

Keeping it Simple

Aiséirí Newsletter



Quarter 3 2016

In this edition;

Update from Paul Conlon, CEO

Page 2

Aiséirí Annual Report 2015 launch

Page 3

Welcome to Recovery

Page 4

Fundraising Update and Events

Page 5

Aislinn, Aiseiri



The two big doors scared me. I felt what's the point? "When I first came to Aiséirí I was broken mentally, physically but most of all emotionally. The two big red doors scared me. I felt what's the point?"

I am 19 now and I have tried drug treatment before. I had no idea how my life would change around. I had no self-esteem, confidence and I didn't know who I was. I had lost all the trust in my family by lying about relapsing. I had gone into my own world where nothing mattered, not even me. I couldn't tell anyone about me and what I had done so I tried to sit back and hope nobody would find the real me. But I was noticed and I talked about my addiction and related to everyone in some way. I was no longer alone."

Former Aislinn Client

Step Seven

Humbly asked Him to remove our shortcomings.

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Step Nine

Made direct amends to such people whenever possible, expect when to do so would injure them or others.

Paul Conlon, CEO



Welcome to the third edition of our newsletter this year.

As we launched our 2015 Annual Report earlier this week we have focused this edition of the newsletter on the report.

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 SOBER housing project in Waterford for men.

Aiséirí has responded to increasing demands for its services over the past number of years and this response was acknowledged in 2015 when we were in receipt of additional funding from the State. This was provided to support a number of our services in the South East of the country.

We really appreciated this additional support and acknowledgement for the work that we do. We would like to specifically thank the HSE, the Probation Services, the South East Regional Drugs Task Force, as well as the Department of Social Protection for their continued support.

Regrettably we have had to accept that our funding model with respect to our Adolescent Detoxification & Rehabilitation Service is no longer 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.

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 well be a reality in 2016 and 2017.

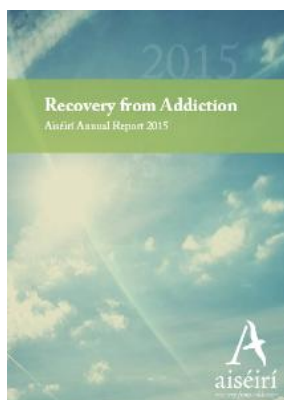
We urgently need to step up our efforts to improve the quality of our adult treatment services in Wexford to match the standards required of a modern treatment facility. Despite these constraints, the team in Wexford continue to provide a service which delivers on outcomes and contributes significantly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

Aiseiri Launch 2015 Annual Report

On 26th September we launched our 2105 Annual Report



The report which highlighted;

- The need for increased funding
- 550 clients availed of the service in Tipperary, Waterford, Wexford and Kilkenny
- Increase in demand for the services from women with addiction problems
- New Supported House Project in Waterford
- New integrated multidisciplinary detox and treatment facility in Kilkenny
- Tipperary facilities refurbished

While Aiseiri's financial position improved in 2015, the increased demand for services in the South East has put pressure on its facilities in Waterford, Wexford, Tipperary and Kilkenny.

The funding model for our adolescent detoxification and rehabilitation service is not suitable. So we are calling on the Government to fund this essential and successful programme into the future. This will provide a tangible return on the investment for the Exchequer, as young people will be able to take control of their addiction and return to their families and communities.

Despite being the only residential detoxification and treatment service for adolescents in the country, Aiseiri struggles to raise funds from private sources to try and cover its cost base and this is not sustainable into the future.



The Annual Report was launched by the Olympic Silver Medallist, Kenneth Egan, who has battled with his own addictions.

"I started drinking at the age of 13 or 14 and fully appreciate why services like those at Aiseiri are absolutely crucial to people at a young age. They can literally change young people's futures as well as helping families come through the ordeal," he said.

In 2015, Aiseiri had 175 admissions in its adolescent detoxification and rehabilitation service in Kilkenny, an increase of 60 individuals on the previous year.

347 adults were admitted to its 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 the residential services in Waterford.

Aiseiri saw a rise in the number of women presenting for treatment, many with complex needs. There are urgent requirements for secondary treatment facilities, housing support and specific services to meet these needs.

To download a copy of the full report;
<http://aiseiri.ie/2015%20Annual%20Report%20Aiseiri.pdf>

For media coverage;
<http://aiseiri.ie/news/news>

Welcome to Recovery

We now have a new Recovery section on our website which aims to provide information for those in recovery.

Please find below a list of important goals for your first year of recovery. Use it as a reminder and to help you stay on track in the days and months ahead.

- **Accept that you have an addiction.**
- **Practice honesty in your life.**
- **Learn to avoid high-risk situations.**
- **Learn to ask for help.**
- **Practice calling friends before you have cravings.**
- **Become actively involved in self-help recovery groups.**
- **Go to discussion meetings and begin to share. You are not alone.**
- **Get a sponsor and do step work.**
- **Get rid of using friends.**
- **Make time for you and your recovery.**
- **Celebrate your small victories. Recovery is about progress not perfection.**
- **Practice saying no.**
- **Take better care of yourself.**
- **Develop healthy eating and sleeping habits.**
- **Learn how to relax and let go of stress.**
- **Discover how to have fun clean and sober.**
- **Make new recovery friends and bring them into your life.**
- **Re-evaluate your lifestyle periodically to make sure you remain on track.**
- **Deal with cravings by thinking about what will happen if you start?**
- **Find ways to distract yourself when you have cravings.**
- **Physical activity helps many aspects of recovery.**
- **Deal with post-acute withdrawal symptoms.**
- **Develop strategies for social environments where drinking is involved.**
- **Keep a gratitude list of your recovery, your life, and the people in it.**
- **Say goodbye to your addiction.**
- **Develop tolerance and compassion for others and for yourself.**
- **Begin to give back and help others once you have a solid recovery.**
- **See yourself as a non-user.**



This section of the website also contains information on our family programme, aftercare, recommended reading lists and much more. We aim to grow this section and look forward to your feedback and inputs; <http://aiseiri.ie/recovery>

Fundraising Update

A Big Thank You!

We would like to thank Phillie Hallissey and Intel Volunteer Grant Programme for the very generous donation of \$10,000 which will be used towards development of a gym in Aislinn for adolescents.

Dust off those running shoes...



and join the Aiséirí Dublin City Marathon Team for 2017!

Kevin Doyle has decided to run the 2017 Marathon in aid of Aiséirí and by signing up now he's giving himself plenty of time to train and hopefully get others involved too. We can post running tips and share ideas, if interested please get in touch jdonovan@aiseiri.ie

Forthcoming Fundraiser



Tonight, September 30th Dermot O'Brien, will be hosting an evening fundraising event in aid of Aiséirí with very special Aslan guests, Christy Dignan and Joe Jewel.

This special event will take place in Sallyfort Farm, Stradbally, Co. Waterford. Tickets are priced at €20 and include BBQ. For more information contact Dermot on 087 272 9237.

Find us on Facebook



Please like our new facebook page, we've only just started it but we welcome any feedback or suggestions about what you'd like see here; <https://www.facebook.com/aiseiritreatment/>



- ✓ *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.*
- ✓ *If you would be interested in supporting one of our programmes please contact Jennifer Donovan, 086 8240014 or email jdonovan@aiseiri.ie to discuss further.*