

# 2019

## Recovery from Addiction

Aiséirí Annual Report 2019





# Aiséirí Annual Report 2019

Aiséirí Cahir DAC  
Townspark  
Cahir  
Co. Tipperary.  
[www.aiseiri.ie](http://www.aiseiri.ie)

Company Number: 506175  
Charity Revenue Number: 20096  
Registered Charity Number: 20079550



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*Serenity is not freedom from the storm but peace amid the storm.*

## First things first – Our Vision, Mission and Values

### ***Vision***

Aiséirí believes in the priceless potential of people and that recovery from addiction is possible for everyone.

### ***Mission***

Aiséirí provides community and residential services to help young people, adults and families overcome addiction and lead meaningful lives in recovery.

### ***Values***

#### **Hope**

By promoting abstinence, we inspire hope for recovery in a safe, non-judgemental environment.

#### **Compassion**

Compassion leads us to empathise with our clients as we journey with them in trust and confidence.

#### **Respect**

We honour the unique dignity of each person as we support them in addressing their needs.

#### **Recovery**

We believe everyone has the potential to recover and have a fulfilled, worthwhile future, transforming their lives and that of their families.

#### **Excellence**

Our innovative, evidence-based therapies are delivered with a quality that seeks the highest standards at all times.

# Aiséirí

Aiséirí means resurrection or new beginnings and our work is dedicated to bringing about change in people's lives, in transforming their dependence on alcohol, drugs and gambling and helping them move away from the destructive impact it has had on themselves, their families and communities and to move towards living a meaningful life in recovery. Aiséirí is a 12 step treatment programme.

We are one of Ireland's longest established addiction treatment services. Our four centres of excellence combine experiences and expertise that provide us with a comprehensive understanding of the complexity of addiction. With a high success rate for lifetime recovery, Aiséirí has changed thousands of lives, not just those of addicts but those of the families and loved ones that also suffer because of addiction.

Throughout our four Centres we provide, detox, rehabilitation, secondary treatment and a sober living programme for people who have suffered mentally, emotionally, physically and spiritually as a result of alcohol, drug and gambling abuse. We provide a two-year Continuum of Care programme for residents and family members after residential treatment is complete.

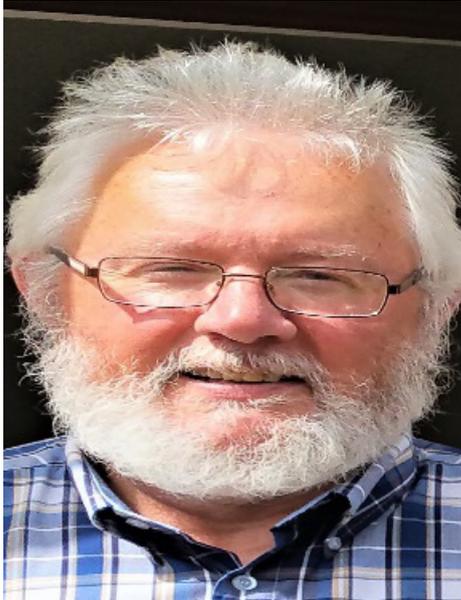


## Aiséirí Strategic Objectives 2020 - 2025

Aiséirí is committed to ensuring our strategic objectives are a constant focus and we have made substantial steps forward in delivering on these throughout 2019.

1. To deliver and enhance addiction treatment and recovery services in line with international best practice in terms of quality and effectiveness.
2. To progress and implement a HR strategy which values, respects and enhances the professional development of all staff and volunteers.
3. To improve the current services through continuous research and development.
4. To ensure the long term financial sustainability of Aiséirí.
5. To develop a robust governance and management structure.

## Chairperson Statement



*Chairperson Peter Kieran*

Aiséirí Cahir DAC is a complicated entity; it is a company; it is a charity; and it is a human services agency. It is also an employer or approximately 100 people, between full-time and part-time. The Board of Directors has to oversee all of these dimensions of the Aiséirí organisation, and to be accountable for the statutory requirements of all of them. Aiséirí has been very fortunate to have had in place a dedicated voluntary Board of Directors throughout the year, and I would like to thank all of my fellow Directors for their dedication and generous contributions over the year and, for many of them, over the years. The Board of Directors met on seven occasions during 2019, in the months of January, March, June, July, September, November and December.

Aiséirí has had the benefit of a well-functioning

and effective Management Team of seven senior staff members, headed by Mary Hennessy who has been successfully combining the roles of CEO, Support Services Manager, Group Accountant and Company Secretary. Mary's leadership and commitment have been the difference between performing well as an addiction service on behalf of our clients and their families, and simply surviving, and she deserves a huge amount of gratitude for her work.

The year has been one of solid performance, while working hard behind the scenes to ensure that there were sufficient resources available to cover the costs of the services being provided. A very significant part of the income of Aiséirí comes from the Health Service Executive and from the Probation Service, and credit must be given to the senior managers of both statutory agencies for the support and cooperation they have provided to us during what was a difficult budgetary year for both of them. Waterford City and County Council has been a very dependable supporter of the Ceim Eile services in Waterford, for which Aiséirí is sincerely grateful. Combined with the practical assistance provided to the Ceim Eile clients by the Waterford and Wexford Education and Training Board, these two local statutory agencies have demonstrated how local government can deliver relevant services to people who need them.

The other main sources of income for Aiséirí are (i) the private health insurance companies,

some Employee Assistance Programmes operated by semi-states, and direct contributions from service users towards the cost of their treatment and supports services; and (ii) fundraising. The latter has not been robustly pursued in the recent past, but it was given a new shot of energy through a small fundraising committee that has been formed and which is beginning to show results. The organisation also received a very generous bequest late in the year which was exceptionally welcome.

The financial balance sheets contained in this report provide the figures behind all of these income streams. It is a great relief and a source of pride for the Board and the Management Team that Aiséirí broke even in 2019.

During 2019, the Trustees of Aiséirí and the Board of Management agreed that the governance of a modern company and charity required a change in the company structure from being a Designated Activity Company (DAC) to becoming a Company Limited by Guarantee (CLG). Efforts began during the year to work out a new legal constitution for Aiséirí, and that work will be brought to a conclusion in 2020.

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*Peter Kieran, Chairperson*

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*Among the many achievements of Aiséirí during 2019 can be listed:*

- Full accreditation by the CHKS UK quality assurance company;
- Development of complementary activities for people undertaking residential treatments in Aiséirí centres, including PE, art therapy, yoga, horticulture etc.
- Strengthening the detoxification programmes in Cahir and Aislinn, Kilkenny and developing alternative methods of detox;
- Development of women's programme in Ceim Eile Waterford;
- Introduction of an outpatient counsellor in Aiséirí, Wexford.

Each centre and service has found ways of celebrating service users achieving sobriety and finding their individual pathways to happy and healthy living; and their accomplishments make the work of Aiséirí staff and volunteers completely worthwhile. I salute all who have courageously turned lives around during 2019.

## CEO Statement



*ACEO Mary Hennessy*

Aiséirí opened its first treatment centre in 1983 utilising the Minnesota Model which was innovative and offered alcoholics a new alternative to jail, asylums, or homelessness. The model played a major role in transforming treatment wards from abysmal pits into places where alcoholics and addicts could retain their dignity. Aiséirí began with the revolutionary idea of creating a humane, therapeutic community for alcoholics and addicts incorporating the idea of holistic treatment—looking after the body, mind and spirit. It would be easy to dismiss such a program. Yet behind this simple 12 step programme is a wealth of clinical wisdom. Aiséirí has transformed the lives of 1000s of addicts and their families since it's humble beginnings without judgement, shame or stigma. Through international

shared learning our professional practice has strengthened and deepened. We strive to constantly explore and identify evidence based models of excellence in recovery.

Aiséirí is a CHKS (Caspé Healthcare Knowledge Systems) accredited and certified to ISO9001 organisation, this is an international quality benchmark. CHKS awards accreditation to health care organisations which demonstrate that they have fully complied with all the CHKS standards and criteria relating to governance, legal and professional requirements, safety of patients, staff and visitors, patients' rights and accepted sound organisational practice in health care.

All the major private healthcare insurers have contracts in place with Aiséirí, and recognise that a quality addiction treatment service is provided in all our centres.

Aiséirí also have service level agreements with the Health Service Executive, Probation Services, Waterford City & County Council, Educational Training Board and Department of Employment Affairs and Social Protection all of which have been met in 2019.

Quality is maintained by continuous auditing of the service, this is done through client surveys and focus groups. Each centre has a quality champion. There is a client forum (made up of former clients or family members) who meet quarterly with the CEO and Chairman of the Board. This coupled with

the Whistleblowing policy, Complaints and Grievance policy and procedure all ensure there is open communication and transparency in all aspects of the service.

We have a multidisciplinary Management Team that are dynamic, resourceful with visionary insight, who work purposefully with staff, clients and their families to support and empower them to be the best they can be. This team is supported by the medical expertise of Psychiatrists Bobby Smyth, Geoffrey O'Donoghue, Doctors Miriam Hogan and Bastiaan Van Eynatten. We have a pathway of care that spans the whole continuum from Detox to sober living and work with each individual and their family members to tailor their recovery pathway.

The highlight of 2019 for me was our 'Come to Believe' staff spirituality conferences, where

we were addressed by our foundress Sr. Eileen Fahey together with former clients and family members who shared their recovery journeys with us. We were reminded that each one of us individually are equally an integral part of the Aiséirí Team. The value of our services lies in our staff who we strive to empower and support through continual professional development, training, group and individual supervision, occupational and employment assistant programmes.

I would like to take this opportunity to thank all the Aiséirí staff and volunteers for their continued support and dedication to our clients. Our work is helped by the support we receive from the Health Service Executive staff, Probation Services staff together with all the other interagency we collaborate on a daily basis.

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*Mary Hennessy MA BA FCCA. ACEO*

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## Structure, Governance and Management.

Aiséirí is committed to maintaining the highest standard of governance in all of our activities. Aiséirí is a registered charity and is also a designated activity company limited by shares. Our purpose and objectives are laid out in our Memorandum of Association. Aiséirí's audited accounts are fully compliant with FRS 102, the financial reporting standard applicable in the UK and Republic of Ireland.

Aiséirí complies with the **Governance Code for Community, Voluntary and Charitable** organisations in Ireland. We confirm that a review of our organisation's compliance with the principles in the Code was conducted and was based on an assessment of our organisational practice against the recommended actions for each principle:

**Principle 1.** Leading our organisation.

**Principle 2.** Exercising control over our organisation.

**Principle 3.** Being transparent and accountable.

**Principle 4.** Working effectively.

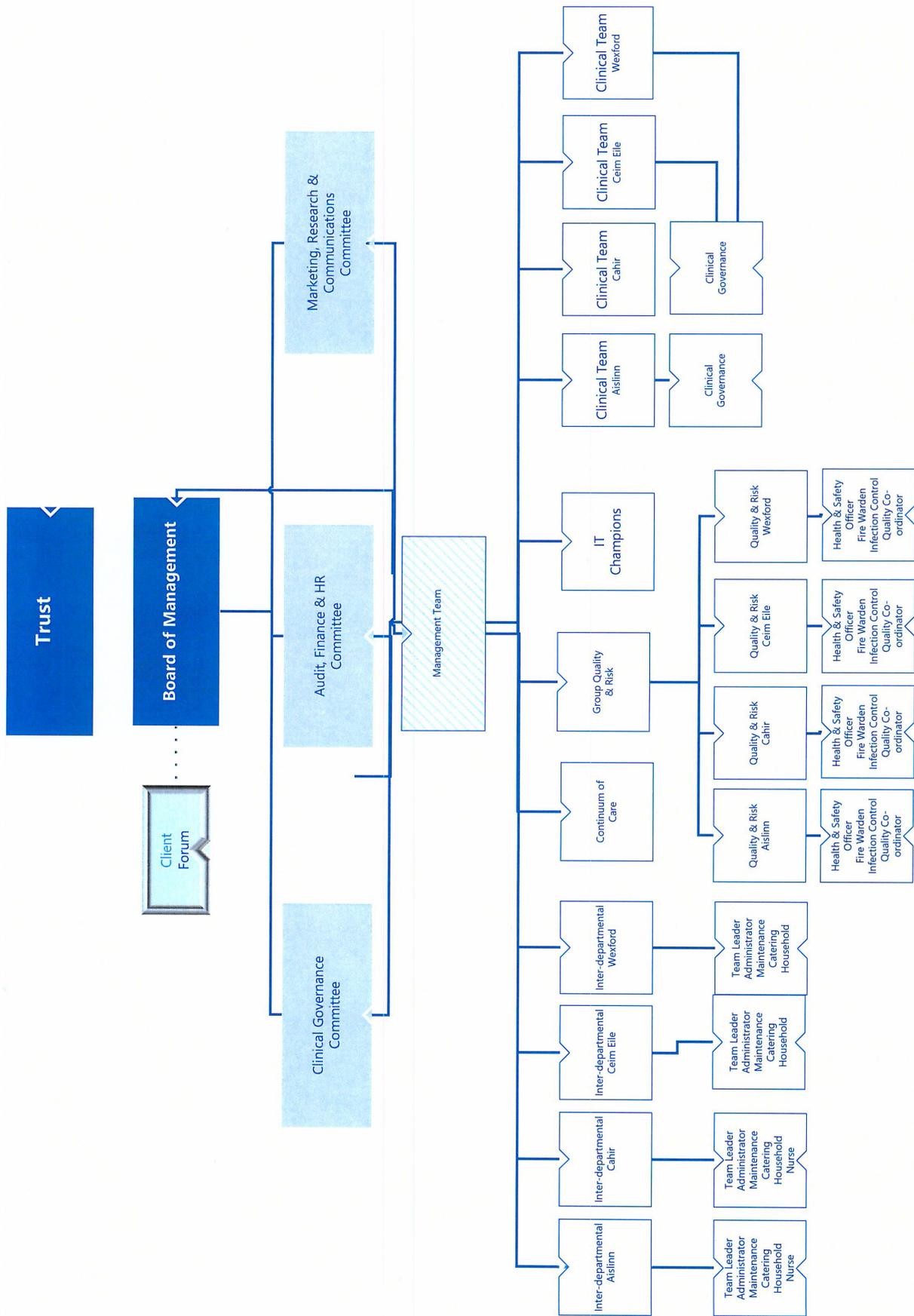
**Principle 5.** Behaving with integrity.

We confirm that our organisation is committed to the standards outlined in these principals. We commit to reviewing our organisational practice against the recommended actions for each principle every year.

In 2019, Aiséirí received full accreditation with **CHKS**. CHKS is a leading provider of healthcare intelligence and quality improvement services. CHKS assurance services combine data analysis with site assessments to benchmark care standards against national quality standards, and highlights areas of good practice and opportunities for improvement.

### Board of Directors 2019

Peter Kieran	Chairman of the Board
John Forde	Board Member
Anne Cuffe	Board Member
David Keane	Board Member
Jacqueline Walsh	Board Member
Jerome Casey	Board Member
Josephine O'Mara	Board Member
Mary White	Board Member
Matthew Breen	Board Member
Maurice Casey	Board Member
Thomas O'Dwyer	Board Member



## An Attitude of Gratitude, Acknowledgement for our Supporters & Funders.

Aiséirí would like to offer our sincere gratitude to our partners, funders and supporters. The impact of your support has aided us in helping young people, men and women, their families and their communities to move forward in recovery. From state agencies, local organisations to individuals, we would like to say Thank You for being a significant part of this journey.



## Centres and Service Reports

### **Aiséirí Aislínn Adolescent Detoxification and Treatment Services. Co. Kilkenny**

Aiseiri Aislínn, Ballyragget, Co Kilkenny, is a residential addiction treatment centre for young people aged 15-21 years, with drug, alcohol and/ or gambling addictions. Addiction is an issue for many young people in Ireland today, and regrettably this number is on the increase.

**Pre-admission** – This a weekly support provided by Aiséirí Aislínn to support young people with the transition into treatment. This group provides support to both young people and their parents/ guardians or concerned persons. This costs €25 per week.

**Detoxification** – The detoxification programme is a minimum of one week. The detoxification service provides both medical nursing and clinical support to young people during detoxification. This week provides psychosocial education and other relevant supports to prepare the young person for treatment. Aiséirí Aislínn provide benzodiazepine, alcohol, opioid and symptomatic detoxification. This process is thoroughly assessed.

**Addiction Treatment** – This is a six week 12 step programme. It provides the young person with the knowledge, understanding and tools to live an abstinence based life. It promotes and supports the young person's wellbeing in recovery. A range of the following therapies are incorporated into the Resident's Treatment: One-to-One Counselling, Group Therapy, Psychodrama, Creative Art, Education, Recreational Therapy, Behavioural Therapy, Peer Groups, Crisis Intervention, Motivational Interviewing, Meditation, Interagency Conferences, Family Conferences, and Health promotions. Preparation for Independent Living, Social Skills, and Life Skills. Every Wednesday is family day and the family / concerned person will be expected to attend from 10.30am -4.30pm for the duration of the young person's treatment. If the young person is under the care of TUSLA, we will require the names and contact details of the staff who will be supporting the young person during their treatment.

A major achievement in Aislínn in 2019 was the opening of the Solas building with thanks to a grant from ESB Energy for Generations Programme, hence the name Solas Nua. The young people in Aislínn came up with the name for the new building, Solas meaning "light". Along with this, the young people wished to call the project itself "The Live and Learn Programme". The Solas Nua building is an educational hub that allows a range of programmes to run. With thanks to Carlow Killkenny ETB who provide huge support to our educational programmes. Solas Nua includes a sand therapy room, a space for yoga, cooking and groups. Along with this we developed and upskilled our clinical staff with training and workshops.

A poly tunnel was donated by Glanbia to develop the horticulture programme where the young people have been growing their own fruit, vegetables, plants and flowers. We also received donations through fundraising to install a sensory room for the residents of Aislinn where the young people can relax or take some time out if needed.

Aiséirí Aislinn were involved in a trinity masters lecture on 12 steps and abstinence recovery. A Continuum of Care for adolescents steering committee established by Aiséirí Aislinn became part of the Care and Case Management committee in the South East and we focused on the development of a Continuum of Care Programme.

Aislinn had a number of significant challenges throughout 2019. We needed to recruit a myriad of staff to enhance the development and running of the service.

All clinical documents needed to be reviewed and standardised in line with best practice and CHKS. We had an increase in complex detoxifications and increased social care interventions. We recruited relief staff in different departments. The structuring of staff allowed various changes to take place.

We revised and standardised medical and clinical policies.

- A clinical plan to support more complex detoxes was devised by the medical team.
- The role of Social Care Workers was developed furthermore to allow them to utilise their degree, skills and knowledge.
- A daily schedule for residents was developed to ensure the young people were in a scheduled social activity or therapeutic setting at all times throughout the day.
- The development of individualised recovery plans ensures all residents have a structured support plan in place when leaving Aislinn.
- Documentation was developed to comply with HSE standards i.e. NDRIC
- A recruitment of a relief staff panel in different departments including nurses, social care workers and night staff to support full time staff.
- A total of 8 relief care staff/night staff were hired throughout the year.
- 2 relief counsellors were hired.
- 3 relief nurses were hired to expand the nursing team.

We were very lucky to have such an interest in student placements from colleges across Ireland. Many of our students have come back on a voluntary basis after their placements finished and volunteer on the weekends and on college breaks.

Our hope in 2020 is to develop and expand on our pre admission and continuum of care programme for young people. I would like to take this opportunity to thank staff for their continued support and hard work throughout 2019.

*Sophia Keane – Manager, Aiséirí Aislinn.*

### **Aiséirí Cahir Adult Detoxification and Primary Treatment Centre, Co. Tipperary.**

In 2019, the highlight for the Aiséirí adult residential addiction centre in Cahir was that it has fully established and integrated the detox service into our programme. This was achieved to great effect, 194 clients were admitted to treatment in Cahir and of these clients 75 utilised the residential detox service. In Cahir we can safely detox clients off alcohol, opiates, benzodiazepines, cannabis, cocaine and various prescribed drugs e.g. Lyrica, zimovane. Cahir has a 24/7 nursing staff and in 2019 we accomplished full integration of the nurses into the multi-disciplinary team so that the work is seamless for our clients. The Aiséirí, Cahir team consists of addiction counsellors, nurses, care workers, consultant GP and consultant psychiatrist and support services. The team works together to provide the best possible care for our clients. The whole multi-disciplinary team works within the Minnesota Model where it is understood by all that the ultimate goal is for our clients to be abstinent from all addictive mood altering chemicals prior to beginning the 28-day residential addiction treatment programme. The addition of the nursing team within the service means that Aiséirí Cahir can also safely manage other medical issues e.g. Type 1 diabetes. The service in Cahir has strengthened in 2019 to where it provides a seamless service for clients to move from substance misuse into recovery in a supported and compassionate way.

A huge thank you to all staff on the team who have all contributed in 2019 to help clients to move from addiction into recovery. It is remarkable how many lives have improved as result of the services provided by Aiséirí, Cahir in 2019.

*Sara Cassidy - Manager, Aiseiri Cahir.*

### **Aiséirí Primary Treatment Centre, Wexford.**

2019 saw continued success for Wexford, with 158 clients receiving treatment. The most common presentation was treatment for Alcohol in females and Alcohol in conjunction with cocaine for male clients. Our continuum of care service really excelled, seeing attendance records at an all-time high. With majority paying in advance, it further secured the service and I am pleased to report that it continues to thrive. Sr. Maureen Freyne and Fr. Jim Curran volunteered throughout the year and their presence had a remarkable impact. Fr. Jim led the spiritual workshops and Sr. Maureen worked with new clients and their families on first Wednesdays. We thank them for their contribution and continued support. Our annual medallion day was held on 7th July. I would like to thank all staff and volunteers for their help in making it such a special day. It was lovely to see so many past residents back to visit. We had clients 28 years in recovery come back!! Our favourite day of the year. The aftercare building, the Fuschia room underwent a complete revamp. We are delighted with the results. We piloted weekly Art Therapy and the residents loved it so it has remained on the programme and is a favourite! Our groundsman has really integrated the residents with getting involved and having an input in developing our 12-step garden. The residents continue to benefit

from the gardens and our location here in Wexford. Two of our wonderful night staff retired, we were blessed to have them on our team and they are missed. We wish them continued happiness in their retirement. 2019 saw some changes among our Clinical Team. We welcomed new staff to the team. An onsite Outpatient Counselling & Psychotherapy Service was set up and piloted. We are grateful for the generous donations we received to allow us get this up and running. The service is highly successful and has already had impact on so many. As Manager of the Wexford Service I would like to take this opportunity to thank the wonderful staff on all their hard work. I am incredibly proud of our team, each and every member makes Aiseiri Wexford a safe, peaceful and therapeutic place.

*Patricia Whelan - Manager, Aiseiri Wexford*

## **Aiséirí Ceim Eile Secondary Treatment and Sober Living Programme, Waterford**

### **Out of an Acorn, grows an Oak tree**

The Aiséirí Ceim Eile Secondary Treatment Recovery Programme has seen another year go by in the blink of an eye and the pace in which it has moved certainly illustrates the need for a service of its kind. Now providing 24 recovery treatment beds in Waterford with on-going specialised training, education and employment pathways to over 35 participants living in the community. The Ceim Eile team strive to create an environment of safety, support, empowerment, non-judgement and dignity but naturally the real successes come from our wonderful client group who each day essentially feel the fear and do it anyway!



Ceim Eile seeks to provide both men and women with the opportunity to further their recovery treatment options and thereby allowing the time to solidify their recovery base in a new supportive environment, explore challenges, identity, consequence, hopes, fears, motivations, learning new life skills -and that's just the start of it!

Referrals for secondary treatment have increased dramatically over 2019, highlighting the need for a prolonged, continuum of care approach which is unique to the Aiséirí organisation in Ireland. This approach has proven exceptionally positive with treatment completions and outcomes substantially higher than the national or international statistics. The provision of a secondary treatment programme, followed by sober living and combined with extensive personalised support with training and education has created a very strong, vibrant recovery community in Waterford City.

July 2019 brought the highlight of the Ceim Eile calendar year. Celebration Day took place and proudly our staff team, resident's families and service providers watched on in delight to see a large number of current and ex residents take to the podium to collect medallions, tell their stories and be awarded a huge range of certificates of learning. That day was a true indication of the power of recovery and the miracles that unfold each day in Ceim Eile-We are more than a Treatment Centre.

In 2019 several participants from the Aiséirí Progression Programme moved into full time employment, with many participants returning to education to undertake major awards. In May 2019 The Progression Programme moved to its new premises at 18 The Mall Waterford. The building hosts daily programmes of education and training along with Aiséirí Continuum of Care meetings, Fellowship meetings and a Community based Drop in service for male and female clients of Aiséirí Ceim Eile.

The Aiséirí Progression Programme coordinated daily education programmes for the men and women's residential centres which included both formal and non-formal education. Funding totalling 21,500 Euro towards education for the residential programme of Aiséirí Ceim Eile was secured from external grants in 2019. From January the Progression Programme operated at full capacity of 19 participants and provided on-going support to over 35 clients living in the community with all accredited and non-accredited group and individual training listed below, which truly provides a picture of the fantastic opportunities on offer by the Progression Programme.

<b>QQI Accredited Modules</b>	<b>Unaccredited Modules</b>
Employability Skills Major Level 3	GOMA Arts Programme
Woodcraft Skills Minor Level 4	Garter Lane Arts Programme
Conflict Resolution Minor Level 5	Study Skills
Interpersonal and Group Behaviour Minor Level 5	Horticulture
Peer Mentoring Minor Level 5	Psychodrama
Personal and Interpersonal Development Minor Level 4	Culinary Skills
ICT Skills Minor Level 4	Yoga
Health Related Fitness Minor Level 4	Personal and Career Development
Research and Study Skills Level 5	Start your own Enterprise
	12 Step Garden Programme
	Acupuncture
	Confidence through Movement
	CV and Interview Skills
	Advocacy Training
	Health Related Fitness
	Career Planning
	WCQ Arts Programme

<b>Accredited Individual Training</b>	<b>Unaccredited Individual Training</b>
Early Childcare and Education Major Level 5	Self Esteem
Applied Social Studies Major Level 5	Screen Acting
Project Management Minor Level 6	Introduction to Beauty Therapy
Mathematics Minor Level 4	Active Leadership
Application of Numbers Minor Level 3	Workshop In Child Welfare & Protection
Training needs identification and Design S.P Level 6	FAI Kick Start / PDP 1 Training
Training Delivery and Evaluation S.P Level 6	Social And Therapeutic Horticulture
ECDL	Criminal Disclosure Training
HACCP Food Hygeine	Personal & Ongoing Development
Four Stroke Engine Maintenance Minor Level 3	Yoga Teacher Training Programme
Restaurant Management S.P Level 7	Basic Book Keeping Using Excel
Community Education And Development Major Level 6	Personal Development
Palliative Care Support Minor Level 5	TIG Welding
Manual Handling	MIG Welding
SafePass	ARC Welding
Barista Training Level 1	BIM Basic Sea Safety Training
First Aid Responder	

It is indeed a privilege to work alongside the amazing staff team and residents of our programmes and I hope that 2020 will also provide us with the opportunity to keep our doors open to the vast number of vulnerable men and women in our society who need the chance to turn their lives around.

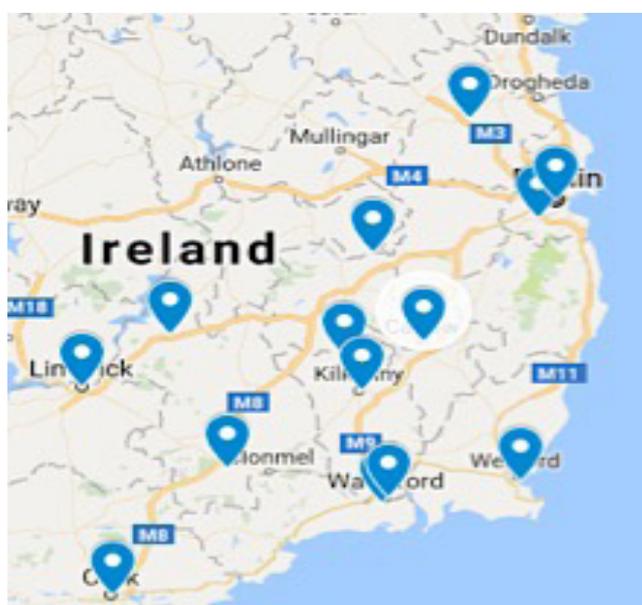
*Gerry Carroll - Manager, Waterford Services.*



## Continuum of Care

2019 was an exciting year for the Continuum of Care programme in Aiséirí. The main objectives were to embed and maintain the wide range of new initiatives introduced in 2018. The new and revised programme was supported by the facilitators. Each month in role support saw the further developments and embedding process continued as facilitators became more experienced and upskilled in the delivery of the programme.

There was a further 9% increase in the clients attending the Continuum of Care Programme bringing the numbers in total up to 536. There were 39 groups in total which were in 13 different locations covering the east, midlands, south and south-east of the country.



A full review of the Adolescent Continuum of Care service was undertaken, including focus groups with clients and family members, focus groups with facilitators, a steering committee was established and a strategy and new design for 2020 was developed.

A further 22 volunteers successfully completed the QQI Level 6 in Facilitation. This training now also includes 'Mental Health First Aid' certified by Mental Health Ireland. The new aspect to the facilitator training was warmly welcomed by our newly trained volunteers and also rolled out to our current cohort of facilitators.

The general consensus from the team of facilitators was that it gave them a heightened sense of awareness in relation to mental health issues and related concerns. A Graduation ceremony was held in Aiséirí Cahir in July. This ceremony afforded the families of our newly trained facilitators

to visit Aiséirí and get a sense of the impact of their work and the value of their contribution to recovering families throughout the Continuum of Care services.

As part of the ongoing training and support for facilitators two continued professional development days are held each year. In 2019, A seminar was held on gambling addiction and eating disorders. A self-care day was held in July where the core values of the Minnesota model were revisited. There was a deep sense of connection and deepening of the spiritual aspect of the recovery programme.

The main objectives for 2020 are:

1. Deliver the revised continuum of care programme for Aislínn as per the strategic plan
2. Revise and update the facilitator training course
3. To review the support structure for facilitators
4. To survey the client satisfaction in continuum of care
5. To survey facilitator satisfaction.

*Helen O'Brien - Manager, Aiséirí Continuum of Care.*

## Quality Management

The highlight of 2019 in the area of Quality Management was the achievement of full compliance from our accreditation company, CHKS, on all 28 standards throughout our 4 Centres. Additionally, the Aiséirí Organisation was also commended on the following:

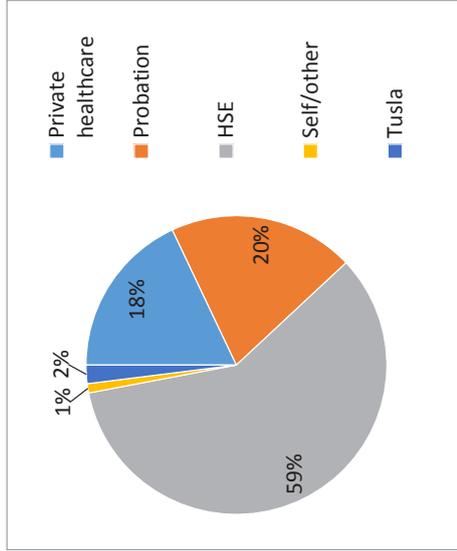
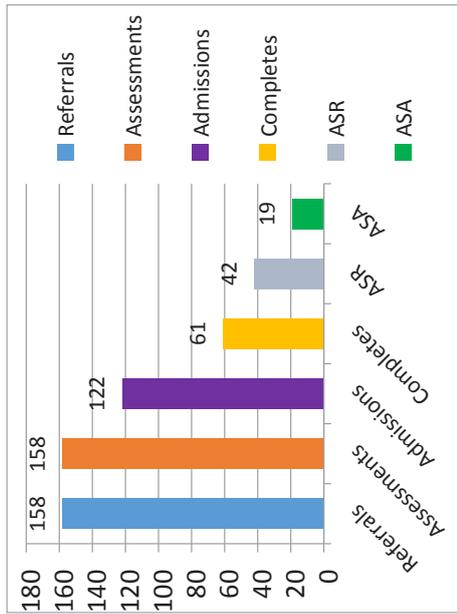
- The establishment of personal development plans which has resulted in the specialisation of specific issues, for example, Trauma, Self-harm, Eating Disorders. Also, the introduction of degree level education for members of staff working within the organisation.
- The work of the clinical team to go the extra mile to ensure that the clients, carers and family are treated with courtesy, respect and dignity.
- The development of the client forum who provide feedback on such things as the provision of information.
- The work undertaken to date to move a paperless care record which has input from staff to ensure all information is captured.
- Employing a continuum of care coordinator to ensure that ongoing services are in place on a client's discharge in order to reduce relapses.

*Deirdre O'Donoghue, Quality Manager.*

# Aiséirí Activity Reports 2019 (Accumulative)

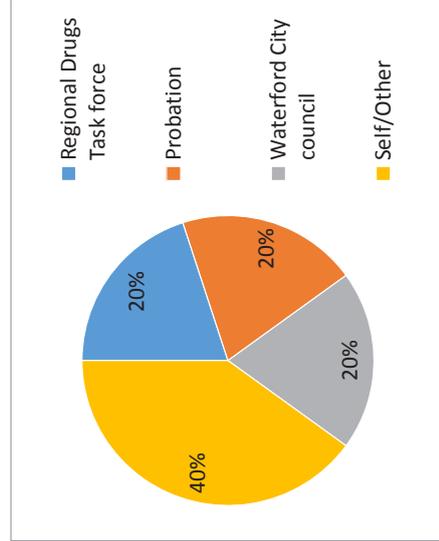
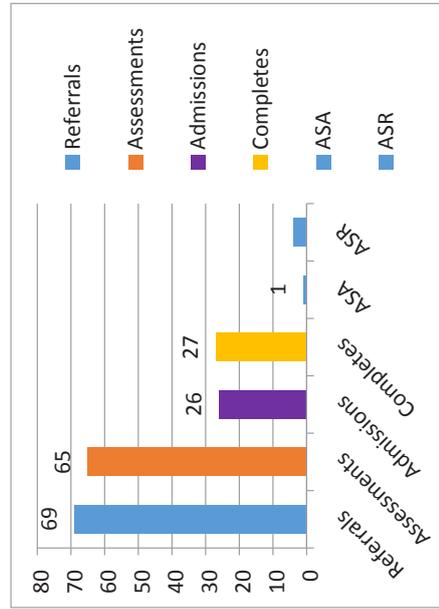
Up to end of December 2019

## Aislinn



Aiseiri Aislinn	
<b>Total admissions</b>	<b>122</b>
Detox:	90
House:	32
<b>Gender Profile</b>	
Male	97
Female	25
<b>Main reason referral</b>	
Drugs	102
Alcohol	7
Gambling	1
Multiple Addictions	12
	9%

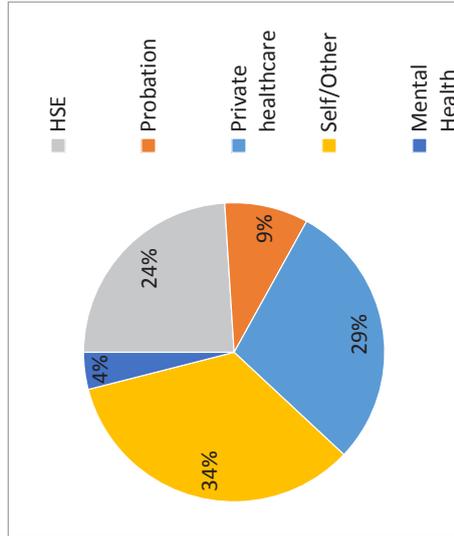
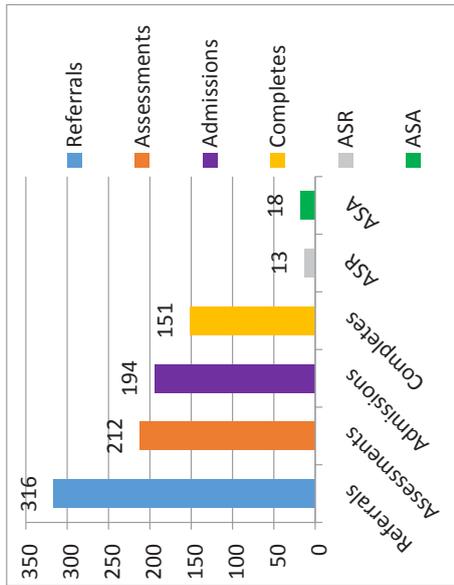
## Ceim Eile



Aiseiri Waterford	
<b>Total admissions</b>	<b>26</b>
Detox:	0
House:	26
<b>Gender Profile</b>	
Male	16
Female	10
<b>Main reason referral</b>	
Drugs	7
Alcohol	8
Gambling	0
Multiple Addictions	11
	4.2%

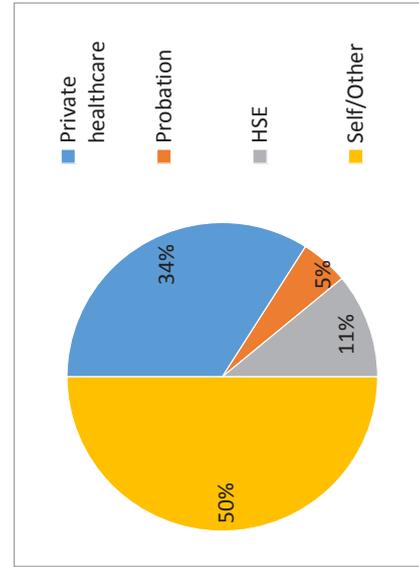
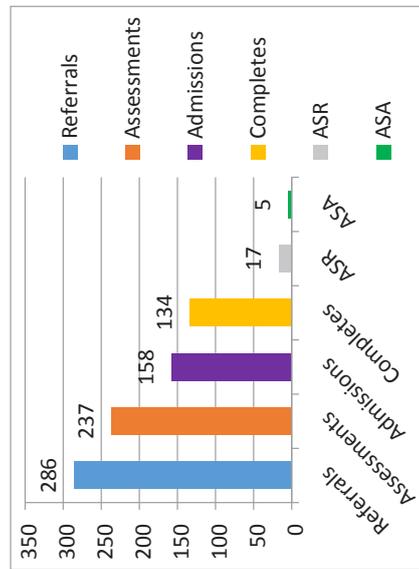
## Aiséirí Activity Reports 2019 (Accumulative) Cahir

Up to end of December 2019



Aiseiri Cahir	
<b>Total admissions</b>	<b>194</b>
Detox:	75 (39%)
House:	119 (61%)
<b>Gender Profile</b>	
Male	126 (65%)
Female	68 (35%)
<b>Main reason referral</b>	
Drugs	70 (36%)
Alcohol	103 (53%)
Gambling	7 (4%)
Multiple Addictions	14 (7%)

## Wexford



Aiseiri Wexford	
<b>Total admissions</b>	<b>158</b>
Detox:	0
House:	158 (100%)
<b>Gender Profile</b>	
Male	97 (61%)
Female	61 (39%)
<b>Main reason referral</b>	
Drugs	29 (18%)
Alcohol	88 (56%)
Gambling	9 (6%)
Multiple Addictions	32 (20%)

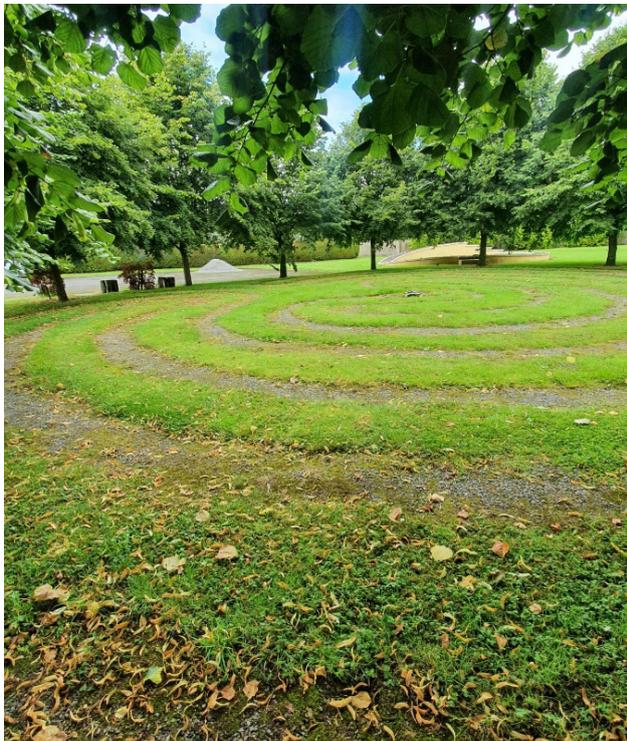
## A Snippet of The Client Experience

"Coming into Aislinn changed everything for me. Before I came to Aislinn I was in the worst place of my life. I was suicidal and self harming. My reputation was totally tarnished and nobody wanted to work with me. Aislinn changed my life. I finally found a safe place to talk about things in my life I felt I never would be able to talk about. I felt safe here, nobody ever judged me. I am now in the after care group every week with other young people like me. I have just opened my own business and launched my own company at 22 years of age. If I didn't go to Aislinn I have no idea where I would be today."

(Aislinn Client)

"My name is Paul and I'm an alcoholic. I joined the Aiséirí Progression Programme roughly about 9 months ago. I was very nervous at the start but I was reassured that all would be grand. The staff and the ex-residents of Ceim Eile are great. We all link to help each other. I was asked at the start what would I like to achieve from coming on board. I wanted to improve my communication skills, I have come on a great deal because of the weekly interactions with the group. I'm starting horticulture in January and I'm doing courses that would not be possible without the help of the Progression team. All in all I find being here gives me structure and I'm surrounded in recovery and in constant contact with other members. Great to be part of this, Always moving forward. Thank you."

(Progression Programme Participant)



Some of the beautiful grounds in Aiséirí Aislinn.



Designated spaces for counselling and group therapy.

---

*"I have found the freedom to unapologetically be myself. From selling bags of Heroin to Dancing on a Stage!! My name is Dean, I am an addict, my name is Dean I am an artist!!"*

---



Sailing Programme with our friends in Sailing into Wellness.



Planting, growing & spending time outside.



An opportunity for expression through art.



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*"I feel more prepared as I have fine-tuned the skills required to manage my everyday life"*

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## Financial Review

Aiséirí Cahir DAC accounts are audited by KPMG.

### Independent auditor's report to the members of Aiséirí Cahir Designated Activity Company Report on the audit of the financial statements

#### Opinion

We have audited the financial statements of Aiséirí Cahir Designated Activity Company ("the Company") for the year ended 31 December 2019 set out on pages 9 to 22, which comprise the income and expenditure account and other comprehensive income, the balance sheet, the statement of changes in equity, the cash flow statement and related notes, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland*.

*In our opinion, the accompanying financial statements:*

- Give a true and fair view of the assets, liabilities and financial position of the Company as at 31 December 2019 and of its surplus for the year then ended;
- Have been properly prepared in accordance with FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland*; and
- Have been properly prepared in accordance with the requirements of the Companies Act 2014.

#### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements section* of our report. We are independent of the Company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **We have nothing to report on going concern**

We are required to report to you if we have concluded that the use of the going concern basis of accounting is inappropriate or there is an undisclosed material uncertainty that may cast significant doubt over the use of that basis for a period of at least twelve months from the date of approval of the financial statements. We have nothing to report in these respects.

### **Other information**

The directors are responsible for the other information presented in the Annual Report together with the financial statements. The other information comprises the information included in the directors' report. The financial statements and our auditor's report thereon do not comprise part of the other information. Our opinion on the financial statements does not cover the other information and, accordingly, we do not express an audit opinion or, except as explicitly stated below, any form of assurance conclusion thereon.

### **Report on the audit of the financial statements (continued)**

#### **Other information (continued)**

Our responsibility is to read the other information and, in doing so, consider whether, based on our financial statements audit work, the information therein is materially misstated or inconsistent with the financial statements or our audit knowledge. Based solely on that work we have not identified material misstatements in the other information.

*Based solely on our work on the other information, we report that:*

- We have not identified material misstatements in the directors' report;
- In our opinion, the information given in the directors' report is consistent with the financial statements;
- In our opinion, the directors' report has been prepared in accordance with the Companies Act 2014.

#### **Opinions on other matters prescribed by the Companies Act 2014**

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the Company were sufficient to permit the financial statements to be readily and properly audited and the financial statements are in agreement with the accounting records.

## **Matters on which we are required to report by exception**

The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by Sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

## **Respective responsibilities and restrictions on use**

### **Responsibilities of directors for the financial statements**

As explained more fully in the directors' responsibilities statement set out on page 4, the directors are responsible for: the preparation of the financial statements including being satisfied that they give a true and fair view; such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error; assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern; and using the going concern basis of accounting unless they either intend to liquidate the Company or to cease operations, or have no realistic alternative but to do so.

## **Respective responsibilities and restrictions on use (continued)**

### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A fuller description of our responsibilities is provided on IAASA's website at:

[https://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-ag8202dc9c3a/Description\\_of\\_auditors\\_responsibilities\\_for\\_audit.pdf](https://www.iaasa.ie/getmedia/b2389013-1cf6-458b-9b8f-ag8202dc9c3a/Description_of_auditors_responsibilities_for_audit.pdf)

## The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the Company's members, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the Company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

2020

*C Byrne*  
for and on behalf of  
KPMG  
Chartered Accountants, Statutory Audit Firm  
*1 Stokes Place*  
*St. Stephen's Green*  
*Dublin 2*

## Income and expenditure account and other comprehensive income

for the year ended 31 December 2019

	Note	2019 €	2018 €
Income	3	5,066,814	4,672,751
Expenses		(5,065,794)	(4,703,023)
		_____	_____
Net operating surplus/(deficit)		1,020	(30,272)
		_____	_____
Other income			
Contribution from Aiséirí		-	-
		_____	_____
Total other income		-	-
		_____	_____
Surplus/(deficit) for the year		1,020	(30,272)
		=====	=====

*There are no recognised gains or losses other than the surplus/(deficit) for the year and accordingly no statement of other comprehensive income is presented. The surplus/(deficit) arises from continuing activities.*

## Balance sheet

as at 31 December 2019

	Note	2019 €	2018 €
Tangible assets	6	2,702,206	2,578,210
<b>Current assets</b>			
Stocks - consumables	7	21,336	18,606
Debtors	8	919,501	1,025,576
Cash at bank and in hand	9	7,987	118,362
		<u>948,824</u>	<u>1,162,544</u>
Creditors: amounts falling due within one year	10	(1,484,640)	(1,516,135)
		<u>(535,817)</u>	<u>(353,591)</u>
<b>Net current liabilities</b>			
		<u>(535,817)</u>	<u>(353,591)</u>
<b>Total assets less current liabilities</b>		2,166,389	2,224,619
Creditors: amounts falling due after one year	11	(631,765)	(691,013)
		<u>(631,765)</u>	<u>(691,013)</u>
<b>Net assets</b>		<u>1,534,625</u>	<u>1,533,606</u>
<b>Financed by</b>			
Share capital	14	2	2
Accumulated surplus		271,228	270,209
Capital contribution		1,263,395	1,263,395
		<u>1,263,395</u>	<u>1,263,395</u>
<b>Total accumulated funds</b>		<u>1,534,625</u>	<u>1,533,606</u>

# Aiséirí - Recovery from Addiction



Aiséirí/Aislín,  
Ballyragget,  
Co. Kilkenny.

Tel: 056-8833777

Email: [info@aiseiri.ie](mailto:info@aiseiri.ie)  
Website: [www.aiseiri.ie](http://www.aiseiri.ie)

Aiséirí is a registered charity CHY20096

Aiséirí,  
Roxborough,  
Co. Wexford.

Tel: 053-9141818

Aiséirí,  
Townspark,  
Cahir,  
Co. Tipperary.  
Tel: 052-7441166

Aiséirí,  
Ceim Eile,  
The Priory, St. Saviours,  
Ballybeg, Waterford City.  
Tel: 051-370007