

coolmine  
therapeutic community

Addiction Treatment Services

# from dependence to independence



Annual Report 2011

# Vision

Coolmine Therapeutic Community believes that everyone should have the opportunity to overcome addiction and lead a fulfilled and productive life.

# Mission Statement

Coolmine Therapeutic Community provides a range of quality community and residential services to empower people to end their dependence on drugs and alcohol.

# Values

## **Dignity & Respect**

We ensure the dignity and respect of individuals by actively listening and holding a non-judgmental attitude which is supported by our service standards.

## **Compassion**

We believe that compassion is demonstrated through responsible love, concern and understanding for each other.

## **Honesty, Consistency and Responsibility**

This value lies at the core of what we believe and is demonstrated by accountability and transparency in all areas of our organisation.

## **Safety & Security**

We believe in the physical and psychological safety and security for all through the implementation of sound policy and procedure.

## **Commitment to Quality**

We are committed to quality through evidence based practice, research and continuous improvement of our standards and resources.



# Contents

---

Chairman's Introduction . . . . .	1
Chief Executives Report . . . . .	2
Looking back on 2011 . . . . .	3
From dependence to independence . . . . .	4
What we do . . . . .	6
Range of Services . . . . .	7
Summarised Stats for 2011 . . . . .	8
Partnerships . . . . .	11
Fundraising, Funding & Communications . . . . .	11
Financial Review . . . . .	12
Free Today . . . . .	14

“My relationship now with my Mam & Dad is unbelievable... I missed out on a good few years of my life with my family which was tough, but you can't change your past you can only change your future.”

*Joe - Former client, who went back to college and is now working helping others overcome addiction.*





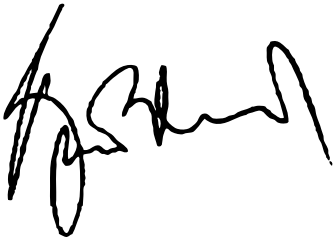
# Chairman's Introduction

---

As might be expected, 2011 proved to be a challenging year for Coolmine Therapeutic Community. I am pleased to say that through the efforts of our staff and management, frontline services continued to be delivered and developed, against a backdrop of consistent decreases in funding.

We would like to acknowledge the fact that all of our staff have co-operated in the introduction of a streamlined organisation and continue unfailingly to give excellent care and support to our clients.

We commend them for their work and dedication. In turn, I would like to thank my fellow board members and all volunteers who work to ensure the continuing operation and development of Coolmine and its services.



Brian Ward

Chairman

## Our 2011 Board of Directors

---

Brian Ward – Chairman

---

Jim Muddiman – Company Secretary

---

Catherine Bent

---

Darren Connolly

---

Benny Cullen

---

Joanne Fenton

---

Liam Hickey

---

Hilda Loughran

---

Marie Twomey

---



# Chief Executives Report

Access to and availability of treatment which meets the specific needs of individuals and their families are very important to us at Coolmine. In 2011, for the second year running, we refined our nursing services, providing 24 detoxification placements and had our clinical governance structures approved by the HSE's residential compliance Committee.

We also, despite the absence of state funding, have built on the achievements of previous years by providing residential treatment to 36 mothers, some of whom had their children reside with them on a full time basis. This is a unique service and the only one of its kind in the country.

In addition to this, in partnership with the Hartstown/ Huntstown Community Drug Team, we piloted a much needed drug free day programme specifically for people in the Blanchardstown area.

These three initiatives demonstrate our commitment to provide accessible, needs lead services in partnership with other community and statutory services.

Also in 2011 we carried out a full review of our 2009 to 2011 strategic plan with a view to putting in place a new strategy for the coming years. 'Supporting People in Challenging Times' was the theme for the past three years and we were pleased that our approach to cooperation and partnership with others has helped us achieve these objectives overall.

In 2011 we entered into an agreement with the Peter Mc Verry Trust which will see the Trust take over the management of our five aftercare houses in return for an agreed annual quota of housing places with the trust for our clients. This initiative has the support of Fingal County Council and Dublin City Council and is a good example of interagency work which should improve the quality of housing options and onward referrals for our clients in housing need.

We also commenced a process with the Ana Liffey Drugs Project which enables their organisation to play a greater role with respect to managing referrals, assessments and admissions to Coolmine Services.

Priorities for 2012/13 will include the securing of funding for our nursing and detoxification services, as well as securing funding for our childcare and our mother and child unit mentioned above. We also hope to build on the healthy relationship we have with organisations like Pavee Point, which will increase access to our services, providing greater awareness and sensitivity within our teams for the needs of the travelling community. I look forward to reporting on these objectives in detail in the coming years.

As always the commitment, hard work and flexibility of all of our staff and volunteers has been crucial in 2011. I would like to take the opportunity to thank them personally for their dedication and commitment to the work. The value and appreciation shown by our many clients and their families is very evident at our graduation ceremonies which have grown from strength to strength in 2011.



Paul Conlon

Chief Executive Officer



# Looking back on 2011

2011 was yet another challenging year for Coolmine Therapeutic Community due to funding cuts, however we have managed to maintain our front line services, providing services to those who need us most.

Below are a number of the significant highlights from 2011 at Coolmine.

1. 24 detoxification episodes were carried out thanks to the support from the HSE's social inclusion unit. With the dedication of our clinical nurse specialist, our consultant psychiatrists and visiting medical officer, we have had our clinical governance standards approved by the HSE's residential compliance committee. *In Ireland today there is in excess of 10,000 people on methadone programmes with limited access to treatment due to the insufficient number of detox beds.*
2. 36 mothers with their families have availed of our services this year. They have come from all across Ireland, with the largest number being from Dublin, Cork, Kildare and Galway. This highlights the wide demand for this type of service and cements our determination to secure state funding for our childcare programme and services.
3. 22 of our staff completed and were accredited therapists in the Community Reinforcement Approach (CRA) in treating people with addictions. A further 4 individuals became accredited Community Reinforcement Approach for Families, or CRAFT, therapists. In addition to this we commenced an action research project with the specific remit of tracking and informing the integration of this model within our range of services.
4. We commenced the piloting of a new drug free day programme in partnership with Hartstown/Huntstown Community Drug Team. This is currently being run out of Coolmine Lodge, but it is hoped that the service will relocate to a community venue when a suitable premises becomes available.
5. Building on existing housing strategies which have worked for us with Focus Ireland we entered into a memorandum of understanding with the Peter Mc Verry Trust also, to improve housing standards and opportunities for our clients.
6. We arranged for a "skills and staff" swap with the Ana Liffey Drugs Project, with the specific objective to broaden our referral base and improve access to our services for the most vulnerable.
7. Our career guidance counsellor, in line with the CRA approach, set about establishing regular jobs clubs, and links with external agencies to enhance the opportunities for work and meaningful activity for our clients
8. We commenced a programme of enhancing the horticultural programme within our men's residential services with a view to growing our own produce and utilising the grounds to maximise its potential. This is well under way.
9. We further developed our relationship with Pavee Point and other minority groups to strengthen the ease of access and inclusivity to all who needed our help.
10. We continue to help other organisations by offering the use of building in Lord Edward Street to; HSE continue to deliver their drug outreach service, CKU deliver their voluntary rehabilitation service for people coming from Eastern Europe and Merchants Quay Ireland.

Coolmine Therapeutic Community's commitment to those who need our help will continue to remain throughout these difficult economical times, as now more than ever people need our services. However, we do need the support from the government and the wider community to help us continue to turn lives around and allow people the chance to contribute positively to society.



## From dependence to independence

---

Paddy from Dublin City Centre, who turned fifty this year, is drug free and looking forward to his future... and his grey hair!

“My first substance would’ve been cigarettes and drinking at around twelve years of age. I was thrown out of school for messing and robbing. At 17 I started serving my time as an apprentice plasterer but I was missing work because of drinking and smoking hash on a regular basis.

In 1980 I was 18, and was introduced to heroin with a lot of my friends, most of them dead now from it. We didn’t know exactly what it was or what the consequences would be as it was only new around Dublin. We started snorting it, and then the needles came into it, I don’t know where they came from and I got strung out. I ended up in prison at a young age and I’ve been in and out of prison ever since.

In 1990 even though I had stopped heroin, I was still drinking, smoking hash, and doing crime, I’d got married and had another two kids. I’d two kids from a previous girlfriend. Later that year I was doing this job and was offered cocaine. I took it and liked it and started taking it every day, every night. I got to a stage that I couldn’t work. My marriage was affected by it, my family was affected by it, my kids, and I only saw them when I wanted to see them. My wife ended up throwing me out and I don’t blame her.

I started back on heroin, smoking it, putting it in joints instead of hash, thinking I wouldn’t get a habit, but obviously I did. I started doing heroin, coke, sleepers...I’d take any drug. I was holding down jobs here and there as a window fitter and a plasterer. As soon as the customers were out of the house, I’d be smoking heroin out the back.

I used to get my two youngest kids at the weekend. I’d bring them up to the house where I was living. I’d put them in front of the television, put on a DVD, and give them loads of sweets.

I’d be in the kitchen smoking gear, pretending I was reading the paper. I think they knew there was something wrong. I couldn’t bond with them properly. I was no more interested in doing something with them, even though I loved them.

In 2008 I ended up in prison. I was in custody for six months and I started to come around. I started going to the gym and I swore I’d stop taking that stuff, never take it again. But some drugs came into the prison and I took them. After 6 months I got bail, and I was only out a day and started taking tablets again. I started back taking heroin and by Christmas that year I was strung out again.

A friend of my girlfriends recommended that I go to a drop in centre, which I went to in January. I’d never been in treatment in my life and the centre mentioned different treatment centres, including Coolmine, which they said was an 18 month programme, I needed somewhere like that, I’m was not going to get fixed in 6 weeks, I knew that.

So I had to go into the Coolmine facility in Lord Edward St, pre-entry groups. Then around March, I’d finally given clean urines, so I came up to the Coolmine Lodge. I went to Coolmine because I was charged and I needed to be a stronger person going into prison, to be able to say ‘No’ to drugs. I had help from my key-worker, Michelle, who I had developed a good relationship with. I sat down and told her all that was going on for me as far back as when I was a child. Stuff I never told anyone before.





I was turning 47 coming into Coolmine. I'd been carrying a lot of stuff over the years. The first three months in Coolmine I just threw myself into it. I could see they were here to help me. With Michelle, I opened up to a lot of stuff. I learned that in all the years of taking drugs, I was using one of the seven dynamics of addiction, which was blame. I blamed everyone on my drug taking. I'd blame the wall if I had to, just for an excuse to use. It was tough doing it, but I liked what I found in Coolmine, I really liked it. I knew I had another three months here to work on myself, build back up my relationships with my family and my girlfriend.

Because we knew I was going back to prison, Michelle helped me with a good relapse prevention plan. I was able to see an addiction councillor in the prison, go back to school, anything to keep myself clean.

The first six months I had to share a cell with four different people, and the first month or two there was drug taking going on in it. I had in my head what I had learned in Coolmine: 'I've no-one else to blame any more, only myself, if I take drugs'. It was a great dynamic to learn.

I put my name down to go to school, which was starting back up in September. What I learned in Coolmine kept me clean and I wanted to get back to Coolmine and finish off the second phase of my programme and graduate. I set those goals for myself. I've done over twenty subjects while in prison, over two and a half years. I worked as a cleaner also to get paid, so as I wouldn't have to rely on anyone to give me money.

I got back to Coolmine in January of this year and I was delighted to be back. What I'm saying is, when I did my six months in Coolmine, I worked the Coolmine programme, learned that you have to carry this outside, whether in prison or not.

My concept in Coolmine was: 'Believe in yourself, and everything is possible'. My key-worker always told me that if you change your negativity around to the positive, you'll do very well in life.

I was in Coolmine for a couple of weeks and moved into phase two, which is to get back out into society, become a productive member of society. In order to do that, you have to have a structure. I'd got voluntary work in Dublin City Centre, with some people I'd met with in prison through doing a spiritual meditation courses. I also got voluntary work in the sanctuary, in Stanhope Street.

I moved into transitional housing with Focus Ireland last May. While I was there I did two courses on Sociology and prep for college. I put in for a diploma in Community Drug and Alcohol Work and was accepted onto the course with the help of Coolmine.

Coolmine kept me clean. They say I did it myself, but I don't know.

Plans for the future, I'll be doing the Diploma in Community Drug and Alcohol Work and next year I'm going to look at doing Youth Development. I want to work with young kids, catch them before they get into addiction, I just feel going forward that's where my skills lie and where I want to be.

I've since become a Christian. I go to mass and I go to my N.A. meetings. I get a lot out of being a Christian. I am highly active with Coolmine, I come back and give back when I can.

I'll always be grateful to Coolmine. Basically they opened up a whole new way of thinking for me, a whole new way of how I can live my life drug and crime free. I have a simple life. Be grateful for your health. Be grateful for what you have, not what you haven't got in life. Coolmine opened all those doors for me, and I just worked the rest myself, which I still do.

So the future's bright. I've two grandchildren and a little bit of grey hair left on my head."



# What we do

Coolmine Therapeutic Community (TC) provides a rehabilitation service for clients in recovery from alcohol and drugs use. We initially opened our doors in 1973 in response to the proliferation of drug use and associated problems in Dublin in the early 1970s, unfortunately this problem has only grown and our services are needed now more than ever.

## Access:

We provide access to our treatment services through initial contact and assessment provided in partnership with Ana Liffey Drugs Project and Hartstown / Huntstown Community Drug Team through the following range of services:

- Outreach services within the community and prisons
- Drop in facilities at Lord Edward Street
- Pre-entry groups
- Stabilisation Day Programme at Lord Edward Street
- Contingency Management Programme at Lord Edward Street

## Primary Rehabilitative Treatment:

Research has consistently shown that longer stays in treatment produce better outcomes. It is therefore our goal to ensure that as many clients as possible can access our services quickly and be supported to complete at least five months of our primary treatment programmes. These services are as follows:

- Men's residential service at Coolmine Lodge
- Women's residential service at Ashleigh House (including mother and baby admissions)
- Structured drug free day programme in Lord Edward Street
- Structured drug free day programme in partnership with HHCDT in Dublin 15

The Therapeutic Community model is a treatment and rehabilitation approach where clients live in a small structured drug-free community. The goal is to encourage psychological and lifestyle changes to enable people to maintain a drug-free lifestyle. The treatment approach is based on peer support. Participants are expected to contribute to the general running of the community and to their own recovery by actively participating in educational activities, group and individual therapy.

## Progressions, Integration and Aftercare:

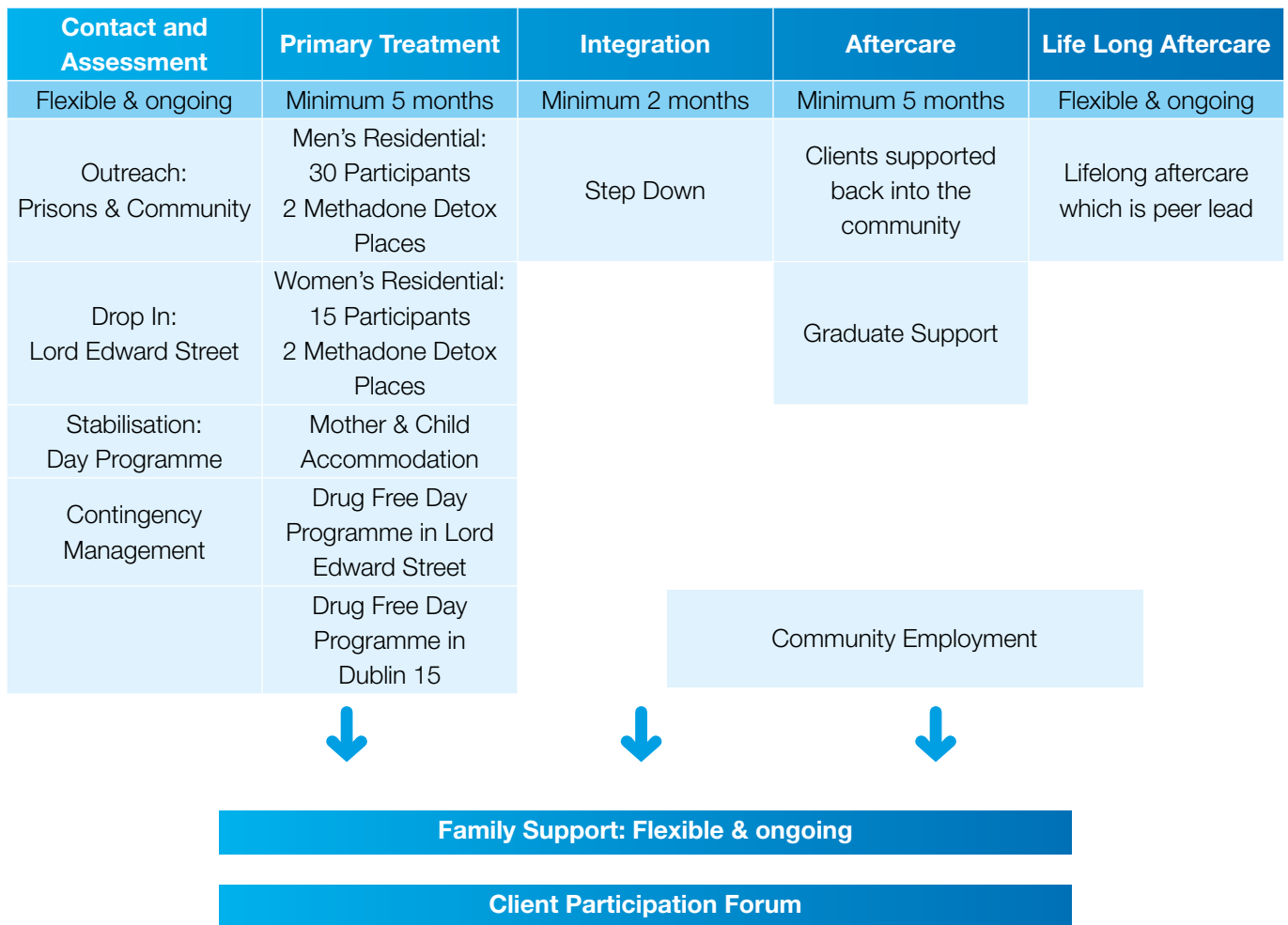
We provide a staged range of integration and aftercare services through the following programmes

- Residential Step down programme
- Integration and Aftercare services
- Housing, education, career guidance and counselling services
- Lifelong graduates service
- Family support service
- Community Employment Scheme
- Client participation strategy

“Coolmine has no closing date. I'm a graduate, and welcome back here any time in my life, that's what Coolmine has to offer.”

*Paul, graduate.*

# Range of Services



Coolmine TC has been committed, in an explicit way, to modernising the interventions and style of counselling used within our residential and community facilities and to adopt evidence based and professional counselling standards where compatible and practical together with the expansion of our continuum of care.

Coolmine TC is not new to the idea of organisational transformation and has delivered significant change to its programme and practice over the past number of years: e.g. reduced length of programme, strategies to improve access such as detoxification and services for women with children, to name but a few.

We have developed our approach to addiction over the years and feel that working together as a community and giving our clients increasing responsibility that we can make a huge difference to their lives and to the lives of their families too.

# Summarised Stats for 2011

In 2011 Coolmine worked with over 1,000 people to support them and their families in overcoming their addiction.

## Number of Individuals accessing each of our services;

<b>Outreach Activities</b>
• 355 clients were seen by outreach services from Coolmine Lodge
• 195 clients were seen by outreach services from Ashleigh House
• 82 clients were seen by outreach services from the Drug-Free Day Programme
• 254 clients were seen by local outreach services from the Welcome Programme
<i>886 totalled the number of clients that were worked with by our Outreach Services in 2011</i>
<b>Contingency Management Programme (operational since Feb 2011)</b>
• 37 clients were worked with in our new Contingency Management Programme
<b>Welcome Programme</b>
• 48 clients were worked with in our Welcome Stabilisation Programme
<b>Drug-Free Day Programme Lord Edward Street</b>
• 42 clients were worked with in this service
<b>Drug-Free Day Programme Dublin 15</b>
• 18 People were worked with in our Drug Free Day Programme
<b>Ashleigh House</b>
• 46 women resided with us in 2011
• 36 mothers were worked with in Ashleigh House
• 13 mothers had their child (children) on site on a permanent basis
• 11 availed of methadone detox placements and 10 completed same
<i>*The remaining mothers had weekend access or were re-establishing contact with their children through their programme</i>
<b>Coolmine Lodge</b>
• 71 men resided with us in 2011
• 13 availed of and completed methadone detox placements
<b>Step Down Programme (Phase 2, after residential treatment)</b>
• 35 women from Ashleigh House moved into the next phase of the programme
• 55 men from the Lodge moved into phase 2
<b>Career Guidance &amp; Education</b>
• 180 *clients attended various education programmes run by Coolmine TC
• 118 clients were supported by Career Guidance
• 93 clients moved on to education/training
• 20 Community Employment (CE) Schemes internal placements were gained in Coolmine TC
• 12 CE Schemes externally were gained
• 2 gained full time employment
• 8 gained part time employment
<i>*Coolmine's education programme at both residential and day programmes includes following eight modules; Personal &amp; Interpersonal Skills, Horticulture, Food &amp; Nutrition, Communications, Computers, Maths, Preparation for Work, and Meditation</i>



### Housing Outcomes

- 105 men from Coolmine Lodge residential & day programmes moved into housing
- 48 women from Ashleigh House moved into housing
- 44 clients from the Drug-Free Day Programme moved into housing
- 32 clients from the Welcome Programme moved into housing

*\*Housing outcomes include Transitional housing, Private Rented accommodation, Coolmine Step Down, Long Term Supported housing and emergency housing.*

### Family Support

- 110 Family members were supported either in group or 1:2:1 setting

*\*It's estimated that for every 1 person suffering from addiction up to 8 people can be affected, these include family, partners, children etc. This is why we feel it's vital that we include family, where possible, in our clients recovery programme.*

### Graduate lifelong aftercare

Lifelong aftercare support is peer lead and meets on a weekly basis to continue and encourage people in their recovery. Figures attending vary on a weekly basis.

## Detox Statistics since we commenced this new programme in 2010

In Ireland today there is in excess of 10,000 people on methadone programmes with limited access to treatment due to the insufficient number of detox beds.

### Detox placements

- 22 availed of and completed detox placements 2010
- 24 availed of and 23 completed detox placements in 2011
- 20\* availed of and 18 completed detox placements in the first six months of 2012

*\*It is with thanks to Baxter Healthcare Foundation that we were able to employ another full time nurse which has resulted in us being able to double the number of detox placements on offer in 2012*

“I spent the first 3 weeks in Ashleigh detoxing and although it was physically and mentally draining it was made so much easier by the help and support of my peer in Ashleigh and the staff especially the crèche staff. I was able to go to groups and talk about what was going on for me while being safe in the knowledge that my child was being very well taken care of in a safe and secure environment that was only a couple of doors away.”

Jane - Graduate





Today's Concept.

ACT AS IF,  
 THINK AS IF,  
 FEEL AS IF,  
 AND BE.



## Partnerships

Without the support of our funders and partners Coolmine Therapeutic Community simply could not provide the vital services we delivered in 2011. We would like to take this opportunity to acknowledge and thank the HSE, An Pobal, Probation Service, FÁS, the Homeless Agency, South Inner City and Blanchardstown Local Drugs Task Forces, The National Drugs Strategy Team and the Drugs Strategy Unit within the Department of Community Rural and Gaelteach Affairs. We look forward to further developing these relationships and are grateful for their support.

We also worked with a number of other organisations within the field and are thankful to all of them; Ana Liffey Drugs Project, Arbour House Cork, Barnardos, Beaumont Hospital, CKU, Fingal County Council, Focus Ireland, Hartstown/Huntstown Community Drugs Team, Irish Prison Services, James Connolly Hospital, Kildare West Wicklow Community Addiction Team, Keltai, Merchants Quay Ireland, Pavee Point, Peter McVerry Trust, Sophia Housing, Tallaght Rehabilitation Project, Tolka River Rehabilitation Project, YMCA and finally all the Children & Family social work teams nationwide.

## Fundraising, Funding & Communications

Like many charities we are more reliant than ever on the support of the public and business community. We would like to thank all of our generous donors who helped us in 2011 and we look forward to your continued support in 2012.

A big “thank you” to those who ran marathons, mini marathons and various other physically demanding events, in order to raise money for Coolmine TC. Thanks to our fundraisers who organised bag packing, carol singing and their own fundraising events. In particular we would like to thank our staff and clients who are always willing to lend a hand and shake a bucket.

We would also like to thank all our generous donors who responded to our Christmas appeal letter, this is an area we are hoping to grow into the future.

Thank you to the Community Foundation of Ireland, the Music Capital Scheme and the South Inner Drugs Task Force for providing funding for specific programmes.

The Baxter Healthcare Foundation gave us the great news prior to the end of 2011 that we were successful in securing funding to expand our detox programme and we look forward to reporting on the outcomes of this programme in 2012 and are extremely grateful for their help.

Finally to all the media who have helped us highlight the area of addiction, we sincerely appreciate your support.

**Thanks to all our friends who helped us in 2011 and we look forward to your continued support into the future!**

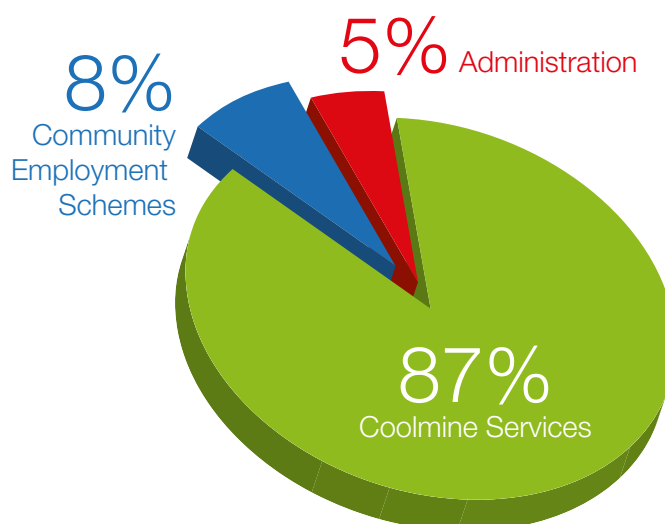


# Financial Review

Once again 2011 meant further reductions in our core funding, but despite this we worked hard to ensure our frontline services did not suffer and affect those who need our help most.

We continued to implement cost cutting exercises across all our services and to roll out a fundraising strategy to make up for the shortfall in funding, with the aim to eventually grow and pilot new programmes.

With future funding cuts almost certain we are now more than ever reliant on the generosity of the public and corporate support and we would like to reassure all our supporters that we only spend 5% of our income on administration. 87% goes directly back into our services and the remaining 8% is spent on client employment in the form of Community Employment Schemes.



## OPERATING STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2011

INCOME	2011	2010
	Total €	Total €
Probation Service	564,300	594,000
Pobal	17,464	23,514
H.S.E.	695,944	705,739
Community Rural & Gaeltacht Affairs(Homeless agency)	212,500	212,500
Client Contributions & rental income	433,492	520,484
CE Scheme Grants	225,198	244,199
Dodder Valley Partnership	-	20,250
LDTFS	506,475	507,775
Vodafone project	-	31,158
ESB Horticultural Funding	40,042	-
Tolka River Project	5,000	78,920
Nurse Funding	49,921	-
Kildare West Wicklow Community Addiction Service	20,667	-
Bray Addiction Services	9,000	-
Grants, funds, fundraising and other	16,508	-
<b>TOTAL INCOME</b>	<b>2,796,511</b>	<b>2,938,538</b>



	2011	2010
<b>EXPENDITURE</b>	<b>Total €</b>	<b>Total €</b>
Drug Rehabilitation	1,859,297	1,844,821
CE Scheme	230,558	258,942
Governance/Running Costs	677,749	674,647
Administration	140,320	143,443
Total Expenditure	2,907,924	2,921,853
Total Income	2,796,511	2,938,538
Operating balance surplus/(deficit)	-111,413	16,685
<b>CONSOLIDATED BALANCE SHEET ON 31 DECEMBER 2011</b>	<b>2011</b>	<b>2010</b>
<b>FIXED ASSETS</b>	<b>Total €</b>	<b>Total €</b>
Tangible assets:	2,012,724	2,073,224
Financial assets:	350,578	546,541
<b>TOTAL</b>	<b>2,363,302</b>	<b>2,619,765</b>
<b>CURRENT ASSETS</b>		
Debtors	36,327	26,766
Cash in hand & at bank	207,226	111,090
	243,553	137,856
CREDITORS: amounts falling due within one year	(320,208)	(330,761)
NET CURRENT ASSETS	(76,655)	(192,905)
CREDITORS: Amounts falling due after more than one year	(820,522)	(851,233)
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<b>1,466,125</b>	<b>1,575,628</b>
<b>FINANCED BY</b>		
Capital	1,115,546	1,029,086
Reserves	350,578	546,541
<b>TOTAL CAPITAL AND RESERVES</b>	<b>1,466,125</b>	<b>1,575,628</b>

The associated financial extracts commentary is based upon the full accounts which have been audited by Gilbride & Co. Chartered Accountants, Dublin. The full accounts of Coolmine TC, a registered charity, are lodged with the Companies Registration Office and copies may be obtained from Coolmine TC upon request.

# Free Today

Farewell my friend.  
 We spent many years together.  
 We had some great times and bad times.  
 But looking back, reflecting on the past,  
 I've come to realise it wouldn't last

In the early days you gave me a voice,  
 belief in myself no-one else could,  
 you made me feel good and warm when I slept rough,  
 you blocked out the pain but now I've more to gain.  
 I can't have you back again.

Every time we were apart I always forgot  
 how bad things were when we were together.  
 But now I'm clear of you I must remain vigilant all the  
 time,  
 Because I know you will come back and torment my  
 mind.

You robbed me of my conscious,  
 You left me so exposed.  
 I've felt I lost my mind.  
 And God he really knows.

I've loved you that much I couldn't get enough of you,  
 Even to the extent of neglecting my physical health,  
 Family relationships and friendships,  
 They didn't matter, all I wanted was you.

I've learned that you're a disease that  
 Tricks at your ease.

I often think of you when life isn't fair,  
 But I've come to realise, life with you  
 will always leave me in despair.

As I write of some of the fond memories we had,  
 I know in my heart we must be apart  
 for me to make a fresh start.

I'm free of you today  
 but if I let you back in,  
 the pain will begin.  
 I've been at death's door'  
 and want no more.

Now you're gone, I miss you now and then'  
 but I hope I never need to  
 rely on you again.

*By Priscella - Ashleigh House client*







All photos have been taken in our services in Ashleigh House & Coolmine Lodge by Durand Thew

Coolmine Therapeutic Community  
Ashleigh House  
Damastown  
Dublin 15  
Tel: 01 640 4087  
Outreach: 087 1229307

[www.coolmine.ie](http://www.coolmine.ie)  
[fundraising@coolminetc.ie](mailto:fundraising@coolminetc.ie)  
[www.facebook.com/CoolmineTC](http://www.facebook.com/CoolmineTC)  
Twitter: @CoolmineTC  
Coolmine Therapeutic Community  
is a registered charity CHY 5902