How Adam Got His Life Back

Vulnerable. Lonely. Broken. Ashamed. The words Adam uses to describe himself during his years of drug addiction would break your heart. At MQI’s High Park, Adam found a new vocabulary – and an amazing new chance at life that couldn’t have happened without you...

Adam was well into his twenties when his mother got the phone call from her only son. “I’m addicted to heroin and I’m homeless.” His life was off the rails and he didn’t have the money to get back. It would be more than five years and two treatment programmes later, with the very real chance of prison time looming, before he stood in the entryway to MQI’s High Park residential rehabilitation centre.

“When I was using drugs,” he begins, “I felt so broken and ashamed, so much smaller. Vulnerable. I’m not very streetwise so I kept my head down. Addiction could hit me again at any time, I still feel that fear. But I’m trying to do one thing every day that I don’t want to do – to combat that stuff.”

When the penny dropped
He was five weeks into the 14-week programme at High Park before, he says, “the penny started to drop.” It’s one of the main reasons why the first part of High Park’s rehabilitation, that your generosity helps to continue, lasts about a month. After years and years of addiction and isolation, women and men like Adam are essentially learning a new way to live, right down to the time they spend with others and the words they choose. (See companion story on High Park, page 2.) “I found it very, very hard. Everyone has jobs they are required to do. But as you move through the

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Transformations in the Heart of Drumcondra: A Look Inside MQI’s High Park

“To see someone coming in, the fear on their faces, to 14 weeks later that person then helping to oversee the day to day management of the house, it’s not just about them stopping taking drugs – it’s about helping them learn how to live.”

See inside for more on High Park
Transformations in the Heart of Drumcondra: A Look Inside MOI’s High Park

Men and women who come here use words like “deep” and “intense” to describe the drug-free residential rehabilitation program at High Park. With an emphasis on helping clients to work through the issues that can underpin years and years of drug use, what you help to make real in this 14-week programme is nothing short of transformational. Today, ahead of the upcoming High Park Open Day, we’d like to show you...
New! From the Postbag of MQI: Our Heartfelt Answers to Your Heartfelt Questions

One of the most wonderful things about Merchants Quay Ireland supporters like you is the time and the heart you put into the letters and messages you send to us – either with, or without, a donation each time. In the months and years to come, as space permits, we’d like to share some of our replies, with you. You keep the lights on and the kettle warm here, thank you...

❖ To the extraordinary supporter in Co Dublin giving to MQI in memory of her beloved daughter who died from addiction:
Thank you, from the heart. In memory of your daughter, staff will work hard here to help as many women and men as we can to move on from addiction. Keeping you and your dear daughter in our thoughts and prayers.

❖ To ‘TM’ who attended our Open Day at High Park last year, and wrote:
“I now have great admiration for those who overcame addiction.” Thank you for visiting us, TM. And thank you for keeping an open mind and an open heart, and for taking the time to hear clients share their stories.

❖ To ‘EM’ who came to Riverbank for a private tour, and commented on the “caring, welcoming atmosphere“:
Staff here wanted you to know it’s supporters like you that keep them here and helping – and to thank you for taking the time to see the needle exchange as well. Hope to see you at a tour again soon.

❖ To ‘Anne,’ who wrote:
“I am only on an old age pension but I had a bit of luck at the Bingo last week so I hope €50 will help in some small way.” Anne, at MQI all gifts – large or small – make a massive difference. Your fifty euro winnings are enough to provide 8 hot meals for people who are homeless! Thank you so very much and may all good things return to you. Please take good care of that asthma! ❤️❤️❤️

❖ To ‘MF’ who came to a Riverbank tour and wrote:
“My visit coincided with a lot of discussion on the radio. I always felt addiction is such a serious problem and so hard to break, but it was good to hear that it can happen.” Thank you, MF, for the time you took to visit and learn more and to see how, with the right supports, people can recover from addiction and move on from homelessness. Come back any time.

KEEP YOUR CARDS AND LETTERS COMING:
Use the reply envelope enclosed to write to us any time – no gift required. You can also ring or email, on 01 524 0965 or to supportercare@mqi.ie. We’ll reply as quickly as we can. You are the heart and soul of this good work, and it is our great joy to hear from you.

“Send a letter is a good way to go somewhere without moving anything but your heart.”
— Phyllis Theroux, author and essayist

www.mqi.ie
Adam’s Life...
(continued from cover)

programme, you become more responsible. You learn new skills, like laundry, cooking, and how to be assertive. I started learning things about myself that I never knew,” he says. Then Adam laughs and says, “Like I hated doing the laundry.”

A new vocabulary
While his humour downplays the transformation he was making at High Park, Adam quickly comes back to the interconnectedness of it all. The jobs are just one part of that. “The counselling is amazing, for starters. From the day you come in the staff are trying to set you up for when you leave. They’re available whenever you need them. The more progress you make, the less afraid and vulnerable you feel.”

In many ways, your support hasn’t just helped Adam get his life back. You’ve helped him build a new one. Now in High Park’s weekly aftercare support group, he gives back by helping new members as they come in. This September, if he’s given a place, he’s hoping to attend college part-time for counselling and psychotherapy. “I wanted to apply the last time I got out of treatment but I was too afraid. This time, I’m proud to say that I applied. And without MQI, it wouldn’t be happening.”

Thank you for being part of Adam’s new life.

For the many transformations you make real, we’d love to have you and an honoured guest join us for Donor Open Day at High Park, where clients just like Adam will tour you through the work. You’ll find full details on page 4.

A Simple Summer Wish List For Comfort and Relief

If extra goodness comes your way, you can bring relief to others who’ll face all the seasons in a day. Through lashing rain and blazing sun, your kind donations of much-needed items like these mean the world this summer:

✔️ New, packaged men’s and women’s underwear (e.g. sports bras) – Urgently needed! Supplies extremely low!
✔️ Baseball caps and sunscreen factor 50 to prevent sunburns from being exposed to the elements all day long
✔️ Water-proof jackets to stay dry in summer downpours
✔️ Runners and trainers (gently used are fine) Sizes: 4/5/6 women’s and 8/9/10 men’s
✔️ Fleece/hoodies/jumpers in case of cold weather
✔️ Clean t-shirts and bath towels – always welcome!

BIG WISH! €3,500 for two staff to attend Specialist Training in Trauma Informed Care, so they can then cross-train the frontline team to better help clients cope with and move on from past trauma

Donate your items in person to MQI at 24 Merchants Court, 9:30am to 5pm, Monday to Friday. Or if you live in Dublin and can’t come to us, we’ll be delighted to call to see you with the MQI photo album and collect your donated items – ring Emma on 01 524 0965 for more. Thank you!

MQI
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Homeless & Drugs Services
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To make your gift by phone: please ring us on 01 524 0139.

Telephone: 01 524 0139
Volunteering: 01 524 0128
Email: supportercare@mqi.ie
Website: www.mqi.ie
Facebook: Merchants Quay Ireland
Twitter: @MerchantsQuayIR

At MQI we respect everyone who turns to us for help – and many are just beginning their fresh start in life. So while client stories are genuine and true, names are changed and stock photographs of models are used for illustrative purposes and to protect client privacy. Thank you for your understanding.

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