



2022

ANNUAL

REPORT

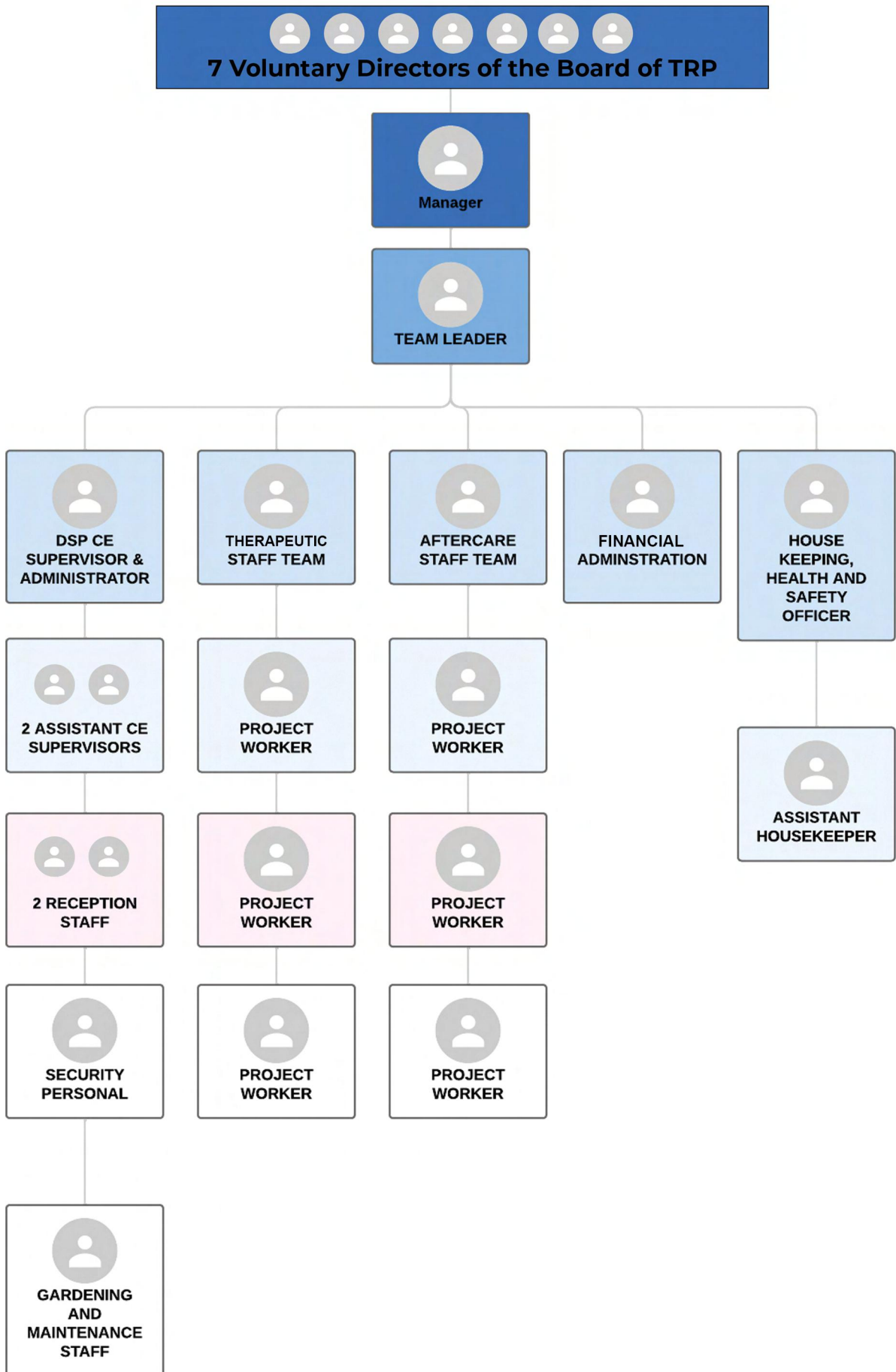


Tallaght
Rehabilitation
Project

Table of Content

- 01 ORGANISATION FLOW CHART
- 02 MISSION STATEMENT
- 03 MEET THE BOARD OF TRP I
- 04 MEET THE BOARD OF TRP II
- 05 CHAIR PERSON REPORT I
- 06 CHAIR PERSON REPORT II
- 07 MANAGERS REPORT I
- 08 MANAGERS REPORT II
- 09 MANAGERS REPORT III
- 10 FINANCIAL ADMINISTRATOR REPORT I
- 11 FINANCIAL ADMINISTRATOR REPORT II
- 12 DSP DE SUPERVISOR REPORT I
- 13 DSP CE SUPERVISOR REPORT II
- 14 DSP CE SUPERVISOR REPORT III
- 15 THERAPEUTIC TEAM LEADER REPORT I
- 16 THERAPEUTIC TEA, LEADER REPORT II
- 17 THERAPEUTIC TEAM LEADER REPORT III
- 18 THERAPEUTIC TEAM LEADER REPORT IV
- 19 AFTERCARE REVIEW
- 20 DAY PROGRAMME REFERRALS REVIEW I
- 21 DAY PROGRAMME REFERRALS REVIEW II
- 22 TESTIMONIALS BELLA
- 23 TESTIMONIALS RUTH
- 24 TESTIMONIALS SARAH
- 25 THE GARDEN PROJECT
- 26 BOXSMART
- 27 DRAMA AT THE CIVIC
- 28 THE RESIDENTIAL
- 29 ACKNOWLEDGEMENTS
- 30 COMPANY INFORMATION

ORGANISATIONAL FLOW CHART OF TALLAGHT REHABILITATION PROJECT CLG



TALLAGHT REHABILITATION PROJECT CLG MISSION STATEMENT:

We believe in the advantage of rehabilitation within the community, as addiction does not happen in isolation. TRP provides a supportive and nurturing environment where participants are encouraged to work in a therapeutic process on their previous drug/alcohol use. TRP promotes a healthy lifestyle in a structured and safe way, through education and training. From this, participants are encouraged to make an informed choice to ultimately become and remain drug/alcohol free

Values:

Tallaght Rehabilitation Project values and respects the rights and confidentiality of all our participants to engage in a recovery process that is, honest, dignified, supportive, compassionate, positive and strives to meet the needs of our clients through evaluation and development.

Commitment and Vision:

The TRP organisation is committed to providing quality services for people who are in recovery from drug and alcohol addiction, Our organisation and programmes strive to provide quality based services that are evidenced based and promote good governance to become a leader in community based therapeutic rehabilitation.

TRP is a Company limited by guarantee. CHY Number 13829

Introduction and Background:

Tallaght Rehabilitation Project CLG is a community-based rehabilitation day programme and aftercare service for people in recovery from drugs, alcohol, and cross addictions. We provide a service for the Tallaght Wide area, which is based in West Tallaght but also covers Whitechurch (Rathfarnham) in our service provision. Working from a therapeutic and holistic ethos, the programme aims to provide opportunities to enable participants to actively address behavioural issues which underpin addiction problems and to develop and enhance life skills and facilitate personal growth and recovery.

TRP was established in 1997 as a community response to the spiraling drug problem in the Tallaght area. TRP is supported by Tallaght Drugs and Alcohol Task Force, The Department of Employment and Social Protection, The Health Service Executive and South Dublin County Council. According to the 2016 census, Tallaght had a population of 76,119. This figure is still rising along with high un-employment, early school leaving, poverty and social deprivation. Initially Tallaght Rehabilitation Project was originally given a space in the local church St. Thomas in Jobstown to provide rehabilitation for people in the Tallaght area who wanted to address addiction issues and enter into recovery process. In July 2005, TRP moved into Kiltalown House which is ideal for the Day Programme and Aftercare services which we provide.

MEET THE BOARD OF TRP



**Let us celebrate
Recovery.**



I wish to thank my fellow Board members for their wise governance and continued support of TRP throughout the year.

SEAMUS MASSEY

CHAIR PERSON/DIRECTOR

I wish each participant continued success. Be assured of TRP's continual and passionate support.

It is a privilege for me as Chairperson of TRP to present this year's Annual Report.



Cllr Cathal King
Board Director



Father Valentine Martin
Treasurer & Director



Cllr Charile O'Connor
Board Director



Patrick Doyle
Board Director



Anne Marie Wall
Secretary & Director



Frank Sage
Board Director



Louise Dunne
Board Member

By Seamus Massey

It is a privilege for me as Chairperson of TRP to present this year's Annual Report. When I visit Kiltalown House, as I regularly do, I am constantly impressed by the inclusive attitude, the mutual respect and the focused dedication of management, staff, and participants. TRP provides an ideal environment where participants can become drug and alcohol free. I wish to acknowledge the dedicated work of management and staff who tirelessly ensure that our participants are provided with the best possible opportunities, programmes and supports to achieve drug and alcohol-free status.



Chair Person REPORT

I want to acknowledge the tireless work of our dedicated and passionate manager, Pat Daly.

This year saw the full return of our Day Care Therapeutic and Holistic programmes and our Aftercare programmes. The Aftercare is available 5 nights a week with Wednesday's Wellness Cafe proving particularly popular among participants. The Aftercare is open to all in the greater Tallaght area who wish to avail of this free service. The Box Smart Initiative returned with renewed vigour, underpinned by physical, mental, and dietary programmes. 14 participants participated in this programme. The results of participation in this programme will be life changing.

The Annual Awards Night in December this year was confined to participants, management, and staff. Because of the hectic schedule leading up to Christmas this took place during the day. It proved to be a very worthwhile and emotional occasion. Struggles were acknowledged while successes and achievements were celebrated.

The Residential this year took place in a new venue, The Ovoca, in county Wicklow, Thursday to Sunday, in October. This initiative usually takes place during the

Chair Person CONTINUED

Summer but this year it was in October due to venue availability. This essential component of our continuum of care was attended by 14 participants and 6 staff. The Ovoca proved to be an excellent venue for the delivery of this initiative.

The Garden project with a hired horticulturist, proved very successful. The poly tunnel has provided plenty of fresh vegetables and that section of our spacious garden has been transformed.

This year saw the return of our annual show "Challenging Stigma and Celebrating Recovery" at the Civic Theatre. This was a great success in front of a sold-out house. The Drama piece was particularly powerful. It is hoped to bring this Drama piece to the local colleges and TU Dublin in the coming year.

TRP has operated at full capacity throughout the year, 21 places. Participants on the waiting list enable us to offer induction places immediately as places become available when our participants decide to graduate having become drug and alcohol free.

I am very pleased to announce a successful outcome to our ongoing financial negotiations with our funders, HSE, DSP and TDATF. We thank them for their continued support. This improved financial support has enabled us to implement restoration of staff pay, to put members of management on the proper points

As a result, we have been able to provide a better and more comprehensive service to our clients. I thank our financial administrator, Joan Cleere-Neville for the meticulous and transparent management of our accounts.

I wish to thank my fellow Board members for their wise governance and continued support of TRP throughout the year. They give freely of their valuable time and expertise without any financial reward. I also wish to thank the volunteers from the local colleges and Tallaght University Dublin who were on placement in Kiltalown House throughout the year.

We had our Service agreement meeting with members of the HSE in April. This was a comprehensive meeting as per usual. I was very pleased with the positive comments especially in relation to the governance of TRP.

Finally, I congratulate the most important people in our organisation, our participants. I congratulate them on their honest efforts and significant successes in becoming drug and alcohol free. I wish each participant continued success. Be assured of TRP's continual and passionate support.

Let us celebrate Recovery.

Seamus Massey.
Chair 2022.

Manager REPORT

By Pat Daly

Hi all.

I would like to invite you to view this manager report for our annual review of 2022. Once again, I hope you find the annual review informative and interesting. In last year's review we focused on 2021 and the country was just starting to recover from a very difficult time stemming from the covid pandemic, at that time too we here at TRP were trying to implement our full schedules and structures back into our services. After a couple of months in 2021 we were at full steam again, so going into 2022 the team and I were well ready to continue with the full operations within the organisation.



2021 was a busy positive year considering the pandemic, however, in 2022 and with all restrictions and constraints now lifted, TRP was busier than ever. At the beginning of 2022, the team had devised a good structure which included, relapse prevention workshops, gender specific process groups, scheduled regular one to one key working for clients, and many holistic and fun, social activities. As we progressed onto 2022, we also devised out and initiated the box smart module. The box smart initiative is a real feature in our schedules and all our clients look forward to engaging in this activity, again I would like to thank Bill over in Brookfield boxing club for allowing us to utilise his club for the box smart. Also in the 1st quarter of 2022, the team and I reviewed our annual strategic work plan where we carefully reviewed and forward planned current tasks, goals, actions, and programme initiatives. The workplan is a very important part of our organisation and this is why we review it 3 times every year, all our schedules and programme structures are based around the organisational work plan.

For most of 2022 we had a lot of interest from people who wished to engage in our day programme and aftercare services, you can view some statistics in the annual review in relation to referrals and assessments that were completed. As per usual there was great interest and demand from people who wanted to enter recovery and rehabilitation here at Kiltalown house, our special category day programme was constantly full throughout 2022, and our aftercare services were also well utilised.

Manager

CONTINUED

Collaboration every year with other statutory voluntary and community organisations is a key aspect of our overall strategic plan. In 2022, we engaged with other treatment, rehabilitation, and family support frontline projects in the Tallaght wide area and other statutory agencies to enhance client referral and continuum of care. This interagency work is crucial in order to enhance our client's overall recovery process and rehabilitation experience.

FUNDING/ In mid-2022 we had our service level agreement with one of our main funders, The HSE. We presented our Better Safer Health Care (BSHC) documents done in the logic model at this meeting. We also discussed all aspects of our services and the general financial governance of the organisation. This SLA meeting was very satisfactory to all concerned and I would like to take this opportunity to thank the HSE staff of CHO7 in Cherry Orchard for their ongoing support. We also facilitated our yearly monitoring and audit with our other main funder, the DSP. This meeting was very satisfactory to both agencies, and I would also like to thank our CDO, Peter Geoghegan for his support.

Also in November 2022 we met with the Tallaght Drug and Alcohol Task Force to discuss our funding proposal, as a result in December 2022 we received funding of 20,000 euro to enhance our staff resources. This extra piece of funding enabled the management and board of TRP to increase staffing hours on the day programme and aftercare services. We also received some funding again in December, to facilitate an initiative with our neighbouring sister project Saint Dominic's.

We are currently seeking to employ a group facilitator to lead a specific therapeutic group for people who are experiencing dry sniffing cocaine issues. This is an exciting piece of work which was previously facilitated by TRP and Saint Dominic's. Both organisations came back together again in 2022 to collaborate and devise a proposal to run the initiative again. I would like to thank the Tallaght Drugs and Alcohol Task Force their continued support throughout 2022.

Once again, I would like to thank our own financial administrator, Joan for keeping a close eye on all our funding streams and for ensuring good financial governance of all monies that arrived at the TRP organisation.

In the summer of 2022, we had our family sports day it was a great occasion and all the clients' families arrived at Kiltalown house to run the races and win a few medals. The children in particular had a great time, and the weather was great for that day. We had a nice lunch organised and the ice-cream van came in for the children and the adults of course. In December 2022 we had another family day where all the clients arrived on to the facility with their families, the annual Christmas party. We had Santa arrive with lovely presents to gift to the children and again we had some nice food and other goodies. October 2022, we went on the annual residential which was facilitated in the beautiful surroundings of Ovoca Manor in co Wicklow. We brought 14 clients on the residential which was greatly beneficial to them all.

I suppose one of the biggest significant events of 2022 in TRP was the civic show. Again,

Manager CONTINUED

the management, the staff and the clients came together to produce another sold out show in the Civic Theatre Tallaght. If you are reading this and go on to the task force social media sites you can view edited pieces of the event. I would like to thank all our clients who had the courage to get up on stage on the night and a big thank you to Thomas Reilly (Drama Tutor) and to the Tallaght drugs and alcohol task force who supported the event with some funding.

TRP acquired a new poly tunnel in our garden in 2022, we hired a horticulturist who facilitated an excellent module with the clients here. They grew and learned about many different vegetables in the poly tunnel and these sessions were very therapeutic for the clients of TRP. We hope to facilitate another horticultural module in the summer of 2023.

We vastly improved all our social media outlets in 2022, our new website for instance, adding lots of relevant programme information on to our Facebook and Instagram pages.

The report above just gives snippets of the eventful year here at TRP, Kiltalown house, Jobstown, Tallaght. There were plenty more activities and programme events that I could go about here, but I would be here all week writing them into this report. Please go on to our social media pages for more information if you wish.

Finally, I would like to say a big thank you to all the great staff who I have the pleasure to work with and manage here,

and it goes without saying, that without these people here to assist me in the work we do, TRP would not be the success it is today. I would also like to thank Seamus Massey the chair of our board, and of course the board of management here at TRP CLG. Who are and always have been a great source of support for me, and to the clients who went through our services in 2022. I wish them all well and the success they deserve, and to the clients that are coming in 2023, I can tell you all, that there is a good, positive, healthy, programme that awaits you.

Thank you for reading this report.



The chairperson and Manager of TRP congratulating a participant of the programme on receiving his award.

Financial Administrator

By Joan Cleere Neville

Tallaght Rehabilitation Project Clg values the economical and efficient use of resources and aims to ensure that all expenditure utilises effective planning and decision making and ensures that the most economical options have been sourced. Below is a breakdown of the grants TRP received in 2022 from the Department of Social Protection (both Mainstream and Community Employment),



REPORT

Health Service Executive, Tallaght Drugs and Alcohol Task Force, Tallaght Rehabilitation Project received a donation from the Adelaide Fund of €4,000 and donations from the Courts of €3350.

Kiltalown House room rental is used to supplement statutory funding to maintain a quality service. Unfortunately, because of the Covid Pandemic.

TRP's Room rental was down to €5120 in 2021 but I'm happy to report that this has increased to €9960 in 2022. We applied for extra funding from Tallaght Drugs and Alcohol Task Force in 2022 for energy costs and received €3,500. 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. TRP accounts are audited by Murphy/Mahony Ltd, Certified Public Accountants and Registered Auditors and submitted on time to the Companies Office. Tallaght Rehabilitation Project Clg is compliant with the Charities Regulatory Authority Governance Code. TRP audited accounts and annual reports are available on the TRP

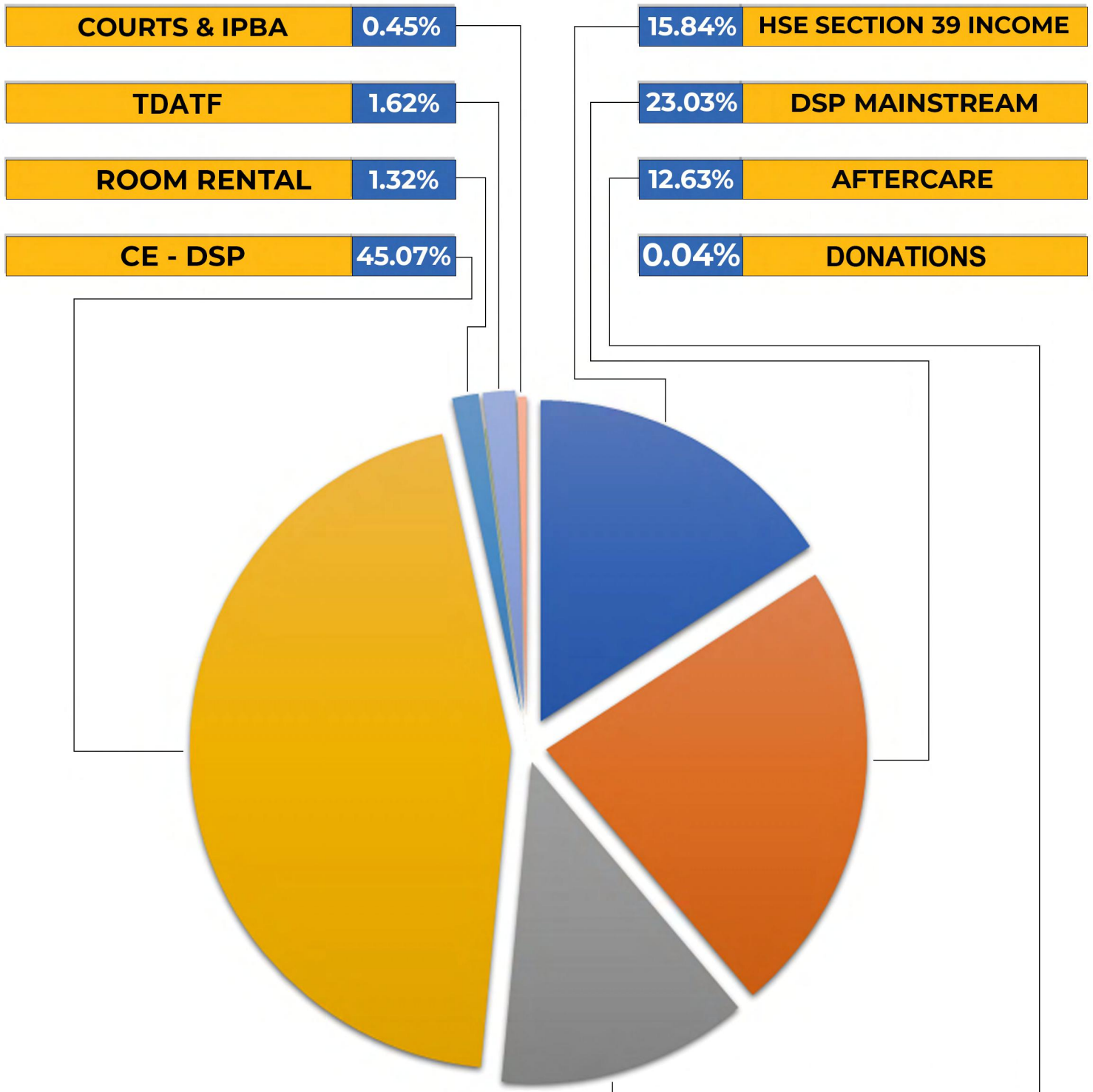
Website: www.tallaghtrehabproject.ie



Financial Administrator

REPORT Continued

Tallaght rehabilitation Project Clg year end 31/12/22 Funding €757,270



DEASP Community Employment Supervisor

By Evelyn McCall

2022 was a very busy successful year for Tallaght Rehabilitation Project. As always, we strive to deliver a very comprehensive therapeutic day programme to all our service users.

The CE scheme is funded by the Department of Social Protection, the funding allows us to facilitate 21 coded special category rehab places and eight community employment support staff. Support staff positions are in areas of reception, security, maintenance, and housekeeping. These places are designed to help people in long term unemployment reintegrate back into mainstream



REPORT

employment. This is achieved through individual learner plans, which facilitates and assists the individuals to identify training and educational courses which is funded from the CE training/educational fund.

The CE Supervisor liaises with the therapeutic staff team to identify the educational/training needs of our special category clients through comprehensive individual learner plans. As clients progress in their recovery structures are put in place through ILP for clients to progress into employment and or a return to education.

As part of TRP's progression and continuum of care clients who are ready to complete the day programme will move onto our Step- Up programme.

The step-up programme is a structured 7-10 week programme where clients are given the time and space facilitated by a therapeutic staff member and the CE supervisor to begin to build a foundation and a structure for themselves after treatment. On completion of the step-up clients are introduced to TRP's peer support group and continued use of our after care service. In December 2022 five clients were identified to take part in our step-up programme and will graduate in March 2023.



DEASP Community Employment Supervisor REPORT Continued

Placements and Volunteers:

Tallaght Rehabilitation Project knows that placements for college students studying social care is vital and have always supported this, in 2022 we facilitated two 3rd level students from Technological University Dublin. TRP will continue to facilitate University students.

Volunteers are very important to our organisation, during 2022 we were lucky enough to have approximately nine volunteers working in areas such as reception, therapeutic, and holistic therapists

I would also like to thank all our funders and sponsors who engaged with TRP in 2022. We look forward to working with you all again in the future.

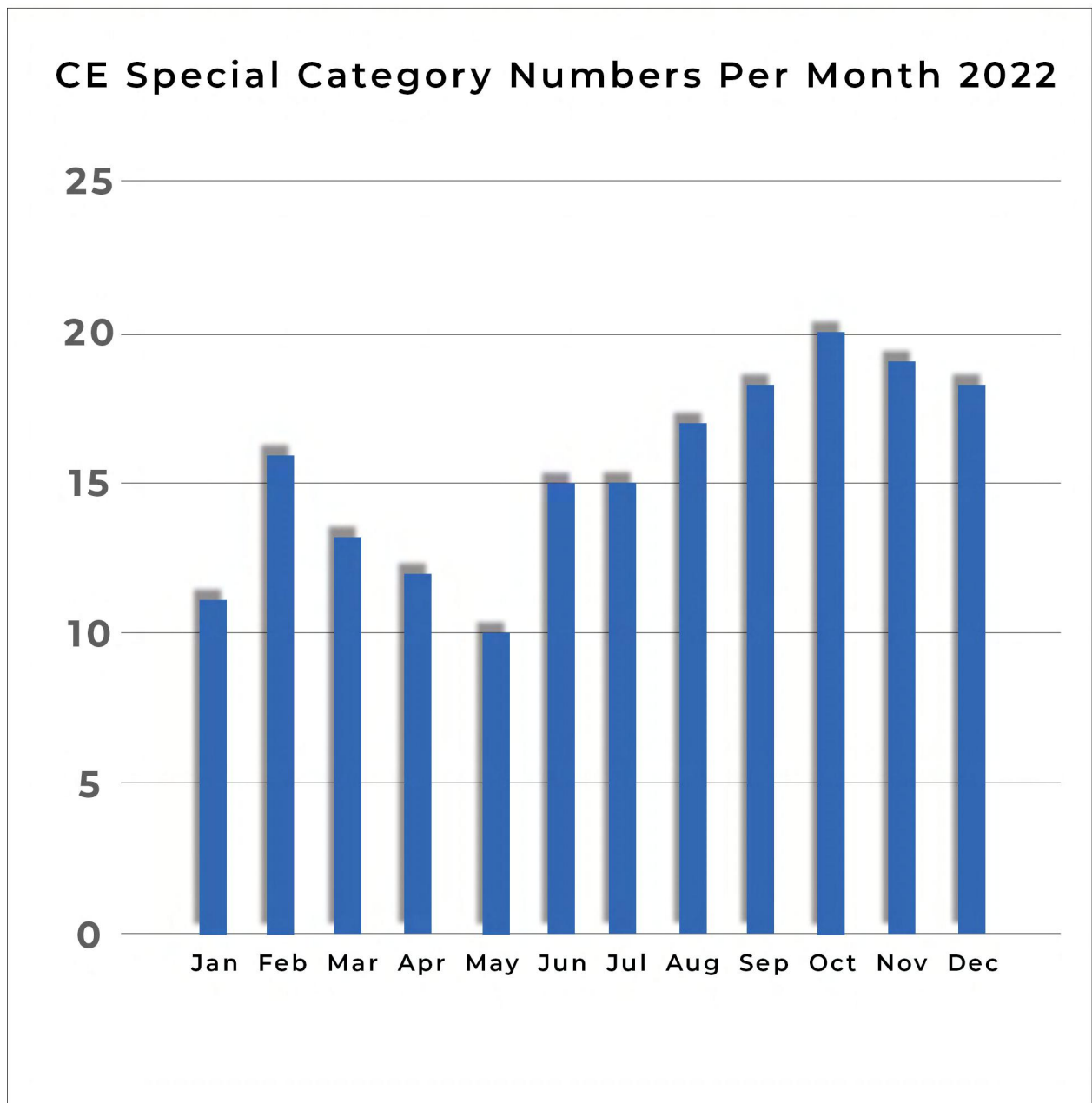
Service Outcomes 2022:

Statistics for Participants of the Rehabilitation Day Programme Community Employment Scheme

Activity	Men	Women	Total
Accessed Individual Learner Programme with Community Employment Supervisor	21	12	33
Remained on Programme	9	10	19
Completed Community Employment	3	2	5
Engaged in Step Up Programme	5	2	7
Progressed to Employment	5	2	7
Participated in Group Training	21	12	33
Participated in Individual Training	1	3	4
Participated in Voluntary Work Experience	1	1	2
Accessed Financial Supports	3	4	7

DEASP Community Employment Supervisor REPORT Continued

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
11	16	13	12	10	15	15	17	18	20	19	18



Therapeutic Team Leaders REPORT

By Carla Whelan

A warm welcome & thank you from myself and the Therapeutic Team here at Tallaght Rehabilitation Project, Tracy, Tanya, Patrick, Donna & Stephen. We hope to give some oversight and a detailed overview of the Day programme and Aftercare services provided by our Therapeutic Team.



I hope to reflect on the many achievements as well as some of the challenges we faced throughout the year.

Referral & Assessment

We have had a consistent number of clients wishing to access our programme throughout 2022.

During 2022 we had a total of 61 referrals to TRP day programme and a total of 31 Referrals to our aftercare services.

This was a breakdown of 23 females and 38 males to our day programme and 17 females and 13 males to our aftercare services. These referrals came from a range of agencies, community services, Local projects, residential treatment centres, GP's, mental health services and self-referral.

The number of clients that are drug and alcohol free has remained stable over the past 6 years along with significant reductions in prescribed medications and detoxification, some participants completing the programme are now doing so with periods of clean time & sobriety of approx. one to two years. These are huge milestones and achievements for people maintaining long term recovery.

Therapeutic Team Leaders report



Promoting the benefits of recovery

We endeavor to create a holistic & supportive environment where the participant group themselves can strive to accomplish their individual care plan goals, enhance their coping skills, and adapt to their new way of life both within their peer group, families and communities.

We encourage and promote peer lead social activities, positive peer support, and help to build healthy supportive relationships. Other key achievements this year include:

Box smart Programme

The Box smart programme ran this year from 8th April – 24th June. A total of 10 weeks. The programme was held in West-side Gym, Brookfield, Tallaght. This module was facilitated by a professional boxer and gym instructor.

A total of 13 participants commenced and completed the box smart programme, This was a breakdown of 6 males and 7 females. Again, the participants that engaged in these physical sessions challenged themselves weekly to overcome stigma and negative thought patterns in their ability to achieve new fitness levels and develop new skills.

CONTINUED

Our participants are the most important people in our organization. They are the reason that our organization exists. Their welfare and well-being

are of paramount importance as we support them on their journey of Recovery. A Certificate of recognition and achievement was presented to each participant on the final day of the module.

Annual Residential

The annual residential module began 15th September and included a 6-week preparation module, and 4 days at Ovoca Manor Co Wicklow. The theme was life story and the participant group engaged in an educational module about stages of development, Nature Verses Nurture, and Social Construction. A total of 14 participants commenced and completed the residential module at Ovoca Manor, a beautiful idyllic setting perfect to facilitate a challenging but yet rewarding therapeutic process, 5 of the participants were male & 6 were female, all were drug and alcohol free. Four of this residential group are currently on the step-up programme, ready to leave the day programme and return to work/education whilst continuing to engage in the weekly peer support group.

These modules are a major key part of their overall recovery process.

Celebration of Recovery & Challenging Stigma

A celebration of recovery was hosted on Monday 12th September at the Civic Theatre, Tallaght. This was once again a sold-out event. There were a variety of acts that took part on the night.

Therapeutic Team Leaders report

CONTINUED

We had our own participant group that performed various pieces of drama, poetry & music on the night, all day programme and aftercare staff were included in pulling the show together and delivering performances on the night. Some of the group looked after the sound and lightening, while others were helping backstage.

This event promotes positive and healthy change, improves self-esteem and self-confidence, and challenges the individuals to push themselves to step out of their comfort zone, confront fears, manage anxieties, and overall have fun as well as enjoyment with their peers, family and friends.

This method encourages maximum participation between staff and clients, removes barriers between “us and them.” and creates a very healthy professional relationship dynamic.

TRP Awards Ceremony

Our awards ceremony was held here at Kiltalown house on Tuesday 13th December, this has been the first year since 2019 that we have hosted the awards ceremony, due to covid restrictions.

This year’s ceremony was a little different, as we decided to keep it small and intimate with the staff, clients, and chairperson of our board Seamus Massey.

Two clients volunteered to share their experience of their time here on the programme and speak about some of the challenges that they confronted, they also shared some of the highlights like modules they enjoyed, turning points in their recovery goals, achievements, and personal successes. Each participant received certificates of recognition and achievement for the modules that they completed.

The Christmas Family Day.

The TRP annual Christmas family day was hosted here at Kiltalown House on Friday 15th December. Both Day programme and aftercare clients, along with their children joined in the Christmas celebrations here at TRP with the staff. There was a beautiful festive atmosphere, Christmas music and plenty of goodies. Santa was in his Grotto, along with his elf’s, the children were so excited giving their list to Santa for Christmas Eve. Each child received a gift from Santa on the day. The day finished off with lovely Dominos Pizza and chips. The day was thoroughly enjoyed by all.

Barriers

Women accessing day programmes and accessing childcare has been a significant concern again in 2022, support for women throughout mid terms and summer holidays has also been concerning, this is a constant obstacle and impacts enormously on parents wanting to avail of support or access recovery.

Therapeutic Team Leaders report CONTINUED

Programme progression

As part of our strategic planning and further developing of our programme, we are regularly developing and enhancing relationships with other communities and voluntary services. We are continuously developing new and creative ways to deliver and adapt to the new and latest advancements and trends in the rehabilitation sector. We identify and take part in ongoing training so we as a team can deliver and offer a programme of evidence-based treatment and rehabilitation and facilitate a therapeutic process through relapse prevention workshops, personal development and therapeutic group process.

I would like to thank all our participants who attend both day programme and aftercare services, and I would also like to acknowledge their own commitment and responsibility to their recovery and rehabilitation programme. The achievements and acknowledgments they accomplished in 2022 and to their families and friends for their support and involvement within their recovery process.

Finally, I would like to thank the wonderful staff team for your ongoing support, your dedication and commitment to what we do and for the fantastic job you all did in 2022! It's a privilege to work alongside you all!



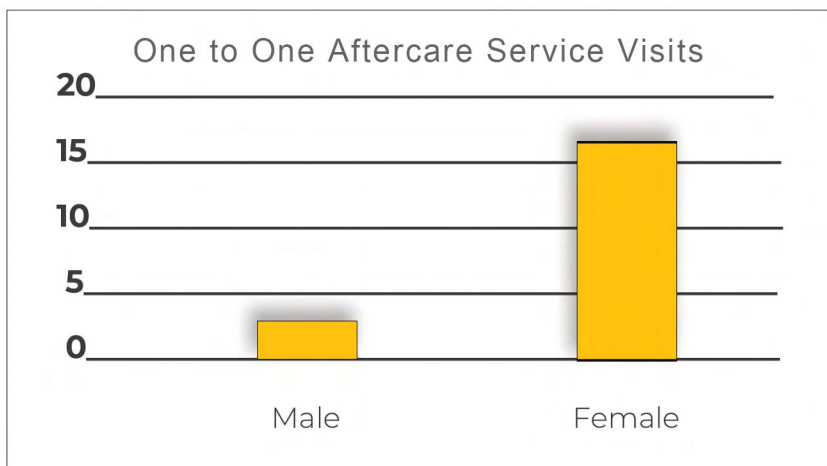
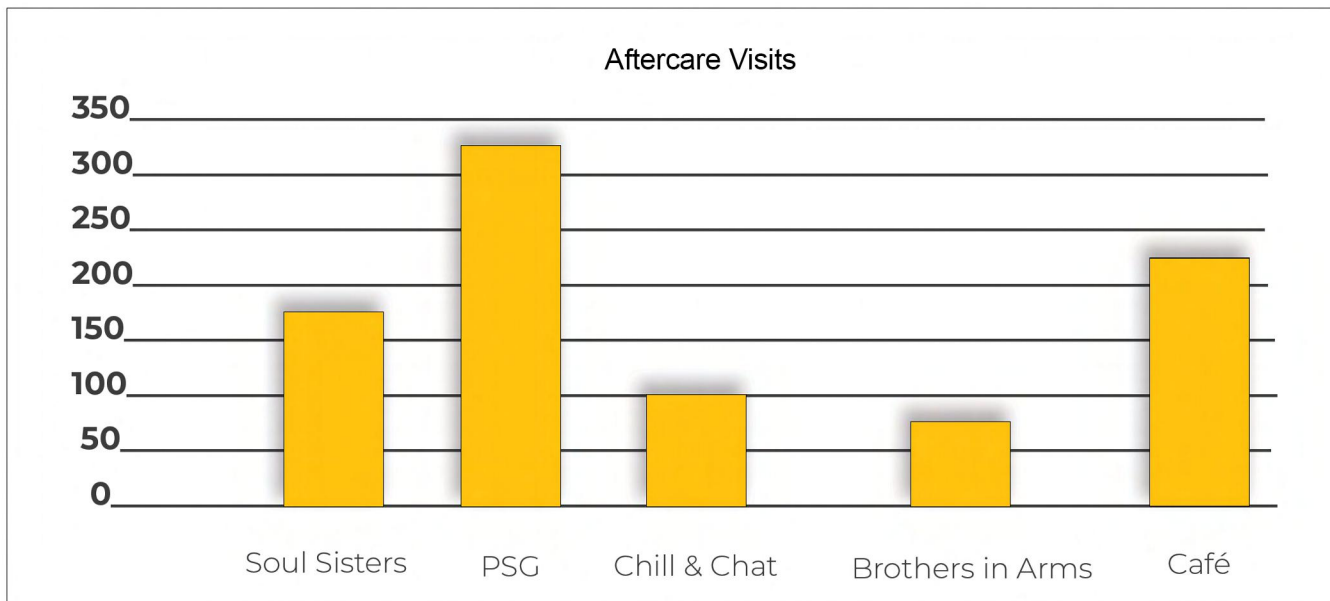
Participants and staff enjoying the award ceremony day

A staff member performing at the 2022 Civic



A REVIEW OF THE TRP AFTERCARE SERVICES 2022

Below is a breakdown of numbers in attendance of each of TRP’s Aftercare initiatives in 2022



Soul Sister - 29 Groups **179** Visits - An Average of 6 Women.

Peer Support Group - 48 Groups **336** Visits - An Average of 7 People - 4 males - 3 Females.

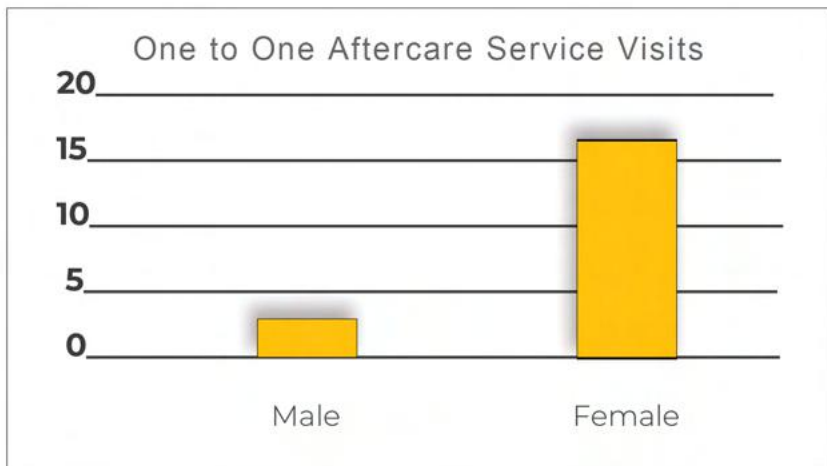
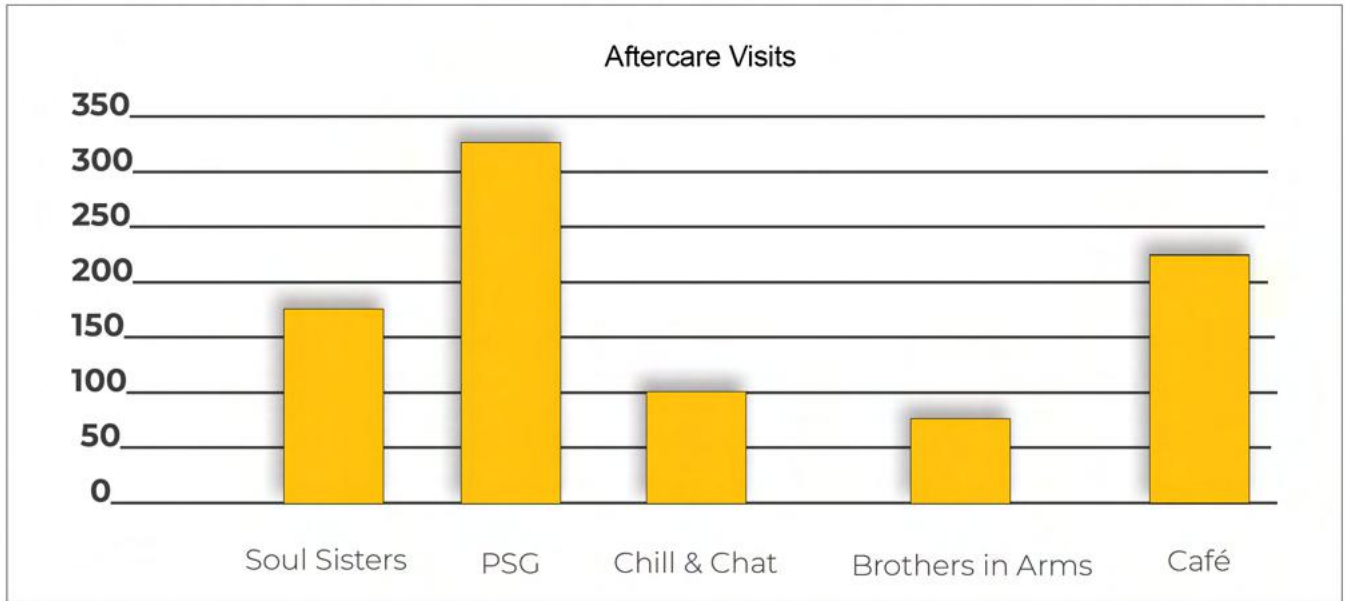
Brothers in Arms - 36 Groups **144** Visits - An Average of 4 Males. (Suspended 24th October).

Welness Café - 47 Groups **235** Visits - An Average of 5 people - 3 Males - 2 Females.

Chill & Chat - 33 Groups **99** Visits - An Average of 5 people - 3 Males - 2 Females (Suspended 24th October).

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A REVIEW OF REFERRALS FOR THE DAY PROGRAMME FOR 2022

BELOW IS A BREAKDOWN OF SOME OF THE AGENCIES THAT TRP ENGAGED WITH IN 2022 FOR THE BENEFIT AND CARE OF PEOPLE ACCESSING TRP SERVICES.

Self Referrals (DSP/GP)	16	Local GP	3
Prison/Probation Services	1	Enfield	7
Tallaght Wide Aftercare	1	ST Dominics	9
Tiglin	2	TASP	1
Depaul Ireland	1	JADD	3
CARP	2	CHAPELIZOD	1
Other Tallaght HSP Simon community		11	

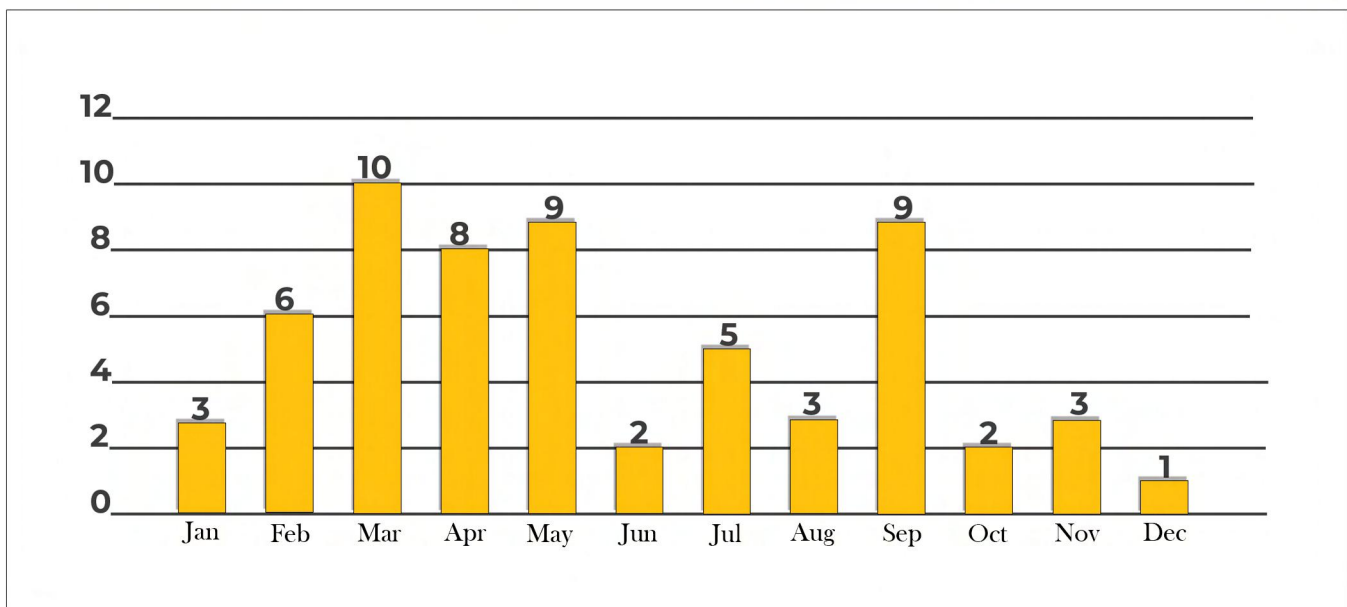
REFERRALS MADE TO OTHER AGENCIES:

IT IS THE TRP POLICY FOR ALL REFERRALS TO OUR PROGRAMMES, THAT IN THE CASE OF PEOPLE BEING UNSUITABLE FOR OUR SERVICES; ADEQUATE SERVICES WILL BE SOURCED TO MEET THEIR NEEDS. THIS IS FACILITATED IN THE MECHANISM OF A THREE-WAY MEETING BETWEEN THE REFERRAL AGENCY, TRP AND THE CLIENT. SOME CLIENTS ARE REFERRED TO THE REFERRAL AGENCY THAT THEY CAME FROM IF THEY DO NOT CURRENTLY MEET THE TRP CRITERIA. PROGRESSION PATHWAYS ARE SOURCED FOR THE CLIENT TO SUITABLE SERVICES TO MEET THE CLIENT'S NEEDS.

A REVIEW OF REFERRALS FOR THE DAY PROGRAMME FOR 2022

Below is a breakdown of referrals for the day programme for 2022

Referrals 2022: Monthly Data Total			
January	3	July	5
February	6	August	3
March	10	September	9
April	8	October	2
May	9	November	3
June	2	December	1



End of Year Report - January to December 2022

Total Referrals in _____	61	Step Up _____	4
Males _____	38	Disengaged/ Referred on _____	6
Females _____	23	Completed Programme _____	6
Number of Children Impacted _____	89	Other Treatment needed _____	1
Assessment Outcomes _____	34	Accessed 3 rd LVL Education _____	4
Inductions completed _____	26	Employment _____	6
		Volunteered _____	2

TESTIMONIALS



Bella

I joined TRP in June 2022. I had heard about TRP from a former participant and had seen how well she was doing. She was an inspiration to me. I entered the programme barely able to say my name. I had little or no confidence and basically didn't know how to communicate with another adult. I have built up the confidence and have made new friendships. I took part in the movement piece in the drama module in the civic theatre and performed in front of 400 people, something I would have never dreamt of doing. The residential trip is something I wish everyone could experience, filling all the basic needs and letting go of trauma. It is an amazing therapeutic process. All the staff go above and beyond for everyone. They run an amazing programme and create a safe place for you to process your thoughts and problems.

TESTIMONIALS



Ruth

I've been a participant at TRP for the best part of a year now, and I'm so grateful to say the least. Looking back, I came into this programme broken and with little acceptance around my addiction. There were people at different stages of their recovery and I felt hopeful hearing their stories. I feel like I threw myself into everything that was on offer. Examples are the horticultural module, the boxsmart and the drama module,

all of which I thoroughly enjoyed. The educational workshops have been of great interest to me, I love to learn and to grow my awareness. The facilitators have a wealth of knowledge and experience. They've helped me understand myself and have taught me ways to cope with all the changes in my life. TRP goes above and beyond to support each participant by meeting us where we are at. With an individual care plan, and a key worker assigned to each person we are able to set goals and track our progress. I find the staff so approachable and understanding. Although I have had setbacks, I've been given a safe space to work through my issues. I feel like the encouragement and assistance I've received has given me the confidence to dig deeper and I'm starting to discover the real me.

My journey so far has been filled with laughter, tears and opportunities to challenge my beliefs and behaviours head on. Getting honest, not hiding myself or people pleasing, asking for help when needed is what I've personally needed to learn most. I'm not finished here just yet, I'm going to take some more time and be sure that I'm drawing up a solid plan for my next step. With the help of my key worker, I've been looking at my options and I'm hoping to return to education. I will never regret taking this time to build the foundation for what I hope will be a happy and healthy future. I have so much admiration for the work they do in TRP, from the therapeutic programme, the aftercare and all the many events they host. It's a beacon of hope in our community, and as they say themselves "the door is always open".



TESTIMONIALS



Sarah

I came to Tallaght Rehabilitation Project newly sober and quite scared of life. I was craving connection and wanting to be with people who understood. Attending Tallaght Rehabilitation Programme gave me structure in my day, a place where I had to be accountable and that served me well. At TRP I learned how to find my voice and express myself. I learned how to push through fear and challenge myself to do things I might have never done before, I grew as a person through this process.

I learned how to communicate with people and peer support was a vital part of the process. I gained a new perspective on life and on what direction I wanted to head in. I highly recommend TRP to anyone looking to learn about themselves and wanting to live a more positive life. I am forever grateful to all the staff for supporting and encouraging me on this journey and for the beautiful building, it's a safe haven.

A YEAR IN PHOTOS 2022

THE GARDEN PROJECT 2022

The participants partaking in the Horticulture project building the pollytunnel while developing of the gardens at Kiltalown house.



A YEAR IN PHOTOS 2022

BOXSMART 2022

The participants in Brookfield gym enjoying the Boxsmart module in March 2022. Improving fitness and mental health is a key aspect of maintaining recovery.



A YEAR IN PHOTOS 2022

Drama in the Civic 2022

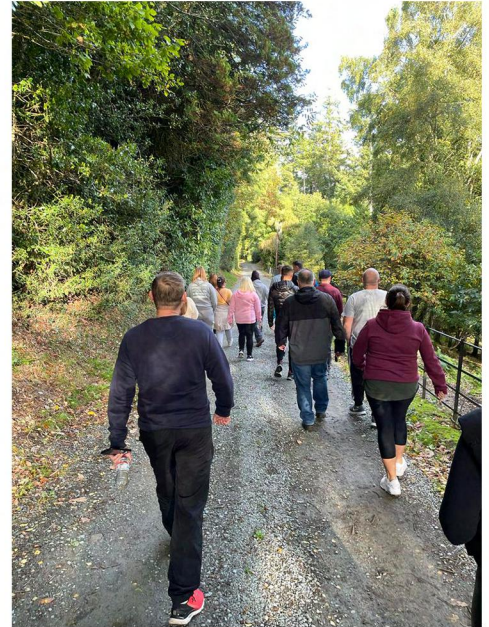
The clients and staff participating in the drama piece (Challenging Stigma and Celebrating Recovery) which took place at the Civic Theatre in October 2022 to help celebrate recovery month.




A YEAR IN PHOTOS 2022

The Residential 2022

The clients and staff enjoying the beautiful scenery of West Wicklow Ovoca house at the residential of 2022.



ACKNOWLEDGEMENTS



Tallaght Rehabilitation Project CLG would like to Acknowledge and thank the following for their support throughout 2022 and without whom Tallaght Rehabilitation Project would not thrive and grow.

The TRP Voluntary Board.

The Irish Government.

The Health Service Executive.

The Department of Social Protection.

Tallaght Drugs and Alcohol Task Force.

South Dublin County Council.

South Dublin County Sports Partnership.

South Dublin County Partnership.

The Recovery Academy.

The Civic Theatre Tallaght.

Tallaght University Dublin.

Amazon Ireland.

Courts Poor Box From Tallaght District Courts.

TRP Volunteers.

Tallaght Rehabilitation Project CLG would like to Acknowledge and thank the following friends of TRP in the corporate sector and the local area who donated to TRP events throughout 2022.

Domino's Pizza.

Cinelli's Takeaway Brookfield.

The Storehouse Project.

Amazon Ireland.

COMPANY INFORMATION 2022



OUR SOCIAL MEDIA



facebook/TRP



@TRPDublin



@tallaghtrehabproject

TRP would like to take this opportunity to inform you of our new and improved website. We understand that in the modern era, there has been a change in how people gather information. We have taken steps to modernise our online presence by investing in a new website that is both more attractive and user friendly. Please find the link below:
<http://www.tallaghtrehabproject.ie/>

CHY Number: 13829

Charities Regulator Number: 20044060

Registered Company Number: 292608

Tax Registration Number: 8292608U

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An Roinn Coimirce Sóisialaí
Department of Social Protection

