



# ANNUAL REPORT 2017

# RISE

THE RISE FOUNDATION  
*Supporting families with loved ones in addiction*

[www.therisefoundation.ie](http://www.therisefoundation.ie)

*"The counsellors were fantastic, they created a lovely environment, safe and comfortable which encouraged me to go to the next step."*

*"It helped increase my awareness about addiction and the effects it has on my family members."*

*"I think the support of the group has been amazing... it really helps when you realise you are not on your own."*

*"My stay on Rathlin Island had the most impact on my recovery and really helped me deal with my husband's addiction."*

# RISE

THE RISE FOUNDATION  
*Supporting families with loved ones in addiction*



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# CHAIRMAN'S ADDRESS 2017

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**As Chairperson of the board of Rise foundation, it is my pleasure to report that 2017, has been another successful year for the Rise Foundation charity. Working tirelessly with limited financial and human resources, the Charity continues to deliver important family-centred outcomes in Dublin and regional locations.**

Rising to the challenge of increased demand, and building on the positive momentum of 2016, our Executive, Fundraising Committee, Volunteers, Stakeholders and Board, delivered an innovative range of fundraising events which saw an improvement in our finances during the year, and supported our delivery of new and recurring programmes.

Of particular note during 2017, were PR/ fundraising activities such as-

- Friends of RISE U.S.A. events. Frances travelled to Cleveland Ohio and spoke to people involved in Addiction services in that city.
- Golf Classic events in the Heritage Resort in June
- Greatly appreciated corporate and personal donations to the Charity
- A highly successful Rathlin Ramble in May 2017.
- The annual Rise Gathering event and AGM in December.

Also, in November 2017, for the second time, the Rise Foundation was selected as one of three designated charities by the current Lord Mayor of Dublin to benefit from the Lord Mayor's Charity fundraising ball. This was a major success in terms of elevating the Rise foundation's public profile in the corporate and charity sector communities, as well as generating significant funds for service delivery.

While our ability to deliver programmes depends heavily on our ability to leverage resources, the Charity has continued to seek new opportunities to deliver social impact at a local and national level. We have forged a partnership with Turas an addiction treatment centre in Dundalk and the Family Addiction Support Network in Dundalk and have sourced funding for programmes in Dundalk, Drogheda and Navan in the last year. We are confident of receiving funding for additional Family Programmes in the coming year in Dundalk, Drogheda and Cavan.

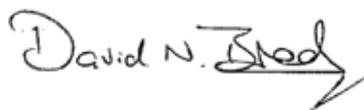
As outgoing Chairperson of the Rise Foundation in 2017, I wish to thank my fellow Board members for their extensive assistance in 2017. The Board completed a busy, productive work programme in 2016/17 including the development of a revised corporate strategy and establishment of a new sub-committee structure, improved company secretarial, governance, and

fundraising processes, and support at fundraising and charity-related events.

I now look forward with great anticipation to the endeavours of the new Board members appointed in 2016 and 2017 and Chairpersonship of Lassie Mulligan and am greatly impressed with their rapid achievements and progress in the second-half of 2017.

Finally, a final word of gratitude must as always go for the tireless contributions of Frances and Brian. The Board was delighted with the election of Frances to the Senate in 2016 and wish her every success in this prestigious and important role. Frances and Brian are, and continue to be, the core of the Rise foundation and its enduring benefits and legacy to the beneficiaries. Once again, we are hugely indebted to their commitment and enthusiasm for their efforts and acknowledge their outstanding achievements in the promotion and delivery of Rise Foundation services during 2017.

With good wishes for 2018,



David N. Brady FCA  
Chair, Rise Foundation  
14th December 2017

# WELCOME FRANCIS BLACK

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In 2004 I went back to college, despite having left school at 15, and graduated as an addiction counsellor. I then did my training in the Rutland Centre with the renowned addiction specialist and Clinical Director at the time, Stephen Rowen (who now co-facilitates The RISE Foundation's Family Programmes with me). Through this experience I realised that more support was needed for family members who were often extremely anxious, worried and sometimes depressed about their loved ones in addiction. It was here that I saw the stress and heartache that addictive behaviour has on families. My experience taught me that every day, family members feel like they are watching someone they love slowly going down that route of self destruction. No matter how many times they may ask them to stop, unfortunately their loved one in addiction just can't hear them. It's very traumatic for family members and they feel like they are grieving for the person that has the problem.

This experience inspired me to set-up a primary care organisation that would support family members in their feeling of powerlessness, heartache, stress and anxiety. So I founded The RISE Foundation in 2009. The reality of addiction is that it doesn't just destroy the person, it destroys relationships, self-worth, and the family unit.

***"The RISE philosophy is that it is important for the whole family to step into recovery, addictive behaviour from one person impacts the whole family in a destructive way"***

The Rise foundation offers both one to one counselling and group educational and therapeutic sessions to family members of those with addictive behaviour. The stress, anxiety and worry of having a loved one who has an unhealthy relationship with alcohol, drugs, or addictive behaviour can have physical, emotional, social, and spiritual consequences. Family members who are affected by the impact of someone else's addictive behaviour often feel confused, frustrated, angry, helpless and completely exhausted. At RISE, Family members learn that they can't control a loved one's addictive behaviour, they didn't cause it, and they can't cure it. By becoming aware of the beliefs and experiences that shape their own behaviours, participants identify new, healthy ways of coping with addiction and relationships. We have developed a documented 10 week educational and therapeutic program for family members, which offers a unique recovery experience. Family members are referred to our services by doctors, treatment centres, probation services, HSE and other support services. Others contact

us by email or phone after an internet search or word of mouth for support for families with loved ones in addiction.

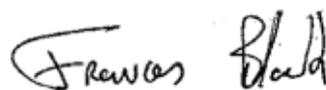
All our programmes are run by our specially trained team of counsellors who bring a breadth of experience and compassion to their work. We have a team of 4 experienced counsellors providing both the one to one counselling sessions and also facilitating the family and after care programmes. I believe we are uniquely qualified as a centre of excellence in this field in Ireland.

It was my work with RISE and my collaboration with other community and charitable organisations that inspired me to run for the Seanad, as I believe that there is a need to represent these services and be the voice of those who are vulnerable in society. I was delighted to be elected to the 25th Seanad Éireann in April 2016. My commitment to Rise remains constant as does my advocacy for social justice and equality.

To date the Rise Foundation has relied exclusively on the generous support from both individuals and businesses. We have several annual fund raising events such as our golf classic, the Rathlin Ramble and the Camino. The support we receive at these and in direct donations is enormously appreciated and has allowed us to provide the services we believe are essential.

Moving forward it is our vision to significantly expand the number of Family Programmes and roll them out throughout the island of Ireland. The Board of the Rise Foundation is currently in the process of developing a 3 year strategy and business plan to move the organisation forward to the next stage.

I thank you for your support to date and look forward with enthusiasm for this next stage of our journey. The need and relevancy of our services is being recognised more and more and we hope this will allow us to fulfil our ambitions to expand and extend our reach.



Senator Frances Black



# ABOUT THE **RISE FOUNDATION**

ONE-TO-ONE  
COUNSELLING

10 WEEK  
FAMILY  
PROGRAMME

AFTER  
CARE

RATHLIN  
RESIDENTIAL  
PROGRAMME

- **Founded in 2009 by Senator Frances Black**
- **The Rise Foundation offers therapeutic support services to families of those who have an addiction problem**
- **Unique, documented psycho educational model**
- **High quality, professional service delivered by specially trained counsellors**
- **Fostering and encouraging a message of change**
- **Compassionate recovery experience for family members**
- **Established partnerships with Turas Counselling and Family Addiction Support Network**
- **Referrals from GPs, treatment centres, HSE, probation services, online searches**
- **Rathlin residential programme**
- **Dublin based but offering family programmes in many country wide locations**

**Directors:** Kathryn Maher  
Patrick Flanagan  
Dermot Tynan  
Lasairiona Mulliga  
- (Appointed 25th Sept 2017)  
Tim Duggan  
- (Appointed 25th Sept 2017)  
David Brady  
- (Chairman) (Resigned 1 Jan 2018)  
Michael Carroll  
- (Resigned 1 Jan 2018)

**Co. Secretary:** Dermot Tynan

**Charity no:** 17312

**Reg. Office:** Carmelite Community Centre  
63 Aungier Street, Dublin 2

**Bankers:** Bank of Ireland  
88 Lr Camden Street  
Dublin 2

**Solicitors:** Tom O'Grady  
Market Place  
Mountrath  
Co Laois

**Auditors:** McDonough Hawkins and Co  
Pro Cathedral House  
Lr Abbeygate Street  
Galway

Below: Annual Rise Rathlin Ramble on Rathlin Island, North Antrim, to raise funds for the Rise Foundation



Photos: Brenda O'Grady

# TESTIMONIAL - TO MY BROTHER

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Dear Brother

I thought I was going to lose my mind so many emotions all mixed up in my head, hurt, fear, shame, guilt, anger all in one day sometimes all in one hour. When I was alone in the house or in the car I'd actually practice out loud conversations that I wanted to have with you. Tactics I was going to use to make you stop. I carefully choose the words, I thought if I could only get the right words to say to you – that you'd cop on and maybe you'd listen - then I'd get so upset. I had to pull into the side of the road many times to pull myself together.

I dreaded when my phone would ring - The calls could come anytime day or night no matter where I was. You've been found unconscious, your on your way to the hospital, you've been arrested, you've been beaten up, you've crashed the car, your threatening to kill yourself, your lying on the floor and they can't get into the house - Your Missing. You'd sometimes go missing for days – it was torture. I'd drive to places we used to go as kids looking up at the trees trying to find your body. You had told me so many times that you just wanted to die but did not want to do it in the house. I had convinced myself that you would hang yourself in an isolated place.

I'd put on a brave face in front of my husband and child or so I thought but it showed itself in other ways, I'd become impatient, distant, nervous, snappy, withdrawn from friends. I couldn't mention your name in our house anymore because John would become annoyed. He just couldn't understand why I could just not accept what you were doing was your choice. Of course I felt hurt that my husband could not empathise and support me but he had his own problems and I was so consumed with you that I failed to even notice.

I just couldn't focus on anything. I felt so sick, real pains - headaches, stiffness in my neck, unbearable stomach pain that would just not go away – a constant ache.

I'd wake up tired in the mornings recounting the horror thoughts from my dreams the night before – visions of you lying dead in the Church or you sitting crying somewhere alone.

It's heartbreaking to watch a loved one in addiction – changing so dramatically in front of your eyes. The whole family were effected. We were all close, meeting up used to be great fun, we were very comfortable in each others company, but now there was a horrible feeling in the house when we were together. My mother was devastated, she literally aged overnight. Discussions about you would end in angry disagreements. We all had our opinions of how to

deal with it and this sometimes led to tensions between us – especially with Mam she found it hard to let go, to say no to you.

She would get annoyed at us because maybe we seemed to be “too hard”, “not tolerant” “not helpful” enough. We'd suggested many forms of treatments from – “more treatment centres”, “sending you away”, “having you locked up in a mental hospital”, “beating you up”, “blanking you from our family” to “just leaving you to do what ever you wanted to do”.

Of course it's not that easy when your mother's heart is broken and you just can't see any light at the end of the tunnel – it was just a feeling of total despair and powerlessness. I often thought that you would be better off dead especially when we were getting the suicide threats. I was consumed with guilt afterwards and was afraid to reveal these thoughts to anyone in case they thought I was some sort of monster, how could a woman, a sister, a mother think like that?

Thank God I saw the interview about the Rise Foundation on TV one morning. I cried my eyes out when I heard that there was help for families. At last I could at least try and get some help for our Mother!! Up until this time I had been constantly trying to get help for you and no matter what I did it hadn't worked. I decided to attend the programme to “Support” Mam, it was the best thing I ever did, at that point I didn't realise how much help I needed myself. I can't begin to explain how much it changed my life. The programme empowered me to make changes to my own life. I now realise that I made some mistakes along the way too. I learned new skills to help me cope with my feelings towards you. Slowly I felt the weight of guilt, fear, loss, anger, distrust, resentment, shame and powerlessness lift from me. It's was an unbelievable relief to speak to people who understood what it felt like and know that I would not be judged. I've learnt to verbalise how I feel about what your doing rather than what I think you should doing. I've learnt to accept and cope. I'm glad that I can have civilised conversations with you. You know I still worry about you, but always remember that I love you very very much and will be there for you through recovery if you need me. I've learnt to laugh again. To enjoy my own family and not feel guilty about that. I hope some day that you can do the same.

It's a long road ahead for all of us but I find that each day it gets a little easier.

Your Loving Sister

# TESTIMONIAL - A WIFE'S PERSONAL STORY

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*I e-mailed the RISE Foundation late one Saturday night when I felt I was really at the end of my tether.*

*This was after decades of being emotionally battered by alcoholism in my life, first in my own family, then in my husband's family and then in my husband himself.*

*It seems easier to be the person with the alcohol problem than to be a family member. At least the person who is in addiction can escape into the alcohol or the drug or the gambling or whatever, but the family just sits and waits for the next crisis.*

*I spent nearly 20 years trying to fix everything and to control my husband's drinking but it just got worse and worse.*

*Because we are from Ireland, everyone thinks they know what alcoholism is and what it does but unless you are in it, you don't know how it eats up your soul and destroys all the relationships and love in a family.*

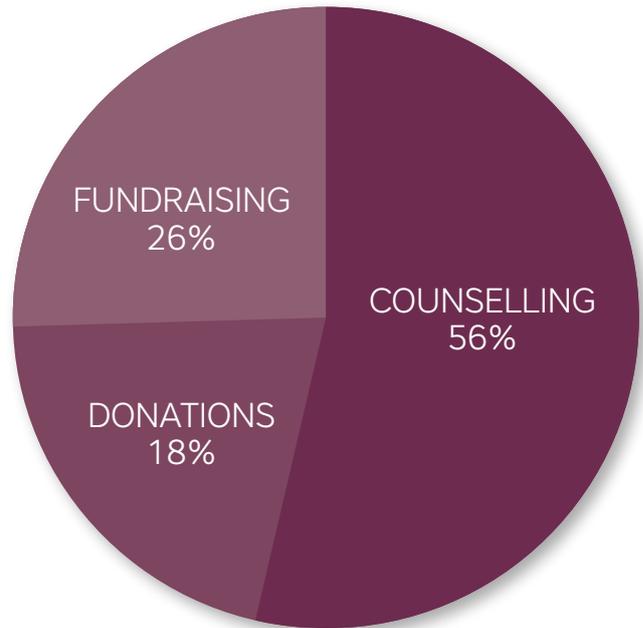
*I felt I would never forgive my husband for what he did to the children and to me, but I was so dependent on everyone being dependent on me that I realised that it was really me that needed the help.*

*It took me time to feel that everything wasn't my fault and that I could not control him no matter how I tried. As soon as I came back from a week with the RISE residential programme on Rathlin Island, my children and friends noticed the change in me. They said I even looked different. That was because I was not carrying that burden of guilt around with me and instead of looking ahead in despair and I began to feel I could look after myself and that I was allowed to do that while the alcoholic had to look after himself too.*

*I will never forget what RISE did for me. That week in Rathlin salvaged my life for me and I can't believe the difference it has made.*

# HOW WE ARE FUNDED

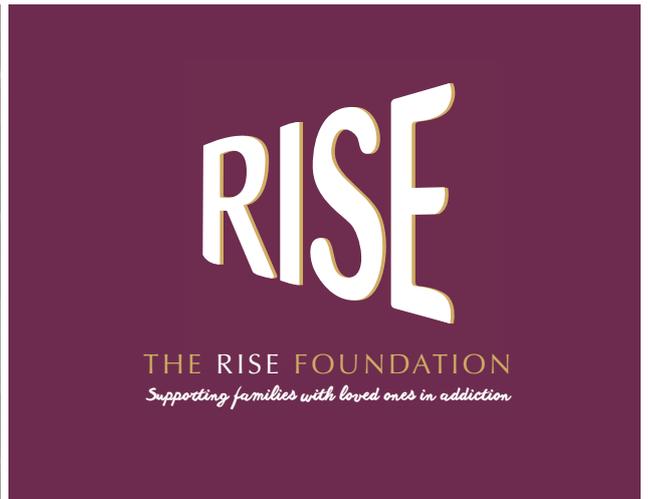
Donations to Rise	€14,417
Fundraising	€21,842
Counselling services income	€45,942
<b>Total</b>	<b>€82,201</b>
Fundraising 2017	Golf Classic Rathlin Ramble
Fundraising 2018	Golf Classic Rathlin Ramble Lord Mayor's Ball Camino



For more information see **Appendix 1: Statement of Financial Activities and Balance Sheet** on page 11



Aoife Scott, Mary Black, Damien Dempsey, Frances Black and Roisin O after performing for a Rise fundraising Concert



Performers singing at The Rise Christmas gathering to celebrate all the families who came through The Rise programmes



Parachute jump in aid of the Rise Foundation

# IMPACT BY NUMBERS

105

FAMILY MEMBERS  
ATTENDED  
PROGRAMMES

690

ONE-TO-ONE  
COUNSELLING  
SESSIONS

34

FAMILY MEMBERS  
ATTENDED AFTERCARE  
FORTNIGHTLY

€82,000 TOTAL INCOME

400

AVAILED OF TELEPHONE  
& ADVICE SERVICE

8,300

SOCIAL MEDIA  
FOLLOWERS

100%

WOULD RECOMMEND  
OUR SERVICES

## FAMILY PROGRAMMES

1. **Dublin**
2. **Dundalk**
3. **Drogheda**
4. **Portlaoise**
5. **Kilkenny**
6. **Navan**
7. **Carlow**
8. **Dochas Women's Prison, Dublin 7**
9. **Residential Programme, Rathlin Island**



# MISSION, VISION, AIMS & VALUES

## OUR MISSION

Support families impacted by a loved ones addictive behaviour through education and professional therapy.

## OUR VISION

Healing families through recovery, empowerment and change. Our Vision is to heal.

## OUR AIMS

- Run family programmes that heal, support & empower participants
- Provide exceptional, qualified counselling services to those impacted by a family members addiction
- Create awareness of the impact addiction has on families
- Educate & influence policy makers on breaking the cycle of addiction
- Advocate for families

AS AN ORGANISATION, OUR CORE VALUES ARE:

- Integrity
- Transparency
- Confidentiality
- Professionalism
- Compassion

...IN ALL THAT WE DO

# STRATEGIC PILLARS

## SERVICE EXPANSION

**Increasing overall users of Rise services**

## GOVERNANCE

**Prioritising continuous improvement**

## FUNDING

**Growing & securing a sustainable funding base**

## COMMUNICATIONS & MARKETING

**Increasing awareness of Rise**

# APPENDIX 1: FINANCIAL ACTIVITIES

**Statement Of Financial Activities** (incorporating an income and expenditure account) for the year ended 31 December, 2017

	Notes	Unrestricted Funds 2017 €	Total 2017 €	Total 2016 €
Incoming Resources				
<b>Generated funds:</b>				
<b>Voluntary Income</b>				
Voluntary Income		14,417	<b>14,417</b>	48,115
<b>Activities for generating funds</b>				
Activities to Generate Funds		21,842	<b>21,842</b>	10,912
<b>Investment Income</b>	4	-	-	2,000
<b>Charitable activities:</b>				
Income from Charitable Activities		45,942	<b>45,942</b>	36,094
<b>Total incoming resources</b>		<b>82,201</b>	<b>82,201</b>	<b>97,121</b>
Resources Expended				
Costs of Generating Funds		40,564	<b>40,564</b>	53,770
<b>Net Incoming Resources available for charitable application</b>				
		<b>41,637</b>	<b>41,637</b>	43,351
<b>Resources Expended on Charitable Activities</b>				
Costs of Charitable Activities		48,312	<b>48,312</b>	48,121
<b>Total Resources Expended</b>	5	<b>88,876</b>	<b>88,876</b>	101,891
Gross transfers between funds		-	-	-
<b>Surplus/(deficit) for the year</b>		<b>(6,675)</b>	<b>(6,675)</b>	(4,770)
<b>Net movement in funds for the year</b>		<b>(6,675)</b>	<b>(6,675)</b>	(4,770)
<b>Reconciliation of funds</b>				
Balances brought forward at 1 January 2017		9,760	<b>9,760</b>	14,530
<b>Balances carried forward at 31 December 2017</b>		<b>3,085</b>	<b>3,085</b>	9,760

**Approved by the Board of Directors on 27 July 2018 and signed on its behalf by:**

Dermot Tynan  
Director

Kathryn Maher  
Director

# APPENDIX 1: BALANCE SHEET STATEMENT

**Balance Sheet** (as at 31st December 2017)

	Notes	2017 €	2016 €
<b>Fixed Assets</b>			
Tangible assets	10	284	791
		<hr/>	<hr/>
<b>Current Assets</b>			
Debtors	11	5,737	807
Cash and cash equivalents		17,294	24,050
		<hr/>	<hr/>
		23,030	24,857
<b>Creditors:</b>			
<b>Amounts falling due within 1 year</b>	12	(20,229)	(15,888)
		<hr/>	<hr/>
<b>Net Current Assets</b>		2,802	8,969
		<hr/>	<hr/>
<b>Total Assets less Current Liabilities</b>		3,086	9,760
		<hr/>	<hr/>
<b>Funds</b>			
General fund (unrestricted)		3,086	9,760
		<hr/>	<hr/>
<b>Total funds</b>	15	3,086	9,760
<b>(Balance Sheet does not balance)</b>		<hr/>	<hr/>

**Approved by the Board of Directors on 27 July 2018 and signed on its behalf by:**

Dermot Tynan  
Director

Kathryn Maher  
Director

# APPENDIX 2 EVALUATION REPORT

## Evaluation Report on the Collaborative Work between the RISE Foundation, Turas Counselling Centre and the North East Family Addiction Support Network

### Executive Summary:

This report presents the findings of a pilot programme evaluation in Dundalk, focusing on the collaborative approach between three agencies. This report was compiled using qualitative data provided by 8 participants and the 3 agencies involved in the programme delivery. The evaluation comprised of 5 separate, qualitative questions and all answers have been anonymised.

Within this evaluation we examine the protocol developed by the three named agencies to assess whether or not the collaborative work was successful. Success in this instance will be measured by;

1. Participant Satisfaction
2. Agency Satisfaction

Overall the feedback was extremely positive in relation to the delivery, content and fidelity of the programme as a result of the collaborative efforts, and both agency and participant satisfaction scored highly.

### Background:

The RISE Foundation is dedicated to working with families going through the stress, anxiety and worry of having a loved one with addictive behaviour. Turas Counselling Centre is an organisation dedicated to the aftercare of dependant drug users in a non-residential setting, based on community care; service users remain in their own community during the therapy. The Family Addiction Support Network provides services to families affected by drugs in a welcoming and non-judgemental atmosphere. All three agencies saw a great need in the Dundalk area for further support to be provided to families and worked collaboratively to provide a 10 week Family Programme.

### Participant Results:

Five questions were asked of each participant and the findings are as follows:

#### 1. During the process did you feel that the collaboration between Turas, The RISE Foundation and Family Addiction Support Network was of benefit to you?

- All respondents reported that the collaborative effort was a very positive factor
- It was noted that participants felt they had a better understanding of the supports that are out there because they were getting the expertise of three as opposed to one
- Respondents who were already linked in with one agency found it very beneficial to engage with the other agencies.

*"I didn't notice any signs of the collaboration between the agencies because it was so professional and seamless"*

#### 2. Did you find the referral process easy to access?

- All respondents noted no problems with the referral process

*"I had no problem at all, once I decided to reach out and actually make the call, the help came and everyone was so gentle and understanding along the way"*

#### 3. During the process did you feel that the programme went according to plan?

- The responses to this question were overwhelmingly positive. All participants reported thoroughly enjoying the programme and gaining a huge amount from it.

*"The lecture each week opened the doors to the group therapy and that grew into a trust, openness and intimacy I never thought possible"*

#### 4. Has the programme had the intended outcome for you?

- This question brought a lot of reflection from participants. All eight reported that the outcomes they had intended for themselves before beginning the course has been exceeded.

- The course appears to have been very emotional for some participants and it was evident from the answers that this course has provided lifelong learning and healing for those involved.

*"The programme has had a powerful effect on me – I have a new awareness about myself and more compassion for myself"*

#### 5. Do you have any other comments that you would like to discuss about the collaborative process?

- One participant requested that notes be given after each lectures as they would have liked to reflect back on what was discussed.
- One participant reported that they would like to do the course a second time as there was so much to learn and take in.

*"I feel very privileged to have been part of this group, to listen, learn, trust and hope again"*

*"A great insight into the affects addiction has on surrounding family members"*

*"It has eased my mind and soul"*

### Agency Results:

Six questions were asked of each agency and the findings are as follows;

#### 1. Did you feel that working collaboratively to address the holistic needs of both substance user and their families/support persons within their rehabilitation journey:

- Promoted a collaborative working arrangement
- Valued input from both substance mis-user and family/support person
- With consent, sharing appropriate information.

- All agency responses were extremely positive about the collaborative approach and all appeared to have enjoyed the shared learning
- It is clear that the commitment and passion from all agencies was vital in contributing to the success of the programme.

*"Promoted a greater understanding of each organisations working brief with clients and awareness of similar end goals of healthier individuals within healthier families"*

### **2. Working collaboratively with the other agencies, how did you find that the agreed protocol procedures supported the process?**

- Referral process
  - Identifying the lead agency
  - Child protection concerns
  - Sharing information
  - Resolving dispute
- The referral process identified one minor issue with the referral form and this was rectified early in the process.
  - Identifying the lead agency did not present any problems
  - No child protection concerns were noted in the evaluation
  - Sharing of information appeared to be handed very well and confidentiality did not appear to be breached with all protocol followed.
  - No disputes reported in the evaluation so this was not tested
  - It appears that the original guidelines set out worked very well but further course delivery may provide additional testing in this area.

### **3. During the process did you find the collaborative working benefitted your own individual service?**

- It appears that working together alongside like-minded agencies has proved very positive for all involved and has strengthened the working relationships, therefore impacting positively on the participants.

*"The benefits to our services were that we were able to introduce our methods to another area and work with people who were dedicated and passionate about supporting families"*

### **4. During the process did you feel that the programme was implemented according to plan?**

- From the evaluation reports it is clear that regular steering group meetings and all parties adhering to the programme led to everything being implemented according to plan.

### **5. Has the programme had the intended outcome?**

- There are two elements to this question; did the collaborative approach work, and did it have the positive, desired effect on the participants and agencies?
- As a pilot project the collaborative approach appears to have yielded positive results and a clear agreement from the outset was paramount in this.

- From our earlier research findings it is evident that the participants benefitted greatly from the different expertise and knowledge that each agency brought.
- All agencies involved also gained positively from the experience. Turas were able to witness first-hand the impact of a family member attending the RISE programme while their family member was attending the Structured Day Programme. The FASN has also seen some of the participants beginning to attend their group sessions which provides great validation for the support received throughout the programme. RISE have also been able to work in a new area and bring their expertise to a new audience.

*"The program has been successful in that the agencies now realise that collaboration is the best way forward in getting support to people who have been impacted by the addiction of a loved one"*

### **6. Do you have any other comments that you would like to discuss about the collaborative process?**

- Services supporting other services to achieve great things is the resounding theme from the comments in this section.
- The sharing of resources, skills and information have all contributed to the overall success of this programme.

### **Recommendations for future collaborative working**

The collaborative approach in this case has proven hugely successful. There are a number of recommendations, having taken on board all of the feedback.

1. The programme would benefit from being run parallel to the Turas Structured Day Programme. This would provide a healthier recovery process for both client and family member where they would both be receiving mirrored support processes leading to a greater understanding for both client and family member. The family are better able to support the person in recovery on the Structured Day Programme.

2. All three agencies should continue to strengthen their working relationships throughout future programmes and meet on a regular basis.

3. Funding to be sourced and secured as a collaborative Steering Group to strengthen any future applications.

**Evaluator:** Alan Duff, B.A. Hons Behavioural Psychology, B.A. Counselling and Psychotherapy, MA. Addiction Studies, Irish Society of Prevention of Cruelty to Children Addiction Support Worker.

# RISE

THE RISE FOUNDATION

*Supporting families with loved ones in addiction*

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