

2015

Recovery from Addiction

Aiséirí Annual Report 2015



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.

Annual Report

2015 Recovery from addiction

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“In the little town of Kilkenny amazing minds, souls, spirits and bodies are breathing new life into the young vulnerable children of this and the next generation.”

Parent of Aislinn client

Chairman's Introduction



This report marks an important phase in the implementation of our strategy 'Keeping it Simple 2014 to 2017'. We have seen a significant expansion and change in the structures that deliver our services.

This however continues to stretch our resources. We have yet to see the benefit of an improving economy.

Addiction in all its forms is one of the greatest threats to our communities. While we are grateful for the resources we receive from the State services the contribution that Aiséirí and similar services receives does not match the enormous need that currently exists.

We acknowledge the need to be accountable to our stakeholders and the wider public.

In that context we have adopted the Governance Code for Community, Voluntary and Charitable Organisations in Ireland. This report is an important part of that work and demonstrates our commitment to transparency.

The Board and I appreciate the hard work of the Chief Executive and his team. The engagement with the Board is both professional and effective.

Most importantly I wish to acknowledge the courage of the residents of Aiséirí for the manner in which they are working to rebuild their lives. They continue to be an inspiration to us all.

Tony Walsh
Chairman



Chief Executive's Report



In 2015 we had 175 admissions in our adolescent detoxification and rehabilitation service in Kilkenny, an increase of 60 individuals on the previous year. 347 adults were admitted to our adult services in Wexford

and Tipperary, an increase of 27 individuals on the previous year, with a further 33 provided with long term secondary treatment in our residential services in Waterford. We also continued to provide a compressive aftercare and family service to all those who completed our programme, not just in 2015 but in previous years also.

Throughout the year we continued to implement the actions agreed in our strategy 'Keeping it Simple 2014 to 2017'. This strategy is designed to make our services more accessible in order to meet the changing needs and demands of our clients who all come from the communities in which we live.

Three of our key achievements in 2015 were;

- The merger of the adolescent detoxification and rehabilitation service in Kilkenny, creating a multidisciplinary team approach.
- The commencement and completion of a substantial refurbishment at our adult treatment service in Tipperary.
- The establishment of a new supported housing project in Waterford for men.

Our financial position did improve in 2015 however we have had to accept that our funding model with respect to our adolescent detoxification and rehabilitation service is not suitable. Despite being the only residential detoxification and treatment service for adolescents in the country we need to rely on fundraising and the contributions from private sources to try and cover our cost base. This is not sustainable into the future. We are calling on

the government to look into the possibility of fully funding this essential and successful programme into the future.

Aiséirí, like many other services, are seeing a rise in the number of women presenting for treatment, many with complex needs. There is an urgent requirement for secondary treatment facilities, housing support and specific services to meet these needs. We would like to provide such services in the South East, an area of the country which has no such facilities at present. We have the infrastructure in place in Waterford to deliver on this and with minimal additional funding second stage treatment facilities for women could be a reality in 2017.

We urgently need to step up our efforts to improve the quality of our adult treatment services in Wexford to match the standards required of a modern treatment facility. Despite these constraints, the team in Wexford continue to provide a service which delivers on outcomes and contributes significantly to the recovery and improved circumstances for many of our clients and their families.

During the summer we traditionally hold two events to celebrate those who have completed at least one year of sobriety following their initial residential treatment. 129 men and women were in attendance at these events to receive their medallions in 2015. This is a huge achievement and I would like to congratulate all of those recipients.

This is clear evidence that recovery is possible and that treatment works for many at Aiséirí.

I would like to thank all of the volunteers and staff at Aiséirí for their hard work and dedication in 2015.

Paul Conlon
Chief Executive

Four Centres - One Vision

The word Aiséirí means resurrection which provides a place for new opportunities and new beginnings. Central to this philosophy is the creation of an environment where people feel secure, valued and supported as they make their way towards recovery.

Throughout our four centres we provide detox, rehabilitation, and secondary care treatment for people who have suffered physically, psychologically, emotionally and spiritually as a result of alcohol, drugs and gambling abuse.



Adolescent Detoxification & Treatment Services

Aiséirí, Aislinn, located in Kilkenny, provides the only residential treatment service in Ireland that carries out detoxification for adolescents between 15-21 years old.

Aislinn was established in 1998 and was one of the country's first Adolescent Residential Addiction Treatment Centres. In 2013 we were invited by the HSE to establish a standalone detoxification facility for adolescents. Throughout 2014 it became clear that we needed to integrate this service further with our successful treatment and rehabilitation service.

Following consultation with our funders and staff we decided to proceed with integrating the detoxification service with the existing residential programme. This decision was based on the need to create a seamless transition for our clients from admission to treatment, rehabilitation and beyond.

Despite initial reservations and concerns the merger has worked exceptionally well, increasing the number of referrals coming through detox.

The headline figures for this service are set out below.

Aislinn, Adolescent Residential Services, Kilkenny	
181	Clients aged 15 -21 years assessed for treatment
175	Clients admitted for residential treatment
68	Clients admitted for detoxification
210	Family members supported through Aislinn's family support programme
Age Profile;	
• 15-17yrs	37%
• 18-20yrs	53%
• 21yrs	10%
Gender Profile;	
• Male	82 %
• Female	18 %
Primary Drug;	
• Alcohol	18%
• Gambling	0%
• Drugs	82%
<i>Note whilst there were no primary admissions for gambling, this was an issue for many of the young people with alcohol and drug problems</i>	

“My life of addiction started at the age of 9 when my mother committed suicide. This is not the age I started using or drinking at but it is the age in which the problems which fuelled by addiction originated.”

AJ, Aislinn Client

Adult Residential Treatment Centres

We have two adult residential treatment services at Aiséirí, both providing a 28 day residential treatment and rehabilitation service. The service in Tipperary saw the commencement and completion of a substantial refurbishment of the existing premises in 2015.

This refurbishment will provide additional capacity in 2016 and make way for the introduction of an integrated residential detoxification facility similar to the successful model piloted in our adolescent residential services in Kilkenny.

Headline figures for our Tipperary service are set out below.

Aiséirí, Adult Services, Cahir, Co. Tipperary	
249 Clients assessed for treatment	
196 Clients admitted for residential treatment	
350 Family members supported through the family support programme and approximately 20 completed the family programme in Cahir	
Age Profile;	
• 20-30yrs	31%
• 31-40yrs	28%
• 41-50yrs	30%
• 51-60yrs	9%
• 61-70yrs	2%
Gender Profile;	
• Male	71%
• Female	29%
Primary Drug;	
• Alcohol	57%
• Gambling	7%
• Drugs	36%

Both of our adult services are safe, homely and tranquil facilities with a combined capacity of 24 beds. They provide an ideal environment for reflection, recovery and rehabilitation.

Negotiations with respect to the refurbishment of our Wexford facility continued through 2015 and it is a priority for the organisation to replicate the upgrade achieved in Cahir at our Wexford facility once capital funding has been secured.

Headline figures for our Wexford service are as set out below.

Aiséirí, Adult Services, Roxborough, Co. Wexford	
187 Clients assessed for treatment	
151 Clients admitted for residential treatment	
245 Family members supported through the family support programme	
Age Profile;	
• 20-30yrs	54%
• 31-40yrs	25%
• 41-50yrs	9%
• 51-60yrs	10%
• 61-70yrs	2%
Gender Profile;	
• Male	65%
• Female	35%
Primary Drug;	
• Alcohol	80%
• Gambling	2%
• Drugs	18%

Second Stage Treatment & Continuing Care Services

Ceim Eile is located in Waterford City. It provides a continuum of care for clients following completion of a residential treatment programme. This is a relatively small service with a maximum of 10 beds. Clients can spend up to 6 months here. The objective is to assist the most vulnerable who for one reason or another are not in a position to return to their home or community at present.

Many individuals are indeed homeless on admission and for others their journey at Ceim Eile helps prevent homelessness and relapse into addiction. In addition to the therapeutic programme, life skills, access to education and career guidance are routinely provided and many have access to a community employment programme delivered by Aiséirí.

2015 saw the establishment of an additional supported living facility in Waterford to further accommodate up to 5 men.

The headline figures are set out below.

Ceim Eile, Aftercare Services, Waterford City, Co. Waterford	
28	Clients resided in Ceim Eile in 2015
57%	Participated in Education, Training and Return to Employment Programmes
21%	Progressed to full time Education
17%	Progressed to further Training
25%	Progressed to training and part time employment
8%	Progressed to full time employment
5	Individuals moved on to be supported in our newly established supported living facility

Aftercare

The primary purpose of aftercare is to promote long-term recovery, improved life styles and coping methods thus preventing relapse. Recovery is not a process that takes place solely within the confines of a four or six week treatment programme, recovery is an ongoing process that will last a lifetime.

The steps taken immediately following treatment, especially in the early years, can make a difference between permanently staying sober and an endless cycle of relapse and rehabilitation.

Aftercare Programme – Throughout Ireland	
44 (approx.)	Aftercare meetings per week Nationwide
2,200+	Aftercare meetings per annum
88	Volunteer facilitators

In addition to the Aftercare support all clients who move on from our residential treatment facilities are offered individual counselling sessions with their key counsellor during the first weeks and months in early recovery.

My Story



Looking back now, I realise that the last six years of my life has revolved around drinking and using. It did not start off bad, six cans once a week on a Saturday. The problem was I did not realise how much I was enjoying it. Anything I tried I loved it.

I started smoking cigarettes when I was fourteen; trying to get that light headedness when inhaled quickly and repeatedly. Hash was soon introduced to me. I was in love, everything became easier. I started smoking before, during and after school. This saw me go through three mainstream schools. Not because I was caught smoking simply because I stopped doing work. All the teachers expectations left, my respect for them with it. I had bad resentments against them and felt I had to get at them at any given opportunity. This made my parents work phone numbers popular with calls from the principal's office week in and week out. This caused a lot of turmoil in my relationship with my parents, along with their own marriage.

I began skipping and staying out of school. If I wasn't in school I couldn't get in trouble. I was caught for that too and that ceased my funding which had already taken hits. I started robbing more and more, with no limit to what I took. When my home was bled out I moved to the streets. With the streets came older friends and harder drugs. I also came very much in contact with a big group of people who used a lot and bought a lot. This hit a nerve. I decided to start dealing. I made money yeah, but with this came very high amounts of drugs injected. I quickly found that I needed weed to get out of bed in the morning.

I was caught in an endless, vicious cycle of addiction. This took me awhile to admit to myself, and longer to my family, who knew anyway. They stood beside me when I wanted to get help I went to Aislinn for assessment with both my parents.

It was the first time I heard my parents story which shocked me. I had caused them so much pain emotionally. Shame, embarrassment and guilt flooded me. I felt tears fill my eyes in that little assessment office. That was the motivation I needed, that raw emotion. Three weeks later I became a resident in Aislinn.

Everything I have heard here rings bells and triggers past scenarios. Here I am learning important life skills that every recovering addict needs, especially the ability to deal with a situation without flooding it with alcohol and drugs.

I look forward to recovery and everything it promises.

Killian

Partnerships Funders and Supporters of Aiséirí

We would like to acknowledge all our partners, funders and supporters, without your continuous support we would not be in a position to help people recover from addiction. Thanks to you we have been able to give thousands of people and their family's brighter and meaningful lives.

Throughout 2015 we worked closely with a number of outside agencies including Arbour House Cork, Yoda Dublin, CSMT Limerick, Merchants Quay Ireland, Community Employment Scheme in the South East, Renewal Cork, Fellowship House Cork, as well as the community based youth services in the South East of the country particularly. To all of you we say a big thank you for your help and support throughout the year.

We would also like to thank the Health Service Executive, the Probation and Welfare Service, the Department of Justice, The Department of Social Protection, Tusla, the Gardai, Waterford City Council as well as the local and regional Drug and Alcohol Task Forces in the South East for their ongoing support.

Thank you to all our fundraisers as well as those who donate on a monthly basis. Your support is invaluable.

We would like to say a special thanks to the JP McManus Benevolent Fund for the very kind donation which allowed us to refurbish and introduce a new detox unit in our adult centre in Cahir, Tipperary.

Aiséirí – Recovery from Addiction

“Aiséirí helped my mother and I develop our friendship. She completed the residential programme and I’m returning to school. I’m determined. I’m intelligent. And I look forward to reaching my potential.”

Beth, Aislinn Client

Governance

Aiséirí is a registered charity and a limited liability company.

Its purpose, objectives and how it conducts its business are set out in its Memorandum of Association as available from the Companies Registration Office. The principal activity of the company is the operation, administration and support of therapeutic programmes as well as providing a continuing care service. This supports individuals with drug, alcohol and gambling problems, and their families, in their recovery to lead fulfilled and productive lives in society.

Governance Code for Community, Voluntary and Charitable Organisations

Aiséirí is committed to maintaining the highest standard of corporate governance in all of our activities. In 2014 the board of directors adopted 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 this is 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 are now compliant and committed to reviewing our organisational practice against the recommended actions for each principle every year. Please visit the www.governancecode.ie website for more details.

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. Aiséirí is fully accredited with this quality improvement body.

Fundraising Governance Commitment

Aiséirí are currently implementing the Statement of Guiding Principles for Fundraising and will be fully compliant in 2016. The statement provides Irish charities with good practice standards for fundraising. The Principles were drawn up by the ICTR (Irish Charities Tax Research Ltd) and supported by the Department of Community, Equality and Gaeltacht Affairs.



Aiseiri Cahir Launch,
Minister Catherine Byrne,
Sister Eileen Fahy,
CEO Paul Conlon

Financial Review

Aiséirí Cahir Limited accounts are audited by KPMG and combine the results of the 4 Aiséirí units. (See independent KPMG auditor's report on page 15)

Aiséirí made an operating loss of €7,436 in the year ended 31/12/2015 compared with loss of €413,458 in the previous year ended 31/12/2014. This was achieved by implementing cost saving measures across the organisation; costs are constantly being monitored on a systematic basis and economy is always sought. Staff cost account for 75% of total running costs.

The challenge during 2015 was to continue to consolidate the four separate units into one cohesive working unit, sharing resources and putting Aiséirí on a viable path for the future.

The statement of income and expenditure and balance sheet at 31 December 2015 combine the results of the four treatment centres.

Summary Operating Statement for the year ended 31st December 2015

Income	2015	2014
	€	€
Probation and Welfare Services	471,900	451,900
HSE & S. ER Drug Task Force	1,427,862	833,524
Other grants	51,988	51,988
Client fees	1,338,977	1,946,456
Aftercare	164,916	179,903
Detox unit	300,164	403,320
Fundraising and donations	29,300	37,899
Rental income	71,035	60,727
Other	69,600	92,668
	3,925,742	4,058,385
Expenditure	2015	2014
	€	€
Staff Costs	2,930,482	3,276,586
Direct Costs	908,552	893,495
Provision for legal claims	-	180,000
Bad debt provision	-	30,000
	- 28,746	- 28,746
Depreciation	109,695	111,038
Subscriptions	13,195	9,470
	3,933,178	4,471,843
Operating Balance Surplus/(Deficit)	(7,436)	(413,458)

Aiséirí Cahir Limited

Cash flow statement

for the year ended 31 December 2015

	2015 €	2014 €
Cash flows from operating activities		
Surplus/(deficit) for the year	462,627	(176,074)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	109,695	111,038
Contribution received from Aiséirí	(470,063)	(237,384)
Loss on disposal of fixed assets	777	368
Increase in stock	(6,207)	(6,240)
Increase in trade and other debtors	(19,427)	(504,359)
(Decrease)/increase in trade and other creditors	(104,540)	505,500
Net cash from operating activities	(27,138)	(307,151)
Cash flows from investing activities		
Acquisition of tangible fixed assets	(556,874)	(102,135)
Net cash from investing activities	(556,874)	(102,135)
Cash flows from financing activities		
Contribution received from Aiséirí	470,063	237,384
Loan received from Aiséirí	300,000	-
Funding reserve	-	(40,000)
Net cash from financing activities	770,063	197,384
Net increase/(decrease) in cash equivalents	186,051	(211,902)
Net (debt)/cash at beginning of year	(148,656)	63,246
Net cash/(debt) at end of year	37,395	(148,656)

Aiséirí Cahir Limited

Balance sheet

as at 31 December 2015

	2015 €	2014 €
Tangible assets	2,320,939	1,874,537
Current assets		
Stocks - consumables	18,161	11,954
Debtors	1,023,883	1,004,456
Cash at bank and in hand	50,806	21,818
	1,092,850	1,038,228
Creditors: amounts falling due within one year	(853,857)	(786,714)
Net current assets	238,993	251,514
Total assets less current liabilities	2,559,932	2,126,051
Creditors: amounts falling due after one year	(849,657)	(878,403)
Net assets	1,710,275	1,247,648
Financed by		
Share capital	2	2
Accumulated surplus/(deficit)	446,878	(15,749)
Capital contribution	1,263,395	1,263,395
Total accumulated funds	1,710,275	1,247,648

Independent auditor's report to the members of Aiséirí Cahir Limited

We have audited the financial statements (“financial statements”) of Aiséirí Cahir Limited for the year ended 31 December 2015 which comprise the income and expenditure account and other comprehensive income, the balance sheet, the statement of changes in equity and the related notes. 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*. Our audit was conducted in accordance with International Standards on Auditing (ISAs) (UK & Ireland).

Opinions and conclusions arising from our audit

1. *Our opinion on the financial statements is unmodified*

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2015 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.

2. *Our conclusions on other matters on which we are required to report by the Companies Act 2014 are set out below*

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.

In our opinion the information given in the directors' report is consistent with the financial statements.

3. *We have nothing to report in respect of matters on which we are required to report by exception*

ISAs (UK & Ireland) require that we report to you if, based on the knowledge we acquired during our audit, we have identified information in the annual report that contains a material inconsistency with either that knowledge or the financial statements, a material misstatement of fact, or that is otherwise misleading.

In addition, 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.

Basis of our report, responsibilities and restrictions on use

As explained more fully in the statement of directors' responsibilities set out on page 4, the directors are responsible for the preparation of the financial statements and for being satisfied



that they give a true and fair view and otherwise comply with the Companies Act 2014. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Financial Reporting Council's Ethical Standards for Auditors.

An audit undertaken in accordance with ISAs (UK & Ireland) involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error.

This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements.

In addition, we read all the financial and non-financial information in the directors' report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Whilst an audit conducted in accordance with ISAs

(UK & Ireland) is designed to provide reasonable assurance of identifying material misstatements or omissions it is not guaranteed to do so. Rather the auditor plans the audit to determine the extent of testing needed to reduce to an appropriately low level the probability that the aggregate of uncorrected and undetected misstatements does not exceed materiality for the financial statements as a whole. This testing requires us to conduct significant audit work on a broad range of assets, liabilities, income and expense as well as devoting significant time of the most experienced members of the audit team, in particular the engagement partner responsible for the audit, to subjective areas of the accounting and reporting.

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.

C Byrne *6 September 2016*
for and on behalf of
KPMG
Chartered Accountants, Statutory Audit Firm
1 Stokes Place
St. Stephen's Green
Dublin 2



Aiséirí,
Roxborough,
Wexford

Aislín,
Ballyragget,
Kilkenny



Aiséirí, Cahir,
Tipperary

Ceim Eile,
Waterford City,
Waterford



“My drug addiction has landed me in hospital a fair few times; it has nearly killed me mentally and physically.

So I thank Aislinn for all the help and support they gave to me, it’s up to me now to use it.”

Steven



How you can help more people and their families.



Individuals



- Fundraise for us through your own event
- Take part in an organised event (marathons, hikes etc.)
- Volunteer to help us with fundraising
- Nominate Aiséirí with your company as their charity partner

Companies



- Volunteer your staff
- Partner with Aiséirí
- Take part in an organised event (marathons, hikes etc.)
- Volunteer to help us with fundraising
- Choose Aiséirí for your Corporate Social Responsibility Programme

Ways to Donate



- Donate on line www.aiseiri.ie, by post or in person at any of our centres.
- You can set up a standing order to donate on a regular basis.
- Remember us in your Will.
- Fund a specific programme or project.

If you would like to know more about Aiséirí or to help us raise money for our services please do get in touch with us; info@aiseiri.ie

Aiséirí - Recovery from Addiction



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Co. Kilkenny.

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Aiséirí is a registered charity CHY20096

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