

TIGLIN ANNUAL REPORT 2021



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and registered in Ireland no. 220213

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MISSION STATEMENT

To provide individuals with an effective and comprehensive solution to life-controlling addiction problems, in order to become productive members of society. Tiglin, operating under a Christian ethos, endeavors to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive.

WITH CONTINUED SUPPORT FROM:



CHIEF EXECUTIVE STATEMENT

2021 has been a year of many challenges but also many opportunities. At Tiglin, we entered into this year in the hope that by its end we would be saying goodbye to COVID-19, but it is clear that we are not yet at that point. While this is a not-so-nice reality, we have chosen to remain focused on the needs of those who are 'neck deep' in despair because of homelessness and addiction, while endeavouring to take care of each other as we try to stay safe during these trying times.

Our supporters and stakeholders continued alongside us in our journey with those in our care this year, helping to ensure that we had the resources we needed to provide our services.

Our staff and board members continued to make themselves and their expertise available in the running of Tiglin. Our residents and clients got used to some changes to our service delivery and we also witnessed an exponential increase in demand for support via our website. In particular, we noticed a large increase in those looking for help who were struggling with alcoholism. It was a reminder to us that addiction does not go away during a pandemic, it simply worsens.

The year had many highlights, but one memorable one was the visit from Minister for Health, Stephen Donnelly. He has been a long-time supporter of Tiglin and, on his recent visit to Carraig Eden, he

stated that he "has been trying to help Tiglin for years and that it has been a privilege".

He remarked that people "often ask [him], 'Why do you want to be a TD? Why would you want to be a Minister for Health?' This is why! Because you have this extraordinary honour of being able to get up in the morning and try and help amazing people [Tiglin] to do amazing work!"

Minister Donnelly acknowledged Wicklow County Council and, in particular, Jackie Carroll, who played a major role in ensuring that Carraig Eden remained available as a source of help and housing for those who graduate from Tiglin.

While some of us may wonder what impact this pandemic may have on our lives, I would encourage each person who reads this to remember that, for those that Tiglin work with, they often face three threatening 'pandemics': addiction, homelessness and COVID-19. Each of these bring isolation, health problems and can at times seem endless. Thankfully, we know this is not so. We see many people overcome and embrace a life beyond addiction, homelessness and, God willing for all of us, beyond COVID-19.

Philip Thompson

CEO



CHAIRMAN'S STATEMENT

As I reflect upon 2021 I am reminded of just how essential organisations like Tiglin are. We have seen much demand for all of our services during the past twelve months. This newsletter will bring you up to speed with all that's new and in spite of all the restrictions and lockdowns, the staff team at Tiglin have found inspiration to stretch further and bring hope to people who up until now were outside of our reach.

One major new Tiglin service is our Naas facility. Being from Naas, I was really encouraged that Tiglin were invited to partner with a local charity at Jigginstown in Naas.

Homeless Care CLG had a vision to provide housing for young adults in the Kildare area and Tiglin were chosen to be the service providers on site. Seeing the skills and expertise of our staff and witnessing Tiglin's own vision within a stone's throw from my home place is great to see.

Between the establishment of new services such as Jigginstown Manor, the opening of our first social enterprise café on the grounds of Carraig Eden and the visits to the centres from a variety of supporters, politicians and dignitaries, my position as voluntary Chairman has certainly been a busy one!

On the 29th of June, we had the wonderful pleasure of welcoming The President of Ireland, Michael D. Higgins and his wife Sabina, to their

first official visit since 2019. President Higgins was the guest of honour for the grand opening of the newly refurbished (and award-winning, if I may add) Carraig Eden Housing & Re-Entry Facility. On the day, The President had a full news conference which showcased Tiglin on all of the news programmes and media.

Tiglin, alongside Wicklow County Council, celebrated two national housing awards for the Carraig Eden facility.

June was the month to remember and was definitely a month with lots of activity at Carraig Eden! Our old friend and supporter Ryan Tubridy decided to come to Carraig Eden.

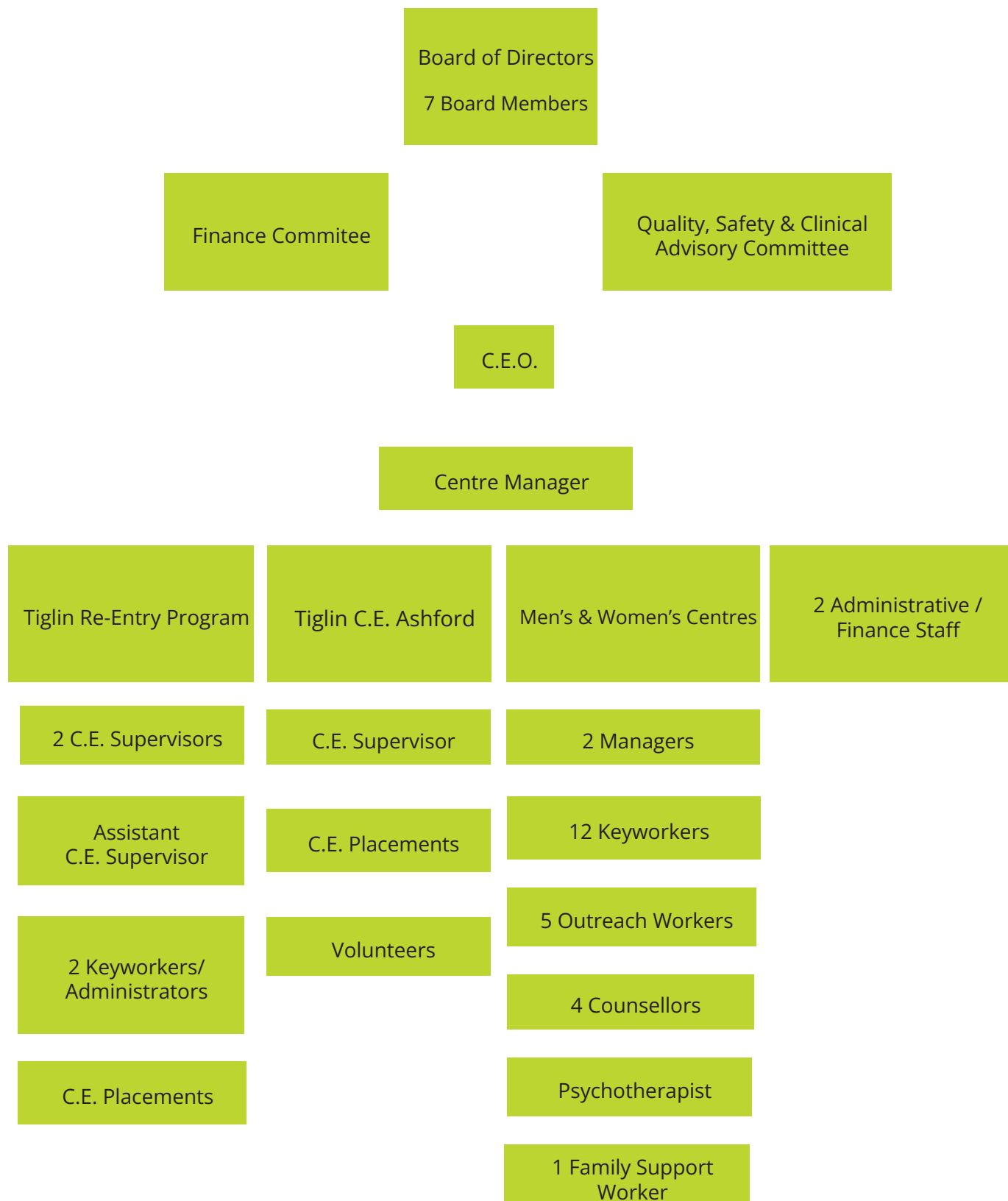
Ryan met with old friends and he made sure to speak to everyone. The next day on his programme, he summarised his visit by saying, "Tiglin fixes people who are a little bit broken, and they do it beautifully - in the head, the heart and the soul".

These encouraging words remind us of the privilege it is to work alongside each individual on their journey; it allows us to witness the best of Ireland.

Aubrey McCarthy

Voluntary Chairman

ORGANISATIONAL STRUCTURE IN 2021



TIGLIN SERVICES: BRITTAS BAY



Despite beginning the year leaning into unknown territory, with ongoing COVID-19 restrictions, increased COVID-19 numbers, and an exhausted staff team, Tiglin Women's Centre has continued to grow and develop. Brushing off the dust from the previous year, we focused on staff wellbeing and introduced a restructuring of the team. This created a freshness within the centre and enabled us to operate at 83% of our capacity throughout the year.

Deciding that the centre needed a little freshening up too, we pulled up the old decking and put down some new paving and roped pillars around the front and side of the centre. With the help of some volunteers, we painted the outside of the house and then levelled out the back garden and put down some fresh wood chipping. It was then time to focus on the grounds. Again, through the generosity of some of our regular supporters and volunteers, we planted lots of new bulbs and flowers around the centre grounds and garden area. Sure, you would think it was all plain sailing wouldn't yea?

Having taking stock of the needs of our team and our centre, it was now time to shift our focus outside. In response to a study published by Trinity College in May ("Supporting Women to Access Appropriate Treatment"), Tiglin Women's

Centre decided it was time to move out into the most vulnerable communities. Pamela Callaghan took the lead role in this and developed an interagency approach that took her to Tallaght and Finglas. Working alongside St. Dominic's Community Response in Tallaght, and Finglas Addiction Support Team, we were able to make contact with women seeking treatment right in their own communities. Alongside this partnership approach, our first women only pre-entry group was set up in the south inner city. Having identified the needs of family members, Tiglin consulted with our psychotherapist and began to offer Children's Play Therapy, Couples Counselling and Family Therapy sessions. It was wonderful to be able to offer professional support to our residents' children and their family members.

For the first time in the Women's Centre, a Level 6 qualification through IT Carlow was introduced, and four of our residents signed up for this course. Completion of the course will give these residents a recognised qualification that will enable them to progress in their studies and work life after completing our programme. Coming to the end of a very full and busy year, Tiglin Women's Centre purchased the land surrounding the centre, which will allow future development and growth. With a grateful heart, we continue to thank God for his blessing on our services.

TIGLIN SERVICES: ASHFORD

Due to the pandemic, 2021 was a difficult year for everybody and the centres did not escape. Here in Ashford, there seemed to be a continual moving of the goal posts as we did our best to remain safe and also compliant with the nationwide restrictions. This was particularly challenging, since a major part of the programme is made up of family visits and days/weekends out. For much of the year, these were very restricted and were controlled through our testing and isolation policies. Fortunately, apart from a couple of staff members, we were able to keep COVID-19 at bay and had no infections amongst the students. Both staff and students worked hard together to make this possible.

The day to day running of the programme continued with key working, counselling and education taking place. We were able to see out the second semester of 'Marketing with Social Media Skills' (QQI Level 6) and also to complete the first semester of 'Certificate in Preparation for Working Life' (QQI Level 6). We are grateful to IT Carlow for providing these two courses. We were also able to offer an 'Introduction to Horticulture' course.

Throughout the year, a number of outings took place. We had 'The Impossible Journey', which was a sponsored run organised by staff member Peter Sheridan. Peter ran from Malin Head in Donegal to Mizen Head in Cork over 18 days - the equivalent of 14 marathons. We took the entire house down to Cork to cheer him over the finish line.

We also had a couple of wonderful overnight trips to Tee-Pee Adventures in County Wicklow. For this trip, we were joined by the men in our re-entry home as we ate barbecue food and sang songs around the campfire.

A couple of other events that took place were visits to Carraig Eden, both with celebrity Ryan Tubridy and with Minister for Health Stephen Donnelly. We were also delighted to attend the official opening with President Higgins.

In all, it was great to see thirteen men successfully progress onto the re-entry programme in Carrig Eden. Through the Community Employment scheme, three former students are now being equipped with academic qualifications and work experience at our centres, invaluable for further employment. This has proven a successful model in previous years for students who graduated, found employment in Tiglin, and were then ready to move on.

Ultimately, every success that we see in the centres happens when the staff and students pull together. This year is proof, if any was needed, of the truth of this.



HOMELESS OUTREACH: NO BUCKS CAFÉ AT THE LIGHT HOUSE

No Bucks Café is based in central Dublin, in a building called The Light House, which can be found at 28 Pearse Street. We are an outreach service that was set up to meet the needs of individuals who are experiencing homelessness, addiction and related issues. Tiglin's No Bucks Café is one of a small number of services in the city where individuals can access out of hours support, advice, guidance and some practical help and support with exiting homelessness.

Individuals who present to the café are assessed using the National Drug Rehabilitation Implementation Committee's needs assessment tool. All staff are trained in SAOR (the HSE's approach to engaging with service users), along with all the current skills and training needed to assess and support individuals who are experiencing homelessness and addiction issues. Once a person's needs have been assessed, they are assigned to a particular case manager and an individual care plan will be put into place. The building blocks of this depend on a multi-agency approach and involve other external agencies to help meet the needs of the individual service user. Currently, all client data which has been collected, as well as any interventions, has been recorded on our eCASS database as well as the HRB (Health Research Board) database.

With the COVID-19 pandemic and the related restrictions that have become a daily challenge for all services, Tiglin No Bucks Café has had to look for ways to keep our staff safe while continuing our vital work in helping meet the needs of our service users. In response to this, we built a fully functional office/booth within our building, with a perspex screen and separate entrances for staff and service users, to allow individual assessments to carry on in a safe environment, in order to get people the help they need.

Currently we have been successful in supporting 22 service users to secure a tenancy. We also supported one client with a house transfer due to medical issues. To date, a total of 17 service users have successfully moved on to their own tenancies with HAP (Housing Assistance Payment).

We are currently supporting over 80 clients with their housing applications, most of which are now awaiting reference numbers to move forward

with housing options. While they wait, some of these clients have been placed in STA (short term accommodation) and others have been placed in LTA (long term accommodation) high threshold supported housing. We are currently building a strong working relationship with local property agencies and with CPS (the Central Placement System).

Another service offered here has been the pre-entry group pathway to Tiglin women's rehabilitation centre 14-week program. This is a program to prepare women for entry into the residential centre at Brittas Bay. From these pre-entry meetings, we have had 14 assessments for entry to the centre, with 7 of these going on to participate in the residential program.

We would like to conclude this update with the important words of this acceptance statement:

We accept our addiction with the knowledge that we have a disorder and that abstinence from substances is necessary. We recognize that substances have damaged our bodies and minds, and special care and time are required for recovery. We learn more about substance use disorders and group members, give needed support and the feeling of not being alone.



RE-INTEGRATION AT CARRAIG EDEN



Carraig Eden has been home to students of Tiglin Men's Residential Centre since 2010. It is a place of safety and community for students who have completed the residential program and are reintegrating into life. The men either work, go back to education or do voluntary work whilst living in Carraig Eden and stay there for six months to two years.

2021 has been a year of continuous change, growth, adventure and success. The re-integration programme continued to provide support to participants through the platform of Zoom. Through this new-to-us online platform, we were able to support students who had completed the men's residential programme. We explored many options to help us to operate face-to-face whilst complying with health and safety requirements.

Throughout the year, 42 Individuals attended the Re-integration programme. Even through all the challenges and the COVID-19 pandemic, the majority of our participants stayed drug and alcohol free and successfully progressed to employment, training and education. I would like to thank IT Carlow and Bray Area Partnership for their continued support throughout this year. As part of the educational opportunities available to our students, IT Carlow delivered a QQI Level 6 course on site for us.

We have been working closely with Bray Area Partnership this year, who have provided Safe Pass, Manual Handling, HACCP (food safety) and barista training for our participants.

We also got involved with Greystones' Tidy Towns between April and September, when some of our participants volunteered to help on the weekends.

We had a fantastic September for recovery month as the feeling of normality slowly returned. This was very welcome as the participants felt they had been "locked in" for so long. This month gave us a whole new sense of freedom and fun. We ran two successful outdoor events with BCAT (Bray Community Addiction Team). Our four participants took part in the recovery run and completed their first half marathon. We played football against the Greystones Guards and began building positive links with all the services within the local area.

Throughout the year, we collaborated with many services in Dublin and Wicklow as we noticed a gap in provision of evening aftercare support groups. We began discussions with BCAT and explored the possibility of facilitating an interagency approach to deliver an evening aftercare support group. This is now due to commence in February 2022.

At the end of 2021, Tiglin developed a social enterprise café, called Rise at The Cove. Four of our participants had an interest in working in the café, which is on the grounds of Carraig Eden. They received Barista and HACCP training and began part-time work within the café.

The past 12 months have shown the staff's dedication, resilience, creativity and commitment to help each and every client that we work with.

PRESIDENT VISITS CARRAIG EDEN



On the 29th of June 2021, the President of Ireland, Michael D. Higgins, and his wife Sabina visited Carraig Eden, which has just undergone a substantial refurbishment and retrofit in partnership with Wicklow County Council.

During their two-hour visit, the President and Mrs Higgins spoke with residents and staff and planted a cherry blossom sapling. The President also gave a speech in praise of Tiglin's work, saying, "If every Local Authority in the country had a place like this, I think it would make a huge difference."

STEPHEN DONNELLY AT CARRAIG EDEN



In October, we were honoured to host Stephen Donnelly, Ireland's Minister for Health, for a visit to our aftercare & housing facility, Carraig Eden. Minister Donnelly said, "It's incredible to see the work of Tiglin." He continued by saying that "many people have been impacted by addiction; most families have witnessed some form of addiction."

Remarking on the residents, he said, "They were so strong and had to deal with so much, to be able to have this facility, to come here, as they move on with their lives... You couldn't pick a better facility

in the country". Finally, Minister Donnelly thanked everyone who works at Tiglin, the incredible people who come through Tiglin, and all of those who support Tiglin in different ways.

The Minister was presented with gifts the Tiglin students made for him. Tiglin and Minister Donnelly also recognised Collette Mason from Salesforce for her outstanding contributions to us over the years, including the organisation of the annual Salesforce sleepout for the past seven years. Last year alone, the sleepout raised €54,000.

CARRAIG EDEN WINS TWO AWARDS

We were extremely proud to be awarded two major awards by the Irish Council for Social Housing. Ourselves and Wicklow County Council have won two award at the Irish Council for Social Housing Community Housing Awards 2021 for our collaborative project at Carraig Eden in Greystones, a transitional supported accommodation residence.

Our partnership was recognised with the Collaboration Award and also the Public Choice Award after receiving the highest number votes

from more than 5,000 voters.

Carraig Eden offers transitional residential accommodation for circa 30 individuals. The unique combination of the location, atmosphere, scenery and tranquillity, complimented by the tenancy support that Tiglin offers, makes Carraig Eden a necessary facility for the East Coast. It provides a conclusion to the journey of homelessness for many, where people are launched into independent living.



THE IMPOSSIBLE JOURNEY: PETER SHERIDAN

I love the early mornings. It feels like I have the world to myself!!

I love to go running in the crisp air and the freshness of a new day dawning. It's my time to commune with God and reflect on life around me and what the coming day may bring.

One morning, when I was out for one of my morning runs, I was thinking about how far I had come myself.

Here I was running across the Tiglin Mountain, full of life and promise. However, over a decade ago and before Tiglin, I was a hopeless heroin addict suffering from severe mental health issues and suicidal tendencies. I had lost all hope of life beyond addiction and had accepted I would die an addict.

As I ran, I started thinking of all the people suffering in silence from addiction issues around the country. Did I want to reach out and help them somehow? I know only too well how impossible the journey of addiction seems and felt God pressing on my heart to highlight this issue.

I decided I would do a charity run to help raise funds and bring awareness to addiction and mental health issues; however, this run would have to be significant to signify the seemingly impossible journey out of addiction. So, I asked myself what the most challenging, longest possible journey in Ireland is? It then came to me: Malin Head to Mizen Head - over 600 kilometers!

The vision: it would be called The Impossible Journey. I would sleep in my camper van, running over 30 kilometres a day, talking on radio stations and any possible social platform to bring awareness, give hope and raise much-needed funds for Tiglin.

When telling my friends and family what I was going to do, they all thought I was crazy, that this journey I was taking on really was impossible. I assured them that, with the right mindset, training and support, everything is possible!

I started training hard. I put in long hours of road running to get myself in top shape for the journey ahead of me. When the long training runs in the dark of winter were challenging, I sometimes started to doubt myself. However, when I



considered the massive task ahead of me in these times, God reminded me why I was doing this: to signify the lonely impossible journey people found themselves in. This gave me the initiative and passion for pushing forward.

After some delays because of COVID-19, I finally jumped into my camper van and hit the road for Malin Head on the morning of the 24th of May,

I stood on the starting line on Malin Head, and the view was breath-taking. My body was filled with a mix of excitement, wonder and sheer terror as I gazed at the "impossible Journey" ahead of me. At 9 am, I started running hand in hand with my 7 year old daughter Seran Rose, who ran the first

500 yards with me. As I left her to start the solo run, I promised her I would meet her at Mizan Head to cross the finish line hand in hand.

The first few days were challenging. However, my body got used to the long runs as I pushed on through Northern Ireland. All the time, I was followed by my support team of Kevin, Alex and John, who all took turns to follow me in the support vehicle, feeding me protein and fluids.

I remember arriving in the village of Tang, County Westmeath, feeling very sore and exhausted. Again, I had to remind myself why I was doing this. Giving up is never an option! When I looked at the map, I realized I was halfway on The Impossible Journey!

Moving on down the country, I finally arrived in Cork. Realising that I was getting ever closer to Mizan Head, I longed to get a view of the ocean. However, every inch of my body was sore, and I had nearly 200 kilometers still to go!

Finally, the ocean came into view, and my excitement started to build. My goal was to finish the journey in 19 days. To do this, I had to run 110

kilometres in the next three days, and nothing was going to stop me now.

Day 19, my last run from just outside Bantry Bay to Mizan Head, I set off in the hot summer sun with temperatures expected in the mid-20s. On the hottest day of the year, all the Tiglin students and my family were waiting to celebrate with me. Then, at last, a signpost for Mizan Head!

Anyone familiar with Mizan Head knows that the last 10 kilometres or so is all up steep hills - and hot! Two kilometres out, some of the lads from Tiglin joined in with me to encourage me over the last push. As promised, my daughter Seran Rose was waiting for me, and we ran to the finish line hand in hand, cheered on by the staff and students of Tiglin.

Crossing the finish line, I was filled with emotion as I reflected on the impossible journey people find themselves in. We spoke on radio stations in the north, midlands and south of Ireland and raised over €14,000 for Tiglin. I want to take this opportunity to thank my incredible support team, all the donors, and everyone that helped me make The Impossible Journey possible.



FAMILY SUPPORT

Our Family Support Worker, Marilyn, offers support, guidance and advice to all the loved ones who have been affected by addiction. This service has been operating since 2008 and is for any participant who is engaging with, or has engaged with, any Tiglin service.

Marilyn is trained and certified in best practice models including the 5 Step Method and CRAFT (Community Reinforcement Approach and Family Training) in responding to alcohol and drug related problems in the family.

Within several days of intake, Marilyn phones the designated next of kin to begin a connection with the family, answer questions, listen to their stories and provide them with a booklet explaining details of the programme such as the Phase schedule, phone calls, visits, curriculum, etc.

Marilyn offers one-to-one meetings or phone support as requested, and also facilitates a monthly support group in Dublin City Centre. Half of the group time is used for open sharing and the other half is used for input around relevant topics such as:

- Understanding Relapse
- How to Prepare for Visits
- Strengthening Communication Skills
- Healthy Boundaries
- Dealing with Stress
- Coping Strategies

At meetings, there are often questions about what they are observing in their family members' spiritual journey. Discussion often turns to the application of Biblical principles and how they can help in the individual's recovery journey.

At a recent one-to-one meeting, the mother of a new student asked what would she do if her son called to say he was leaving. Through coaching and role-play, Marilyn helped her work out what her response would be. As if on cue, her phone rang right then, son on the other end, stating that he couldn't take it anymore, he was leaving. She was ready with a reply that helped him think it through differently and talked him off the edge.

During the past year, it has become standard

practice for the students to be required to meet with a family member(s), Marilyn and their key worker before having the interview for Phase 4. This allows families to understand the next phase, to be part of the conversation about how reintegration will involve them, and express any concerns they have from their perspective on reintegration.

There have been multiple meetings this past year between students, their key worker, Marilyn and family members to work through especially complex dynamics and challenges between the student and their families. This has allowed for better reconciliation, as well as giving the key worker insight into the broader picture of the effects of the addiction on the family, and additional needs for growth in the student's recovery process.



Tiglin's Family Support has continued to grow in services being offered as well as positively impacting on the recovery process for students and families alike. The addition of Dorine Linn as a full time Play Therapist, Couples Therapist and Family Therapist has added incredible depth and strength to the ways we can support families who are suffering from the impact of addiction.

With the exception of Dorine's therapeutic sessions, all other family support work is done on a voluntary basis. The description of services below and the numbers of interventions show that this has become a big service. It is no longer sustainable to be so heavily dependent on voluntary efforts and it is not currently possible to grow the service any further, though the need to increase family support is great.

These are the ways that families/loved ones were supported in 2021:

NEW STUDENTS

- Initial contact is made by phone with a family member of every new student that begins the programme. This happens within a day or two of entry.
- A booklet of information on the programme and phase schedule posted to families. Ongoing support is available.
- There is an on-call response to any queries or concerns from families/loved ones of all students.
- Monthly support group meetings are offered, including open sharing and psychoeducational

input. These meetings are attended by families of students, people on the waiting lists and people still living with active addiction.

- Liaising with men's/women's centre staff as needs arise that involve families during the student's recovery.

PREMATURE EXIT

- Families are contacted when a student leaves prematurely to support them in their response and changed needs.

PRE-AFTERCARE FAMILY 4-WAY

- It is standard protocol to arrange a meeting between student, family member(s), keyworker and family support worker prior to move to Carraig Eden.
- The re-entry programme is explained to families, questions/concerns addressed, family needs brought to staff attention for the purpose of including this information in the handover.

FAMILY SUPPORT TEAM

- Marilyn Nyquist (Volunteer) – handles all family support in the men's centre; all Pre-Aftercare 4 way meetings; responds to all queries coming to the family support phone; monthly family support meetings; escalated family support needs for women's centre.
- Crystal Thornton (Volunteer) – initial contact with families for all new students in the women's centre; contact with families when a female student leaves prematurely.
- Dorine Linn – Play therapist, couples therapist, family therapist. Provides therapeutic support for families in both men's and women's centres.

FAMILY SUPPORT INTERVENTIONS BY NUMBERS FOR 2021

- Crisis intervention/specific support calls : 193
- Initial calls made to families of new students : 93
- Calls from families not connected to Tiglin but looking for support : 39
- One-to-one in person support or Pre-Aftercare phase family meeting : 7
- Attendance at monthly Family Support Group meeting : 88
- Counselling/therapy sessions, including couples, families, child, advocacy for families and re-engagement with former clients : 177

JIGGINSTOWN MANOR

Jigginstown Manor is an independent living facility for young adults aged approx. 18 – 25 from the Kildare region. The service is run by Tiglin while the residents are referred by Kildare County Council. The independent living model welcomes those who are ready to engage with the staff to progress in the areas of education, employment and well-being.

The purpose of Jigginstown Manor is to provide Homeless Services including homelessness prevention, temporary emergency residential support services, resettlement supports and tenancy sustainment for young adults (aged approx. 18-25). Each resident is partnered with a key worker, who works with them to make progress towards their goals.

The centre was built over several years by an Approved Housing Body called Homeless Care. This was a huge undertaking, as a derelict old manor house with horse stables was refurbished into 12 studio apartments and a main house which

doubles as an administration office and provides shared laundry facilities for the residents. The centre was built with funding from the Capital Assistance Scheme (CAS), while the remaining funds were raised by various organisations and individuals.

Jigginstown Manor welcomed our first resident on the second of June 2021. The period from January to June of 2021 was used to set up the policies and procedures of the centre, spearheaded and developed by Dr Stephen Bradley. The number of residents gradually increased and, by the end of 2021, we were housing six individuals (on average, we welcomed a new person each month).

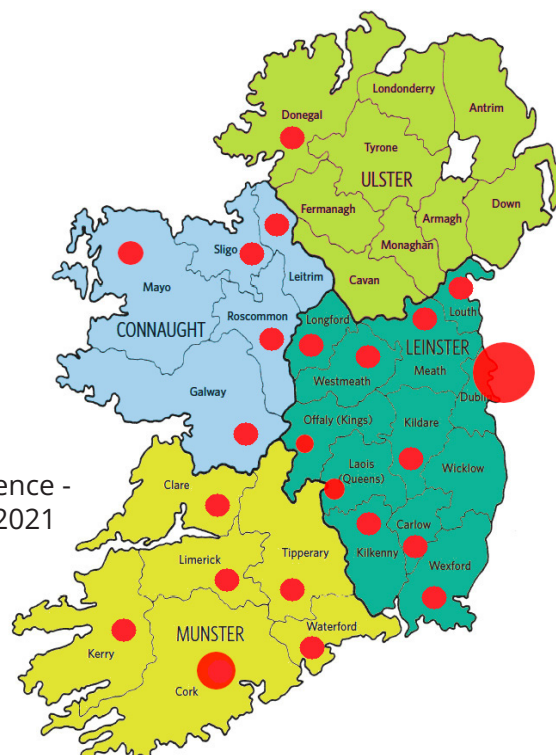
This project is a brand new facility and differs from the traditional rehabilitation services we provide. The intention here is for Tiglin to build on our previous approved housing body experience while working with vulnerable young adults to help them to progress in every aspect of their lives.



2021 STATISTICS

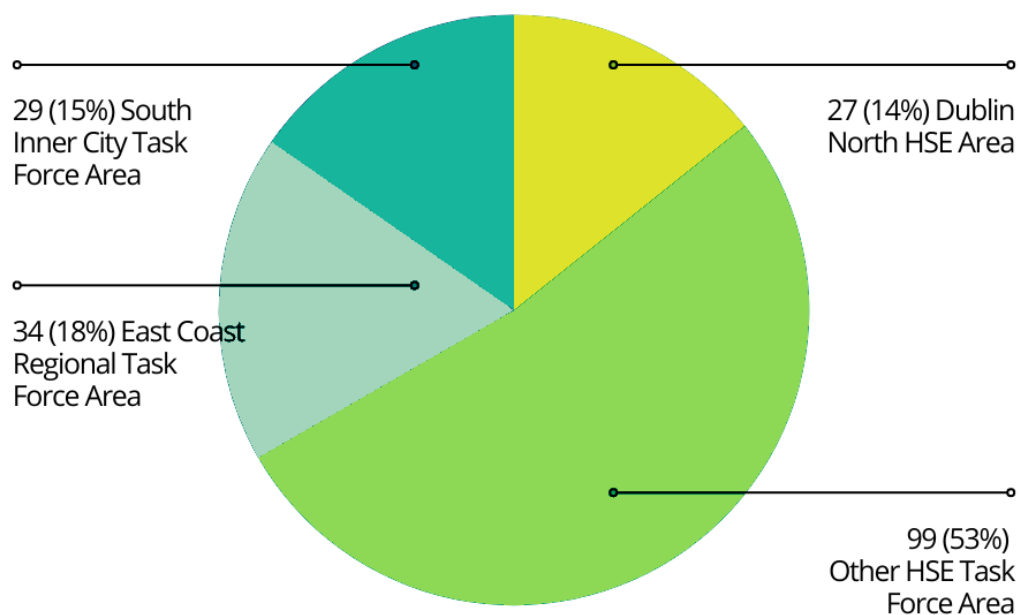
TIGLIN RESIDENTIAL OVERVIEW

Area of Residence -
Tiglin Clients 2021



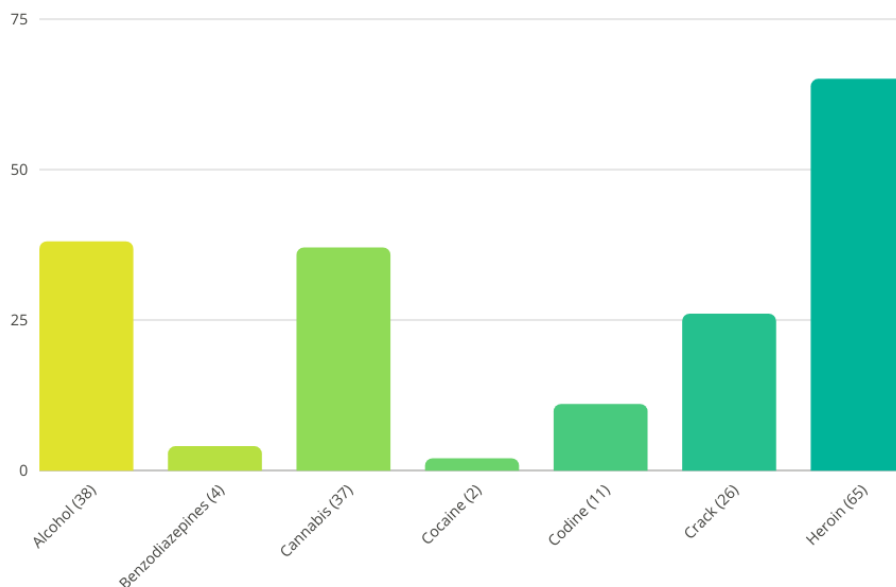
189	Total people who were assessed for Tiglin residential in 2021
125	Total people who resided at Tiglin in 2021
43	Completed 8-11 months or more of treatment at Tiglin during 2021
23	Completed 4-7 months of treatment at Tiglin during 2021
29	Completed 1-3 months of treatment at Tiglin during 2021
30	Completed up to 1 month at Tiglin during 2021

Areas of Residence



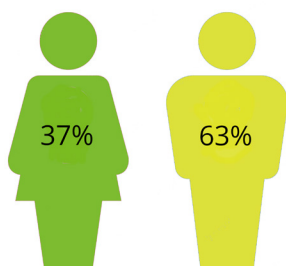
RESIDENTIAL CENTRE STATISTICS

Main Presenting Issues
2021

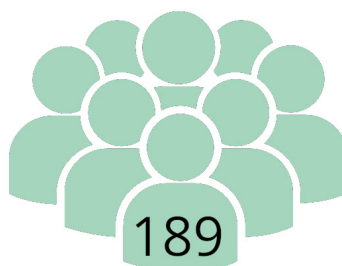


RESIDENTIAL CENTRE 1:1 ACTIVITIES

Gender of clients accessing residential treatment at Tiglin



Number of clients referred to Tiglin services in 2021



Number of staff hours worked with clients in Tiglin Services



14,560

Number of individual hours of education/literacy

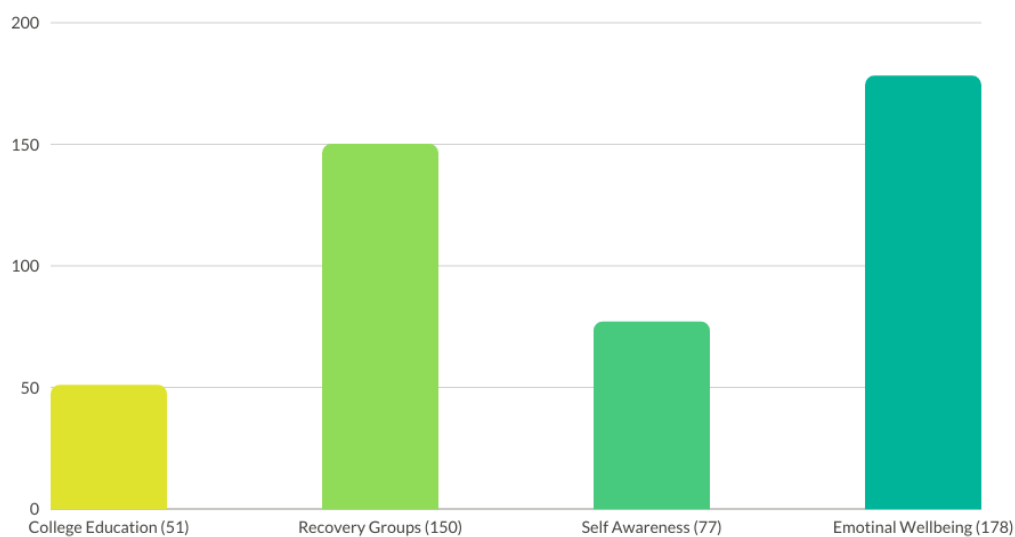


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TOTAL NUMBER OF CLIENT ACTIVITIES

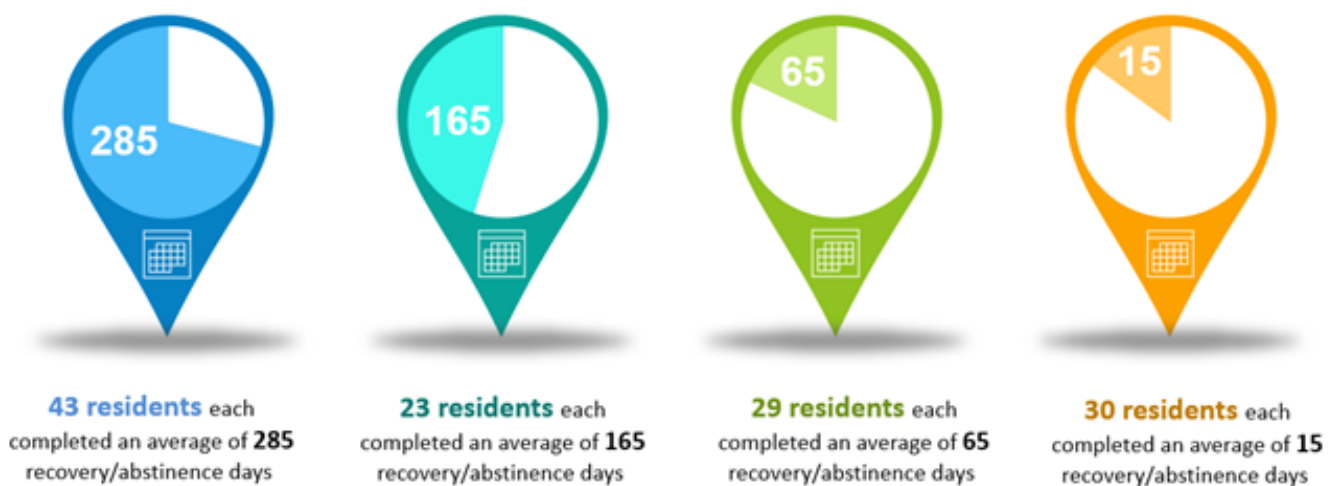
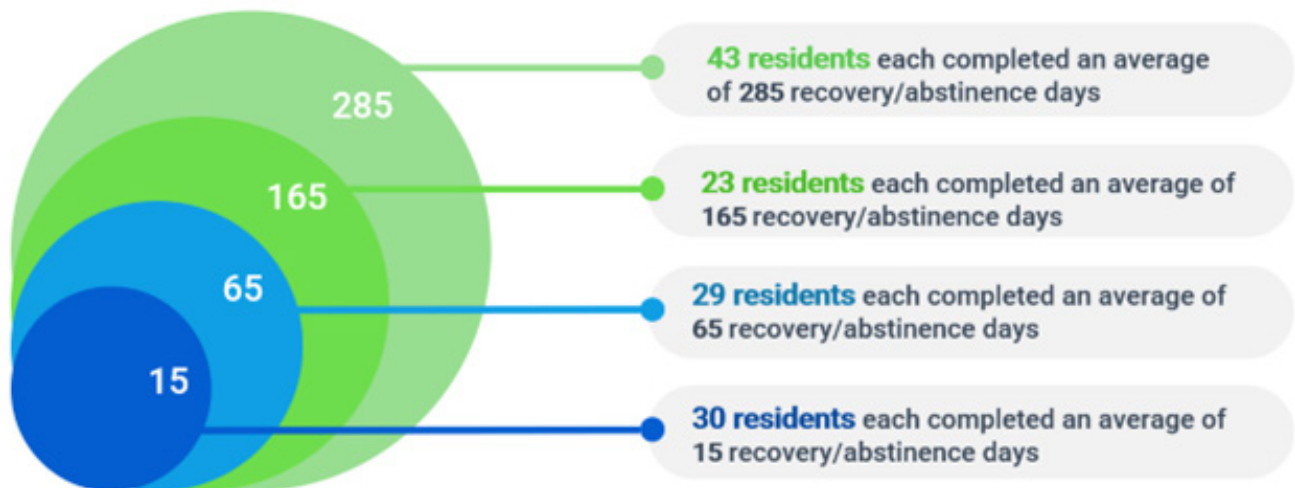


Hours Spent during Community Employment by topic covered 2021



RECOVERY/ABSTINENCE DAYS

While in the care of Tiglin Rehabilitation Services, each resident represented in the chart below received the following averages of recovery/abstinence days. Each recovery/abstinence day increases the likelihood of successful long term personal recovery/abstinence days.



RE-ENTRY PROGRAM STATISTICS

During their time at Carraig Eden Re-Entry house, students are equipped with the skills and qualifications necessary for future employment. In addition to this, there are opportunities to access further education. Below are the figures tracking the numbers of students (out of a total of 43) who progressed to full-time or part-time employment, progressed to education alongside employment, progressed to employment through the Community Employment program (C.E. Scheme), or exited early. Also shown below is a breakdown of the courses studied by those who pursued further education during their time with Tiglin.

RE-ENTRY STATISTICS

43	Total number of students who progressed to Re-Entry from Residential
17	Progressed to full-time employment
5	Progressed to part-time employment
7	Progressed to part-time education & employment
10	Progressed to Community Employment
4	Exited early Community Employment

EDUCATION

Course Name	Major	Minor Special Purpose
QQI 7 Addiction Studies UCD	1	
QQI 6 Account Technician		1
QQI 6 Key Working & Care Planning		2
QQI 6 Social Media and Marketing		6
QQI 4 Security		2
QQI 3 Barbering		1
ITEC Level 3 Personal Trainer		1
Intermediate Dutch		1
Diploma in investment and Capital Markets		1

TIGLIN BEREAVEMENT COUNSELLING REPORT 2021

In 2021, bereavement counselling was provided for 14 students in Tiglin, providing a total of 232 hours of one-to-one therapy sessions.

In 2021 a few students had sudden unexpected deaths in their immediate family. Several students also had immediate family members who were diagnosed with serious illness. These unexpected circumstances required intense care with extra support to facilitate the student. To see their family and attend funerals.

This extra support and care was given by management, staff and Rosaleen.

This support is to keep students safe, substance-free and to help them stay on the program.

The use of these tools improves outcomes during the therapeutic process, by helping to identify symptoms and thus to develop a specific plan of treatment for each individual student.

Where appropriate and beneficial to the student, the assessment results are a collaborative process, and the students themselves are involved in identifying and resolving their own symptoms.

ANXIETY ASSESSMENT

The anxiety assessment reflects to students their progress and the reduction in the initial symptoms that they presented with.

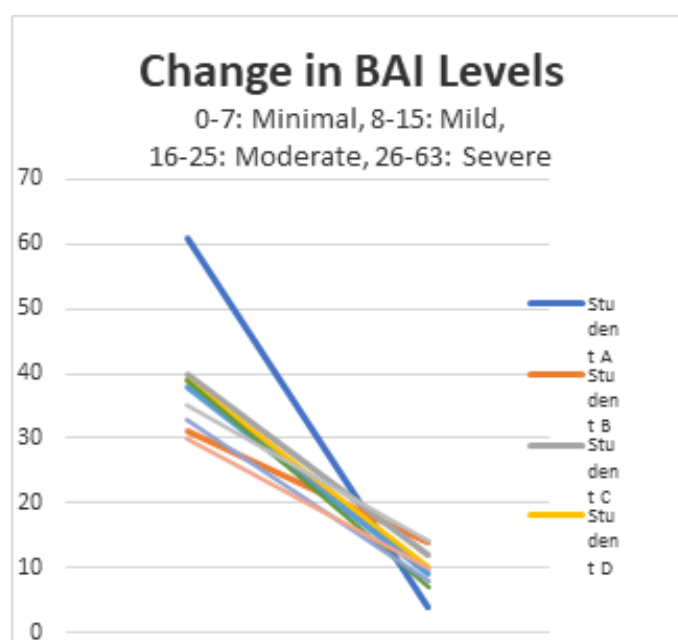
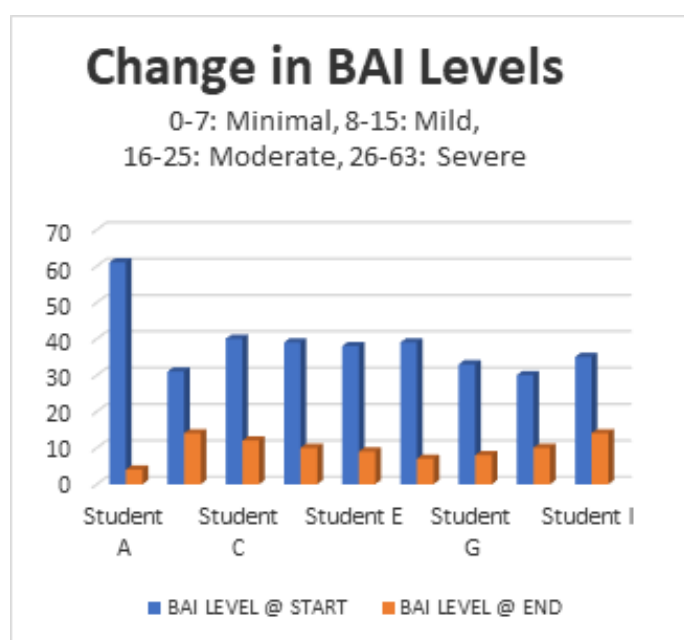
Beck Anxiety Intervention (BAI), created by Aaron T. Beck, MD. was used by Rosaleen to identify symptoms of anxiety; these are in three categories:

Cognitive Symptoms: Racing thoughts, and negative thoughts towards self.

Emotional Symptoms: Feelings of fear, anger, helplessness, guilt and shame.

Physical Symptoms: Nausea, Agitation, Dizziness and Breathing problems.

The above anxiety symptoms were greatly reduced in all students who received counselling.



In conclusion, the use of the Beck's Anxiety Intervention in counselling has helped continue support and recovery for students on the Tiglin program.

GOVERNANCE

Tiglin Challenge is a registered charity and a company limited by guarantee without a share capital. The purposes and objectives in how it conducts its business are set out in its Memorandum of Association as available from the Companies Registration Office. The activities of the company in its operation are to support each individual in their recovery from substance abuse. Tiglin Challenge provides a range of services both day services and residential services to support each individual with recovery capital that will empower them to live independently free from a life beyond addiction.

Tiglin Challenge is compliant with The Governance Code for the Community, Voluntary and Charitable sector in Ireland as a Type C organization. The financial statements are prepared in accordance with the Charities SORP. Tiglin Challenge is also compliant with the Guidelines for Charitable Organizations on Fundraising from the Public. Governance is a recurring agenda item at Board meetings due to the regulatory obligations which arise under service level agreements with the HSE and also the Approved Housing Body. The Board is also cognizant of further regulations notably GDPR in May 2019.

Tiglin Challenge is currently working on safer better healthcare standards and governance in line with national guidelines and data collection. Tiglin Challenge adheres to all GDPR regulations.

Tiglin Challenge is currently re-vamping the website which will reflect all the work that Tiglin do and provide transparency to all.

There is regular communication between Board members, Management, Staff/Sub Committees & Students to ensure that good Governance is being administered within Tiglin Challenge. All Students are given the opportunity to discuss issues that are affecting them as participants in the project.

Tiglin Challenge has regular in-house meetings with its Students to problem solve and suggest improvements to the Tiglin service. Governance in Tiglin Challenge is adhered to through a strong Board of Directors who constantly and consistently review that Tiglin Management & Staff are in compliance with the Code of Governance. All financial statements are published on Tiglin website (www.tiglin.ie) in line with best practice guidelines and for full transparency and good governance practice.

Tiglin Challenges Board has a minimum of six voluntary Directors. As per Tiglin Challenge protocol for Directors, the term of office for a Board Director is three years, with an option for reappointment for a second term in office; this reappointment needs to take place at Annual General Meeting (AGM).

BOARD OF DIRECTORS

Chairman	Aubrey McCarthy
Company Secretary	Keith Flynn
Board Members	Nigel Bell
	Jerry Conlon
	Dr. Emmanuel Eguare
	Gerald Farrell
	Rachel Harper (joined 2022)
	Marylin Nyquist
	Susan Phillips



PARTNERSHIPS, FUNDERS & SUPPORTERS

The Board of Directors, Management/Staff & Students in Tiglin services would like to say a huge thank you to all of our partners, funders and supporters.

Without your ongoing support we would not be able to see lives changed and transformed, it is thanks to you that we have helped individuals who were once addicted to reach a goal of "life beyond addiction".

Amongst all our funders we here at Tiglin would like to say a specific thanks to:

- South Inner-City Drug & Alcohol Task Force
- East Coast Regional Drug & Alcohol Task Force
- Health Service Executive
- Salesforce
- Co. Wicklow Partnership
- Wicklow Co. Council
- Electric Ireland
- KWETB
- IT Carlow
- Department of Social Protection
- An Cosan
- Mac-Interiors

And to Salesforce: an enormous thank you for your ongoing support in fundraising, IT Assistance, yearly football tournament & sleep-out.

We are so grateful to many agencies and individuals that have provided and continue to provide much needed help with us here at Tiglin. We would like to acknowledge our appreciation for all the community fundraising efforts that took place in 2021. Thanks to those that organized and partook in bag packing, homeless sleep outs, marathons/mini marathons. In particular we would like to thank and express our gratitude to our staff, volunteers and students who were always willing to lend a hand with our many fundraising events.

A sincere thank you must go to our staff and counsellors who have provided the best care, compassion and commitment that is needed whilst upholding ongoing professional conduct. We are deeply indebted to the commitment and work of all the staff and counsellors who work tirelessly to provide each student with the recovery capital to sustain a "life beyond addiction". Thank you so much!!!!

Finally, we would like to thank everyone who supported and supports Tiglin both in a financial, practical and prayerful way. From the smallest to the largest gift, it all counts in the Kingdom. You all have made a difference to so many lives by your kindness to our students.

FUNDRAISING OPPORTUNITIES

There are many ways to help us here at Tiglin and make a difference in seeing “Life beyond Addiction”.

WAYS TO DONATE

Volunteer

Fundraise for Tiglin

Organise an Event

Individual Donations



scan the QR code to donate directly to Tiglin

WAYS TO GET INVOLVED

Involve your Company

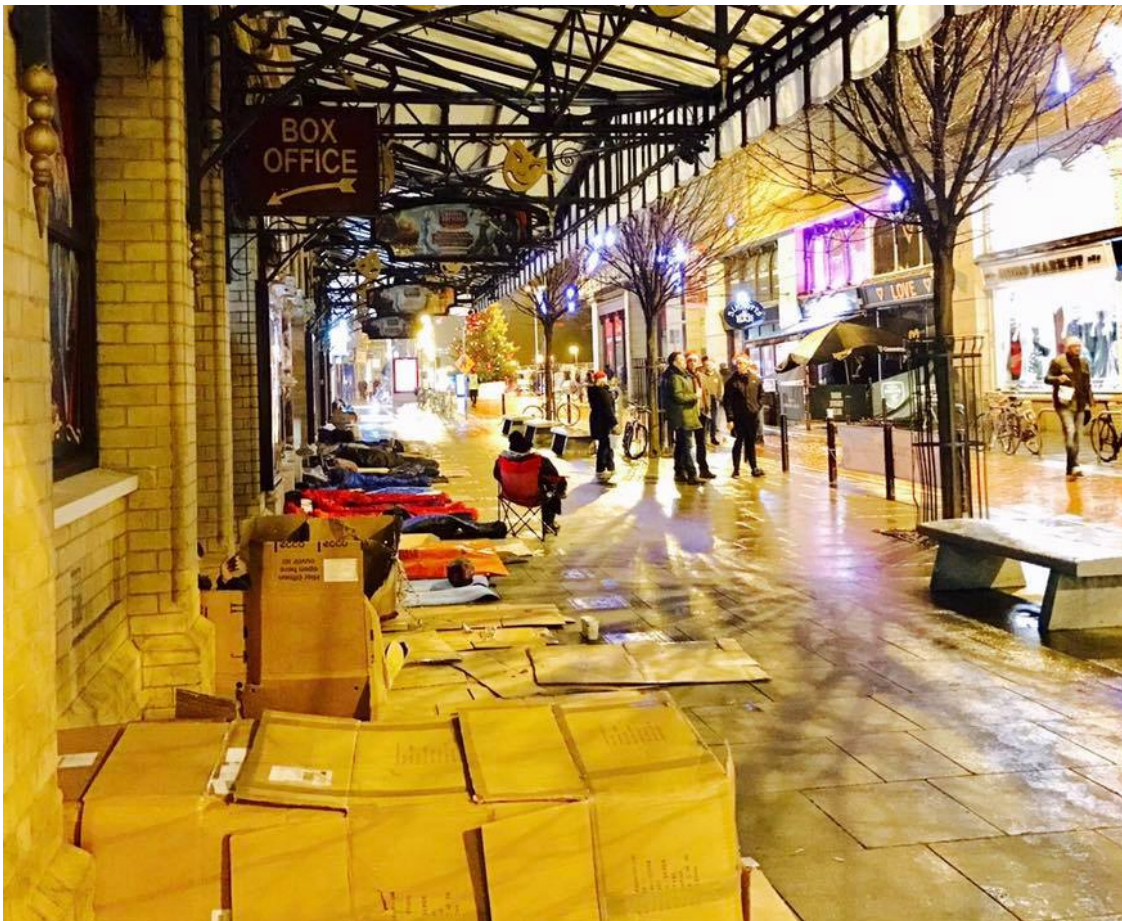
Partner with Tiglin

Encourage Staff to Volunteer

Individually Donate

FUNDRAISING EVENT SHOWCASE: SALESFORCE ANNUAL SLEEPOUT FOR TIGLIN

One of the fundraising highlights of the year is the now famous Salesforce Annual Sleepout for Tiglin. Every year, staff from Salesforce give up their cosy beds for the night and choose to sleep outside the Gaiety Theatre in Dublin city centre with the aim of raising funds for Tiglin, as well as raising awareness of our work. This year was no different and the sleepout was a huge success. We would like to extend an enormous thank you to the 42 Salesforce employees who participated in the sleepout: we hugely appreciate your support!



If you would like to get involved or help out in any way, please contact us at admin@tiglin.ie

