



Rutland Centre
Therapeutic Garden

Annual Report 2022

**Helping you live life
beyond addiction**

The Rutland Centre's purpose is to help people overcome and recover from addiction with understanding, empathy, expertise, kindness, evidence-based practise, experience and professionalism. A Centre where it is safe to tell your story, to take responsibility and emerge to live life beyond addiction.



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Members of the
Rutland Centre team
June 2023

Foreword



Maebh Mullany CEO
& Dr John O Connor
Medical Director
acknowledging
successful quality
accreditation and ISO
certification with CHKS

Since the last annual report The Rutland Centre continues to adhere to its founding principles and successfully tackle addiction in all its manifestations. The ever-changing pattern of substance abuse continues to be apparent at The Rutland Centre. Of particular note is the increasing use of cocaine as a primary drug of abuse and often its combination with alcohol leads to particularly unsafe situations including thought disorder and perceptual abnormalities. A further worrying trend is the younger age profile. It is no longer unusual to see those in their late teens or early twenties in a drug induced psychosis requiring intensive psychological care, sometimes over an extended period.

It is particularly harrowing too to witness the trauma and devastation visited on the families of those in addiction. Apart from entanglement in the heartbreak and chaos of addiction, it is not uncommon for parents or other concerned persons being forced to pay drug debts when faced with the threat of serious damage to the family home or other property.

Often addiction, in its many forms is but a symptom of a deeper malaise should that be drug or alcohol abuse, compulsive gambling, food or sex issues. In treatment the person is encouraged to explore and look for the cause(s) secure in the knowledge that support, emotional and otherwise will always be available. Those of us working in addiction are truly honoured in so far as clients will often reveal a painful experience which might well have contributed to their addiction in the first place. Knowing that confidentiality will be respected and maintained is critical as they are helped to come to terms with such experiences.

In conclusion, we the staff of The Rutland Centre look forward to new challenges which will inevitably occur but secure in the knowledge that many breathe easier because of our contribution to their wellbeing.

Dr. John O'Connor,
Medical Director

Chairperson Statement

On behalf of the trustees on the board of The Rutland Centre, I am honoured to present our annual report for 2022.

The chaos, unhappiness and despair visited by addiction is quite simply unimaginable. But it is real and terrible. For almost half a century, The Rutland Centre has been a place where clients are and have been supported in tackling addiction, finding recovery and securing supports that endure and sustain. It is a place that transforms the lives of clients and their families and friends.

This report seeks to capture that sense of transformational change and lives saved, as well as meeting key governance requirements.

The past year saw The Rutland Centre retrieve ground lost during Covid as reflected by the achievement of c4,900 bednights under our residential programme and the restoration of our aftercare services. This reflected robust emerging demand for our services, as well as recognising the enduring impact of The Rutland Centre programmes.

In truth the past year was one of two parts.

The early part of the year saw high levels of costs, particularly in respect of agency services, alongside modest client numbers. The second part of 2022 witnessed significant improvement in our financial performance with curtailment in costs and increased client income. This improved performance was not sufficient to offset substantial costs incurred early in the year but sets the blueprint for our way forward. This positive trend is now established has continued well into the current year.

The board's response to these challenges has been to work to diversify our income

sources, to control costs and to renew board membership. Integral to diversifying our income is prioritisation of fundraising and the past year has seen initiatives to build our networks of engagement with business and philanthropic interests. Alongside this, a process of board renewal has been underway and this has led to figures in senior management positions from the corporate sector joining the board. Board capability and effectiveness has been greatly enhanced by the diversity of skills, knowledge and expertise which the collective of trustees now brings to the table.

Our ambition for 2023 is to restore ourselves to a break even position drawing on improved financial performance, enhanced fundraising income and strengthened networks of influence and support. We also wish to expand the range of services we provide so as to include Detox, Residential, Outpatient, Aftercare and Secondary Care.

And finally, the board wishes to acknowledge the commitment, dedication and skills which The Rutland Centre staff bring and which have such transformative impact. We acknowledge our CEO, Maebh Mullany who brings such great gifts of leadership, collegiality and resourcefulness.

Gerry Kearney,
Chairman

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It gave me the space and support to regain my strength, find some resolve and see a way out of the madness I had created.

- Anonymous



Garden arch

The Morrin Room





CEO Statement

Responding to the devastating and wide-ranging effects of addiction in the family, alongside a prolonged pandemic and unprecedented levels of demand, The Rutland Centre has had to continuously strive to do more, to support more people and families, and to rebuild a sustainable organisation over the course of 2022.

In 2022, with the generous support of the HSE and our donors, we delivered 4900 bed nights through our 24/7 residential program, 52 weeks of continuous service in our outpatient program and over supported 200 individuals in their first years of recovery through our aftercare program.

Aiming to do more is a challenge in our current premises so we have also focused on how we can do better; and how we can do that in a way that is responsible, sustainable and that is focused on quality treatment and outcomes for service users. This approach has guided us through a year defined by uncertainty and has

helped us preserve our leading reputation in the delivery of quality and effective addiction treatment.

Quality and accountability are assured through mechanisms such as CHKS who independently audits our organisation, ensuring that our programmes meet the highest standards and that it fit for purpose. Additionally, I am enthused by the level of board renewal and the passion that exists therein for the continued success and ambition of The Rutland Centre and I would like to take this opportunity to thank each of the board members who I have the pleasure of collaborating with over the course of 2022 and 2023 to date.

There can be no doubt about the impact of the pandemic on The Rutland Centre as an organisation, and on individuals and families across the country. I am proud to be able to report at the time of writing that during the latter half of 2022 we were able to safely restore the majority of services and return to in person support in almost all instances. We did well to pivot to a virtual reality very early in 2020 but I believe that the needs of our service users are best met with in-person engagement. In 2022 we restored all of our residential beds, reinstated family day in full, and all our online aftercare groups returned as in-person peer support.

I do not believe that it will ever be the case that addiction services will not be needed. Indeed, we see the emergence of new challenges in this respect on the road ahead. Women continue to face barriers to accessing treatment, cocaine is presenting in an ever-increasing number of admissions, and co-morbid indications such as adult ADHD are becoming more common. In 2023 we will need to keep energised and adequately resourced to allow us to explore the most impactful way to meet these emerging needs.

This report contains vital examples of the transformational nature of our programmes. These stories are crucial in reminding ourselves of the ability to change lives, and of our ability

to support our service users as they navigate through the greatest challenge of their lives. They also push us to keep striving for better.

We can rise to this challenge. In 2023 we will mark 45 years as a service, and we will pause to remember and to reflect upon the thousands of individuals and families who have benefited from our work over those years. We have over 300 individuals who will be invited to accept their 1-year medallion, recognising at least one full year of recovery since the pandemic began and we will do this with a renewed focus on the work still to do.

I am privileged to work with what I consider to be the most committed and talented team

I have had the pleasure to work with. In every single role in the centre, and across our team of volunteer aftercare facilitators, we have people who feel compelled to do their best for The Rutland Centre and for the people that need us. In my experience over the last 7 years as Chief Executive I have seen that this dedication means that the centre remains in great hands. I would like to take this opportunity to thank all of my colleagues, to acknowledge the uncertainty of 2022 and to encourage us all as a team to look forward to the next chapter.

Maebh Mullany,
Chief Executive



Rear view of the main house and gardens

The history of The Rutland Centre

Rutland Centre Main House



The Rutland Centre was founded 40 years ago by Fr Raphael Short and Mary Bolton. Fr Short was a visionary priest, educated in clinical psychology. He trained in the Minnesota Model in the U.S. before bringing groundbreaking alcohol addiction treatment techniques to Ireland.

One of the cornerstones of the Minnesota Model which resonated with him was the positive impact of 'talking therapy'. He saw the significant positive impact this could serve as a means of helping individuals in need of alcohol treatment.

In addition to delivering alcohol addiction therapy himself, Fr Short created and delivered onsite and overseas training programmes so that others could join him and help those in need.

Tribute to one of the
founders of the Rutland
Centre Mary Bolton

Mary Bolton was an inspirational therapist, initially recruited by Fr Short. She had a unique ability to connect with individuals and their families, accompanied by unrivalled empathy with their unique circumstances.



Initially based in Monastery Road in Clondalkin, the centre moved to its current premises on Knocklyon Avenue in December 1983. The Rutland Centre was the first addiction treatment centre in Ireland to follow the Minnesota Model, or the 12 Steps approach.

We estimate that in the last 40 years, 10,000 people have been treated at The Rutland Centre. What began as primarily a centre for treating alcohol addiction has grown into the largest private addiction rehabilitation centre in Ireland, treating addictions of all sorts including food, drugs, sex, gaming, pornography and gambling.

Original stained glass
window on front porch

Our Impact

The road to recovery may be tough but with the right guidance, tools and support you can take on the challenge. Working towards and achieving recovery is extremely rewarding and the new life you'll create will make the whole process worth it

Recovery indicators:

85%

Service users who completed the residential program progressed to our aftercare program.

66.5%

Aftercare joiners in 2022 are engaged in active recovery or have completed the aftercare program

100%

Service users who completed the outpatient program progressed to our aftercare program.

74%

Aftercare joiners in 2022 are engaged in active recovery or have completed the aftercare program

Combined Recovery indicator (Res, OP, CP) - 67% of all aftercare joiners from the 3 streams (see CP below) are engaged in active recovery or have completed the aftercare program

Program completion rates

86% Residential

72% Outpatient

2021 - 90%, 2020 - 90%

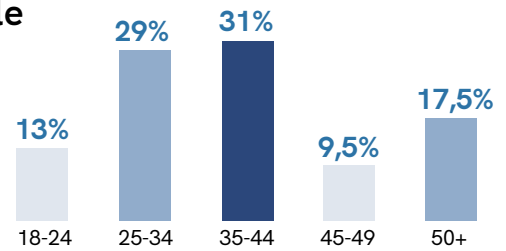
Of those who did not complete the program, 7% were therapeutically discharged, 3% were medically discharged, and 4% self-discharged.

Gender

- 68% male
- 32% female

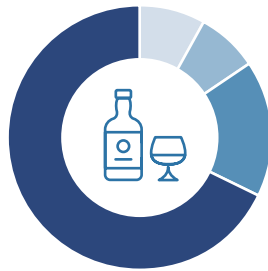


Age Profile



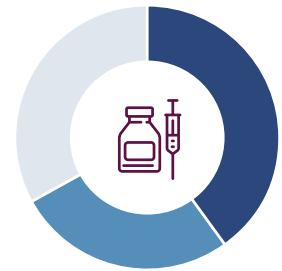
Primary Addiction

- 68% Alcohol
- 16.5% Cocaine
- 7.5% Other substances
- 8% Other addictions (gambling, sex, pornography, food)



Secondary Addiction

- 48% of service users presented with a secondary addiction
- 32% of this cohort presented with poly addiction – 3 or more substances / behaviours
- 39.5% where more than one substance / behaviour presented, cocaine was the highest recorded second drug of choice



Stabilisation program

- Of the residential service users who progressed to aftercare and then relapsed 58% engaged with our stabilisation program and were reintegrated back into aftercare.
- Of the outpatient service users who progressed to aftercare and then relapsed 100% engaged with our stabilisation program and were reintegrated back into aftercare.

Family support

- **134 concerned persons** (CP's) took active part in the residential program in 2022.
- **77** of these joined our aftercare program (57.5%)
- Of these CP's who joined aftercare, **66.5% are engaged in their own recovery** or have completed.
- **37% of all aftercare joiners** in 2022 were CP's

Bed nights

2023 Target = 5133

2022 - 4959 2021 - 4790 2020 - 3869

Meals served

- **14,877 home-cooked meals** served to residential clients in 2022.

Aftercare attendances

- 11,827 aftercare attendances in 2022
- Aftercare groups take place 5 days per week, 52 weeks per year.

"We answered almost 16000 phone calls in 2022"



Our Team

Our Board Values

- To make sure that we are always people centred above all other commercial demands.
- To have a Board that is dynamic, proactive and drives a clear, compelling, and communicated strategy and direction.
- To have a Board that is built specific commercial and clinical expertise that contribute to the centre strategy without interfering with the day-to-day operations as decided by the senior management team as led by the Chief Executive.
- To have a Board that proactively support and assist the Chief Executive in delivering the goals and strategy agreed by the directors and members of the Board.

Our Staff Values

- To execute quality in every way, in very department and in the best interests of our clients.
- To continue to learn, research and reinforce our exacting standards of treatment based on evidence.
- To make sure, at every stage of the client journey before admission, that we are alert to our words, and our impact as they take such a big step. To promote a sense of professionalism, understanding, interest and kindness.

How we Value our Clients

- To always uphold and understand the importance of privacy.
- To constantly emphasise the importance and value of support networks for our clients.
- To ensure, no matter what the background, and subject to our clinical criteria, that we will always ensure that nobody is ever left without advice, direction, or support to guide towards the right treatment for them, in The Rutland Centre, or elsewhere.
- To be clear with clients that success depends on meaningful collaboration and a commitment to work.
- To constantly maintain an appreciation of the range of emotions experienced by individuals in their initial reach out for help.
- To make sure we are always clear, honest, transparent and empathetic when interacting with clients.
- To encourage every client to tell their unique story with patience, professionalism, kindness, understanding as well as reminding them that we are without judgment and there is nothing we have not heard before.

In Short

“Helping you live life beyond addiction”

Mission and Vision

‘The Rutland Centre’s purpose is to help people overcome and recover from addiction with understanding, empathy, expertise, kindness, evidence-based practise, experience and professionalism. A centre where it is safe to tell your story, to take responsibility and emerge to live life beyond addiction.’

Strategy Framework 2022 - 2023

Our Vision

Leading the way in helping our society to recognise, understand and tackle addiction.

Our Mission

To help individuals and families to recover from addiction through the provision of treatment services and supports.

To advance awareness, education and advocacy in relation to addiction.

Our Values

Consistent with our culture, our core values are built around respect and support for the individual and their wider circle of family/close friends, as well as inclusiveness and equality. We resolutely challenge addiction, and we work to enable our clients to find the space, strength and renewal so as to build a new life free from addiction.

Our Objectives

To optimise recovery outcomes for clients by:-

- Rigorously managing, sustaining and independently validating our existing programmes;
- Expanding the range of services provided by The Rutland Centre so as to provide Detox, Residential, Outpatient, Aftercare and Secondary Care
- Developing and improving physical facilities and accommodation

- Strengthening our financial performance and renewing our reserves
- Having the best team in place in The Rutland Centre so as to deliver for clients

Our Challenges

- Fluctuating occupancy
- High fixed cost base
- Narrow income streams
- Limitations of service offering and of facilities
- Underdeveloped public engagement/ awareness

Our Strengths

- Non-medical treatment model which delivers exceptional impacts for the lives of our clients
- Leadership and professional expertise of The Rutland Centre gained over almost half a century
- The Rutland Centre brand
- Passion and commitment of our staff and management

Our short term strategy for the coming 18 months

Our strategy focuses on

- maintaining exceptional outcomes for clients
- optimising our residential capacity, and client numbers alongside planning for expanded service provision
- stabilising our financial position by cost control and developing additional revenue streams
- expanding our public engagement through improved PR, strengthening our messaging and better public information provision
- supporting staff through progressive HR policies and practices to make The Rutland Centre an employer of choice

Maintaining exceptional program participation rates for our clients by ensuring no less than a 90% completion rate for residential program clients, and no less than an 80% completion for outpatient program clients.

Ensuring a sustained recovery for our clients who complete the program with no less than 65% of those clients who complete their primary treatment, and whom progress to aftercare, are engaged in recovery at any given time.



Sandra Byrne and
Paulie Holmes

Testimonials

When someone is facing addiction, it affects every aspect of their life. It also has a massive impact on their loved ones. The family may encourage the individual to work on their recovery, and watching their loved one struggle time and again can be emotionally draining.

It is important that family members have the opportunity to embark on their own journey of recovery so that they can deal with the difficult experiences associated with helping someone through addiction.

At The Rutland Centre, we provide support to the family and friends of people struggling with the reality of addiction. This is one story of someone whose life was touched by addiction.

Mandala created by clients during Art Therapy



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It's an excellent program; the best around Ireland by a mile."

- Anonymous

Sarah's Story

"My name is Sarah. I am going to share a bit of my story around addiction and recovery.

"I am the second eldest of five children. My own family life was ruled by fear, abuse, drink and gambling - a total dysfunction to start with. Had I been asked when I was a child 'How is your family life?' I would have answered 'Fine'. It was my normal, so it was fine to me.

"I met my husband Peter when I was a teenager and we married at the age of 22. I promised us both that our marriage and life would be totally different from my childhood. I wanted to be free from fear and gambling. I knew my husband had the odd bet and drink, but I was ok with that. I thought 'He's not like my father, thank God'.

"I was married nine months when I became pregnant. We were so happy; we had our own flat, he had a job, I was working. All seemed well. Then one evening he came in from work and told me his job was going on strike. We would have to live on my wages and his strike money. It was very difficult to make ends meet.

"After that, the bomb went off. I came home from work one day, 6 months pregnant, and Peter told me he had lost all our money. I thought he meant he lost some money from his pocket on the road, until he told me no, he had lost it on a horse. In that moment, my life changed forever.

"I remember feeling lost, afraid, sick, angry and shocked, but most of all betrayed. That day changed me forever. Until then, I had felt safe and loved with my husband. He was my best friend and I trusted him with my life. After that, I never felt safe again. My world as I knew it was gone."

From this point on, Sarah's relationship with Peter was altered. Even though they maintained a normal lifestyle from the outside, she struggled with losing the closeness with her husband.

"The next 25 years I spent controlling, begging, threatening, enabling and denying what was

happening. We never lost our home or job or cars, or anything big like that. But the worst thing for me was my husband's inability to emotionally connect with me or the children. He always had a faraway, lost look in his eyes. He seemed to be always somewhere else in his head.

"Peter had his gambling and drinking under some kind of control. We had a few big rows over his lying. We could have had a good life but we were always just keeping ourselves above the breadline. I could never trust him to support me or the children financially. There was always the worry that he would spend the money, or 'lose' it, or some other silly excuse for his gambling."

As Peter's problems continued, Sarah became increasingly isolated.

"I was very lonely in our marriage and I felt like I was doing all the work. Our first child came along and everything seemed good to everyone outside. Sometimes even I thought we were the perfect family - but I always felt that there was something missing. I can't really pinpoint where it all started to go wrong, but I was unhappy and lonely. I was just letting the days pass as best as I could.

"After a few years I went back to work and this opened up a new world to me. I started meeting new people. At this time, I met a man and we became involved. I had a new, different life, separate to the one I was living at home. I felt alive and happy. That period lasted for a few years.

"While this was going on, things with my husband were getting worse. I know now that I had this affair to escape and my reasons were emotional more than anything else. I felt like it was all on me to cope with the kids and the house and the money. My relationship with Peter was falling apart. I was very unhappy in it. We were living in the house together but hardly speaking; just passing each other by."

Sarah felt betrayed again when things started coming to a head with Peter's addiction problems.

"At one point he had a sizeable sum of money and I never saw a penny of that. I found out that all the money was used to pay debts from gambling. Around this time he also tried to commit suicide and while he was in hospital I was getting letters from the banks, from credit unions I knew nothing about, and from the income tax company... I was in a state of shock when I discovered that the gambling was even bigger than I knew and that Peter had kept it hidden from me all these years.

"I was so angry and hurt, again. How he could do this to us? Peter went to get help in our local health centre and began going to meetings. We decided to start again fresh, so we moved from our home of 27 years. I was hopeful that this was it, that we would be ok now. He was going to his meetings, I was getting counselling, all would be well...

"When our house was sold, I went to clear it out and found a large amount of empty painkiller packages. When I asked Peter where they came from he gave some vague answer that I must have believed. I was so unaware of any painkiller addictions that it never even crossed my mind. Long story short, it turns out he was addicted to painkillers. To say I was shocked is an understatement. This is the thing that finally led Peter to The Rutland Centre for help. We said that we would try and make it work - this had to be our rock bottom."

Sarah and Peter were now getting support from The Rutland Centre, and Sarah found this gave her a glimmer of hope.

"I was finally able to see the light at the end of the tunnel. My hopes and dreams started to come alive again. I was able to have hope for us and our family. In early 2006, Peter went into The Rutland Centre as a resident. I was on my own in a new town, with no family and no friends. I was trying to work and visit Peter and make time for my own one-to-one meetings and group meetings. I had faith that we could do this.

"I sat in group meetings and found myself saying 'We're not too bad, other stories are worse'. We

were going to make it through. We had to make it work. I truly believed we would GET recovery, we would MAKE it.

"Well, it was not to be. After a few months of working with The Rutland Centre, Peter started missing meetings, not going to group meetings, all sorts of stuff. The biggest thing for me was the family confrontations. I found them so hard to deal with that I could not take any more and I ended my marriage."

After the breakdown of Sarah and Peter's marriage, Sarah was still extremely worried about Peter.

"Peter left the family home. I worked three jobs to try to pay the mortgage while he got further and further into debt; losing his home, his car, any money he had. Everything was gone and he ended up living in a hostel.

"He was self-medicating, drinking, gambling and not eating properly. Myself and our children tried everything we could to help. Peter attempted suicide a few more times and became so high on tablets that he was incoherent most of time. I dreaded taking his calls and worried about him constantly. This went on for a few years and eventually we got legally separated. All his money went on gambling, drink and tablets..."

After a while, things started looking up for Peter.

"At one point it seemed like Peter was maybe getting help and getting a bit better. He visited me and for the first time in years he seemed very well; clear, coherent and back driving. He stayed to have dinner. He told me he had met someone and was doing ok.

"I was so happy. I felt like he had turned a corner as we sat having dinner together for the first time in years. That was to be the last time we saw Peter alive. Only a week later, he died in hospital from a sudden illness, surrounded by his family. He was only 50 years of age."

Sarah found the period after Peter's death very difficult.

"Peter told me once that he had wanted to die from the age of 11, and 39 years later he got his wish. Did God take him home? Did his lifestyle lead to his early death? Did the hospitals neglect to find something? I asked all of these questions but most of all I asked myself: if I had stayed with him would he still be alive?

"For months I blamed anyone and everyone. I demanded his hospital records from three hospitals, only to discover that I could not understand most of it. The bit I did understand told me about Peter's other suicide attempts. I was filled with guilt as one of those attempts was on the day of our separation.

"We buried Peter with the dignity he deserved. In the following months I went to visit where he had lived and the horror of that place has never left me. How could my kind, loving husband have ended up here, in a little hostel flat that smelled of smoke and urine in the hall? I was heartbroken and the guilt was nearly killing me.

"One day, in blind panic, I rang The Rutland Centre and spoke to Austin. He was a director there at the time and used to do counselling sessions with me. He had also done couples counselling with Peter and me.

"I was crying and gabbling all sorts down the phone and Austin listened without saying anything. After I had calmed down, he said 'Sarah, it was you or your husband. You just saved yourself and he chose not to.'

"In those few words, I knew what Austin said was true. Peter was unable to be totally honest in his recovery. He carried his family's shame and his own. He was unable to speak about it or deal with it. You get one chance in life. In recovery, it's life or death. If you're not honest in EVERYTHING, you just won't get it. Even after his death the insurance company refused to settle on the mortgage; they found some information in his medical history that I had been unaware of at the time of taking the policy out."

Sarah has been working on her own recovery from the difficult experiences she has faced.

"After a few hard years, and with the help of my partner, we have got a new house, have lovely grandchildren and are happy with life. I know what it is like to have lost everything; hope, love, family, money, morals, home, marriage. I have also learned how to cherish all that now.

"If I was to change anything it would be to have ended my marriage early on when I knew it was over. Because I was afraid, I stayed. I held onto Peter with everything I had, trying to stop him going down the road I knew he was heading down.

"I should have let go of the reins and let him find his own way. Maybe when he was younger he might have made it work, I don't know. I also would change the affair I had. For me, I lost who I was, my beliefs and my morals in that moment. I changed and I regret that.

"Peter was a very kind man who would go out of his way to help others and had a lovely nature. Looking back I can see we married each other because we wanted to save each other and be saved. Like attracts like. Sure what would you expect, only to be attracted to what you know.

"Denial has to be the most powerful feeling ever. It kept me in a place where it was all darkness, lies and deceit and yet I could see none of it. I had done all the courses, meetings, groups, but I still chose not to see what was in front of me.

"My husband is gone eight years and we still miss him and love him. Such waste of a lovely man. I hated the disease, not the person. The journey was a painful one and without the help and support from The Rutland Centre, I'm not sure i would have made it."

Mary's Story

Individuals struggling with addiction can often experience a reluctance to confront the challenges they face. At the same time, concerns around perception and social acceptance sometimes lead family members to put off seeking the support both they and the individual need. In extreme cases, this situation can spiral for many years.

At The Rutland Centre, we specialize in whole family recovery. By placing emphasis on the family as much as the individual, we help ensure that not only the direct challenges but also the less obvious ones are addressed.

Importantly, our approach is abstinence-based. We passionately believe that whole family support is an important aspect behind the successful recovery.

Below is the story of a former patient, Mary, who had been struggling with active addiction for many years:

"I spent nearly 30 years in turmoil. This included self-harm, starving myself, and self-medicating with drugs and alcohol to alleviate the pain and despair that I lived with daily. I attempted suicide on several occasions, I was hospitalised many times, in psych wards and in John of Gods a few times."

"I was diagnosed with many different forms of psychiatric illnesses, and was heavily medicated over the years, I lived in fear of my own mind. My alcohol consumption increased and with that I lost my self-worth, my self-respect and caused much pain and concern to all of those who loved me."

"I was so deep into my addiction that I became oblivious to the welfare of my own children, everyone was my enemy, I blamed everyone else for the way I felt, I lied, I was devious, I manipulated others, my biggest lie was to myself, I was very ill, yet refused to acknowledge this fact. I was slowly killing myself and I didn't care."

"Things began to spiral out of control at the beginning of 2015, I began drinking vodka for the first time in my life, as I found it made me unconscious quicker, that was my goal, to drink to collapse to be unconscious. I began taking large amounts of prescription medication with the vodka, hoping I wouldn't wake up in the morning, I was terrified, I knew either I got help quickly or I was going to die."

"Walking through those doors with my suitcase for my five week stay was terrifying. I did not know what to expect. It was the first time in my life that I was with people who did not judge me and who understood how I felt. Very quickly I began to see hope and the possibility of a different life."

"Spending time with the other clients and hearing their stories was part of the healing process. I identified with others, I wasn't alone, I wasn't unique. Group therapy was invaluable, it drew out so many emotions that I had bottled up for all my life, I had never developed coping techniques since childhood, and I began to understand so much about myself. There were days of joy in there, and days of anger, but I was beginning to 'feel' again, and without self-medicating."

"It was not easy taking responsibility for the chaos and damage I caused, but with that acceptance came healing. Trauma I had suffered as a child and in later life was discussed for the first time ever, and I began to understand that these traumas, that I had buried deep were fuelling my destruction, and that without addressing them I wouldn't become well."

"The staff are exemplary, the empathy they show contributed to my recovery, I felt safe, understood and I never felt judged. I was treated as a normal human being, not as a messed-up, hopeless alcoholic. I was taught coping skills, my self-respect slowly returned, I ate the best I'd eaten in years, I began to want to live again, and began to see life as something beautiful and precious, and I began to grow up."

"The day I left I was terrified, and I asked myself 'could I cope alone?' But I wasn't alone: the

doors of The Rutland Centre did not shut, I could ring anytime if I needed, I attended relapse prevention on Saturday mornings, and attended After Care for two years, I had good and bad days, but it was a huge comfort and support knowing that The Rutland Centre was always there for me. I basically did everything that was suggested to do by The Rutland Centre, and it all worked."

"Today I am 3 years and 3 months clean and sober. I have grown as a person, I have self-value, self-respect and I love myself. My relationships with my children and family are amazing. In my book the biggest way to apologise for all my wrongs is 'change', and that's what I've done. Today I am running my own business, while studying part-time for a third level degree. My life is full, busy, and very rewarding."

"I also facilitate a relapse prevention group, and to be able to show my group the same non-judgement and empathy that I was shown in The Rutland Centre is a gift. I haven't suffered from anxiety attacks, depression or needed to be medicated since leaving The Rutland Centre. I am no longer a hurt child, I am a loving and caring mother, a grandmother with time and energy for my little angels, an auntie full of love and laughter, a caring sister and a loving daughter."

"Healing and recovery comes from within, however guidance, support and encouragement is invaluable and necessary. I would highly encourage anyone with addictive behaviours that are causing negative consequences to their mental and physical health, to their relationships, to their finances and to the general functioning of their daily lives to consider making a call to The Rutland Centre."

"There is no shame in admitting you need help. It is the biggest gift you can give to yourself and your loved ones, there is a wonderful life the other side of addiction."



Iconic tree in the garden behind the Rutland Centre

A journey with The Rutland Centre

What Happens in Treatment?

Considering treatment for an addiction is an incredibly important and daunting step. This is entirely natural, and in our experience what helps many individuals is detailed information on what our treatment program entails before they commit.

At The Rutland Centre, there are three main phases of treatment which you can expect: Pre-Admission, Admission and Aftercare.

The Ballroom





Pre-Admission

Taking The First Step

Make the call, reach out for advice and help. At this point, you will get to speak or get a call back from a counsellor. You can either make an appointment for an assessment or take time to consider your options. We run a free fortnightly family advice session that may be helpful if your loved one is not quite ready to talk about treatment yet.

Assessment

This is your first formal appointment. It will take about 1.5 hours and will be conducted by our assessment counsellor. It is preferable if you have a loved one with you at this assessment. The assessment is a clinical exercise which will determine if you require, and are ready for, one of our treatment programs. You will be asked about your addiction, the impact on your life and on others, how it has progressed and so on.

At the end of the assessment, you will have a discussion about potential admission or entry into the program, or you will be given some solid steps on what to do to become ready to enter treatment. You may also decide that you do not wish to enter treatment. This decision is yours and entry into the program is always voluntary.

Pre-Admission

If you have agreed to enter treatment you will need to be clean, sober and/or behaviour (e.g. gambling) free for a minimum of 5 days before admission. This is needed so that you are able to make the most of every day that you are in treatment. It is during this time that you will need to attend to some practical matters. These depend on the individual, but they can include:

- organising time off work;
- getting a GP letter;
- making sure any prescriptions you have are up to date, and;
- checking your health insurance cover (if that is how you intend to pay).

We have helped a great deal of people in various situations and we can advise you of what you personally need along the way.



It allowed me to comprehend myself and my addiction - my counsellors Michael and Emilee were world class, harsh but fair with good hearts.

- Anonymous



Admission

Initial Admission

On the day of your admission, you will be given a specific time of arrival. It is important that you attend at this precise time as it has been carefully planned by our clinical team. You will have been given a handbook so you will know what to pack and what to have ready. You will first meet an admissions officer who will go through some important paperwork. Then you will meet the assessment counsellor again who will start by taking a urine sample. Once this has been assessed and proven clear, you will be introduced to your fellow clients, The Rutland Centre team and you will be shown your bedroom. You will have said your goodbyes at this point and your loved ones will have left for now. This is day 1 of a 35-day journey, throughout which we will give you as much support as you need and to which we hope you will give your full commitment!

The 35 Day Journey: Treatment

A typical day begins with breakfast together as a community followed by some light therapeutic duties such as clearing the table, or preparing the room for lunch. A brief mindfulness practice takes place just before 9 am and then you are ready for the day. There will be a psycho-education lecture in the morning followed by Group therapy. You may have a 1:1 session scheduled with your counsellor or you can use this time for reflection or writing.



The counsellors and staff truly go above the call of duty with care and compassion.

- Anonymous

Tuesday is 'family day' where a loved one will come along and take part in the program. Lunch is taken together as a group and then it is back into group therapy in the afternoon.

Some days are different than others - on a Wednesday, for example, there is art therapy in the afternoon instead of group therapy. On a Friday after group therapy, there will be music or dance therapy. These are really important - and also fun!

The evening meal is taken together and at this point, you will have some downtime to complete some of your written exercises, read, or reflect.

Your evenings will be rather busy, too! There are fellowship meetings such as AA, NA, GA and so on every night. While you are in treatment the expectation is that you will attend these where relevant. On a Wednesday evening, you also have stress management class to help you unwind.

The nursing and social care team are on hand every evening to support and direct you - and to offer you their experience and lend an ear for whatever you may need.

At the weekends you will have the opportunity to have visitors during visiting times. There is also relapse prevention, yoga and fellowship meetings on over the course of the entire weekend.



Rutland Centre main house

Aftercare

The final phase of our treatment programs focuses on your transition into continuing care. Towards the end of your 5-week stay with us, the continuing care team will start to make plans with you for when you leave treatment. They will help prepare you and will place you in an aftercare group that best suits your needs. During the first 12 months after treatment, it is really important for you and for your recovery that you attend aftercare and make the most of the support resources available to you.

While in aftercare you will attend your group once a week, every week. This is a hugely valuable support network for you and will be instrumental in your recovery.

Garden features



Financial Review

Summary YTD Profit and Loss Account to 31 December 2022

	Total 12 months ended 31 December 2022	Total 12 months ended 31 December 2021	Flux	Flux %
Turnover	1,713,402€	1,536,546€	176,857€	10%
Administrative Expenses	(2,017,814€)	(1,835,982€)	(181,832€)	9%
Other operating income	-	90,500€	(90,500€)	-
Operating Profit/(Loss)	(304,412€)	(208,936€)	(95,476€)	31%
Profit/(Loss) for the financial period	(304,412€)	(208,936€)	(95,476€)	31%

Notes for financial report in the annual report

The first half of 2022 was very challenging for the centre post pandemic with the majority of the annual losses incurred in quarter one and quarter two.

Quarters three and four improved and losses were reduced significantly in both quarters.

Throughout the second half of the year several cost reduction measures were implemented as well as the review and revision of pricing structure which contributed to the reduction and stabilisation of losses.

In 2022 there were no COVID wage subsidy payments received and no Charity Stability Funds payments due. Both were significant in the comparable period of 2021 amounting to the value of €296k.

Bed nights increased in number and in revenue in 2022 demonstrating continued need and demand for The Rutland Centre treatment programs.

Our Board

As Charitable trustees our board membership reflects a wealth of experience from across the public and private sectors and is driven by commitment to our voluntary mission and values.



Gerry Kearney

Chairperson

Gerry Kearney is a former Secretary General of a Government Department and former board Chairman of organisations including the National Concert Hall and Social Entrepreneurs Ireland. He has also chaired the Mother & Babies Collaborative Forum, the Moore St Advisory Group, and the Boundary Electoral Committee.



Melanie Pine

Secretary

Melanie Pine worked for some years in the private sector while also running her own arts promotion company. She then transferred to the civil service where her career centred mainly on employment issues, culminating in her appointment in 1999 as Director of the Equality Tribunal. She stepped down from that in 2010.



Dr John O'Connor

Medical Director

Dr John O Connor, Consultant Psychiatrist, leads our Clinical Team in the delivery of all services. As a director, Dr O Connor takes an active role in both governance of the Rutland and in ensuring quality of care to clients.



Dermot MacShane

Director

Dermot held senior management roles in Operations and Human Resources in a long career with Aer Lingus. He is a serving trustee of the Irish Airline (Pilots) Superannuation Scheme and he chairs the Board of Directors of Employability, a registered charity assisting people with difficulty accessing the employment market.



Noel Garvey

Director

Noel is a partner in Deloitte Ireland's Actuarial Practice and provides advisory support to numerous clients including actuarial and risk transformation, capital and solvency, model risk governance, pricing, data quality and regulatory compliance.



David Sneddon

Director

David Sneddon is an executive employed by Google Ireland, based in Ireland and responsible for all technical support and customer care for the EMEA region for Google. He is a member of the Google EMEA management team (25 ppl), representing the c. 21k Google employees in EMEA.



Rita Kirwan

Director

Rita Kirwan is a graduate of Trinity College Dublin and a Marketing Professional with over 20 years Commercial and Marketing experience across multiple industries. Rita has worked in Ireland and abroad on some of Irelands most loved brands, including Tayto and O2 and is currently Marketing Director for Aldi Stores Ireland.

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