

AUTUMN 2018
COOLMINE.IE



COOLMINE AUTUMN NEWSLETTER



COOLMINE
OVERCOMING ADDICTION, SUPPORTING RECOVERY

Welcome to our Autumn 2018 newsletter!

CEO Welcome

I can hardly believe everything that has gone on in Coolmine since our last newsletter! The last three months have been a blur of activity and positive change within the organisation. I am delighted to say that, following a tender process, Coolmine were granted the rollout of the Dublin 15 Community Addiction Programme which will be headed up by Niamh McGuinness. Niamh's previous role of Coolmine Lodge Team Leader has been filled by Wendy O'Brien. Both Niamh and Wendy bring a wealth of experience and skills to their respective roles and I am delighted that both services are in such capable hands.

We were also pleased to welcome Dr Mary Galvin and Dr Sarah Morton to the Coolmine Board recently. As you will read in the piece about these two new appointments just overleaf, the addition of Mary and Sarah to the board is a boost to an already pro-active and dedicated group of individuals. We look forward to working with both women in the future.

In July we were pleased to host Coolmine founder, Lord Paddy Rossmore. Over 40 years ago, Paddy started this organisation and he was – as ever – so impressed with the enduring strength of his mission, of providing the highest quality community and residential addiction recovery services.

July also saw us host an Organisational Away Day which was split between a feedback and brain-storming session in the Crowne Plaza and a team-building event in Rathbeggan Lakes. The first part of the day gave each staff member in attendance an opportunity to get involved in the next strategic plan for Coolmine. We discussed service provision, staff well-being and other future plans for the organisation. It was a very worthwhile session and important for those of us currently working on our new strategic plan.

September was International Recovery Month and Coolmine got involved in several events to mark this. We organised our 'Recovery through the Lens of a Child' event with Trinity College Dublin where we also launched the extremely positive findings of our PuP evaluation. We welcomed several international speakers to the event and a few of our Coolmine clients spoke about their experiences – I would like to take this opportunity to thank them again for taking part, we really do appreciate it. 24 clients took to the high seas with Sailing into Wellness for the second annual Voyage of Recovery (this was double the amount of clients who took part last year thanks to support from Dublin Port Authority. I hope this is an event that can continue to grow and have long-term recovery benefits for all those who take part.

September also saw us officially launch our new vehicles donated by Mallinckrodt Pharmaceuticals which have already become a lifeline to our clients and their children. Our residential services also got a facelift from two Impact Day volunteer teams from Deloitte. Our continued thanks to all our corporate partners for the important work they do for our clients – it is much appreciated. September had many other highlights that you will read about in this edition. Our staff and clients took part in the Irish Recovery Walk and contributed artwork to the national Recovery Wall, 20 Coolmine clients graduated in an emotive ceremony in the Draiocht theatre and four Coolmine clients found out they had been selected to represent Ireland at the Homeless World Cup in Mexico this November (I already checked, they sadly don't cover costs for Fan Club members). Our thanks to all those who helped us to celebrate this important month. Recovery isn't easy, but it's easier when you have support.

Keep in touch! The best way to keep in touch with Coolmine and see our new photos and videos is to join our Facebook community! Go to facebook.com/coolminetc or just search for Coolmine TC on Facebook. We're also adding news to our website constantly!

Thank you and enjoy catching up on all our Coolmine Happenings!

Pauline McKeown
Chief Executive



Coolmine welcomes two new board members

We are really delighted to announce that Dr. Sarah Morton and Dr. Mary Galvin has joined the Coolmine Board.

Sarah brings with her a huge amount of expertise in substance use, Domestic violence, community engagement and practitioner practice development.



Mary is a research fellow in the Trinity Centre for Practice & Healthcare Innovation (TCPHI) in the School of Nursing and Midwifery at Trinity College Dublin. She is passionate about making sure the voice of those experiencing social exclusion is heard.



They will undoubtedly be valuable assets to our Board.

D.15 Community Addiction Services

We are delighted to announce that Coolmine have been successful in our tender submission to HSE CHO9 to deliver a Community Addiction service in Dublin 15, with Niamh McGuinness taking up the roll of team leader.

The Community Addiction Team shall be a responsive frontline service provision in Dublin 15 area working with people and their families experiencing problematic drug and alcohol use.

Coolmine House Pop-up Cafe

Coolmine were delighted to help host a Pop Up Café in Coolmine House, 19 Lord Edward Street, Dublin 2; hosted by Recovery Academy Ireland! Coolmine House is a place where hard work, determination and belief live.

We provide many services from this building including outreach work, drop-in support services, day courses, cannabis and mental health programmes, drug free day programmes, stabilisation services and family support services.

Meet the Coolmine community

Zac was a resident of Coolmine Lodge. Coolmine worked with Zac to find appropriate housing for him. He is not going to return to his previous environment which would challenge his recovery.

Before I came to Coolmine I was expecting it to be like a workhouse, like something out of Oliver Twist! But that couldn't be farther from the truth. One of the first things I had to get my head around was the fact that clients were in charge. I met people and assumed they were staff members but they were clients, like me. That took some getting used to. Coming from prison you're so used to thinking of the people in charge being separate to you. But here, it's all of us from the community who manage a lot of things.

Part of the process in here is your Concerns meeting. After a month in Coolmine you're sat down and the rest of the community read out what concerns them about you. What they think might stand in the way of your recovery happening. It's obviously a lot easier to give Concerns than to take them but they're an important part.

Apart from helping with my addiction recovery, Coolmine has given me a peaceful mind. I used to suppress my anxiety with drugs. Before, I would wake up with a racing head full of thoughts about how I was going to get drugs that day and everything had to involve crime. Now, I'm free from that madness. It's calm now in my head.

Talking is vital. You have to talk in here. Talking to each other is how you find out that we're all mirror images of each other. We're all coming from different backgrounds and have different issues. But we're all addicts. And that's how we are able to help and support each other. Because we know what the other person is going through. We've been there.

It's taken a while but I know now that I can only do my best. If I don't place importance on myself, I can't place it on anyone else. I always say now 'Don't know it till you try it and keep up the good fight!' That's all you can do."



Lord Paddy Rossmore visit

“When I sit here in Coolmine today, or any of the recent times that I have visited, it is with amazement and pride. It is a place that has meant so much to so many people. And it has saved people’s lives. The most incredible thing for me is that, at its heart, the idea of the original programme is still there. It’s a place, I think, with integrity. And the holistic approach is still at its centre. That, I cannot believe. And of course, the staff are the most dedicated group of people you could wish for. I’m very proud.”

We were thrilled to be visited by Coolmine founder, Lord Paddy Rossmore in July. In 1973 a tiny staff of three people, headed up by Paddy, opened the door of Coolmine for the first time. Paddy founded our therapeutic community in 1973 to help his then girlfriend, singer Marianne Faithful and others in Ireland suffering with addiction. He introduced a holistic approach to addiction recovery to Ireland.

Paddy visited both of our residential services and our day centre on Lord Edward Street and could not believe the dedication of the staff and the incredible work still being done. Coolmine was founded with love and compassion and we are so proud that those are our guiding principles to this day



Mallinckrodt donation of two new vehicles

We were thrilled to visit the offices of our corporate partners, Mallinckrodt to officially launch our two new client vehicles with Dr. David Keenan, MD of Mallinckrodt Ireland and Mallinckrodt President and CEO Mark Trudeau.

The vehicles were kindly donated by Mallinckrodt and will make a huge difference to our staff and clients. Many of the mothers and children in Ashleigh House require external appointments such as maternity and ante-natal sessions and children’s hospital visits. Also, many of our clients have family unification appointments.

The vehicles will furthermore be used for the transportation of both male and female clients to educational and social family activities as part of our Parents under Pressure programme.

This is the latest act of generosity that Mallinckrodt has made. Our partnership is a really meaningful one where the Mallinckrodt staff actively seek ways to support our clients through over 250 volunteer hours (and counting!), financial donations and project support. Thank you Mallinckrodt!



Recovery Through the Lens of a Child

We were delighted to launch our Parents under Pressure (PuP) programme on Thursday, September 13th as part of our 'Recovery through the Lens of a Child' conference event. The event took place in Trinity College where we welcomed a host of international keynote speakers who each addressed the issue of parental issues for those struggling with addiction and recovery.

Senator Joan Freeman helped us to launch the event. Senator Freeman, a Presidential Candidate in the upcoming election, visited Coolmine residential services earlier in the week and saw firsthand the work done by our organisation and our staff and clients. She pledged her support to Coolmine at the conference event and we look forward to working with her to develop our services.

The speakers on the day included Dr Jo-Hanna Ivers who discussed the findings of the Trinity College evaluation of our Parents under Pressure (PuP) programme. This, the first Parents under Pressure report of its kind, found a decrease in parental anxiety and depression and an increase in mindful parenting. These were amongst many positive findings that show that PuP is a worthwhile and beneficial programme.

Other speakers on the day included the PuP cofounders, Dr Sharon Dawe and Dr Paul Harnett who discussed their work on the programme. They were followed by Dr Anne Whittaker who talked about the programme's benefit to fathers, based on a Scottish case-study.

We were so pleased to have several Coolmine representatives speak on the day about their experience of the PuP programme. Our thanks to Emma, George and James for their words on the day.

Our thanks to The Community Foundation for Ireland for their ongoing support of PuP. To view the full report visit <http://bit.ly/PuPreport> or simply visit the Coolmine website, www.coolmine.ie.



2019 Voyage of Recovery

The 22nd of September seen the first day of this year's Voyage of Recovery which saw 24 clients take to the Irish seas to experience the peace of mind and connection with others that comes from sailing.

Previous clients who have taken part in the voyage struggle to put into words how important this experience was to their recovery.

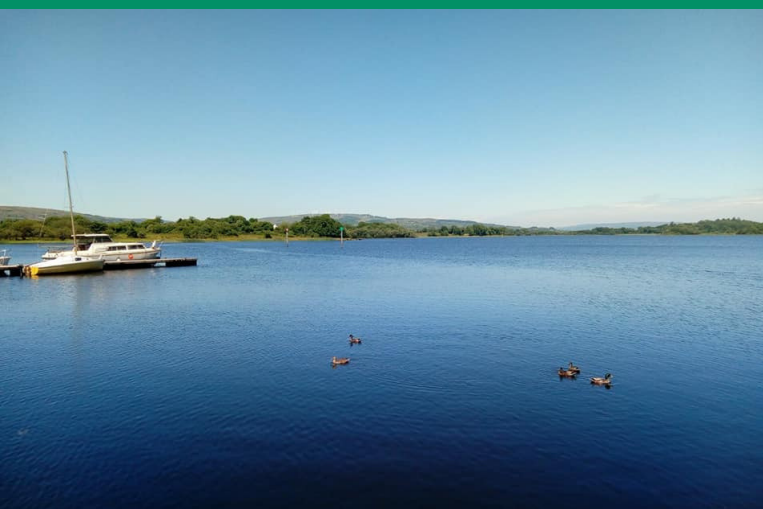
It's a chance for introspection and an opportunity to take stock and appreciate your inner strength and worth.

All our clients had a meaningful voyage of recovery in this, International Recovery Month. Our thanks again to our supporters, Dublin Port Company and Garry O'Reilly.



Ashleigh House trip to Leitrim

Thanks to our glorious summer the ladies from Ashleigh House were able to enjoy a sun-tastic trip to Leitrim swimming, singing their hearts out and fishing, while continuing to support each other through recovery.



2018 Recovery Walk



We were pleased to take part in the Irish Recovery Walk through Dublin city.

The annual event is organised each year to give those on the recovery journey a voice and make their achievements and the challenges of recovery visible.

This is one of the many events Coolmine is took part in as part of this year's Recovery Month. Recovery is something that you never stop working on. And we want to acknowledge that.

Coolmine Graduation Ceremony

Our second graduation of the year took place this month in the Draiocht Arts Centre Blanchardstown. The Theatre was packed with family and friends of the clients who completed the programme and are now living a purposeful life. It was an exceptional night with speeches from Alan Connolly and our CEO Pauline Mc Keown acknowledging the achievements of those who have left addiction behind them.

All the participants friends, family, staff partner agencies and those who are currently attending Coolmine helped make the night a special one.

The people who stood on the stage are now strong confident individuals. We wish them well on their new path in life and offer them ongoing support via our Graduate lifelong support group



Coolmine Participate in Ghent EWODOR Conference

Coolmine was pleased to represent the Irish therapeutic community at the 17th International Ewodor Symposium in Ghent, Belgium on September 20th and 21st. The symposium was entitled 'Pathways and challenges to addiction recovery' and examined the role of treatment, self-help and other mechanisms of change.

The symposium was open to researchers and professionals working in the field of addiction treatment. Our CEO, Pauline chaired a panel session looking at the theme of 'Women and Recovery: on the need for gender-sensitive treatment' in which Eva Devaney and Anita Harris took part.

Pauline and Anita also spoke about the PuP evaluation carried out by Trinity College as part of a wider discussion about supporting parents and families to overcome addiction.

These international events are important as they let us see what is happening in the world of therapeutic communities and are a way of gauging our performance on an international level.



Organisational Away Day

It was a day of two halves at our Organization Away Day back in August as Coolmine staff gathered to discuss our next strategy and service delivery optimization.

This was followed by team building at Rathbeggan Lakes - Family Adventure Park where team members from all departments worked together and supported each other (particularly when on top of a ten meter high podium...).

Our staff are incredible and this day was organized as a token of our enormous gratitude.



Homeless World Cup Update

The members of our football team, Coolmine FC have been doing us proud recently! The lads have organised several matches and tournaments - including a match with the local Blanchardstown Garda football team which they lost unfortunately and also a match against Mallinckrodt which they won 5:4.

Great pre training for the four members of the team in the run up to represent Ireland at this year's Homeless World Cup. With the help of our supporters we were able to purchase new runners and our heartfelt thanks goes to the Mallinckrodt team who clubbed together and donated to our 'Kit our Coolmine FC' campaign which brought us over our target of €600.



Deloitte IMPACT Volunteer day

Heartfelt thanks to all the lovely Deloitte team who were in Coolmine Lodge and Ashleigh House as part of their IMPACT day.

The guys done amazing work in Ashleigh House's Fairy Garden and playground and the playground in the Lodge.

It is amazing what can happen when a group of dedicated volunteers work together. It has brightened up the world for our client and their little ones so much.

We are delighted to share some before and after photos, what an amazing job they done!! Thank you to all the Deloitte volunteers!



Sharon ni Bheolain visit

We were thrilled to have RTÉ One star Sharon Ní Bheoláin out to visit our Dogs for the Disabled training puppies and their trainers back in July!

Coolmine Lodge clients were training two puppies, Lacey and Leon to become assistance dogs. The chosen clients participated in the training of these assistance puppies over a few weeks in supervised training periods.

They thought them basic obedience and learned to read each dog's body language to work out what they need. We hope to work with Dogs for the Disabled as part of future training schemes.



SUPPORT COOLMINE

Community Funding continues to grow with regular church collections and bag packs. If you would like to volunteer their services to cover any of these events, please ring Lisa on (01) 827 0003 or email lisaborza@coolminetc.ie

Thank you to all who have supported these events in the past, and hopefully continue to support us in the future. Thanks also goes to Dunnes Stores, Marks & Spencer and Supervalu for allowing us the opportunity to do bag packs on a yearly basis..

Heartfelt thanks also to our Regular Donors and Friends of Coolmine. Continued committed income allows us to better plan ahead. There are several ways that you can actively help us to continue changing lives. They are:

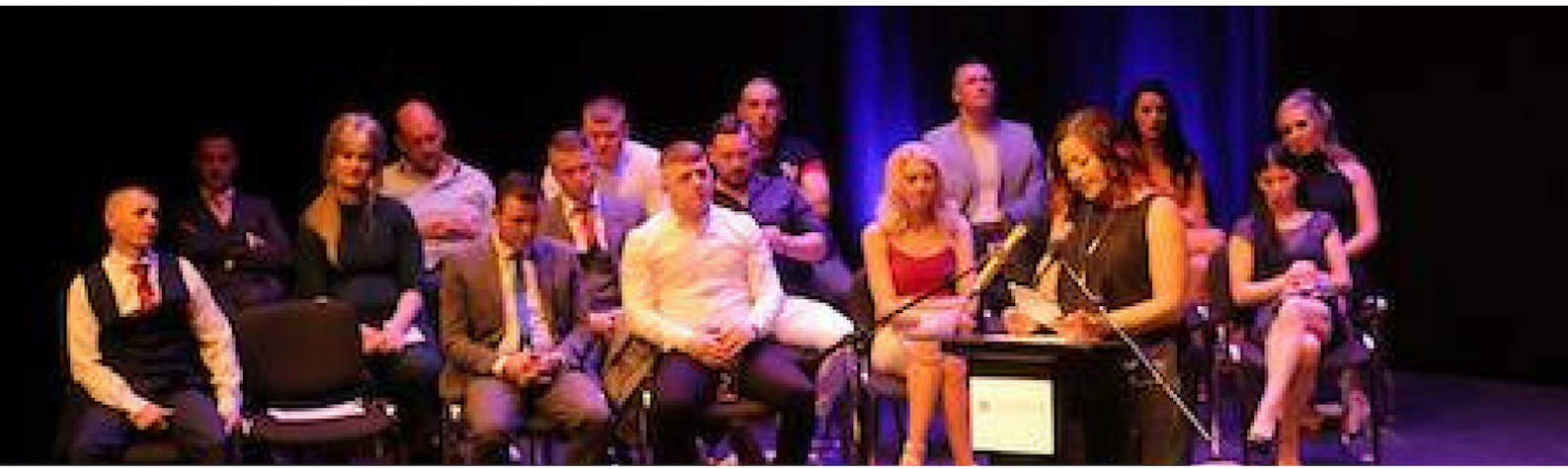
Donate online by visiting www.coolmine.ie clicking the 'Donate Now' option (right hand top of homepage).

Become a Friend of Coolmine and make monthly donations. Visit our website www.coolmine.ie or email fundraising@coolminetc.ie for the sign-up form.

Make a donation via post (cheque or postal order) or drop cash donations in to any of our centres. All postal donations can be sent to;

Coolmine Finance Office,
7 Ringwood Centre,
Damastown Close,
Dublin 15.
D15 HK 12





Upcoming Events

- November: Launch of the 2017 Annual report
- November: D15 official opening
- Winter TBC: Ashleigh House open day
- 13th December –'All is Bright' Christmas Gala Concert