



ANNUAL REPORT 2022

Dun Laoghaire Rathdown Outreach Project

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CHAIRPERSON FOREWARD

I would like to welcome you all to our organisation and thank you for taking the time to read our Annual Report for 2022. To begin, I wish to thank the Board and staff of DROP for their diligence, hard work, and dedication throughout the past year. After the upset of the Covid years, 2022 was a year of regrouping and review. A new staff team, recruited during the latter part of 2021, completed their initial training and settled in, under the watchful eye of our new Clinical Team Leader, Dean Ward.

During 2022, the Board supported the staff team to review the existing programme and make changes to facilitate the provision of a high-quality relevant programme. Our services were in high demand and the number of participants on DROP's Recovery Pathway programme steadily increased and we finished the year with the full programme in place.

During 2022, DROP commenced looking for new premises to allow us expand our services and provide the best possible outcome for our participants. I wish to thank our manager, Anthea Carry for her hard work during 2022. It was a very busy year for Anthea but she overcame all challenges. Under her leadership, DROP finished the year with a full programme in place and plans for continuous expansion into 2023.

I want to thank our Funding Agencies, HSE and the Department of Social Protection for their continued financial support. I wish to acknowledge donations provided by the District Court office in Dun Laoghaire, this provides a vital source of revenue to DROP and we are very grateful for the support. I would like to acknowledge and thank both the Dun Laoghaire Rathdown Drug & Alcohol Task Force and the Dun Laoghaire Rathdown County Council for their continued supports. While they are not annual funders they do provide us

DROP continues to provide a valuable service in Dun Laoghaire Rathdown. 2022 highlighted to us again the existing high demand, and indeed the growing need for our services within our community.

Thank you
Eileen Ryder

MANAGER'S UPDATE

Looking back on the last year I get a real sense of achievement. Achievement in terms of team development and growth, achievement in terms of embracing the opportunities presented to us by the pandemic in the adaptation of our service provision and achievement in terms of the progression for our participants. There is also a real sense of hope for the future of the organisation and the many possibilities that lie ahead.

Strategic Highlights

2022 was very much about strategy and the understanding that our vision for the organisation was an infinite one. Having spent a lot of time in the past focusing on responding to immediate needs as they presented themselves and in adapting at an unrealistically rapid rate in line with the pandemic 2022, was a time to slow down, breathe and refocus. This meant strategically thinking ahead to how we can develop and implement our continuum of care pathway of three group programmes that are aimed at different stages of the recovery process for participants. Together as a team we were clear that our priority was and will remain, Quality over Quantity. By the end of 2022 this vision became a reality with participants working their way through our programme pathway, setting and reaching their goals and improving their lives and the lives of their loved ones. You will find further details of this in our Clinical Service Overview and our Outcomes Report.

Operating Highlights

In January 2022 we welcomed a new Clinical Team Leader, Dean Ward to the team and he hit the ground running as we worked with the team to bring about a real culture change to the organisation. Our focus was to build internally and grow externally. We took a new approach to our social media (surpassing our follower target of 500) and began showcasing our events and celebrations of recovery, many examples are contained throughout this report. With ever increasing costs external to the organisation, budget management was crucial and as you can see from the financials contained within this document that while we finished the year with a deficit, it was a lot less than we had previously projected. Many thanks must be extended to the team and the participants who participated in new fundraising efforts for the organisation.

In 2022, we successfully increased the roles within the organisation with the addition of a second Community Employment Supervisor. We now have a full team of 14 professionals with 6 full time roles and 8 part time and community employment support roles. In 2022 we said goodbye to Zoe Donnelly, Sinead Kerr, Jessica Kelly and Mark Dowdall and extend our thanks to them for their commitment and dedication to the organisation during their time with us. I would like to extend our thanks for the continued support from the Health Service Executive, Department of Social Protection, Dun Laoghaire Rathdown Drug & Alcohol Task Force, The Court Services, Dublin Dun Laoghaire Education and Training Board and Dun Laoghaire Methodist Church for their continued support and really look forward to another successful year of working together.

Looking Ahead

We move into 2023 with a renewed sense of hope and excitement for what lies ahead. We continue to evaluate our programmes with feedback from our participants and aim to continuously improve and evolve with the emerging needs of those who utilize our services. In 2023 we will develop our Strategic Plan for the next three years and we will continue to work towards finding a new home for the organisation. As our services develop and grow and the numbers in our groups continue to rise our current premises, which has served us well for almost two decades, is bursting at the seams with such a hive of activity. We will continue to serve the community of Dun Laoghaire Rathdown and aim to make recovery as visible as possible, so that all who need us will know how and where to access support, loved ones affected will know they are not alone and those living recovery on a daily basis will be celebrated.

Finally, I wish to end by thanking the Board of Management for their continued passion and enthusiasm. We value all you do to sustain the organisation. The staff that show up every day to support all who cross our doors, who embraced another year of mammoth change and trusted the process, may you enjoy the rewards of your labour. The participants who continue to show up and work with us, trust us and share their recovery journey. On behalf of the team I would like to commend you on your continued willingness to change, to learn and support one another.

Anthea Carry
Manager



THE TEAM FOR 2022



Chairperson	Eileen Ryder
Treasurer	Ciaran Walsh
Secretary	Seamus Brennan
Board Member	Elaine Forsyth
Board Member	Tony Duggan (resigned in 2022)
Board Member	Wendy Phillips
Board Member	Cian Ó Lonargáin (resigned in 2022)
Manager	Anthea Carry
Manager's Assistant	Zoe Donnelly
Financial Admin.	Magdalena Bialek Ola
Team Leader	Dean Ward
CE Supervisor	Saoirse Jennings
CE Supervisor	Jessica Kelly
Case Worker	Siobhan Brennan
Case Worker	Karen Carter
Case Worker	Gerard Delaney
Case Worker	Eoin Donnelly
Case Worker	Darran Gormley
Case Worker	Dymphna Whitehouse
Case Worker	Mark Dowdall
Student	Danny Geoghegan
Recovery Advocate	Eoin Barnes
Reception-Admin.	Sinead Kerr
Reception-Admin.	Terry Mc Guinness

CLINICAL SERVICE OVERVIEW

Following the Covid pandemic and the challenges and changes services faced, there was an opportunity to change how clinical services delivery was rolled out in the Dun Laoghaire Rathdown Outreach Project. It was a year for us to trial and grow a new vision for DROP, and there was much learning and tweaking as we grew closer and gained more understanding of what worked for clients and the service, and what did not work.

In collaboration with the staff team, we shifted focus somewhat and looked at expanding the group led services to enhance the recovery culture both internally and externally by fully adapting to a community reinforcement approach. Initially the primary focus for us internally was the reorganization of our staff roles. This entailed staff members becoming lead agents in specific areas of the service delivery supported by the Community Employment Supervisor, Support Workers and Volunteers. The impact of this was that groups were highly consistent with staff developing skills within their area domain of the continuum.

We developed a clinical vision of a pathway of continuum of care from assessment to pre-entry and medically assisted recovery groups to drug free groups with the ambition of having all element of the continuum operational within the first year. Whilst we faced expected and unexpected issues in implementing service changes the service participant outcomes improved and demand for the group programmes increased. Unfortunately, some participants also found the transition difficult. Time and support were given to everyone to assist with the transitions but some clients decided to exit their treatment with DROP. As is policy, in most incidences where the client has decided to exit treatment with DROP and where contact was sustained these clients were referred to another service more appropriate to their need at that time.

Overall, the transition has been positive and urinalysis reports, client feedback and reviews, improved group attendance and client care plan reviews are evidencing that clients are achieving their goals and progressing their care plans. Furthermore, informal feedback from both professionals and non-professionals within the community is positive and again another form of evidence that supports the programme changes and growth in 2022. Clients can now expect to enter the programme with options of treatment that meet their recovery goals and status in within their own community. They can experience a group environment that is provided to enhance their recovery. Alongside comprehensive and structured group programmes all clients received weekly case working sessions, planned interventions with evidence-based approaches, quarterly case reviews with case manager and input into the service delivery within the house meetings.

We believe that our programmes should be developed upon a clinically sound evidence base and through exploration of client presenting issues and most optimum drug treatment approaches we agreed to refine our way of working. Our group programmes primarily include two main psychological treatment approaches, firstly Community Reinforcement Approach (CRA), a comprehensive behavioural based

programme that helps people to rearrange their lifestyles, through the utilisation of a variety of strategies and tools that enhance skills development, so that healthy drug free living becomes more rewarding and can in turn compete against substance use and associated behaviours¹. Underpinning the CRA is the belief that environmental contingencies which include family, friends, education, and employment, have a powerful influence in encouraging and discouraging substance using behaviours². Utilising CRA we encourage clients to support each other to engage in activities of prosocial behaviour, both inside and outside of the programme. In 2022 all clinical staff were trained and accredited within a 12-month time frame.

The second approach is Resonance Factor where the central focus of the model is the exploration of the user's relationship with their drug of choice. This includes revisiting the discovery of their drug of choice and the experience of the high – Through our understanding of the science of Neuropsychopharmacology it is a known pharmacological fact that drugs and alcohol affect everyone differently according to their own brain chemistry. This model allows the staff and clients to explore and understand their unique relationships and behaviours associated with substances. Through these explorative opportunities the client is enabled to consider how they use drugs and alcohol, challenge the way they think, feel and behave, and make conscious decisions around their drug use and who they become when they use substances. In 2022, all staff received training in one or both models of treatment which allows for consistent delivery of services.

Our vision continues to expand with the ambition of extending our continuum with the inclusion of a step down and after care service for those who have completed the Drug Free Programme. This service will assist them in addressing skills deficits that could potentially impede them moving forward into education and/or employment.

Finally, A lot of time and effort has been made in 2022 to strengthen working relationships in DLR with other services, such as HSE addiction services, the RIS officer, DLR Community Addiction Teams, Bray Community Addiction Team, Barnardos and Crosscare. Moving into 2023 we aim to continue to build and develop these foundations, while also identifying other services in our area that would benefit from working more collaboratively with us.

Dean Ward
Clinical Team Leader

¹ Meyers, R. J., Roizen, H. G., & Smith, J. E. (2011). The community reinforcement approach: an update of the evidence. *Alcohol research & health: the journal of the National Institute on Alcohol Abuse and Alcoholism*, 33(4), 380–388.

² Meyers, R. J. & Squires, D. (2001) The community reinforcement approach: a guideline developed for the Behavioural Health Recovery Management Project. Albuquerque, New Mexico: University of New Mexico Centre on Alcoholism, Substance Abuse and Addictions.

CLIENT OUTCOMES FOR 2022

Care Plan Outcome report from 64³ (47 Males & 17 Females) case work participants from January – December 2022. The following outcome data is in relation to service user care plan goals and outcomes across ten domains. There was a total of 1,393 appointments allocated during the reporting period 982 (70.5%) of these were attended.

Drugs

58 (90.5%) service users had goals in relation to drugs, of these:

- Became abstinent: 11 people
- Ceased illicit drug use: 5 people
- Reduced drug use: 14 people
- Maintained abstinence: 11 people
- Was a goal but no significant progress was made: 17 people

Alcohol

47 (73%) service users had goals in relation to alcohol, of these:

- Ceased alcohol use: 11
- Reduced alcohol use slightly: 11 people
- Reduced alcohol use significantly: 5 people
- Maintained abstinence: 8 people
- Was a goal but no significant progress on care plan goal: 12 people

Housing

19 (29.5%) service users had goals in relation to housing, of these:

- Maintained housing in line with care plan goal: 6 people
- Secured homeless accommodation: 3 people
- Sourced new housing in line with care plan goal: 2 people
- Was a goal but no significant progress on care plan goal: 8 people

New Pro-social activities

46 service users (72%) of people had care plan goals in relation to pro-social activities, of these:

- Engaged in new pro-social activities: 27 people
- Was a goal but no significant progress on care plan goal: 19 people

Children

19 service users (29.5%) had goals in relation to children, of these:

- Improved relationship with child(ren) in own or partners care: 14 parents
- Was a goal but no significant progress on care plan goal: 5 parents

³ The total data corpus is 97 people who attended appointments in DROP during the reporting period of which 27 were female and 70 were male, However 33 Service Users referred to DROP either by agency or self-referral but did not complete or move beyond the assessment to be appointed a keyworker and develop a care plan.

(Figures have been rounded up to the nearest percent) This data has been prepared using a file and eCASS audit)

Family Relationships

32 service users (50%) had goals in relation to family relationships, of these:

- Significant improvement in one of these relationship(s): 9 people
- Minor improvement in other family relationship(s): 14 people
- No significant progress on care plan goal: 9 people

Physical Health

31 service users (48.5%) had goals in relation to physical health, of these:

- Improved fitness & nutrition: 17 people
- Accessed specialised service and adhered to treatment plan: 7 people
- No significant progress on care plan goal: 7 people

Mental health

18 service users (28%) had goals in relation to mental health, of these:

- (Re) engaged with MH services: 9 people
- No significant progress on care plan goal: 9 people

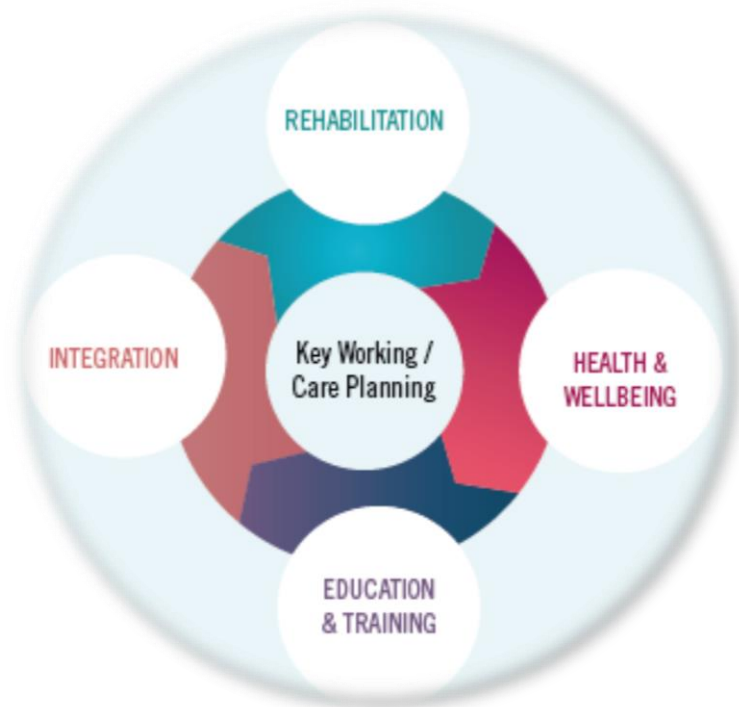
Money and budgeting

22 Service users (34%) had goals in relation to money and budgeting, of these:

- Made financial management plan: 16 people
- Repaid problematic debt: 1 person
- No significant progress on care plan goal: 5 people

Education and training

25 people (39%) had set goals in relation to education and training

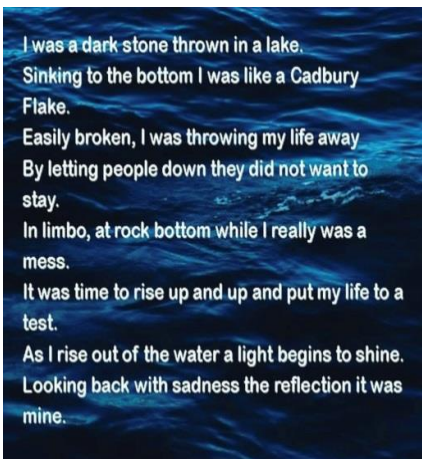


COMMUNITY EMPLOYMENT – A YEAR IN PICTURES



We kicked off our 2022 events by celebrating International Women’s Day, hosting a coffee Morning with guest speakers and members of the Community coming together to empower one another and celebrate!

Bernard West from the Hepatology unit In the Mater Hospital delivered a brilliant Educational & awareness programme



Our ETB classes continued with some amazing work Produced in creative writing By our group members

TEAM BUILDING & TRAINING DAY!

Our favourite day of 2022 was then the team came together for training and team building and really got to know each other & gain a better understanding of one another’s roles; this created a supportive and welcoming environment and helped us to grow as a team throughout the year. Our project was beginning to really take off at this point with growing numbers in assessments and our groups; a huge sense of community was built during this time, making DROP an even more enjoyable place to work!

Since then, our Community Employment numbers have been increased to 24 T-Coded & 4 Mainstream places which has been a huge achievement in comparison to the 7 places at the beginning of 2022. This increase came as we maintained our full capacity of CE places and have continued to have an ever growing number of participants join our programme. We continue to engage in ETB classes and are now working towards a step-down programme as part of our continuum, whereby those getting ready to exit will work on returning to education and/or employment, and will engage in a programme based on work placement,

communications, education preparation, aftercare etc. This programme will run five days a week in order to continue to adhere to CE.



Our first beach BBQ kicked off our Spring/ Summer outings and was a huge success,

This was something that almost seemed impossible as it was the first of its kind in the DLR area. We had music, food and games and had an evening of laughter, warmth and community spirit.



The weeks that followed our beach BBQ included a Healthy Food Made Easy programme, a community makeover day and some beautiful trips out in the sun to Howth, Dalkey, Dun Laoghaire Pier etc.



Fundraising



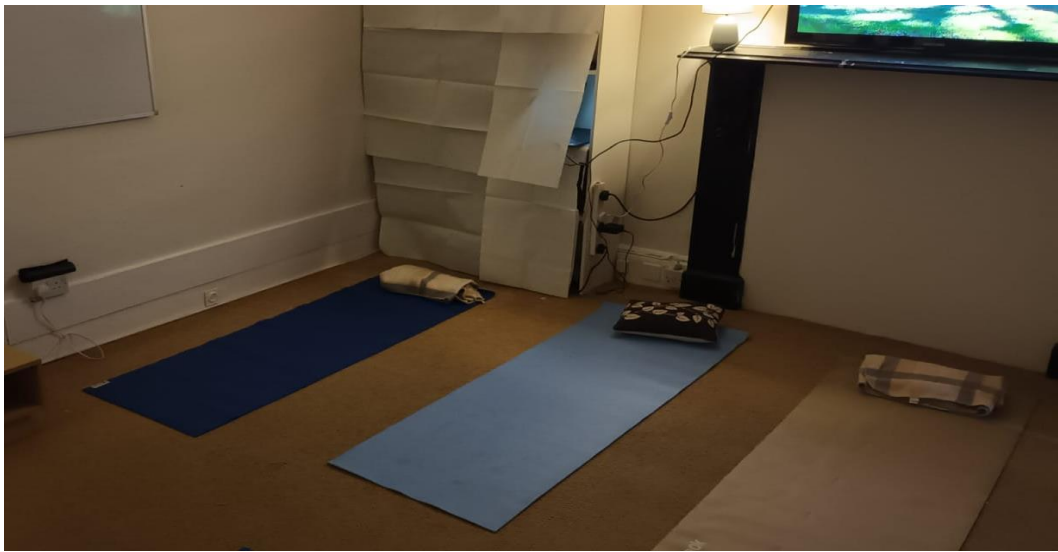
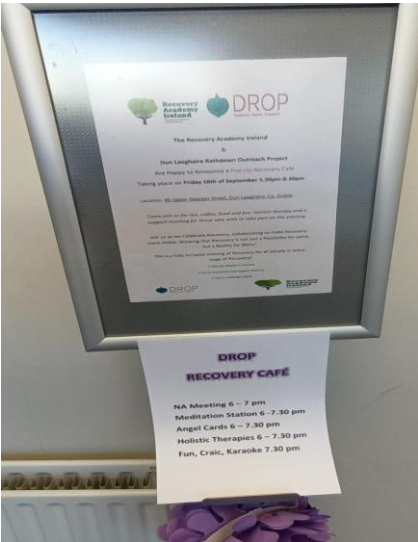
Our first fundraiser of 2022 was the VHI Women's Mini Marathon, we had runners & walkers and thankfully it didn't take us too long to convince the guys to get into full character! Another successful & heart-warming day for those involved.

Recovery Month





Recovery Cafe



Fundraising Table Quiz





We celebrated Recovery Month in September and what an amazing month we had! We kicked off the month with a 7km Recovery Run, next up was the Recovery Walk, followed by DROP's first ever Recovery Café and our second fundraiser of the year, a Quiz Night. The Quiz Night was held in the Sallynoggin Inn and was the first fundraiser of its kind in the organisation. Thanks to the community

of Dun Laoghaire who gave so generously, to all those who made this event such a success and to George Davis for providing us with a venue for the evening. Recovery month brought huge joy to the service and created an even greater willingness amongst the clients to get involved and really take charge of their recovery. In the days that followed these events, we headed off on our first residential pro-social trip to the Cavan Centre, which made the work done throughout the year worthwhile, our expectations were more than exceeded. The clarity and motivation gained from this trip is something that cannot be bought or matched, this created momentum and autonomy within individuals' recovery journeys and the service itself.

THE CAVAN CENTRE



Together, bringing Recovery Month to a conclusion, the DROP community took a two night residential activities break to the Cavan Centre. The Cavan Centre offers participants an

opportunity to experience an adventure holiday/training in a country setting and encourages participation in adventure sports and activities through an experiential learning process. The rationale for the trip was to encourage team building and cohesive relationships between staff and participants as we build and grow our DROP community. The overall objectives were to support one another with an experience of *pro-social activity and peer support, to complete tasks and challenges in a structured inclusive and supportive environment while encompassing problem solving discussions, role responsibility and conflict resolution skills.* The trip

consisted of building relationships through activities and tasks which aim at overcoming fears with peer support and building trust through collaborative participation. We far exceeded our objectives and this experience was transformational. We have included a piece from one of the participants of their experience of this trip later in this report.



Our winter months were all about continuing to learn, grow, support one another and try something new. We partnered with Monkstown Boxing Club and engaged in a 12 week boxing/fitness programme. We attended the National Drugs Forum and supported one of our members in completing his first ever marathon! We got into the Halloween spirit & had a fantastic few weeks of achievements and fun.



ITS CHRISTMAS

Christmas was all about team effort, and staff and participants threw themselves into planning for an end of year celebration for themselves and their families. Together we reimagined 45 Upper Georges Street and created a Christmas wonderland with magical Santa's grotto for our participants, their children, and families. Seeing a vision come to fruition and the excitement and joy this brought to the community finished off our working year with gratitude and a sense of excitement for 2023. The work that went into the grotto behind the scenes was immense and could not have happened without all those who volunteered both in the lead up and on the day.



Finally, #TEAMDROP had an opportunity to wind down and celebrate together with a Christmas party, reflecting on the year, the changes, the challenges, the achievements, the fun and most importantly, the relationships that have been formed.



We cant wait to see what 2023 has in store!

CAVAN 2022

September 2022, the month I found myself again and decided to really give this a go.....

It all started a few months before Cavan making phone calls to DROP from assessment to assessment, I couldn't get a day clean but I really wanted to. I had been trying for years. Going from treatment centres to prison, to treatment centres to being homeless. Crawling around on my rock bottom wanting to die on every come down. My life was a mess, I a shell of a person I was meant to be. When I first came to DROP I was getting a day here and a day there and I would just run. I'd be gone straight to the pub as soon as 1pm came. I was still messing about collecting bills and acting the bo***x with the lads, one foot in and one foot out.

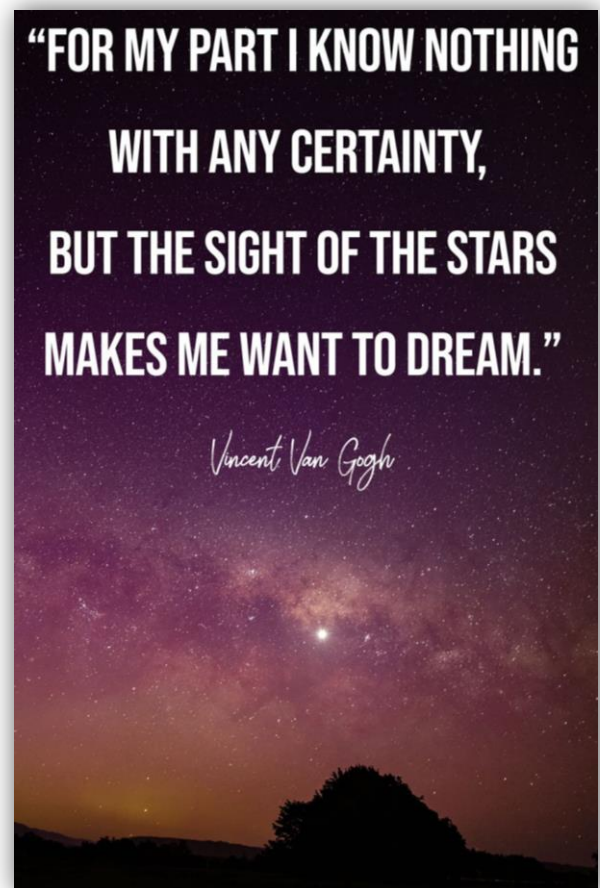
The week before Cavan I went to a fundraiser for a family friend that had died and I ended up on it for a week solid. I was in bits and I dragged myself back to DROP broken I was. The first person I seen was Saoirse and the first thing she said was "are you coming to Cavan?" "Yea well you need the money today and we are going on Wednesday". I was like, ah here!, but I made the decision that day I was going to try stop drinking and taking drugs or did I have a choice 😊

The morning of the Cavan Centre we were told that we were getting a bus and the driver was going to be a Garda, as if we weren't f**ked up enough, when we walked out to get the bus it ends up being a Garda Bus, Garda lights, the lot! I was so messed up and everything was telling me not to go but I went anyway. I threw away my phone and went to Cavan, I was messed up on the bus until we got out of Dublin, didn't want anyone to see me. When we got to Cavan we were given our rooms and were divided into groups. Lucky for Siobhan I was put into her group 😊 We were given times for cooking and cleaning with everyone working together. We were brought out to the climbing frame to start out activities, the leap of faith it was called and that's exactly what it was. It was a 30 foot high pole and we had to climb to the top and jump from the pole to a swinging bar. I was rattling to the core but couldn't let anyone know, my image wouldn't let me. It was crazy to see all the staff and clients get over their fears and give it a go. I still remember Saoirse screaming to this day. We went back to have dinner as a big family and clean up together. From there we went to the games room for pool, table tennis, darts and karaoke. I never forget people having the confidence to get up and sing. I wasn't there just yet, I never forget Saoirse and Siobhan trying to get me up to sing Nelly Furtado Fly like a Bird, not a chance. I remember Dean rallying up the troops and bringing us for a walk through the forest, not a cloud in the sky and by the end of the walk we had split into two groups. Some went back to the house and some stayed and stared up at the stars. I will never forget it. It made me think what is life all about, I felt so small and it was like I woke up and I couldn't stop thinking of all the time I had wasted and what I wanted to do with my life going forward, I haven't stopped dreaming since.....

The next morning I was up early, I couldn't sleep. We had breakfast as a group getting to know everyone, staff and clients, everyone helping each other out. It was really great to see, nobody out to get you or you to get them. We went canoeing with everyone in their wetsuits, talk about blowing your image. I never thought I could do it but it was brilliant. Watching people paddle in circles, drowning the girls with the oar, watching Matty fall out of the canoe and thinking he was going to drown. Going back for dinner and having chats with Siobhan, Saoirse, Karen and Dean. We went back to the climbing frame and had to work as a team of four people, all climbing one poll and standing on top of something the size of a pizza box, having to trust each other all leaning back holding hands. Thirty foot in the air and of course Siobhan's team were the only ones that could do it, YUP! From there we did archery, something I had never done before. Then went to the games room for football, frizzbe, go carts, pool and more karaoke. It was f**ked up, I felt like a child again. It was amazing, we went from there to the forest for a big bonfire, marshmallows, the lot – everyone telling stories. It was amazing looking at the sky full with stars and I was definitely looking at like differently. We went to bed, up early again the next morning. Everyone knew we were going home that morning and the mood had changed, nobody wanted to leave.

We sat as a group and exchanged stories about our best bits from the last 2-3 days and it was amazing. I've never seen so many people so upset in one room, it was weird – it was happy and sad upset, nobody wanted to go and people were afraid of losing what we had just experienced. It is part of the reason why DROP is doing so well today. I will never forget it and am still grateful to this day for everyone making it happen. There were no staff and clients – everyone was the same!

From Garda buses, climbing frames, walks, karaoke, canoeing, football, stars, fires, marshmallows all the way to falling in love with myself again!



MY EXPERIENCE AS A PARTICIPANT IN DROP

My good friend Wendy found out about DROP because she knew I was in trouble and looked up care services in Dun Laoghaire. She knew I needed help and somewhere that wasn't full time. I have two girls 17 and 12. I spoke with Siobhan but I certainly didn't march in the door determined. My beginnings were very casual and my timekeeping was awful I was a bit of a mess really but I kept coming back.

The most important part of my care plan was to start to talk and work with my assigned case worker. This can be very difficult, as it was for me at first, and then if you can trust them they can work on a care plan with you. All the case workers in DROP are very good, you do one-to-one sessions with them, I have been lucky enough to get help from Dean Ward. I began with a reduction plan which help me regain control of my substance. I started slowly to create new regimes around alcohol and then other things follow like changing social habits and self-care about yourself. It's different for everybody. I should say here that I had no previous experience of therapy so it takes a while to get used to.

One of the great benefits of being in DROP is meeting the people there. The staff are great but I guess it's the experience you are sharing with people and listening to their experiences. I didn't expect that. Since I joined DROP in July 2022 I think DROP has grown, probably doubled, but it still feels homely. I like doing the boxing (in gym down the road and not in DROP). It's something I've never done and I'll probably never do it again ...I was really bad but I enjoyed it.

The least enjoyable thing for me as easily been watching some lovely people walk away, leaving and giving up or ending up worse. People do relapse in DROP and this is very hard to watch for me. The program does not give up on them but not everyone actually makes it. It's hard sometimes. I've cried a lot in DROP and you can see people crying and I find that hard. It is for good though. I can't exactly isolate one experience only that was really enjoyable for me but I did win a prize at the Christmas party for "best avoiding answers "or something like that. I really enjoyed quiz night and the recovery cafe night we had, where I brought my 12-year-old and Karen read her tarot cards to her. I have enjoyed lots of daytime fun as well in our kitchen arguing over cups of tea and the cleaning issues. Stuff outside of group work lightens the mood , but keeps it real too

I would recommend DROP and here is why?

- You will not be judged in DROP and all substance abuse issues are actually treated equally
- You will not be promised anything
- You can leave any time you want it doesn't cost anything and there is a CE scheme available

- DROP can open parts to recovery and residential programs and you can also open the way to return to college/work. DROP can help with a broader network of social services I had a medical card organised for me and my case worker actually came with me on a GP visit
- You are pointed in the direction for financial services and places to go for assistance with lots of things. If you have children DROP do support your needs in that area and this year they started a parent under pressure program which is a great benefit
- There's loads of stuff really that's why the staff always look very busy!

So in a nutshell if you were in a similar position as I was coming into drop then I would say to you that it is an opportunity. You will see people here that have come from worse places than you are and are now in recovery. Don't let your substance or preconceived ideas of what you think it might be like do the thinking for you. Don't think just call or get Someone to do it for you. The first day is the worst..... Well it was the hardest for me anyway. Good luck



BEING A RECOVERY ADVOCATE IN DROP

It was through my own recovery journey that I became aware there is not much for people in early recovery to look up and guide them along and as a local there is only one day program that I know of in Dun Laoghaire, the Dun Laoghaire Rathdown Outreach Program (DROP). I myself have been in recovery since 2019 and started attending DROP for the first year of my progression. In that group there were 11 clients, 1 died and 9 went back using and I was left on my own. I was aware of been in a very uncomfortable situation within myself not knowing where or what to do next. I ended up taken guidance through my case worker and referred to a more appropriate service outside of my area and sought further treatment in Tolka River Project (TRP) in Blanchardstown. Each morning I would drive from Sallynoggin to Blanchardstown and I worked this programme to completion, including aftercare once a week.

My facilitator from TRP was a big influence on me and had completed recovery coaching to a level 8 which was a great help and mentor to me moving forward and helped me work through my own fear of change, fear of feeling, fear of shame and fear of loneliness. I was enjoying this recovery journey but wanted something extra for my life and became very interested in the sailing charity, Sailing into Wellness. As part of the programme in TRP I had been given an opportunity to take part in a sailing programme which brought us out once a week working with people in addiction and recovery. This programme gives participants a vision of something greater than ourselves. It was a chance to engage in a totally different learning experience along with putting the skills we learnt in TRP such as CRA problem solving, positive communication, happiness scales to use, working together on a ship for a 3 day voyage, living together and coming together as a community on board the ship. This gave me a taste of the sailing industry and I loved it.

Before this, I had been afraid of education and wasn't sure I could achieve or fit in, but through the buzz of being on the water and opportunities that arose through Sailing into Wellness I have gone on and completed level 1 – level 3 licences that allow me work towards becoming a fully licensed sailing instructor. Last month completed all my training and graduated with Sailing Ireland as a Keelboat Sailing Instructor. With Sailing into Wellness, I will work with people of all ages in addiction + recovery + mental health helping people and showing them how to sail and learn the skills to take part in a team on the water. Having completed training in Community Reinforcement Approach in DROP in 2022 it has complemented the work of Sailing into Wellness who also use the CRA approach which is evidenced to be highly effective in supporting people in making changes.

As I was almost finished up in TRP and my old facilitator has returned to DROP, this led to him to contact me and ask me was I interested in coming and helping out as a recovery advocate. I thought to myself I don't think it's for me, I had worked as a landscaper with my own business earning good money, but then this is not what I wanted for my future. As I had previously experienced fear can hold me back but I have also realised I am worth taking a risk on. When I thought about it, I decided to give the position a go. I have a dual role and

on a weekly basis. I am employed in DROP as a recovery advocate with the participants on DROP's Programmes and during the sailing season I get to do some work with Sailing into Wellness. I enjoy this, being there for other people and showing them that anything is possible, we have the ability to gain new information and an interest for recovery, that is something that I really enjoy.

Through this experience, I have found it has given me purpose and the ability to help others coming from treatment and in early recovery. I am a role model for my local community showing them I'm living proof and that once you are open to change it is possible, and recovery can be achieved with help from others. I've now decided to go back to education and become a Recovery Coach with the Recovery Academy of Ireland. I think it is a great opportunity to become a recovery coach as I have a genuine interest in people's recovery helping them out along the journey with encouraging support from someone with no judgements. I believe that recovery coaching will be a great tool for me going forward in my own life, as I have become a sailing instructor working with more clients with Sailing into Wellness. I believe that Recovery Coaching would give me another platform towards my own dream of opening my own sailing adventure program that will offer differing opportunities to day programs and treatment centres that will enhance their treatment programmes.



FINANCIAL SUMMARY – TREASURER’S REPORT

I and the other members of the Board would like to express huge thanks to all the staff and volunteers at DROP for their service and efforts throughout the year. There is a huge sense of teamwork apparent in the organisation that seems to grow in strength on an annual basis.

The excellent continuation of service delivery would not have been possible without the continued support from our state funders and periodic support from the Dun Laoghaire District Court and other donors, we continue to be very thankful to all involved and commit to continuing to provide excellent value for the positive outcomes generated for service users and the community at large.

Financially in 2022, Income increased to €555k from €376k in 2021, an increase of €179k arising primarily from increased inflows for Community Employment Scheme (CES) participant payments (increased €126K in 2022 over 2021), increased support from the Health Service Executive (HSE) (increased €51K in 2022 over 2021), slightly increased donations (€12K in 2022 compared to €11K in 2021). 97% of Income is provided by the two principal funders, the HSE & the Department of Social Protection and once again we would like to thank them for their continued support.

Due to the nature of CES funding, the vast majority of the increased level of income in 2022 gave rise to increased Operating expenditure. Operating expenditure increased in 2022 to €562k from €383k in 2021, an increase of €179k, in line with the increase in income. The increase in operating costs reflects significantly higher participant levels and CES flow through funding.

Grant & other operating income reduced in 2022 to €3K from €6K in 2021.

DROP incurred a deficit of €4,538 in 2022 and compares to a deficit €525 incurred in 2021. It is the charity’s ongoing intention and management policy to try to generate a small financial surplus annually if possible. As a result of the small deficit in 2022, the net worth of the Company consequently decreased from €55,527 at the end of 2021 to €50,989 at the end of 2022, a manageable reduction and not one that gives cause for concern.

Finances continue to be constrained in 2023 and DROP is absolutely feeling the effects of inflation. The Board continues to focus on the continued financial stabilisation and security of the Company and hopes to continue to provide a platform for fundraising activities for the future.

Ciaran Walsh
Treasurer

FINANCIAL STATEMENTS

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

COMPANY INFORMATION

Directors Eileen Ryder
 Elaine Forsyth
 Ciaran Walsh
 Seamus Brennan
 Wendy Philips
 Niamh Mc Cabe (Appointed 31 January 2023)

Secretary Seamus Brennan

Company number 298396

Registered office 45 Upper Georges Street
 Dun Laoghaire
 Co. Dublin

Auditor HSM
 13 Sussex Street
 Dun Laoghaire
 Co. Dublin

Business address 45 Upper Georges Street
 Dun Laoghaire
 Co. Dublin

Bankers Bank of Ireland
 Dun Laoghaire
 Co. Dublin

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT
COMPANY LIMITED BY GUARANTEE

Opinion

We have audited the financial statements of the Dun Laoghaire Rathdown Outreach Project Company Limited By Guarantee ('the company') for the year ended 31 December 2022, which comprise the statement of income and retained earnings, the balance sheet and notes to the financial statements, including the summary of significant accounting policies set out in note 1. The financial reporting framework what has been applied in the preparation is Irish Law and FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* issued in the United Kingdom by the Financial Reporting Council.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2022 and of its deficit for the year ended
- have been properly prepared in accordance with FRS 102 *the Financial Reporting Standard applicable in the UK and Republic of Ireland*; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conclude our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described below in the *Auditors responsibilities for the audit of the financial statements* of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standards for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the provisions available for small entities, in the circumstances set out in note 11 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relation to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information in the annual report. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

*TO THE MEMBERS OF DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT
COMPANY LIMITED BY GUARANTEE*

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited, and the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions, are not complied with by the company. We have nothing to report in this regard.

Responsibilities of directors for the financial statements

As explained more fully in the directors' responsibilities statement, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, if applicable, matters related to going concern and using the going concern basis of accounting unless management either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the company's financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the company's financial statements is located on the IAASA's website at: <https://www.iaasa.ie/Publications/Auditing-standards/Standards-Guidance-for-Auditors-in-Ireland/Description-of-the-auditor-s-responsibilities-for>. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

*TO THE MEMBERS OF DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT
COMPANY LIMITED BY GUARANTEE*

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Eoin Hodkinson
Statutory Auditor
For and on behalf of HSM

16 May 2023

Chartered Accountants
Statutory audit firm

13 Sussex Street
Dun Laoghaire
Co. Dublin

STATEMENT OF INCOME & RETAINED EARNINGS

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	2022 €	2021 €
Income		554,772	376,409
Administrative expenses		(562,359)	(383,222)
Other operating income		<u>3,049</u>	<u>6,288</u>
(Deficit)/surplus before taxation		(4,538)	(525)
Tax on (deficit)/surplus		-	-
(Deficit)/surplus for the financial year		<u>(4,538)</u>	<u>(525)</u>
Retained earnings brought forward		55,527	56,052
Retained earnings carried forward		<u><u>50,989</u></u>	<u><u>55,527</u></u>

The income and expenditure account has been prepared on the basis that all operations are continuing operations

BALANCE SHEET

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	2022 €	€	2021 €	€
Current Assets					
Debtors	7	17,005		21,718	
Cash at bank in hand		79,527		123,376	
		<u>96,532</u>		<u>145,094</u>	
Creditors: amounts falling due within one year	8	<u>(45,543)</u>		<u>(89,567)</u>	
Net current assets			<u>50,989</u>		<u>55,527</u>
Reserves					
Income and expenditure account			<u>50,989</u>		<u>55,527</u>
Members' funds			<u>50,989</u>		<u>55,527</u>

These financial statements have been prepared in accordance with the provision applicable to companies subject to the small companies regime and in accordance with Financial Reporting Statement 102 'The Financial Statement Reporting Standard applicable in the UK and Republic of Ireland'

The financial statements were approved by the board of directors and authorised for issue on 31 May 2022 and are signed on its behalf by:

Eileen Ryder
Director

Ciaran Walsh
Director

STATEMENT OF CHANGES IN EQUITY

FOR THE YEAR ENDED 31 DECEMBER 2022

	Income and expenditure €
Balance at 1 January 2021	
56,052	
Year ended 31 December 2021:	
Deficit and total comprehensive income for the year	_____
(525)	
Balance at 31 December 2021	
55,527	
Year ended 31 December 2022:	
Deficit and total comprehensive income for the year	<u>(4,538)</u>
Balance at 31 December 2022	<u><u>50,989</u></u>

DETAILED TRADING AND INCOME & EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	2022		2021	
	€	€	€	€
Income				
Funding		543,077		365,834
Sundry Income		11,695		10,575
		<u>554,772</u>		<u>376,409</u>
Other operating income				
Government grants receivable and released		3,049		6,288
Administrative expenses				
Wages and salaries	435,208		259,295	
Social security costs	28,880		20,819	
Staff training	7,592		730	
Fundraising expenses	348			
Staff supervision	2,800		3,260	
Materials costs	278		958	
Health and safety	3,007		2,591	
Rent and rates	32,501		32,501	
Cleaning	3,671		4,416	
Power, light and heat ⁶⁷¹	9,160		8,994	
Repairs and maintenance	3,437		12,692	
Insurance	8,534		8,770	
Computer running costs	7,026		6,178	
Hire of equipment (not operating lease)	2,214		2,205	
Motor, travel and subsistence	534		44	
Postage, courier and delivery charges	125		-	
Legal and professional fees	2,337		2,576	
Audit fees	984		984	
Bank charges	416		378	
Advertising	534		720	
Telecommunications	2,195		2,567	
Office supplies	3,147		2,737	
Refreshments	3,780		3,394	
Sundry expenses	3,651		1,951	
Depreciation	-		462	
		<u>(562,359)</u>		<u>(421,158)</u>
Operating (deficit)/surplus		<u><u>(4,538)</u></u>		<u><u>(525)</u></u>

*full set of accounts can be reviewed on the Companies Registrations Office and on www.drop.ie



An Roinn Coimirce Sóisialaí
Department of Social Protection

Supported by

taskforce
DUN LAOGHAIRE RATHDOWN
DRUG AND ALCOHOL TASK FORCE



dlr
Comhairle Contae County Council



ddletb
Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire
Atha Cliath agus Dhún Laoghaire Education and Training Board