

Testimonials

"I loved this programme from start to finish, I was very honest and it really paid off. I am looking forward to a new life ahead."

"My counsellor was a major part of my recovery. His approach and knowledge was exceptional and I am very grateful to him."

"I particularly liked group therapy sessions and got a lot from sharing and listening to others with similar issues."

I had no prior experience of group therapy and found it a hugely beneficial and rewarding experience. The counsellors steered the sessions so that I was learning about myself through sharing and the others; feedback."

"I learned so much about myself and addiction. I now have a set of tools to prevent picking up and a chance for a new and better life."

"I liked pretty much everything but most of all it gave me a chance to slow down and become aware of my feelings for first time in 37 years."

The Rutland knows every aspect of addiction, and how to deal with it."

"Professional, well researched and appropriate. Excellent counsellors and addiction service. Friendly and safe environment."



Client Profile

Male:

64%

Female:

36%

Most common age bracket for entering treatment: **between 34 & 44 years**

Average age of client: **43 years**

	2016	2015
Alcohol	91%	87%
Drugs	49%	67%
Gambling	15%	13.5%

Women:

88.3% treated for alcohol addiction
21% treated for drug addiction

Men:

69.4% treated for alcohol addiction
36.5% treated for drug addiction

100% of all those treated for gambling addiction were men

48% of people in treatment had more than one addiction

50% have children

58% Dublin

96% Irish

42% Rest of Ireland

44% single

41% married or in a relationship

At the end of the first 13 weeks in treatment:

2016 Treatment Outcomes

(everyone who completed treatment and entered into Rutland Centre aftercare program)

77% engaged with Recovery

49% had no relapse

28% had one or more relapses but were working towards or have already regained abstinence

11% relapsed & disengaged

12% no information

Significant improvements in: Anxiety, depression, hopelessness, self-esteem, well-being, functioning.

No significant difference between male and female relapse rates.

No significant difference between addiction types and relapse rates.

The first 13 weeks after treatment is crucial – relapses are more likely to happen in this period.

No significant difference between single and poly addiction relapse rates BUT a poly-addicted person is less likely to re-engage if they do relapse.

Attending and engaging with Continuing Care meetings means you are less likely to relapse – aftercare works! The more doses of aftercare (e.g. structured meetings, fellowship meetings) you get; the better your outcomes

What does Recovery look like?

We asked people who completed treatment in the last 5 years at Rutland and here are there responses; 82 respondents)

80% of respondents told us that the number one motivating factor for entering treatment was the negative impact their addiction was having on their quality of life

Number two reason – wanting to get life back on track
Number three reason – relationship difficulties

Relationship to the addictive substance or behaviour after treatment:

3 months: **70.5%** were abstinent
6 months: **73.8%** were abstinent
12 months: **76.8%** were abstinent

Physical health reported good, very good or excellent **88.7%**

Better equipped to cope with and manage difficult emotions and challenges **85.9%** reported good, very good or excellent

Clients in improved relationships **88.7%** agreed or strongly agreed

Clients in employment rose from **54%** before treatment to **63%** after treatment

84.5% agreed or strongly agreed that they maintained engagement in relapse prevention strategies

88.73% agreed or strongly agreed that they were pleased with their recovery process so far

Improved quality of life **83.1%** reported good, very good or excellent

Clients living in stable accommodation rose from **57.75%** 6 months after treatment to **62%** 1 year later

More hopeful about the future **84.5%** agreed or strongly agreed

Increased self-worth **80.3%** agreed or strongly agreed

Clients living in stable accommodation rose from **57.75%** 6 months after treatment to **62%** 1 year later