Annual Report 2017



Tallaght Rehabilitation Project Clg Providing drug and alcohol rehabilitation within the local community

Kiltalown House Jobstown Dublin 24



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Tallaght Rehabilitation Project Mission Statement

We believe in the advantage of Rehabilitation within the community, as addiction does not happen in isolation. TRP provides a supportive and nurturing environment where participants are encouraged to work in a therapeutic process on their previous drug/alcohol use. TRP promotes a healthy lifestyle in a structured and safe way, through education and training. From this, participants are encouraged to make an informed choice to ultimately become and remain drug/alcohol free.

Values

Tallaght Rehabilitation Project values and respects the rights of all our participants to engage in a recovery process that is positive, honest, compassionate and dignified and also meets the needs of our clients through progressive pathways and emotional growth.

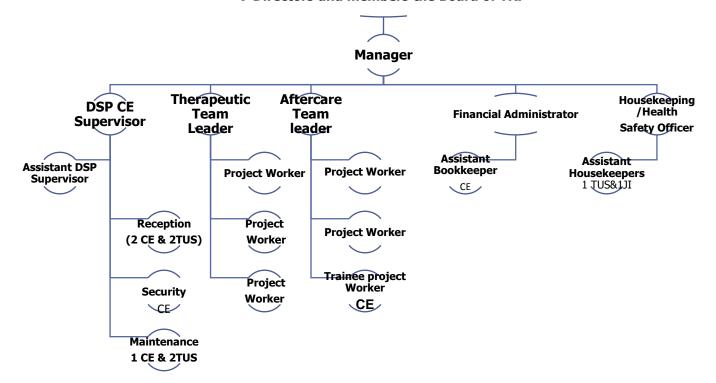
Commitment and vision

The TRP organisation is committed to providing quality services for people who are in recovery from drug and alcohol addiction. We are an evaluated service that is true value for money. Our organisation and programmes strive to provide quality based services which are evidence based and promote good corporate governance in order to be a leader in community based therapeutic rehabilitation.



Organisational Flow Chart Tallaght Rehabilitation Project Clg 2017

7 Directors and members the Board of TRP



Tallaght Rehabilitation Project Clg Directors and Members of the Board



Chairperson Mr. Seamus Massey



Secretary Cllr Cathal King



Treasurer Fr Valentine Martin



Cllr Charlie O Connor Board Director



Mr. Patrick Doyle Board Director



Miss Anne Marie Wall Board Director



Mr. Frank Sage
Board Director



Chairperson's Report

I, Seamus Massey, Chairperson of TRP, present this annual report knowing that 2017 has been a successful and eventful year for Tallaght Rehabilitation Project CLG. TRP continues to provide a quality rehabilitation service for people in the Tallaght wide community whose lives have been damaged and blighted by drug and alcohol addiction. I congratulate all the management and staff members in TRP for their committed and

dedicated efforts in providing the positive, encouraging and supportive experience that participants enjoy during their stay with our organisation.

All funding received from our statutory and voluntary funders are used in accordance with best practice and appropriate guidelines. In 2017 all monies received have been properly accounted for and externally audited. Our audited accounts appear on our website each year. I thank all our funders for their continued support and hope the requisite funding will be available to TRP to allow the organisation to progress its work and extend its services where appropriate.

As I stated in my report last year the remuneration of staff, a legacy of the cut backs, is a major issue for our organisation. Just to note, it is the view of the Board that it is unacceptable that members of staff are not on the appropriate recognised pay scales. This matter is been addressed with our funders to ensure that all staff are placed on the appropriate agreed scales.

All of our Board members take time away from their regular busy daily schedules to give generously of their time and expertise in a voluntary capacity to our organisation. I thank them for their positive contribution, their wise governance and their constant support of TRP throughout the year.

The Day Programme is fully subscribed and is doing excellent work in the therapeutic and educational process of recovery. We have been granted a number of extra places on the day programme for the coming year. This is great news as we can reduce our waiting list and help more clients. We are in discussions with our funders to enable this to happen.

We were disappointed and a little dismayed that the South Dublin County Partnership found itself unable to accredit the Box Smart module this year. The Box Smart initiative is an essential part of TRP's annual programme. This Box Smart initiative has been independently evaluated and found to be a very successful quality initiative with short and long term benefits for participants. It is real value for money and an excellent Mental Health initiative for people in recovery in the Tallaght Wide Area.

This year the numbers attending the Aftercare service have increased month on month. This free service provides a friendly, relaxed and supportive environment for people in rehabilitation and can be availed of by anyone looking for or needing support in their recovery. I am impressed with the number and variety and quality of activities, workshops and supports that are available for those availing of the service. Manager, Pat Daly, Financial administrator, Joan Cleere Neville and I participated in the collaboration process on behalf of TDATF. We kept Board members informed about discussions and the process, Our decision at the end of the process, not to get involved with any other frontline project mergers, was approved by the Board who considered such a move was not in the best interests of the organisation or our clients. Our clients are the most important people in the organisation. They are the reason that TRP CLG exists. I congratulate all our participants on their sincere efforts to become drug and alcohol free. I love the Awards Night ceremony which takes place each year in Kiltalown House in December. Our clients are centre stage they share their efforts, their struggles and their successes in becoming drug free while we acknowledge, appreciate and are humbled by their stories, I encourage partners, families and friends of our clients to become even more involved in the recovery process of their loved ones. With the involvement and support of family and friends our clients' chances of becoming and remaining drug and alcohol free is greatly enhanced. In conclusion it is my fervent wish that all our clients will achieve their individual goals as they progress on their journey to full recovery in Kiltalown House during the coming year.

Thank you Seamus Massey Chairperson



Manager's Report 2017
By Pat Daly

Hi All,

I would like to welcome you to review the manager's report for the year 2017. I do hope you find our annual report informative and interesting and it gives you some kind of indication of the year we have experienced at TRP in 2017. Like so many other years, there was so much happening within the TRP

organisation in 2017, I could probably write a book on the year. I would like to give you an overview of all the good work and ups and downs that the organisation experienced throughout the year.

As the manager of TRP it amazes me every year the amount of work that the team delivers to our clients and their families. In February 2017 we had our service agreement meeting with the HSE to ensure that we receive our section 39 funding. Once again TRP were evaluated through the service agreement documents as being fully compliant as per the standards of the HSE.

Funding and resources are always a huge issue for our organisation and over the past several years and in particular the year 2017 TRP has seen a greater demand within the community for our rehabilitation and recovery services. Because of this demand in 2017 we applied for more special category and mainstream CE places on our programmes through the DSP rollover. As I write this report I am happy to inform you that through our positive and proactive approach and partnership with the DSP and with their confidence in our facilities and services, our organisation has received those extra places. This means more places on our rehabilitation day programme for people in the local community. However we can only facilitate more spaces on the programme if we receive more funding for staffing resources which will allow us to expand and grow and meet the needs of the local community.

Our partnerships and working together agreements with many local agencies in 2017 were very positive experiences for all concerned especially for our clients and their families. Our interagency work with Barnardos, The Lorien Project, Aoibhneas Women's Refuge, Saint Dominics Response Centre, JADD, Carp, and the Tallaght Drugs and Alcohol Task Force, Suicide or Survive and IT Tallaght, were very fruitful organisational collaborations. There were many other agencies we engaged with for the good of all our clients. I would like to acknowledge and thank all the tutors who came to TRP in 2017 and delivered excellent training to all our clients, in particular I would like to say a big than you to Michael Hughes and Frank Walsh who facilitated our group through the Box Smart module.

We experienced some staff changes in 2017. Tom Kearns our aftercare supervisor moved on to the youth action project in Ballymun. Catherine Redmond our long time DSP Supervisor also moved on to a new position with the Suicide or Survive organisation. Sara Smyth who worked as a project worker in the aftercare service also moved on. These experienced people where a big loss to TRP, but we wish them well and all the success they deserve in the future. I am confident that the people we have hired in their places will also do a good job with our clients and their families.

Once again we successfully completed our annual yearly strategic work for 2017; we had our final review of the work plan in November 2017 where myself and the staff team signed off on many of the tasks contained within the plan. Putting together the strategic plan throughout the year can be hard work. I would like to thank Lisa Wynne (Team Leader TRP) Joan Cleere Neville (Financial Administrator) and all the staff team for all their suggestions, ideas and assistance with the work plan in 2017.

Manager's Report 2017 (continued)

I would like to thank, most sincerely, all our board members for attending all our board meetings in 2017. Their attentive listening, suggestions, guidance and advice were greatly appreciated by me and the management team. The Directors of the TRP board, who give their time freely, are a great asset to the TRP organisation.

We had a very successful Box Smart module in 2017 where 15 men and woman engaged in this programme. 11 of the clients graduated from the module and all received merits and distinctions in QQI level 5. This module is a huge progression route for all participants who engage in it.

We also facilitated our Annual graduation night in December where all the participants came together with their family and friends to receive certificates for all the modules they had completed whilst engaging in the TRP programmes throughout 2017. The graduation is a very special night for all our clients, their families and the staff team here at TRP. It's always a very uplifting and emotional night for everyone.

Our annual Christmas family day was also a great day for all the children who visit Santa and all the children received gifts and a lovely lunch. We also organised a family summer sports day and again we all had great fun and laughter racing around our beautiful gardens doing the wheel barrow races and egg and spoon races, football blitz, penalty competitions, the competition was fierce, and that was with the adults not the children.

There was so much more that went on at TRP in 2017, I would be writing all week if I was to go into everything that happens here in a year. I have tried to highlight in this report some of the main events of the year.

Moving forward one of our main visions and goals here at TRP for 2018 and beyond, is to try and expand our programmes to meet the demand for services for people and families who are adversely affected by Drug and Alcohol Addiction in the Tallaght wide community. As a front line Drug and Alcohol Rehabilitation service within the community, TRP aim to commit to providing quality services to all our clients. Working within a set budget from the HSE, DSP and LDATF we aim to provide value for money and a strict adherence criterion.

TRP will always strive to promote a healthy positive environment for all the people who work in our services and for participants who engage in our programmes. We will continue to promote good governance and adhere to our mission statement and overall ethos and we will continue to advocate for more funding in order to support our organisation to grow and progress.

Finally, I would like to say a very special thank you to all the staff at TRP for their dedication, support and assistance throughout 2017. These people are special people who go above and beyond the call of duty. Our fervent hope for 2018 is that all the highly qualified employees who work in TRP and other community front line projects are finally treated with fairness and respect and they are afforded the rewards they fully deserve through the national restoration pay agreements.

Thank you for taking the time to read this report; I hope you enjoy the rest of the review.

Regards

Pat Daly

Manager

TRP



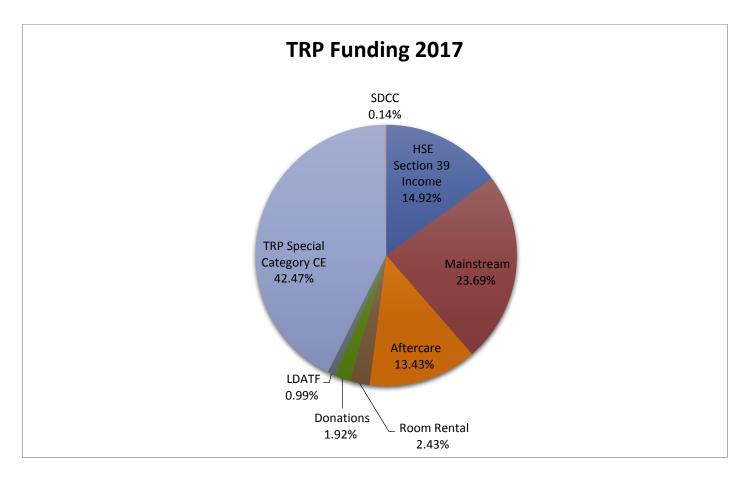
<u>Financial Administrator's Report 2017</u> by Joan Cleere Neville

Tallaght Rehabilitation Project Clg values the economical and efficient use of resources and aims to ensure that all expenditure utilises effective planning and decision making and ensures that the most economical options have been sourced. All funding received by Tallaght Rehabilitation Project Clg is strictly monitored and accounted for and spent in accordance with

relevant guidelines and best practice in an open and transparent manner to ensure best value for money. The accounts are audited by Denis J Ryan and Associates, Certified Public Accountants and submitted on time to the Companies Office. The following criteria is strictly adhered to when managing resources

- **1.** Consistent, smooth delivery of all services.
- **2.** Maintaining good corporate governance
- **3.** Maintaining a quality service through the best use of available resources.

Below is a breakdown of the grants TRP received in 2017 from the DSP, HSE and LDATF and SDCC Sports. TRP also received grants and donations from the National Lottery, the Adelaide Health Foundation, the Mansion House Fuel Fund and some small private donations. TRP increased room rental by 33% in 2017 due to promotion and new advertisement material. Room Rental is used to supplement statutory funding in order to maintain a quality service and upkeep Kiltalown House and its grounds. TRP reduced its overheads by 3.5% in 2017. This was brought about by changing electricity and gas suppliers and entering into better agreements with other providers.





The Aftercare Report 2017

The Tallaght Wide Aftercare Service is a post rehabilitation service that seeks to positively reinforce the gains that people make during early recovery and support them to continue on the journey of recovery from addiction. The Tallaght Wide Aftercare service opened its doors eight years ago to support local people in the community recovering from addiction. In 2017, the Aftercare

team worked to offer our participant groups a holistic approach to recovery focusing on personal development, mental and physical wellbeing, education and social activities.

The Tallaght Wide Aftercare Service has a Social Setting where people can socialise in a safe environment and enjoy different activities and also offers different educational and personal development workshops throughout the year.

Holistic modules such as Mindfulness, massages and stress management were very popular in 2017 and supported participants in working on their wellbeing by giving them space to learn self care as well as reinforcing copping skills to deal with stress and anxiety. A number of volunteers delivered these modules throughout the year. We thank them sincerely for all their help.

Structured fun activities in the Aftercare service scheduled during the year like: BBQs, Halloween party, joining the Recover Walk, visiting Glendalough, Bokwa or Volleyball in the Kiltalown House gardens encouraged participants to find a place to socialise and develop healthy relationships between peers. We marked the end of a great year with a fabulous Christmas dinner for 19 people, everybody helped to cook and decorate the room.

On Tuesday nights the Peer Support Group met with an Aftercare facilitator to support each other and solidify their recovery though the weekly sessions and workshops like Relapse prevention, Key working and care planning sessions were also facilitated during 2017 to support Aftercare clients in achieving their individual goals within their recovery.

Aftercare service participants were also involved in the two annual family days in TRP. In August we participated in the TRP Family Sports day and in December the Christmas Family Day. The annual Award Ceremony was held on the 8th of December, Aftercare service participants together with staff and family, attended this great night to acknowledge all their achievements during the year.

Another great highlight of 2017 was Round 3 of the Box Smart initiative. The Box Smart is a QQI Level 5 minor award in Health Related Fitness educational class. The programme is designed to support people who are engaging in progressive recovery from addiction issues.

Box Smart 2017 was launched on the 19th of January and was facilitated during 20 weeks.

The Box Smart is an Aftercare service initiative and consisted of educational and physical modules facilitated by two mentors plus an educational support mentor. Based on the final evaluation, 11 accredited participants felt the course had a positive effect on their families and on their own health. Throughout the year the TWA service continued to link with agencies that were able to guide and support our participants with a variety of specific and specialist services. I would like to thank all these agencies for the great support given to our participants and we hope these relationships will continue in the future.

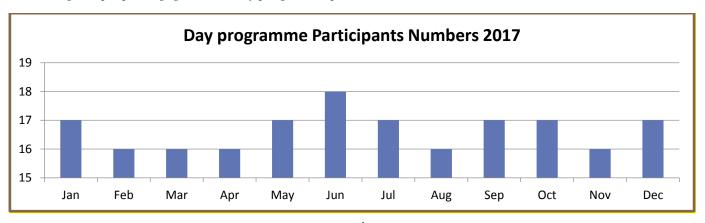
Finally, we would really like to thank funders, TRP board of management, all our staff team and staff including Tom Kearns & Trish Mestres and all our volunteers for all the support and time dedicated to the Aftercare service. As a result, 2017 was a very successful year with more than 1500 interventions.

Statistics for TRP 2017

This page provides a broad overview of statistics relating to the various services provided by Tallaght Rehabilitation Project and to the participants who have availed of them.

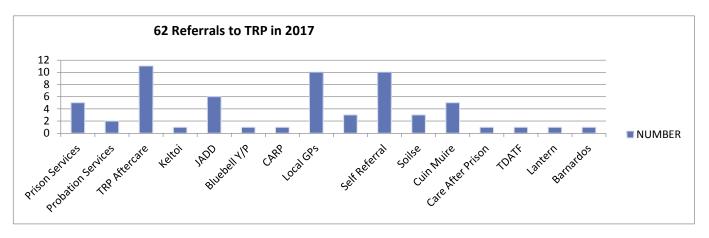
Day programme Numbers

On Average 16 people engaged in the day programme per month in 2017



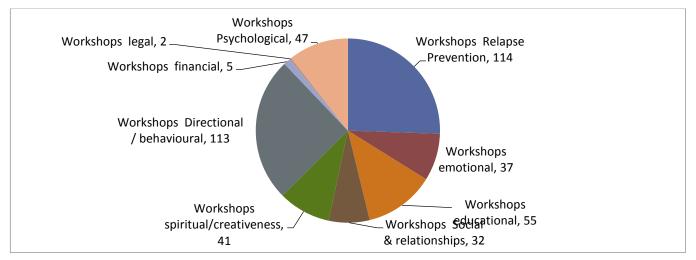
Referrals in 2017

Referrals increased in 2017 from 53 in 2016 to 62 in 2017. This is an increase of 17%...



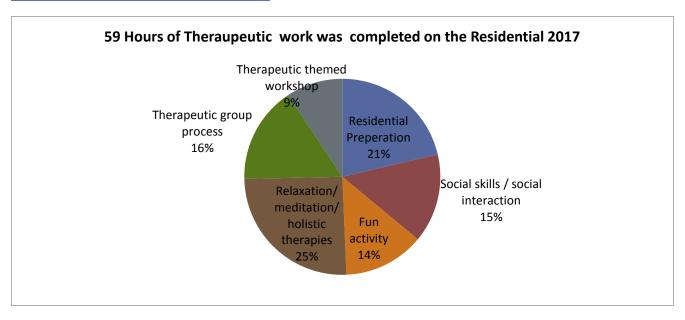
Therapeutic Workshops

446 Hours of Therapeutic Workshops were completed on the TRP day programme in 2017



Statistics for TRP 2017 continued

TRP Residential Weekend Statistics 2017

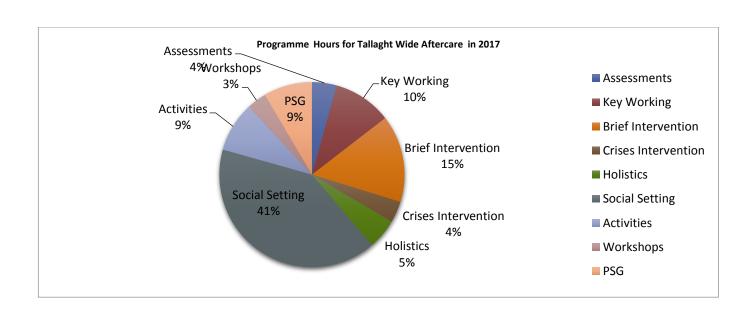


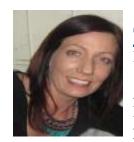
Tallaght Wide Aftercare Statistics 2017

People Accessing the Tallaght Wide Aftercare per month in 2017

Jai	n	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	TOTAL
1	119	102	114	118	148	158	169	191	158	132	178	101	1688

Below is a breakdown of Hours were completed on the Tallaght Wide Aftercare programme in 2017.





Therapeutic Team Leader's Report 2017
By Lisa Wynne

A warm thank you from me, and the therapeutic staff team, Carla Whelan, Dawn Brown & Paddy Maxwell for taking the time to read this report which I hope will provide a detailed overview of the rehabilitation day programme we delivered in

2017, the many achievements and some of the challenges we faced throughout the year.

The consistent number of clients wishing to access our programme is a demonstration of the quality service we provide. During 2017, 62 referrals were made to the TRP day programme 40 men and 22 women, enhancing and developing relationships with referring agencies is a priority as this supports the clients' smooth transition through rehabilitation. Most notable is the significant increase in the number of clients been referred from residential treatment centres in 2017, this in turn has impacted the number of drug / alcohol free clients attending the programme.

As part of our vision and ethos TRP has always promoted and encouraged clients who wish to embark on a detox from drug and alcohol use with the assistance from the G.P. With the view to become drug /alcohol free. In 2017 there were many celebrations which have included significant reduction in prescribed medications, successful completion of detoxification and attaining drug and alcohol free and also some participants reaching both one year and two year milestones of drug and alcohol free status.

As participants strive to accomplish their significant goals it not only shows the supportive and nurturing environment provided at TRP but goes further to recognise, the consistent effort put in by our participant group to further develop and enhance their coping skills and the motivation and energy they apply to their care plan goals.

Building healthy and supportive relationships is a key component of the therapeutic environment. The TRP programme continuously promotes positive peer support through specific workshop modules, therapeutic process groups and gender specific groups. This proves to be a key motivational factor which consistently challenges the mistaken beliefs and inspires hope which contributes hugely to the healthy environment our participants and staff team creates.

Other key achievements this year included our annual residential module, in which 10 participants completed a 6 week preparation module on the theme of Life story and completed a 4 day residential module this was held in June 2017. This year we attended a new venue in Co, Wicklow "the Avondale Retreat", this was the perfect setting which complimented the personal work and therapeutic process the group engaged in. we will definitely go back to Avondale retreat for next year's residential weekend.

During 2017 TRP hosted a benefit evening for a past participant who sadly passed away in May 2017. I would like to acknowledge the significant effort from all involved who organised this event, the kind donations of spot prizes and for all who attended and made the evening a special cerebration of a special person's life.

Therapeutic Team Leader's Report 2017 continued

Housing has been a significant issue which has had challenging impact on the lives of some of our participants and their on-going recovery process. As part of our continued commitment to responding to the needs of our client group, further developing links with relevant housing supports / agencies and developing our own strategic plan has been prioritised, with a view to responding more effectively going forward in 2018.

Childcare continues to be a barrier for some of our participant group, especially for our participants who are single parents; this has impacted attendance to our day programme, in particular during school holidays. This also has an impact on participants wanting to avail of supports in the evenings for the Aftercare Services or N/A as childcare costs can be expensive.

The Department of Social Protection have been a significant support in developing the framework to support our participants access rehabilitation through the eligibility process, this has developed immensely in 2017 and has therefore has removed barriers which would have otherwise prevented participants access rehabilitation.

As part of the development of our strategic planning we consistently prioritise developing and enhancing our relationship with other community and voluntary services in order to improve our service delivery. I would like to take this opportunity to thank the various agencies we work with in supporting the needs of our participant group. This is a great benefit to them in their individual care plans.

On that note I will conclude my report by thanking the participants who attend our programmes. I would like to acknowledge the consistent motivation, commitment and responsibility which they apply to the challenges, obstacles and hurdles that rehabilitation poses to each of them. Their accomplishments throughout 2017 have been an inspiration to all and have additionally encouraged recovery within their communities.

Also, I would like to congratulate the TRP staff team whom I have the privilege of working with Once again they have done a marvellous job in 2017 and I thank them for all their assistance and support.

A warm thank you for reading this review Lisa Wynne Team leader

DSP Community Employment Report 2017

The Community Employment (CE) programme is designed to assist and support people through rehabilitation and for those who are long-term unemployed by offering part-time placements in jobs based in local community projects. The TRP Community Employment Scheme is funded under the Department of Social Protection Special Category CE.

The management of TRP have sponsored a Special Category Drug Rehabilitation Community Employment programme since 2000. It is now in its 17th year of operation. At present TRP are allocated 17 "ring fenced" positions which are places provided on the rehabilitation day programme for people who have been referred and are in recovery from substance misuse and 8 other CE positions which are utilised for project support. In order to meet the needs of the Tallaght Wide area, the Board of TRP have applied for extra CE places in the 2018 application.

TRP would like to acknowledge the assistance and support received from the Department of Social Protection over the years and we look forward to working with the DSP as we expand our CE programme and evolve and grow to meet our full capacity .

Below are the statistics for peoples' progression for CE year end May 2017

Statistics for people's progression on the TRP Day Programme Community Employment Scheme May 2016-May 2017

Activity	Men	Women	Total
Accessed Individual Learner Programme with Community Employment Supervisor	10	14	24
Remained on Programme	8	7	15
Completed Community Employment	5	5	10
Engaged in Step Up Programme	4	4	8
Progressed to Employment	3	5	8
Participated in Group Training	10	14	24
Participated in Individual Training	5	3	7
Participated in Voluntary Work Experience	5	4	9
Accessed Financial Supports	2	7	9

We, the CE team, look forward to continuing to offer support to all at TRP and support and guidance to the participants that access our programme. The goal will always remain to enhance the lives of those who require our support and to those who engage with our services. I would like to thank all my colleagues for all their support and guidance provided to me in my new role as assistant CE Supervisor. I would like to thank my Manager, Pat Daly and our Team Leader Lisa Wynne for always encouraging me to strive for the best.

Thank you for reading this Report Ita Bulate CE Assistant Supervisor

Placements quotes

My experience of working in Tallaght Rehabilitation Project my Nicole Smith!

My name is Nicole and I completed my 2 work placements with Tallaght Rehabilitation Project. My time in Tallaght Rehabilitation Project went so fast as I was always kept busy. Everyone is so welcoming and friendly which made my time there very pleasant and comfortable as I can be a shy person. During my time in Tallaght Rehabilitation Project, I got to see every aspect of their programmes and I was involved in most of the workshops. Tallaght Rehabilitation Project showed me where I want to go in life after I get my degree from college in 1 years' time and that is to work with people who are in recovery. I find the staff there like role models because they are good at their iob and they taught me so many new skills that I will carry on into the future. Nicole Smith

Placement 2017

Amir Sabbagh...On Placement from IT Tallaght for 400 hours in 2017

I wish to thank all the staff at Tallaght Rehabilitation Project for hosting me during my work placement. I gained a variety of experience there and learned how the organisation conducts its services day to day. The first period of my placement I gained experience on reception and completing administrative work. This allowed me to familiarise myself with both staff and the service users. It also gave me the opportunity to better understand how the service is implemented and what the requirements of staff and service users where. This was followed by hands on experience, I participated in the services provided and gained real hands on understanding of how the service works for the client. My experience in TRP was very positive and allowed me to attain insight that I know I will carry on throughout my career.

Thank you

Amir



Pat Daly & Amir Sabbagh at the door of Kiltalown House Dec 2017

Special Events 2017

Family Fun and sports day ... August 2017



Benefit Night 2017





QED play for the benefit night for our good friend Jeremy who passed away in 2017



TRP get ready to compete in the annual RDRD 5 a side competition, and got as far as the semi final

The Annual Awards Night took place on the 8th Dec 2017



Manager Pat Daly

Chairperson Seamus Massey

Everyone enjoys Santa and the Christmas party at TRP. Plenty of gifts, food and fun.









The TRP social media platforms are up to date and are very user friendly thanks to the TRP Public Relations committee.



People who wish to receive regular updates about our services can do so my liking us on Facebook or accessing our Website... www.tallaghtrehabproject.ie

Acknowledgements



Tallaght Rehabilitation Project CLG would like to acknowledge and thank the following people for their support and without whom Tallaght Rehabilitation Project would not thrive and grow.

- The TRP Voluntary Board of Directors
- The Irish Government
- The Health Services Executive
- The Department of Social Protection
- Tallaght Drugs and Alcohol Task Force
- The Lord Mayor of Dublin and the Mansion House Fuel Fund
- South Dublin County Council
- South Dublin County Sports Partnership
- South Dublin County Partnership
- IT Tallaght
- Dress for Success
- TRP Volunteers
- Storehouse Project
- Constantin Tui

Tallaght Rehabilitation Project CLG would also like to acknowledge and thank the following friends of TRP in the corporate sector and the local area who donated to the TRP Events in 2017

- The National Lottery
- The Adelaide Health Foundation
- Manhattan Finglas
- Haribo Ireland Ltd
- Frank Sage
- Brennan's Bread
- Domino's Pizza The Square Tallaght
- Cllr. Dermot Richardson and Tallaght Adventure World
- The Football Association of Ireland
- Tallaght Hospital
- Dublin Fire Brigade
- The Paper Clip, Old Blessington Road, Tallaght
- Jobstown Pharmacy
- Centra, Kiltalown Way
- Gavin O'Connor-Duffy

Company Information



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TRP is a Company limited by guarantee.
Company Registration No. 292608

Charity no. CHY 13829.

Tallaght Rehabilitation Project Clg is funded by the following statutory organisations:







