

ANNUAL REPORT 2022



THE
REDDOOR.
PROJECT



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Mission Statement

The Red Door Project was established in 2010. Its mission is to provide confidential assistance and services to individuals, families, and the wider community that are affected by drug and alcohol use. The Red Door project offers support and advocacy work for individuals at any stage of addiction including one to one counselling, peer support, relapse prevention, addiction education, life skills and personal development, care planning and goal setting, health education and a multiplicity of progression routes including a special Rehabilitative Community Employment Programme.



Words from our Manager

2022 brought with it renewed hope as we were coming out of the Covid pandemic and starting to create our new normal. Although the Red Door had closed its services for very little time and continued to work with our clients throughout the lock down, we very quickly became aware of a huge level of need, which included a change in the pattern of drug and alcohol-use and an increased level of mental health issues.

Drogheda and its environs have suffered over the last number of years as a result of addiction issues, and gang related criminality related to same .As a frontline community addiction service, we have always been in the privileged position to change quickly in line with the needs of the community, this year was no different. We set out to reach an increased number of service users, with the support of our stakeholders and the community, we were in a position to hit the ground running. We recruited new staff which made a huge difference to the diversity of the supports we could offer.

We linked very closely with a number of services for example, probation services, homeless services and our community presence has grown year on year. The Red Door has expanded the range of services available in 2022, with specific groups targeting different presentations of drug and alcohol addiction, for example, cocaine, Seeking Safety, Reduce the Use programmes in response to emerging needs.

The recruitment of a Drugs Court liaison and a Social Worker has enabled us to open our services to an increased number of individuals and the take-up and impact has been excellent. 'Sailing into Wellness' and the many and varied training and experiences the Red Door offered during 2022, provided new experiences to service users.

Finally, I would like to take this opportunity to thank the staff of the Red Door, volunteers, service users, The Board of management, The North East Regional Drug task force, The HSE, The Department of Justice, The Department of Social protection, The Drogheda Implementation Board and the many organisations who helped us in delivering an enhanced service in 2022.

Service Manager

Louise Mahony



Treasurers letter

The Red Door is a charitable company limited by guarantee. The company has been granted charitable tax exemption in accordance with the provisions of Section 207, (as applied to Companies under Section 76), Section 609 (Capital Gains Tax) and Section 266 (Deposit Interest Retention Tax) of the Taxes Consolidation Act,1997, under reference number CHY20047 and is registered with the Charities Regulatory Authority under reference number 20079284.

The principal activity of the company is to benefit the community of Louth and surrounding areas by working with individuals, families and others affected by drug and/or alcohol addiction and to work within the community with groups and agencies toward more inclusive services for those affected by such addictions. The main funding for the Red Door is as follows:-

Department of Social

Protection/Community Employment Scheme.

The employment programme to help the long term unemployed

Health Service

Executive.

Treatment for those with drug and alcohol addictions in the North East

Department of Justice. Funds provided for a Louth Drug Court Case Worker & programme.

Other. Building improvement grants, lottery funding, the Drugs Court, voluntary charitable donations. The Red Door continues to expand the range of services offered as outlined in the attached report and increase the numbers of clients who benefit greatly from our services despite the limited funding on offer. The building maintenance costs, utility costs, energy costs, insurance etc have increased significantly for the Red door over the past 3 years whilst the funding on offer has not increased and this is very challenging for Louise and her team and for the Board of management who give of their time freely for the service.

Yours faithfully.

Ian Morgan

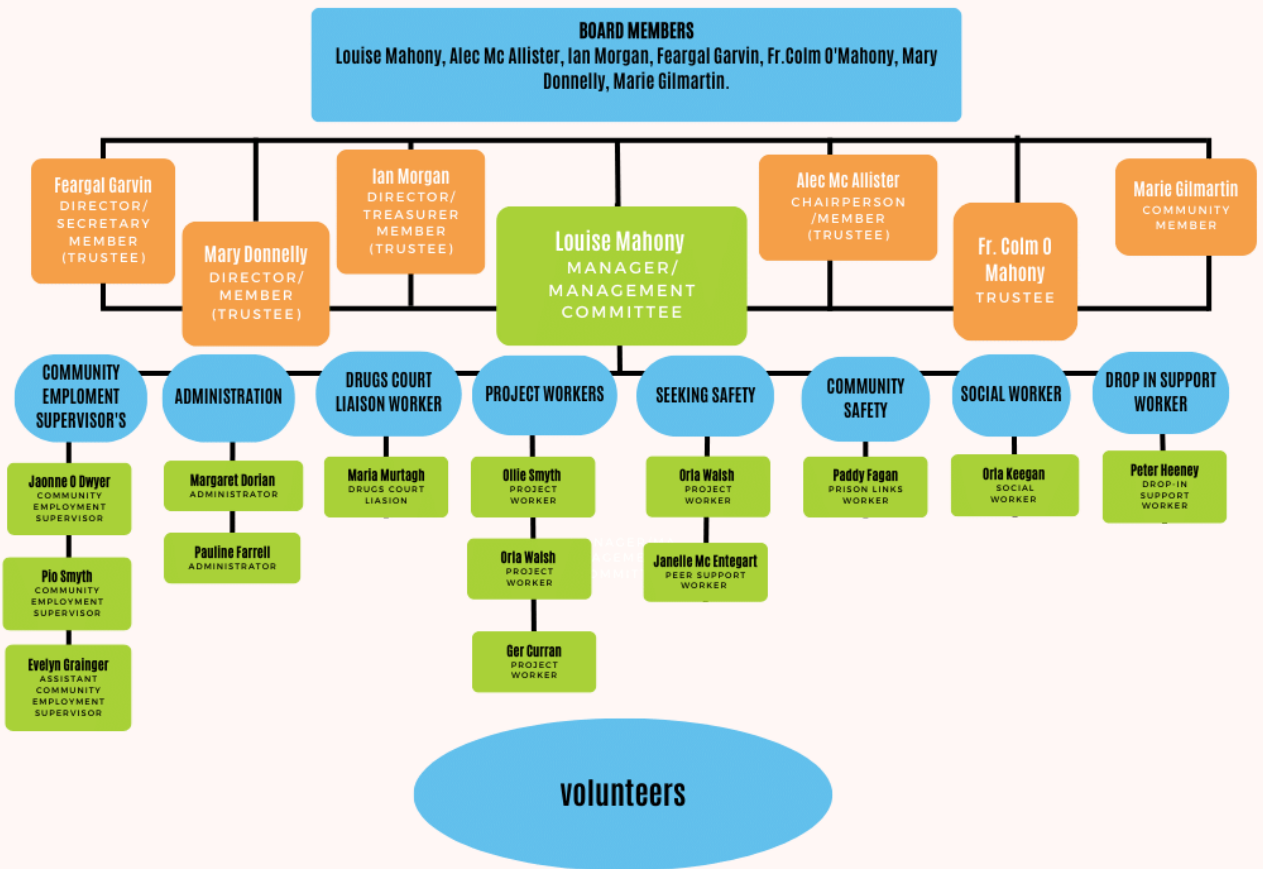
Treasurer





OPERATIONAL STRUCTURE

ORGANIZATIONAL CHART THE RED DOOR PROJECT



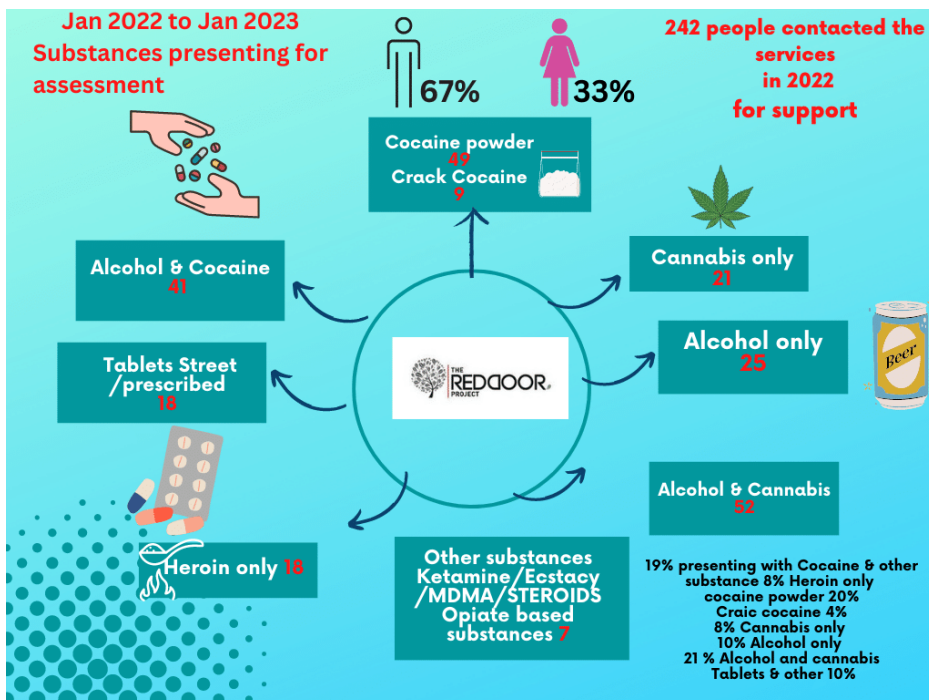
CURRENT PRESENTING ISSUES

2022 a Break Down of Substance Presented

In 2022, we recorded a significant increase in cocaine as a primary presenting substance, with 39% of people presenting to our service reporting Cocaine as part of their primary issue. This is broadly in line with national trends, with the HRB reporting that Cocaine was the greatest primary presenting issue in drug treatment services in Ireland in 2022. In response to the identification of this emerging issue, The Red Door offered a cocaine specific Reduce the Use program outside of our normal working hours. This is indicative of the fact that the HRB identified that 41% of those seeking support for Cocaine are in employment.

The Red Door Project also noted an increase in the numbers of women presenting to our service for support during 2022. Women accounted for 33% of clients who contacted our service, which is slightly above the national average of 28% in all drug treatment services.

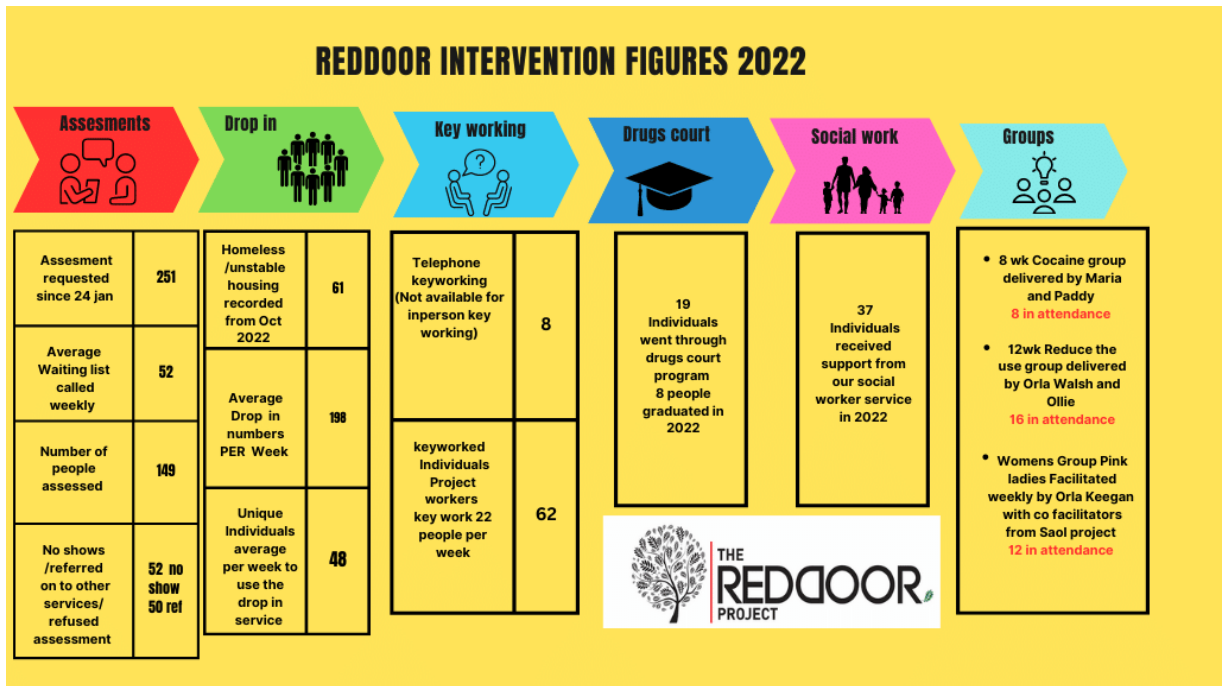
While heroin and crack cocaine presentations to our service remained low in 2022, we are aware that both substances continue to have an impact on our wider community. As such, The Red Door Project is actively engaged in the process to open a fixed site needle exchange, in line with our harm reduction ethos, in the first half of 2023.



INTERVENTIONS RECORDED

The Red Door Project interventions recorded in 2022

Measuring success and outcomes in an addiction service can be challenging. Research highlights the fact that addiction can often be an entrenched issue that may take many years to resolve. Individual interventions therefore play a key role in identifying the significance that The Red Door Project has on the lives of our participants. Given the rapid expansion of The Red Door Project in the last 12 months, the number and type of interventions have evolved to match the growing number of services offered. Interventions offered range from a brief intervention, where we offer a safe space and helping hand, to more intense keyworking sessions or therapeutic group work. Outlined below is a snapshot of the interventions offered in The Red Door Project in 2022, illustrating the impact that The Red Door Project has, and continues to have on our clients and the wider community.





The Red Door project Ce scheme

In 2022 The Red Door Community Employment programme recovered from Covid 19 restrictions and got back to a full schedule of programmes. All of our €17,000 training budget from DSP in 2022 was spent on QQI minor components. We were delighted that to have Louth Local Development Company supporting our programmes with training to the value of €12,000 and finally my Streets Programme with over €4,000 of training support. Along side all this training, our participants access group therapy, CBT group, Check in group, psycho-social education groups, counselling, holistic therapies, weekend planner groups, pro social activities and Check out groups on a weekly basis.

Education

Education is a key component to a persons recovery journey in The Red Door. Our goal is to offer our clients the chance to expand their knowledge and skills needed to move on from our service. 12 unique individuals benefitted from progressing their education to equip them with real world skills that with aide them in progressing to employment.

CERTIFIED MINOR AWARDS		
COURSE TITLE	LEVEL	INDIVIDUALS
Establishing Shrubs & Tree's	4	10
CASC	5	3
Hard Landscaping	4	9
Chainsaw Operation	4	11
Work Experience	4	8
Sports Resurfacing Maintenance		6

Training

Educational attainment is not the only focus within our CE Scheme. We also encourage our participants to learn the softer skills that will maintain and improve their sense of well-being, and their ability to engage in self care. The aim is to improve participants quality of life, which is a key component of a successful recovery journey.

NON CERTIFIED TRAINING	
Fitness Programme (Sean Kilroy)	12 Weeks
Repercussions of what you eat (Louth Leader)	4 Weeks
Improv/Drama Workshops (My Streets Funding)	12 Weeks
Healthy Eating (Louth Leader Partnership)	4 Weeks
Yoga (Louth Leader Partnership)	6 Weeks
Photography (My Streets)	4 Weeks
Drivers Theory (Louth Leader)	10 Weeks
Cookery Level 3 (LMETB)	8-10 weeks
Computers for Beginners	8 weeks
Sewing Arts & Crafts (Louth Leader)	6 Weeks
Emotional Intelligence (Midas Training) Ger Curran	2 Day Work shop
Getting What You Want Training (Louth Leader)	4 Weeks
Sailing Into Wellness	4 Weeks
Barista Training	4 Days

Therapeutic Work

The final component of our CE scheme is the therapeutic work that we conduct with our participants. Each individual is offered intensive therapeutic support each week, both individually and in groups, in order to understand their journey into addiction, and help support them in their journey into recovery.

Weekly/Daily	
Check In & Check Out Groups	Daily
Group Therapy & CBT	Weekly
Psycho Social Education Group	Weekly
Pre Entry	Weekly
Weekend Planning Groups	Weekly
Key Working , Counselling, Brief Interventions, Crisis Intervention	Daily





Projects to go live 2023

New initiatives to launch in 2023

Prison Links worker

The Red door Project prison liaison service will offer addiction specific support and advocacy to individuals currently in prison, nearing release, or at serious risk from entering prison. Drogheda and it's environs. Supports will include relapse prevention, harm reduction, care planning and community advocacy (education, housing, family support)

Boxing Clever

Boxing Clever is a twenty week integrated educational, substance use recovery and fitness programme that aims to support participants to develop more resilient identities, while encouraging educational achievement, physical wellness and reduction in harmful or risky behaviours. Elements of the programme will include,

- Educational study

For two QQI minor awards in Health-Related Fitness (Level 4) and Community Addiction Studies (Level 5)

- Physical training; boxing skills and tailored fitness training.

Seeking safety

Seeking Safety (SS) is a coping skills approach to help people attain safety from trauma and/or addiction. It is present-focused and designed to be safe, optimistic, and engaging. It can be conducted in group or individual format; open or closed groups; with any gender; adults and adolescents; any length of time available (using all 25 topics or fewer); any treatment setting (e.g., outpatient, inpatient, residential); and any type of trauma and/or addiction. It can be used from the start of treatment as it is stabilisation-oriented. It can be used with clients who have trauma and/or addiction problems (they do not have to have both)

Needle exchange

The Needle & Syringe Programme (NSP) is a health promotion intervention grounded in the harm reduction philosophy. The program will be led by Ollie Smith. Through this service people who smoke or inject drugs can obtain sterile injecting equipment and other drug paraphernalia like foil at no cost to them. Service users will also be offered a wide range of advice and support regarding safer drug use and safer injecting techniques, tailored to their needs. The aim of these services is to reduce the damage associated with sharing used injecting equipment i.e. preventing the spread of HIV, HepC, vein damage, overdose, etc.

DRUGS COURT



The Drug Treatment Court is a judicial initiative that commenced in 2018. It is underpinned by the support and co-operation of a number of statutory and non-statutory agencies. My role as the designated Drug Court Liaison Worker was funded by the Department of Justice in 2021. The catchment area is for people who reside in Co Louth and areas of East Meath who are willing to engage and participate with the programme. It's for adults over the age of 18 whose offending is considered principally motivated by drug dependence. The desired outcome is abstinence and rehabilitation for the participants to successfully graduate with no charges. Since 2022 there have 33 participants referred to the Drug Treatment Court and 13 participants successfully graduated with no charges.





PROJECT PARTNER

2022 saw The Red Door Project continue to build on the success of previous years interagency work. Throughout the 12-month period, we continued to build on and develop new strategic partnerships with other local services to increase the number and types of support offered to our clients.

None of the work that we undertake within The Red Door would be possible without the continued support of our core funders, the HSE and the Department of Social Protection. This year, also saw The Department of Justice and additional funding from the HSE contribute to the core funding, which resulted in the establishment of four new positions within The Red Door Project. The support of support of our core funders, along with the Drogheda Implementation Board, has resulted in a thriving and more diverse community service.

Beyond the day to day funding of the service, The Red Door Project have been fortunate to receive funding from other organisations that have allowed for increased training opportunities for both staff and participants, increased pro-social activities, and the facilitation of workshops and classes to increase the skills of our client base. Without the support of organisations such Louth Leader Partnership, LMETB, and State Street, The Red Door would not be able to provide the level of service to our participants that we do.

We, in The Red Door, are also immensely thankful to the services such as Pobal, Amazon, Louth County Council, and Louth Local Development who have contributed so generously to our service to support us with the on-going task of maintaining and upgrading our building and grounds to provide a safe and warm environment in which to complete our work.

The Red Door Project have for many years, been supported by the Family Addiction Support Network, and 2022 was no different. FASN continued to offer support to the family members of the service users presenting to our service. 2022 also saw the establishment of a new family support service in the region, namely, the Merchants Quay Family Support Network, which together with the support of FASN has led to a robust support system for the entire adult family system impacted by substance abuse in the northeast. We have also had the opportunity in 2022, to form a close working relationship with Extern, who provide support to children and young people at risk in the community, thereby encompassing the entire family systems we work with support and advocacy.

2022 saw the establishment of more robust links with our neighboring service, Turas, in Dundalk, with the formalisation of the shared Drugs Court Liaison Case Worker role, shared between the two services. This is the first tangible permanent connection between the two services and there is no doubt that it can be used as a platform from which to develop other linkages in the future. We have also been lucky enough to be a part of the Seeking Safety Pilot in Ireland in conjunction with the SAOL project and a number of other services in Dublin, to provide support for woman impacted by both addiction and PTSD.

It is clear that 2022 has been a successful year for interagency collaboration within The Red Door and within the community of Drogheda and its environs. It would be impossible to mention everyone involved in supporting The Red Door within the scope of this section of the report, but we as a service would like to acknowledge the impact that this ongoing collaboration and support of all services has on us as a service, and we would like to extend our gratitude to those named and unnamed organisations, and hope that 2023 will see continued growth.





Images from events in 2022 from walks on the Camino walks, Recovery talks, Baby showers Tea and chats in Drop in , Table quizzes, pool competitions, women's events.

