



Aiséirí Annual Report 2018

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, Compassion, Respect, Recovery, Excellence

Aiséirí Strategic Objectives 2020

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 of the Board of Directors

In the history of the Aiséirí organisation, 2018 was a year of solid performances and overall consolidation. The statutory funding agencies rightly continued to seek maximum return for their grant aid to the four service sites which Aiséirí operates in the South East. The Board of Directors of Aiséirí would like to acknowledge and sincerely thank the Health Service Executive and the Probation Service for their unstinting support and funding assistance.

The year began with a colloquium held on January 22nd on the topic of Detoxification and its place within Aiséirí services. This was an extremely informative session with full participation by representatives of the medical profession, Trustees, Directors and senior members of management. It was not a decision-making forum, but it proved to be an effective method of eliciting views of key stakeholders in the organisation.

Additional funding had been provided in late 2017 by the HSE Social Inclusion Fund to Aiséirí Aislínn to improve the level of service to Aislínn clients and their families. In May 2018, Aiséirí sponsored three people to travel to the US to research current best-practice in the field of addiction treatment services for younger clients, including the most effective methods of supporting them post treatment. The research trip was conducted over a 5-day period and covered four centres in four states, the delegation team was made up of members of the Aiséirí Continuum of Care Committee, Helen O'Brien, Gerry Carroll and Danny Cleary. This fact-finding visit was assisted by the Hazelden Foundation, with which Aiséirí has had strong links since the 1980's. It is considered to be the centre of excellence in terms of the ethos of the Minnesota model of 12-step model treatment; and it facilitated the introduction of our team to the four centres that are recognised as the current innovative leaders of excellence in the field of addiction treatment for clients and their families - the Caron Foundation, Wernersville, Pennsylvania, Hazelden Tribeca Twelve, New York, Hazelden Betty Ford, Minnesota, and Rosecrance, Rockford, Chicago.

The Board of Directors of Aiséirí Cahir DAC held meetings in January, March, May, July, October and November 2018. In addition to these full Board meetings, the various sub-committees of the Board also held meetings and provided the Board with information and advice. The sub-committees that were operational in 2018 are Finance and Audit, Clinical Governance, Human Relations and Strategic Planning.

In July, Aiséirí and the SIPTU Trade Union reached a collective agreement on staff grades, contracts and pay-scales across the organisation's four service sites, and this agreement has been lodged with the Workplace Relations Committee. This is another major step in the process of amalgamation started in 2013. I would like to especially thank Mr. John Forde, Director for his very hard and extremely effective work on this.

In September, CHKS which conducts quality audits and provides accreditation to those that are in compliance, visited and inspected Aislínn Ballyragget and Ceim Eile in Waterford. Aiséirí received a positive report from CHKS on the level of compliance achieved against the ten standards inspected.

In summary, it has been a positive year for Aiséirí, and great thanks is due to Mary Hennessy, the acting CEO, the other members of the Management Team - Gerry Carroll, Sara Cassidy, Patricia Whelan, Sophia Keane, Deirdre O'Donoghue, Helen O'Brien and Noelle Ryan (and Dave Caygill who acted up while Patricia Whelan was on maternity leave), and all staff, volunteers, Directors and Trustees. Aiséirí ended the year with a small financial deficit, a matter that will be attended to in 2019.

Peter Kieran Chairman

Acting CEO Report.

Aiséirí opened its first treatment centre in 1983 utilising the Minnesota Model (founded in 1949) 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. (1993, Spicer) 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 these simple rules was 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.

In 2018 we had 490 admissions spread across our 4 centres, with 137 of these clients availing of our DETOX services. Experience has taught us that the longer a person can access support the more likely they are to remain in recovery and live to their full potential. We provided 36 clients with this opportunity to extend their treatment in our Waterford centre. Our aim financially is to achieve breakeven; we realigned our salaries in 2018 to the HSE salary scales and also gave a 1% pay increase in October 2018 this resulted in the €30,272 loss in 2018.

Aiséirí is a CHKS (Caspe Healthcare Knowledge Systems) accredited and certified to ISO9001 organisation, this is an international quality benchmark. Aiséirí believes in the priceless potential of people and that recovery from addiction is possible for everyone. Our four centres are places of new beginnings, but without maintaining our continual reviews, growth and progress, such words as improvement, achievement, and success have no meaning.

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 both the Health Service Executive and Probation Services which have high service levels built in which have been continuously met year on year. They are both happy with the outcomes and value for money achieved by the service provided. We are grateful for their continued support.

I would like to thank all the staff, volunteers., funders and clients for their continued support and hard work.

Mary Hennessy MA BA FCCA PC

Acting CEO

Aiséirí Cahir, Co. Tipperary

In 2018, the priority for the Aiséirí, adult residential addiction centre in Cahir was to fully establish and integrate the detox service within our program. This was achieved to great effect, 181 clients were admitted to treatment in Cahir and 58 of these clients 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 so the goal in 2018 was to fully integrate the multi-disciplinary team so that the work would be 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 program. 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 2018 to where it provides a seamless service for clients to move from substance misuse into recovery in a supported and compassionate way.

Aiséirí Céim Eile Recovery Residences, Waterford.

Aiséirí Céim Eile operates two long-term recovery residences in Waterford, which serve as transitional, self-governing sober living facilities for both men and women who have completed primary and secondary treatment programmes. The Residences give individuals the opportunity to practice the principles of recovery in their daily lives and is within close proximity to recovery meetings, lifelong learning courses, employment opportunities and Waterford city.

Residents become fully immersed in the recovery community and are provided with the time, structure and support essential to building a solid foundation of recovery in all areas of their life's. Our Recovery residence programme is for 24wks whilst remaining flexible to the individual needs of our residents.

In 2019, 90% of all residents who availed of our extended recovery residence remain in recovery to date.

Aiséirí Aislinn, Kilkenny

Aislinn was established in 1998 and was the country's first Adolescent Residential Addiction Treatment Centre. Our highly qualified staff believe in the priceless potential of young people and work closely with families to help them understand more about addiction so that they can support their loved ones win back bright futures. We also provide additional support to families by offering a residential family programme on a monthly basis.

Aiséirí Aislinn provides a unique, quality treatment for young people aged between 15 and 21 years, living with the destructive impact of alcohol, drugs and/or gambling. We are the only non-profit organisation in the republic of Ireland to offer a residential detoxification and twelve step addiction treatment service to minors. This is a six-week programme, and we also provide a detoxification service to meet the specific needs of the young people. Aiséirí believes in the priceless potential of people and that recovery from addiction is possible for everyone. Aiséirí provides community and residential services to help young people, adults and families overcome addiction and lead meaningful lives in recovery.

Aiséirí have a robust multi-disciplinary team including: Counsellors, nurses, social care workers, care workers, a Doctor, a Counselling Psychologist, and a Consultant Psychiatrist.

A range of the following therapies are incorporated into the Resident's Treatment: Pre-admission, Detoxification, One-to-One Counselling, Group Therapy, Psychodrama, Creative Art, Education, Behavioural Therapy, Peer Groups, Crisis Intervention, Motivational Interviewing, Meditation, Brief Therapy, Interagency Conferences, Family Conferences, Preparation for Independent Living, Social Skills, and Life Skills, horticulture, and health and fitness.

Aiséirí Céim Eile Secondary Treatment Programme, Waterford.

For those who have completed a residential primary 12 Step Addiction Treatment Programme the transition back into daily life can be overwhelming. Aiséirí Céim Eile provides 24 beds in the perfect setting to support this transition since 2003. We offer ongoing evidence-based therapy to reinforce the skills and knowledge that have been developed during an initial 12 Step Minnesota Model addiction treatment programme and help re-build the confidence, skills and tools to tackle daily tasks that others may take for granted. Our 24wk residential secondary treatment programme is delivered in a safe and supportive community environment to enable residents to focus on your continued recovery in all areas of life. We provide both male and female programmes operated from separate premises located in Ballybeg, Waterford.

Our holistic programme is delivered by highly trained, experienced staff to support residents in their continued recovery and growth. Through our approach, we provide residents with the support they need whilst they reintegrate back into day-to-day life and empower residents to turn your hopes for a better future into reality. Whilst very much working with the most vulnerable clients post primary treatment, the positive recovery outcomes continue to be outstanding for 2019. Aiséirí Ceim Eile is now a very strong recovery community in Waterford with continued support from all agencies involved.

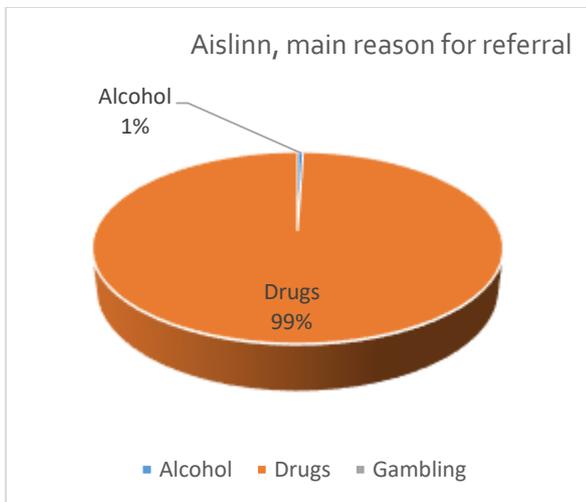
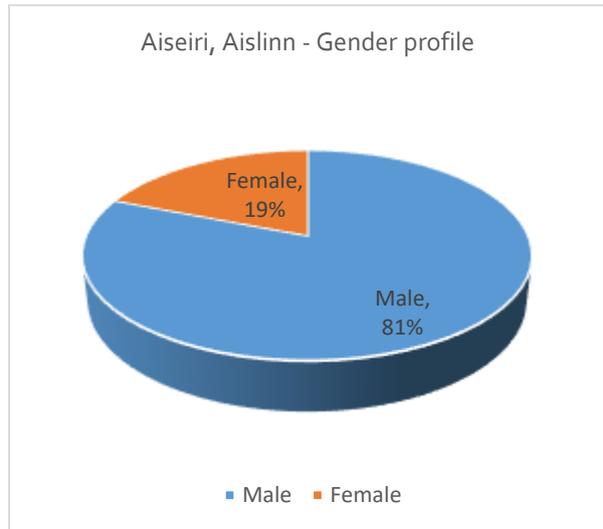
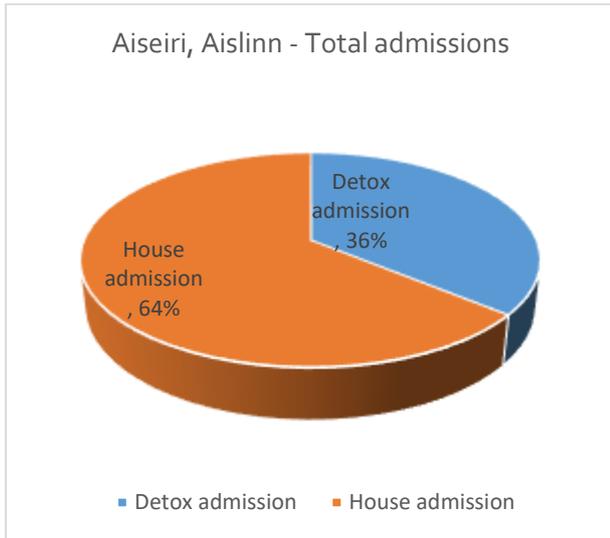
We provide extensive career guidance to maximize progression to employment, education and training pathways. All our residents can avail of the benefits of Aiséirí Progression Education, Training and Employment Programme which is delivered by Aiséirí in partnership with the Department of Social Protection. In 2019, 85 % of participants returned to employment or education.

Aiséirí Continuum of Care Programme.

In 2018 there was a further increase of 9% up to 466 clients attending the continuum of care groups. 2018 also saw the launch of the revised handbook for facilitators which included the revised topics for the continuum of care programme. The focus of 2018 was to solidify the revised programme and to ensure the facilitators were upskilled and supported each month in role support on the delivery of that support service. Continuum of care services include 39 groups, 80 volunteer facilitators, 3 continuum of care counsellors and 1 continuum of care manager. The majority of our facilitators now hold a QQI level six award in group skills and facilitating. 2018 also saw the improvement in quality of location and premises in which our groups are held. In August of that year a further new development was undertaken in the adolescent continuum of programme with the arrival of the new continuum of care counsellor. A revision of the current programme is being undertaken, which included a research trip to prominent adolescent services in the USA. This will no doubt ensure exciting developments for the adolescent continuum of care services in 2019.

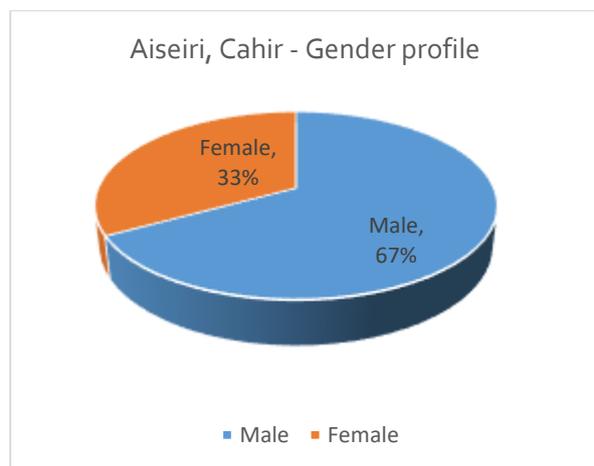
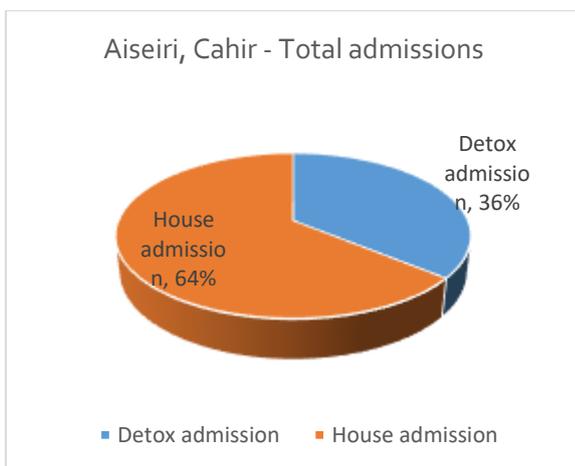
Aiséirí 2018 Annual Statistics.

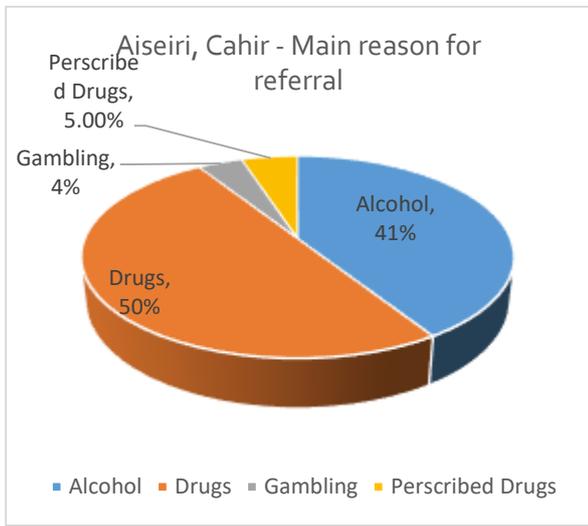
Aislinn



Aiseiri Aislinn		
Total admissions	116	
Detox:	70	36%
House:	46	64%
Gender Profile		
Male	94	81%
Female	20	19%
Main reason referral		
Drugs	110	99%
Alcohol	6	1%

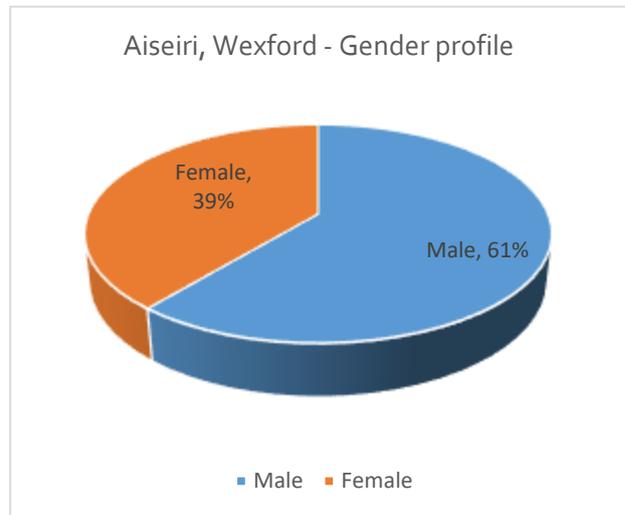
Cahir





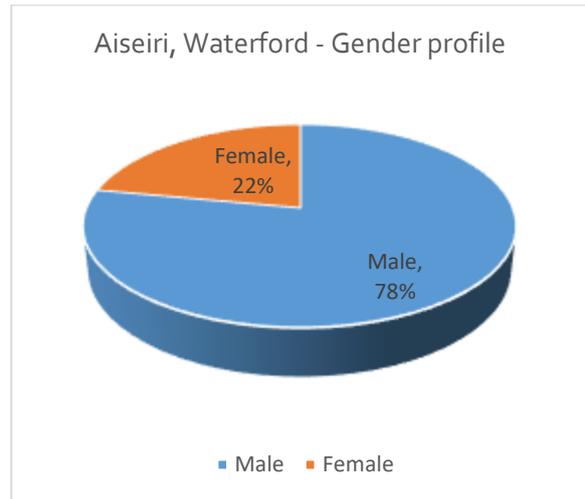
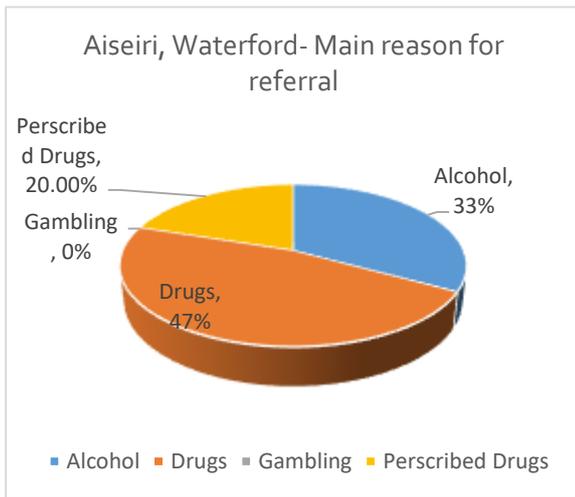
Aiseiri Cahir		
Total admissions	185	
Detox:	67	36%
House:	118	64%
Gender Profile		
Male	125	67%
Female	60	33%
Main reason referral		
Drugs	93	50%
Alcohol	77	41%
Gambling	7	4%
Prescribed Medication	8	5%

Wexford



Aiseiri Wexford		
Total admissions	153	
Detox:		
House:		
Gender Profile		
Male	94	61%
Female	59	39%
Main reason referral		
Drugs	31	20%
Alcohol	112	73%
Gambling	5	4%
Prescribed Medication	5	3%

Waterford



Aiseiri Waterford		
Total admissions	36	
Detox:		
House:		
Gender Profile		
Male	28	78%
Female	8	22%
Main reason referral		
Drugs	15	47%
Alcohol	12	33%
Gambling	0	0%
Prescribed Medication	9	20%

