

### **Mission Statement**

***We believe in the advantage of rehabilitation within the community, as addiction does not happen in isolation.***

***We provide a supportive and nurturing environment, where participants are encouraged to work in a therapeutic process on their drug use.***

***Tallaght Rehabilitation Project 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 free.***

## **The History of Tallaght Rehabilitation Project**

Tallaght Rehabilitation Project was set up in 1997 by the Tallaght Drug Task Force (TDTF) in response to the need for rehabilitation catering for drug users engaged in methadone treatment at community based treatment centers in Tallaght. The aim of TRP is to provide non-judgmental care, support to drug users and to educate and train programme participants in a therapeutic process of change, to address the underlying cause of their addiction and prevent a return to active drug use.

TRP is the only dedicated rehabilitation project in the Tallaght area. Our participants come from communities across the Tallaght area where drug addiction has had a devastating affect on individuals, their children, families and communities.

TRP is particularly accessible for young women with children, who wish to seek support in their recovery. Our participants, through actively engaging in their recovery process, will positively impact on their own and their children's lives and futures, which in turn positively affects their involvement and contribution to their community. TRP, is based in the heart of the community and through networking, educational outreach and special projects, has facilitated a better understanding and optimistic profile of drug rehabilitation and recovery.

TRP was given a home in the attic of St Thomas Church for 5 years and worked with a very small staff team. Thanks to South Dublin County Council, TRP acquired its new premises at Kiltalown House and the move occurred in July 2005. With much larger premises TRP now have the opportunity to expand and enhance the programme.

## **The History of Kiltalown House**

Kiltalown means "Church of the Elms" and it received its name from an old church in the town land existing until the 17th century. In 1800 John Carpenter, the then owner of the land, demolished it completely and on the old foundations built a house in Queen Anne's style called "Kiltalown House".

The Jolley family was the last dynasty to inhabit the house and in 1987 the Family gave the house and the remaining land to Dublin County Council.

The intervention of Dublin County Council to save Kiltalown House has been a great asset to the whole community who avail of its facilities.

On lease from Dublin County Council since 1987 to 2005, Kiltalown was used as a community and creativity centre. In 2005 negotiations between Tallaght Rehabilitation Project and South Dublin County Council yielded positive results and Tallaght Rehabilitation Project moved into its new premises at Kiltalown House on the 18th July 2005. Kiltalown House and gardens are ideal surroundings for the specialist therapeutic work that is provided at TRP.

## **Present Day TRP**

Tallaght Rehabilitation Project's hours of business are Monday – Friday, 9.00am to 5.00pm. At present our Rehabilitation Programme has a full capacity of 15 participants and runs from Monday – Friday, 10.00am to 2.00pm. In the afternoon staff are available to do a varied amount of tasks which would include assessments, orientations and special groups by the therapeutic team. General administration and FAS duties also take place during this time.

To ensure the best effective running of the facility, we have five therapeutic staff trained in addiction Counseling, Psychology, and Group Facilitation etc.

As the Project operates through Community Employment we also have a FAS CE Supervisor and Assistant Supervisor working on our Programme. Their job is to encourage and actively engage participants in further education and training with a view to returning to the workforce. TRP also has a full compliment of housekeeping, administration, receptionists and security staff in order to ensure the smooth running of Tallaght Rehabilitation Project and Kiltalown House.

Although no two days are ever the same at TRP, a typical day would begin with a breakfast session which both therapeutic staff and participants share.

Following on from the breakfast session, one to one Key working sessions take place. This involves following up on participant's care plans and goals. The day is then broken up into two sessions which have a developmental, therapeutic and educational aspect to them. There is a vast and varied range of sessions used, some examples being Relapse Prevention, Addiction Awareness, Parenting, Art and Communications. Therapeutic Open Groups and Group Reflections take place twice weekly; these groups are the core of the therapeutic programme which enables participants to work through various issues which underline their addictions.

Throughout the year we have Heritage days, on these days all Participants and some staff visit places of culture and historical interest, this year we have had guided tours of the Botanic Gardens and Croke Park. Both were a great success. In addition to the Heritage Days, we also have two Family Days, this is a chance for families of participants to come and see for themselves the facilities available at TRP.

In June each year, TRP deliver a residential therapeutic/education weekend dealing with loss and bereavement for our participants at An Tober in County Meath. We believe that dedicated time in a residential environment is the most appropriate setting in which to address the sensitive nature of these issues.

### **Staff Training**

Tallaght Rehabilitation Project's policy is to actively encourage staff to broaden their knowledge through training. During 2007, every member of staff completed some form of training. Below are some examples of different types of training which will greatly benefit participants, staff and the programme as a whole.

Community awareness of drugs, crack cocaine, Richter scale, intercultural training, Health & Safety awareness, facilitation skills, addiction studies, advanced supervision, diploma in effective group work and neuro linguistic programming, conflict resolution, suicide prevention, management skills, advanced computers, FETAC, FAS I.L.P., company & employment law, Fire safety, food & hygiene, E- Vac & S-Max Chair. All Therapeutic Staff are members of IAAAC. Some are associated members while others are full active members.

## Statistics for 12 months end 31/10/07

<b>Programme Figures</b>	
Males Attending Programme	7
Females Attending Programme	15
Assessments	71
Orientation	34
Referrals	36
Exit Move on Programmes Completed	8
Work Placements/ College Students	8
Spouse Groups	3
Family Support Groups	3
Educational Workshop Modules	5 x 6 weeks
Relapse Prevention Modules	3 x 6 weeks
Therapeutic & Holistic Workshop Modules	11 x 6 weeks
Aftercare Groups	41
Aftercare Hours	61.5
Powerpoint Presentations	7
<b>Links to Outreach Organisations</b>	
St Aeongus	Trinity Court
Dominic's Community Response Project	Jobstown Community School
Simon Community	Probation & Welfare
Glen Abbey	JADD
CARP	Coolmine Therapeutic Communities
ILP FETAC (one to one sessions with participants)	40
<b>Session &amp; Counseling Hours</b>	
Key working in General with Participants	281.75
One to One Addiction Counselling	23.25
Participant Relapse Prevention / Key working	42
Group Reflection + Therapeutic Process Group	120
Weekend Planner	37.5
Weekend Review	52.5
Assessment	71
Therapeutic & Educational Move On	83
Orientation	24.75
Workshops & Seminars	249
Crisis Intervention	49
Special Group	5
Outreach to Organisations	30
Outreach to Participants	39

## Glossary of Terms

Referral	Request from other organisation for assessment.
Assessment	Keyworker assesses prospective participant.
Orientation	Participant visit to TRP.
Exit Move On Programme	FAS Supervisor & Keyworker work directly with Participant in preparation for leaving the Programme.
Work/College Placements	TRP normally take 4 placements throughout the year, in 2007 we doubled this figure.
PowerPoint Presentations	Staff gave outreach and on site programme presentations to interested parties.
Spouse Group	Spouse/Partner joins Participant & Keyworker in session.
Family Group	Family members join Participant & Keyworker in session.
Educational Workshops	E.g. Art, Communications, Parenting etc
Therapeutic & Holistic Workshops	E.g. Spirituality, Anger Management, Personal Development.
Aftercare Group	Group for Participants who have completed the Programme.
Relapse Prevention Workshops	E.g. Dynamics of Addiction, Symptoms of Relapse.
ILP (Individual Learners Plan)	Tailored training plan for Participants.
FETAC	Nationally recognised award obtained through various types of training.
Keyworking	One to one sessions with Participant & Therapeutic Team member.
Therapeutic Group Process	Therapeutic group where Participants can express how issues in the here and now are affecting them.
Group Reflection	Therapeutic group where Participants can reflect on and evaluate their week.
Weekend Planner	Plan made by Participants on how they will spend their weekend safely.
Weekend Review	Review and discussion of the above plan.
Therapeutic & Educational Move On	Same as exit move on above.

## The President's Visit

On the 3<sup>rd</sup> of October 2006, TRP was honoured with a visit from The President of Ireland, Mary McAleese. It was a very proud day for all associated with Tallaght Rehabilitation Project. Below are a few of the most memorable photos.



The President of Ireland, Mary McAleese cutting the ribbon at Kiltalown House. Also in the picture are Mayor Eamonn Maloney, Bishop Eamonn Walsh and Conor Lenihan TD



The Chairman of TRP welcomes The President of Ireland, Mary McAleese to Kiltalown House. Also in the picture is Mayor Eamonn Maloney



The President of Ireland, Mary McAleese with all the Staff of TRP



Memorable moments from 2007



TRP's Family Fun Day was held on the 15/08/07. Here are some of the beautiful pictures taken on the day



# Visions for TRP

## Short Term Visions

T.R.P established an aftercare programme in 2000 and in the last few years this support mechanism has really flourished. Our goal and aim is to continue with this aftercare programme that runs every Tuesday evening from 6.30-8pm and it is of great benefit for participants who have completed our programme and wish to avail of added support.

Our future vision is to expand our aftercare programme not only to the needs of T.R.P participants but also to the greater Tallaght area, by offering an aftercare facility for all people who are stabilised/ drug-free and on the path to recovery. This will help to create a place of learning and socialising which will be a safe, relaxed and supported environment for the people who wish to engage in the aftercare programme.

This vision is already in progress and with a building identified, we have had architects and surveyors access the facility and T.R.P is actively seeking funding at present to make this vision a reality.

Another short-term vision for T.R.P would be to gain FETAC accreditation for all of our participants, from in-house to quality education training and outside facilitation. Our FAS supervisor Catherine O Connor and our FAS assistant supervisor Naomi Kearney are actively pursuing this goal.

T.R.P Management actively encourage staff development through personal education, training and supervision, we hope that all staff pursues personal growth and knowledge by focusing on on-going training, this would be another vision in progress.

## Long Term Visions

Long Term T.R.P will be hopefully looking to develop a 6-8 bed residential treatment programme on the premises, in addition this will create and provide further services and options for people in the process of recovery from addiction.

Furthermore T.R.P will continue to maintain the on-going stability and financial security of the programme to carry on in its quest and to deliver a quality/ therapeutic rehabilitation programme service to the Tallaght Community. We will also be looking to expand our holistic and rehabilitation approach to the programme and hope to possibly source a mini-bus for T.R.P for outings and annual heritage days.



# Participants Stories

When planning out the Annual Review, we asked the Participants for their contribution and these is some of the stories they have to tell.

*Recovery is a road from darkness into a lifetime of new experiences and horizons. It is a challenging process full of learning, understanding and acceptance of ourselves, which opens up new choices and paths ahead.*

*In recovery we face the fear of change by supporting and believing in each other and ourselves. It is a fulfillment of dreams, goals, growth and a new way of life.....*

## Participant Group TRP

### My Time in TRP

I started T.R.P's programme in Kiltalown House in August of this year. From the time I walked through the doors I felt very comfortable, the staff really make you feel safe and always have a friendly smile.

It has been a life changing experience being part of T.R.P.

We are doing some courses but mostly group reflection where we come together and talk about what is going on for us.

I find it is a great support and help to people, to talk about where they are in their recovery. It also gives you a chance to support other members of the group.

I have learned so much about myself over the past 3 months and I'm looking forward to the rest of my life  
DRUG FREE....

### My Recovery

I was nervous at first, you see I was on methadone, Prozac and I was drinking almost every week end.

When I went into T.R.P. my confidence was none, I had 3 children but I still felt all alone, my mother and father didn't understand my addiction....

Some days, groups are hard but now I feel that from the hard times you can take learning from it and learn to forgive yourself and to forgive those around you, let go, and move on.

In order to progress in TRP, you must want it. You must be open to other people's opinions and advice, be honest and true to yourself, willing to be open and determined to stick with it through good times and bad times. I think that's why TRP programme has worked for me.

Now I'm half way through my detox, I'm able to manage money and my children are happy.

I'm so lucky I found this program. It's a privilege because other people with addictions would be so grateful to have a place so; while I have this chance I'm going to use it wisely.

# Manager's Report

We are now entering our 10<sup>th</sup> year of the Tallaght Rehabilitation Project and our service to the community continues to expand and grow.

It is hard to believe that up until July 2005 we were operating out of an attic in St. Thomas's Church with a small staff team.

This past year at Tallaght Rehabilitation Project has been one of great progression for our organisation and participants. We now provide a comprehensive community rehabilitation service for people, whose lives have been affected through drug and alcohol misuse, enabling them to access quality rehabilitation and support within their own community.

With the right funding and resources Tallaght Rehabilitation Project can continue to provide this vital service and we strongly believe that combined action from all of the services in the community can improve the lives of many people that are affected by addiction. It is also clear that where sufficient resources are more available, the harm caused by chemical misuse can be greatly minimised.

The highlight of the past 12 months has to be the official opening of Tallaght Rehabilitation Project at Kiltalown House. It was a great honour for us to have the President of Ireland Mary McAleese presides over the ceremony.

On a more regrettable note, Marie Dillon our former manager and founder of Tallaght Rehabilitation Project retired in May 2007. Her experience and knowledge of working within the addiction field with people from the Tallaght community will be greatly missed. The board of management, the staff team and I wish Marie good health and happiness in her retirement.

We know Marie will always hold T.R.P. close to her heart and we hope to see her on the facility from time to time.

Finally I would like to say thank you and well done to all the participants who are currently enrolled with our programme and who are progressing through their recovery the best way they can.

We endeavour to offer you the best quality service possible.

Here's looking forward to another successful year ahead for our organisation.

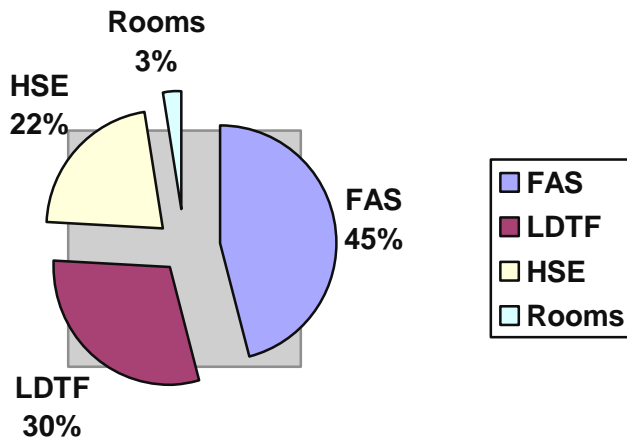
Pat Daly



Presentation to Marie Dillon on the 15/08/07  
By Fr Val Martin and  
Tony O Hagan of the  
Board of Management

# Financial Report

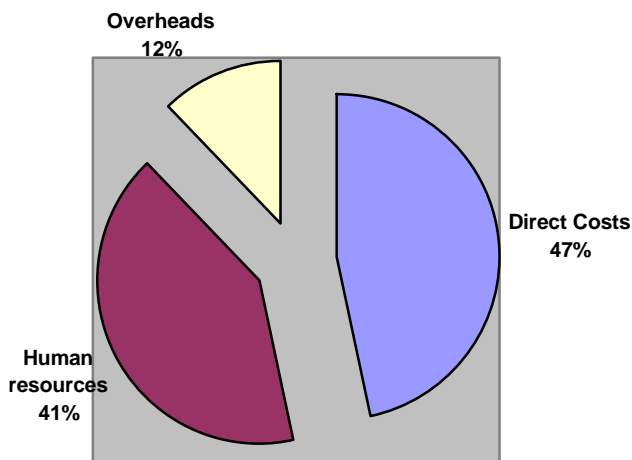
## Income for 12 months end 31/10/07



## Income & Expenditure for 12 months ended 31/10/07

<u>Income</u>	
FAS	246,468
Local Drugs Task Force	162,522
HSE	116,727
Room Rental	13,568
<b>Total</b>	<b>539,285</b>
<u>Expenditure</u>	
Direct Costs	253,653
Human Resources	222,778
Overheads	66,778
<b>Total</b>	<b>543,209</b>
<b>Deficit</b>	<b>-3,924</b>

## Expenditure for 12 months end 31/10/07



## Balance Sheet as at 31/10/07

Fixed assets	9,258
<u>Current Assets</u>	
Bank Accounts	47,425
<u>Current Liabilities</u>	
Accruals	1,586
Revenue	3,962
<b>Net Current Assets</b>	<b>51,135</b>
<u>Financed by</u>	
Deficit	-3,924
Reserves C/fwd	55,059
<b>Total Capital &amp; Reserves</b>	<b>51,135</b>

# The Board of Management

Tallaght Rehabilitation Project Ltd. is a limited company with charitable status. The TRP voluntary board of management includes representatives from a wide range of statutory, voluntary and community agencies/bodies working in the Tallaght area. The daily operation of the project is coordinated by the manager and assisted by the programme supervisor, team leader and financial administrator. Daily and weekly staff meetings support operation.

There is a schedule of six management and six executive management meetings held each year. Quarterly financial reports are produced for sponsors and management. An Annual report, service plan and budgets are also produced. Tallaght Rehabilitation Project accounts are audited to the 31<sup>st</sup> December each year and comply with Company Office regulations.

<b>Chairperson of Management Committee:</b>	<b>Michael Lyons (C.E.O. Tallaght Hospital)</b>
<b>Secretary of Management Committee:</b>	<b>Tony O’Hagan (South Dublin County Council)</b>
<b>Treasurer of Management Committee:</b>	<b>Fr Val Martin (Parish Priest of St. Thomas’s Church)</b>

The other members of the management committee are as follows;

- |                                |  |
|--------------------------------|--|
| <b>1) Michelle Hinds</b>       | <b>(Senior Addiction Counselor H.S.E.)</b>         |
| <b>2) Denis O’Driscoll</b>     | <b>(Chief Pharmacist Addiction Service H.S.E.)</b> |
| <b>3) Mr. Seamus Massey</b>    | <b>(Jobstown School Principal)</b>                 |
| <b>4) Ms Mary Sheehan</b>      | <b>(Manager Flexible Training Unit)</b>            |
| <b>5) Mr. Charles O’Connor</b> | <b>(TD)</b>  |
| <b>6) Mr. Pat Daly</b>         | <b>(Manager of TRP)</b>                            |
| <b>7) Ms Mary Corr</b>         | <b>(Local Councillor)</b>                          |
| <b>8) Joan Cleere-Neville</b>  | <b>(Staff Member)</b>                              |



## **Blessing of Kiltalown House**

**By Bishop Eamonn Walsh  
At the Official opening on the 3<sup>rd</sup> October 2006**

Almighty God, source of life and love, we ask you to sanctify and bless Kiltalown House and make it a “Hallowed Place of Dignity and Peace”.

O God, make the doors of Kiltalown House wide enough to receive all who need human love and fellowship. Narrow enough to shut out all envy, pride and strife. Make its threshold smooth enough to be no stumbling block to children, or to straying feet, but rugged and strong enough to turn back all wrongdoing.

Lord bless all who work, reside and come to visit here. Surround them with your protection and keep them free from all harms.

Make this a House of respect for all, where the goodness and talents of all are recognised, encouraged and developed. May it be a place where lost self-belief is restored, where self-sufficiency is promoted and where bad hands in life are made good.

Let Kiltalown House be a spring of hope and renewal. Let the measure of God’s love be the standard that motivates all, “a full measure, pressed down and overflowing”.

We ask God to bless Kiltalown House and make it a living expression of the loving and caring hands of Christ, for Christ has no hands on earth but ours. Lord, help us all to exercise this privilege reverently.

May all who struggle with addiction find new hope, determination and the help to allow their inner beauty to rise to the surface of their lives one again.

Bless all who have made this day possible. May their goodness return to them when they need it most.

Make Kiltalown House a place where all may be enabled to come closer to God and through that closeness to recognise and develop each other’s inner goodness and dignity.

We ask this in the name of Jesus the Lord.