HELPING PEOPLE HELP THEMSELVES
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.

HIGHLIGHTS OF 2010
CHAIRMAN’S REPORT
CHIEF EXECUTIVE’S REPORT
ABOUT COOLMINE THERAPEUTIC COMMUNITY
PAST CLIENT’S STORY
SUMMARISED STATISTICS
PARTNERSHIPS & FUNDRAISING
FINANCIAL STATEMENTS 2010
HOW TO REACH US

“The first thing that struck me was, when I came into the building, there was a mirror out in the hall and it said that the person in charge of your recovery is you”. 
HIGHLIGHTS OF 2010

2010 was a struggle for many people and organisations with limited resources like Coolmine. However, we are pleased to report that with the help of our dedicated staff, partners and supporters, we were able to provide a range of high quality services and helped many clients overcome their addiction, helping people help themselves.

Throughout the year we continued to build our capacity to facilitate detoxification by recruiting a clinical nurse specialist. This additional expertise, funded by the HSE, has had its effect on our service and this is reflected in the very positive outcomes for those who availed of detox with us in 2010.

Our partnership arrangement with the community based Tolka River Rehabilitation Project (TRP) in Blanchardstown reached maturity and Gerry Ryan, a long service staff member at Coolmine became the full-time manager with TRP. Coolmine remain involved in the project and have a presence on the board of management.

2010 saw a steady increase in our referrals and admission of women with young children into our residential programme at Ashleigh House. This increased demand lead to the commencement of a refurbishment programme for our crèche and childcare facilities at Ashleigh House.

We continued the process of working in partnership with the HSE’s Rehabilitation Integration Service, Keltoi and Focus Ireland. Focus Ireland in particular has been very helpful and have extended their housing provision to our clients leaving treatment. We also thank Focus for hosting our stabilisation and drug free services in 2009 and 2010 and for assisting us in establishing our own resettlement and housing service.

The refurbishment was completed in our central Dublin premises at 19 Lord Edward Street and we moved our stabilisation, and drug free day programmes back in there. The newly refurbished building was officially re-launched by Minister Pat Carey. We kicked off the internal training of staff in the Community Reinforcement Approach (CRA) with the support of the Blanchardstown Local Drugs Task Force. CRA is an evidence based approach towards working with individuals and their families which is very compatible to our traditional approach to treatment.

With the support of Vodafone World of a Difference programme we were able to establish a training and education programme at Coolmine. This service is now managed by our career guidance counsellor and is an integral part of our programme. We were successful in attracting funding from ECDL to enhance the capacity of our organisation to facilitate the education of all of our participants in various aspects of information technology.
CHAIRMAN’S INTRODUCTION

Nowadays Coolmine offers both residential and day programmes in various settings. It continues to offer the only rehabilitation programme for mothers and children in the State, at Ashleigh House, in Damastown, Dublin 15. The last year has seen three groups graduate from Coolmine’s various programmes – both residential and day. One cannot fail to be impressed at the graduation ceremonies by the huge efforts of our clients and our staff in getting to that point in their journey.

We wish to thank our funders; Health Services Executive, Probation Service, South Inner and Blanchardstown Local Drugs Task Forces, FÁS, The Department of Health and The Department of Community Rural and Gaelteach Affairs. I am also pleased to report that all of our facilities have, over the last number of years, been refurbished and are now fit-for-purpose. In turn, our Board has been anxious to ensure that we do not duplicate the services offered by other agencies, rather that we work in partnership with them to achieve agreed common goals. With this in mind we have formal arrangements in place with Focus Ireland and The Ana Liffey Project.

In these straitened economic times we have endeavoured to control our costs without impacting on our front-line services. We recognise that we will need to raise more funds in the coming years to enable us to pilot programmes and to improve our services.

All this good work would not be possible without the help of our clients and their families, all our staff and CEO, our volunteers, my fellow board members and all our supporters, thank you.

Chief Executive Officer
Coolmine Therapeutic Centre

CHAIRMAN

COOLMINE THERAPEUTIC CENTRE

CHAIRMAN’S INTRODUCTION

Chief Executives Report

At the end of 2010 we were two thirds of the way through the implementation of our 2009 to 2011 strategic plan, ‘Supporting People in Changing Times’. This plan aimed to build on the achievements of previous years and seeks to consolidate the work that we do with our clients and their families.

Access to treatment is a key issue for us at Coolmine and we are pleased to see the development and increased capacity in our programmes with respect to detoxification and childcare provision throughout the year. 2010 also saw the completion of our refurbishment programme for all of our three locations in Dublin. Good quality working and living environments are extremely important for our residents and staff and I firmly believe that these improvement have lead to greater retention within our programmes overall.

We were also delighted in 2010 to continue with our agenda of increasing opportunities for our participants with respect to housing and education and employment. With this in mind we are very grateful to Focus Ireland and Vodafone for their assistance with our housing, education and training agenda.

Priorities in 2011 will include the review of current strategic plan; the continued need to maintain staffing levels particularly in the area of childcare, nursing and social work, the commencement of a longitudinal research programme to assess the long term outcomes of those who come through our programmes and the continued integration of evidence based practices within our core programme.

The commitment, hard work and dedication of our staff has been crucial in 2010. Together they have been flexible and responsive to demands placed upon them and have worked hard to maintain a quality service to our clients in an environment of decreasing resources.

I would like to take this opportunity to thank them personally for their hard work and dedication and state clearly, that as an organisation, notwithstanding these difficult times, we will continue to work to increase the range of services and staffing within them for our clients. We will also continue to invest in our workforce by providing a quality training programme into the future.

Chief Executives Report

Coolmine Therapeutic Centre

Brian Ward

Chairman

Coolmine Therapeutic Centre

Paul Conlon

Chief Executive Officer

Coolmine Therapeutic Centre
WHAT WE DO

1.) Access
We provide access to our treatment services through initial contact and assessment provided in the following range of services;
• Outreach Service, Prison, Communities and Homeless.
• Drop-in facilities at Lord Edward Street.
• Stabilisation Day Programme at Lord Edward Street.

2.) Primary Rehabilitative Treatment
Research has consistently shown that longer stays in treatment produce better outcomes. It is therefore our goal to ensure that as many clients as possible can access our services quickly and complete at least six months of our primary treatment programmes. These services are:
• Our men’s residential service at Coolmine Lodge.
• Our women’s residential service at Ashleigh House.
• Our drug-free day programme at Lord Edward Street.

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

3.) Progressions, Integration and Aftercare
We provide an ongoing integration and aftercare service by providing the following range of services;
• Five, step-down or community housing projects.
• Dedicated aftercare, graduate and family support service.
• Community Employment Scheme.
• Client participation forum

A BIT ABOUT US AT COOLMINE

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

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

“It was amazing, even feeling as bad as I was I could have my kid here with me, living with me & that was one of the things that really helped me through, just having her here with me all the time”.
A CLIENT’S STORY

Helping people help themselves..........

Joe tells his story, how Coolmine helped him and how he helped himself turn his life around.

Joe was only 14 and in secondary school, when he started hanging out with some older boys in order to be popular, this led to a path of self destruction with drugs and alcohol. “They were all doing drugs, smoking weed and hash so just out of curiosity I just started to try them myself.”

Although Joe managed to finish school and get a job, his life was spiralling out of control. “I was out a lot, drinking and doing cocaine quite extensively, that would have been my drug of choice...and it got hold of me without me even realising it.”

After several years of his addiction a couple of major things happened, which made him want to take hold of his life again. His father, who wasn’t talking to Joe at the time, had gone into hospital for a minor operation however he ended up having a quadruple bypass. “I went up to the hospital with my mother to see him lying there hooked up with all these tubes in intensive care, and I broke down....I found that quiet hard to deal with but it was one of the turning points in my life, I decided I'm not going to put my family through any more of that.”

Thankfully Joe had heard about Coolmine through a past Graduate, who had advised him to try it as he knew Joe’s life was going downhill. “I seen where he came from in his life to where he was that day, he was a Coolmine past graduate. I looked up to him and he was putting me on the right track because nobody ever wanted to help me. So I decided I'd try it.”

He got a place on our pre-entry programme, where he started cutting down on his drug usage and eventually stopped altogether. The next step was then moving into Coolmine’s day programme. “I loved it! I didn’t think I could do it because it’s 9-5 and then you’re back out in the evenings and at weekends. But the peer support we got was great. We’d meet up at the weekends and go play pool, or go to the cinema etc, that way you still had something to do at the weekends you weren’t just left alone.”

Joe was doing so well that one of the staff members, Coolmine’s Client Co-Coordinator, approached him and asked would he become his groups’ client representative at the client forum. The client forum is an integral part of Coolmine, this allows clients give feedback, both positive and negative on the programme and make recommendations on improvements as Coolmine strongly believe that our client’s voices are important. An employment position then became available within Coolmine which Joe went for and was the successful in pursuing. Joe couldn’t believe it... “I was like whoa, coming from this low to being a staff member in the space of just under two years! It was like my life had just done a big u-turn, people believed in me and thought that I was well able to do a job”.

And even now today he still enjoys the role “So I've held this position now for the guts of 18 months, the opportunities I've gotten out of it...presenting at conferences, standing there in front of maybe three hundred people that's something I thought I'd never able to do.”

But it's not just his career that has improved, his relationship with his parents is back on track and he really understands the value of what they mean to him. “My relationship now with my Mam & Dad is unbelievable.....My family are number one and I don’t want to mess up there because I've put them through enough. I missed out on a good few years of my life with my family which was tough, but you can’t change your past you can only change your future.”

Today Joe can be very proud of his achievements not only is he working but he has just started college doing addiction studies. “Yes finally! I started college and it’s going to be tough doing a diploma... but Coolmine have given me these opportunities to further my education which is something I never thought I’d do”. But Coolmine is not just about opportunities, it’s helping people help themselves, giving them belief “it’s great that they believed in me, it’s all about faith and hope. In the space of four years how much my life has changed”

*Joe’s name has been changed to protect his identity.*

Joe has started college recently and his future is looking bright
**SUMMARISED STATS FOR 2010**

In 2010 Coolmine worked with 1,161 people to support them in overcoming their addiction.

Below are the number of individuals accessing each of our services;

### OUTREACH ACTIVITIES

- 245 clients were seen by outreach services from Coolmine Lodge
- 173 clients were seen by outreach services from Ashleigh House
- 56 clients were seen by outreach services from the Drug-Free Day Programme
- 348 clients were seen by local outreach services from the Welcome Programme

822 totalled the number of clients that were worked with by our Outreach Teams in 2010.

### DRUG-FREE DAY PROGRAMME

- 51 clients were worked with in this service

### WELCOME PROGRAMME

- 50 clients were worked with in our Welcome Stabilisation Programme

### ASHLEIGH HOUSE

- 42 women resided with us in 2010
- 29 of these women were mothers
- 5 mothers had their child on site on a permanent basis
- 7 availed of and completed methadone detox placements

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

822 totalled the number of clients that were worked with by our Outreach Teams in 2010.

### FAMILY SUPPORT

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

### COOLMINE LODGE

- 76 men resided with us in 2010
- 13 availed of and completed methadone detox placements

### HOUSING OUTCOMES

- 33 men from Coolmine moved into housing
- 18 women from Ashleigh moved into housing
- 16 clients from the Drug-Free Day Programme moved into housing
- 6 clients from the Welcome Programme moved into housing

Includes Transitional, Private, Coolmine Step Down, Long Term Supported & Emergency housing.

### CAREER GUIDANCE & EDUCATION

- 92 clients were supported by Career Guidance
- 52 clients moved on to education/training
- 13 Community Employment (CE) Schemes internal placements were gained in Coolmine TC
- 16 CE Schemes externally were gained
- 2 gained full time employment and 3 gained part time employment
- 10 gained voluntary work

### GRADUATION

- 43 clients Graduated through the full Coolmine Therapeutic Programme
PARTNERSHIPS

Throughout 2010 we built and maintained relationships with our funders, the HSE, the Probation Service, FÁS, The Homeless Agency, South Inner City and Blanchardstown Local Drugs Task Forces and The Department of Community Rural and Gaeltacht Affairs. We look forward to further developing these relationships and are grateful for their support.

We also worked with a number of other organisations within our sector and are thankful to all of them: Ana Liffey Drugs Project, Focus Ireland, Peter McVerry Trust, Tolka River Rehabilitation Project and The Huntstown/Hartstown Community Drugs Team.

We continue to be active members of the Homeless Network, the Voluntary Drug Treatment Network, the European and World Federation of Therapeutic Communities.

FUNDRAISING & COMMUNICATIONS

Coolmine’s ambition is to be a sustainable organisation which attracts resources, not only from our core funders but from businesses and individuals alike. Our goal is to raise our profile, increase our fundraising income and expand our existing services.

2010 saw the results of our first ever Direct Mail Appeal letter, which featured a story about our mother and child programme. We would like to thank all those people who responded to our appeal.

The Dublin Bay Cycle took place again this year, attracting new participants. We are hopeful that this will become our signature event and are grateful to all the people who took part and for all the additional help we received in running the event. We were delighted to be the recipients of the Vodafone “World of Difference” programme, run by the Vodafone Foundation. Many thanks to both Vodafone and the successful applicant Aideen Lyster.

We would like to thank Draíocht for providing free drama classes to our clients, we may have created some new budding actors!

And finally a big thanks to all the clients and staff who organised their own fundraising events, from bag-packing to sponsored walks to fund their annual excursion to Glendalough.

Thank you to all our Supporters and we look forward to your continued support!!!
FINANCIAL REVIEW

2010 saw a cut in Coolmine TC’s overall funding however we adapted to the current climate and did not allow our services suffer. We believe that our clients come first and we managed through partnerships and cost cutting exercises to deliver all aspects of our services.

86% of all money received goes directly back into our services. 9% is directed towards our C.E. Schemes which provides our clients with the opportunity to receive meaningful work placements, gain valuable experience and allow them to re-enter the workforce.

Only 5% of all our income is spent on administration and as with all costs we are committed to keeping this to a minimum and ensuring best value for money.

### CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES FOR YEAR ENDED 31 DECEMBER 2010

<table>
<thead>
<tr>
<th>Income</th>
<th>2010</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSE</td>
<td>705,739</td>
<td>728,043</td>
</tr>
<tr>
<td>LDTFS</td>
<td>507,775</td>
<td>587,863</td>
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<td>PROBATION SERVICE</td>
<td>594,000</td>
<td>660,000</td>
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<tr>
<td>CES TRAINING GRANTS</td>
<td>244,199</td>
<td>450,348</td>
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<tr>
<td>COMMUNITY RURAL &amp; GAELTEACHT AFFAIRS</td>
<td>212,500</td>
<td>230,000</td>
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<tr>
<td>TOLKA RIVER PROJECT</td>
<td>78,920</td>
<td>72000</td>
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<td>VODAFONE PROJECT</td>
<td>31,158</td>
<td>24253</td>
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<tr>
<td>CLIENT CONTRIBUTIONS &amp; DONATIONS</td>
<td>520,483</td>
<td>476,222</td>
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<tr>
<td>POBAL</td>
<td>23,514</td>
<td>-</td>
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<tr>
<td>DODDER VALLEY PARTNERSHIP</td>
<td>20,250</td>
<td>-</td>
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<tr>
<td>TOTAL INCOME</td>
<td>2,938,538</td>
<td>3,228,727</td>
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**Expenditure**

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<tr>
<th></th>
<th>2010</th>
<th>2009</th>
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<tbody>
<tr>
<td>Drug Rehabilitation</td>
<td>1,844,821</td>
<td>1,908,617</td>
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<tr>
<td>CE Scheme</td>
<td>258,942</td>
<td>429,812</td>
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<tr>
<td>Governance/Running Costs</td>
<td>674,649</td>
<td>605,092</td>
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<tr>
<td>Administration</td>
<td>143,441</td>
<td>150,845</td>
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</table>

**Total Expenditure**

|                          | 2,921,853 | 3,094,364 |

**Net Movement in Funds**

|                          | 16,685    | 134,363   |

**Consolidated Balance Sheet on 31 December 2010**

**Fixed Assets**

<table>
<thead>
<tr>
<th></th>
<th>2010</th>
<th>2009</th>
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</thead>
<tbody>
<tr>
<td>Tangible Assets</td>
<td>2,073,224</td>
<td>1,851,569</td>
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<tr>
<td>Financial Assets</td>
<td>546,541</td>
<td>542,083</td>
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</table>

**Total**

|                          | 2,619,765 | 2,393,652 |

**Current Assets**

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<thead>
<tr>
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<th>2010</th>
<th>2009</th>
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<tbody>
<tr>
<td>Debtors</td>
<td>26,766</td>
<td>34,087</td>
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<tr>
<td>Cash in Hand &amp; at Bank</td>
<td>111,090</td>
<td>412,241</td>
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**Deduct Current Liabilities**

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<tr>
<td>Creditors Due Within One Year</td>
<td>(330,761)</td>
<td>(472,125)</td>
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</table>

**Net Current Assets**

<p>| | | |</p>
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<tbody>
<tr>
<td></td>
<td>(192,905)</td>
<td>(25,797)</td>
</tr>
</tbody>
</table>

**Total Assets Less Current Liabilities**

|                          | 2,426,860 | 2,367,855 |

**Creditors Due After More Than One Year**

|                          | 851,233  | 811,240  |

**Net Assets**

|                          | 1,575,628 | 1,556,616 |

**Financed By**

|                          | 1,575,628 | 1,556,616 |

The associated financial extracts commentary is based upon the full accounts which have been audited by Gilbride & Co. Chartered Accountants, Dublin. The full accounts of Coolmine TC, a registered charity, are lodged with the Companies Registration Office and copies may be obtained from Coolmine TC upon request.
“Just from being down in the polytunnels I discovered I had green fingers & because of this I ended up doing a FETAC course in Horticulture. Never in my wildest dreams did I think I’d be in 3rd level education. Sometimes I have to pinch myself...this is my life now.”
"I’m two and a half years clean and although I take each day one step at a time the future is looking really positive, really bright."

A Special Thank you to our Board of Directors

Benny Cullen  Joanne Fenton  Darren Connolly
Liam Hickey  Catherine Bent  Brian Ward
Hilda Loughran  Maire Twomey  Jim Muddiman (Secretary)
Coolmine Therapeutic Community
Helping people help themselves

Coolmine Therapeutic Community
Ashleigh House
Damastown
Dublin 15
Tel: 01 640 4087
www.coolmine.ie
fundraising@coolminetc.ie

Coolmine Therapeutic Community is a registered charity CHY 5902