



coolmine
therapeutic community

2014 Annual Report

Driven by our clients' needs



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.



“Towards the end of my six months in Coolmine, I could feel, get a sense of just who I was. I was after finding myself. I was so much more comfortable in myself, because I really didn't know who I was before”

David

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“ In Coolmine, my key worker and the facilitators could read me like a book. They'd always volunteer me to do something to take me out of my comfort zone. At the time I felt awkward and uncomfortable, but I can see now where the growth is”

Simon

Chairman's Introduction

Coolmine believes that everybody should have the opportunity, support and enabling environment to overcome addiction and to lead a fulfilled and productive life. To that end, we provide the highest quality residential and community services possible, in order to empower people to end their dependence on drugs and alcohol.

The Board oversees management, considers and approves strategic plans and approves all major strategy and policy recommendations. Coolmine has a strong, skills based, voluntary Board. We work with highly qualified, skilled and professional staff who deliver quality evidence based services throughout the Coolmine organisation. Coolmine TC is committed to strong governance and I am pleased to say we have fulfilled the recommended guideline actions for compliance with the Governance Code for Voluntary and Charitable Organisations.

Clients present with a wide variety of complex needs; addiction, homelessness, domestic violence, trauma and legal issues. All our work is evidence based and in 2015 we will publish the findings of our 3 year longitudinal study which inter alia will show that

- 71% of clients were illicit drug free 24 months after therapy
- 97% of clients did not engage in crime 24 months after therapy
- 25% of clients were engaged in employment 24 months after therapy

During 2014 we provided a diverse range of community and day services in Coolmine House, Lord Edward Street our Dublin city facility. Our residential service for men, Coolmine Lodge and our residential for

women and children, Coolmine Ashleigh House, both increased capacity to try and meet the demand for service in 2014. In all over 1250 individuals were supported by Coolmine TC during 2014.

Our focus on the needs of our clients ensures that we provide the best possible treatment support to individuals in recovery from substance misuse, starting at assessment and pre-entry programme supports through to primary treatment in day service provision or residential rehabilitation centres. Engagement with Coolmine TC services includes contact with families, stepdown housing, securing employment and participating in educational programmes – the essential components to safeguarding the recovery journey.

December 2015 sees the completion of our Strategic Plan 2012-2015 and so in the coming year we will embark on a review of our strategy for the years 2016- 2019. In this review, the directors and management will engage with all staff, stakeholders, partners, government, agencies and our clients to ensure the vision, mission and strategic aims are purposeful in the coming three year period.

Coolmine provides best quality addiction services assured by the Royal College of Psychiatry Community of Communities accreditation process. This is a standard specifically for Therapeutic Community service providers and its works. CTC is further quality assured through our membership of the European Federation of Therapeutic Community and the European Championship in Education, Training by Travel (Ecett) networks.

We are ever so grateful to our funders.

There are huge demands for our service. To meet that demand, our funding has to increase. I am optimistic that the outcomes evidenced by Coolmine will draw an increase in funding so that we can grow further to meet our client needs.

I wish to commend our staff, excellently led by our Chief Executive Pauline McKeown for their professionalism and their efforts to provide a first class service to our clients. I would like to thank members of the board for their commitment to Coolmine and for their advice and guidance to me.

Alan Connolly | Chairman
Coolmine Therapeutic Community

“ We comply with the Governance Code for community, voluntary and charitable organisations in Ireland. We confirm that a review of our organisation’s compliance with the principles in the Code was conducted March 31st 2015. This review was based on an assessment of our organisational practice against the recommended actions for each principle. The review sets out actions and completion dates for any issues that the assessment identifies need to be addressed”

CTCs Board of Directors:



Pauline McKeown
Chief Executive



Alan Connolly
Chair



Carthage Conlon
Company Secretary



Darren Connolly
Treasurer



Neil Bolton



Siobhan McGee



Eddie Mathews



Sean Hosford



Dick Brady



Dr Joanne Fenton
Clinical Lead

Chief Executive's Report Looking back on 2014

2014 marked a year of service and activity expansion in CTC as we grappled to meet the presenting needs of our clients from within existing resources.

Perhaps most notable was the development of the mother and child residential service, Coolmine Ashleigh House. Over fifty mothers were supported, including 18 mother and child admissions and four expectant mums admissions, and four expectant mums, represents an increase of 50% in service activity since 2012. We are delighted to report that during 2015 funding has been secured to increase the residential capacity from 18 to 24 women at any one time. In addition, the crèche facilities will be renovated to allow CTC to work with more children impacted by parental substance misuse on a full time residential basis. Parallel with this increased client activity in 2014 the organisation strengthened our commitment to evidence based treatments through the continued implementation of the Parenting under Pressure programme (PUP) for high risk families.

During 2014 CTC responded to an increasing prevalence of primary problematic alcohol use by piloting our Community Alcohol Treatment Programme (CATP) from within existing resources. CATP worked with 28 individuals and an encouraging retention rate of 69% was evidenced. The challenge for 2015 is to secure additional funding to maintain the programme and implement recommendations from the pilot evaluation report. CTC noted an increase in heroin as the primary drug of choice in 2014, ranging from 41% in our day programme to 52% of female clients presenting for support.

2014 also seen the commencement of a Recovery through Nature (RtN) programme from within existing resources. RtN provides CTC clients with the opportunity to volunteer in a nature rich environment once a week. The programme provides an additional therapeutic outlet for clients to support their retention in service whilst they gain new lifeskills. In the first six months of the programme 84 clients participated and 73% retention is evidenced. At year end 2014, CTC clients had volunteered over 3,000 hours in conservation projects including Fingal County Council Millennium Park, Tolka Area Partnership, Wicklow Mountains National Park, removal of invasive species of trees, Dublin City Council projects such as Bull Island biosphere conservation works and bulb/ flower planting in St Anne's park.

During 2014 CTCs recovery support services worked with more clients also. Housing and resettlement service supported over 250 clients to access accommodation. This represents 30% to long term stable accommodation via local authority/social housing providers and 34% into family/friends accommodation.



Unfortunately, the majority of this may not be stable and supportive of long term recovery. CTC residentials are national Tier 4 treatment services. As such, 64 % of admissions to Ashleigh House and 50% in Coolmine Lodge were from outside Dublin. This presents significant challenges for accessing long term stable accommodation due to local connection issues and challenge of meeting demand for social housing.

CTCs Family Support Service continued to develop during 2014. Two Community Reinforcement Approach Family Training (CRAFT) were provided supporting 19 members, This is in addition to the weekly open therapeutic support groups with an average of 35 family members in attendance weekly.

CTC continued to monitor all operational and programme costs including utilities and office supplies. In 2014 CTC continued a maintenance contract to reduce both preventative and essential facility maintenance expenditure. Essential improvements were completed in residential communities during 2014, of which the most significant was the replacement of the heating system in Coolmine Ashleigh House. CTC continues to celebrate the achievements of our clients and two notable graduation ceremonies occurred in 2014.

The first was in Draiocht Theatre Blanchardstown and the second in the prestigious location of St Patrick's Cathedral where our patron Damien Dempsey provided entertainment.

CTC were also supported during 2014 by the Dublin Male Voice Choir and Blanchardstown Brass Band in a Christmas concert fundraiser in the Draiocht Theatre. CTC hosted the 15th European Working Group on Drugs Orientated Research Symposium (EWODOR) May 2014 in Trinity College Dublin. The two day event had over 100 delegates (50% international) in attendance with 34 oral research presentations on the theme of gender and diversity in substance misuse treatment. The event enhanced CTCs international reputation as a therapeutic community treatment provider and reinforced our commitment to formal research, exemplified by CTCs longitudinal outcomes study to be published in 2015.

Pauline McKeown | *Chief Executive Officer*

“ The level of support is excellent and all suggestions are embraced as we try to improve and enhance the service provided, extremely supportive management team ”

About Coolmine What we do

Coolmine Therapeutic Community (TC) provides treatment and rehabilitation services to support people with substance misuse issues since 1973. During 2014 we continued to see an increased demand for our services.

1. Contact, Assessment & Stabilisation Services:

We provide access to our treatment services through contact, assessment, keyworking and group supports. We work in partnership with agencies nationally including Ana Liffey Drugs Project, Merchants Quay Ireland and ADAPT Community Drug Team for treatment options, assessment and pre-entry group supports.

The following range of contact, assessment and stabilisation services are provided by CTC:

- Outreach and assessment in Irish prison estate
- Outreach and assessment in the community
- Drop in service at Coolmine House, 19 Lord Edward Street
- Pre-entry groups in Dublin 1, Dublin 2 and Dublin 15
- Stabilisation Day programme at Coolmine House
- Contingency Management programme at Coolmine House
- Cannabis/mental Health programme
- Assessment for residential and/or community detox

2. Primary Treatment Services:

The TC 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 contribute to the general running of the community and to their own recovery by actively participating in educational activities, group and individual therapy.

The following primary treatment services are provided by CTC:

- Eight residential methadone detoxification placements
- Men's residential TC service, Coolmine Lodge
- Women's residential TC service at Ashleigh House and mother and child programmes
- Structured drug free day programme in Coolmine House, 19 Lord Edward Street
- Structured drug free day programme in partnership with ADAPT CDT in Dublin 15
- Community Alcohol Treatment programme
- Parenting under Pressure programme

• Integration and Aftercare services:

We provide a range of integration and aftercare programmes to support clients as they transition from high support to community living, work, training and employment.

- Step down programme
- Aftercare services
- Community Housing (limited to six placements)
- Lifelong graduates service
- Community Employment Scheme

3. Recovery Services:

- Housing and resettlement service
- Education and literacy support programme
- Career guidance service
- Counselling/Psychotherapy services
- Parenting Under Pressure programme
- Recovery Through Nature programme
- Client participation strategy

4. Family Support Services

- Weekly open support groups
- Community Reinforcement Approach Family Therapy Groups (CRAFT)
- One to one support

Our Family Support Group meets on a weekly basis to offer guidance, help and advice to anyone who is affected by a loved one's addiction. The service has been running since the early eighties and is a peer led service. This is a safe

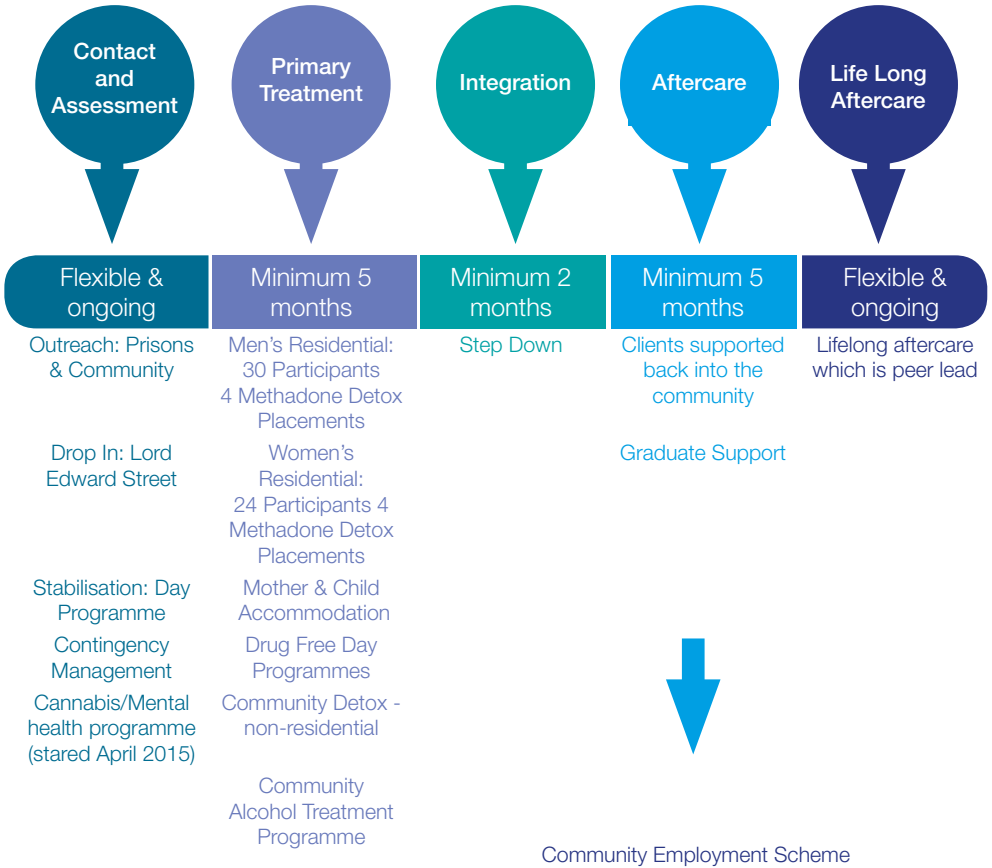
place for families to come together and talk about their issues in a secure environment, with the focus being on those people in the group who are affected by a loved one with an addiction. In addition to the weekly group setting, one to one support is also offered, by volunteer peer family support members for crisis intervention and emotional support.

Family support workers are trained in 'Responding to Alcohol and Drug Problems in the Family; The 5 Step Method' and they meet with each family member on a one to one basis to discuss their individual needs. Each family member is unique and are treated this way.

We also equip family members with training for those who want to encourage and motivate their loved ones to enter treatment.



Range of services



Recovery Services

- Nursing and medical services
- Counselling and Psychotherapy support
- Parenting under Pressure programme
- Housing and Resettlement support
- Career Guidance Service- Transition to employment & Return to education programmes
- Education and Literacy support programme
- Client Participation Strategy- weekly service user feedback meetings & six weekly organisation wide client forum meetings

Family Support Services

Weekly open support groups; one to one support & CRAFT groups

Summarised Statistics for 2014

Coolmine Therapeutic Community worked with over 1250 individuals during 2014 in the following services.

Outreach, assessment and Support Services

- **981** pre-entry group placements provided
- **710** individuals were assessed by outreach teams (73% new service users)
- **131** clients assessed for methadone detoxification admission
- **65** expectant mothers/mothers with young children assessed for admission
- **353** clients placements in ALDP/CTC pre-entry groups
- **92** individual clients supported in ALDP/CTC pre-entry groups

Contingency Management Programme

- **31** clients were supported in our Contingency Management Programme
- **24** new admissions during 2014
- **20** progressions to further treatment and rehabilitation supports

Stabilisation Day Programme

- **54** clients were worked with in our Welcome Stabilisation Programme
- **49** new admissions during 2014
- **17** progressions to further treatment and rehabilitation supports

Drug-Free Day Programme Coolmine House D2

- **54** clients were worked with in this service
- **38** new admissions during 2014
- **14** progressions to aftercare
- **9** clients graduated from aftercare during 2014

 **We have an open, frank and supportive team”**

Patrick

Drug-Free Day Programme Dublin 15

- **19** clients were worked with in this service
- **4** clients progressed to aftercare

Community Alcohol Treatment Programme

- **28** clients were worked with in this service (commenced in August 2014)
- **2** clients progressed to aftercare

Coolmine Ashleigh House

- **67** women resided with us in 2014
- **51** mothers were worked with in Ashleigh House
- **22** mothers* had their child (children) on site on a permanent basis
- **28** children were admitted, accessed full time on site crèche service and case managed
- **23** availed of methadone detox placements and all 18 completed (78%)

*The remaining mothers had weekend access or were re-establishing contact with their children through their programme



“ I’m now living life. No more just existing for me thank you all so much for everything you are the best. You believed in me when no one else would, now I have structure in my life and I’m completely substance free. I’m so proud of myself nowadays

Darren

Coolmine Lodge

- **147** men resided with us in 2014
- Of **120 new admissions**, 42% were prison and/or probation referrals
- **72** progressions to Step down and aftercare
- **17** clients graduated
- **11** availed of methadone detox placements and 73% completed

Parenting Under Pressure Programme

- **22** mothers/fathers supported in 2014
- **3 staff trained in Parenting under Pressure in 2014.**
- **Significant reductions in depression, anxiety and stress in parents. Significant reductions in parent's daily hassles with parenting.**
- **Considerable and observable improvements in children's behaviour, emotional life and structure.**

Career Guidance, Education & Literacy Support Service

- **427** individual 1:2:1 sessions with Career Guidance officer
- **238** clients seen in group career guidance sessions
- **146** clients applied for education/training opportunities
- **14** Community Employment (CE) Schemes internal & external placements
- **47** clients accessed in-house Literacy support
- **29** clients took part in Business in the Community programme
- **39** clients gained placements or volunteer work
- **16 clients participated in Return to Education programme Summer 2014 & 11 progressed to part time education in Sept 2014**
- **16 clients participated in Transition to Employment programme Summer 2014 & 10 gained full time employment**

“ The future's bright. I'm 21 months now, clean and sober because of Coolmine”

Mairead

Community Employment Scheme

- **38** participant placements on CTCs Community Employment Scheme in 2014
- **2** participants progressed to employment
- **1** progression to a mainstream Community Employment Scheme

Housing and Resettlement Service

- **259** clients moved into housing
- **13%** to emergency homeless accommodation
- **36** were supported in CTCs community housing (2 houses)
- **34%** clients moved into family/friends accommodation following treatment
- **30%** accessed long term supported local authority/social housing accommodation

Nursing and Medical Service

- **180** individual physical, psychiatric and detox assessment prior to admission
- **2706** nursing assessments during 2014
- **815** medical referrals as part of client care planning

Counselling/Psychotherapy Service

- **101** individuals across CTCs primary treatment, integration and aftercare services were supported

“I spent the first three 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 few doors away”

Aiofe

Recovery Through Nature Programme

- **84** individual clients volunteered in various conservations projects
- **3,000** volunteer hours completed in partnership projects*

*Dublin City Council Bull Island; St Annes Park, Fingal County Council Tolka Area Partnership community allotments & Wicklow National Parks

Family Support Services

- **56** family members/CSOs attended weekly open support groups
- **46** family members/CSOs were supported in 1:2:1 sessions
- **19** family members/CSOs attended CRAFT groups

Graduation and Lifelong Graduate Supports

- **35** clients Graduated through the full Coolmine Therapeutic Programme in 2014

Lifelong aftercare support is peer lead and meets on a weekly basis to continue and encourage people in their recovery. Figures vary on a weekly basis however the key element is that the door is always open for our graduates and support is always available.



Parenting Under Pressure (PuP) Programme

The Parents under Pressure (PuP) is an evidenced based programme that combines psychological principles relating to parenting, child behaviour and parental emotional regulation within a case management model. The program is designed for families in which there are many difficult life circumstances that impact on family functioning. Such problems may include depression and anxiety, substance misuse, family conflict and severe financial stress. The program is highly individualized and tailored to suit each family that undertakes the training.

In February 2014, Coolmine TC introduced PuP as a parenting education component of our already existing service provision for clients, both men and women, across all of our services. Three Coolmine staff members received training in the programme from Professor Sharon Dawe PhD, School of Applied Psychology, Griffith University, Brisbane, Australia, co-founder of the internationally recognised Parents under Pressure (PuP) programme.

Twenty two parents availed of the opportunity for PuP training. Eleven women from our womens service, seven from our mens service and four from our day services. A total of fifteen clients saw the 12 week programme through to completion.

“ To be able to say I am really struggling with feelings towards my child...was really emotional for me, it was making me seriously depressed because I thought there was something wrong with me...something seriously wrong, but then others related to me and (the facilitator) talked about detachment and it clicked for me...I understood then that I was detached from everyone, not just my child and it went far beyond me drinking as well, I was detached from small...and straight away I felt so much better about myself and hopeful that I can get it back (Louise)”

As a strength based programme, PuP highlights the positive and minimises the negative allowing parents to see both their children and themselves in a more positive light. Using video footage to record interactions between parent and child which is then played back, parents are able to analyse and understand their children's needs under the guidance of a trained facilitator and are encouraged to set goals and to practice these positive interactions with their children.

Reports, produced at three distinct stages throughout the twelve week programme indicate that PUP is having a significant impact. Substantial reductions in depression, anxiety and stress for parents are noted. Considerable and observable improvements in children's behaviour, emotional life and structure have been found as a result of this programme.

“ looking at [my son] on video, at first I was waiting on the negative of what I should be doing, but looking at him, I was like ah God, hes gorgeous and he is actually so good and actually I'm not too bad either, it was lovely!”



Community Alcohol Treatment Programme

The need for a community based Alcohol strategy was highlighted in the National Drugs strategy 2009 to 2016. In May 2014 saw the start of the roll out of a pilot Community Alcohol Treatment Programme at Coolmine Therapeutic Community.

Our Community Alcohol Treatment programme is unique in that it is easily accessible and highly flexible. Clients are able to self-refer and will be assessed by our clinical nursing staff within 48 hours. Movement between our services is also easily accommodated once on our programme which is delivered using the Community Reinforcement Approach to dependency therapy.

We work alongside Pieta house, Tusla, The Probation Service of Ireland and a number of other agencies to address issues around alcohol addiction and misuse. We also link in with housing, education and careers support through in house supports from our career guidance counsellor, a housing officer and education officer in the delivery of this service.

To date we have worked with and supported twenty six Clients on their road to recovery from alcohol dependency. Currently we have 10 clients in the continuing care group which is our primary treatment approach. Contact with clients is twice a week. Seven clients are currently in aftercare. They meet once a week. This service is delivered by a psychotherapist, a nurse and an addiction counsellor in Coolmine Lodge every Tuesday and Friday through group work and 1 to 1 sessions.

In January 2014, six people graduated at a formal ceremony and continue to be alcohol free.

Four of our clients will shortly be ready for graduation in September and three people have transferred from this programme into our residential programme.

“ To be fair CTC is a community of committed people who try to support the aims and objectives of the organisation as a whole”



“ I’m waiting I can do more work on myself. The futures bright and, so far, everything is falling into place *Liz*

Recovery Through Nature

Recovery through Nature (RtN) is an innovative programme that we started in March 2014. Under this programme our clients are taken out of our centres, once a week for the day, by our highly committed RtN coordinator and our resident horticulturist to undertake community and conservation work.

Since its launch RtN has been a resounding success both in terms of client retention rates which are over 70% for both men and women for those on the programme and because of the partnerships that have been formed with external and peer agencies both in Ireland and the UK.

In 2014, over 3,000 volunteer hours were given by clients of Coolmine TC to various projects around Dublin and Wicklow including Dublin City Council, Bull Island; St Anne's Park, Dublin; Tolka Area Partnership in Finglas and The Wicklow National Parks Service.

One highly notable achievement was a community allotment that was constructed in Finglas in conjunction with Tolka Area Partnership. Clients of Coolmine TC undertook to transform a formally derelict piece of land into a usable community space. Taking 10 months to complete, fifty-five community allotments were developed for local residents providing a much needed focal point for the area. President Michael D Higgins opened the allotment and was presented with a basket of fresh produce on the day.

These types of projects are significant and, we have found, necessary in that they are primarily fun and promote a sense of achievement but also highly complementary of our ethos of community as method and peer support in recovery. They also allow clients to feel the benefit of



giving back to their communities, be out in the wilds of nature and physically active, engaging people from marginalised backgrounds who would otherwise have poor links to their communities and society and learn about bio-diversity.

Coolmine clients have been complimented on their disciplined and hardworking attitude in sometimes highly sensitive habitats and through their work have contributed to the re-designation of Bull Island, Dublin as a place of special conservation and a UN Bio-sphere.

In total since the project began 84 clients have been through our Recovery through Nature programme and it is our intention to continue to work in partnership with others to ensure that not only this programme continues but will grow into the future.



Coolmine Therapeutic Community (CTC) is a registered charity and a company limited by guarantee without a share capital. Its purpose, objectives and how it conducts its business are set out in its Memorandum of Association as available from the Companies Registration Office. The principal activity of the company is the operation, administration and support of therapeutic programmes and communities to support the recovery and resocialisation of persons addicted to drugs and alcohol. CTC provides a range of quality community, day, residential and recovery support services to empower people to end their dependence on drugs and alcohol enabling them to lead a fulfilled and productive life.

Corporate Governance Commitment

CTC is committed to maintaining the highest standard of Corporate Governance in all our activities. In late 2012 CTC Board of Directors adopted the Governance Code for Community, Voluntary and Charitable Organisations (www.governancecode.ie). CTC has fulfilled the recommended guideline actions for compliance for an organisation that has a board focused solely on their governance/oversight role, delegation of management and operational duties to relevant staff. CTC has a clear division between the governance role of the board and the management role of staff (Type C). CTC confirmed our compliance on March 31st 2015.

CTCs Board has a minimum of seven voluntary directors. Annually, two Board directors retire from office based on longest serving membership. As per CTC Protocol for Directors, the term of office for a Board Director is three years, with an option for reappointment for a (maximum) second office term at the Annual General Meeting (AGM).

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



“ The relationship with the family is great now after Coolmine” *Brian*

In 2014, the following changes occurred within the Board:

Appointments

- Alan Connolly was appointed board director and Chair in Dec 2014
- Carthage Conlon was appointed Company Secretary at our AGM May 2014

Retirements

- Brian Ward retired from Chair position May 2014
- Joanne Fenton retired as Board director May 2014
- Jim Muddiman retired from Company Secretary position May 2014

Directors are recruited based on the skills and expertise they can bring to the Board and subsequently to the work and ethos of the organisation. Following an induction process, inclusive of site visits, all new Board members sign a code of conduct which sets out their role and required considerations for their term of office. The main duties of the Board include the overall strategic management of the business, setting the organisational vision, overseeing the annual operating budgets, review of service activity, annual risk review and ensuring effective governance.

The CTC Board meets four times per year and did so during 2014. In between the Board meetings, sub committees and working groups meet to ensure good governance and quality service delivery is maintained within the organisation:

Finance Committee

Membership: Darren Connolly (Treasurer), Pauline McKeown (Chief Executive) & Paul Donnelly (Finance Manager)

Audit and Risk Committee

Membership: Neil Bolton (Chair), Eddie Mathews, Sean Hosford, Pauline McKeown (Chief Executive)

Nominations/Board membership review Committee

Membership: Brian Ward (Chair), Neil Bolton, Pauline McKeown (Chief Executive)

CEO Evaluation Committee

Membership: Alan Connolly (Chair), Dick Brady, Siobhan McGee

Governance Working Group

Membership: Neil Bolton & Pauline McKeown

Fundraising Committee

Membership: Brian Ward (Chair), Siobhan McGee & Pauline McKeown (Chief Executive)

Clinical Advisory Group

Membership: Joanne Fenton (Clinical Governance lead), Tony Geoghegan (MQI), Jo-Hanna Ivers (TCD), Ann Marie Carew (HRB), Treacy Cagney (Clinical Nurse Manager), Paul Hatton (Case Manager), Coolmine Client Co-ordinator & Coolmine Staff representative.

 **Best place ever. It really helps you turn your life around. I'm extremely grateful for this place"**

Simona

Fundraising Governance Commitment

Coolmine TC has committed to implementing fully the Statement of Guiding Principles for Fundraising. The statement provides Irish charities with good practice standards for fundraising. It was developed after extensive consultation with industry experts and stakeholders including charities, non-profit organisations, legal and financial advisors, donors and academics. This process is led by the ICTR (Irish Charities Tax Research Ltd) and supported by the Department of Justice and Equality.

The Statement aims to:

- Improve the way charities in Ireland raise their funds.
- Promote accountability and transparency among charities.
- Provide clarity and assurances to donors about the organisation they support.

The statement has been formally discussed and adopted by Coolmine Board of Directors. CTC has received confirmation from Irish Charities Tax Research Ltd that we meet the requirements for signing up to the Statement of Guiding Principles for Fundraising May 2014.

“Coolmine has saved my life, brought me back into society better than ever... brought me closer to my family, helped me face responsibility and for once in my life I'm no longer running. I'll always be grateful for everything they helped me with. The staff were amazing to me and I'm super happy to say I've turned my life from negative to positive”

Michael

“I'm now living life. No more just existing for me thank you all so much for everything you are the best. You believed in me when no one else would, now I have structure in my life and I'm completely substance free. I'm so proud of myself nowadays

Darren



Client Story

I was 13 when I had my first drink, I was hanging around with kids that were older than me and I loved feeling involved and belonged, I also started using cannabis and liked the feelings that it gave me and the fact I didn't have to worry or think about anything. I progressed to using cocaine and ecstasy at around 16 and continued with this party lifestyle for several years despite having had a child at 18. In my early 20s I would have started to see people using heroin at the many parties that I was going to. I was quite naive about this and the affect it would have on my life. I tried smoking it a couple of times and it wasn't long after this that I became dependant on heroin and my life went from bad to worse. It became the most important thing in my life. I continued for almost 10 years trying everything – cold turkey and methadone clinics, I would be able to manage to stay clean within this time but it never lasted for long.

Eventually in 2009 I started on a stabilisation course (Tolka River) and started to learn about my behaviours and some of the things that led me to taking drugs in the first place. While here I was on Suboxone which is another replacement for heroin – like methadone. I knew by then that I wanted to get clean and live a normal life but I felt completely trapped in the cycle of doctors, clinics and chemists. I knew to detox fully I would have to go to treatment but did not want to leave my children and I had no idea how to go about this. My key worker at the time (a past graduate of Coolmine) mentioned Ashleigh house to me as an option as I could bring my younger child with me and my older child could visit and stay with me at the weekends.

I started linking in with Coolmine then and did an assessment and attended Pre-entry groups. Although I was extremely fearful of detoxing and the future, I knew that it was the right thing to do. 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. This continued on for the rest of the six months and my daughter was becoming happier and so was I. Even though I was in a treatment centre I was living properly for the first time in years – dropping my child off to crèche with a smile on her face and doing the things I needed to do for the day. I would then pick her up and spend the evening with her. It put a bit of normality back into her life which hadn't been there previously while giving me the chance to work on my own life skills especially my parenting skills. The staff in the crèche helped me to work on my relationships with both my kids and we would go out on activities like swimming and going to the park. It can be very stressful when you are not used to doing these things and the crèche staff gave me the tools to help me deal with this. These are just some of the things that I learned during my time in Ashleigh – I also worked on my drug using behaviours and learned all about how to prevent relapse and just to live with my children in the real world without some kind of substance to help me cope.

Because of the opportunities that Coolmine has given me I am now working and both of my kids are happily settled in school. I am also doing several educational courses, have applied for college and all going well I will be going to college in September. I am now a Coolmine graduate and that means so much to me. My kids and my recovery are the most important things in my life and I would not be where I am today if it wasn't for the help and support of Coolmine. It is miraculous how different my life is today and I am now looking forward to the future and all that this will bring.

Partnerships, Funders and Supporters

For over 40 years Coolmine Therapeutic Community has been reliant on funders and partners. Without their continuous support we would not have been able to help thousands of people and their families overcome addiction and rebuild their lives.

Amongst all our funders we would like to say a specific thank you to;

- The Department of Justice & Equality via Probation Service
- Health Service Executive
- Department of Health
- Dublin City Council
- Department of Social Protection
- Local Drug and Alcohol Task Forces
- Leargas
- The National Lottery
- The Charitable Infirmary Trust

Throughout 2014 we worked with a number of agencies and to each and every one we are very grateful for your cooperation and support. They include; Arbour House Cork, Community Employment Schemes, Focus Ireland, ADAPT Community Drugs Team, Fingal County Council, Irish Prison Services, Merchants Quay Ireland, Pavee Point, Peter McVerry Trust, CKU Polish Counselling service, Tolka River Rehabilitation Project and The Salvation Army.

We could also like to thank Ana Liffey Drugs Project, our strategic partner in for their continued support in outreach, assessment and pre-entry work. Fundraising is becoming an increasing necessity for Coolmine and it is an area we will continue to grow. We would like to thank all of our generous donors who helped us in 2014; your contributions provide a vital source of unrestricted funds and are used for a variety of services.

“ I’ll always be grateful to Coolmine. Basically, Coolmine 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 work the rest myself, which I still do”.

Robbie

We would also like to thank all our friends who donate on a monthly basis to our 'Friends of Coolmine Campaign'; your commitment to Coolmine is paramount.

Coolmine is very much about 'Community' so we really appreciate all the community fundraising efforts which took place from those who ran marathons, mini marathons and various other physically demanding events, in order to raise money for Coolmine TC. Thanks to those who organised bag packing, church gate collections and their own fundraising events. In particular we would like to thank our staff and clients who are always willing to lend a hand with fundraising.

Thank you to the Loretto Foundation Fund, the Hospital Saturday Fund, the Katherine Howard Foundation, Mallinckrodt Pharmaceuticals, Fujitsu and Dublin Bus Community Spirit Award for providing funding for specific programmes.

Finally but no less important, we would sincerely like to thank all the media who have helped us highlight the extent of substance misuse in Ireland today, the impact of addiction on families and children and the range of services that Coolmine Therapeutic Community provides to support individuals to access treatment and recovery supports.

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

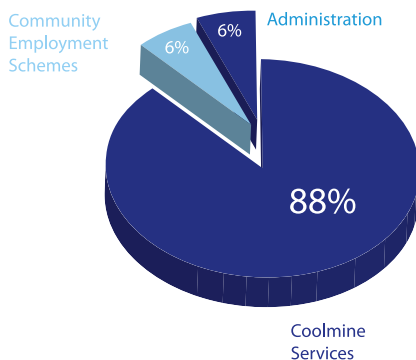
“ Coolmine was a life saver for my family and I. Helped me and I learned a lot about my life and made me realize who and what is important in my life each day

Lisa



Operating Statement for the year ended 31 December 2014

INCOME	2014€	2013 €	2012
Probation Service	547400	547,400	547,400
H.S.E.	553690	541,045	565,429
HSE Creche Funding	93000	100,000	25,000
Dept of Health - Welcome & Aftercare	183200	196,989	207,358
Client Contributions & rental income	463234	458,601	388,326
CE Scheme Grants	349361	271,929	219,685
LDTFS	550628	561,699	572,785
Nurse Funding	73782	72,950	86,420
Kildare West Wicklow Community Addiction Service	0	36,500	62,000
Keltoi	100362	26,064	-
Grants, funds, fundraising and other	164690	108,980	174,256
TOTAL INCOME	3,079,347	2,922,157	2,848,659
EXPENDITURE	€		
Drug Rehabilitation	€2,026,661	€1,812,077	1,761,199
CE Scheme	€20,052	€78,878	€32,606
Governance/Running Costs	€60,158	€40,454	675,439
Administration	€69,673	€74,977	140,320
Total Expenditure	3,076,544	2,906,386	2,809,564
Total Income	3,079,347	2,922,157	2,848,659
Operating balance surplus/(deficit)	2,803	15,771	39,095



Consolidated Balance Sheet on 31 December 2014

FIXED ASSETS	2014€	2013 €	2012
Tangible assets:	1,981,117	2,032,414	2,056,911
Financial assets:	355,153	354,792	354,541
Total	2,336,270	2,387,206	2,411,452
CURRENT ASSETS			
Debtors	24,944	55,153	29,030
Cash in hand & at bank	465,497	395,709	228,721
	490,441	450,862	257,751
CREDITORS: amounts falling			
due within one year	(483,726)	(466,028)	(279,397)
NET CURRENT ASSETS			
	6,715	(15,166)	(21,646)
CREDITORS: Amounts falling			
due after more than one year	818,050	(849,909)	(881,766)
TOTAL ASSETS LESS			
CURRENT LIABILITIES	3,161,035	1,522,131	1,508,040
FINANCED BY			
Unrestricted Funds	980610	1003736	1,153,500
	544,325	518,395	354,541
TOTAL CAPITAL AND RESERVES	1,524,935	1,522,131	1,508,041



Coolmine Therapeutic Community
Ashleigh House
Damastown
Dublin 15

Tel: 01 640 4087

Outreach: 087 1229307

Email: fundraising@coolminetc.ie

www.coolmine.ie

www.facebook.com/CoolmineTC

Twitter: [@CoolmineTC](https://twitter.com/CoolmineTC)

Coolmine Therapeutic Community is a registered charity CHY5902