

2012 Annual Report of Tallaght Rehabilitation Project Ltd



**Kiltalown House
Kiltalown Way
Jobstown
Tallaght
Dublin 24**

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Chairman's Address 2012

Despite the on-going cutbacks and reduction in budgets in 2012 TRP continues to provide an effective, comprehensive rehabilitation service for people in the community whose lives have been affected by the misuse of drugs and alcohol, TRP has managed to maintain current services by effective re-adjustments to programmes and changes in work practices.

I wish to assure our funders that the spending of all monies received by TRP is strictly monitored, accounted for and spent in accordance with relevant guidelines and best practice in an open and transparent manner. All accounts are presented, discussed and approved at each Board meeting.

I visit Kiltalown House regularly throughout the year and am impressed by the positive attitude and mutual respect of management, staff and participants. Management are innovative, progressive and supportive. The staff are dedicated, committed and very hardworking. The participants are focused on recovery as they endeavour to improve their lives.

The highlight of the year for me was the Annual Awards Night in December when the participants were centre stage – their achievements were acknowledged and celebrated. Many other events took place during the year – July's Family Sports Day, October's Art Exhibition, the four day residential to An Tober in Navan and Santa's visit. The on-going daily implementation of TRP's therapeutic and aftercare programmes continued as scheduled throughout the year.

I congratulate manager Pat Daly on his commitment, dedication and wise leadership during these difficult times and Joan Neville-Cleere, financial administrator for managing the financial business of TRP in a meticulous and transparent manner. I also congratulate the staff of TRP, team leader Lisa Wynne and the therapeutic team; Michael Williams supervisor and the aftercare team; Catherine O'Connor DSP CE supervisor and the DSP CE team, the housekeeping team and the gardening team. They have all done magnificent work throughout the year. I thank them for their dedication in carrying out their duties, for their willingness to adapt to new ideas and work practices and for their respect and support for all participants.

I would like to acknowledge and thank my fellow members on the Board of Management – labour Councillor Marie Corr, Addiction Counsellor HSE Michelle Hinds, Lord Mayor of Tallaght Cathal King, Fr. Val Martin, Charlie O'Connor Fianna Fail party, Chief Pharmacist HSE Denis O'Driscoll, and Marie Sheehan and myself and the TRP organisation welcome Dermot Mara who will become a member of the Board in January, 2013. Board members give generously of their time and expertise in a voluntary capacity to provide support, guidance and wise governance to TRP.

Lastly, and most importantly, I congratulate the 17 participants of the Rehabilitation Day Programme on their achievements and progress during the year and also all those who have advanced in their recovery process and who are currently engaging in the Tallaght Wide Aftercare Service. Seven participants celebrated being drug free for a full year. Full recovery from drug addiction, though very difficult, is a life changing experience for all of our participants and their families. It is impossible to quantify the ripple effects of recovery. I congratulate all the participants on their progress to date and I wish them every continued success.

Seamus Massey.

Chairperson.





Manager's Report 2012

I would like to welcome you to the TRP Annual Review and the Manager's report for 2012.

As expected 2012 was again another very challenging year for our organisation. We like so many community and voluntary projects have been sustaining cuts to our funding for the past 5 years now. Obviously any cuts of any nature to our programmes can have a negative impact to the overall organisation so it has been a tough time for our project to continue to deliver the high quality therapeutic rehabilitation programmes which our clients expect and have been accustomed to.

However, through commitment, effort, flexibility and high motivation; the skilled staff team here at TRP managed to provide the highest standard of quality services to all our clients who engaged in our programmes.

I would like to give a breakdown as an example of some of the cuts that we have endured here at TRP over the last 12 months.

<u>Funders</u>	<u>Year</u>	<u>Method of Funding</u>	<u>Total</u>
HSE	2011	Section 65	€95,240.00
HSE	2012	Section 65	€93,336.00
Loss of			€1,904.00
DSP	2011	Mainstream Funding	€180,500.00
DSP	2012	Mainstream Funding	€166,025.00
Loss of			€14,475.00
Room Rental	2011	Rental Funding	€22,361.00
Room Rental	2012	Rental Funding	€12,141.00
Loss of			€10,220.00
Loss of			€26,599

As can be viewed by the above table there have been very significant cuts to our funding channels over the past 12 months. These kinds of cuts no matter how small or big have a huge impact on our frontline services. We have had to adapt to these cuts the best way we can by introducing various service level agreements with other agencies and projects and through trimming some edges within the organisation, this has been done skilfully by our Financial Administration team. Thankfully we have been fortunate so far to retain most of our staff team although some staff has been forced through some cuts to reduce their working hours to part time.

Significant Events



Family Support

In 2012 we followed up on an action in our yearly Work plan regarding Family Support. TRP organised a 6 month Family and Friends Support Group/Workshop which was facilitated by a professional group therapist, this was a great success and many family members and friends of people involved in our programmes benefited.



Residential Weekend

We organised another very successful residential in An Tobar County Meath, the residential has become a real feature and a key component within our therapeutic services which we provide on our Therapeutic Day Programme. The theme of the 2012 residential was titled “Loss and Bereavement” there were excellent modules delivered by the staff team and on evaluation the participants really enjoyed this learning experience. Planning for our 2013 res is now already in progress.



SPEAK Tracking Database

Another added benefit to our organisation was the continued progression and implementation by the staff team of the SPEAK system. This system enables the TRP organisation to capture all the good work we do and helps to provide evidence based statistical report on all our programme outputs that we have achieved throughout the year. We hope to be even more advanced in using the system in 2013.



Storehouse Project

I am delighted to announce that once again we had the opportunity to work in partnership with our friend in Bethel Church on the Storehouse Project Christmas food hamper initiative. In 2011 we successfully donated and delivered 50 hampers to people in need from the Tallaght wide area, I am happy to say we increased these numbers in 2012 and we donated a total of 83 hampers this year, an increase of 33. I would like to thank Frank Sage and all his colleagues at Bethel Church for this ongoing partnership in this worthy cause to support people in need in our community.

Other Events

Of course we had our other annual fun events throughout 2012; we had a great turn out for the Women's Mini Marathon which raised some much needed funds. We also had our bag packing days throughout the year and we also had a parachute jump completed on behalf of TRP by Ms Roisin Mc Eneaney (college placement). We also participated in the Christmas Lord Mayors Coal Fund which we also benefited from. I would like to take this opportunity to thank all the people who fundraised and donated monies to our organisation this year.

We also facilitate our annual art exhibition, family sports day, awards ceremony and family Christmas party. These were great days throughout the year and all enjoyed these activities. In particular I would like to note our awards ceremony where all our participants received certificates in recognition for all the therapeutic and educational work they have completed throughout the year. There was a special award on the night for people who attained a drug free status in 2012.

Client Profile

Our client ratio remained very steady throughout the year; we received many referrals from agencies and organisations within the Tallaght area and also from organisations in the wider community. Our liaison with Probation and Welfare, HSE and services the Courts and the Gardai remain as strong as ever and our aim is to facilitate as many people as possible in a rehabilitation process of recovery from within the Tallaght wide community.

Conclusion

TRP will always strive to be open, transparent and to work in cohesion with all our partners from the statutory, voluntary and community sectors. I would like to take this opportunity to thank all of the other local projects in the Tallaght area for their kind support and assistance throughout the year, also I would like to thank our funders and sponsors; the HSE, DSP, TDTF and the SDCC, they can be assured that all our funding is spent wisely and with minimum overheads.

A special mention must go to all the staff team here at TRP whose hard work, commitment and dedication contributed to the delivery of quality, value for money rehabilitation programmes. This could be clearly seen in 2012 by the ongoing progression of many clients who availed of our services throughout the year and also all of the good people who have joined in our fund raising throughout the year specially thank you to them.

I would like to also thank the Board of Management of TRP who voluntarily gave up their time and energy to assist myself and the organisation through a difficult year. They have been a great source of support to TRP.

Finally as usual I would like to wish the very best of success to all our clients moving into 2013 and who are currently engaging in our Day and Aftercare services. I can assure our participants that they are in good hands.

I have no doubt that 2013 will be another hard challenging year, both financially and economically however as we face into the coming year we look forward with optimism, courage and hope.

Thank you,
Patrick Daly
Manager
TRP



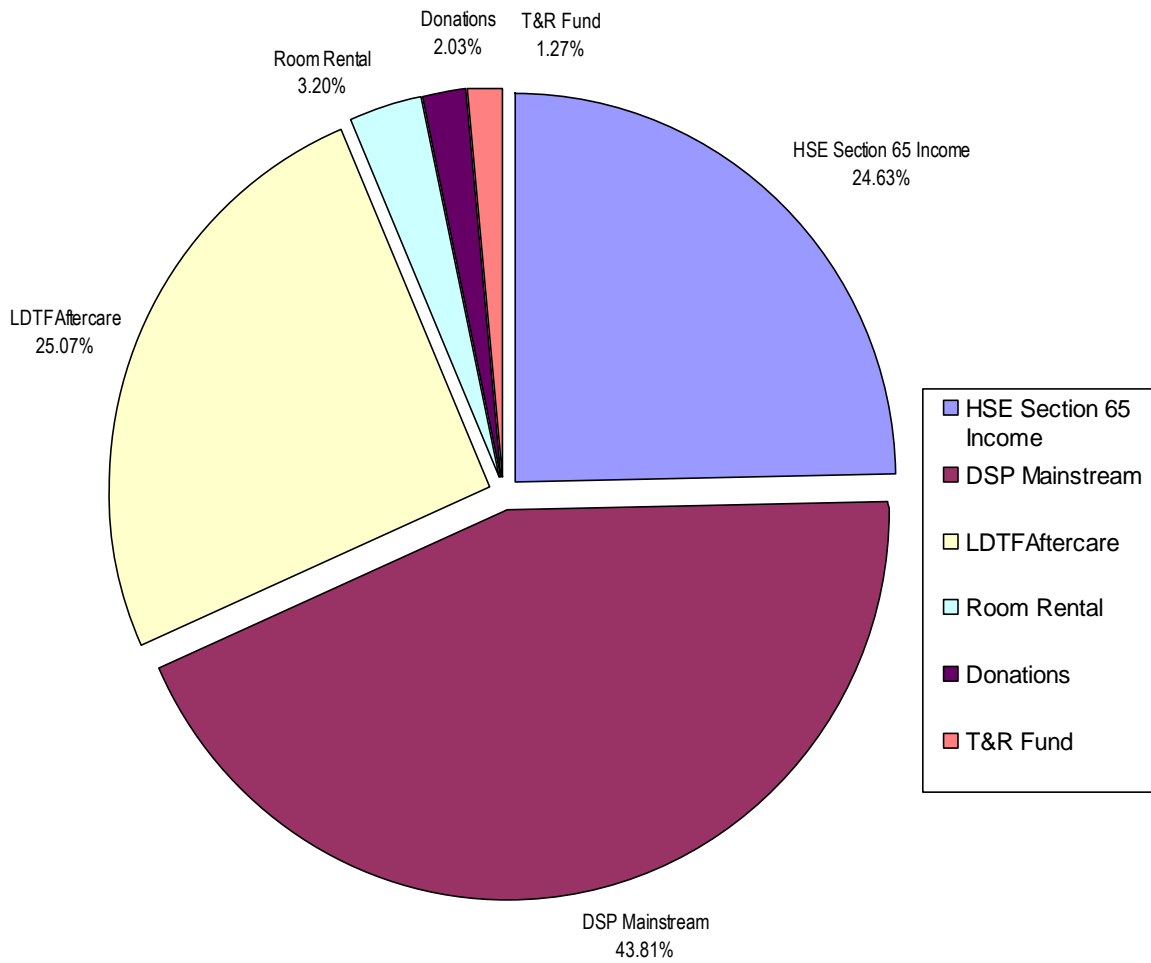
Financial Administrators Report

Below is a breakdown of the grants TRP received in 2012 from various funding agencies, namely DSP, Health Services Executive, Dodder Valley Partnership and Local Drugs Task Force. TRP also received some donations and room rental which helped in some of the cuts in statutory funding.

All funding received by TRP is strictly monitored and accounted for and spent in accordance with relevant guidelines and best practice in an open and transparent manner to ensure best value for money. The accounts are also audited by an external auditor and sent to the Companies office. The following criteria is strictly adhered to when managing resources

1. Consistent, smooth delivery of all services.
2. Maintaining good corporate governance
3. Maintaining a quality service through the best use of available resources

Tallaght Rehabilitation Project Ltd year end 31/12/12





Aftercare Supervisor's Report

Hi all from the Aftercare team we would like to thank you for taking the time to read our report.

Back Ground

The Tallaght-Wide Aftercare service was officially opened in 2009 by Minister John Curran and Labour Counsellor Marie Corr the then Mayor of South Dublin County Council. The objective of the Aftercare is to support the continuum of care, post rehabilitation by consolidating the gains service users have made during their rehabilitation.

The Tallaght-Wide Aftercare Service has become the established Aftercare in the Tallaght community. We operate from a Client Centered approach using evidence based practices. Beneficiary expectancies are and can be demanding but the service has and will continue to deliver on those demands into 2013. The Aftercare Team is fully aware of the challenges service users have to face in the current climate and also the challenges within our service. However, we all remain committed to the bigger picture. This is achieved by adapting a practical partnership approach to provide a thorough beneficial service in a comfortable environment for all to enjoy. Over the year the Aftercare team has promoted the service to Statutory, Voluntary and Community services. We are currently developing Service Level Agreements with relevant agencies. The purpose of these SLA's is to provide our clients with additional specialised support in conjunction with our service.

During 2012 the Aftercare service fully delivered on their entire work plan. This was forward planned from the end of 2011, with quarterly updated reviews by the staff and service users. In addition to our evaluations the aftercare service was independently reviewed by Sue Irving Ltd who gave a fair and balanced report of the aftercare service. Our service was evaluated as being a quality

Listed below are our Annual Statistics for the year 2012.

The aftercare service accumulated 1065 visits/individual consultation in the year below is a breakdown of the different activities that the service provides with-in a year.

Therapeutic Interventions

2011		2012	
Key working	222hrs	Key working	180hrs
Crisis intervention	57hrs	Crisis intervention	50hrs
Move on	11hrs	Move on	14hrs
Peer support Group (relapse prevention)	72hrs	Peer support Group	67hrs
Personal development	212	Personal Development	212hrs
Drama (Fetac Level 3)	32hrs	Health & Nutrition	12hrs
Tai Chi	15hrs	Reiki Therapy	100hrs
Yoga	20hrs	Stress Management (complimentary therapies)	119hrs
Stress Management (complimentary therapies)	108hrs	Social Activity Total	498hrs
		Music events	20hrs
		Off site activates	73hrs
		In-house fun activates	215hrs
Aikido Therapy	20hrs		
Women's Empowerment Group	12hrs		
Health & Nutrition	5hrs		
Social Activity's unplugged music events	485hrs 20hrs		
Off site activates	25hrs		

Outcomes for 2012

There are 23 service users currently accessing the service.

- 16 people are drug, alcohol and gambling free, 4 became drug, free while accessing the aftercare as their primary support,
- 1 detox with the Lantern (McVerry Trust) and then on to our aftercare, 1 used Coolmine detox/residential and then our aftercare,
- 8 of those availed of the TRP day program as their primary treatment option and then on the TWAC service.
- 5 people successful moved on from the aftercare service and are no longer in need of all services.

The Majority of the aftercare Clients move on to academic studies from degree level to literacy and are committed to continue to focus on their short and long term goals.

Feedback from Service users:

“I’m a recovering Person, who is still adjusting to a healthy way of living in all areas of my life I was querying about further support with another Alcoholic Anonymous member and he told me about the Aftercare but I was unsure if I would be suitable. To cut a long story short I’m a member of the aftercare and service now for the past 3 months and avail of all the supports that the aftercare has to give, but for me the best thing is the fact that the aftercare is a fully structured programme in the evening as I am a full time carer for my husband and for that I’m fully grateful to the staff and other like minded people in the aftercare for all the support I need at this time”.

“when I first started to come to the aftercare I was still on methadone but reducing weekly , I heard of the aftercare from the TRP day programme which I completed I had no friends and wasn’t talking to my family at the time. I felt isolated that’s where the aftercare helped me I started by coming up and having a cup of tea and chat it took time I got to know all the staff and my peers who are so friendly and very supportive to me. I now have experienced a drug & alcohol free lifestyle I have enjoyed many drug & alcohol free nights with the aftercare, cinema, theatre, and bowling and music events these things might seem simple to

others but from where I coming from it's the little things that make a big difference in my recovery”.

“The aftercare for me has always been about my follow on recovery aftercare being in residential treatment many times I didn't know why I never kept myself drug free I would slip back into my old ways in my home town but now I have the aftercare on my door step this aftercare completing the TRP day programme I have remained drug free and for this reason I'm grateful to all at TWAC for their countless support programme.”

Planning Forward 2013

The Aftercare Team has devised a highly Professional, Motivated, Psycho-educational and Holistic programme for delivery in 2013. This will be accomplished through a combination of Therapeutic Interventions, Alternative Therapies and Social Events. We look forward to providing a continuum of care and a positive progressing route for people who wish to continue to advance in their own personal recovery program through personal development and education.

Kind Regards,
Michael Williams
Tallaght-Wide Aftercare Supervisor.



CE Supervisor's Report

Welcome to the annual report of the TRP Community Employment Scheme. The CE scheme which comes under the banner of Special Category Drug Rehabilitation is now in its twelfth year of successful operation.

The Community Employment (CE) programme is designed to assist and have previous experienced serious addition problem in the community support people who are long-term unemployed and other disadvantaged people in returning to work by offering part-time placements in employment based local community projects. After the placement, participants are encouraged to seek mainstream employment or to undertake further education or training based on the experience and new skills they have acquired while on our special C.E course.

Alongside other projects and initiatives the CE scheme has also experienced budget cuts which have been challenging to say the least; however I am happy to state that these challenges have been met with both enthusiasm and dedication from all of the TRP staff team.

Following on from the 2011 government budget, changes came into effect in relation to payments to people participating on CE schemes on a national level. The issuing of double payments ceased which in effect halved some participants income, many projects including TRP raised concerns at a local level as to how this action would impact on the numbers of people accessing CE schemes. Fortunately TRP numbers have remained at a high level with 17 "T coded" posts and 6 staff support posts being filled effectively throughout 2012.

The CE training budget was cut by a significant 50% however we remain committed to sourcing and delivering a relevant, quality for money educational and therapeutic training programme from the budget that is available to us.

Educational Training

TRP actively encourage and promote the use of the FAS ILP (Individual Learner Plan) system where the participant and supervisor have regular one to one sessions in which employment/educational and training goals are identified. Training which is specific to the participant's needs and abilities is then sourced and with the support of the organisation the participant will engage in training and education.

Programme Participants

In the last year the participants in Phase One and Phase Two of TRP rehabilitation programme have engaged in/completed FETAC accredited educational modules both on an individual basis and as part of a group as demonstrated below.

- | | | |
|----------------------|-----------------------|-------------------|
| • Workplace Safety | FETAC Level 4(minor) | x 13 participants |
| • Food and Nutrition | FEATC Level 4(minor) | x 13 participants |
| • Painting | FETAC Level 4(minor) | x 2 participants |
| • Drawing | FETAC Level 4 (minor) | x 1 participants |
| • Art & Design | FETAC Level 3(minor) | x 13 participants |
| • Clerical Skills | FETAC Level 5(minor) | x 1 participants |
| • Basic English | FETAC Level 3(minor) | x 1 participants |

Phase three or the move on period of the programme gives the participant the opportunity to explore and research possible employment and or further educational options. It is during this time the participant may undertake individual specific training and work experience.

This stage of the programme was reviewed in 2009 and consequently redesigned to provide a more intensive structure and content. The new programme offers a move on specifically designed for the individual. This can take between 6 and 12 weeks to complete depending on the individual's needs and can be extended. This work will include information, practical skills development, ILP, CV building and interview skills. The emphasis is on the participant working towards and attaining realistic educational or employment options.

Below is a breakdown of the progression of 5 Rehabilitation Day Programme CE participants who successfully completed a move on:

- 3 people are in third level education
- 1 person is in full time FETAC Level 3 education
- 1 person is employed in a CE scheme in the role of Receptionist

Also in the last year TRP has continued to forged strong links with various organisations to assist and support the participant in this phase of the programme. These organisations include the following:

- Department of Social Protection
- FAS
- Tallaght Local Employment Services
- Money and Budgeting Service (MABS)
- Tallaght Adult Education Service County Dublin VEC
- Tallaght Drugs Task Force (Education Officer)
- Back to Education Initiative (BTEI)
- An Cosan
- Dublin Adult Literacy Centre
- Irish National Organisation for the Unemployed
- SWAN Family Support Organisation
- Bernie Walsh career guidance counsellor

CE Staff based Participants

Typically, a person who is employed on our CE scheme will have been unemployed for a minimum of 1 year. In accordance with the ethos of Community Employment; on beginning a post with TRP the new staff member will have the opportunity to gain experience of working in a busy environment and to engage in specific skills training with the goal of returning to either full/part time education or to mainstream employment.

TRP support staff numbers were cut from 7 to 6 people in the last year; they are employed on our project in the following context;

- Reception x 2
- Trainee Financial Administrator x 1
- Trainee Aftercare Project Worker x 1
- Maintenance Person x1
- Security x 1
- Be part of a professional functional staff team

As with the day programme participants, Individual Learner Plan plays an important role in the progression of our CE staff. In the last year all CE staff has identified specific career paths/goals and have engaged in various individual have pieces of training as demonstrated below.

- Diploma in Human Resources Practice
- Diploma in Social Care
- Certificate in Preparatory Studies for Higher Education
- Fire Warden
- S.P.E.A.K. Database System

4 CE support staff members completed their time on CE in 2012, below is a breakdown of their progression to either employment or further education.

- 1 CE staff member has returned to full time employment
- 2 CE staff members have returned to full time third level education

As you can see from the above TRP believes, promotes and encourages education, training and work experience as an integral part of CE. With the support, guidance and knowledge gained from participating on CE, progression is a realistic attainable goal for all who participate on our scheme.

Catherine O Connor
DSP CE Supervisor
TRP

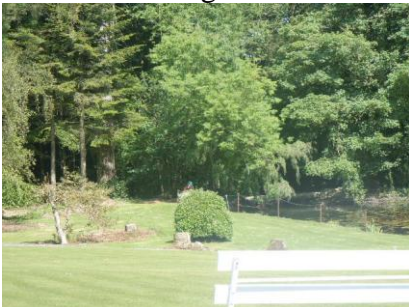
Significant Events in Tallaght Rehabilitation Project for 2012

In the last year the management and staff of TRP have as part of our 2012 work plan completed several actions. These are detailed below:

Annual Residential Weekend

We delivered a successful four day residential module from 10th to 13th of May 2012. The theme of this residential was 'Loss and Bereavement'. This proved to be a great source of learning for participants and staff who took part. We had 10 participants who engaged in this experience which incorporated workshops, process groups, written work and stress management techniques, with the primary focus on self care.

This residential experience is a significant aspect of the therapeutic programme. As a result of the good work done by all, this process enhanced individual focus and motivation, and also encouraged peer support and bonding. This resulted in some acquiring drug free status and others embarking on detoxification in their recovery process for the first time.



Mini Marathon

On the 4th June 2012, TRP Staff members, Participants and family members participated in The Women's Mini Marathon. It was a great day, the weather this year was good to us and the atmosphere and good mood kept us going all the way to the finish line. All monies raised were utilised to good effect to the benefit of the participants of TRP.



Family Day

Tallaght Rehabilitation Project held their annual Family Day on Friday 24th August 2012. The theme was a Sports Day and parents, grandparents, staff, participants and their children all joined in with the fun.

There were lots of different races and activities held on the day. The children and also some parents joined in with the fun and got their faces painted. The day was rounded off with a soccer skills session facilitated by FAI coaching staff. We also had a clown who entertained the children with magic and games. All the children were presented with medals, certificates and other goodies.



Art Exhibition

Another important day is our annual Art Exhibition. This was held in conjunction with our Family Support open evening which was on 18th and 19th July 2012. The exhibition showcased artwork completed by our participants throughout the year. It was a terrific opportunity for our group to show off some of these fantastic pieces of art work and talent.



Awards Ceremony

On Friday 7th December TRP held a special Awards Night for our participants and their families to recognise and understand the importance of certified and accredited training and the benefits it can bring. Certificates for both educational and therapeutic training were awarded in recognition of the work completed by all. Speeches were given by participants of both our Rehabilitation Day Programme and the Tallaghtwide Aftercare Service. After the presentation

of the certificates we adjourned to the Aftercare facility for some light refreshments and entertainment of Karaoke and music.



Christmas Family Day

The Christmas Family day for participants and their children is always a great success and was held on 14th December 2012. Santa and his helper were in our grotto and all the children had the opportunity to tell Santa what they would like for Christmas and also to give them a present. We also had a clown who entertained the children with magic, face painting balloon making and games.



Aftercare Social Nights

As part of the Tallaghtwide Aftercare Service structure we have introduced social nights as part of the weekly structure. Included in these social activities are “Unplugged Music Sessions” which consist of local musicians coming to Kiltalown House for an evening of song and music in a drug and alcohol free environment.



The Storehouse Hamper Project

Tallaght Rehabilitation Project and Bethel Church partnered together in 2011 to distribute 50 hampers to families under their care, this year 2012 we increased that number to 83.

These were distributed within the local community, schools and local projects in the area.

Bethel Church TRP and the Storehouse hamper project would like to acknowledge the following for their kind donations without these, none of this would have been possible:

Vincent Monaghan Operation Manager of Marks and Spencer Grafton Street

Michael Stafford of Musgrave's

Breda Judge of Aviva Insurance

Colin Yeats General Manager of Dunne's Stores City west

Tony Jones of Tony's Butchers Kiltalown

David Payne Supervisor of Tipperary

Chris Poole

Tony Breathnach - News and Candy

Peter Murphy - Supervalu Aylesbury



Acknowledgments

TRP would like to take this opportunity to thank the following local shops and businesses for their generosity and donations. Without any of these we would not be able to hold these annual events.

Manhattan - Finglas

Dunne's Stores - The Square Tallaght

Supervalu - Springfield Tallaght

Valley Newsagents - Springfield Tallaght

Brennan's Bread

Euro 2 - The Square

Kelkin Ltd -Ballymount

Coca Cola

Musgrave's Cash and Carry – Ballymount

Midlands Butchers -The Square Tallaght

O Colerain's Butchers -The Square Tallaght

Dominos Pizza - The Square Tallaght

Old Bawn Pharmacy

McCabe's – City west shopping centre

Killinarden Pharmacy - Killinarden Shopping Centre
Jobstown Pharmacy – Kiltalown
Hickey Pharmacy – The Square

Acknowledgment

Tallaght Rehabilitation Project Ltd would like to acknowledge and thank the following people for their support and without whom Tallaght Rehabilitation Project would not thrive and grow.

The Irish Government

Mr Alex White T.D., Minister for State with responsibility for the National Drugs Strategy

The Health Services Executive

Department of Social Protection

South Dublin County Council

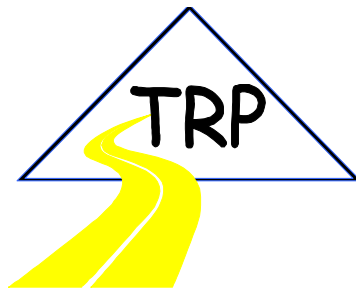
Dodder Valley (Tallaght) Partnership Ltd

Tallaght Drugs Task Force

St Thomas Parish, Jobstown

The Lord Mayor of Dublin

Company Information



Tallaght Rehabilitation Project Ltd

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TRP is a Company limited by guarantee.

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