



CUAN MHUIRE

2024 ANNUAL REPORT



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Restoring Hope, Rebuilding Lives

Cuan Mhuire is Ireland's leading provider of addiction treatment and residential rehabilitation services. Through a holistic model of care, the organisation supports individuals in addressing the psychological, emotional, and social dimensions of addiction. With five treatment centres and seven transition houses across the country, we offer a comprehensive range of services – from detoxification and residential programmes to ongoing aftercare.

Our approach is rooted in the therapeutic community model, strengthened by one-to-one counselling, family involvement, and a strong focus on personal accountability.

For almost 60 years, Cuan Mhuire has opened its doors to anyone seeking freedom from addiction – a challenge that touches lives across all backgrounds. There is a continuous rise in people accessing support for substance misuse.

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.



A Word from Our Chief Executive Officer

In presenting Cuan Mhuire's 2024 Annual Report as CEO, I am convinced that this organisation that Sr. Consilio founded almost 60 years ago remains as relevant and as necessary today in Irish society as it has since its foundation in 1966. Unfortunately, addiction remains a major social issue in the Ireland of today and working to support people in their daily struggles with addiction remains the primary focus of Cuan Mhuire. Cuan Mhuire's mission is to provide hope where there is only despair and misery and to provide a journey of recovery for those unable to see a way forward.

Beyond our work with those in addiction, we in Cuan Mhuire also experience the suffering of families who have loved ones in addiction. Focusing on the addicted individual's needs does not mean we are immune to the distress of their family, and we are committed to responding to the needs of family members wherever possible.

There continues to be a very strong demand for places in our Treatment Centres with 2,348 been admitted in 2024. Throughout the year, Cuan Mhuire provided 168,512 bed nights in our five Residential Centres. With regards to our Transition Houses, 31,321 bed nights were provided which is an increase of 5% on 2023 figures. These figures reflect our strong commitment nationally to all who require our service.

Cuan Mhuire continually highlights the importance of Aftercare to our residents throughout their Treatment Programme. We consider it to be extremely important for those who wish to avoid relapse and remain in recovery. We can report that in 2024 the attendance numbers at our Aftercare centres increased by 8% on the 2023 figures to 18,959. This indicates that more ex-residents are realising the importance of Aftercare in maintaining their recovery post treatment.

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 2024, site surveys in Coolarne, Helen St., Sancta Maria, and Roxboro Rd. Limerick as well as Ballybay have all once again fully achieved the standard required to maintain Cuan Mhuire's accreditation.

The day to day running costs of providing affordable addiction treatment for people throughout the country remains an issue of concern for Cuan Mhuire. Providing the best possible service for our residents continues to be a challenge when cost of living increases are taken into consideration.

The housing crisis in Ireland also continues to provide a significant challenge for Cuan Mhuire as so many our residents are finding it extremely difficult to find accommodation once they leave our Treatment Centres or Transition Houses.

A number of significant developments have taken place in Cuan Mhuire throughout the year. In June 2024, we celebrated the 40th Anniversary of the establishment of Cuan Mhuire in Newry. Our celebrations included the opening of our new apartments for residents who feel they need more time as part of their recovery. We were delighted to have in attendance Michelle O' Neill, the First Minister, Archbishop of Armagh Eamonn Martin and Sr. Agnes among our dignitaries and a large number of former residents returned for the celebrations.

In October 2024, Cuan Mhuire, in conjunction with Gambling Awareness Trust, launched the official opening of our third residential treatment service for gambling addiction, an 8-bed unit in Coolarne, Galway. This represents a significant expansion on the gambling specific treatment programmes already operational in both Cuan Mhuire Athy and in Bruree, and the goal is that it will provide support for individuals and families in crisis in the western region and throughout the country. The provision of this third residential service will provide recovery opportunities to approximately 40 clients per annum, who would otherwise not have been able to access a gambling-specific programme.

A Word from Our Chief Executive Officer

In order to maintain the level of service that Cuan Mhuire provides significant improvements were made to the facilities of some of our centres throughout the year. For example, major work was carried out in Cuan Mhuire Coolarne Galway on the reconstruction of their Detox Unit. This newly refurbished unit is much more accommodating for the individual needs of each person coming through our doors providing a tranquil, and more spacious, yet homely, environment.

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. We are fortunate in Cuan Mhuire to have so many dedicated staff and volunteers in all our Centres. Our staff are committed to continually support all who use our services. I would also like to thank the various statutory agencies that support Cuan Mhuire as well as our benefactors. You are all invaluable in helping us to maintain our range of services throughout the country.

In 2025, I am confident that all in Cuan Mhuire will continue to promote the Values Sr Consilio espoused and fulfil our Mission Statement which is "to serve the needs of those in addiction and their families "seeking to help all to discover their giftedness and their infinite value." (Cuan Mhuire Mission Statement).

Gerry McElroy
CEO



Chairman's Statement

Cuan Mhuire is Ireland's largest provider of Residential Detoxification and Treatment. It has five treatment centres at Athy, Co. Kildare, Bruree, Co. Limerick, Coolarne, Co. Galway, Farnanes, Co. Cork and Newry, Co. Down.

It offers a twelve-week residential programme for those suffering from alcohol or gambling addiction and a twenty-week programme for those suffering from drug addiction. Cuan Mhuire has seen many changes over the past sixty years, not only in the number of those seeking help but it has also seen a dramatic change in the needs of those who seek such help.

In the earlier years, the majority, if not all of those who came to Cuan Mhuire were suffering from the illness of alcoholism. Today, there is still a percentage of those seeking help who are suffering from alcohol addiction only, but this percentage is decreasing. Among those presenting now, there are those suffering from alcohol addiction only, those who suffer from drug addiction only and those who suffer from gambling addiction only.

However, a big percentage are cross-addicted, and many are suffering from two or three addictions. This in turn means that the needs of those presenting for treatment are growing more and more complex year on year.

At any given time, there can be in excess of five hundred people in the Cuan Mhuire Residential Treatment Centres and in addition to the treatment centres, Cuan Mhuire has seven Transition Houses. These step-down facilities are in Limerick City, Cork City, Dublin City, Galway and Ballybay, Co. Monaghan. The Transition Houses cater for the needs of those in early recovery for a period of three to six months and the demand for these facilities is ever increasing.

As can be seen from what is outlined above, Cuan Mhuire faces substantial and complex challenges on a daily basis, but I am glad to report that thanks to the excellent and committed staff working in Cuan Mhuire, such challenges are met with the provision of excellent care and facilities.

We remain extremely grateful for the funding and support we receive from our various statutory funders, but I am obliged to point out that increased funding is required so as to ensure that the excellent level of the service provided is maintained.

Each Cuan Mhuire Centre and Transition House continues to endeavour to improve the facilities available and I outline hereunder some of the development works ongoing and proposed in relation to some of the centres.

In Athy, tenders were invited for the complete renovation of the Detoxification Unit and as the tender process is now completed, these works will proceed in the immediate future.

In Cuan Mhuire, Bruree, the Ladies Unit was completely reconstructed, and a new conservatory was built with a new raised garden also provided. Other developments in Bruree include the extension of the Assembly Hall to meet the needs of the ever-growing numbers attending Family Days. Work continued throughout the year on the final sections of the Residential Accommodation with the work completed on Christmas Eve 2024.

In Cuan Mhuire, Farnanes, a new Telephone System was installed as well as Wi-Fi which is now accessible at any location in the house. A Decking Area was built and various refurbishment works were also carried out. Works are also proceeding in the external area in Farnanes to further enhance the facility. A Women's Health and Wellbeing Clinic was also introduced which has proved particularly successful.

Chairman's Statement

In Cuan Mhuire Coolarne, there were quite a number of developments over the past year including the total refurbishment of the Detoxification Unit and a new Pump House was erected to accommodate the Water Treatment Unit. A new Polytunnel was erected and an existing Polytunnel was refurbished.

Also, the roof in Teach Mhuire, Helen Street, Galway was replaced.

There was a particularly joyous occasion on the 28th of June 2024 at Cuan Mhuire Newry when the new twelve two bedroomed apartments were officially opened.

With the passionate leadership of Sr. Consilio and the unwavering work ethic of Sr. Agnes, I am glad to report that Cuan Mhuire continues to go from strength to strength with ever improving services and facilities.

As ever, we at Cuan Mhuire are extremely grateful to our funding bodies including the Health Service Executive, Supporting People/NIHE, HSCB/DOH, various City and County Councils, Gambling Awareness Trust, the Department of Justice and Equality and Private Healthcare Providers. Whilst extremely grateful for the funding we receive, we are hopeful that the funding bodies will continue to review the funding we receive so as to ensure that same is adequate to enable us to meet the challenges of ever-increasing costs in the provision of our services.

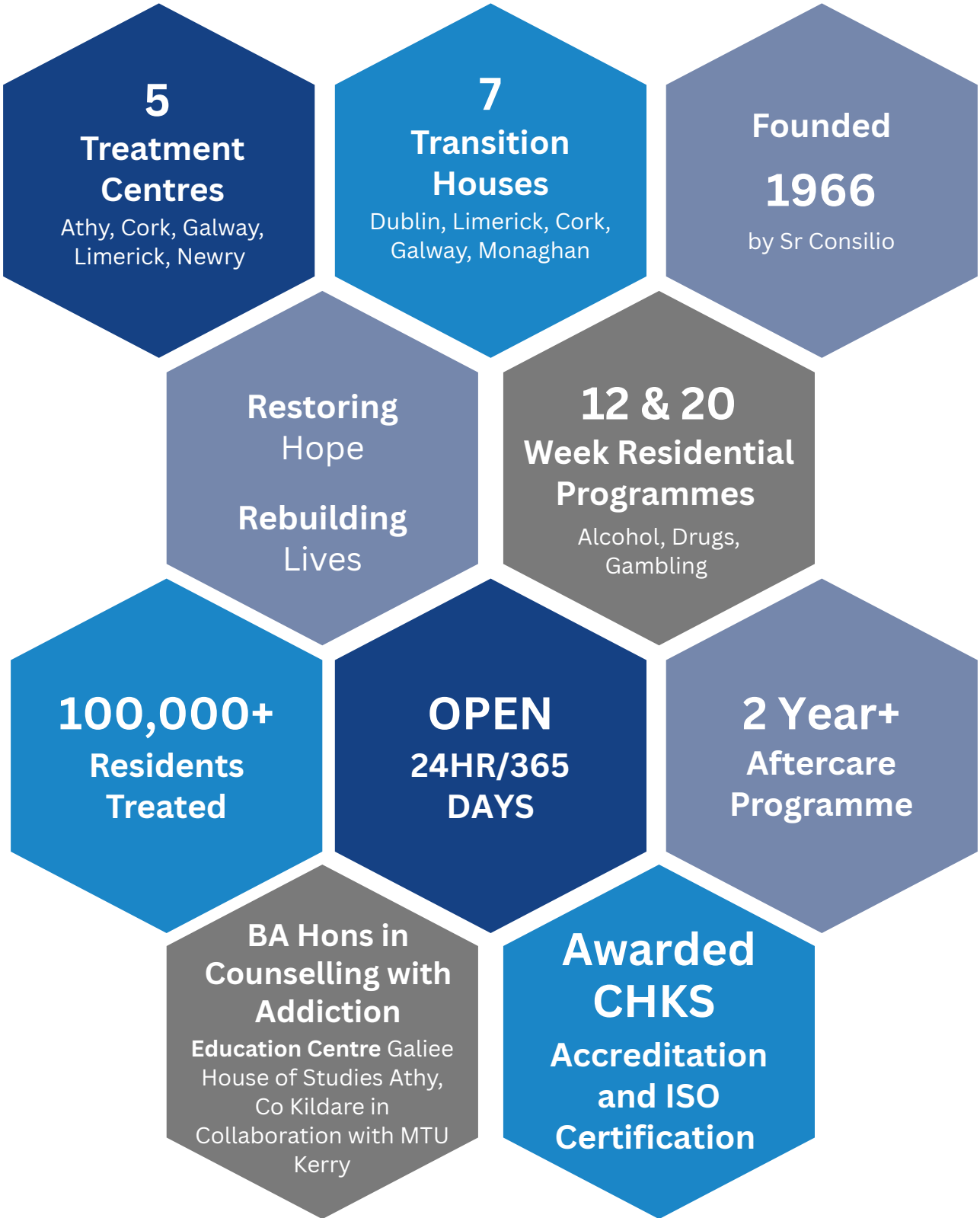
In 2024 Cuan Mhuire placed a special emphasis on the environment. A member of the Board of Directors took responsibility to lead the organisation's sustainability and environmental management plan and to ensure that Cuan Mhuire as an organisation manages environmental risk, meets targets for energy efficiency, greenhouse gas emissions reduction, recycling, 'green' purchasing and land and heritage conservation restoration.

Sincere gratitude also to all our Directors that have given so generously of their time and talents, as well as, the many donors and friends of Cuan Mhuire who continue to support the organisation and without whom, it would be impossible to maintain the services provided. As always, my sincere thanks to all who support Cuan Mhuire in any way and this is deeply appreciated.

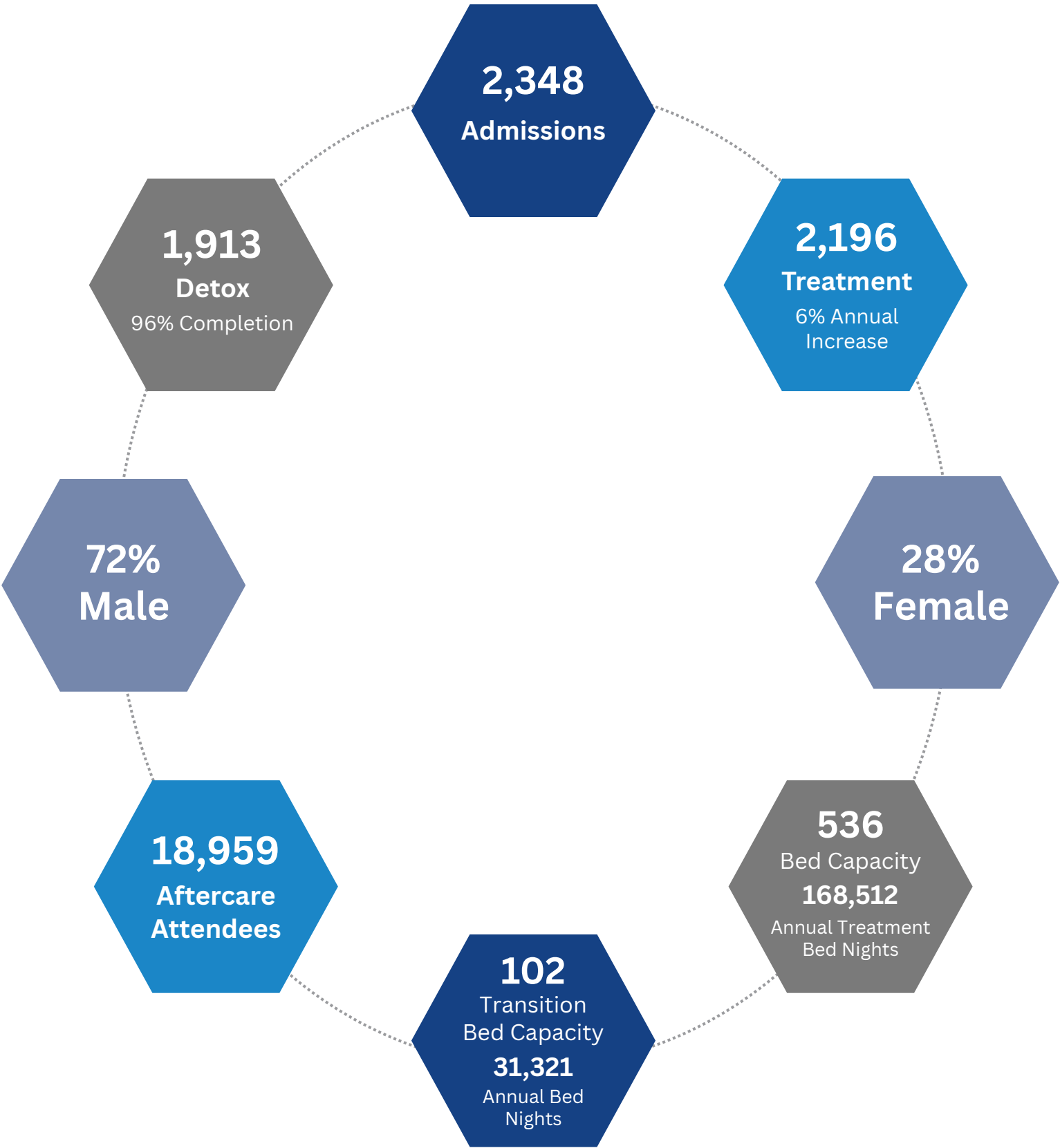
Paul O'Donoghue

Chairperson, Cuan Mhuire

Cuan Mhuire in Numbers



2024 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.

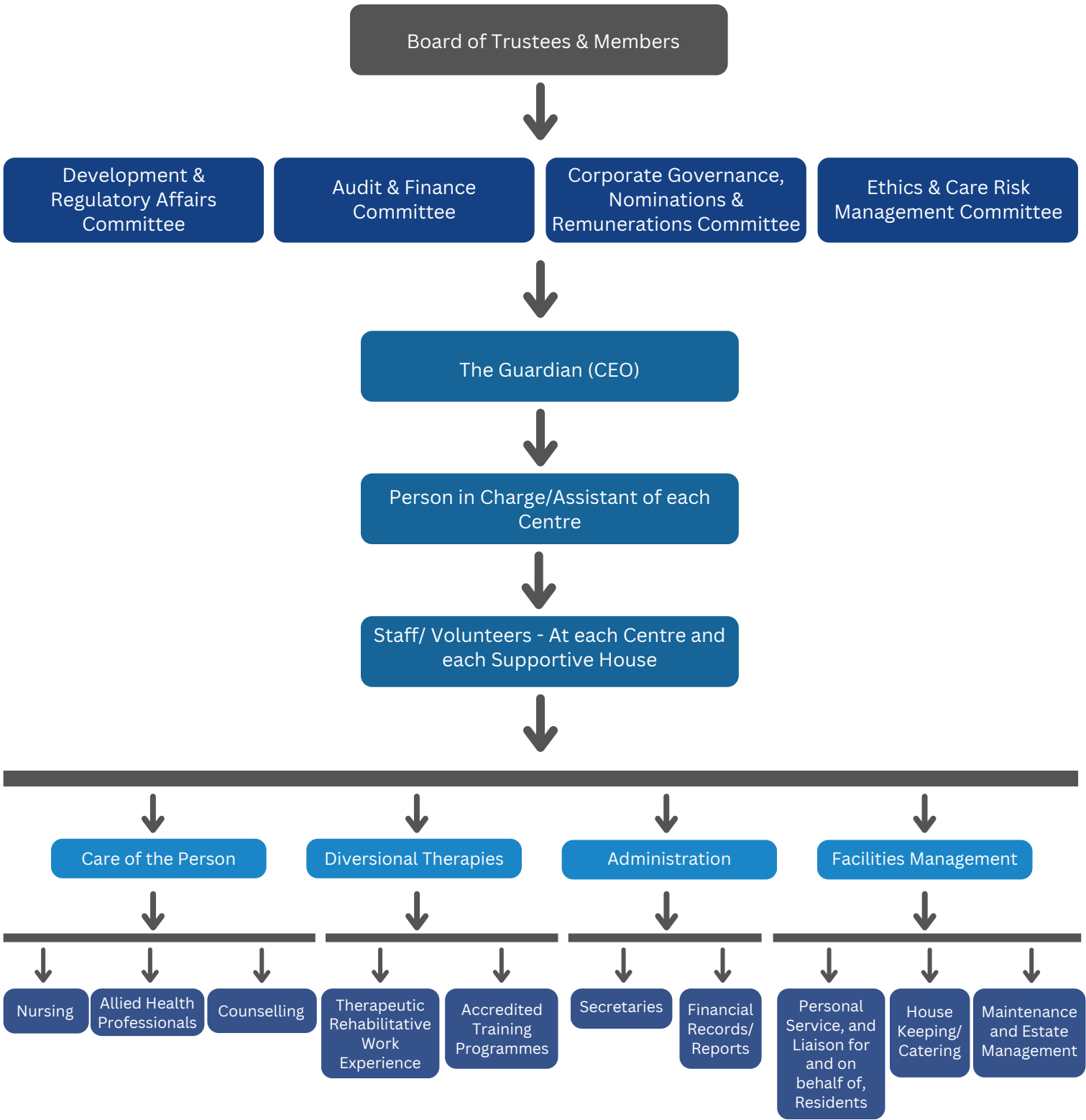
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To maintain the high standards required for CHKS accreditation and ISO 9001 Certification.

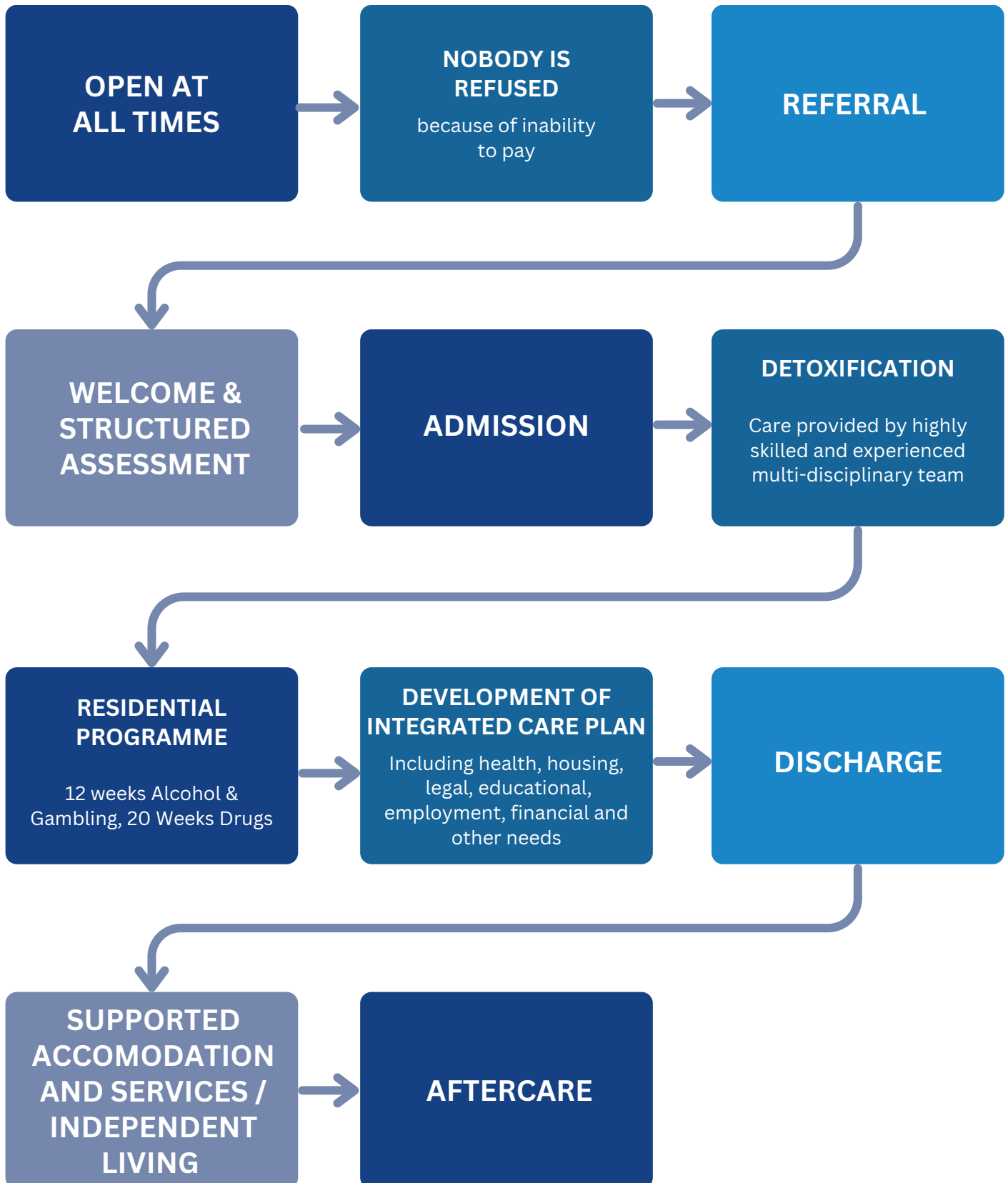
Why is Cuan Mhuire Special?

- 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 CLG Organisational Chart



The Cuan Mhuire Pathway



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:

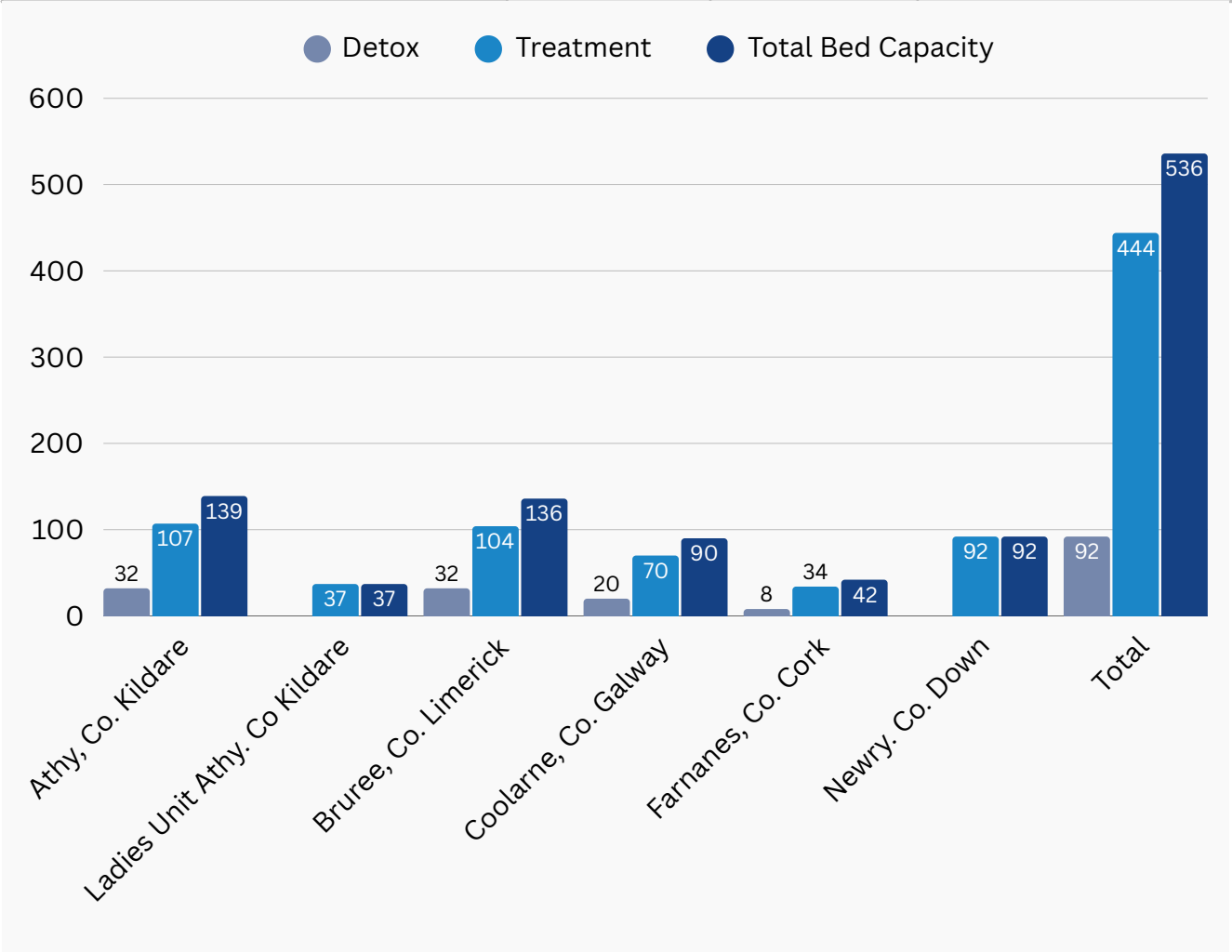
- Group Therapy
- Individual Counselling
- Meditation and relaxation therapies
- Videos and Lectures
- Therapeutic duties to develop responsibility, to foster coping skills, to encourage reaching out and sharing
- AA, NA and GA Meetings
- Alternative Therapies – Art Therapy, Aromatherapy, Pottery, Woodwork 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 2024

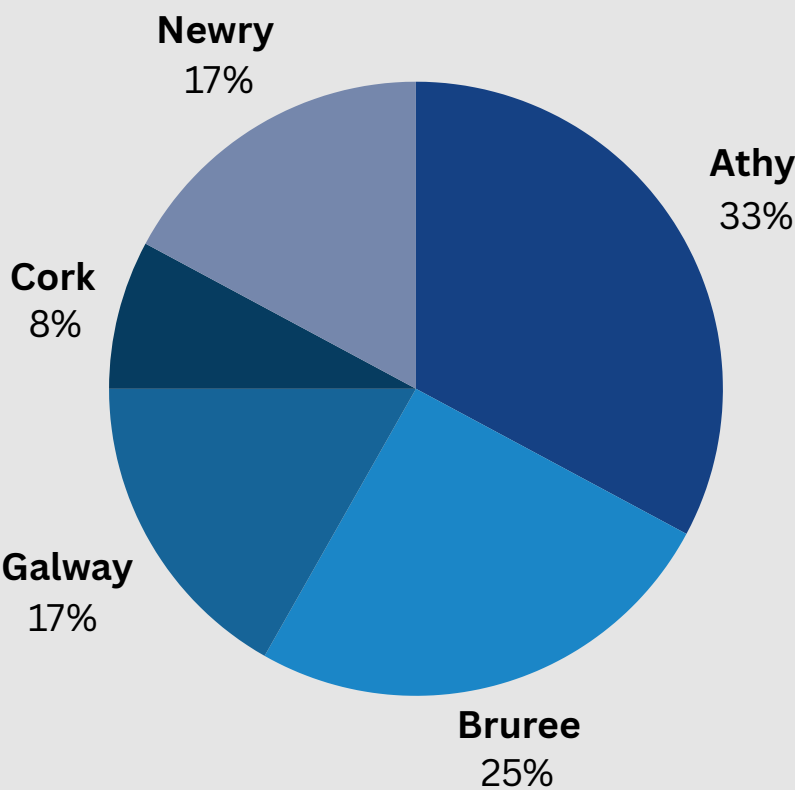
In **2024**, our treatment centres handled a high volume of activity with a **total of 2,348 admissions**.

BED CAPACITY OF CUAN MHUIRE TREATMENT CENTRES 2024			
Centre	Detox	Treatment	Total Bed Capacity
Athy, Co. Kildare	32	107	139
Ladies Unit Athy. Co Kildare	0	37	37
Bruree, Co. Limerick	32	104	136
Coolarne, Co. Galway	20	70	90
Farnanes, Co. Cork	8	34	42
Newry. Co. Down	0	92	92
Total	92	444	536



Cuan Mhuire Activity 2024

CUAN MHUIRE CENTRES - BED CAPACITY

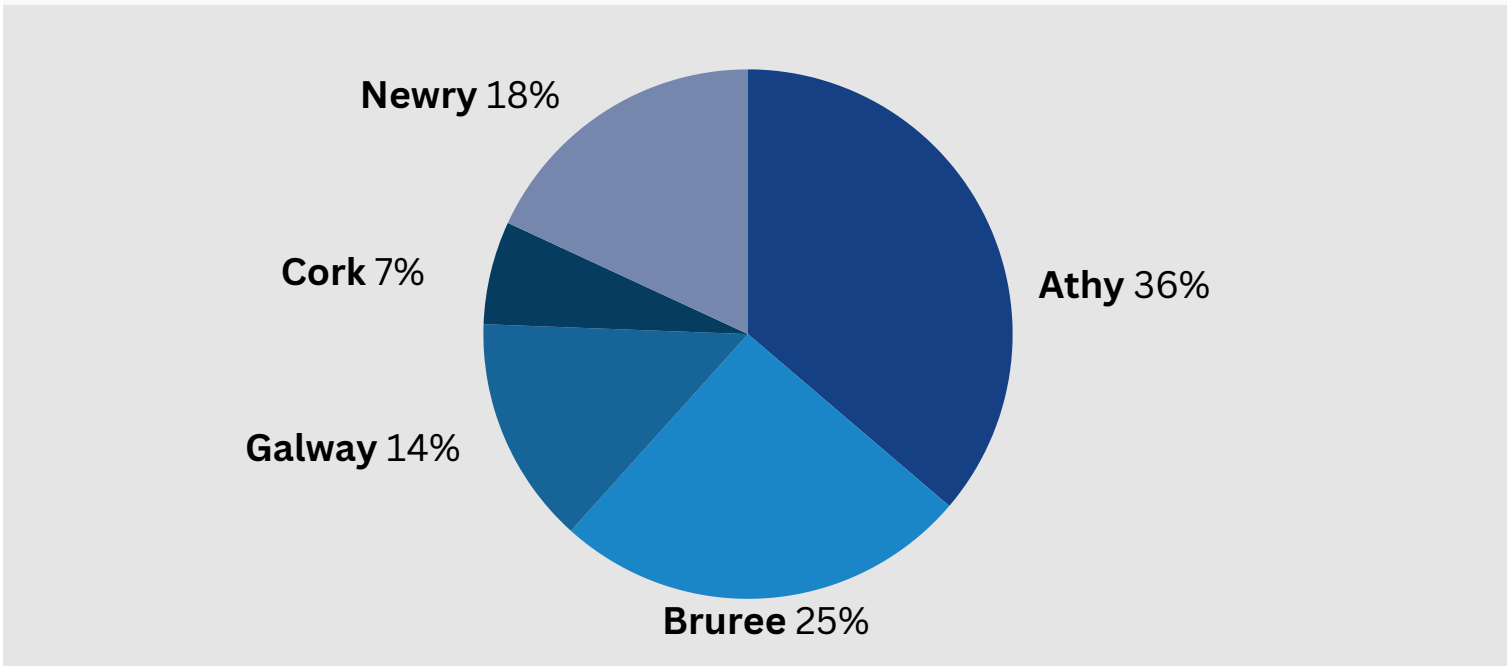
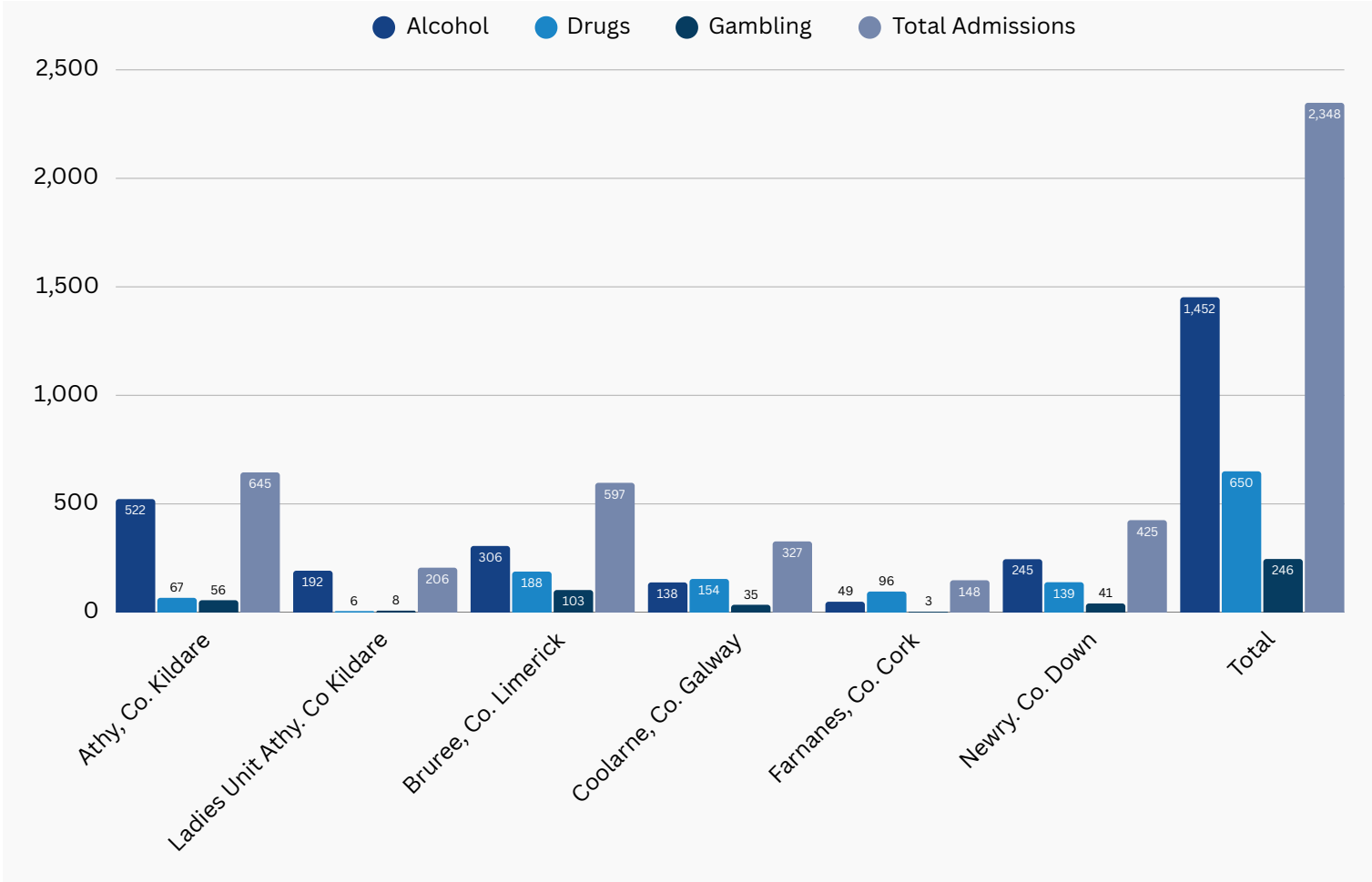


ADMISSIONS TO CUAN MHUIRE TREATMENT CENTRES 2024

Centre	Alcohol	Drugs	Gambling	Total Admissions
Athy, Co. Kildare	522	67	56	645
Ladies Unit Athy. Co Kildare	192	6	8	206
Bruree, Co. Limerick	306	188	103	597
Coolarne, Co. Galway	138	154	35	327
Farnanes, Co. Cork	49	96	3	148
Newry. Co. Down	245	139	41	425
Total	1,452	650	246	2,348

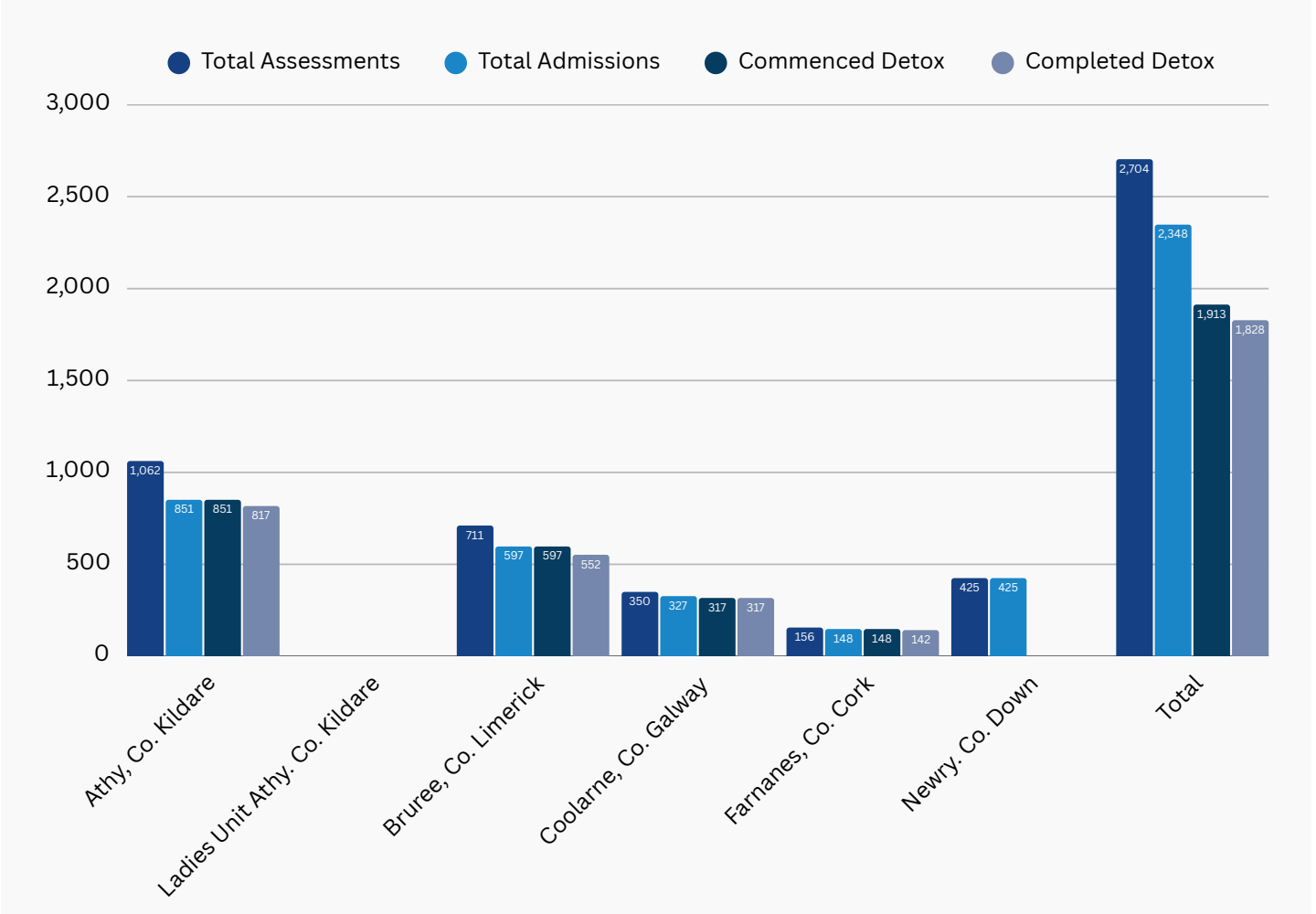
Cuan Mhuire Activity 2024

ADMISSIONS TO CUAN MHUIRE TREATMENT CENTRES 2024



Cuan Mhuire Activity 2024

CUAN MHUIRE DETOXIFICATION PROGRAMME 2024				
Centre	Total Assessments	Total Admissions	Commenced Detox	Completed Detox
Athy, Co. Kildare	1,062	851	851	817
Ladies Unit Athy. Co. Kildare	0	0	0	0
Bruree, Co. Limerick	711	597	597	552
Coolarne, Co. Galway	350	327	317	317
Farnanes, Co. Cork	156	148	148	142
Newry. Co. Down	425	425	0	0
Total	2,704	2,348	1,913	1,828



Cuan Mhuire Activity 2024

CUAN MHUIRE PROGRAMME COMPLETION 2024

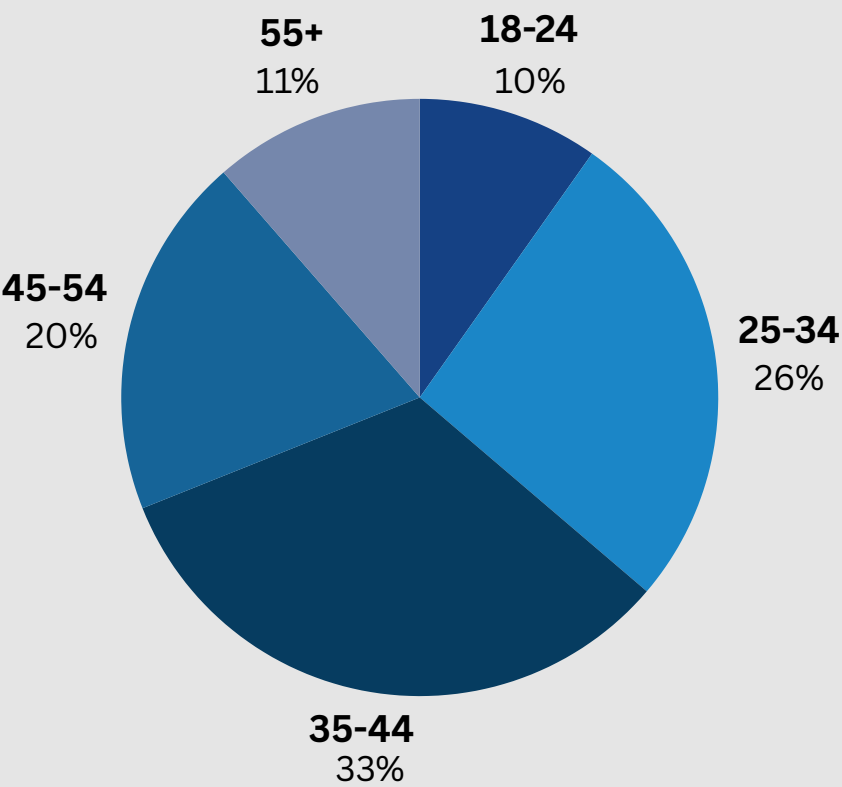
<u>Centre</u>	Commenced Programme	Completed Programme
Athy, Co. Kildare	645	521
Ladies Unit Athy. Co. Kildare	206	192
Bruree, Co. Limerick	486	389
Coolarne, Co. Galway	292	247
Farnanes, Co. Cork	142	134
Newry. Co. Down	425	298
Total	2,196	1,781

CUAN MHUIRE ADMISSIONS BY AGE PROFILE 2024

<u>Centre</u>	18-24	25-34	35-44	45-54	55+	Total
Athy, Co. Kildare	139	172	166	119	49	645
Ladies Unit Athy. Co. Kildare	18	63	77	36	12	206
Bruree, Co. Limerick	30	147	227	121	72	597
Coolarne, Co. Galway	17	94	82	67	67	327
Farnanes, Co. Cork	8	38	51	39	12	148
Newry. Co. Down	18	107	165	79	56	425
Total	230	621	768	461	268	2,348

Cuan Mhuire Activity 2024

CUAN MHUIRE ADMISSIONS BY AGE PROFILE 2024

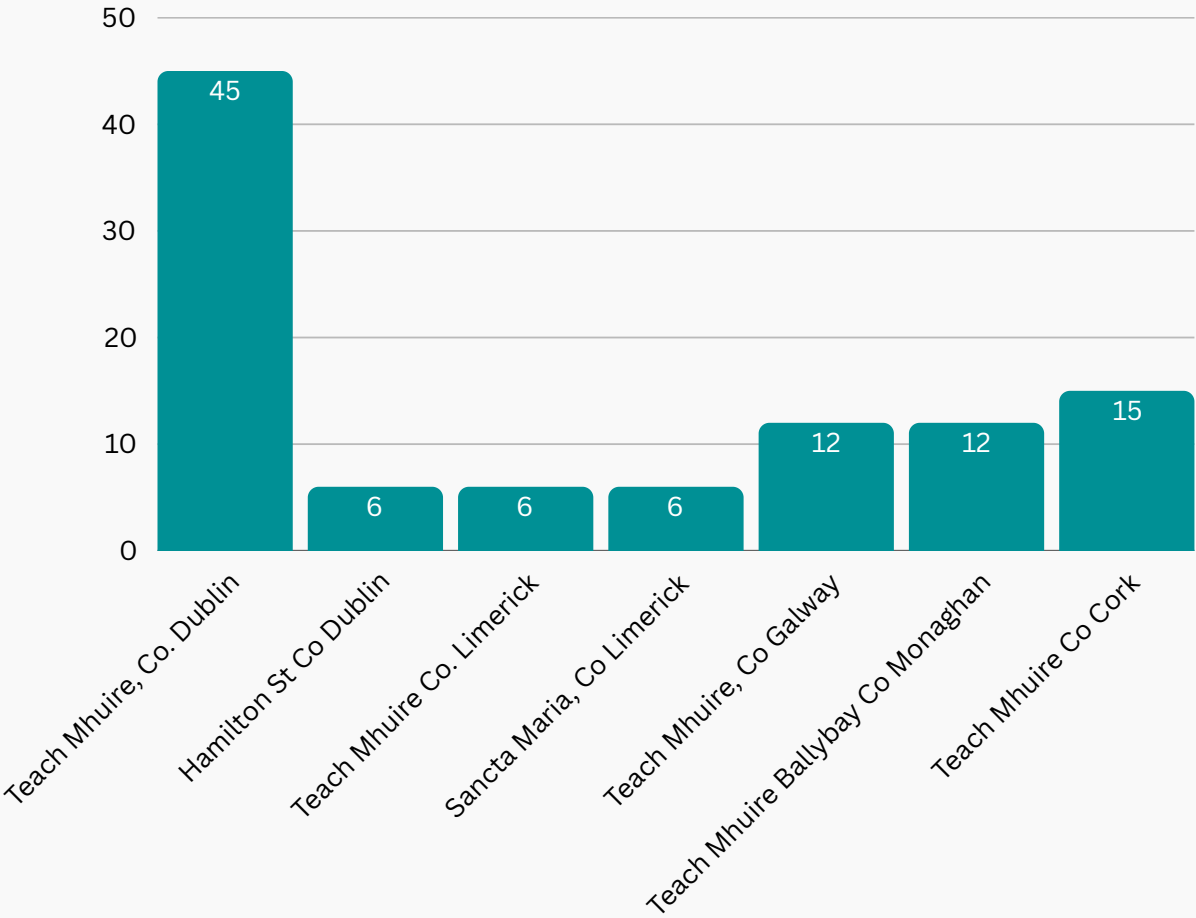


CUAN MHUIRE 2024 BED NIGHTS

Centre	Assessments / Detox Bed Nights			Treatment Bed Nights			Total bed nights
	Male	Female	Total	Male	Female	Total	
Athy, Co. Kildare	5,062	1,545	6,607	37,144	0	37,144	43,751
Ladies Unit Athy. Co. Kildare	0	0	0	0	11,551	11,551	11,551
Bruree, Co.Limerick	4,542	1,044	5,586	35,674	6,581	42,255	47,841
Coolarne, Co. Galway	3,364	811	4,175	20,091	3,682	23,773	27,948
Farnanes, Co. Cork	0	1,562	1,562	0	9,004	9,004	10,566
Newry. Co. Down	3,594	2,027	5,621	11,686	9,548	21,234	26,855
Total	16,562	6,989	23,551	104,595	40,366	144,961	168,512

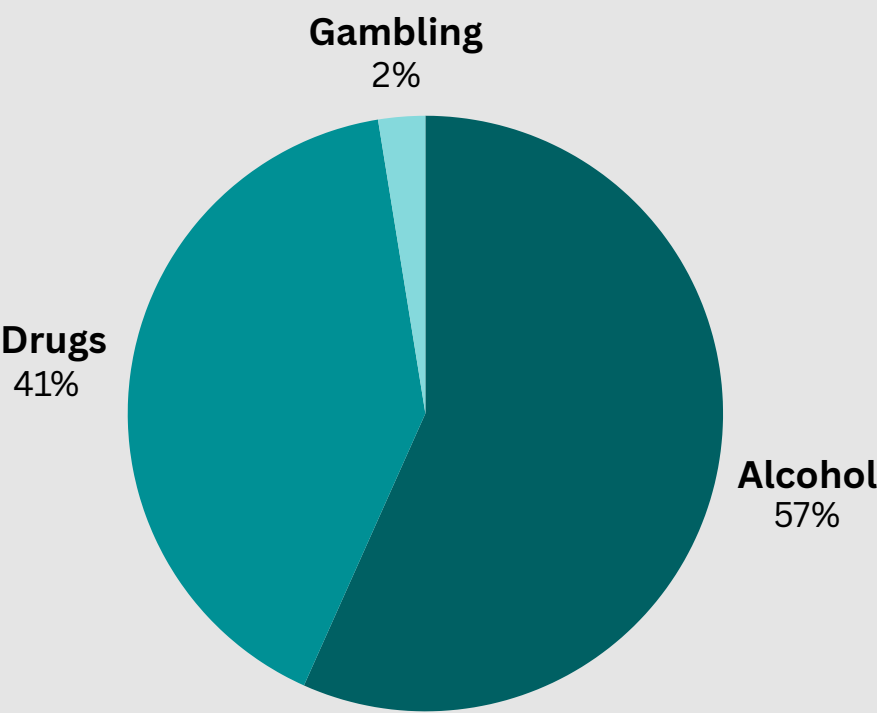
Cuan Mhuire Transition House Activity 2024

CUAN MHUIRE TRANSITION HOUSING BED CAPACITY 2024	
Transition House	Total Bed Capacity
Teach Mhuire, Co. Dublin	45
Hamilton St Co Dublin	6
Teach Mhuire Co. Limerick	6
Sancta Maria, Co Limerick	6
Teach Mhuire, Co Galway	12
Teach Mhuire Ballybay Co Monaghan	12
Teach Mhuire Co Cork	15
Total	102



Cuan Mhuire Transition House Activity 2024

TRANSITION HOUSING PRIMARY ADDICTION 2024

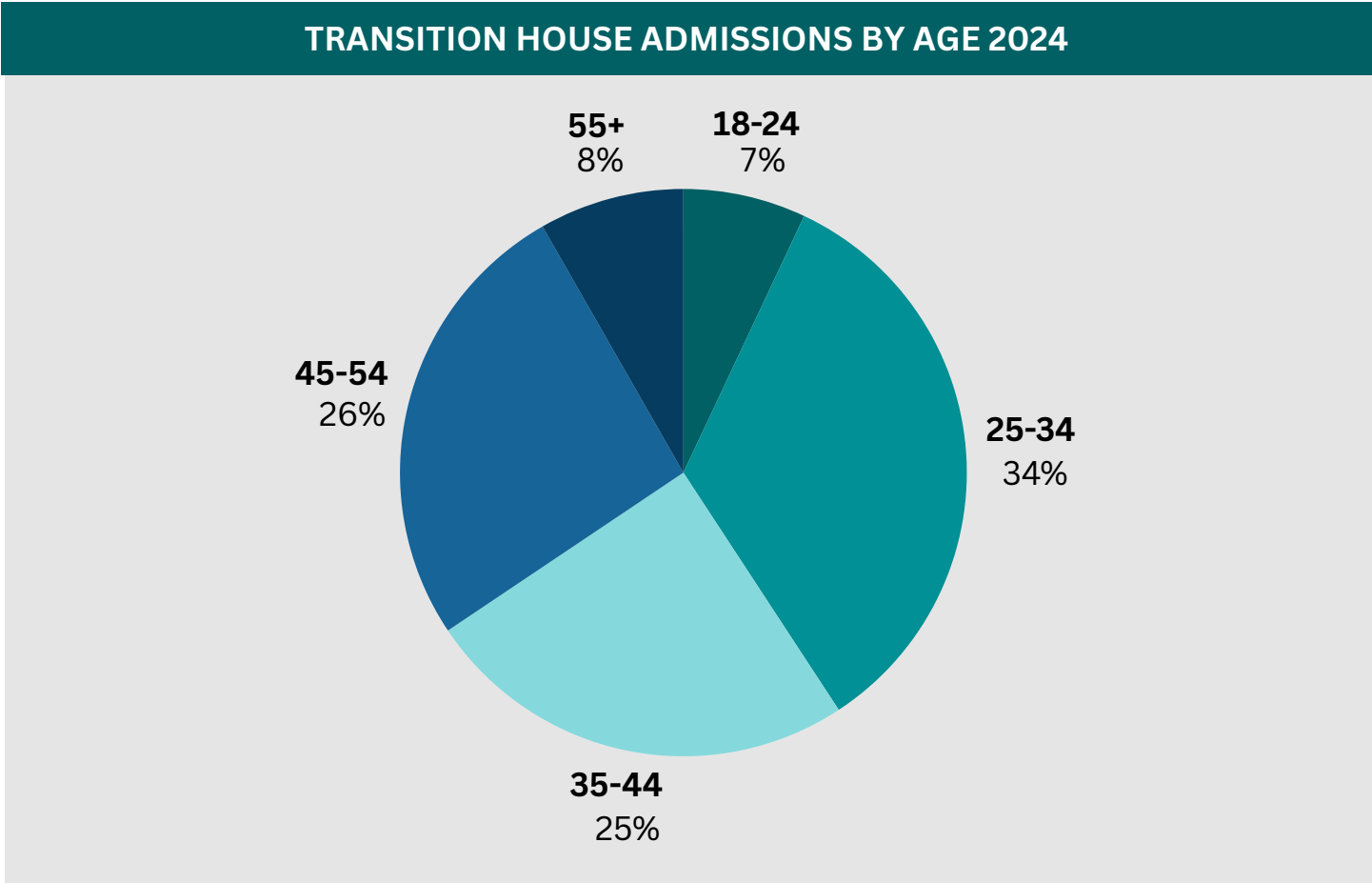


TRANSITION HOUSING ADMISSIONS PRIMARY ADDICTION 2024

Centre	ALCOHOL	DRUGS	GAMBLING	Total Admissions
Teach Mhuire, Co. Dublin	31	16	3	50
Hamilton St Co Dublin	7	6	0	13
Teach Mhuire Co. Limerick	13	4	0	17
Sancta Maria, Co Limerick	8	13	0	21
Teach Mhuire, Co Galway	9	10	0	19
Teach Mhuire Ballybay Co Monaghan	5	0	1	6
Teach Mhuire Co Cork	16	15	0	31
Total	89	64	4	157

Cuan Mhuire Transition House Activity 2024

TRANSITION HOUSE ADMISSIONS BY AGE 2024						
Transition House	18-24	25-34	35-44	45-54	55+	Total
Teach Mhuire, Co. Dublin	2	20	12	10	6	50
Hamilton St Co Dublin	1	6	3	3	0	13
Teach Mhuire Co. Limerick	0	3	6	7	1	17
Sancta Maria, Co Limerick	3	8	6	3	1	21
Teach Mhuire, Co Galway	0	6	5	7	1	19
Teach Mhuire Ballybay Co Monaghan	0	1	0	3	2	6
Teach Mhuire Co Cork	5	9	7	8	2	31
Total	11	53	39	41	13	157



Cuan Mhuire Transition House Activity 2024

CUAN MHUIRE TRANSITION HOUSE BED NIGHTS 2024

<u>Cuan Mhuire Transition House</u>	Bed Nights Male	Bed Nights Female	Total Bed Nights
Teach Mhuire, Co. Dublin	15,652	0	15652
Hamilton St, Co. Dublin	0	1,576	1576
Teach Mhuire, Co. Limerick	1,946	0	1946
Sancta Maria, Co. Limerick	0	1,928	1928
Teach Mhuire, Co. Galway	3,092	0	3,092
Teach Mhuire Ballybay, Co. Monaghan	2,704	0	2,704
Teach Mhuire, Co. Cork	4,423	0	4,423
Total	27,817	3,504	31,321

CUAN MHUIRE TRANSITION HOUSING EDUCATION 2024

<u>Transition House Education</u>	Primary	Junior Cert	Leaving Cert	3rd Level	Student	Total
Teach Mhuire, Co. Dublin	1	22	19	7	1	50
Hamilton St, Co. Dublin	0	1	11	1	0	13
Teach Mhuire, Co. Limerick	3	5	8	1	0	17
Sancta Maria, Co. Limerick	0	7	8	6	0	21
Teach Mhuire, Co. Galway	0	1	15	3	0	19
Teach Mhuire Ballybay, Co. Monaghan	2	2	2	0	0	6
Teach Mhuire, Co. Cork	1	10	14	6	0	31
Total	7	48	77	24	1	157

Cuan Mhuire Transition House Activity 2024

CUAN MHUIRE TRANSITION HOUSING DISCHARGES 2024

<u>Transition House Discharges</u>	>1 Month	1-3 Months	3-6 Months	6+ Months	Total
Teach Mhuire, Co. Dublin	8	4	4	30	46
Hamilton St, Co. Dublin	5	2	2	1	40
Teach Mhuire, Co. Limerick	0	3	2	6	11
Sancta Maria, Co. Limerick	4	6	1	3	14
Teach Mhuire, Co. Galway	4	5	9	3	21
Teach Mhuire Ballybay, Co. Monaghan	1	1	2	4	8
Teach Mhuire, Co. Cork	2	2	17	10	31
Total	24	23	37	57	141

CUAN MHUIRE TRANSITION HOUSING DISCHARGES: WHERE TO 2024

<u>Transition House Discharges To</u>	Total Discharges	Family Home	Independent Living	Other Stable Accommodation	Emergency Hostel	Other
Teach Mhuire, Co. Dublin	46	10	16	3	5	12
Hamilton St Co Dublin	10	5	0	1	0	4
Teach Mhuire Co. Limerick	11	3	5	1	2	0
Sancta Maria, Co Limerick	14	9	3	1	0	1
Teach Mhuire, Co Galway	21	6	11	1	2	1
Teach Mhuire Ballybay Co Monaghan	8	2	2	1	1	2
Teach Mhuire Co Cork	31	3	22	4	2	0
Total	141	38	59	12	12	20

Cuan Mhuire Aftercare Attendance 2024

Cuan Mhuire has always seen Aftercare as a vital part of the residents Recovery. During 2024 we had 18,959 in attendance for aftercare which is an increase of 8% on the previous year.

MONTH \ CENTRE																		
	Athy Live	Athy Zoom	Athlone	Ballycarron	Ballybay	Bruree	Bruree Monthly	Belfast	Cork	Farnanes	Galway City	Coolarne	Gardiner St Tuesday	Gardiner St Wednesday	Limerick	Newry	Omagh	Tralee
JANUARY	159	124	37	38	85	148		22	143	73	64	32	82	258	139	119	92	91
FEBUARY	152	105	52	32	73	133	48	21	179	120	64	34	67	217	119	80	83	56
MARCH	183	115	46	28	77	172		19	150	68	53	35	82	203	99	82	76	54
APRIL	114	125	47	31	83	120	37	24	155	63	52	30	129	175	110	75	84	77
MAY	142	119	71	34	105	177		20	174	100	81	35	111	218	93	104	74	56
JUNE	207	86	38	36	82	128	29	12	137	76	68	43	111	172	90	82	70	66
JULY	118	113	34	42	104	137		16	151	67	99	37	144	202	112	116	89	102
AUGUST	123	74	49	30	77	163	39	17	174	91	68	36	134	152	116	110	83	62
SEPTEMBER	118	73	28	24	83	134		21	138	67	58	32	142	142	142	56	62	63
OCTOBER	107	91	44	33	77	131	39	18	189	72	64	32	183	201	102	119	86	102
NOVEMBER	130	88	31	27	69	163		16	136	55	54	33	151	170	103	124	81	53
DECEMBER	107	65	34	16	60	146	38	20	95	73	46	33	172	122	135	117	76	78
Total	1,660	1,178	511	371	975	1,752	230	226	1,821	952	771	412	1,508	2,232	1,360	1,184	956	860
Total attendees from all aftercare's locations- 18,959																		

Cuan Mhuire Quality Services Accreditation

All Cuan Mhuire treatment centres and supported accommodation facilities are accredited by CHKS and hold ISO certification. In 2024, a comprehensive ISO assessment was conducted by CHKS surveyors at our centres in Coolarne, Sancta Maria and Roxboro Rd Limerick as well as Ballybay. We successfully met all required standards and were awarded CHKS Accreditation along with ISO 9001:2015 certification. Following the assessment, CHKS provided a detailed report of their findings. A notable quote from the report reads:

“Cuan Mhuire is a dedicated organisation, providing high quality care and empowerment to those who participate in the treatment programmes.”

Cuan Mhuire Internal Auditing

Cuan Mhuire implements a robust annual internal audit schedule that includes both clinical and non-clinical audits. These audits are routinely conducted to ensure the continued delivery of high-quality services and care. New audits are introduced as needed to address emerging areas.

In 2024, non-clinical audits included reviews of catering services, housekeeping, service user feedback surveys, HR personnel, fire safety, health and safety practices, and staff feedback surveys. Clinical audits covered a wide range of areas such as risk management (including accidents, incidents, and near misses), complaints, infection control, hand hygiene, waste management (both clinical and non-clinical), clinical records, medication management, access and wait times, assessments, discharges (including both programme completion and early exits), readmissions, care pathways, care plans, aftercare, and resident feedback.

Audit findings are collected and reviewed, creating opportunities for improvements and the implementation of corrective actions in partnership with various departments. A standardized audit process across all Cuan Mhuire sites enables benchmarking and promotes consistency and quality in service delivery. Internal audits also serve as a vital tool for senior management and governing bodies, offering independent assurance and insights into the effectiveness of governance, risk management, and operational controls.



Quality

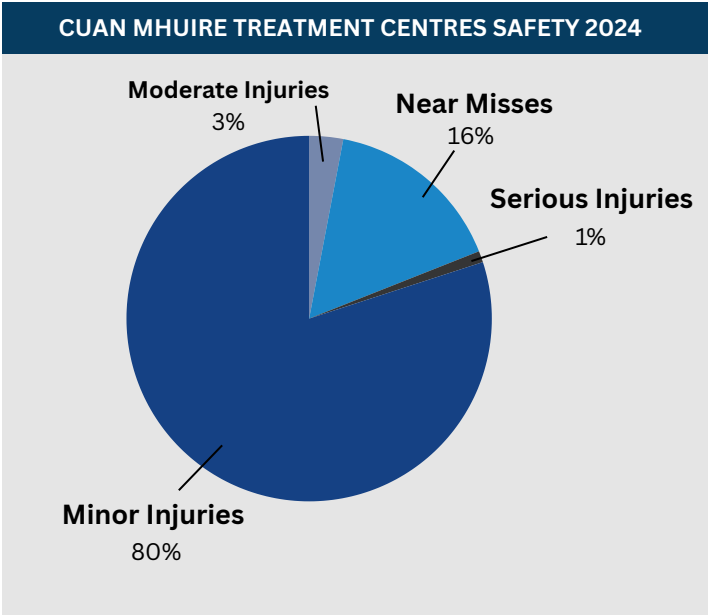
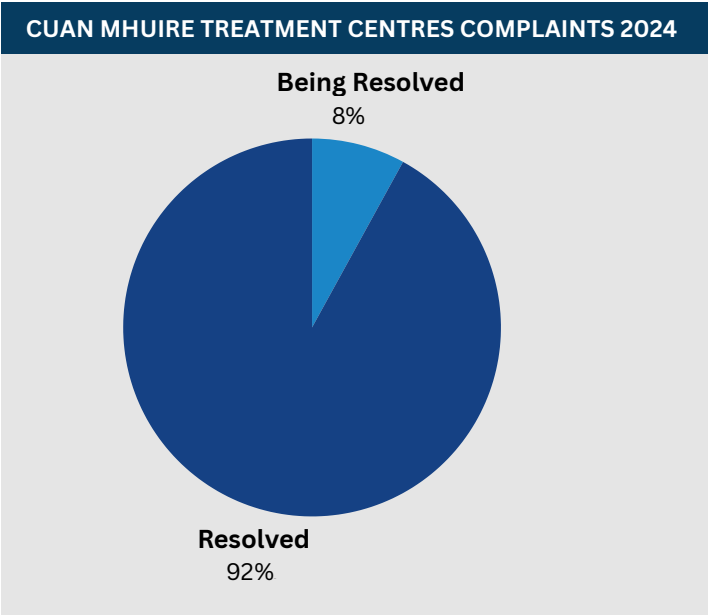
Cuan Mhuire Training and Education

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

Additionally, Cuan Mhuire delivers a Level 8 specialist training programme, Recognising and Responding to Problem Gambling, under an agreement with MTU. This programme is also held at Galilee House of Studies.

Cuan Mhuire Risk Management

Cuan Mhuire adopts a comprehensive and integrated approach to risk management, addressing all types of risks – whether clinical, organisational, operational, health and safety, or financial. Robust systems and processes are in place to ensure effective implementation of the organisation’s risk management strategy. Each centre designates a health and safety officer, a health and safety representative, and a clinical risk manager. Updates and relevant developments in health and safety are communicated promptly to staff through health and safety committees, leadership meetings, and staff meetings. Risk is continuously monitored, with two key performance indicators guiding this process. The first indicator tracks adverse events. In 2024, a total of 145 adverse events were reported across the organisation. Of these, 23 were near misses, 116 were minor incidents, 4 were moderate, and 2 were classified as serious. The second indicator relates to written complaints, with 13 received during 2024 – all of which 12 were resolved satisfactorily with 1 currently being resolved. Cuan Mhuire remains committed to delivering high-quality treatment and care to its residents within a safe and compassionate environment.



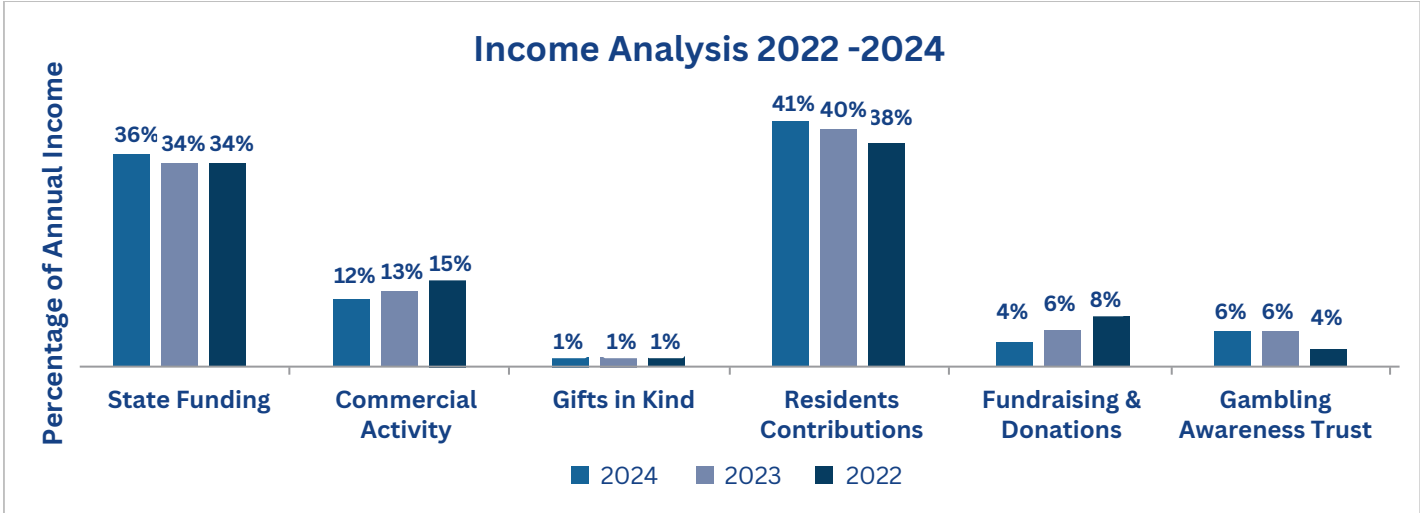
Of the above complaints, 5 of the complaints were concerning vulnerable adults.

Quality Indicators

Quality Indicators 2024					
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 8 % 4- 6 Days 29 % 7 days or more 63 %			
		Cuan Mhuire NI	Cuan Mhuire (South)	CM South and NI	
EFFECTIVENESS	Number of Assessments	425	2,279	2,704	87 % of those assessed were admitted
	Total Number of Admissions	425	1,923	2,348	
	Number of People who Commenced Detoxification.	-	1,913	1,913	96% of those who commenced detoxification completed it.
	Number of People who Completed Detoxification	-	1,828	1,828	
	Number of People who Commenced Treatment Programme	425	1,771	2,196	83% of those who began programme completed it.
	Number of People who Completed Treatment Programme	298	1,483	1,781	
	Aftercare Number of Aftercare Attendances 2024	18,959			
	Bed Nights				
	Detoxification & Treatment Supported Accommodation	23,551	144,961 31,321	168,512 31,321	
	Total Bed Nights	23,551	176,282	199,833	
RISK MANAGEMENT	Risk Management Total No of Adverse Events	145			
	· Of the above Number of Adverse Events how many were “Never Events” · No of Serious Injuries · No of Moderate Injuries · No of Minor Injuries · No of Near Misses	0 2 4 116 23			

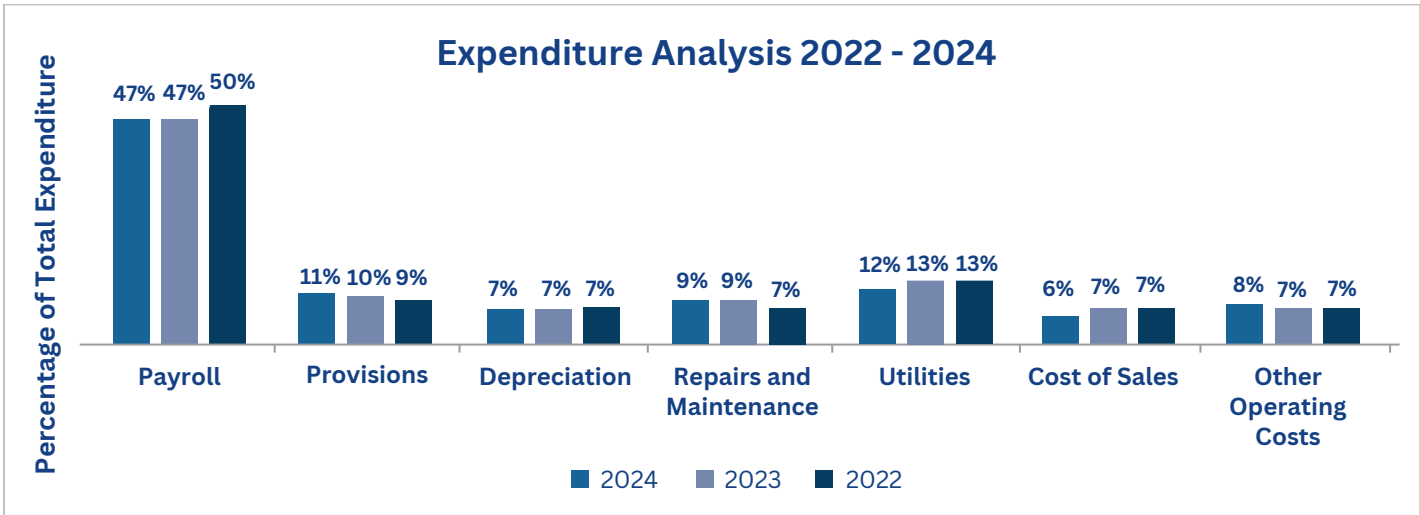
Income

The contributions received from Residents availing of the Cuan Mhuire treatment services has increased to 41% of overall income in 2024, compared to 38% in 2022. The comparable data for state funding received is 36% (2024), up from 34% in 2022. Commercial activity in the restaurant, shops and from farming continues to be an invaluable revenue source. Funding from the Gambling Awareness Trust and the continued generosity of our donors and benefactors account for the remainder of income.



Expenditure

Cuan Mhuire’s Operating Costs increased by 21% in the three-year period ending December 2024. Payroll continues to be, by far, the most significant cost heading at 47% of total expenditure and is impacted by wage inflation and current high employment levels. Energy costs remain extremely high with little likelihood of returning to the pre pandemic levels. The impact of inflation is evident across all cost headings in the three years under review. This is particularly true in the case of food price inflation.



Highlights of 2024



40 Years of Cuan Mhuire Newry

In June 2024 we celebrated the 40th anniversary of the establishment of Cuan Mhuire in Newry and reflected with pride and gratitude on the journey that has brought us here. Since our founding, our charity has grown from a small grassroots initiative into a trusted and impactful organisation, touching thousands of lives and making a lasting difference in the communities we serve. Over four decades, we have remained steadfast in our mission, adapting to challenges, expanding our reach, and working alongside passionate supporters and partners. This milestone is not just a celebration of our longevity, but a testament to the dedication, generosity, and resilience of everyone who has been part of our story. Together, we look forward to the future with renewed commitment and hope.

Our celebrations also included the opening of our new apartments for residents who feel they need more time as part of their recovery.



Highlights of 2024



Cuan Mhuire Bruree

Cuan Mhuire Bruree has continued its work of construction and reconstruction. This year the focus was on the Ladies Unit. Work there included a new dining room and a spacious conservatory. It has a beautiful raised garden which affords a stunning view of the surrounding countryside.

The assembly hall was extended to accommodate the huge numbers of attending Family Day meetings, AA, NA and GA. 2024 saw the completion of work on the courtyard which now accommodates a 30 bed detoxification unit, and ensuite accommodation for 70 plus residents.

None of the above work would have been possible without the generosity of our benefactors and a loan from the Department of the Environment for which we are deeply grateful.



Highlights of 2024



Cuan Mhuire Coolarne

In October Cuan Mhuire, in conjunction with Gambling Awareness Trust, launched the next step in Cuan Mhuire's response to problematic gambling, with the opening of our third residential treatment service for gambling addiction, an 8 bed unit here in Coolarne. This represents a significant expansion on the gambling specific treatment programme already operational in both Cuan Mhuire Athy and in Bruree and our goal is that it will provide support for individuals and families in crisis in the Western region and throughout the country. The provision of a third residential service will provide recovery opportunities to approximately 40 clients per annum, who would otherwise not have been able to access a gambling-specific programme.

Cuan Mhuire is extremely grateful to the Gambling Awareness Trust for their invaluable support in the service of problem gamblers and their families.



A Resident's Story

Here in Cuan Mhuire, we have all heard the saying “you are driving the bus now.” That for me is the perfect metaphor for where I am at because I started drinking so young I never learned how to drive my bus. I never ever sat in the seat. My addiction, the monster, always did while I was standing behind the yellow line looking out. I can remember the passengers who have gotten on and off my bus but I never got any payment from them. My addiction did. He isn't a bad driver. He kept us on the road for a long time, although it felt like we were in the same roundabout for decades.

It wasn't until the start of 2024 when the bus was literally hit by a car. I ended up in a coma. I was put on medication for 5 plus years, but I still drank. This time though the bus couldn't go as smoothly as before. Before I could drink a bottle of vodka and be fine but after a double naggin and I'm all over the road. The doctor told me that if I drank on my medication I will die. That's why and when I decided to bring my bus to the garage, to Cuan Mhuire, to get repaired and learn how to drive my bus for the first time ever.

Here I met some amazing instructors, the counsellors and facilitators and staff to help me. They gave me the tools, the modules, to repair my bus and guided me in how to use them. Such as self-discipline is the pedals, healing the hurts of the past is your rear-view mirror, relapse prevention is the obstacles and hazards etc. The other people here who are repairing their buses have helped me too. The support and knowledge I have gotten has been incredible. It hasn't been easy but the effort you put in and the lessons you absorb will benefit you on your journey.

I've finished my course and got my provisional license but I've to wait to head out on the road on my own for a while. While I do I will continue to practice with the tools, do the modules and take in as much information as I can from this wonderful learning centre.

I'm eternally grateful to Cuan Mhuire, to the people I've met here for showing me and teaching me what I need to know as I travel on the road of life when I leave from here. Because when I leave, I will have to keep watch for the pot holes and dangers that life throws in front of the bus, and if I get into trouble in the future that I can't fix myself, I know not to ask the monster for the assistance because he's basically a one-trick pony whose only tool to fix anything is a hammer, but I will have A.A. on call to help me get back on the way.

So I say to everyone that I wish their journey on their buses is a happy and safe one, for them and their passengers. And don't forget to enjoy the scenery.

David



“This Time” By Alice

“Addiction”, what an evil and fatal illness you are for a mere 9 letter word! I underestimated you from the very beginning and although, I first broke ‘free’ from you in 2011, (remaining sober for over 11 years) you progressively waited patiently in pursuit. I mistakenly thought the ‘abstinence’ along with my now well-established coping mechanisms would mean we could have a ...different, mature, civil and occasional relationship. After-all, I was no longer in the same hellish place I escaped from the first time you brought me to my knees. My life was full, re-claimed, I had secured everything I had lost and lots more besides. I gravely and naively had a foolish hope that ‘this time’ when we re-united ...it really would be different. You deceived me once again from the very first sip. You snared and launched me head-first straight back to a lava burning Hell and to even greater depths of despair I never knew existed. Your venomous attack on literally my life and the lives of my loved ones, once again, decimated hearts and ripped my own soul from its very being”.

My first encounter with Cuan Mhuire, was visiting my Dad in an old prefab in Athy, in the early 90’s. I later discovered this was an upgrade from the humble beginnings of the initial ‘Cow Shed’ which Sr. Consilio miraculously purchased at an auction using her faith as a currency. My 5 siblings and I had lost our Mam at 46 to cancer. As I saw my Dad in CM, I felt whilst I was no longer on permanent suicide watch, I was overwhelmed at the thought of losing my remaining parent, to the same illness, his own Dad succumbed to. Little did I know, that I too would be imprisoned by the same curse, when I found a shell of myself on the steps of CM Galway. I was childless (my daughter had just turned 5), homeless, penniless, jobless, hopeless and lifeless. CM is indeed Mary’s harbour, offering a real chance to breathe, rest, gain strength, clarity and be nourished enough to heal while finding some form peace and the tiniest of dignity. There is something restorative and humbling about being stripped of ‘perceived entitlement’ delivered by the ‘back to basics’ ethos that CM encompasses. In addition to diverting focus to the NOW and providing a deeper understanding of what truly matters in life, it entrenches that forever important ‘spiritual grounding’ to guide us.

My ‘this time’ resulted in a 2 year tsunami of hurt, deceit, broken promises, fears, tears and indescribable destruction for my family, friends as well as myself. I went to 2 different rehabs in the UK following catastrophic painful relapses for all concerned. I can confidently say, one huge factor that CM retains, is its accessibility enabling every addict the opportunity to attend rehab, regardless of their economic/social background. In strong contrast, UK rehabs cost thousands and they bear little resemblance to CM’s holistic programme, with its clear set of values. Ironically, both rehabs allowed access to society’s ‘distracting world’ and influences by virtue of a mobile phone. Visits to pubs and restaurants during weekend family time were also permitted. CM’s programme approach of removing ourselves from the mainland aka ‘life’ (people, places and things) for a healthy duration of 12 or 20 weeks is a significant opportunity for a total re-set. In addition to gaining a longer and more solid period of abstinence, it genuinely takes our bodies and minds this amount of time to start the process of healing physically, mentally, emotionally and spiritually. Trust me when I say this, when I left the program in CM Newry on week 7, I embarked on the biggest relapse of my entire life, but thankfully I was warmly welcomed back just a few weeks later with an opportunity to start afresh.

‘Recovery is discovery’, “what did you do once you knew?”, “you are not your addiction’ are all familiar phrases you will hear in CM. The weekly programme topics include Unconditional Love, Imaginative Functioning, Healing Hurts of the Past, Gratitude, Spirituality and Change. These translate to the vital 12 steps of recovery providing a powerful platform for personal transformation and growth. Responsibility and accountability are all interlinked in Sister Consilio’s unique programme. That same program remains as relevant today as it was when she wrote it, ever reminding us that ‘recovery is in the choice’ ...addiction wasn’t. The shackles and heavy shame of addiction can finally be dismantled once we empower ourselves and reclaim control over our lives ‘one day at a time’.

“This Time” By Alice

It would be remiss of me not to acknowledge CM’s empathic and skilled staff/therapists. Each one brings an individual element to the table to include not only the person tormented by addiction but the ‘forgotten’ anxious family and friends whose ‘hearts’ we broke and the ‘peace of mind’ we stole. Some of the staff have walked the talk, which brings insight, while others are also clearly qualified in their knowledge of this emotive and highly complex disease.

Today I am 7 months sober, by undertaking the ‘suggestions’ that CM and the 12 step fellowship endorse. As another former resident once said about his time in CM “it’s not taking 12 weeks out of your life, it’s putting 12 weeks into your life”

Ultimately the question is ...have you suffered enough?

Alice, Summer of 24



Cuan Mhuire

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, Co. Limerick	+353 61 409 157
Teach Mhuire, Helen St., Co. Galway	+353 87 281 4484
Sancta Maria, North Circular Rd, Co. Limerick	+353 61 458 420
Sancta Maria, Hamilton St., Dublin 8	+353 1 454 9496
Teach Mhuire, Western Rd., Co. 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

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

FoodCloud



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



Comhairle Cathrach
& Contae Luimnigh
Limerick City
& County Council

Housing
Executive
Northern Ireland



Department of
Health



AN ROINN DLÍ AGUS CIRT AGUS COMHIONANNAIS
DEPARTMENT OF JUSTICE AND EQUALITY