

Changing Cocaine Trends Among Women Highlight Growing Addiction Challenge Across the Mid-West

- **Coolmine report reveals continued demand for addiction services and evolving patterns of substance use**

11 August 2026 – Changing patterns of cocaine use among women are emerging as one of the most significant addiction trends across the Mid-West, according to [Coolmine Therapeutic Community's](#) latest regional report.

The Q2 2026 findings show that powder cocaine now accounts for 32% of presentations across Mid-West services, while crack cocaine represents 12%. As the Mid-West service predominantly supports women, the figures provide a significant insight into the changing profile of addiction within the region.

The report notes that the strong presence of both powder and crack cocaine among female clients reflects a broader shift in addiction trends, challenging many of the traditional assumptions surrounding drug use and highlighting the need for tailored, gender-responsive services.

While overall retention remains positive, it reduced slightly during Q2 from 79% to 72%, reinforcing the importance of continued investment in community-based recovery and ongoing support services.

Aoife Marshall of Coolmine Therapeutic Community, said: *"The Mid-West continues to highlight how addiction in Ireland is changing. Increasing cocaine use among women demonstrates that substance misuse no longer fits traditional stereotypes and reinforces the need for treatment services that respond to people's individual circumstances."*

Aoife added: *"Every person deserves the opportunity to recover, regardless of where they live or what challenges they face. By continuing to invest in community-based supports and family-focused recovery, we can help people rebuild their lives and create lasting change."*

Anita Harris, Deputy Head of Services at Coolmine Therapeutic Community, commented : *"One of the most significant findings from the Mid-West is the growing prevalence of both powder and crack cocaine among women accessing our services. This highlights the importance of ensuring treatment is responsive, trauma-informed and tailored to the unique experiences of each individual."*

She continued: *"Recovery is about far more than addressing substance use. It involves supporting people's mental health, strengthening family relationships and helping individuals reconnect with their communities. That's the approach we continue to take across the Mid-West."*

Coolmine said it will continue to strengthen addiction treatment, recovery programmes and family support across the Mid-West in response to changing patterns of need. For more information or support, visit www.coolmine.ie.

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About Coolmine Therapeutic Community:

Coolmine believes everyone should have the opportunity to overcome addiction and lead a fulfilled, productive life. By addressing addiction as a root cause of social exclusion, Coolmine offers a holistic approach tackling both addiction dependence and the socio-economic barriers it creates. This empowers individuals to reconnect with families, rebuild their lives, and reintegrate into their communities. For more information or support, visit www.coolmine.ie.