

H.O.P.E.

Annual Report

2022

Reg Charity No. 20079840

Helping Dublin's North Inner City Find
Recovery from Addiction since 2003



Mission Statement

To offer individuals in Dublin's North Inner City:

Support to find recovery from addiction;

Support to families affected by addiction;

Case manage and care plan to help our clients achieve an improved lifestyle;

To be a positive force for community advocacy.

Introduction

In 2022 we faced new challenges following the two years of Covid restrictions and lock down, with many services physically closed, and not accepting new clients. We noticed a large increase in drug use, mental health issues, and street violence, particularly by young people. The war in Ukraine and refugee crises around the world greatly increased the demand for accommodation in the North Inner City, with many refugees being placed in hotels in the area. Lack of housing has become a bigger issue than ever, particularly safe housing for people in recovery from addiction.

There was a large demand for our services, as part the solution we received additional funding from the HSE for a part time recovery case manager and a counselor for 3 hours a week in 2022.

We try to do as much positive activism as we can in the community. One of our programmes is the HOPE Recovery Runners which is a positive and uplifting experience, and part of our holistic approach to recovery.

For international Recovery month we run the HOPE Recovery Run with over 120 participants, an uplifting event open to everyone in the community. We also launched our annual report as a way to highlight our work and thank our supporters.

Addiction is part of the human conditions, and we do not have a cure. What we do offer is a friendly open door policy, ease of access, and a compassionate staff. No one walking through the door is turned away without the offer of some help, and we have an excellent reputation in the community. We do what we do on a small budget, with few staff, and a volunteer management committee, but we all believe in our mission and are dedicated to making recovery from addition accessible and being a positive force in this community.

The following pages give an overview of our activities in 2022. Please contact me with any questions.

Irene Crawley, Manager, HOPE

H.O.P.E.'s Services

H.O.P.E. Hands on Peer Education (H.O.P.E.) is a unique service. We are proud to be an integral part of the North Inner City community. We are a small charity and offer our services free of charge with no waiting lists to individuals affected by addiction. We were established in 2003 and work out of a small premises in Killarney Court. Our primary funding comes through the HSE Addiction Services.

Addiction Services: We believe people suffering with chronic addiction should have support in finding a recovery based lifestyle, and that this provides the greatest improvement in quality of life for the individual, their family, and community. We believe anyone can attain this with the right supports. We Case Manage clients to help them achieve their goals. We offer assessment and care planning, we help clients access medically supervised detox, we build interagency links, facilitate access to residential and day programmes as well as aftercare and a wide range of supports.

Advocacy Services: As part of their recovery journey, our clients encounter many blocks with housing, education, employment, legal issues, financial entitlements, childcare, as well as emotional and social supports. We support them through these, linking with the relevant agencies.

Family Support: Many members of this community are affected by addiction. This might be by living with someone in active addiction, experiencing bereavement, or by having in their care the children of active addicts. We have been providing family support for many years and have been by their side helping them cope.

Education: We also support members of this community who wish to return to education, which we believe is a big part of ongoing recovery. We take student and CE placements throughout the year to help in their training.

Community Participation: HOPE works with and supports many other projects in this community and as well as being community activists for improved services. We have been involved in the Drugs Task Force, NEIC, Community Coalition and Docklands Forum. We organise a number of events during the year including HOPE Recovery Run, Recovery Month activities, Community Family Fun Day and a Christmas Party.

Research: HOPE's Manager produced a piece of research in 2021 on individuals finding recovery from addiction in Dublin's North Inner City. This is available on our website.

Client Outcomes as of December 31, 2022

HOPE serves adults in Dublin's North Inner City whose lives have been affected by addiction. If someone under 18 arrives we meet with them and their family and refer them to an appropriate service. There is generally a fairly even gender mix. Most of our clients have multiple issues, but the prominent primary issues are noted in "Presenting Issues." We operate on a continuum of care, and many of our clients in recovery come back to us for their on going education, employment, housing and mental health issues.

Each person who comes in the door has a personal story to tell and we work towards the best outcome according to their needs. The reason many people come to HOPE is they want to become addiction free. Due to the anonymity of the programme it can be difficult to capture the outcomes as we cannot show pictures, we cannot give many details. We try to capture a small part of what we do in "One Client's Story" which is in our client's own words.

We can say that of the 166 who presented with addiction as their primary issue in 2022. 60 completely achieved their goals, and the others either are in the process, referred to another agency, or declined further treatment.

We engaged the families, and 50 families received support. Our door is always open, those in recovery come back to us year after year for ongoing support on a range of issues. we help where we can, and refer on where we cannot.

- ◆ 60 Individuals became drug / alcohol / gambling free in 2022 through working with us.
 - ◆ At year end, 37 were abstinent 0-6 six months, and 23 had 6—12 months.

Client Work by the Numbers 2022

Gender		Age Range		Presenting Issues	
Male	189	Und. 18	0	Primary Alcohol Addiction	40
Female	179	18-21	14	Primary Drug Addiction	126
Other	0	22-35	136	Primary Gambling Addiction	3
Total	368	35-50	124	Other Addiction	1
		50+	94	General Advocacy	52
		Total	368	Aftercare Recovery Housing Issues	65
				Aftercare Education	9
				Aftercare Employment	1
				Mental Health	8
				Suicide Ideation	1
				Physical Health	9
				Financial Supports	1
				Legal Supports	2
				Family affected by addiction	50
				Total	368

One Client's Story in 2022

As a child I was always described as bold troubled or a brat, I came from a home that also has substance abuse issues so I felt different for as long as I can remember. I spent as much time with other families and longed for that to be my reality but it just was not the cards for me. I craved love and belonging and I found it the first time I used drugs. I was very young when my addictive tendencies began to show. I craved chaos, drama and had an attraction to any sort of madness.

I fell in love with the party scene which began as the usual weekend parties which eventually progressed from weekends to week days to every day for many years. I became a slave to any substance or act that would take me out of myself. As my drug use progressed I picked up charges, spent time in mental institutions and I spent a long time in and out of hospital. I was just looking for a reason as to why I am not the same as a lot of others. I hit rock bottom and gave myself the decision either to go on to the bitter ends or just end it in one.

I was in and out of NA meetings for 10 years and after my last relapse another member told me about H.O.P.E. He made contact and within 2 days I presented at the center. I was in a very bad state but the minute I walked in the door I was met with kindness and compassion and for the first time in my life I asked for help.

And help is what is got. I was helped detox from all the substances though their community detox, they linked me in with a doctor, did a care plan for me, and with the staff's support and belief in me I felt self worth for the first time in as long as I can remember. HOPE did my assessment and referral and I attended a treatment center one year ago and have practiced on a daily basis what I have learned there to stay clean, free and at peace.

I am so grateful for my life and have been give a second chance because the amazing people in H.O.P.E. Recovery has given me so much to be grateful for I now have a job I could of only imagined but the most beautiful thing being in recovery has given me is the opportunity to build back up broken relationships with the people in my life that I love and truly care for.

(Male, 32)

Issue in Focus: Housing

During the pandemic the housing crisis escalated and many of our clients experienced homelessness and housing insecurity. As part of their care plan, we helped 65 clients address their housing needs in 2022. HOPE is a very small project with limited resources, we are funded by the addiction services, but we have an interagency approach, and work with many of the great organisations in the community to help our clients.

Alison Gray, one of our Case Managers says: “In HOPE we work with addiction, but our clients have complex needs, such as legal, medical and housing issues. In order to progress on the road to recovery, a stable, safe environment is extremely important. There were 65 cases with unstable or no housing as a major issue in 2022. These were complex cases that included anti-social, drug intimidation, and young people coming out of the care system with no follow up aftercare. Of these 65 cases, 37 were referred to ICON who have a new service directly addressing housing, which is a pilot scheme under a Community Development Project. They advocate on the client’s behalf to various agencies such as DCC, Tusla, GP’s, and local representatives. The remaining 28 clients were assessed by us, we found their accommodation was chaotic and unsafe given their vulnerability. We referred many of them to CPS (Central Placement Service) in DCC’s homeless services to help them address their immediate emergency needs.”

One Client’s Experience: "I spent many years in active addiction in the North Inner City and I was familiar with the HOPE project, that they helped people get clean. Eventually I ended up in prison, and it was only when I came out that I was willing to use the service. I went in and had an assessment, everyone was so friendly and helpful. They helped me get into a residential treatment center that I stayed in for 14 weeks. I kept linked in with HOPE and got a place in a recovery house which I stayed in for two years. It was fine, but not the same as having your own place, and there is a limit to how long you can stay. In those two years I remained in recovery, going to 12 step meetings and doing a day programme. I also joined HOPE recovery runners and did the couch to 5K. I used to go in to Alison every week, and she would call DCC. It took two years but eventually I got a lovely flat in the area I wanted and am very happy to have a safe place of my own to call home. I still in link with HOPE for on going support and volunteer at their events. My life has completely turned around, and my family and friends are delighted. I look forward to the future now.”

Recommendations based on Research Findings

Irene Crawley conducted a piece of research on abstinence based recovery in Dublin's North Inner City. The research found that there are many hundreds of individuals in the NIC who are in long term abstinence based recovery and enjoying life. The participants in this study have not only changed their own lives through their recovery, but have changed the lives of their children, their families, their community. They have broken the multi-generational cycle of substance abuse and are working their way out of poverty.

They recommend that changes and resources be invested in the following areas, which is paid back many fold when individuals become employed and are not using the social, medical and legal resources they were in their addiction.

Main focus not on opiates but all addictions; Long term MMT should be a last resort rather than a first response;

Community detoxification services as well as more residential beds; Criteria for entering should be changed to reflect reality;

More cases should be managed through inter agency cooperation;

Dual diagnosis services that address the gaps;

Develop Housing First, moving from homelessness then offering recovery support;

Provide more "Sober Living" accommodation - recovery aftercare housing;

Establish community recovery cafés as first points of contact, accessing information, and for ongoing recovery support;

Provide free or subsidised addiction counselling services for all addictions, including eating disorders and gambling;

Have holistic treatments available for those detoxifying and in early recovery.

Changes to spent convictions - being able to get Garda clearance after a certain time period of no charges and evidence of recovery;

Provide grants and funding for education for those in recovery;

Create job opportunities for those in recovery.

H.O.P.E. Recovery Runners

The running programme started in July 2020 as a way to see our clients outside during lockdown and to help combat depression. For recovery month 2020 we held a virtual run with about 20 participants. People loved it, and the group continued on, and in 2021 we held a live 5K race for Recovery Month with 100 participants. We are registered with Athletics Ireland and an official club. As well as Beginners Couch to 5K, in 2022 the group ran the Kilkee half marathon, Glencullen mountain 10K, Phoenix Park 10K, the Woman's Mini Marathon, Phoenix Warriors 21K / 7K as well as a number of smaller races. For Recovery Month Run in 2022 we moved to a 21K / 10K / 5K race with 120 participants. HSE Addiction Services have funded the programme this year and we also thank Bruce McDevitt, Michael Darragh Ma-cauley of NEIC who were a huge support as well as Brian Mongey, Elaine Mangan and Darren Murphy helping us with all we needed for the event and our coach Ruth Ann Barry.

Come see what we do on Instagram: [hope_recovery_runners](https://www.instagram.com/hope_recovery_runners)



HOPE Recovery 5K/10K/21K Fun Run for Recovery Month 2022

It was a wonderful boost to do a positive activity outdoors after the lock downs. We thank the NEIC who sponsor our programme, and all who attended from local running clubs. We gratefully acknowledge the following local business for providing wonderful spot prizes:

- Epic in the Chq building IFSC
- Harbourmaster Bar IFSC
- Laine, My Love on Talbot street
- ALL REAL protein bars, www.eatallreal.com
- Pinocchio Restaurant, Essex Street West, Temple Bar
- Bakehouse Dublin in the Chq building, IFSC
- Dunnes Stores North Earl Street



Open Day / Launch

Each year HOPE produces an Annual Report to showcase our work, and to show that recovery from addiction is possible. Each year we hold an Open Day and Annual Report Launch to celebrate our participants and showcase our work. We have a range of speakers, clients and supporters.

In 2022 (right) Lord Mayor Allison Gilliland and long term support Brian Kirwan of the HSE were our keynote speakers along with Maura Hawkins (below). We had a great turnout and thank all for your interest in our work

Below: L-R, Irene, Ruth, Miriam, Maura and Joeline.

(Photo credit Conor O'Mearain)



Community Involvement



HOPE is a community project in the truest sense of the word. Our focus is addiction recovery of course, but addiction in the North Inner City has affected every family, every generation, every school, and business for decades now. Part of what we do is be part of a positive change, and become involved in community life. To this end over our 20 years in the North Inner City community we have hosted so many community events, from Bloomsday in the Monto, Family Fun Days, Recovery Races, and Recovery seminars. Over the years we have run free trainings in schools, for peers, for professionals, on a range of topics do to with addiction and health. We have been involved with old folks groups, commemorations, food drives, toy drives, homeless runs.



Due to our central location, people walk in the door with every kind of problem from living on the streets to a lost dog. No one is turned away. We will make the phone calls and direct the people to where they need to go, and do what ever we can to give a bit of help and comfort.



A few of our many activities in 2022 in the photos here show (top right) participating in the North Inner City Folklore's 1916 commemorations, (bottom right) Making stars and participating at the annual Christmas tree to remember loved ones lost to addiction, (top left) A toy drive at Christmas for children of the community, and (bottom left) bringing a bit of cheer to our older community residents.



Management Committee



MC Top Row: Far left Kevin Murray (Treasurer), 2nd Left Yvonne Bambury (Legal Advice), 3rd from Right Martin Cooke (Chairperson)

MC Bottom Row 3 on Right: Theresa Brady, Carmel Cosgrove, and Angie Hart (H.O.P.E. Founding Members)

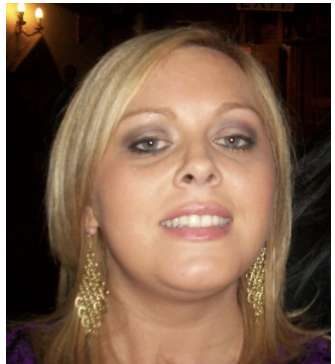
Staff



Irene Crawley, Manager. I have worked in the field of addiction for 26 years, working in treatment centres, prisons, and day programmes in Ireland and France. I have managed HOPE since 2004. As well as being an accredited counsellor, I have a BA in Psychoanalysis and an MSc in Addiction Recovery. The vision for HOPE is to provide a service in Dublin's North Inner City that helps people find freedom from addiction, to lead independent and happy lives, for themselves and their families. I have also developed a wide range of training programmes in the area of recovery, addiction prevention and training for trainers.



Joe Dowling, Senior Project Worker. I joined HOPE in 2007, and have now worked in this community for nearly 30 years. I was born around the corner and still live in the same building as HOPE. I love working with the people of this community, and it is great to see them getting their lives back. In HOPE we are family, and it's a pleasure to come to work everyday.



Alison Gray, Recovery Case Manager. I have been with HOPE since 2009, first as a volunteer, then on a CE scheme. My position kept improving as I got more education and experience. I now have qualifications in Addiction Studies, Intervention Skills, Case Management, and as a Holistic therapist. I love working in and giving back to the community.



Elaine Hilliard, Recovery Case Manager. I worked in HOPE as an Admin one day a week since 2007, I also worked in Soilse as an Admin since 2001, I have been in the addiction field for 20 years. In 2019 I was offered a permanent position in HOPE, changing roles from Admin to Recovery Support Worker, which I greatly appreciate. Now I am in UCD studying a Level 7 in Community Drug and Alcohol Work. It's great to be part of such a wonderful and caring team and indeed community. Having grown up in Dublin 1 it's great for our clients to know they can walk in the door and see a familiar face, it's doesn't feel as daunting.

David Corcoran, Administrator. I started working with HOPE in July 2020. After 35 years working in the commercial state sector, I was given the opportunity to give something back to the inner city community where my parents were raised. Working with the dedicated and caring team at HOPE, I have learned to appreciate the vital work which HOPE does to support those in need.



Linda Crofton, Media, PR and Wellness. I started in HOPE in January 2022, and HOPE is very different from any other place I have worked. When a client is looking to find recovery from addiction or need support along the journey, HOPE is there. The team at HOPE are so knowledgeable about the system and resources that are available and the people behind those services. All of the team have a long history in the community, so when someone walks in the door in the mornings, they are not an anonymous number, EVERYONE who walks in the door gets called by their name and made to feel welcome.



Staff Activities



HOPE Manager, **Irene Crawley** (right) Graduated with a Masters in Addiction Recovery from Trinity College in 2022. Irene says “I returned to do my Master in my late 50s, I am a believer in life long education. After 25 years in the field, new challenges are important to keep growing. It was a great experience and several addiction workers from this community participated.”

Elaine Hilliard (left) Recovery Case Manager, Graduated with a Level 7: Diploma in Community Drug and Alcohol Work from Urrús and UCD. “This course gave me amazing insight into addiction, prevention, treatment and rehabilitation, dual diagnosis etc. I feel it has made me more confident in my role as a Recovery Case Manager. I graduated in September 2022 with all my family there. The feeling of knowing they were so proud of me was powerful. I hadn't studied in over 20 years before doing this course, it was hard and challenging, but also very rewarding. For anyone thinking of going back to education I would say go for it.



Maura Hawkins (Left) works with us one day a week as a recovery coach. “I joined HOPE as a recovery coach to support to people struggling in addiction recovery. I love being a support to people and spreading hope in their lives. I have completed my level 5 Addition Studies and my level 6 in Care Planning, Case Management and Key Working. I hope to find a full time job in the field and to continue my education.

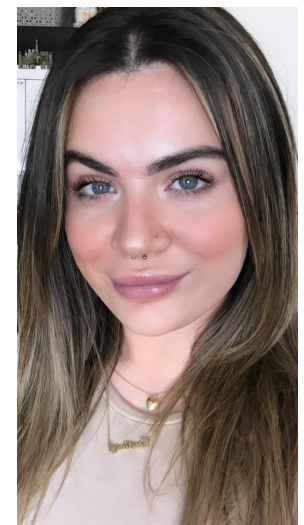
The staff (right) participated in a **first aid course** run by the Cavan Centre and funded by the NEIC



We also take on student placements from time to time. In 2022 **Courtney Barry** (right) had a two week placement with us. She is doing a degree in Midwifery. She says “I found the placement incredibly helpful for my career, as I got to see people with complex social needs, it opened my eyes and has helped me when dealing with patients with similar needs.”



Tara Thompson (Left) is an ACI accredited addiction counsellor and IACP accredited psychotherapist. Over the course of a year, she provided psychotherapy service to HOPEs clients, in our office one day a week. She was an excellent addition to our team. Tara says “it was a privilege to have been part of a service that provides so much for the community.”



Thank you to our supporters in 2022

Our base funding comes from the HSE Addiction Services and we gratefully acknowledge their on going support for our project. Due to budget cuts over the last few years, our allocated funding covers the daily running of the office. We apply for grants and do additional fundraising for our programme costs such as our counselling service, running club, staff training, events such as the Christmas party, and Recovery Run. We also fundraise to be able to help clients with direct needs, which could range from clothes when they are in prison or a treatment centre, food hampers and toys at Christmas. An example is **A&L Goodbody (photo below)** included HOPE in a Toy Drive, which was much appreciated. They also donated much needed office equipment. We have too many volunteers over the years to acknowledge everyone, but you know who you are, and thank you for your community spirit.



In 2022 we received financial support from the following and we thank you:

HSE Addiction Services

NEIC

DCC

Impact Trade Union

Private Donation

A&L Goodbody

Lord Mayor's Coal Fund

Quinn Foundation

Community Foundation

Roomkeepers Society

Hewlett Packard

All direct donations go to our hardship fund to directly
to help our clients.

Our fundraising policy is available on our website at
www.hopehandson.com/donate

HOPE is a Registered Charity Number: 20079840.

In Memorium

Darren Flood (right) Elaine says “Darren Flood worked in the addictions service for over 20 years. He helped so many people over the years and was always the first to reach out to anyone that needed help. He will always be remembered for his hilarious sense of humour and his kind heart. I’m sure all of us that have had the privilege of knowing and working with Darren hold all of our memories close to our heart. Miss you G.” Irene says “ Like Elaine I worked with Darren in Soilse, then in HOPE through his out-reach work for many years. Darren was in my group 23 years ago, and was always such a bright, vibrant, funny and sweet guy. He was great fun to be around and lit up a room. Miss you Pal.”



Connie Murphy (below). Connie volunteered in HOPE for a number of years, helping people find recovery. She took part in all our events, in the photo below she is rocking the boat as the bride in the Bloomsday in the Monto wedding. Joe says “Connie was an inspiration to women, especially in AA. Until the day she died she was still helping people, even in Lourdes she took a phone call from someone needing help and met them when she came home. That’s the way Connie was, she never forgot where she came from. She was one of the best.



Elsie Champion (right). Elise was the caretaker for Killarney Court, HOPEs building. She was a great support to us over the years in many of our events and activities. Joe says “Elise was one of the greatest people in this community, she was the Queen of Killarney Court. She helped everyone, all the older people. In the pandemic she made sure that she went out got all their shopping, did everything for them. She was great to the HOPE project, was always at the Christmas Tree. She is badly, badly missed by us all in Killarney Court. I miss her so much. She was a great woman.



Last words from H.O.P.E.'s Manager

It has been another year in H.O.P.E. where we have accomplished much, with very little, thanks to the hard work and goodwill of so many. It has been a privilege to manage this project and work in Dublin's North Inner City, a fantastic community. The dedication to making this community, and this world, a better place has driven our work. We have a fantastic team, and I would like to extend my appreciation to the following:

Our voluntary Board of Management for the many years of support and guidance and the time they have given up to help run H.O.P.E. Carmel Cosgrave is the founding member who has served continuously from the beginning. Also with us, some for nearly two decades are **Angela Hart, Theresa Brady, Kevin Murray, Martin Cooke, and Yvonne Bambury.**

Our wonderful staff: **Senior project worker Joe Dowling, Recovery Case Manager: Alison Gray, Recovery Case Manager: Elaine Hilliard, Financial Administrator: David Corcoran, Media: Linda Crofton, Office Support: Maura Hawkins and Alison Hynes, Running Coach: Ruth Barry.**

Much thanks to the HSE addiction services whose funding make our project possible. We are very grateful to **Brian Kirwan who worked with us for many years, and Bernadette Rooney and Richie Stafford who we will be working with going forward.**

Thank you to Dublin City Council for our premises, and the team at the NEIC for additional supports with our programs. The NEIC has been a great addition to the community and I thank in particular the **NEIC programme office: Michael Stone, Michael O'Riordan, Ursula Donnellan, NEIC Sports: Bruce McDevitt, Michael Darragh Macauley from the Community Development Office Brian Mongey, Elaine Mangan and Darren Murphy.**

Finally, many thanks to our colleagues in the North Inner City and all the agencies and individuals we have worked with AND all of our clients for their continued trust in us and their willingness to put in the work. We hope to be here for many years to come!

Srene Crawley, Manager

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