

COOLMINE 2019 BUDGET SUBMISSION

## **Coolmine calls for urgent expansion of addiction services for women with children and pregnant women seeking recovery.**

Coolmine calls for four actions through exchequer funding to actively save lives:

€1.6m

Fund an additional 20 high risk family units in Limerick for homeless pregnant women and women with young children impacted by addiction.

€469k

Establish a prison Therapeutic Community to enhance recovery pathways for 40 prisoners with addiction and criminal justice issues.

€107k

Fund community Parents under Pressure (PuP) therapists to support over 50 high risk families impacted by addiction in Irish society.

€93.8k

Investment in Recovery Housing supports for high risk families and single clients stepping down from residential treatment.



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### About Coolmine

Coolmine is a national drug and alcohol treatment centre providing a range of quality residential and day services to people with problematic substance use and their families, since 1973. Coolmine has over sixty adults and up to seventeen babies/young children in our residential treatment facilities at any time. An additional 50 adults attend our stabilisation and drug free day programmes in Dublin city centre. In addition, a range of outreach, pre-entry, step-down, medical, career guidance, housing, family support and aftercare programmes are provided weekly. Coolmine provides over 9,000 information contacts and works proactively with over 1,350 individuals annually.

### National Requirements

An **additional thirty women** seek access to treatment in Coolmine every day. 80% of those women are mothers and are homeless or at risk of becoming homeless. Coolmine simply cannot meet these needs at Ashleigh House, the only mother and child residential rehabilitation service in Ireland.

The majority of our residential clients are from outside Dublin. Provision of the additional funding proposed in this submission would allow our multi-disciplinary and governance teams to roll-out vital services in the mid-west region. Coolmine has secured a premises which will accommodate twenty high risk family units in Limerick, with capital funding for the project also secured.

### Budget Funding Proposal

To meet Ireland's growing needs for addiction recovery treatment, Coolmine seeks €2.27million additional funding in Budget 2019 to meet the urgent daily demand for services for individuals and high risk families affected by addiction. We will outline overleaf the breakdown of this vital funding application.

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### Action One

#### **€1.6 million to fund an additional 20 high risk family units in Limerick for homeless pregnant women, and women with young children impacted by addiction**

Treatment and rehabilitation in the therapeutic community model works. A study carried out in the U.S., Drug Abuse Treatment Outcomes Survey (DATOS, 1998) reported that one third of clients remained drug free three years following treatment. In 2016, Trinity College Dublin and Coolmine published longitudinal research outcomes which found that 72% of Coolmine clients were illicit drug free two years after treatment intake.

Other key notes from this study, Pathways Through Treatment found that:

- 98% of clients were not engaged in criminal activity after 24 months
- Client employment rose from 3% at intake to 25% after 24 months
- Engagement in education rose from 2% at intake to 17% after 24 months

Coolmine provides 24 national rehabilitation beds for women, pregnant women and women with children in Ashleigh House. This unique service works with both mother and child through the internationally evidenced based programme; Parents under Pressure (PuP). The service operates at full capacity consistently. Evidence indicates that Coolmine Ashleigh House is breaking generational cycles of addiction, homelessness and complex needs in Ireland.

However, every day, an additional thirty women seek access to treatment in Coolmine Ashleigh. 80% of these women are mothers.

Today we are calling on Government departments to support us to meet that demand by providing an additional 20 high risk family national treatment placements in Limerick. This is a health led response requiring collaboration across relevant state agencies; Local authorities, Health Service Executive, Tusla Child and Family Agency and Probation Service Ireland. The annual running cost of a 20 high risk family residential placement facility in Limerick would be €1.6m.

There is tangible and long-term value for exchequer funding requested in this proposal.

A mother and child placement in Coolmine is evidenced at €23,000 per annum (HSE Cost per Unit study, 2017). A single foster care placement for one child in public placement is €20,000 per annum and €58,000 per annum for a private foster care placement.

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### Action Two

#### **€469,000 to establish a prison Therapeutic Community to enhance recovery pathways for 40 prisoners with addiction and criminal justice issues.**

It is well established that a disproportionate number of prisoners have history of drug use compared to the general population. A study in 2014 by the Irish Prison Service and the National Advisory Committee on Drugs and Alcohol sampled 824 prisoners across the Irish prison estate. The findings noted a substantial gap exists between the availability and need for drug free wings, drug free treatment programmes and that respondents indicated a high degree of willingness to use these services when available (p 3).

Annually, over 55% of admissions to Coolmine's residential Therapeutic Communities are either directly from prison or referred by the Probation Service (76 individual placements). At any one time, we have over 100 prisoners across the Irish prison estate seeking a placement in Coolmine. Research tells us that 72% of Coolmine clients remain illicit drug free and 98% are not engaged in criminal activity two years post treatment (Pathways Through Treatment, 2016).

Today we are calling on Government to support us to meet the demand for addiction recovery in Irish prisons and reduce exchequer funding. We are calling for the establishment of a drug free prison Therapeutic Community (40 placements) in an Irish Prison. This is a collaboration between Departments of Justice and Health and across relevant state agencies; Irish Prison Service, Probation Service and Health Service Executive. The staff cost for 40 placement prison Therapeutic Community would be €469,000.

There is clear and tangible value for exchequer funding in this proposal. The cost of a single male placement in Coolmine's male residential Therapeutic Community is €13,500 a year (HSE Cost per Unit Study, 2017). This compares to the average cost of an 'available staffed prison space' at €69,400 per annum (Irish Penal Reform Trust, 2016). The annual cost to the exchequer of 76 prison incarcerations is approximated at €5.27million.



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### Action Three

**€107,000 investment in Parent under Pressure to break generational cycles of addiction in over 50 high risk families in Irish society.**

On 13th September 2018 past, Trinity College Dublin published research An Evaluation of the Parents under Pressure programme (PuP) at Coolmine. The key findings include that 100% of participants were substance free at programme completion. All had significant reductions in levels of depression, anxiety and stress making them emotionally available for their child(ren). All parents experienced 'transformational change' in their belief and capacity to be the best parent for their child(ren). The independent research noted that Coolmine are strategically placed to lead the development of a systematic programme to improve family functioning and child outcomes for high risk families impacted by addiction.

PuP therapists are required to support high risk families experiencing homelessness or at risk of homelessness. This includes families as they transition from residential treatment. Many high risk family parents have experienced homelessness and suffered trauma. Everyday life can be challenging. Budgeting, cooking, participating in social situations and maintaining healthy routines and structure can pose difficulty.

We are calling for €107,000 scale up investment in this evidenced based intervention that can break generational cycles of addiction, homelessness and associated issues in Ireland. PuP community therapists would provide consistency and work in collaboration with all key stakeholders, social workers, child protection and welfare services and those involved in primary care, education and addiction recovery to maximise positive outcomes.

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### Action Four

#### **€93,800 investment in Recovery Housing supports for high risk families and single clients stepping down from residential treatment.**

Research tells us that the majority of homeless people have addiction and/or mental health issues. Due to Coolmine's specialist work supporting homeless men and women, pregnant women, traveller community members, prisoners and probation clients, we see significant levels of complex mental and physical health needs presented. First and foremost, our residential Therapeutic Communities provide a place of safety to deal with the resultant trauma our clients experience. This recovery is initiated during the five months residential programme. A further seven months of step down and aftercare services are provided (Appendix One: Range of Services). Stepping down from drug and alcohol treatment to homelessness is an inhibitor to recovery. It is a high-risk situation that is avoidable for vulnerable high risk families and single people in recovery.

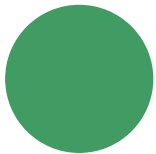
Today we are calling on government to establish Recovery Housing to support high risk families and single people who are homeless as they exit residential treatment. This is a housing led response provided in partnership with wrap-around health led addiction practitioners. Coolmine, in partnership with DePaul Ireland, are collaborating with the Dublin Regional Homeless Executive and the Health Service Executive to deliver Recovery Housing units in 2019.

This will help prevent further levels of homelessness in Irish society. Recovery Housing is a key enabler to supporting long term recovery. Coolmine shall provide two addiction practitioners to lead on careplanning and case management for clients living in the Recovery House. It will allow for people in recovery to continue their life skills training, commence career and education pathways, address ongoing primary healthcare needs, access childcare and avail of peer support groups. In addition, it acts as a safety net for those who may be struggling to avoid relapse.



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### Conclusion

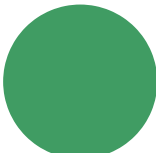


We are seeking €2.27 million additional funding in Budget 2019 to meet the urgent daily demand for services for individuals and high risk families affected by addiction.



The proposed additional investment, as in the above services, will deliver major savings to the Exchequer while reducing existing costs for

- Prison Services
- Foster care
- Health care needs
- Emergency accommodation



The benefits of rehabilitation and treatment are huge. There is a decrease in criminality and illicit drug use and fewer health problems. There is also a decrease in relationship breakdown, unemployment and homelessness. Recovery from addiction is good for the individual, family, community and the Irish state.

Further information and publications are available from [www.coolmine.ie](http://www.coolmine.ie).

- *An Evaluation of the Parents Under Pressure programme (PuP) at Coolmine*  
TCD September 2018
- *Pathways Through treatment- A mixed Method Longitudinal Outcomes Study of Coolmine*  
TCD/Coolmine 2016
- *Study on the prevalence of drug use, including intravenous drug use, and blood-borne viruses among the Irish prisoner population*  
NACDA 2014

03/10/2018

**Pauline Mc Keown**

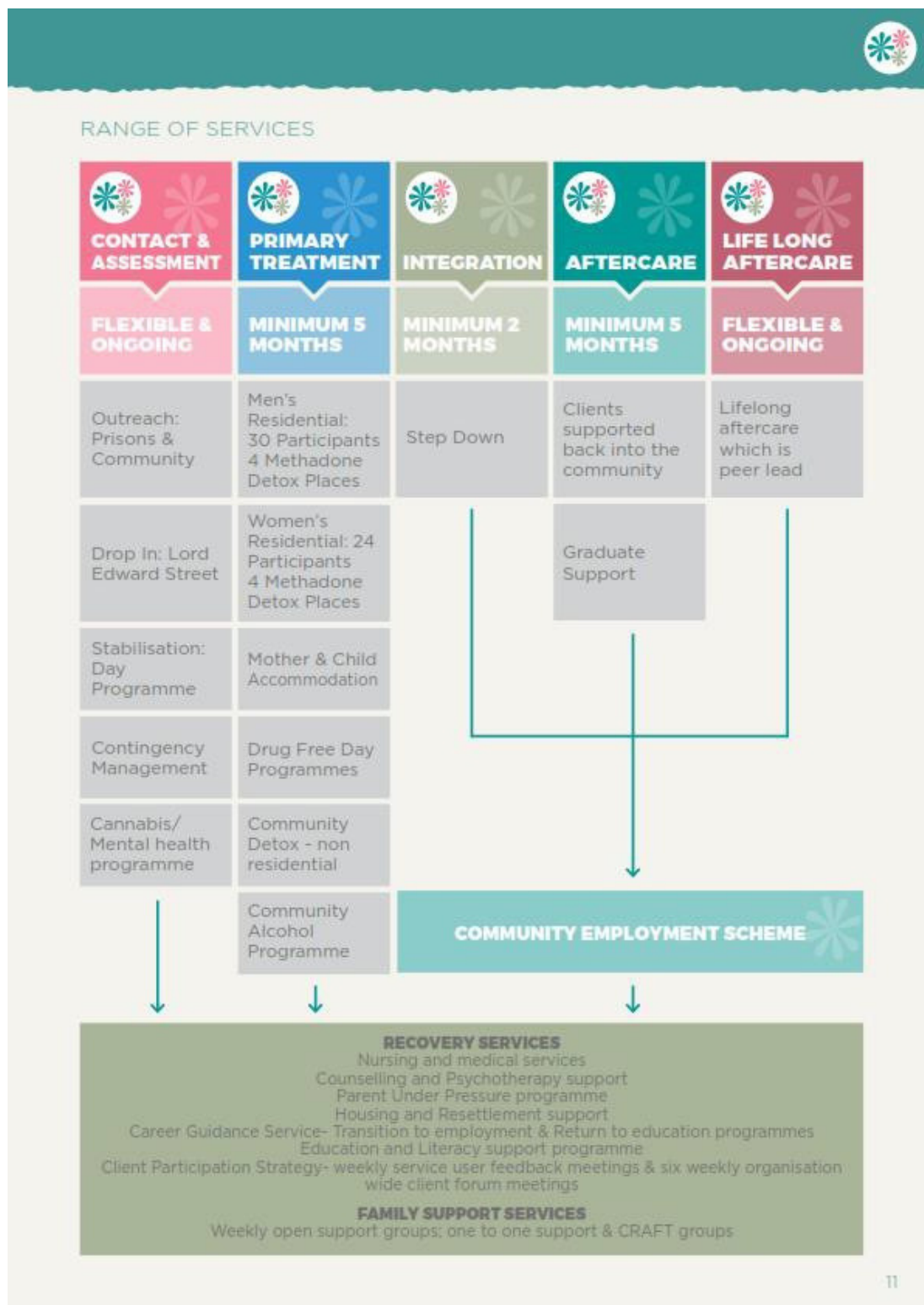
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### Appendix One

### Coolmine Range of Services





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### Appendix Two

#### Breakdown of Income 2017

**Coolmine's income for 2017 was €3,219,256.**

Funding from State organisations accounts for 77% of total income. The work of Coolmine would not be possible without the continuing support of funders.

Principal funders include

- Health Service Executive/ Department of Health: 48.4%
- Department of Justice & Equality via the Probation Services: 17.9%
- Department of Social Protection – CE Scheme: 9.8%
- Dublin City Council: 0.8%

In addition, Coolmine's income is supported by resident contributions, (normally the redirection of welfare benefit to Coolmine whilst they are in our residential services) (14.4%), other grant income and capital grant income (4.1%) and community fundraising and donations (4.6%).

**Coolmine Income 2017**

