to participate in Il-Polz ta' Ċittadin on Radju Malta.
- On the 28th of September, the Chief Executive was invited to a program Persjani Mbexxqa on Net TV where the subject of addiction was discussed.
- Sixth Form Day - On the 4th of November, representatives from OASI visited the Sir Michelangelo Refalo Sixth Form in Gozo where they had a stand, explaining the work OASI does, including what services it offers.

OASI Foundation Social Awareness Events.

National Conference: On the 18th of May, OASI Foundation in collaboration with the Northern Region organised a national conference under the Distinct Patronage of H.E Dr George Vella, President of Malta. The conference, entitled 'Work... and Addiction?' was held at the Dolmen Hotel Malta. This conference was moderated by Peppi Azzopardi. At this conference, speakers elaborated on this subject respectively from their professional points of view. The Minister for Social Policy and Children's Rights, Hon. Dr Michael Falzon and Hon. David Agius forwarded their message at the beginning of the conference. H.E Dr George Vella, President of Malta delivered his message to close the conference. The conference was well attended with participants from Malta and Gozo, hailing from different professions related to the field.



Youths 4 Youths- The OASI Foundation, in collaboration with HSBC Malta Foundation, on Thursday 15th September organised the ninth edition of 'Youths 4 Youths'. The day was divided into three parts, first in Dwejra where there was a planned boat tour as well as a stop at the Marine Environmental Centre where together as a group Ms. Annie Formosa explained a little about the fauna and flora that can be seen around Dwejra. The second part included an educational meeting with ERRC where the youths learnt about first aid and also got to see some of the equipment used in emergencies and finally a lunch inside the Centre of the OASI Foundation. OASI would like to thank the HSBC Malta Foundation, Boat Organizers of Dwejra, ERRC, Ms Formosa as well as the volunteers for giving their help.

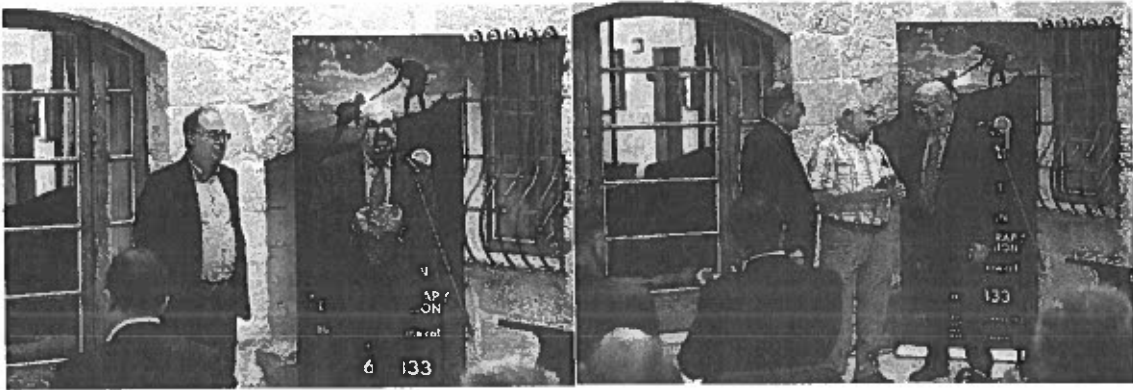


OASI Cup Run & Fun Walk- On the 2nd of October, the eighth edition of the OASI Cup Run & Fun Walk was organized, in collaboration with Athlithix A.C and TriGozo. The activity was divided into three parts: a 10-kilometre run for adults, three runs for children according to their age, and a 5-kilometre walk for everyone. All those who took part were given a medal and a goodie bag as a thank-you for their participation and those who placed in the first positions in the runs were given a trophy. Hon. Clint Camilleri Minister for Gozo Hon. Dr Alex Borg M.P. and Hon. Abigail Camilleri M.P. who were present and participated in this event



OASI Day - On the 26th of June, the day the establishment of the OASI Foundation is remembered, therefore on the 25th of June, a ceremony was held as a celebration of the thirty-one years since the establishment of the OASI Foundation.

The acting Chairman of the Board of the Directors Mr Joseph Borg presented Mr Carmel Debono the OASI Foundation award.



The Bishop of Gozo H.E. Mgr. Anton Teuma, the Minister for Gozo Hon. Clint Camilleri and the Speaker of the Opposition on Gozo related matters Hon. Dr. Alex Borg M.P. addressed the persons present. Hon. Abigail Camilleri M.P. was also present for the ceremony.



The OASI Foundation group of Volunteers.

The OASI Volunteers group coordinate several fundraising events throughout the year. This year the group organised:

- A Bazaar during February
- Easter bake Sale during Easter time
- 2 Zumba Fitness Class in Marsalforn
- Bazaar – during the month of November
- Christmas Bake Sale and Wrapping Corner – during Christmas period

The OASI Volunteers group coordinate several fundraising events throughout the year. This year the group organised: Volunteers were also responsible for 66 donation bottles distributed in several stores around Gozo. The Volunteers collected the donation bottles twice a year.

All proceeds collected from events and activities organized by the group of volunteers group go in aid of the OASI Foundation.

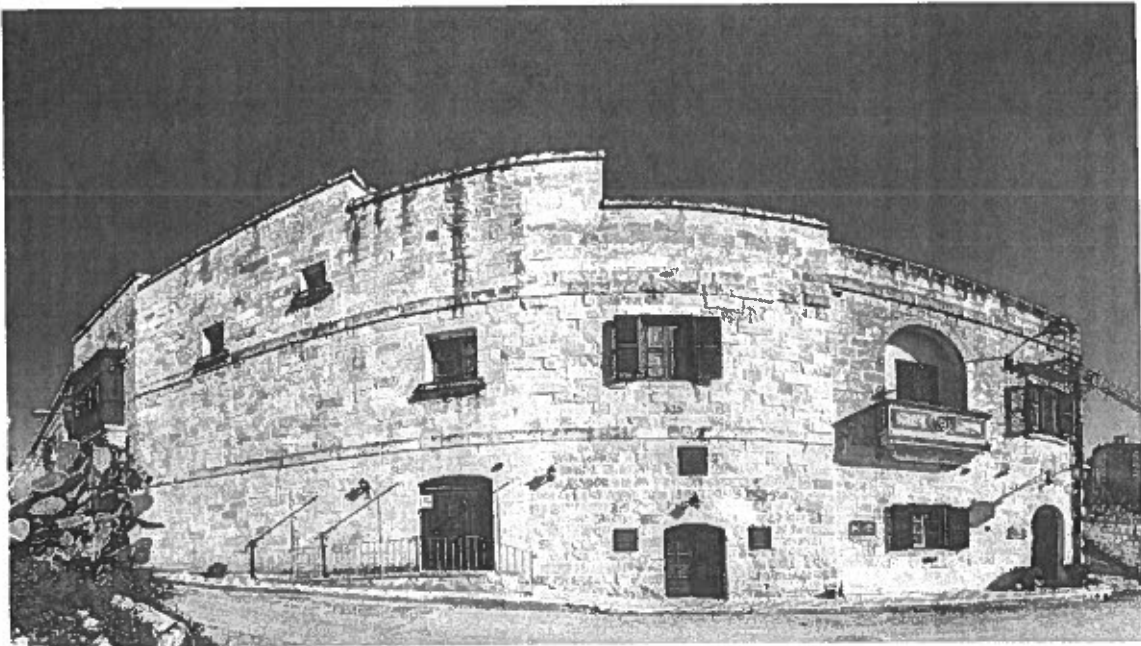


Work on an individual basis on a community level.

The therapy services offered by the OASI Foundation are all delivered and built according to the needs of the individual client. This is an important principle that each therapist cherishes and works on diligently.

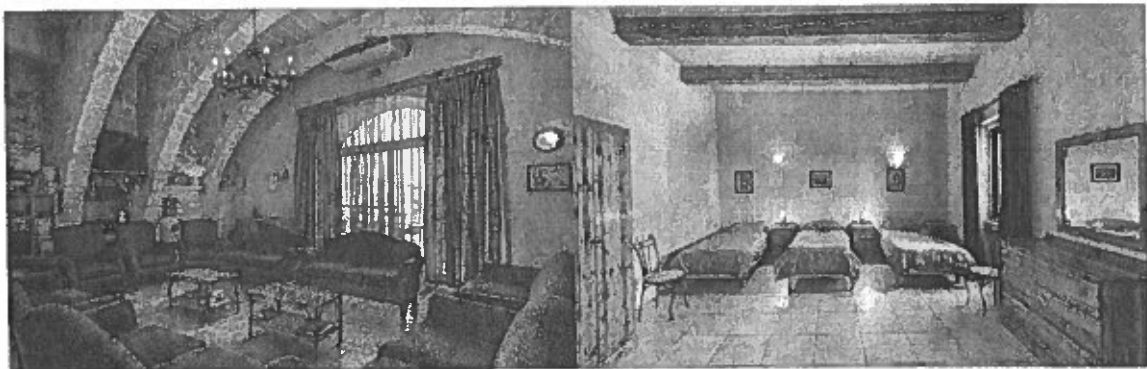
Although OASI is mainly known for its work in the field of addiction, the Foundation also helps people deal with various personal or social issues. During the year, there were 182 treatment processes. The outpatient sessions include Outreach Services, Motivation and Support, and Motivation and Assessment which is the phase preceding when a person starts the residential program, Continuing Care and Aftercare.

Care and Rehabilitation on a Residential basis.



The residential program offers intensive treatment incorporating individual and group therapy to address addiction, together with training in life skills, occupational therapy, and social re-integration.

The OASI Residential Unit with its 15-bed capacity, is indispensable for persons with addiction who require shelter from the stressful or non-supportive social environment. It provides them with a serene setting wherein they can concentrate on their path to recovery without external distractions.



The Foundation also provides a day program to accommodate specific circumstances such as pregnant women or mothers with young children. The person making use of the day programme should have a healthy environmental background and must be fully supported by the other people living in the same household.

Throughout the year, 44 persons started the residential program, amounting to a total of 3626 nights spent in residential care.

Life skills and occupational therapy are incorporated into the residential therapy. These included:

- Intensive group therapy focuses on Interpersonal and Intrapersonal aspects.
- Individual therapy is delivered through the use of counselling skills for each individual, based on an approved treatment plan focusing on the individual's psycho, social and spiritual needs;
- Weekly Yoga sessions, spiritual discernment, the art of meditation and crafts;
- Wasteserv offered information sessions regarding Waste Management;
- Heritage Malta and Gozo Heritage offered cultural outings to the clients;
- Leisure activities such as outings in the countryside, sports, swimming, etc.

Every Friday, meetings were held with clients' families while clients are receiving residential care.



Training for Staff and Volunteers.

The OASI Foundation believes that as part of its development training should be provided. Throughout the year the following training was organised:

- The Human Resources Coordinator organised weekly sessions "Applied Certificate in Residential and Community Based Drug and Alcohol Addiction" to the Treatment staff members by Dr Matthew Berry.
- On the 22nd of November, a Team Building was organised for Treatment staff.
- OASI Foundation also offers opportunities to its staff and volunteers to attend courses held by other local entities.
- Various staff members attended Food Handling Certifications, courses as well as training and Mental First Aid in the Community.

Projects.

The OASI Foundation as a non-governmental Organization relies on the support of the Maltese society to be able to continue its social mission. During the year, the following projects were done:

- Coordination with Jobsplus through the scheme "Employment for All".
- Finalization of the project with the Ministry for Gozo NGO scheme by enhancing the quality of our services by introducing drumming therapy to our beneficiaries, particularly those undergoing residential treatment

Reports.


OASI Foundation has various contacts - private, non-governmental and state agencies so that the Foundation can continue to grow and improve its services. Throughout the year, reports were drawn regarding the services provided by all departmental sectors within OASI. These reports were then forwarded to all entities concerned.

Official reports with anonymous data are sent to the following entities:


- Ministry For Social Policy and Children's Rights
- Office of the Commissioner for the Voluntary Sector

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