



CUAN MHUIRE
Restoring Hope



CUAN MHUIRE

ANNUAL REPORT 2023



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Restoring Hope, Rebuilding Lives

Cuan Mhuire is Ireland's largest provider of addiction treatment services and residential rehabilitation. With its holistic approach, the organisation addresses the psychological, emotional, and social facets of addiction, operating across five treatment centres and seven transition houses across Ireland. We offer a variety of programmes from detoxification to residential treatment and aftercare services. We champion a therapeutic community approach, enhanced by individual counselling, family support services, and an emphasis on personal responsibility.

For over five decades, Cuan Mhuire has welcomed anyone seeking a new life away from addiction, which indiscriminately affects people from all walks of life. From 2015 to 2022, there was a 35% increase in individuals seeking treatment for drug and alcohol use, with 2023 marking an 12% surge in demand for Cuan Mhuire's services.

Sr Consilio's core belief in the innate goodness and potential for change and healing in each person continues to guide our mission, reminding us of the transformative power of community and support in the journey to recovery.



CEO ADDRESS 2023

Introducing Cuan Mhuire's 2023 Annual Report as CEO, I have been reflecting on the vital work that Sr. Consilio began almost 60 years ago, and which has continued over the years in helping people throughout the country who suffer from addiction. Today Cuan Mhuire continues to support people to discover their innate goodness and giftedness, even in the midst of their daily struggles with addiction. The Cuan Mhuire programme provides hope to many who are in despair and provides a journey of recovery for those unable to see a way forward.

Cuan Mhuire is also extremely concerned for the suffering that families experience who have loved ones in addiction. Their pain can so often be overlooked when the focus is on the addicted individual. Consequently, Cuan Mhuire is available at all times to respond to the family's needs and is eager to reach out and support any and all family members.

In 2023, occupancy levels in Cuan Mhuire have continued to rise very significantly and the demand for places in Treatment Centres is higher than ever with a 12% increase in admissions. Throughout the year, Cuan Mhuire provided 170,395 bed nights across our five Residential Centres and 29,862 bed nights in our Transition Houses. These bed night numbers represent an approximately 12% increase on the 2022 figures and reflect our continuing commitment to our service users and to providing a quality service to our residents and to their families.

Cuan Mhuire considers Aftercare to be an essential component of recovery for our residents once they have completed their Treatment Programme. We are very pleased then to report that in 2023 the attendance numbers at our Aftercare centres increased by 35% on 2022 figures to 17,527. This indicates to us that our ex-residents are becoming more aware that Aftercare has such a vital role to play in their recovery.

A number of significant developments have taken place in Cuan Mhuire throughout the year. In response to the emerging gambling crisis in Ireland, Cuan Mhuire, in conjunction with Gambling Awareness Trust, opened our second residential treatment service for gambling addiction, a new twenty bed unit in Bruree. This represents a significant expansion on the gambling specific treatment programme already operational in Cuan Mhuire Athy and it provides recovery opportunities for in excess of eighty clients per annum. Since then, Galway also now provides a gambling specific treatment programme. These services provide support for individuals and families in crisis throughout the country who would otherwise not have been able to access a gambling-specific programme.

Another significant development this year for Cuan Mhuire has been the completion of twelve apartments for long term residents in Cuan Mhuire Newry and this will greatly enhance our services for those who need them.

As part of our continued commitment to quality improvement, Cuan Mhuire has been accredited with CHKS and ISO certification. We are pleased to report that in 2023, site surveys in Bruree, Farnanes and the Western Road in Cork have all once again fully achieved the standard required to maintain Cuan Mhuire's accreditation.

As Cuan Mhuire is committed to providing affordable addiction treatment for so many individuals throughout the country, there continues to be a significant strain on our day to day running costs. In particular, increases in energy and food costs pose a particular challenge as we strive to provide the best possible service for our residents. In our efforts to maintain the existing level of service, Cuan Mhuire needs to engage in significant fundraising initiatives over the coming years. As a consequence of this, the Cuan Mhuire Board has approved a decision to engage Consilium and its Managing Partner, James O'Murthuile, to develop a strategic plan for Fundraising, as well as to hire a Fundraising Manager to work on various projects. Both of these initiatives were begun in late 2023 and an initial assessment of what is needed going forward is expected by the middle of 2024.

A very significant challenge also for Cuan Mhuire is that, due to the ongoing housing crisis in the country, it is becoming increasingly difficult for our residents to find accommodation once they leave our Treatment Centres or Transition Houses. There is an acute lack of availability of social housing and rental accommodation, and this is particularly challenging for single men.

Once again, I must express my gratitude to the Board of Directors for their role in guiding the development of Cuan Mhuire’s services, and for their ongoing support for me throughout the year. The commitment and dedication of our staff and volunteers throughout the country has again been exemplary over the past year in their service towards all who use our services. I would also like to thank the statutory agencies that support Cuan Mhuire as well as our benefactors who help us to maintain our range of services for those who seek our support. Finally, I have no doubt that in 2024 all in Cuan Mhuire will continue Sr Consilio’s mission to serve the needs of those who suffer from addiction and their families “always attentive to providing the highest standards of excellence for those to whom we provide care and support.”

Gerry McElroy
CEO



Chairman's Statement 2023

2023 saw Cuan Mhuire return to pre-Covid level of admissions and now has full occupancy. Indeed, such is the demand for the services of Cuan Mhuire that waiting lists continue to grow, which is certainly a cause of concern. Every effort is made to facilitate all of those who seek to avail of the facilities of Cuan Mhuire.

Whilst staff recruitment is for us, like many other organisations an ongoing challenge nonetheless, we remain extremely active in our endeavors to recruit staff and I am glad to report that our recruitment drive has proven successful, and we continue to maintain adequate staffing levels. Indeed, it would be remiss of me were I not to extend my sincere gratitude to all of our staff who remain particularly committed and hard working.

The ever-increasing costs in providing our services is the greatest challenge which we now face, and we continue to liaise with our statutory funders to highlight the reality that the funding we receive needs to be adequate to meet the ongoing day to day running costs of Cuan Mhuire. Needless to say, we are extremely grateful for the funding and support we receive from the funding bodies but nevertheless, I am obliged to highlight the fact that the funding we receive must reflect the realities of the ever-increasing resources required to allow us to continue to provide the highest level of services.

Though we have financial constraints in the day to day running of our services, nonetheless, each of our houses must be commended for their efforts in continuing to strive to improve facilities and thanks to the generosity of our donors and the assistance of statutory authorities.

The following is a brief outline of some developments in the recent past and proposed developments which we hope to progress in the near future.

1. Cuan Mhuire, Coolarne, Co. Galway

- a. Completed painting of entire external of treatment Centre and out-houses.
- b. Completed upgrade of heating system.
- c. Refurbished 19 bedrooms.
- d. Introduction of a 20-week drug programme and a new gambling specific programme.
- e. Plan to refurbish Detox Unit.
- f. Plan to expand Garden Centre activities.

2. Cuan Mhuire, Newry, Co. Down

- a. The construction of 12 two bedroomed long-term apartments have been completed and will be available for occupation in the immediate future with the official opening scheduled for the 28th of June 2024 and at which time the 40th Anniversary of the establishment of Cuan Mhuire in Newry will be celebrated.
- b. The installation of a state-of-the-art Residents gym.

3. Cuan Mhuire, Athy, Co. Kildare

- a. Major refurbishments are planned for Our Lady's Drug Unit and the Detoxification Unit in the main house.
- b. In the Sr. Consilio Centre, our Horticulturist has developed the grounds which includes polytunnels in which we will grow our own vegetables.
- c. Ongoing maintenance in the Athy Centre including replacing the carpets with marmolium flooring.

4. Cuan Mhuire, Farnanes, Co. Cork

- a. The Coffee Bar/Reception area has been redecorated and upgraded with the installation of two large patio doors with triple glaze glass.
- b. Three of the apartments have been redecorated and upgraded.
- c. A new boiler has been installed in the Detoxification Unit.

- d. The Oratory has been redecorated.
- e. In the course of 2024, it is hoped to install a new phone system and the internet access will be improved. Also, a new security system is to be installed.

5. Cuan Mhuire, Bruree, Co. Limerick

- a. 2023 saw a continuation of the reconstruction work, which was commenced in 2022 at Cuan Mhuire, Bruree. The Northwest Wing ground floor and the first floor of the Southwest Wing were reconstructed and upgraded and are now ensuite.
- b. Extensive improvement works have been undertaken in the Ladies Unit which include the reconstruction of the dining room and the construction of a large conservatory.
- c. Works are ongoing on the Northeast Wing, and it is anticipated that these works will be completed in the coming weeks.
- d. A Gambling specific programme was introduced in January 2023. There were 89 admissions to the programme during the course of that year. Three of the staff in Bruree did the Certificate in Problem Gambling Addiction (NFQ Level 8) course which is provided at Galilee House of Studies, Athy, Co. Kildare by Cuan Mhuire in conjunction with MTU. I would like to acknowledge the tremendous support which Cuan Mhuire receives from the Gambling Awareness Trust.

As is outlined above, every effort is made to continue to improve Cuan Mhuire facilities across the country as we endeavour to maintain the highest possible standards in every respect.

We had the great pleasure some weeks ago to celebrate a special occasion for Sr. Agnes who is now over 40 years at Cuan Mhuire, Bruree and she continues to work tirelessly to enhance the facilities at Cuan Mhuire, Bruree even further.

I am delighted to report that Sr. Consilio continues to lead Cuan Mhuire with all her enthusiasm and determination as has always been the case and she continues to be an inspiration and a source of huge motivation for all involved in Cuan Mhuire.

I cannot speak highly enough of our house leaders, staff and volunteers whose commitment and dedication has made Cuan Mhuire the successful organisation which it is.

May I offer my sincere gratitude to my fellow Directors whose expertise, knowledge and commitment to Cuan Mhuire is invaluable and we are extremely fortunate to have a Board of Directors who bring to the organisation vast experience and knowledge from a wide variety of sectors in our society.

I would also wish to extend our gratitude to our funding bodies which include the Health Service Executive, Supporting People-NIHE, HSCB/DoH, various City and County Councils, the Department of Justice and Equality and Private Healthcare Providers. As I have mentioned on a number of previous occasions, without these funding bodies, Cuan Mhuire could not function, but I earnestly hope that even further assistance can be furnished so that we can meet the challenges ahead and the ever-rising costs in providing our services on a daily basis.

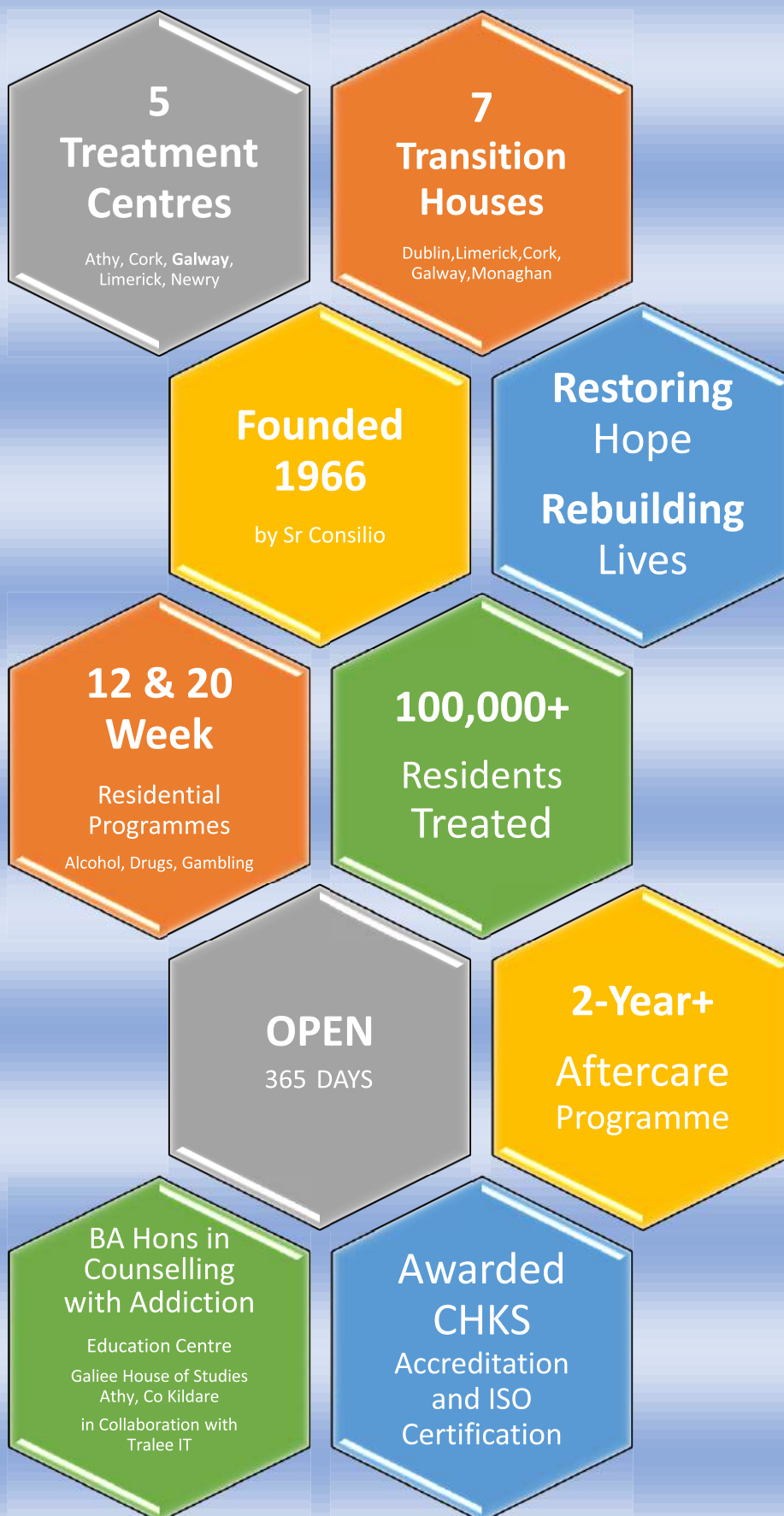
May I also thank most sincerely our many benefactors and friends of Cuan Mhuire who continue supporting the organisation and without whom, Cuan Mhuire could not function or maintain the services provided.

Like many other organisations, Cuan Mhuire has come through and survived all of the difficulties posed during the Covid period and I am glad to report that post Covid Cuan Mhuire is a stronger organisation, continuing to expand and provide enhanced facilities and treatment services.

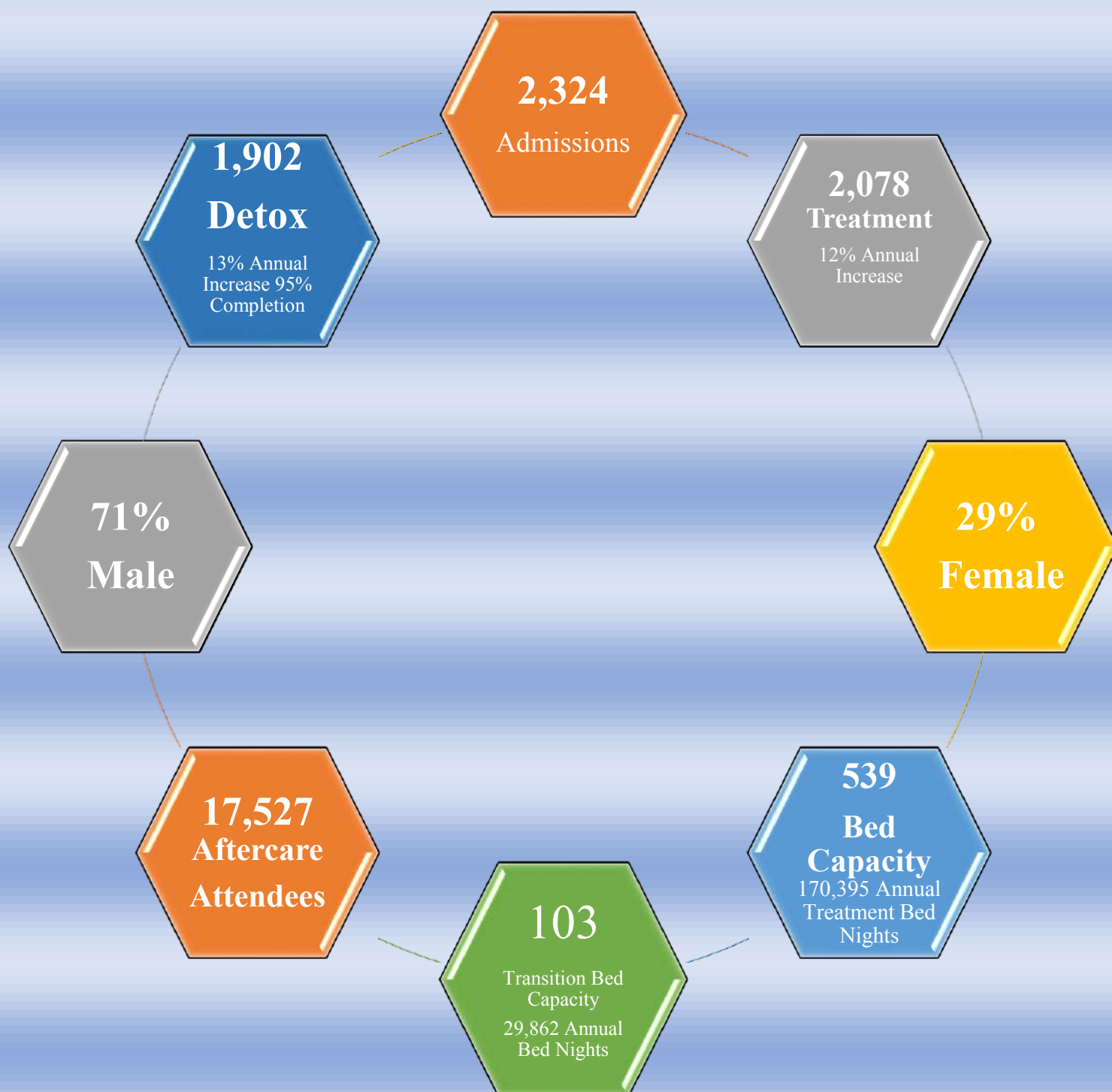
May I conclude by thanking all who support Cuan Mhuire in any way to enable us to continue to provide the services that are so essential to our society.

Paul O'Donoghue
Chairman

Cuan Mhuire In Numbers



2023 Impact



Philosophy

*Cuan Mhuire was founded in 1966 by
Sr. Consilio Fitzgerald.*

Cuan Mhuire is inspired by the belief that each human being is of eternal value; is made to the image and likeness of God; is capable of leading a full life and growing towards wholeness in human and spiritual terms.

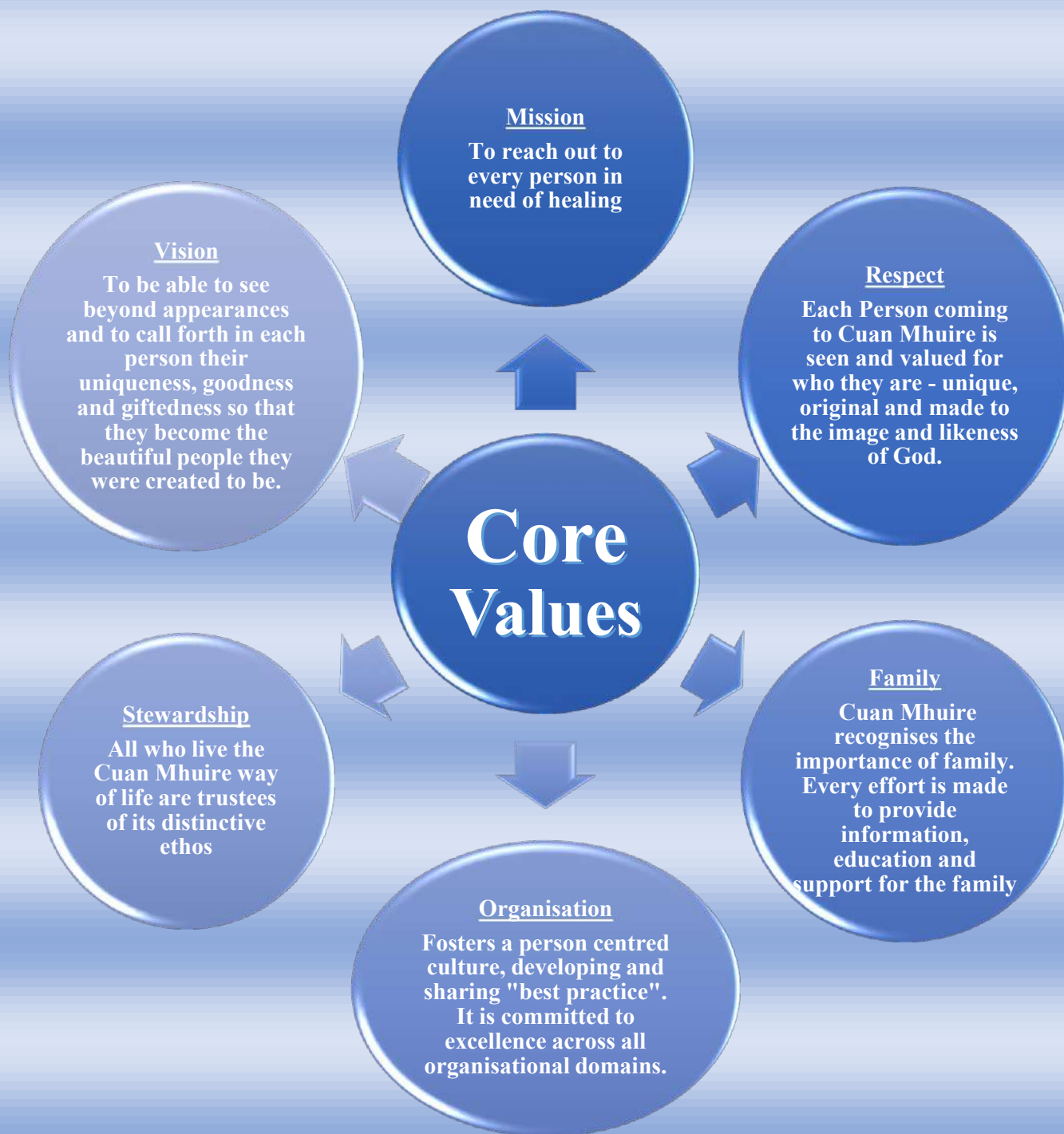


Mission Statement

Cuan Mhuire is a way of life. It is focused on serving Christ in the person suffering from addiction and its effects. Wholly inclusive and embracing especially those who feel marginalised and unloved. The Cuan Mhuire Community seeks to help all to discover their giftedness and their infinite value. Cuan Mhuire provides a lived experience of home, family and belonging. We are always attentive to providing the highest standards of excellence for those to whom we provide care and support.



Cuan Mhuire Core Values



Cuan Mhuire Aims

1.

- To provide an environment in which people who feel rejected and dejected because of their addiction, become aware of, and learn to deal with the underlying problems relating to these addictions and discover their uniqueness, goodness, giftedness and their real purpose in life.

2.

- To offer a comprehensive 12/20 week, abstinence-based, residential addiction treatment programme which includes detoxification.

3.

- To offer family support to the relatives of those in treatment

4.

- To offer a two year “Aftercare” programme to those in recovery and their families.

5.

- To offer accredited “Supportive Housing” facilities to homeless persons in early recovery.

6.

- To ensure staff have the necessary training/retraining.

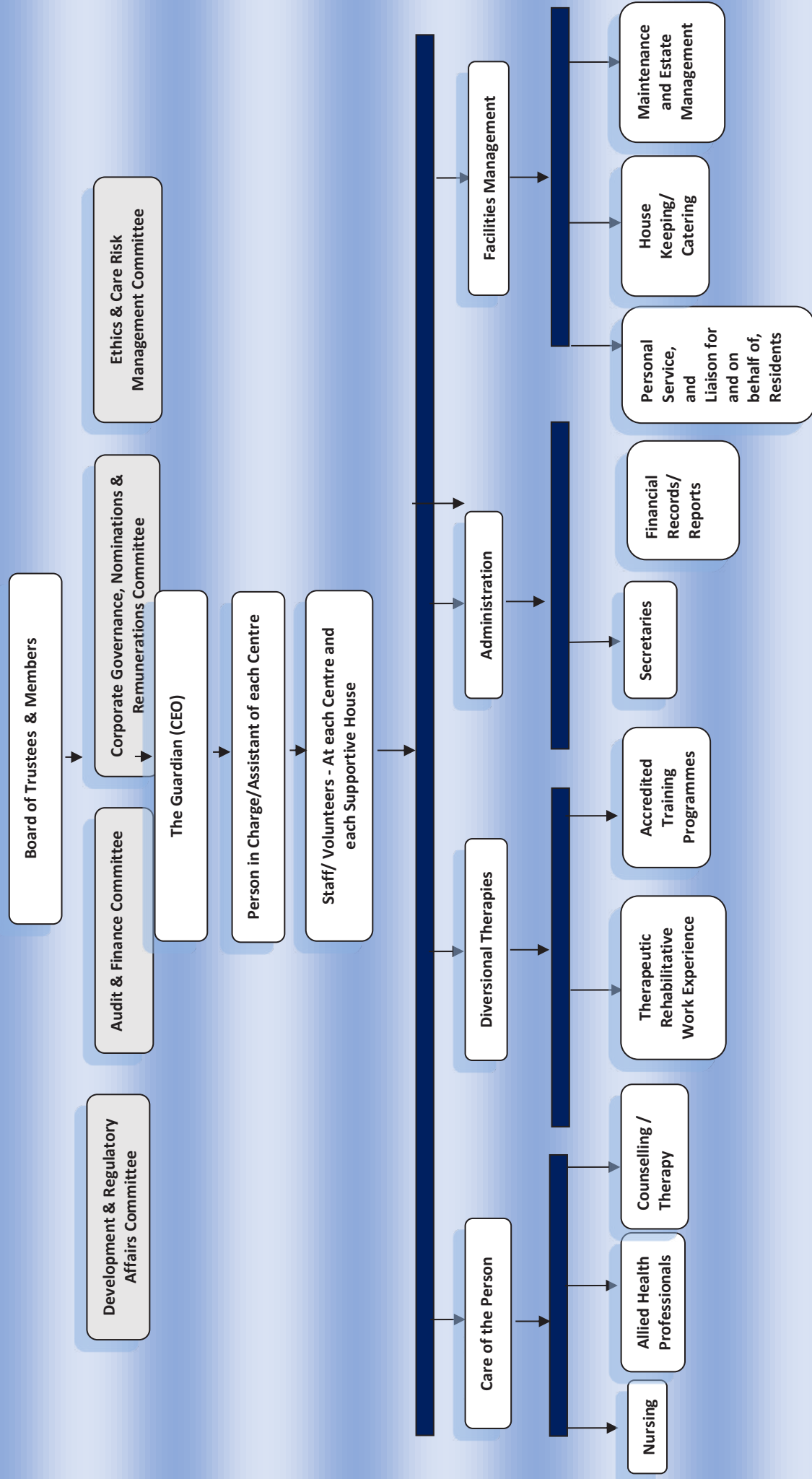
7.

- To maintain the high standards required for CHKS accreditation and ISO 9001 Certification.

Why Cuan Mhuire is Special

- Cuan Mhuire is Ireland's largest provider of Residential Detoxification and Treatment for those suffering from addiction.
- At any given time, Cuan Mhuire caters for circa 600 people in its treatment centres and its step-down accommodation.
- Approximately 2,400 people are admitted annually for residential treatment.
- We have a proud tradition of working with those who are homeless and suffering from addiction. In these cases, "same day" admission is facilitated where possible.
- We have an "open door" policy.
- We provide 365 days a year service.
- We offer a unique and highly successful, 12-week treatment programme to those suffering from Alcohol and Gambling Addiction and a 20-week programme to those suffering from Drug Addiction.
- All are welcome irrespective of faith, culture or financial circumstances.
- We provide training in life-skills and personal development.
- We have CHKS Accreditation and ISO 9001 Certification.
- We offer a service that is easily accessed by those in need of our help.
- Cuan Mhuire is animated by a strong sense of vocationalism.
- Down the years, Cuan Mhuire has been greatly enriched by its wonderful and dedicated volunteers.
- We pride ourselves on a diverse and highly qualified staff. We are committed to providing appropriate training for our employees to enable them to develop professionally and to enjoy enhanced job satisfaction.

Cuan Mhuire Organisational Chart

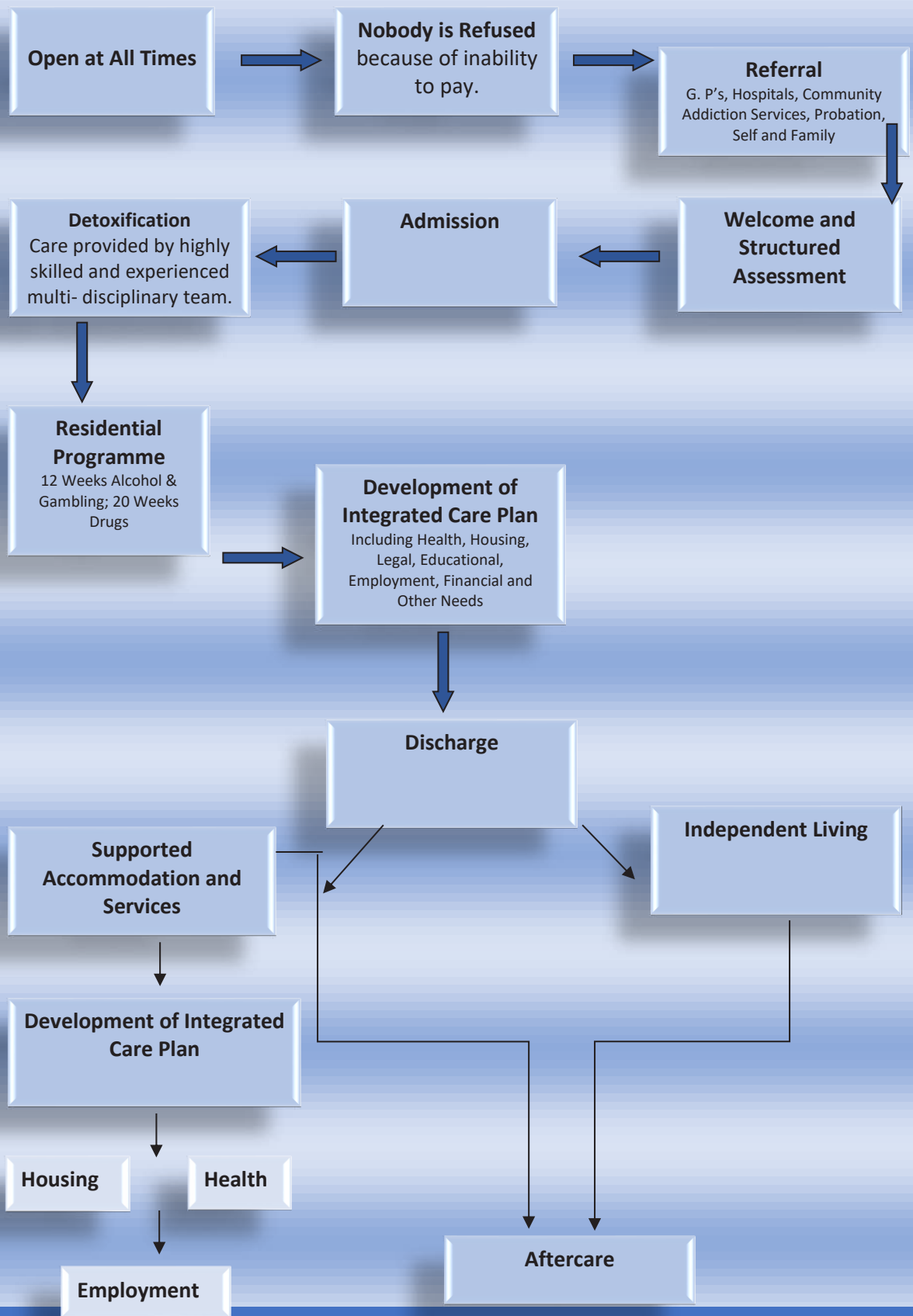


The Cuan Mhuire Pathway

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Cuan Mhuire Services

Cuan Mhuire Services should be seen in their entirety – a continuum of care that encompasses Assessment, Detoxification, Treatment, Supported Accommodation (where relevant) and two years Aftercare. They include:

- A comprehensive assessment
- Detoxification
- Treatment
- 2 Year+ Aftercare
- Supported accommodation and associated services where necessary.
- Family Support
- Outreach Programme to schools, community groups etc.
- Friends of Cuan Mhuire – A Support Network

The Residential Treatment Programme is provided by a multi-disciplinary team qualified and experienced in addiction treatment. The programme includes:

- Group Therapy
- Individual Counselling
- Meditation and relaxation therapies
- Videos and Lectures
- Therapeutic duties to develop responsibility, to foster coping skills, to encourage reaching out and sharing.
- AA, NA and GA Meetings
- Alternative Therapies – Art Therapy, Aromatherapy, Pottery, Woodwork etc.
- Personal Development Classes
- Family Conferences
- Family Day Meetings
- Family Support Groups
- Where applicable, assisting in finding accommodation/supported accommodation and services on completion of the programme.



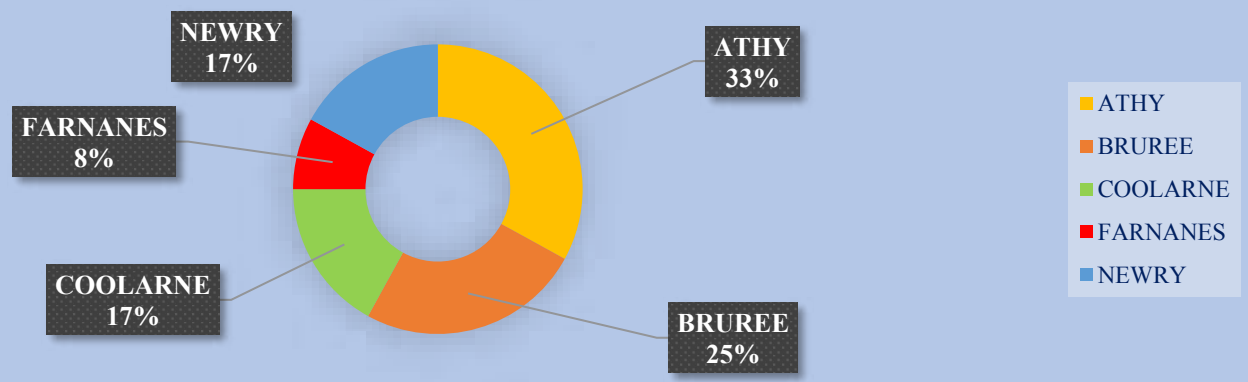
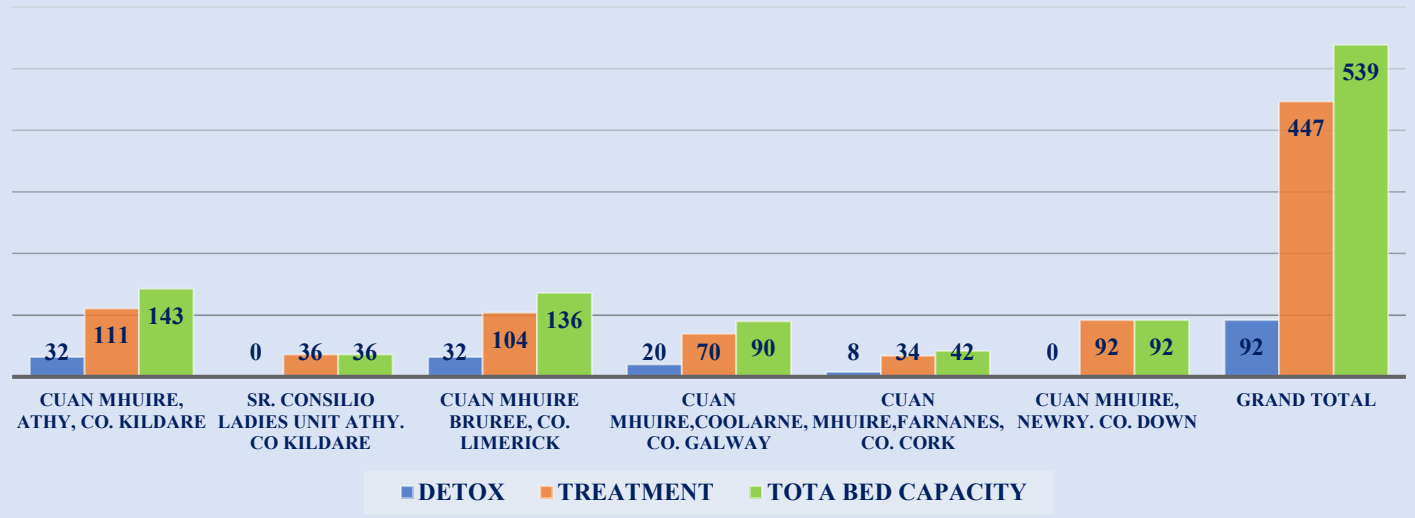
Cuan Mhuire Activity 2023

2023 was a busy year with **2324 admissions** to our treatment centres.

Bed Capacity of Treatment Centres 2023

Centre	Detox	Treatment	Total Bed Capacity
Cuan Mhuire, Athy, Co. Kildare	32	111	143
Sr. Consilio Ladies Unit Athy. Co Kildare	0	36	36
Cuan Mhuire Bruree, Co. Limerick	32	104	136
Cuan Mhuire, Coolarne, Co. Galway	20	70	90
Cuan Mhuire, Farnanes, Co. Cork	8	34	42
Cuan Mhuire, Newry. Co. Down	N/A	92	92
Grand Total	92	447	539

Bed Capacity of Treatment Centres 2023

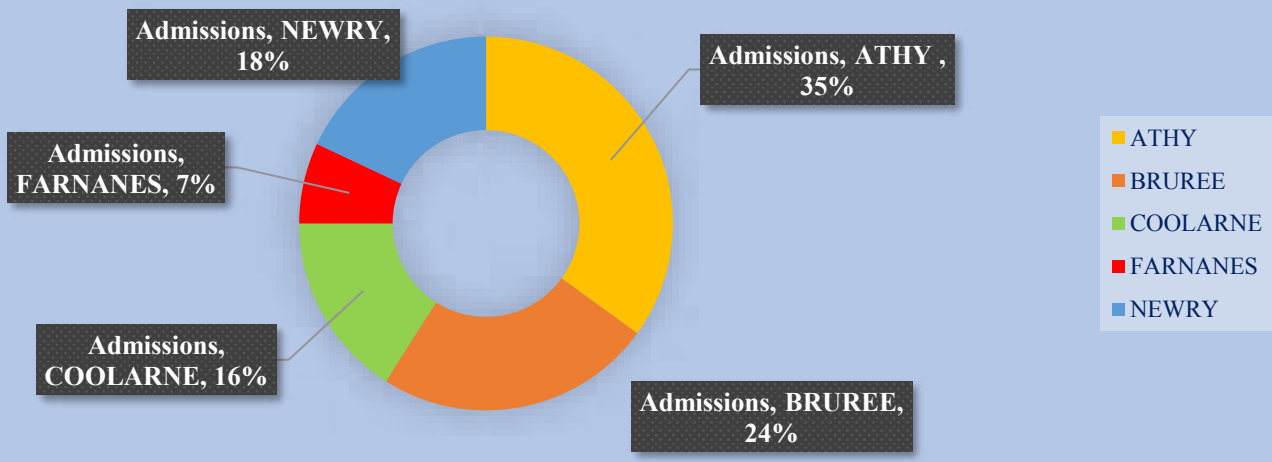
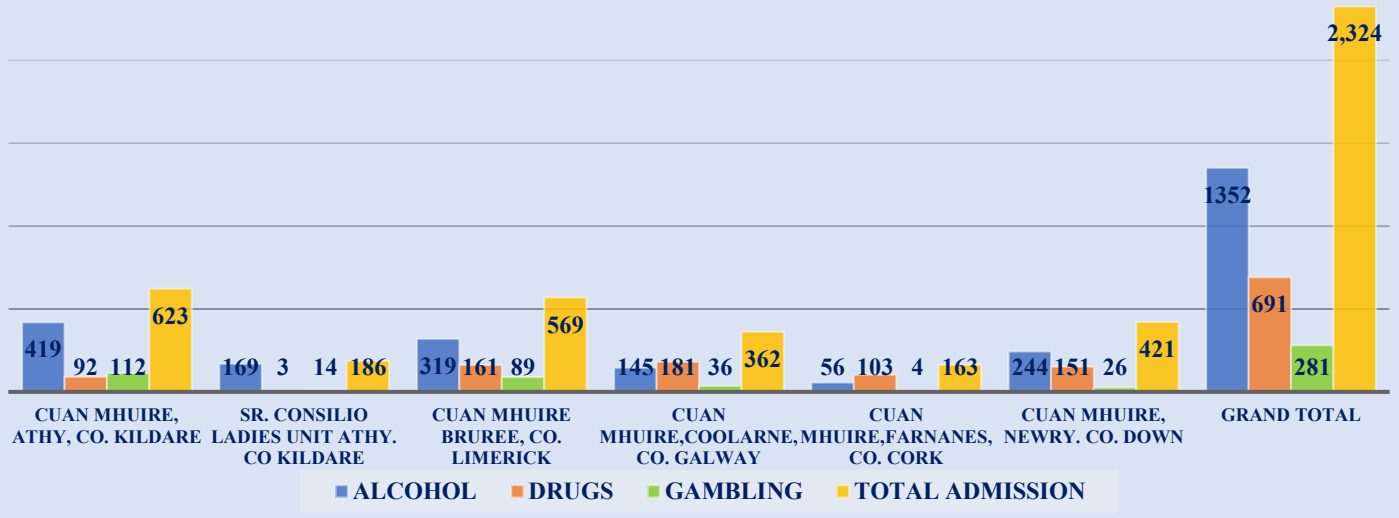




Admissions to Treatment Centres 2023

Centre	Alcohol	Drugs	Gambling	Total Admission
Cuan Mhuire, Athy, Co. Kildare	419	92	112	623
Sr. Consilio Ladies Unit Athy. Co Kildare	169	3	14	186
Cuan Mhuire Bruree, Co. Limerick	319	161	89	569
Cuan Mhuire, Coolarne, Co. Galway	145	181	36	362
Cuan Mhuire, Farnanes, Co. Cork	56	103	4	163
Cuan Mhuire, Newry. Co. Down	244	151	26	421
Grand Total	1352	691	281	2,324

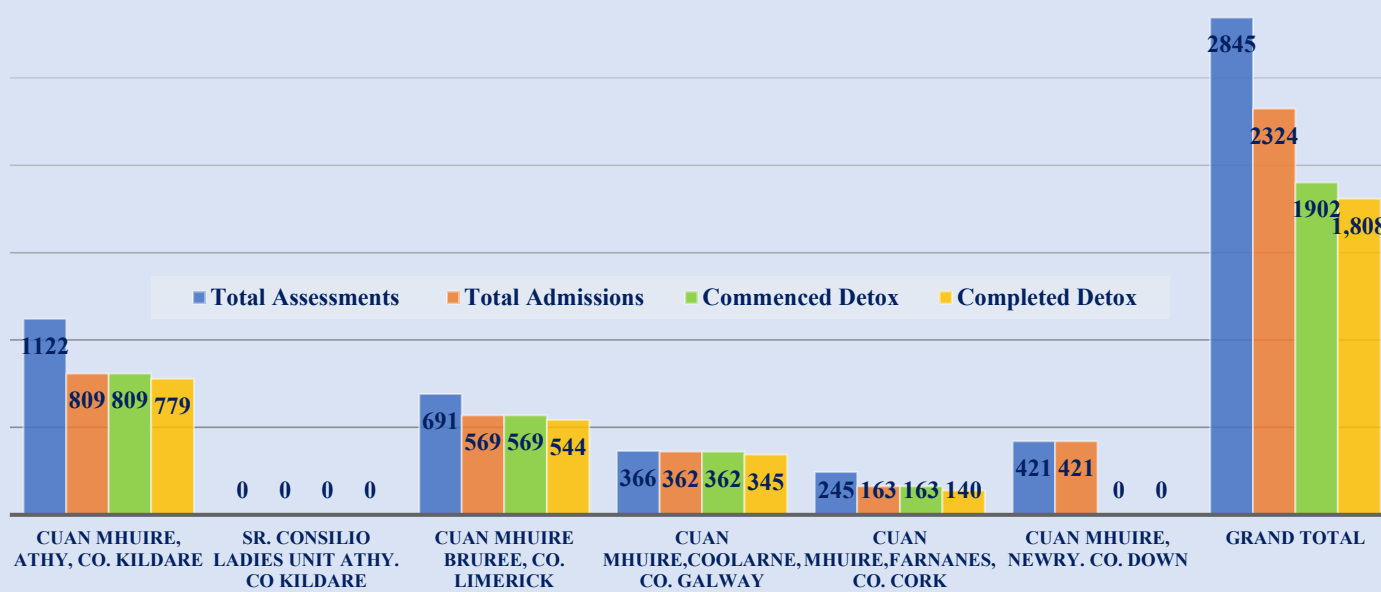
Admissions to Treatment Centres 2023



Detoxification Programme 2023

Centre	Total Assessments	Total Admissions	Commenced Detox	Completed Detox
Cuan Mhuire, Athy, Co. Kildare	1122	809	809	779
Sr. Consilio Ladies Unit Athy. Co Kildare	0	0	0	0
Cuan Mhuire Bruree, Co. Limerick	691	569	569	544
Cuan Mhuire, Coolarne, Co. Galway	366	362	362	345
Cuan Mhuire, Farnanes, Co. Cork	245	163	163	140
Cuan Mhuire, Newry. Co. Down	421	421	N/A	N/A
Grand Total	2845	2324	1902	1,808

Detoxification Programme 2023

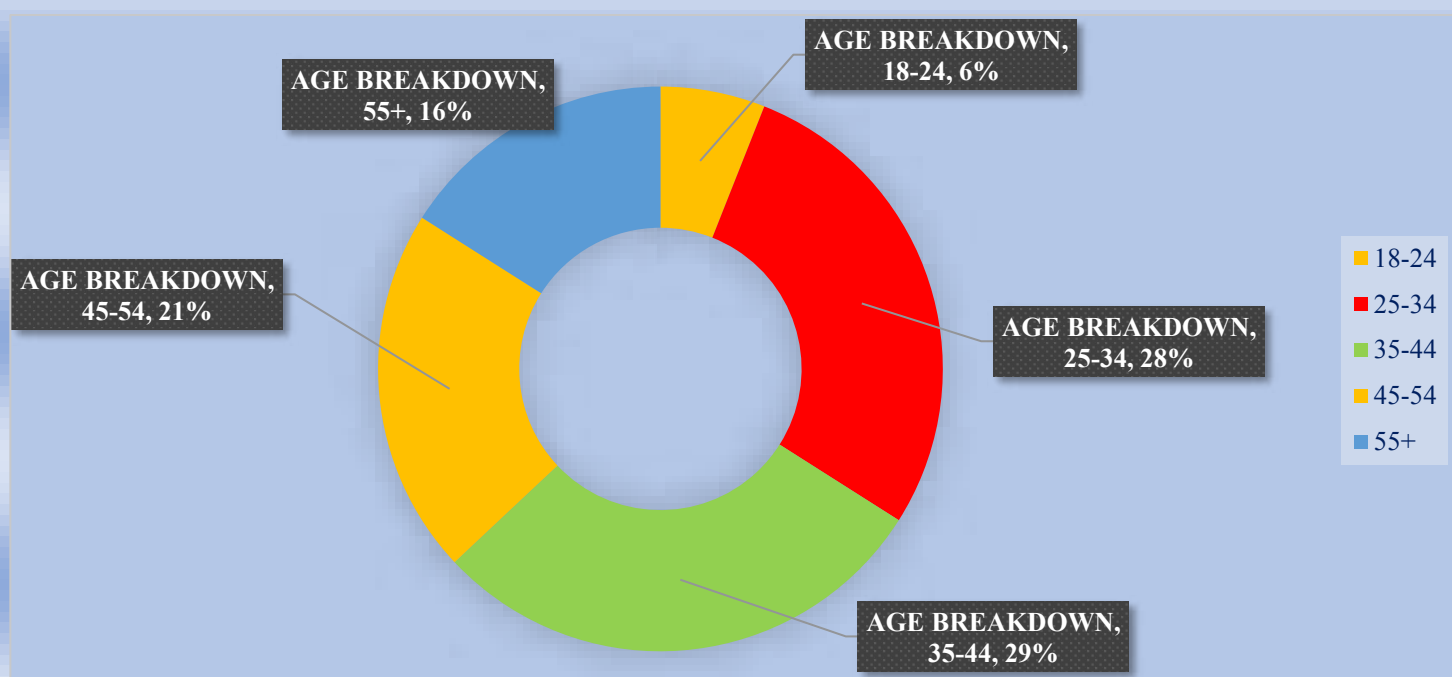


Programme Completion 2023

Centre	Commenced Programme	Completed Programme
Cuan Mhuire, Athy, Co. Kildare	535	441
Sr. Consilio Ladies Unit Athy. Co Kildare	166	150
Cuan Mhuire Bruree, Co. Limerick	471	357
Cuan Mhuire, Coolarne, Co. Galway	345	232
Cuan Mhuire, Farnanes, Co. Cork	140	135
Cuan Mhuire, Newry. Co. Down	421	283
Grand Total	2078	1495

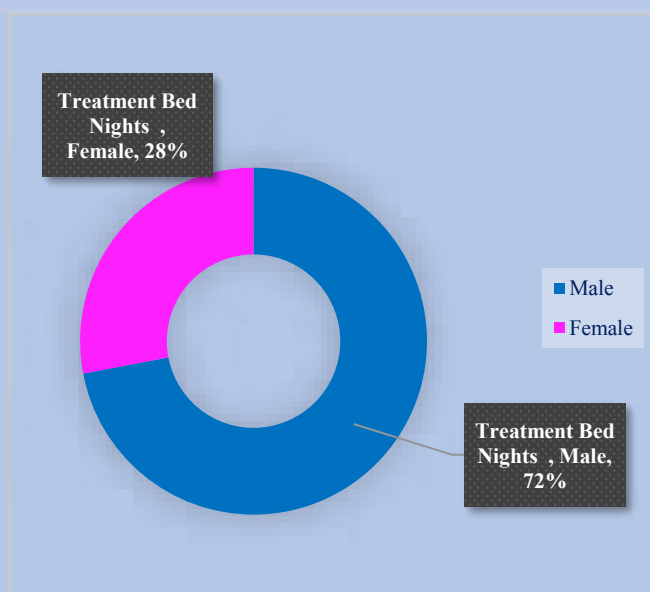
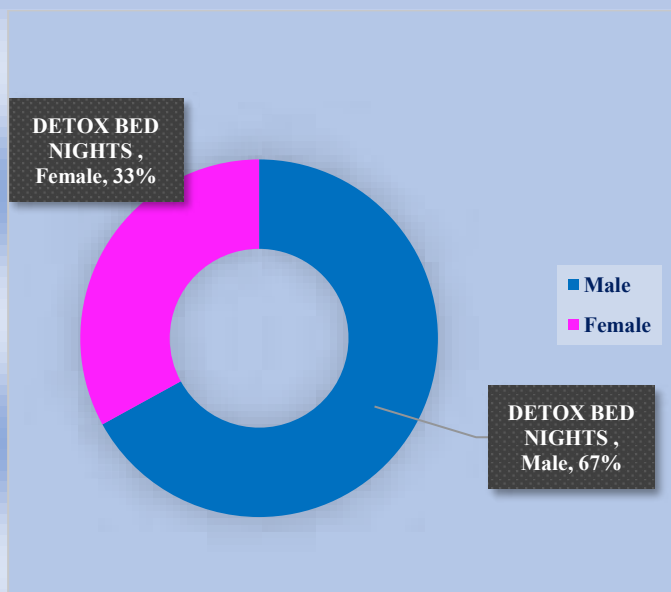
Admission by Age Profile

Centre	18-24	25-34	35-44	45-54	55+	Total
Cuan Mhuire, Athy, Co. Kildare	66	203	159	128	67	623
Sr. Consilio Ladies Unit Athy. Co Kildare	7	28	50	50	51	186
Cuan Mhuire Bruree, Co. Limerick	27	151	171	134	86	569
Cuan Mhuire, Coolarne, Co. Galway	20	98	112	76	56	362
Cuan Mhuire, Farnanes, Co. Cork	11	58	47	29	18	163
Cuan Mhuire, Newry. Co. Down	18	112	126	80	85	42
Grand Total	149	650	665	497	363	2,324



2023 Bed Nights- Treatment Centres

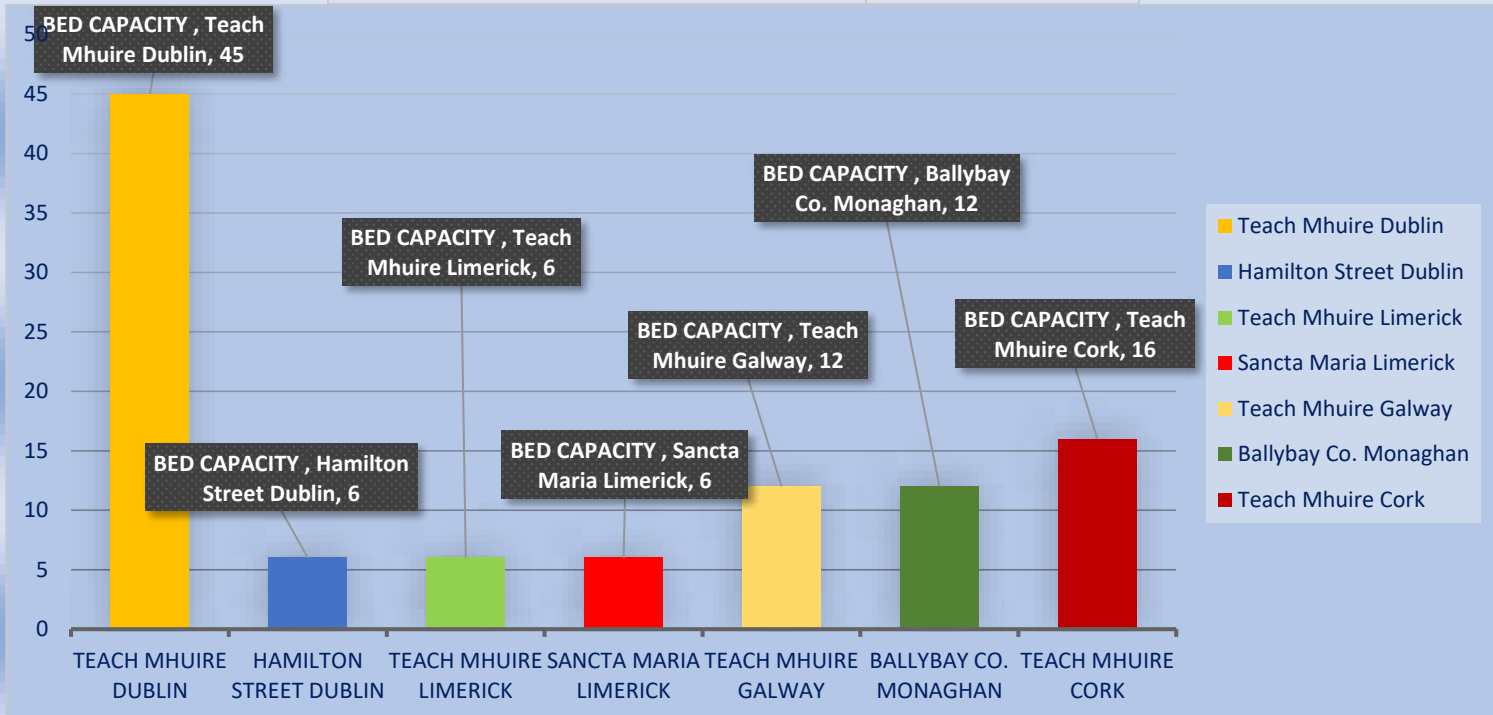
	Assessment / Detox Bed Nights Male	Assessment / Detox Bed Nights Female	Total Assessment / Detox Bed Nights	Treatment Bed Nights	Treatment Bed Nights	Total Treatment Bed Nights	Total Bed Nights
Cuan Mhuire Centre							
Cuan Mhuire Athy	4758	1813	6571	36858	0	36858	43429
Sr. Consilio Ladies Unit Athy	0	0	0	0	11306	11306	11306
Cuan Mhuire Bruree	3797	1112	4909	36334	6413	42747	47656
Cuan Mhuire Coolarne	3947	725	4672	19983	4264	24247	28919
Cuan Mhuire Farnanes	0	1607	1607	0	9402	9402	11009
Cuan Mhuire Newry	3627	2569	6196	11607	10273	21880	28076
Total	16,129	7,826	23,955	104,782	41,658	146,440	170,395



Transition House Activity 2023

Bed Capacity 2023

Centre	Bed Capacity
Teach Mhuire, Dublin	45
Hamilton Street, Dublin	6
Teach Mhuire, Limerick	6
Sancta Maria, Limerick	6
Teach Mhuire, Galway	12
Ballybay, Co. Monaghan	12
Teach Mhuire, Cork	16
Total	103

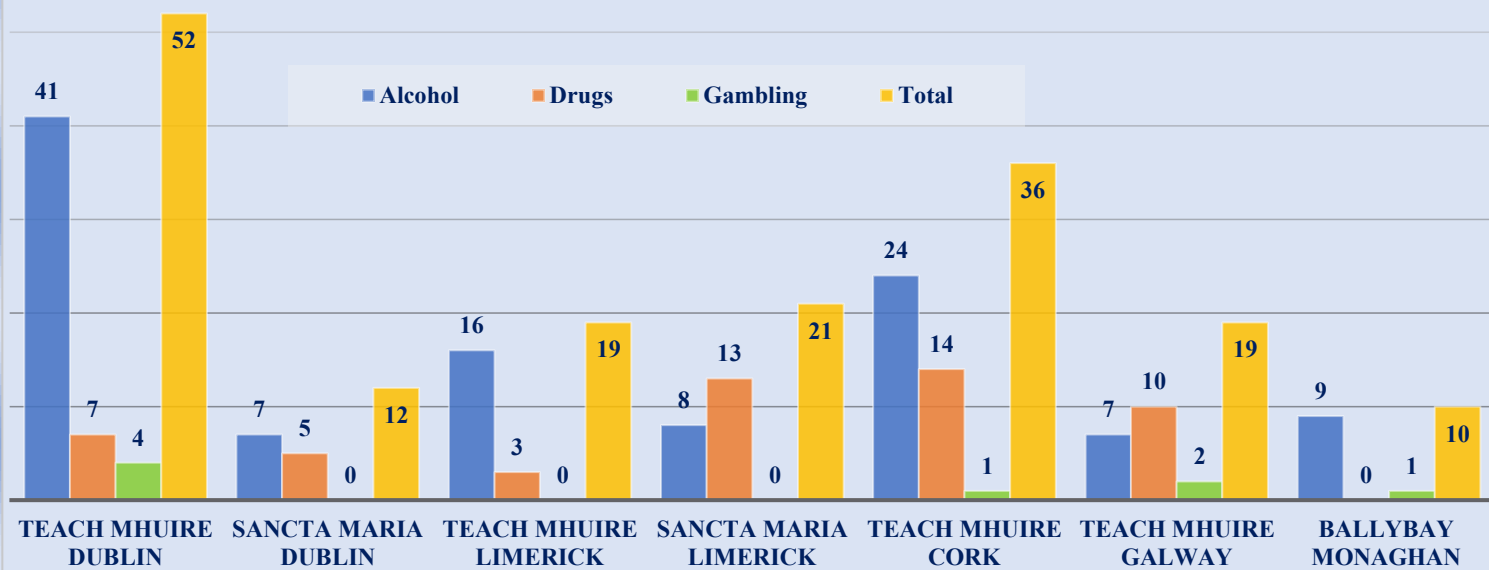


Transition Housing Admissions 2023-Primary Addiction

Centre	Alcohol	Drugs	Gambling	Total
Teach Mhuire Dublin	41	7	4	52
Sancta Maria Dublin	7	5	0	12
Teach Mhuire Limerick	16	3	0	19
Sancta Maria Limerick	8	13	0	21
Teach Mhuire Cork	24	14	1	36
Teach Mhuire Galway	7	10	2	19
Ballybay Monaghan	9	0	1	10
Total	109	52	8	169

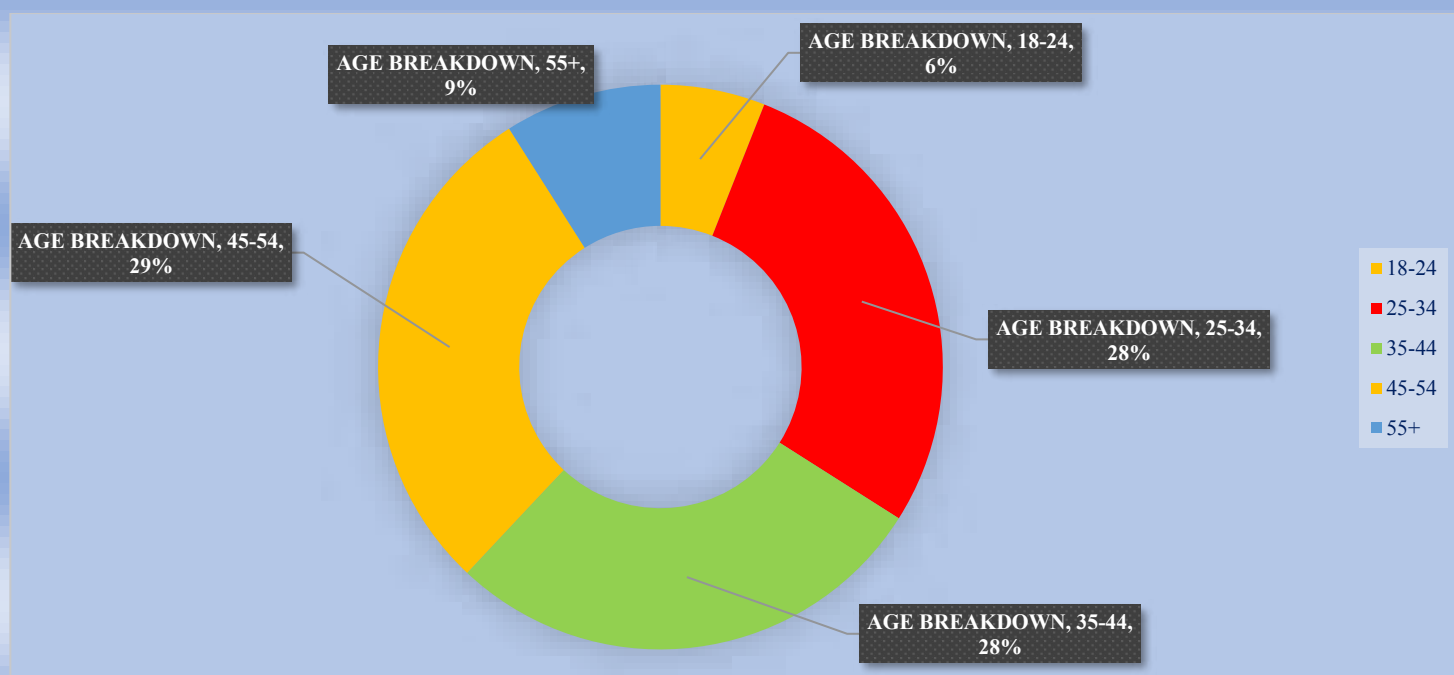
Admissions to Transitions houses has increased by 17% in 2023.

Transition Housing Admissions- Primary Addictions 2023



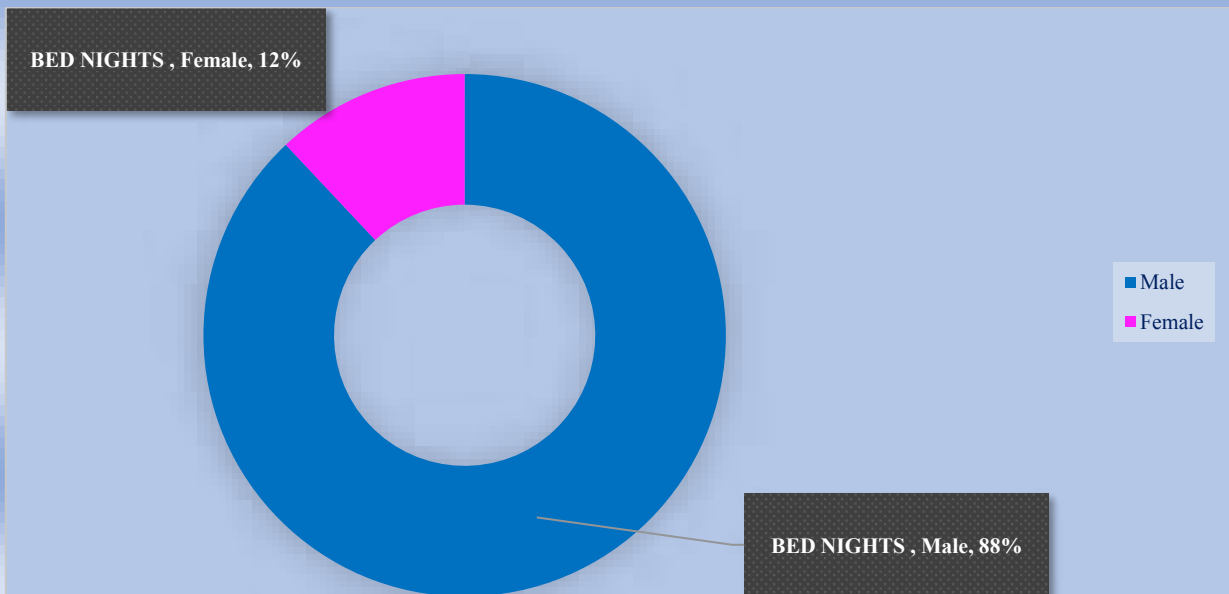
Transition Housing Admissions by Age 2023

Centre	18-24	25-34	35-44	45-54	55+	Total
Teach Mhuire Dublin	0	11	15	21	5	52
Sancta Maria Dublin	1	6	0	3	2	12
Teach Mhuire Limerick	1	3	6	8	1	19
Sancta Maria Limerick	3	8	6	3	1	21
Teach Mhuire Cork	3	11	11	11	0	36
Teach Mhuire Galway	1	7	8	0	3	19
Ballybay Monaghan	1	1	1	3	4	10
Total	10	47	47	49	16	169



Transition Houses Bed Nights 2023

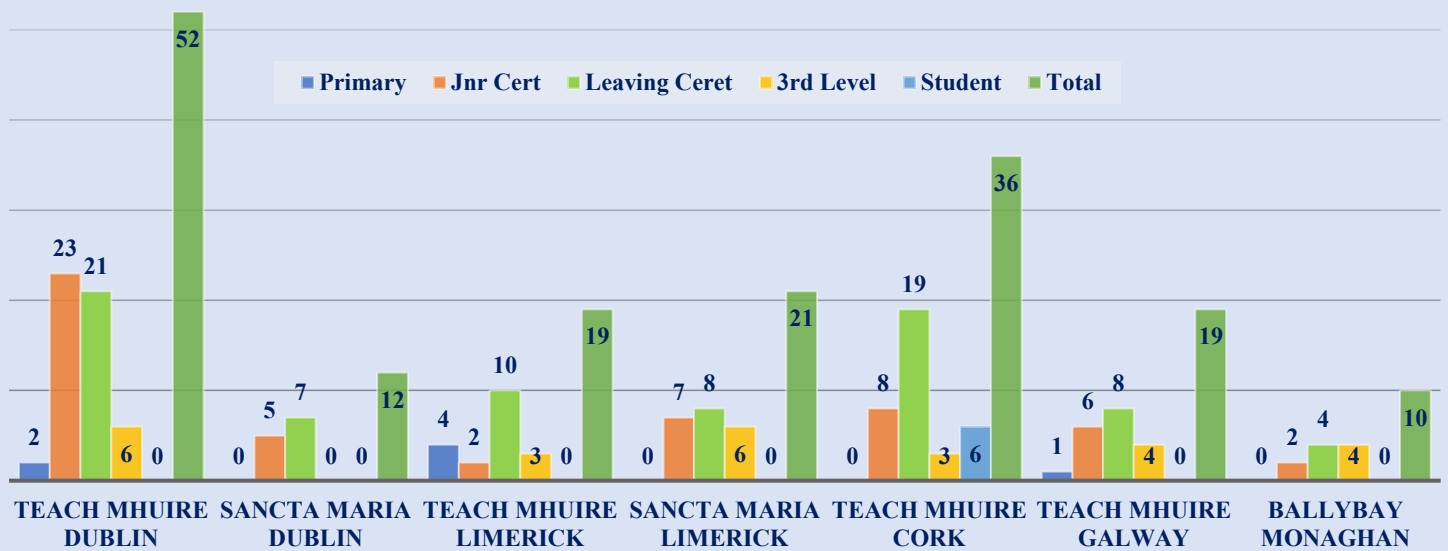
Transition House	Bed Nights		Total Bed Nights
	♂	♀	
Teach Mhuire, Dublin	14322	0	14322
Sanca Maria, Dublin	0	1671	1671
Teach Mhuire, Limerick	1935	0	1935
Sancta Maria, Limerick	0	1928	1928
Teach Mhuire, Cork	4630	0	4630
Teach Mhuire, Galway	2694	0	2694
Ballybay, Co. Monaghan	2682		2682
Total	26,263	3,599	29,862



Transition Housing Admissions by Education 2023

Centre	Primary	Jnr Cert	Leaving Cert	3 rd Level	Student	Total
Teach Mhuire Dublin	2	23	21	6	0	52
Sancta Maria Dublin	0	5	7	0	0	12
Teach Mhuire Limerick	4	2	10	3	0	19
Sancta Maria Limerick	0	7	8	6	0	21
Teach Mhuire Cork	0	8	19	3	6	36
Teach Mhuire Galway	1	6	8	4	0	19
Ballybay Monaghan	0	2	4	4		10
Total	7	53	77	26	6	169

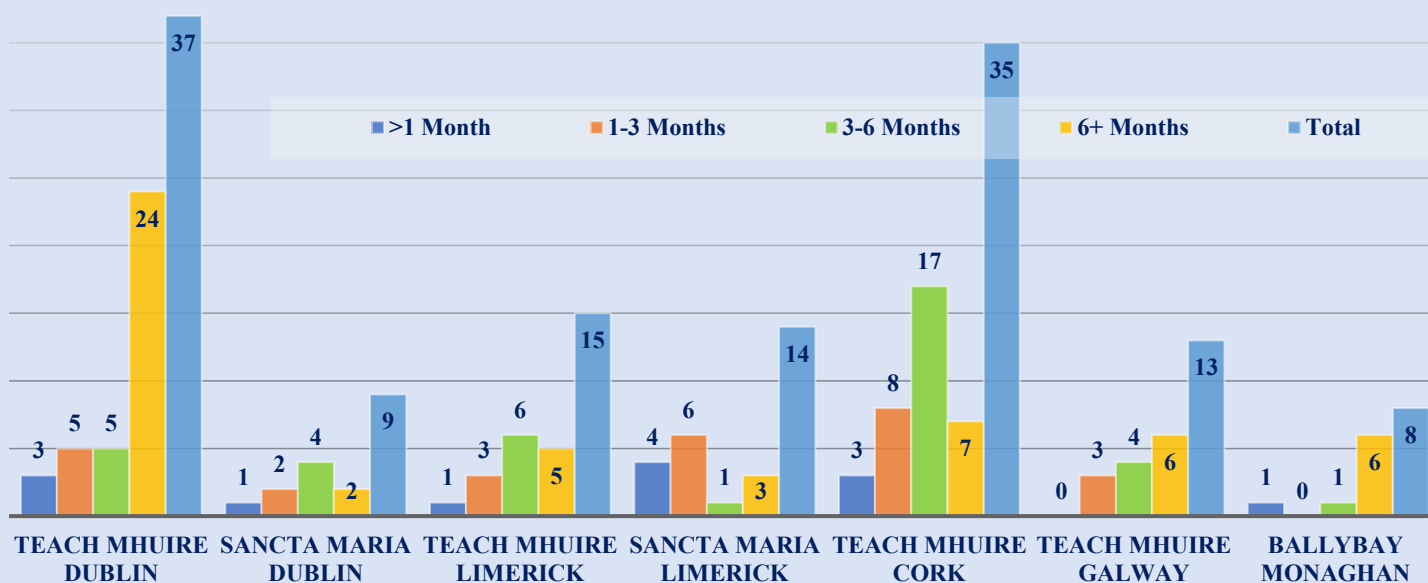
Transition Housing Admissions by Education 2023



Transition Housing Discharges 2023

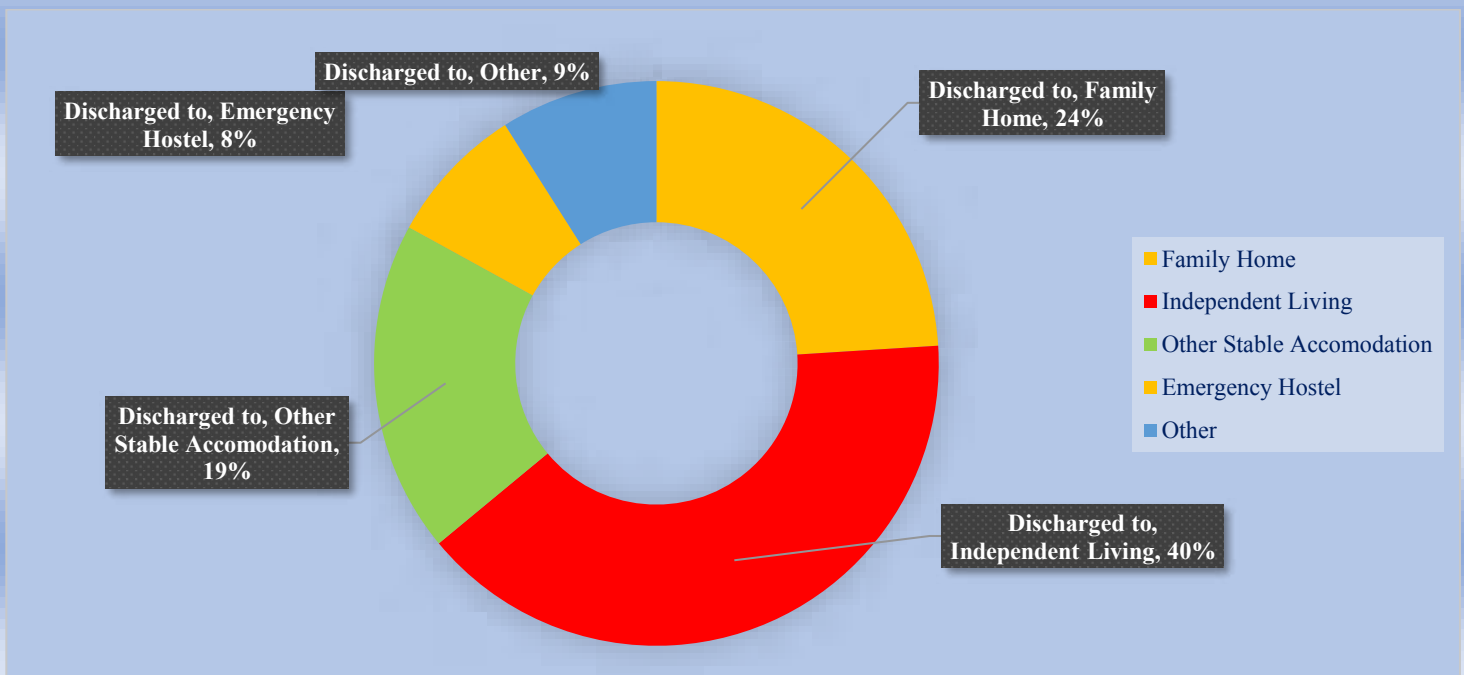
Centre	>1 Month	1-3 Months	3-6 Months	6+ Months	Total
Teach Mhuire Dublin	3	5	5	24	37
Sancta Maria Dublin	1	2	4	2	9
Teach Mhuire Limerick	1	3	6	5	15
Sancta Maria Limerick	4	6	1	3	14
Teach Mhuire Cork	3	8	17	7	35
Teach Mhuire Galway	0	3	4	6	13
Ballybay Monaghan	1	0	1	6	8
Total	13	27	38	53	131

Transition Housing Discharges 2023



Transition Housing Discharged To-2023

Centre	Total Discharges	Family Home	Independent Living	Other Stable Accommodation	Emergency Hostel	Other
Teach Mhuire Dublin	37	10	5	10	4	8
Sancta Maria Dublin	9	1	1	4	1	2
Teach Mhuire Limerick	15	2	10	2	0	1
Sancta Maria Limerick	14	9	3	1	0	1
Teach Mhuire Cork	35	6	21	6	2	0
Teach Mhuire Galway	13	2	8	1	2	0
Ballybay Monaghan	8	1	4	1	1	1
Total	131	31	52	25	10	13



Aftercare 2023

Cuan Mhuire has always seen Aftercare as a vital part of the residents Recovery. During 2023 we had 17,527 in attendance for aftercare which is an increase of 35% on the previous year.

2023 Monthly Aftercare Attendees Summary																			
Centre	Athy Live	Athy Zoom	Athlone	Ballycarron	Ballybay	Bruree	Bruree Monthly	Belfast	Cork	Farnanes	Galway City	Coolarne	Gardiner St Zoom	Gardiner St Live	Limerick	Newry	Omagh	Tralee	Total
MONTH																			
JANUARY	128	95	48	21	49	111		28	101	55	43	35	34	137	129	187	94	69	1364
FEBUARY	124	97	44	21	37	122		32	107	83	56	42	23	136	94	155	80	63	1316
MARCH	115	112	32	19	90	104		27	120	106	59	34	41	179	111	141	74	56	1420
APRIL	168	100	38	22	57	102		28	155	74	62	37	31	175	94	115	77	73	1408
MAY	152	115	60	24	65	97		34	125	86	72	54	42	215	112	159	91	73	1576
JUNE	156	99	47	23	62	154		34	150	69	67	45	41	174	80	141	78	58	1478
JULY	174	87	50	29	55	90		37	113	57	57	51	69	167	109	138	78	59	1420
AUGUST	109	98	46	40	64	112		35	121	80	45	54	69	195	90	142	92	41	1433
SEPTEMBER	155	89	57	27	80	197		32	109	43	51	43	70	161	94	122	69	44	1443
OCTOBER	148	96	63	26	63	153		34	114	62	41	52	81	178	128	205	95	54	1593
NOVEMBER	135	96	54	30	98	118		30	164	68	44	53	62	226	111	183	79	75	1626
DECEMBER	172	95	35	23	64	193	19	22	92	59	36	25	65	181	81	151	81	56	1450
Total	1,736	1,179	574	305	784	1,553	19	373	1,471	842	633	525	628	2,124	1,233	1,839	988	721	17,527

Quality Services

Accreditation

All Cuan Mhuire treatment centres and Supported Accommodation have CHKS accreditation and ISO certification.

In 2023 ISO took place with CHKS surveyors, surveying our centres, in Bruree, Fernanes and Western Road Cork. All criteria were fully met, and we were awarded Accreditation and ISO 9001-2015.

CHKS also issued a report on their findings.

The following is a quote from the report. “Cuan Mhuire is a dedicated organisation, providing high quality care and empowerment to those who participate in the treatment programmes.

Internal Auditing

Cuan Mhuire has a comprehensive annual audit schedule in place. The audit schedule consists of both non-clinical and clinical audits which are routinely carried out to ensure continuity of high standard of service delivery and care. Additional/new audits are introduced as and when the need arises. Non-clinical audits carried out during 2023 include catering services, housekeeping services, service users' feedback surveys, HR personnel, Fire safety, health and safety practices, staff feedback survey. Clinical audits carried out during 2023 include Risk management - accidents/incidents/near misses, complaints, infection control, hand hygiene, waste management (non-clinical and clinical), clinical records, medication management, access and waiting times, assessment, discharges (programme completion and early discharges), re-admission, care pathways, care plans, aftercare, resident feedback surveys. Audit findings are collated, reviewed and provide an opportunity to implement changes to practices and/or introduce remedial measures in collaboration with various departments and services throughout the Organisation. An Organization-wide standardized approach to audit planning and audits carried out allows for benchmarking of practices across all Cuan Mhuire sites and enhances quality and consistency of service delivery and care provided. Governing bodies and senior management rely on internal auditing for objective assurance and insight on the effectiveness and efficiency of governance, risk management and control processes.

Risk Management

Cuan Mhuire has an integrated approach to managing risk. The risk management process deals with all kinds of risks regardless of whether they are clinical, organisational, operational, health and safety or financial. It has appropriate systems and processes in place to support the implementation of its risk management strategy. Each centre has a health and safety officer, a health and safety representative, and a clinical risk manager. Relevant health and safety developments and information are fed back in a timely manner to staff through our health and safety committees, local leadership meetings and staff meetings. Risk is monitored on an ongoing basis. Two key performance indicators are utilised. The first relates to adverse events. In 2023 there were a total of 211 adverse events reported across the organisation. Of those 29 were classified as near misses, 166 as minor incidents, 15 moderate and 1 as serious. A second indicator is complaints. There were 19 written complaints received during 2023. All complaints were satisfactorily resolved. It is the policy of Cuan Mhuire to provide quality treatment and care to its residents in a caring and safe environment.

Training and Education

Education

Cuan Mhuire in partnership with Munster Technological University (MTU) provides a BA Honors Degree course in Addiction Counselling at Galilee House of Studies, Athy Co. Kildare.

Cuan Mhuire has an agreement with Munster Technological University (MTU) to deliver a Level 8 specialist training programme “**Recognising and Responding to Problem Gambling**” at Galilee House of Studies, Athy. Two courses were run over the year with approx..30 completing the course successfully.



Quality Indicators 2023

QUALITY DIMENSION	MEASURE	VALUE (No. or %)			
ACCESSIBILITY	Average Length of Wait for admission after initial contact. (Based on Audit of Random Sample)	1 – 3 Days		9%	
		4- 6 Days		30%	
		7 days or more		61%	
		Cuan Mhuire NI	Cuan Mhuire (South)	CM South and NI	
EFFECTIVENESS	Number of Assessments	421	2424	2845	82 % of those assessed were admitted
	Total Number of Admissions	421	1903	2324	
	Number of People who Commenced Detoxification.	-	1902	1902	95% of those who commenced detoxification completed it.
	Number of People who Completed Detoxification	-	1808	1808	
	Number of People who Commenced Treatment Programme	421	1657	2078	72 % of those who began programme completed it.
	Number of People who Completed Treatment Programme	283	1212	1495	
	Aftercare Number of Aftercare Attendances 2023	17,527			
	Bed Nights Detoxification & Treatment Supported Accommodation	28,076	142,319	170,395	
		-	29,862	29,862	
	Total Bed Nights	28,076	172,181	200,257	
RISK MANAGEMENT	<ul style="list-style-type: none"> • Total No of Adverse Events 	211			
	<ul style="list-style-type: none"> • Of the above Number of Adverse Events how many were “Never Events” 	1			
	<ul style="list-style-type: none"> • No of Serious Injuries 	0			
	<ul style="list-style-type: none"> • No of Moderate Injuries 	15			
	<ul style="list-style-type: none"> • No of Minor Injuries 	166			
	<ul style="list-style-type: none"> • No of Near Misses 	29			

Financial Report 2023

Income

Consistent with previous years State funding, which is subject to service level agreements, accounts for one third of total income. The largest source of income is the contribution of the Charity's service users which grew by 23% year-on-year. The near capacity occupancy levels are testament to the ever-growing demand for addiction treatment services. The balance of income in the year came from our restaurant, garden centres, and farms. The generosity of donors and fundraisers and support of the Gambling Awareness Trust are also crucial.



Expenditure

Payroll continues to be the most significant cost heading, at just less than half of total overheads. The task of recruiting and retaining high calibre, qualified professionals coupled with the impact of current wage inflation levels is challenging. Though stabilising, the Charity continued to be impacted by energy price inflation. General inflation, across a wide range of goods as well as services contributed to a 14% uplift in expenditure in the year.

Highlights of 2023

Cuan Mhuire Bruree

In April 2023, Cuan Mhuire, in conjunction with The Gambling Awareness Trust, opened its second residential treatment service for gambling addiction, a new twenty bed unit in Bruree. This represents a significant expansion on the gambling specific treatment programme already operational in Cuan Mhuire Athy and it provides recovery opportunities for in excess of eighty clients per annum. Since then, a third unit in Cuan Mhuire Galway now provides a gambling specific treatment programme. These services provide support for individuals and families in crisis throughout the country who would otherwise not have been able to access a gambling-specific programme.



Attending the launch event, L-R: Pam Bergin, CEO Gambling Awareness Trust, Tom Hayes, Chairman of Gambling Awareness Trust Board, Sr. Agnes Fitzgerald and CEO Gerry McElroy of Cuan Mhuire, Kathleen Lynch and John Forde, Board members of Gambling Awareness Trust, Guest Speaker Michael Burke, Executive Director of the Michigan Association on Problem Gambling and Board member of the U.S. National Council on Problem Gambling (NCPG), and published author.

Cuan Mhuire Newry

Cuan Mhuire Newry Long Term Supportive Accommodation Apartments



Cuan Mhuire Newry completed the construction of 12-two-bedroom apartments in December 2023. This accommodation will provide urgently needed support for those who are homeless or for those who need more time as part of the continuum of support that sustains recovery and minimises relapse. Prior to this the situation was that once residents had completed our 12-week residential programme they were discharged in order that there was access for new residents.

The Residents that choose to live in these apartments will be able to avail of our full range of services which will enhance their chances of recovery and slowly they can ease themselves back to independent living in the community.

Cuan Mhuire Newry GYM

It is no secret that physical activity really benefits an individual's physical and mental health. Regular exercise at the beginning of recovery can be instrumental for people in residential treatment. Many treatment facilities incorporate exercise into their programs for this very reason.

Therefore, in September 2023, Cuan Mhuire Newry opened its new state of the art GYM, providing a structured health and well-being exercise program for its Residents in partnership with a fully qualified GYM instructor.

When people use drugs and or alcohol in excess, their body and mind are both impacted. Addiction changes your body chemistry. Once substances are removed, it is likely many will be left feeling anxious, depressed and sensitive to some of life's major stressors. The good news is that physical activity can help shift the tide on those negative emotions and bring some positive results.

We are delighted to report that over 70% of Resident's are participating in regular exercise whilst in Cuan Mhuire with many proven benefits being encountered by the residents such as (Improved Mood, Increased Energy, Better Sleep and Reduction in Stress).



Cuan Mhuire Coolarne



2023 brought many changes for Cuan Mhuire, Coolarne. In response to the growing demand for drug treatment beds in the West, we rolled out the 20 weeks drugs programme. In May we responded to the growing number of individuals presenting with problematic gambling and rolled out the new Gambling Specific Programme. In the Autumn, we responded to the growing waiting times for admission and upgraded the heating system in an old part of the building, renovated single bedrooms and installed additional WC facilities creating ten additional drug treatment beds.

Cuan Mhuire Farnanes Fashion Show

On 16 November 2023, Silk Peaches Boutique in Ballincollig held a fundraiser in aid of Cuan Mhuire, Farnanes. This marks the second consecutive year that Silk Peaches Boutique has supported Cuan Mhuire by organizing a fashion show. The Trade House Bar/Restaurant in Ballincollig supported the fashion show by providing the venue. Many local businesses showed their support by donating spot prizes for the raffle on the night. Both professional models and local individuals volunteered their time to model a wide range of fashionable clothing. Like last year, it was a huge success and greatly appreciated by those in Cuan Mhuire Farnanes and a great night was had by all.



A Residents Story- Jenny

Hi, my name is Jenny, and I am an alcoholic.

I come from a family of 7. The family was made up of Mum, Dad and 4 siblings. Looking back at my family history I know that both my maternal and paternal grandfathers suffered from alcoholism, however neither of my parents were alcoholic. Dad worked hard as did my mum – and my home was busy. During my childhood I never felt a sense of belonging and so this basic need was not met. This led to me feeling inferior and out of place in school. Home life was somewhat in that it was different, I was the “favourite” child and my parents relied on me heavily to ensure that the family unit was keeping up appearances, so to speak. This resulted in me feeling a huge sense of responsibility and pressure from a very young age. Home life was far from perfect.

From the age of 10 to 12 I was abused by a family member, the trauma from this unbeknownst to me at the time would be lifelong. I discovered alcohol at 14 and instantly felt free from all of my fears – it was pure escapism. I left home at the age of 17, moving to Europe which suited me well, as everyone around me was drinking and partying. I then did another geographical, this time to England in 1998 where I met my future husband. Alcohol became a major complication for me following the birth of my own children. Through my recovery journey I came to understand that the trauma caused from childhood abuse, that I thought I had repressed, had in fact resurfaced. As the children grew older, the more my fears and anxiety around childhood abuse increased and became unmanageable. I returned home to Ireland to be closer to my parents, however devastatingly my mother died two years after I returned. This is when my alcoholism really progressed as I had no coping mechanism in place to cope with the death of my mother or the grieving process that was to follow. For me drinking became a survival technique and my new norm.

Before agreeing to participate in the rehabilitation programme in Cuan Mhuire I had tried every method known to man to break free from alcohol. So, just over a year ago I made the decision to go to Cuan Mhuire, this was it my last resort and my last chance to build a new life for my family and myself. Going into Cuan Mhuire was the best decision I ever made. The support I received was second to none, what made it even more effective was the fact that some of the staff are in recovery themselves – this was crucial in building a rapport with staff and being able to trust people again. My time in Cuan Mhuire was a life changing experience which hasn't just changed my life but also the lives of my entire family. The aftercare support that is provided to both me and my family is such an important part of maintaining my recovery. In order to show my gratitude to Cuan Mhuire for the life it has given me I now volunteer there, to give back to them what was so freely given to me.

Ultimately, Cuan Mhuire has saved my life. It provided me with a foundation on which I could start to rebuild my life upon. Without the services Cuan Mhuire provides I honestly don't know if I would still be alive today and for that I will be forever grateful.

A Residents Story-Peter

My name let's just say is Peter, I am 43 years old.

Two years ago, I decided it was time to find recovery and take back my life from the grip that drug addiction had on my life.

Before I went into the drug unit in Cuan Mhuire, Bruree I was a broken man in every sense. Mentally, emotionally, physically, financially I was ruined. I was left homeless on the streets of Limerick City. But the hardest emotion to deal with was the affect my addiction had on my two children.

My story on recovery.

I can honestly say the best decision I ever made was to go into Bruree for treatment for my drug addiction. I was totally petrified of my journey ahead as I had suppressed myself with drugs most of my adult life, but I was determined to get well not only for myself but also for my children. My experience of the drug unit and the programme for the five months has nothing but a positive outcome on my life. I learned so much about myself through the group therapy, but it was the one-to-one counselling that I really got healing through as I was able to share things that I felt ashamed of and could not share in a group. The discipline of the programme I found really beneficial as I took pride in myself for the first time in many a year, getting up early, making my bed, keeping my room tidy, eating at regular times were things that I had no interest in before I began my treatment. My Family Conference experience was a real eye opener for me – listening to my two daughters share their experience of the affects my addiction had on their young lives but I am so delighted we had the meeting as my girls have said they got some healing through the meeting, and it also is helping me to stay sober as I never again want to hurt them.

My life today.

When I finished the programme, I went into Teach Mhuire Cork Transition House as I did not want to go back to Limerick City. The transition house in Cork has a great setup for its residents. They got me on a Community Employment Scheme for twelve weeks where I did personal development courses, computer classes and I got my forklift driving license. I am now twenty months sober, in full-time employment as a warehouse manager. I have moved on from the transition house and currently live in my own apartment. I also have my daughters back in my life which I am so grateful for.

I'd like to say thank you to Sr. Agnes and all her staff for their help, kindness and guidance.

Cuan Mhuire is nationwide and has large treatment centres and supported accommodation in all four provinces of Ireland.

Treatment Centres

Cuan Mhuire, Athy, Co. Kildare	+353 59 863 1493	athy@cuanmhuire.ie
Cuan Mhuire, Bruree, Co. Limerick	+353 63 90555	bruree@cuanmhuire.ie
Cuan Mhuire, Coolarne, Co. Galway	+353 91 797102	Coolarne@cuanmhuire.ie
Cuan Mhuire, Farnanes, Co. Cork	+353 21 733 5994	Farnanes@cuanmhuire.ie
Cuan Mhuire, Newry, Co. Down	+44 28 3084 9010	Newry@cuanmhuire.ie

Supported Accommodation

Teach Mhuire, 36-39 Lr Gardiner St., Dublin 1	+353 1 878 8877
Teach Mhuire, Roxboro Rd, Limerick	+353 61 409 157
Teach Mhuire, Helen St., Galway	+353 87 281 4484
Sancta Maria, North Circular Rd, Limerick	+353 61 458 420
Sancta Maria, Hamilton St., Dublin 8	+353 1 454 9496
Teach Mhuire, Western Rd., Cork	+353 21 4274378
Ballybay Co. Monaghan	+353 42 9741639

Education Centre

Galilee House of Studies
Athy, Co. Kildare
in collaboration with MUT.

Cuan Mhuire CLG Registered Office:

*Cuan Mhuire Athy, Milltown, Athy, Co. Kildare
CRO No. 115030
CHY No. 6648
CRA No. 20012724
Website: www.cuanmhuire.ie*

Cuan Mhuire Northern Ireland Registered Office:

*Cuan Mhuire Newry, 200 Dublin Road,
Newry, Co. Down BT358RL
Charity No. 105761
Company Reg No: NI034969
Website: www.cuanmhuire.ie*

Cuan Mhuire (Harbour of Mary)



An tSeirbhís Phromhaidh
The Probation Service





