



COOLMINE

OVERCOMING ADDICTION, SUPPORTING RECOVERY

Spring 2018 Newsletter



Welcome to our Spring newsletter 2018.

2018 represents another challenging year for Coolmine as we continue to work with an increased demand for our services.

Our Community and Day Services have expanded during the last few months. This includes two new targeted Assertive Outreach roles; one for Travellers and New Communities based in North Dublin Region and the second an Inreach to Homeless Services in the Dublin inner city area. Our residential services continue to see a high demand for service and both are working at full capacity.

During 2018 we shall continue to advocate for an increase in TC treatment and rehabilitation placements, specifically targeting high risk families, including pregnant women.

We have had a packed event schedule in the first Quarter 2018 thanks to our corporate and charity sponsors. This included TradFest Eamonn Campbell Tribute night, staff office refurbishment in Ashleigh House and an open day in Coolmine Lodge. Perhaps the most important event was our first Graduation ceremony in St Patrick's Cathedral 20th March past. This memorable evening marked 18 clients completing their treatment and rehabilitation programme in Coolmine. Coolmine's vision is that everyone should have the opportunity to overcome their addiction and lead a fulfilled and productive life. At graduations, we celebrate this vision and acknowledge our graduates past and present who have, and shall continue to, turn their lives around.

Coolmine wish you, your family and friends a very Happy Easter



Organisational News

Coolmine is a national addiction treatment provider that works with marginalised members of Irish society. One of the biggest issues facing Coolmine every day is securing access to safe and appropriate housing for our clients and their families.

From experience, we know that addressing the health needs of homeless people will provide, and create, pathways out of homelessness. Coolmine advocates that there is an opportunity to do this as we implement, the governments, national strategies. For addiction; Reducing Harm; Supporting Recovery – A health led response to drug and alcohol use in Ireland 2017-2025 and for homelessness; Rebuilding Ireland Action Plan for Housing and Homelessness.

To date, we have seen a welcome increase in funding to deliver emergency and longer term accommodation for homeless people. However, health services for the homeless have not increased in tandem and so the wrap around services, such as addiction treatment, mental health supports and primary healthcare are not readily available for clients to move out of homelessness long term.

We know that a significant proportion of homeless people have addiction and mental health issues. They require support and new responses, including accessible treatment. Coolmine are delighted to have put in place a pilot Homeless In-reach worker, in collaboration with the HSE. This role shall create, and enhance, pathways to treatment for homeless clients during 2018.

Coolmine's Ashleigh House is a female only addiction treatment centre providing specialist services including the only mother and child residential treatment service in Ireland. The service works with homeless pregnant women and women with young children seeking recovery from addiction. In addition, Coolmine are the only treatment provider working with a significant number of clients who have criminal justice issues, including direct prison referrals to Coolmine Lodge. Coolmine has difficulty in accessing appropriate accommodation for both cohorts as they step down from a significant period of treatment and rehabilitation.

During Spring 2018 we have asked the Government, local authorities and HSE for safe accommodation for homeless clients stepping down from treatment. This includes new policy responses for high risk families as they complete their treatment programme. As homeless high risk families, have no safe appropriate accommodation to go to, they are remaining in Ashleigh House for up to 6 months post completion.

Specifically we are calling for:

- The immediate establishment of a 'Recovery Hub' to prevent high risk families, and single people, exiting treatment to homelessness. Today, Coolmine has 14 homeless families with nowhere to go following treatment. This service need is urgent.
- A 'social housing passport scheme' for high risk families. This would support families stepping down from treatment at Coolmine to access the homeless list in their resettled location, where their wrap around supports are based.

In summary, the above measures will help to prevent families re-entering homelessness and addiction.

Coolmine provides value for the state funding we receive. However, new policy responses and innovative service responses are needed to provide access for more clients, and their families, to enable them to overcome addiction and support recovery.

Royal College of Psychiatrists, UK College Centre for Quality Improvement



Community of Communities (CofC) is a standards-based quality improvement network which brings together Therapeutic Communities (TCs) in the UK and internationally. CofC is based at the Centre for Quality Improvement within the Royal College of Psychiatrists', London.

CCQI accreditation has been awarded to Coolmine for meeting the highest quality TC service standards in both our residential communities, Ashleigh House and Coolmine Lodge. As part of the process, we are subject to annual peer reviews. This provides an opportunity for reflective practice. Every three years there is a full accreditation process consisting of an evidenced based review of all 130 TC standards. 2018 was Coolmine's year for a full accreditation review which took place on the 14th and 16th January with a panel of 7 reviewers, including 2 TC specialists.

We recently received the first draft of the reports from the review team and are delighted to report that we have exceeded the expected criteria for accreditation. We are confident that our CofC accreditation will be renewed post the final draft reports presentation to the CCQI accreditation panel in May 2018. As Coolmine are the only accredited Therapeutic Community provider in Ireland, the CCQI standard provides us with a network of peer TC organisation in the UK, to exchange policy and practice. CCQI accreditation also provides Coolmine, staff clients, funders and supporters with certainty and evidence that our programmes and services are of the highest quality and delivered to the highest standard.

Monar Conference, Warsaw, Poland November 2017

They? You? Us. (Oni? Wy? My)

In November 2017, Anita Harris (Team Leader Ashleigh House) and Pauline McKeown (CEO) were invited to speak at an addiction conference in Warsaw, Poland. The conference focused on addiction therapy and interventions for specific groups, including women and Lesbian Gay Bisexual and Transgender (LGBT) communities. The conference was a full 2 day learning experience. It looked at the enabling factors in treating persons belonging to a specific group and the barriers and challenges in doing so, including accessibility.

- Day 1 saw a number of keynote speakers deliver lectures and presentations on the impact of psycho social therapy and counselling methods used when working with these specific groups. Pauline delivered a lecture that focused on women, addiction treatment, barriers, challenges and good practice. She also presented a case study of Ashleigh House, with reference to its values, principles and evolution and gender specific findings from the longitudinal study which was warmly received at the conference. Discussions following the presentation with European delegates focused on the gender variances evidenced in Coolmine's longitudinal outcome study.
- London Friend, a UK based organisation, headed up by Monty Moncrieff and Jamie Willis (pictured below), presented a full historical overview of chemsex. All delegates received insightful findings and learning from these lectures, including why people engage in chemsex and the reasons why mainstream treatment approaches do not suit chemsex user needs. Valuable findings were noted, applicable to all specific groups, most notably timing and discreet access.
- Day 2 was a series of workshops which focused on the practical issues, challenges and ways of working with specific groups. Anita presented 2 workshops on our implementation of our Parents Under Pressure Programme for high risk families. This forum was open in nature with an overview of the Programme being delivered and the floor opened to questions and answers by all in attendance. Logistics, resources and solutions were the focus of these workshops.

In summary, They? You? Us. (Oni? Wy? My) was 2 days of invaluable learning, growing and networking for the European projects presenting and attending,



Coolmine's CEO Pauline McKeown



Monty, Pauline, Jamie and Anita

Active @ Work Award

In 2017 Coolmine were awarded a Bronze Active@ Work Award for our efforts in promoting physical activity in the workplace. To win this award staff and clients undertook a range of different physical activity challenges throughout 2017 and it paid off, for all staff and clients that took part!!

Building on this achievement we are raising the goal and shall aim for a Silver Active@ Work Award in 2018.

During 2018 Coolmine are:

1. Organising two physical activity programmes for our employees each lasting at least 4-5 weeks.
2. We shall provide links to local walking and sporting organisations that encourage physical activity.
3. We are promoting the Irish Heart Foundation's Slí na Sláinte walking routes including:
 - » Outdoor workplace walking routes,
 - » Indoor workplace routes,
 - » 'Time to Walk' or 'Time to Cycle' information signs.



Coolmine CEO Pauline Mc Keown and Karen Lennon Coolmine

HEP Friend Pilot



We are proud to announce Coolmine Therapeutic Community is a part of the HEP C Friend pilot scheme. This is in collaboration with the Mater Hospital.

The pilot scheme is based on the peer support model. Peer support is an effective approach in engaging hard to reach individuals, including those with Hepatitis C.

Peer support is the purposeful and effective cornerstone of the Therapeutic Community approach. It is also used by homeless and community based services. The HEP C Friend pilot is an evidence based peer support model to enhance access to the HCV care pathway. It will ensure that those with the most significant stage of the disease are supported to get appropriate care & treatment.

Led by HepCare Europe team the project has through community collaboration & partnership arrived at a HepFriend Peer Support programme for three key localities involved in the project. The result is that Coolmine is part of a twelve month pilot project in the community.

Coolmine has nominated four HepFriend peer workers, with a lived experience of HCV, to volunteer on the project during the pilot phase. Each peer worker will work with up to ten individuals giving capacity to work with one hundred and twenty individuals over the course of the pilot (4 HepFriend volunteers in 2 partner Dublin organisations).

The types of intervention carried out by the volunteers include support and information on the HCV care pathway; peer facilitated referral and attendance at clinical appointments for support if required.

Peer workers received a 2 day training programme, Certified by the Mater Misericordiae University Hospital.

In Coolmine, we are rolling out the HEP Friend pilot across all our services. For more information please contact:

Hep Friend Coordinator Maxine on 089 204 0142

International Women's Day

To mark International Women's Day on Thursday 8th March 2018, Coolmine hosted a Tea and Coffee Morning in Ashleigh House. Our Chief Executive, Pauline McKeown, delivered an inspirational and insightful talk on her personal journey as a woman in a leadership role. The key messages delivered were decision making based on integrity, planning ahead and sometimes taking risks.

The event was poignant as it took place in Ashleigh House, the only women's residential treatment centre in Ireland, supporting pregnant women and mothers and children. Many thanks to all our staff, clients and graduates past and present who attended. We were honored to have Mayor of Fingal, Cllr Mary McCamley, in attendance to mark the occasion.

Our sincerest thanks to the women in Ashleigh House who did a superb job preparing for the event including the wonderful selection of pastries to accompany our celebratory tea and coffee.



Lodge Open Day

Coolmine Lodge, our 34 bed residential treatment centre for men, held their Annual Open Day on 21st February 2018. An overview of Coolmine’s commitment to good governance and quality service delivery was presented.

Lisa Larkin, Residential Services Manager, presented an overview of our Therapeutic Communities including information on how to access our services. Niamh McGuinness, Team Leader gave a detailed presentation on the TC programme offered at Coolmine Lodge. This included an overview of the behavior change approach through community living and interaction.

The open day was attended by members of the Probation Service, Irish Prison Service, Drug Task Forces, Community Organisations and An Garda Síochána.



Residential Manager Lisa Larkin

Coolmine Lodge

Team Leader Niamh McGuinness

Ashleigh House Staff Office Refurbishment



On Friday 9th March we officially opened our newly refurbished staff office in Ashleigh House. Coolmine thank most sincerely Allen & Smith, DMOD Architects, Kirby engineering and construction, MEA McElroy and Associates, MSL and SIG workplace who have delivered an outstanding office space for the staff in Ashleigh House.

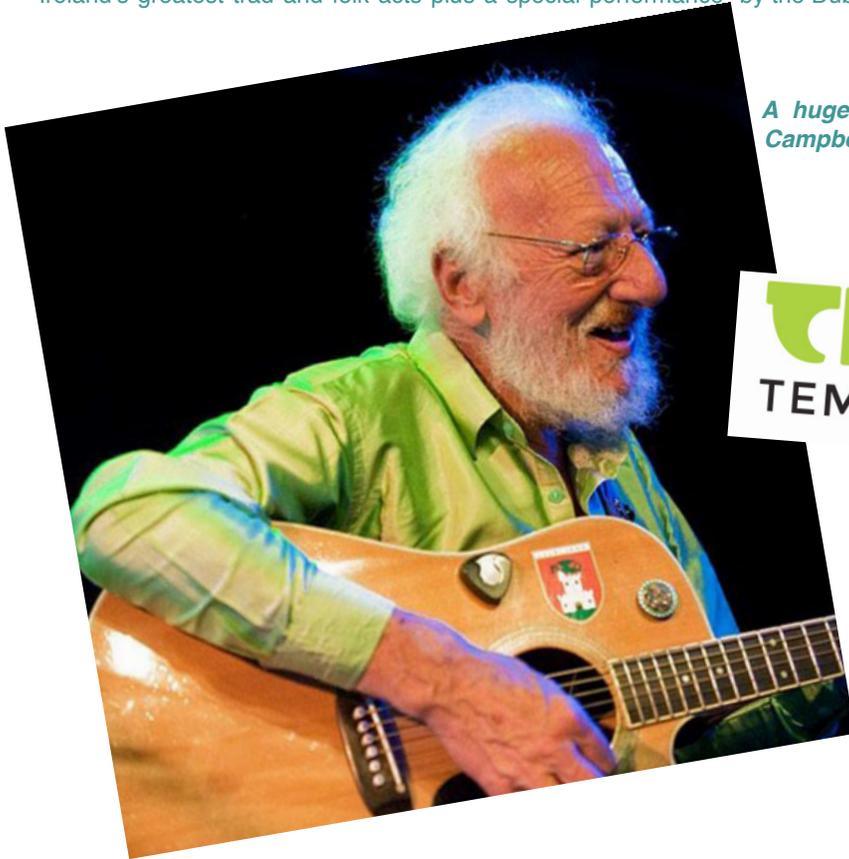
Coolmine Ashleigh House is the only mother and child residential centre in Ireland working with families impacted by addiction. The Ashleigh House team provide intensive crisis and therapeutic support to women, mothers and children 24 hours per day, 7 days per week, 365 days per year.

The companies who sponsored this project delivered an office that is of the highest standard, quality and design. As a charity, we would not have had the resources to carry out this project and thank the refurbishment team for their interest in our organisation and dedication to the project. We deeply appreciate the time, resources and expertise from our sponsors to provide an efficient and tranquil working environment for our dedicated staff team!!



Eamonn Campbell Tribute Night

Coolmine were honoured to be chosen as the charity partner for Tradfest's musical tribute to Eamonn Campbell held in St. Michan's church on the 24th of January with all proceeds going to Coolmine. Eamonn's life was celebrated with performances by some of Ireland's greatest trad and folk acts plus a special performance by the Dublin Legends.



A huge thank you to Tradfest for holding an Eamonn Campbell tribute night in aid of Coolmine

TRADFEST 2018
 TEMPLE BAR 24 - 28 JAN

Eamonn Campbell RIP November 1946 - October 2017

Facebook Competition

Pauline Mc Keown (CEO) was delighted to present Dublin GAA's No 1 fan Denise O'Reilly Talbot with her prize Dublin Jersey from our Facebook competition which was held live in our Ringwood Head Office on 20th December 2017. Overseeing the event was Ita Burkett Finance and Amy Roche Head of Services.



Annual Gala Concert 2017

Our Annual Gala Concert took place on 21st November 2017 in the Draíocht Theatre Blanchardstown. A Big Thank You to The Blanchardstown Brass Band, St Brigid's Junior and Senior Choirs, Mary Mac Gabhann and Bob Linehan, who entertained the audience with their musical and vocal talents. It must be noted that they all give their time free of charge.



Mary Mac Gabhann and Bob Linehan performing a duet

We are excited to announce that both the band and Choir have committed to entertain us again this year. Our 2018 Gala Concert is taking place in the Draíocht Theatre Blanchardstown on the 13th December 2018. Save the date in your diaries as it promises yet again to be a night of fun, laughter and entertainment.



The Rehab

THE REHAB

TV3 DOCUMENTARY

Coolmine were delighted to have Julian and Martina from Phoenix films who were involved in the making of The Rehab documentary on TV3 attend our Organizational Away Day back in December 2017.

The documentary was filmed over a period of a year, and followed the lives of several Coolmine clients through their journey of treatment. As clients learn to live without drugs, they have to come to terms with the past; what has brought them here and what impact their addiction has had on their families. The people in the series, reflective of our client base, come from varying backgrounds and life experiences. This powerful series shows the highs and lows that accompany their journey of addiction and recovery.

The Rehab was originally aired on TV3 back in October 2017, and received very positive feedback. It proved to be such a powerful documentary it was aired again on 3e in February of this year. You may still be able to catch in on the TV3 Player.



Coolmine Lodge Team Leader Niamh McGuinness and Phoenix Films Producers Martina Durac and Julien Behal

Sandra Murray RIP

Coolmine would like to say a big thank you to Breda McCann (and family) who donated over one thousand euro to Coolmine raised during an event at St Marks Pitch and Putt Club in memory of her daughter, Sandra Murray. Sandra passed away on the 23rd March 2017. Sandra was one of the main characters followed during TV3s documentary 'The Rehab'. Sandra's untimely death has left her family devastated. Our thoughts are with Sandra's family on the anniversary of her death. Sandra has left a lasting legacy in Coolmine Ashleigh House.



Mini Marathon

Entries are now open for the 2018 Vhi Mini Marathon which takes place on SUNDAY 3rd June 2018. I know some of you missed the deadline last year, so please, please register early to avoid disappointment. Our CEO Pauline Mc Keown has already signed up, as has the Mayor of Fingal Mary McCamley, so please get behind them and make this the best year yet.

Girl Power at its best!

It is also a great way to raise much needed funds for Coolmine.

Don't delay register today and let Lisa know so she can send you out a sponsor card and t-shirt. Her contact details are lisaborza@coolminetc.ie or phone on 01-8270003.

We're moving back to Sunday

Vhi Women's Mini Marathon

FINISH

1.02.15

The 2018 Vhi Women's Mini Marathon will be on **Sunday, June 3rd**, so you can spend all day Monday celebrating your success with family and friends. We'll have a new number collection area in Dublin in 2018 and a new medal! Keep an eye on our website for further details.

Date: Sunday, 3rd June 2018 @ 2pm

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To walk, jog or run for Coolmine in the 2018 VHI Women's Mini Marathon contact Lisa Borza at lisaborza@coolminetc.ie or call 01 8270003

Enter at vhiwomensminimarathon.ie or pick up the Herald every Wednesday from March 14th for an entry form.

vhiwomensminimarathon.ie | [VhiWomensMiniMarathon](https://www.facebook.com/VhiWomensMiniMarathon) | [VhiWMM](https://twitter.com/VhiWMM)

Save the Dates!



June Bank Holiday Weekend, Phoenix Park, Dublin

31st MAY – 4th JUNE 2018
9am – 6pm

Coolmine once again entered a Postcard garden in Bloom 2018, the design is inspired by clients in consultation with Horticulturist Billy Fahy of Lush Landscapes.

Keep an eye out for our garden titled 'Coolmine Woodland Hug'

1. Coolmine's Community & Day services shall host an open day 11th April 2018
2. Coolmine Ashleigh House shall host an open day during summer 2018
3. Coolmine shall have a schedule of events to mark International Recovery Month during September 2018.

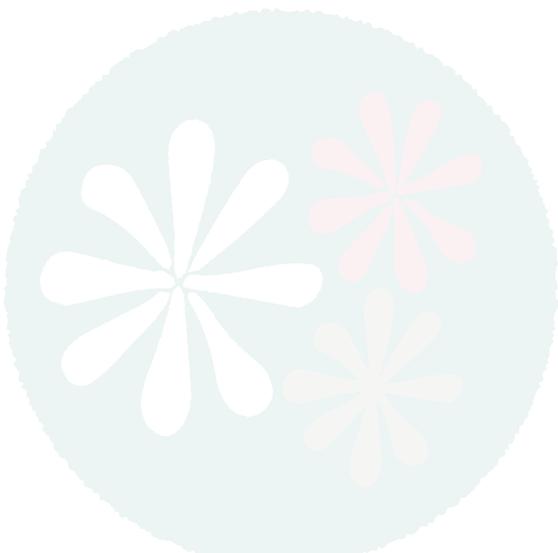
For more information on these events follow us on



facebook



to receive updates.



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**Coolmine would like to wish all our Donors and Friends a
Very Happy Easter.**

Thank you for your continuous Support

