

# Aislinn

Adolescent Addiction Centre

Annual Report 2008



*Believing in “the priceless potential of young people”*





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## Chairman's Address

At Aislinn we have an expression we use often; “the priceless potential of young people.” We sincerely believe it. It’s what we work to protect. It’s what we enable those lost and vulnerable young people who come to us to unlock. That priceless potential to fully realise their unfulfilled dreams.

Last year 120 young people came to stay at the Aislinn Centre to work at overcoming their substance misuse issues. I admire these adolescents for having the bravery to admit to themselves and to others that they had a problem and the courage to do something about it.

Since the establishment of Aislinn in 1998 the environment in which our young people are growing up has changed dramatically. Drugs are now more readily available than ever. The use and abuse of alcohol by many people in our society has added to the prevalence of binge drinking and alcohol abuse by younger and younger teenagers.

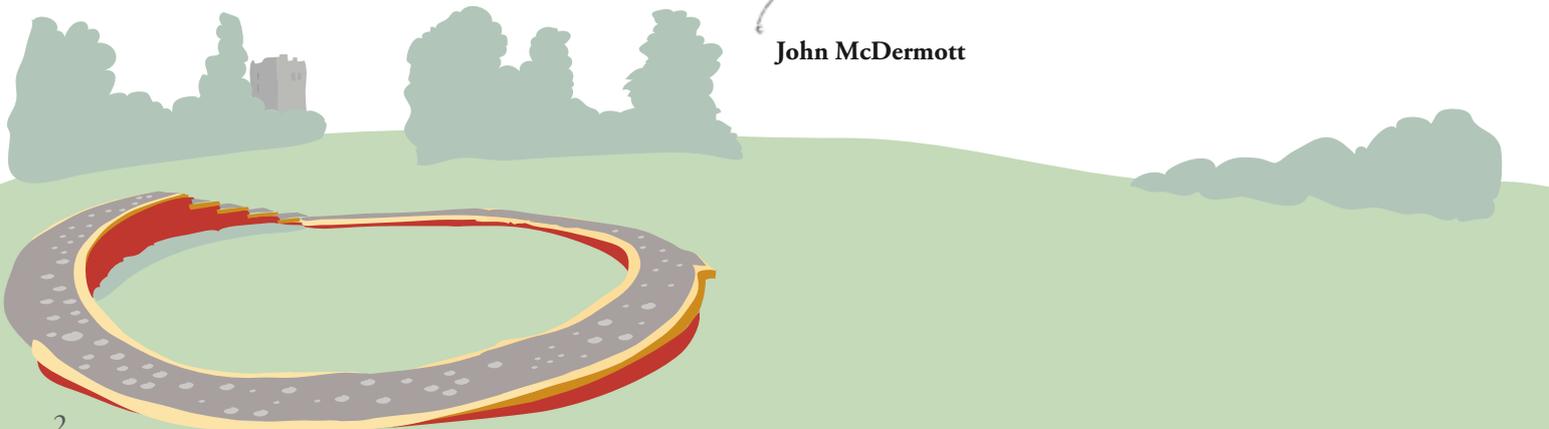
At Aislinn we believe, not only in the priceless potential of our young people, but also in the priceless potential of their parents and families. This is the energy that fuels our work. I continually admire the passion and dedication of our skilled staff to give the best possible service to young people and their families.

Chronic substance abuse kills. Even where the abuse is not fatal it can and does destroy young lives. Every day we work with young people who suffer physically, psychologically, emotionally and spiritually as a result of drug and alcohol abuse.

A significant change in our society’s understanding of, and attitude to, substance abuse is required. Without this, our nation’s most precious resource, our children, cannot achieve and fulfil their dreams. A change in the attitude and behaviour of our healthcare, criminal justice, social services and education systems must happen.

A handwritten signature in black ink, which reads "John McDermott". The signature is written in a cursive style.

**John McDermott**





## Director's Review

There is now international evidence to prove that alcohol is a gateway drug to the experimentation with and use of illicit drugs for teenagers in countries like Ireland with a serious binge drinking problem. In Ireland young people under the age of 18 years are now spending more money on alcohol than on illicit drugs. Even though it's illegal for them to purchase alcohol. In 2008 Aislinn saw an increase, to 120, in the amount of adolescents presenting with alcohol and drug abuse problems.

Cocaine and heroin have now become ubiquitous and are part of the poly-use that has become the norm for teenage abusers. This trend has meant Aislinn has had to adapt to the changing needs of our adolescents. The Centre recruited the support of a consultant psychologist and two new family therapists. We have also introduced new therapies such as life coaching and eating disorder treatment, as well as increasing the availability of other therapies. National findings by the NACD proved that participation in an abstinence based treatment programme is followed by positive outcomes in drug use, involvement in crime and physical and mental health.

Aislinn celebrated its 10th anniversary in October 2008, with a large number of former residents, their families as well as supporters and former staff in attendance. The day was a wonderful celebration of the achievements of Aislinn and the Mercy Order in supporting the adolescents and their families who have been through our programmes. In the last ten years Aislinn has treated almost 1,100 15 to 21 year olds for drug and alcohol dependency.

Croí Nua, our designated family respite centre, catered for 120 parents and siblings of young people who use and abuse drugs and alcohol. Croí Nua not only offers a place to rest but the programme assists participants to gain vital skills and knowledge in dealing with their children.

In 2009 Aislinn will increase the number of annual bed nights available to young people from 3,500 to 4,200 and will launch our new website.

A handwritten signature in blue ink that reads "Declan Jones". The signature is written in a cursive style.

**Declan Jones**

## Clinical Manager Report

The theme for Aislinn in 2008 was change. Our former director, Sr. Veronica Mangan stated:

*“The only thing constant in Aislinn is change.”*

This change was evident in the development and extension of the skills of our multi-disciplinary team, the introduction of a new Director, the celebration of Aislinn’s tenth anniversary, an increase in the delivery of holistic therapies and the fostering and development of an inter-agency approach to servicing client needs.

The clinical team faced some challenges during the year with the growing number of clients presenting with cocaine and heroin dependence, the agitation that these types of dependence created and the loss of a half way house for clients outside Cork demanded that solutions be found.

In 2008 we began to research the experiences of our previous clients, seeking accreditation with Caspa Healthcare Knowledge Systems (CHKS), the UK’s leading provider of healthcare intelligence and quality improvement services. In addition to this, the development of Croí Nua, our family residential support programme, continued. John Kelly who was Clinical Manager retired in June 2008. Presented in this report are the summary of the events that have taken place and the identification of challenges that will continue into 2009.

There was an increase in clinical team skills with the introduction of a psychotherapist, eating disorder specialist and life coach. Family therapy was also increased to enhance the delivery of service. Commitment from the clinical team to journey with the client and provide quality treatment, with an ability to be flexible in their approach, enhanced a client-centred organisation.

The Aislinn clinical team recognise the broken human that alcohol/drug and gambling dependency

creates and how fractured a family becomes during active use of chemicals. Holding a broken human as one would a delicate butterfly, gently in a hand so not to damage it, is the common thread that holds Aislinn together. A multi-discipline team is aware that each young person has his/her own reasons for using alcohol/drugs and gambling and individual teens differ greatly in terms of willingness and ability to change. By using individual goals and personalised feedback the focus is on the young person’s specific needs. This team of professionals continues to engage in training to ensure the continued development of skills to best serve their clients.

Declan Jones, former Chief Executive of Focus Ireland, joined Aislinn as Director in January 2008. His introduction to the Centre brought a new energy to Aislinn and the clinical team. One area of focus Declan brought to the team was the consideration of the effect in the Irish economy and how changes in this sphere would affect the ability of potential clients to access services.

The Centre celebrated its tenth anniversary in 2008, this gave Aislinn the opportunity to celebrate within the organisation and with the wider community the benefits and services we offer. The celebrations demonstrated the positive long-term effect Aislinn has had on so many lives by giving the team the opportunity to meet past clients and their families. This was a reminder of the importance and relevance of the work the team carries out.

Increased cocaine usage provided a challenge to the team. Clients were agitated and found it difficult to engage in treatment. This necessitated an increase in holistic therapies. In order to enable clients to heal in a holistic way (physically, emotionally and spiritually) the centre introduced access to holistic therapies such as massage and increased recreation.

Recreation has increased from two days to six days. Clients were offered individual creative art lessons and were introduced to massage therapy. As a result of increasing holistic therapies Aislinn increased its service from a ten bed unit to a twelve bed unit.

Adolescents experiencing drug/alcohol dependency and gambling deserve the opportunity to receive drug-free treatment in an environment of safety, certainty and reassurance and a place where they are treated with respect as a unique individual. This is what Aislinn guarantees.

In 2008, due to funding arrangements in the sector area, Aislinn lost access to a halfway house for males who do not reside in Cork. To respond to this change, a partnership with Focus Ireland was fostered and developed and resulted in the provision of a supported step down facility. This facility will continue to be developed in 2009. This event exposed the need for an inter-agency approach and recognizing the “tier model” of treatment. Relationship building with other agencies is ongoing.

In receiving a client from the community and returning the client to a community, it is important that supports are fostered, ensuring an easier transition between services. This would allow for a vulnerable client to feel that they are not being abandoned but supported to the next stage of recovery. Continued liaison between services allows clients to receive ongoing quality intervention and support.

Events that also developed in 2008 and which are recommended to be further fostered into 2009 and beyond are:

- **Accreditation:** One of the core values is accountability. We are now in the process of achieving accreditation with Caspa Healthcare Knowledge Systems (CHKS), the UK’s leading provider of healthcare intelligence and quality improvement services, which is supported by all staff and this will be the symbol that defines Aislinn as a centre of excellence.
  - The Aislinn Family Programme, Croí Nua, continues to expand and develop. Devastation caused by alcohol/drug/gambling dependence to a family can be overwhelming. Respite therapy in Croí Nua provides families with a safe physical, emotional and spiritual haven away from the crisis and chaos that addiction brings. This time in Croí Nua allows them to reflect on their situation and develop an awareness of the impact and effect of addiction on themselves and those around them. Croí Nua empowers them to identify new coping skills and lifestyle changes in order to reclaim their families.
- “The love of a family is life’s greatest blessing”.  
 “The family is the school of duties founded on love.” *Felix Adler.*
- Aislinn embraces, encourages and supports change in clients, empowering them to develop their full potential. Through all the changes the centre has seen in 2008 the core purpose of the centre remains the same – to provide quality drug free treatment to adolescents experiencing, alcohol, drug and gambling dependency, with co-occurring mental health issues such as depression, anxiety or grief and to focus on the importance of the family member’s involvement in their child’s treatment.



**Geraldine Hartnett**

## Mission Statement

*Aislinn is a drug free rehabilitation treatment centre, which believes in the priceless potential of young people.*

Our purpose is to provide quality treatment for persons between the ages of 15 and 21 years who have suffered physically, psychologically, emotionally and spiritually as a result of drugs and alcohol abuse. We also assist families by offering an Addiction Awareness Programme in our Croí Nua setting.

Our mission statement is supported by our Core Values, which are: respect, uniqueness of the individual, teamwork, quality of service and accountability.

Our mission statement and objectives reflect a holistic approach. There is a strong family involvement in the programme. Substance abuse affects the whole family leading to confusion, self blame and paralysis due to fear. The short residential programme offers 'time out' to the adolescent away from family, using-peers and the pressure of the drug world. It is also a time of respite for the family, where both parties in the absence of fear and immediate trouble can stop and reflect on the reality of their situations.



## What We Do

Our treatment is carried out by a skilled professional team which respects dignity while fostering self-worth and supporting the emotional, mental, social, recreational and spiritual development of each individual.

As a non-profit-making organisation our success will be demonstrated through continuing care, financial integrity and community well-being.

The word "Aislinn" is an old Irish word for "Vision" and "Dream". It is our intent to help the adolescents re-discover their dream for the future which they may have lost while coping with the severe consequence of chemical abuse. Family involvement is a key element in the programme.

## Therapies Used

The following therapies are incorporated into the client's treatment:

- One-to-One Counselling
- Psychiatric Consultation
- Group Therapy
- Nursing/Medical Services
- Psychodrama
- Preparation for Independent Living
- Art Therapy
- Family Conferences
- Creative Art
- Family Support/Conferences
- Education
- 24 Hours Supervision
- Recreational Therapy
- Behavioural Therapy
- Meditation
- Motivational Interviewing
- Peer Groups
- Rational Therapy
- Crisis Intervention
- Rational Emotive Therapy
- Preparation for Reintegration to Family
- Social Skills
- Life Skills
- Brief Therapy
- Referrals
- Interagency Conferences
- Guidance Counsellor re: Education/  
Work/Courses



## Core Values, Ethos and Objectives of the Organisation

- Respect
- Uniqueness of each individual
- Teamwork
- Quality of service
- Accountability.



## Our Vision states that

- All who seek recovery will find it, and the stigma of addiction will be overcome
- Treat the whole person, as well as the illness
- Recognise and accept the value/worth in everybody and everything, by listening, having compassion, honesty, and empathy
- Accept that everybody is a unique individual, with their own values, beliefs, feelings, culture and spirituality, possessing their own special gifts, talents, energy and priceless potential.

Clients in Aislinn are welcomed by a warm welcome atmosphere, good food, a safe place

of caring and nurturing, quality treatment and supervision. This enables the person to heal physically, mentally, emotionally and spiritually. Each person is listened to and individual needs acknowledged.

Teamwork is consistent in Aislinn with all individuals working together in a supportive and respectful way for a common goal. This is recognised by a happy, motivated environment with a team that is valued, nurtured and respected. An environment that allows for structured social activities for all individuals.



## Admission to the Programme

Aislinn is based on the Minnesota model of treatment while also identifying with the needs of the young person.

If, in consultation with clients and families, the assessment/admission therapist consider Aislinn to be the appropriate place for rehabilitation at this time clients will then be offered a six-week residential programme with the opportunity of entering our two-year continuum care programme.

The residential programme consists of one-to-one counselling, group therapy, lectures on life issues, psychodrama, art therapy, art, recreational therapy, peer support and interaction, medication and use of the 12 Step Serenity Garden.

The programme is facilitated by a skilled multi-disciplinary team, headed by our Director, Declan Jones. The team consists of professional Addiction Therapists, Family Therapists, Nurses, Nurse Assistants, Consultant Psychiatrist, Psychologist, Administrative Catering Maintenance and relief personnel. Sessional staff includes Teachers, an Art Teacher, Psychodrama Therapist and Recreational Leisure Instructors.

Along with the multi-disciplinary team there are a number of volunteers dedicating their free time to working in our Continuum Care Programme.

### Pre-Admission Programme

The purpose of pre-admission is to ensure the client is completely aware of the decision he/she is making. In order to determine suitability of Aislinn for a client, a minimum of four pre-admission groups are offered to the client.

On-going assessment is completed in a more informal manner during pre-admission groups. This group is facilitated by two accredited therapists and includes elements of Tier One, Two and Three. These intervention and preparation groups include education on substance misuse, information on Aislinn and its treatment programme.

Motivational interviewing and reality therapy are two methods used by our therapists to support clients to be aware of their current reality and continue to empower them in making an informed decision regarding treatment. These groups also support the client in their detox plan.



## About the Programme

The programme is based on the philosophy of total abstinence from all mood-altering drugs. The duration of the programme is normally six weeks, depending on the needs of the individual client. During treatment, the emphasis is on an integrated approach to respond to the whole person and begin to nurture their self-worth and dignity, helping them find meaning in life and a desire to live a healthy lifestyle, free from alcohol and drugs.

Family participation in the residential programme and aftercare is seen as vital. Wednesday is family day at the Centre from 10.00am – 5.00pm. The day consists of lectures, family conferences; joint group sessions and educational sessions for parents or concerned persons. This supports the family and client during the transition from addiction to recovery, helping them to break down defence mechanisms and to improve communications and restore a healthy relationship within families.

The six-week Residential Programme is supported by:

- A two-year client aftercare programme which consists of a two-hour weekly meeting
- A two-year parent/concerned person aftercare programme which consists of a two-hour weekly meeting
- A combined group for clients and parents is held monthly
- Family Residential Respite/Therapy Programme.

Aislinn Adolescent Chemical Dependency/Gambling Treatment Programme is designed to serve young people aged 15 to 21 years who experience problems due to their alcohol/drug use and gambling with co-occurring disorders such as grief and post-traumatic stress.

Every young person holds incredible potential, unfortunately chemicals/gambling can delay the natural life space development of a young person, preventing them from realising their potential and their dreams. Each young person has their own reason for abusing chemicals and gambling. Adolescents differ greatly in their willingness and motivation for change.

This model of treatment includes the following components:

- (a) Recognition of a chemical dependency as a family problem
- (b) Reality therapy
- (c) A.A. Philosophy/12 steps
- (d) A multidisciplinary approach in the treatment of emotional, physical and spiritual needs of a client in a safe comfortable environment.

A multidisciplinary approach ensures that a client is recognised as being unique; necessitating a personal treatment plan focused on the individual's needs independent or inclusive of group activities. Aislinn specialises in giving young people an opportunity to make informed choices and identify new ways of coping with the stress of being a teenager, assisting them to translate this learning into action.

Our treatment team consists of therapists, counsellors, nurses, family therapists, a creative artist, a physical therapist and a life coach. These highly skilled professionals use some of the most effective therapy techniques available including group therapy, one-to-one counselling, cognitive behavioural therapy, the twelve steps, art therapy, physical exercise, educational programmes, psychotherapy and life coaching.

Each resident is assigned a key therapist who works directly with them throughout their treatment and is supported by the clinical team. Additional consultants include a psychologist, psychiatrist, school guidance counsellor and psychodramatist who specialise in working with teenagers.

Treatment therapies always include the client's family as we recognise that the family is the greatest resource in working with young people. Their input is invaluable, starting with referral process, pre-admission groups, assessment, admission, family conferences at least once a week, family interventions, education, treatment planning, visiting, continuing into a young person's aftercare plan.

Aislinn uses an interagency approach in the treatment of young people. Partnerships with community therapists, probation officers and other relevant agencies are fostered and encouraged. This ensures that the client receives a comprehensive treatment.

## Aftercare

Aislinn is aware of the difficulties facing a young person and their family when they leave the security of the Centre.

Fear and mistrust causes anxiety for both the family and client, therefore we offer continued support with Aislinn one night weekly to develop and build relationships.

Our Continuum of Care Programme groups meet once weekly.

All aftercare groups are facilitated by trained facilitators. The facilitators are supervised on an ongoing basis by the Aislinn Aftercare Co-ordinator. They also attend one organised group supervision session once a month facilitated by an outside supervisor contracted to the Aislinn Centre.

Peer support and sharing is an integral part of the recovery process. New challenges and obstacles face the adolescent as they enter into a new world of recovery. Attendance at aftercare is vital to their ongoing journey as they walk the road of recovery.

The venues for continuum care are the Aislinn Centre, Kilkenny and at locations in Cork and Dublin.

## Family Programme

Our family residential support programme Croí Nua was developed out of a desire expressed by parents and concerned persons for assistance in their lives, dealing with life issues and living with chemical abuse within the family.

In response we are now offering a residential respite programme which consists of one to one counselling, group work, art therapy, and education regarding chemical use, massage, nurturing, and time-out in a peaceful and tranquil setting to renew body, mind and spirit.

The programme is designed for parents/family members, friends or loved ones of a person who abuses chemicals.

The objective is to offer a peaceful and tranquil residential setting for those who have experienced the effects of a person's abuse of chemicals and for those who continue to live with the distress of a family member's abuse. Croí Nua provides the opportunity for families to face and express the feelings they have about themselves and the person who is abusing chemicals. The programme encourages people to look at their current situation and to learn coping skills to help alleviate some of the stress associated with it. Above all, it is an opportunity for parents and concerned persons to give themselves the gift of time for personal growth and spiritual renewal in a safe and supported environment.

The programme encourages individual growth and healing, through one to one counselling, group sessions, art work, art therapy, psychodrama and massage. A spiritual dimension is encompassed through the use of our serenity garden incorporating reflections on each of the Twelve Steps. There is also an educational input on chemical abuse and adolescence, increasing understanding and coping skills.

We understand the pressures on people's time and their family commitments, so we therefore run weekend residential groups.

Parents are encouraged to:

1. Return to Croí Nua for a three-month follow up
2. To return if needed for out-patient one-to-one counselling
3. To connect with their community counsellor
4. Attend Aftercare, Family Support Groups one night weekly.



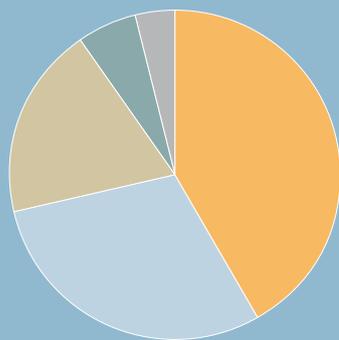
## Financial Statement 2008

Aislinn is a Registered Charity governed by trustees and a board of management.

Aislinn receives its funding from a number of statutory agencies, namely the Health Service Executive and Probation Service. Alongside this we also have Private Health Insurance, i.e. V.H.I., Quinn Direct and Hibernian Health. Fundraising events are organized annually to help maintain young people in our recovery programme and our Family Support Programme.

2009 will continue to see growth in our services and continuing delivery of our treatment programme. It will be a difficult year for us with a downturn in the economy. Aislinn aims to ensure that its ongoing and future activities are reasonably protected from unexpected variances in income and expenditure. We will continue to ensure sustainability of our services.

Geographical Admissions



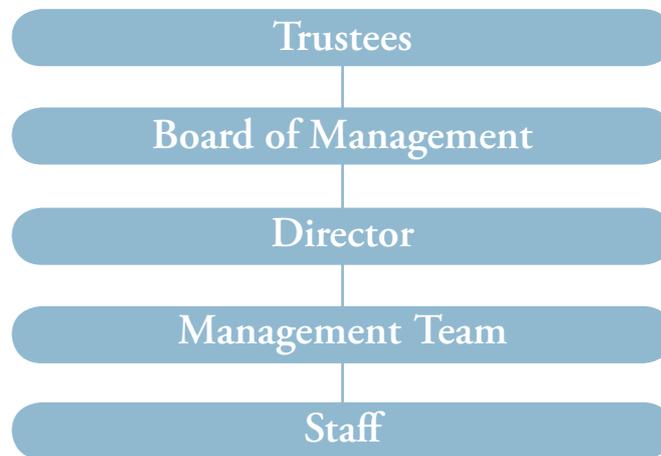
- SEHB, SHB, MWHB 44%
- Private Health Insurance 31%
- Probation Services 20%
- Other HSE 6%
- Other 4%

Bed Night Comparisons 2006, 2007 & 2008

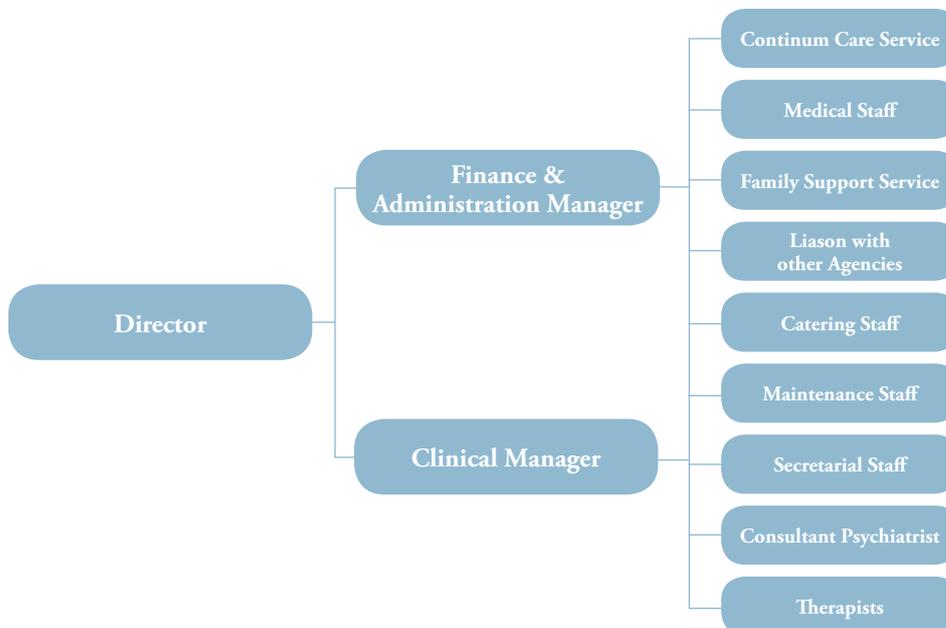




## Organisational Structure



## Aislinn Staff



## Seán

When I came to Aislinn, I came from chemical dependency and nothing else. As soon as I walked through the doors I was treated with respect and dignity, both of which I had worn out when I was living at home. I found the people here were kind and caring and they made sure I gave them the same respect they gave me.

As soon as I sat in my first group therapy session I realised I had a lot in common with the stories that were being shared. But there was one thing I did not have in common with them. They realised how much they had destroyed their family's lives and they cared about that. I was watching how they were able to talk about any problems they had, no matter how big or small. They usually felt better afterwards no matter how bad it made them feel to tell other people of their wrongs. They listened to the group share that they found wrong with their behaviour and attitudes. In all of that we knew it was confidential.

Slowly something happened, I started opening up, caring about the people I hurt and trying to help others around me. I started to care about myself and made sure my actions were right in the eyes of others, instead of my own. Bit by bit, day by day, I started to become a better person. I realised that I came to Aislinn from chemical dependency and because someone wanted to save my life. Aislinn did both these things – it got me chemically clean and saved my life. It cleared my mind and made me a better person, no matter how much I denied it when I first came.

I've returned to college and I'm doing well and looking forward to the future thanks to Aislinn.





## Sarah

I was fifteen years of age when I first smoked hash and got plastered drunk. From there on my life seemed to be nothing but getting drunk, high and partying. I was a fairly quiet enough girl then, but I soon got confidence and loved being around people.

At that age my eating disorder started as well, so dieting became a part of my every day life. Time moved on. At 16, I was smoking hash a lot. At 17, I was addicted to pharmaceuticals. I started to steal money from everywhere possible. At the same time my weight had dropped from 14 to 12 stone in the space of four months. Hash, pills and drink pushed away all bad thoughts out of my mind. I began to have no feelings and hurt a lot of people.

I started using speed on my 18th birthday and really liked the drug. I used it excessively at the College gym to loose weight and to stay up at night to go partying or studying. College life was like a fairy tale for me. Nobody interfered, cared and I could do what I wanted and so I did. I was soon taking speed and 'E's every night and smoking hash every hour of the day. I was hooked and in debt. E's were my living, my every thought of the day revolved around getting high on them, thinking about them constantly.

My eyes couldn't see the world around me anymore. They just spelled ecstasy. A big 'E' in front of me. I was tampering with Acid and Cocaine also. The more drugs I had the more I wanted. Soon my head got really sick. My body couldn't take much more. Everything seemed dull and depressing. My good college course had washed down the drain.

I moved back home. That very day, I tried to kill myself by taking an overdose and ended up facing a mental ward. I then found out about Aislinn Treatment Centre. I didn't think I had a problem and just went to keep by family happy. My first week in treatment came as a major shock to me.

The word 'addicted' seemed to haunt me. I was like a baby chicken in a shell and wanted to break free. I couldn't. I had all these feelings trapped inside me. After settling in, I started to open up to the other residents in the group and came to terms with my addiction and eating disorder. I knew I had a problem and I wasn't the only one in the big wide world with one.

A few weeks into the treatment I started to break through the shell. The old me started to come back. This was something we – my parents and I – had not experienced in nearly four years. Family group showed me the hurt I'd caused my family and the four years of my life that were led with deceit, pain and destruction. Working on the Twelve Step Programme made me see light at the end of the very dark tunnel. I was a quarter of the way and still travelling. I opened up more to the Counsellors who helped me come to deal with many problems in my life and the support of the other residents helped me to reach further down that tunnel. On my last week I felt like a new girl, ready to handle the disease of addiction and to try and conquer it. Aftercare will help me to the end of that tunnel and I can see my life can be the best without drink and drugs. I've learned to have a natural buzz instead of a chemically assisted one. I'm going home to improve things, to explore new jobs and to have a good life with a loving family and good friends that support me.



## Colm

I grew up in a rough neighbourhood full of drugs. I always told my Dad I would never take drugs because I didn't want to end up like the rest of the boys. I wanted to finish school and I didn't want to go to jail, because I had heard bad stories about it. I lived with my Pa and when he died I had to move in with my Ma and brothers and sister. I never felt welcome there and I didn't get on with anyone in the family. My brothers would beat me if I did anything wrong. I took the beatings for a few years then I tried to stand up for myself, but they beat me more. One day I went to school with a black eye and the teacher kept at me to find out what happened to me. I cracked up and I hit him and that was the end of the school years.

That was the start of all the troubles in my life. I started to hang around with the crowd I promised my Dad I would keep away from. We started robbing houses and cars. Soon I was introduced to drugs. I started taking E. I loved these and before

long I was taking them everyday. Then I tried hash, speed and acid, but Es was my first choice. I was always getting stopped for drug searches and soon I had a bad name.

Nobody wanted to know me. I stole to support my habit. We were robbing shops three times a week and soon we had enough money to start dealing drugs. One day we needed a car to collect drugs, so we robbed one. The Gardaí caught us and I was sent to jail. I got out on bail, but soon I was in trouble again and ended up back inside. I knew this time I had a drug problem, so my Probation Officer suggested I go into treatment. I said yes because I didn't want to keep going in and out of prison all my life. I came to Aislinn and I wanted to get clean. I worked the Twelve Steps and I realised I had become one of those boys on my street that I said I never wanted to be.

I have finished my treatment, but I know my recovery has just begun.

## Alison

I'm a 15-year-old drug addict. I started using and drinking when I was 13. I had my mind set on getting a good education when I went into secondary school. Instead I met with bad company. I started experimenting with different drugs. I started with alcohol on my confirmation. I loved it. Before that I always said I would never touch drink or drugs because I saw too much of it in my family.

A few friends and I used to go mitching and buy bottles of gas. Then one night at a disco I tried hash and I have used it every day after that. My head was wrecked from it. A few months before my granny died I started taking ecstasy it was the drug of my choice. I robbed my mother and father and my friends just to get my hands on ecstasy. Then when I got addicted to them, I'd keep taking and taking till I'd drop. I fought girls on the street and then robbed their phones and jewellery and sold them. I started dealing to have money to feed my addiction. I had money all the time then, so that I could buy

coke and speed. I got known and made a bad name for myself around the town. The guards watched me. I started hating everyone. I got expelled from two schools and got thrown out of home. I wouldn't listen to anyone that told me I had a problem. But one weekend I was out all weekend I came home and went to bed. I got up for work the next morning and passed out. My mouth was locked and my father couldn't open it. I woke up in the hospital and I didn't know where I was. It gave me a fright and made me come to Aislinn.

During my six-weeks I built a relationship back with my family, got an apprentice position and I'm feeling excellent with the help of the staff. I've a clear head and I'm able to get on with my life without drink and drugs.



## Jamie

I am an addict. I've been addicted to drink, drugs and gambling for 7 years. My mother and father split up when I was younger and after this I guess I thought I was the man of the house when living with my family. I shut myself off from them and did my own thing. I started drinking at the age of 13 and I started smoking hash at this time as well. I now see I was an addict from day one. As soon as I started class A drugs such as E's and speed I fell in love with drugs. I was still "half" going to school at this time because half the time I would mitch to go smoking hash or gambling and when I was in school I would always be stoned. I managed to complete my junior cert and barely pass it, I guess I really did this to keep my mother happy and I left afterwards. That summer I started an apprenticeship. I lasted eight months at this, eventually they got sick of me not turning up and this was the first and last time I had a job.

This is when things got really bad. I was using a lot of drugs and I had no way to pay for them so I started dealing to feed my habit. This lasted for about 6 months until one week I had about one thousand pounds I owed and I drugged it all away. There was only one other way for me to feed my habit – robbing. And when I went robbing I really went robbing. I turned into a kleptomaniac. After a couple of months of being gone for days and weeks and Guards calling to the house, my mother had enough and she threw me out of home and I don't blame her either.

My robbing and drug taking just got worse and worse. I was a speed-freak. I was taking speed for twelve months solid. I would stay awake for about five, six or sometimes seven days and then sleep for about 2 days and as soon as I woke, I was back on the "buzz." After this I was staying everywhere and

anywhere. I wasn't washing, eating or sleeping.

I was like something out of concentration camp. I weighed about eight stone and I am 5'11. About two weeks before my 18th birthday I had taken a load of D10's and I fell out a three-storey window. I escaped with a broken back and a sprained ankle. You would think this would have been enough to make me stop and think, but two days out of the hospital I took a few E's and off with the back brace and back on the "buzz" again. I didn't last too long more, a couple of months and my fun was over.

I first got in trouble with the Guards when I was 14 and they would pull me in and question me over things but this time it was different, they had evidence.

I came out of the station with 10 charges, four of them burglary. So when I was 18, my first time in court I got 18 months in prison. In a way I was lucky because if I had got caught from everything I did, I would have got about 7 to 10 years.

All the time I was in prison I was still using and all I could think of was what I would do when I got out, robbing and drug wise. Two weeks out and I was back to my old ways but worse. About 6 months later I got my last warning and my worst experience of my life. Me and my friend were out taking E's and speed and my friend passed away when it was just the two of us there. I ended up in a Maximum Security Mental Hospital for 10 days and to make it worse when I came out I had to face more court and burglary charges.

Then I heard about Aislinn I didn't really want to come here but I did. The first week was hell because I had so much hurt inside me and I felt isolated from counsellors and peers. As the days and weeks went on I opened up and started to listen

and I realised bottling up my feelings and fighting the staff was never going to work. You'll never get treatment if you don't work with the peers and staff. The things that worked for me were having one to ones with peers and staff. Talking openly within the group about my addiction and everything that goes with it. The steps 1, 2, 3 also helped me. The first step opened my eyes to what I was really like through my addiction and steps 2 and 3 are all about believing that a power greater than you, could be guiding you through life.

The one thing that stands out in my head is one of the questions in an interview I did here. Most of the time addiction ends up in prison, institutions, death or recovery and I have seen three out of these four so I think its time for me to give recovery a good go. I have finished my six weeks here but I know my recovery is only started. One bit of advice: if I can do it, anyone can.



## Rita

Addict is a powerful word. It has taken me seven years to finally admit to myself that I had a problem and I only recently became real with myself to believe I am an addict. I always thought that an addict is some bum who couldn't live his life without drugs and lived on the streets.

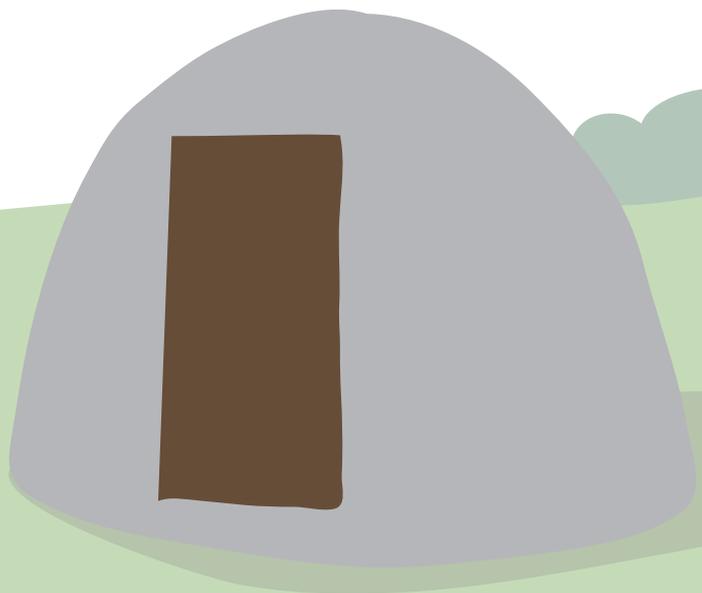
My life was unmanageable and I was powerless to drugs. I was dependent on drugs to fix me, to take me away from the mess my life was in. When I was little, before I was using I remember I told myself and people around me I was never going to do drugs or drink or have sex until I was married. I found myself doing everything I told myself I wasn't going to do.

I took my first drink when I was 13 years old and I took my first drug when I was 15. And from that point the small snowball progressively got larger and larger. Until one day the snow ball got so big it exploded or fell apart. The whole time I was using I was a monster. I lied, cheated; stole and I abused the people who are most dear to me. In one year alone I started to do cocaine on a regular basis. I was arrested when I was 18 for drink driving. I failed courses in college and I was raped at a party. This all happened in just one year. Some of these things don't happen to people in their lifetime. The only way I dealt with these incidents or consequences was to drink. I drank to forget, to deal with my emotions, to get away from the chaos I have created in my life. I was lost in a sea of lies I had told others and to myself.

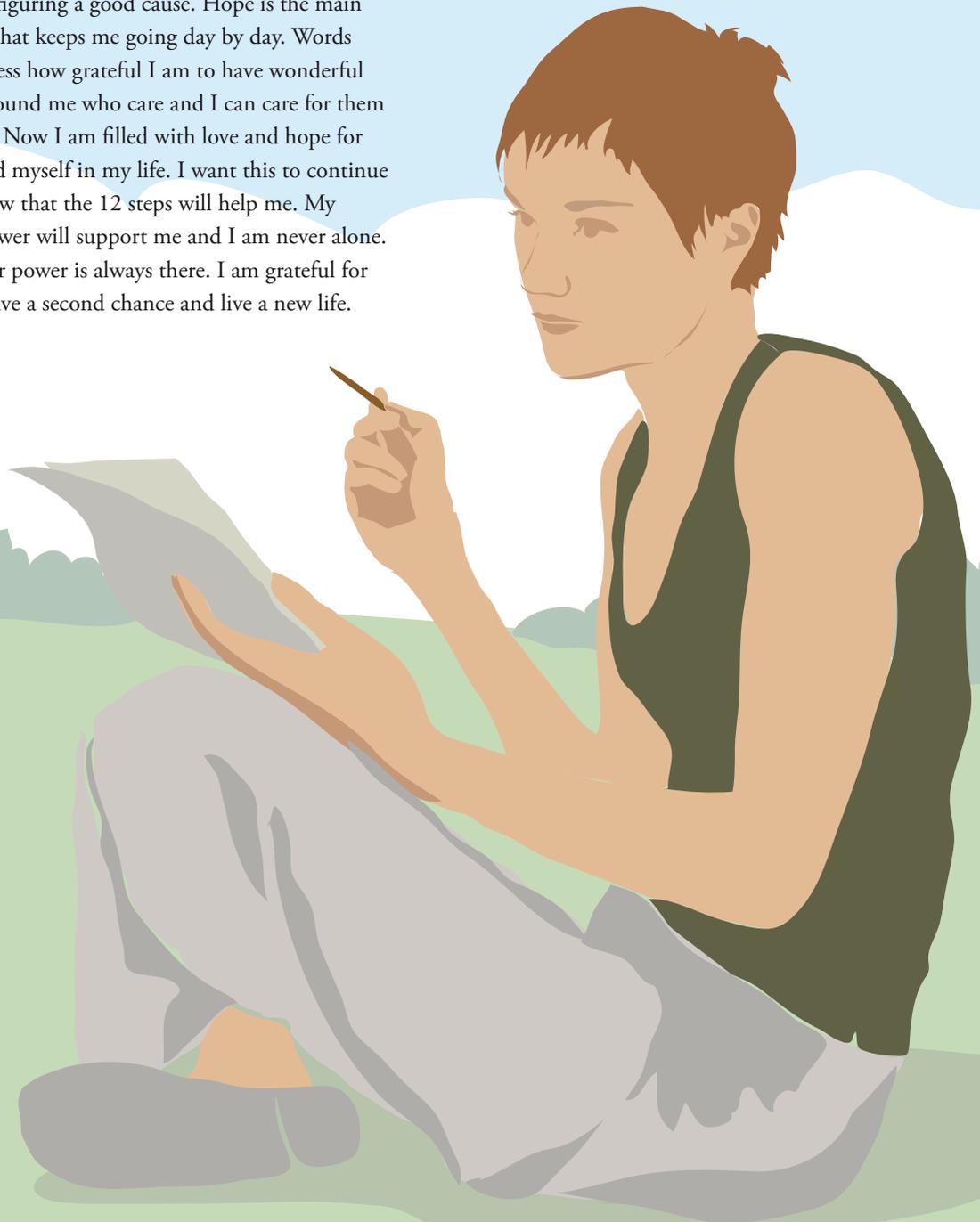
I savoured desperately to fill the lonely pity inside of me with other means. I tried it over and over again expecting different results, not understanding why my life was still the way it was. I abused, and put myself through so much pain. I hated myself. I got to the point where I couldn't look at myself in the mirror. Physically, mentally and spiritually

I was a mess. I didn't know where, or what to do next other than drink. I thought that the only thing I was good at was partying, that's all I wanted to know.

When I reached my rock bottom it was unreal. One night I got so drunk I couldn't remember half of the night. I was so out of it I put myself in harms way. I couldn't defend myself from anything. I woke up the next morning with my underwear on inside out. My bra unsnapped in the back. There were bruises all over my arms and all over the insides of my legs. I had no idea anything had happened. I just know there was pain in between my legs. When I came to the realization that I was raped I new I had a problem. I let myself get so drunk that I couldn't defend myself from harm.



I took a year off from college, and came to Aislinn. Aislinn is a wonderful place, if you want to do the work. If you want to believe, and feel again, Aislinn is the place to help you get there. I have brought hope, happiness and peace back into my life and I feel I am figuring a good cause. Hope is the main emotion that keeps me going day by day. Words can't express how grateful I am to have wonderful people around me who care and I can care for them in return. Now I am filled with love and hope for others and myself in my life. I want this to continue and I know that the 12 steps will help me. My higher power will support me and I am never alone. My higher power is always there. I am grateful for life. To have a second chance and live a new life.



## Jane

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

I'm 19 now and I had tried drug treatment before. I had no idea how my life would change. I had no self-esteem or confidence and I didn't know who I was. I had lost all the trust in my family by lying about relapsing.

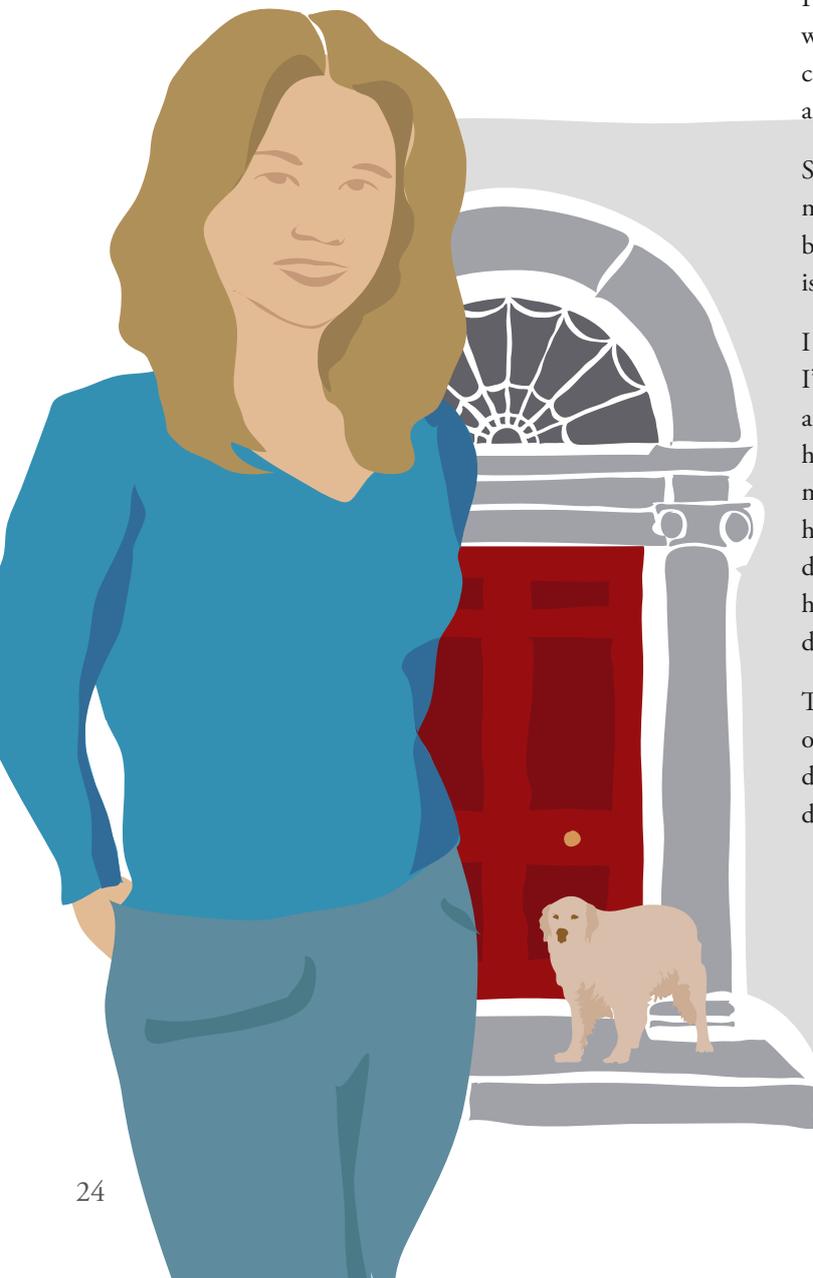
I had gone into my own world where nothing mattered; not even me. I couldn't tell anyone about me and what I had done so I tried to sit back and hope no body would find the real me.

But I was noticed and I talked about my addiction and related to everyone in some way, I was no longer alone. So I opened up more and did my step one. This was reality for me; what I had done not only to myself but also to everyone around me. For the first time in my life I was totally honest with my Mum. When I saw the destruction I had caused I knew I couldn't go back. I could only try and go forward. So I worked the rest of the steps.

Step 4 was the first time I had seen every inch of my life laid out before me, and reading it was the biggest release of my life. Everything about Aislinn is amazing.

I now have self-respect, confidence, awareness and I'm glad to be me. For the first time I feel wanted and I've come to learn that I can't go through life hating people. Praying and meditating has given me so much peace inside. The staff and peers have helped me see that life can be brilliant without drink and drugs, and when I go home nothing will have changed apart from me and that makes all the difference.

Today is only the beginning of a long road ahead of me and thanks to Aislinn I'm willing and determined nothing in this life can bring you down unless you let it.





## Twelve Steps

### Step 1

We admitted that we were powerless over our addiction, that our lives have become unmanageable

### Step 7

We humbly ask Him to remove our shortcomings

### Step 2

We came to believe that a power greater than ourselves could restore us to sanity

### Step 8

We made a list of all the persons we had harmed and became willing to make amends to them all

### Step 3

We made a decision to turn our will and our lives over to the care of God as we understood him

### Step 9

We made direct amends to such people wherever possible, except when to do so would injure them or others

### Step 4

We made a searching and fearless moral inventory of ourselves

### Step 10

We continued to take personal inventory and when we were wrong promptly admitted it

### Step 5

We admitted to God, ourselves and another human being the exact nature of our wrongs

### Step 11

We sought through prayer and meditation to improve our conscious contact with God as we understood Him

### Step 6

We were entirely ready to have God remove all those defects of character

### Step 12

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to addicts

## Directors' Report

The directors present their report and financial statements for the year ended 31 December 2008.

### **Principal Activities and Review of the Business**

The principal activities of the company consist of residential treatment of adolescents (15 to 21 years) who are chemically dependent.

The results for the year and the financial position at the year end were considered satisfactory by the directors.

Aislinn Adolescent Addiction Treatment Centre is a company limited by guarantee, not having a share capital, incorporated in Ireland on March 7, 1985 under the Companies Acts, 1963 to 1983, registered number 310418.

The objectives of the company are charitable in nature with established charitable status (Registered Charity No. CHY 13114). All income is applied solely towards the promotion of the charitable objectives of the company.

### **Results and Dividends**

The company is precluded by its Memorandum of Association from paying dividends either as part of normal operations or on a distribution of its assets in the event of a winding-up.

### **Post Balance Sheet Events**

There have been no significant events affecting the company since the year end.

### **Future Developments**

The company will continue to operate at its present activity level in the ensuing year.

### **Directors**

The following directors have held office since 1 January 2008:

John McDermott

Cyril D'Arcy

Sr. Eileen Fahy

Mai Mc Evoy

Phelim O'Connell

Dr. Ronan Fawcitt

Brid Bates

Martina Finlay (*Resigned 1 November 2008*)

Patrick Horgan

Ann McMahon Keogh

Sr. Nora Lombard

Ann Marie Lanigan

Charlie McDermott

Sr. Veronica Mangan

## Corporate Governance

The directors are committed to maintaining the highest standard of Corporate Governance and they believe that this is a key element in ensuring the proper operation of the company's activities. Although the company is not a listed company and therefore not subject to the 'Principles of Good Governance and Code of Best Practice' (as adopted by the Irish Stock Exchange), the Board nevertheless has determined that the company should, at the very least comply with the basic principles of Corporate Governance as outlined in this code. As part of this policy an effective Board and a competent Executive team head the company.

The Board is responsible for providing leadership, setting strategy and ensuring control. It comprises fourteen non-executive directors.

The Board's non-executive directors are drawn from diverse backgrounds in business and professions, who bring to Board deliberations, their significant business and decision-making skills achieved in their respective fields together with a broad range of experience and views.

There is a clear division of responsibility at the company with the Board retaining control of major decisions under a formal schedule of matters reserved to the Board for decision, with the Director responsible for devising strategy and policy within the authorities delegated to him by the Board.

The company has a comprehensive process for reporting management information to the Board. The Board is provided with regular information, which includes key performance and risk indicators for all aspects of the organisation. The Board meets regularly as required and met four times during 2008 (four in 2007).

On appointment directors receive briefing sessions and comprehensive briefing documents designed to familiarise them with the company's operations, management and governance structures. All non-executive directors are appointed for an initial three year term, which may be renewed for one further three year period, giving a maximum of six continuous years for any director.

In accordance with the company's Articles of Association, Sr. Eileen Fahy, Mai Mc Evoy, Brid Bates, Patrick Horgan and Ann Keogh retire by rotation and, being eligible, offer themselves for re-election. The role of Chairman and Director are separate and the Director is independent of the management of the company.

## Board Committees

Committees of the Board are established for good governance under the code of practice as follows:

### A. Finance Committee

Monitors and reviews the financial performance of the group. It provides an independent review of the annual budgets, monthly management and financial accounts and makes recommendations to the Board where relevant. The Committee met four times during 2008.

### B. Personal Committee

Provides guidance on development, review and authorisation of personnel policies and procedures. The Committee met four times during 2008.

### **C. Core Values Committee**

The function of the core values committee is to ensure that the vision, mission and values of the company are maintained. The Committee met four times during 2008.

### **Internal Controls**

The directors acknowledge their overall responsibility for the company's systems of internal control and for reviewing its effectiveness. They have delegated responsibility for the implementation of this system to the Executive Management. This system includes financial controls, which enable the Board to meet its responsibilities for the integrity and accuracy of the company's accounting records..

The Board has also established a process of compliance which addresses the Board's wider responsibility to maintain, review and report on all internal controls, including financial, operation and compliance risk management.

The key elements of internal control systems are:

- a) The company has strict policies and procedures in place for the receipt, recording and control of donations received from private individuals and the corporate sector.
- b) There is a formal organisational structure in place with clearly defined lines of responsibility, division of duties and delegation of authority.
- c) Detailed budgets are prepared annually, which are reviewed by the finance subcommittee and further reviewed and approved by the Board. Actual results and service outcomes are compared regularly against these Budgets to ensure tight budgetary control and value for money.

### **Management and Staff**

We acknowledge with appreciation the committed work of our staff and volunteers. Our success and achievements of our work is due to their dedication and tremendous contribution. We are committed to the development of our staff and we allocate resources annually towards their training and development. We have a programme of care and counselling for our employees and are planning to further expand this in 2009. Aislinn is an equal opportunities employer and recognises the need to attract the best staff and volunteers to achieve our vision and objectives.

### **Companies (Amendment) Act, 1986**

The reporting requirements of the Companies (Amendment) Act, 1986 relating to financial statements do not apply to the company, as it is a company limited by guarantee not having a share capital.

### **Books of Account**

The company's directors are aware of their responsibilities, under section 202 of the Companies Act 1990 to maintain proper books of account and are discharging their responsibility by employing qualified and experienced staff, and ensuring that sufficient company resources are available for the task, and liaising with the company's auditors seeking external professional accounting advice.

The measures taken by the directors to secure compliance with the company's obligation to keep proper books of account are the use of the appropriate systems and procedures and employment of competent qualified persons. The books of account are held at the company's registered office, Ballyragget Co. Kilkenny.

### **Taxation Status**

The company was not a close company as defined by Section 430 Taxes Consolidation Act 1997 and this position has not changed since the end of the financial year.

### **Auditors**

In accordance with the Companies Act 1963, section 160(2), O' Neill Foley continue in office as auditors of the company.

### **Statement of Directors' Responsibilities**

The directors are responsible for preparing the financial statements in accordance with applicable law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Accounting Standards Board and promulgated by the Institute of Chartered Accountants in Ireland.

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Acts 1963 to 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the board

**John McDermott**

Director

**Phelim O'Connell**

Director

4 February 2009

# Independent Auditors' Report

To the Shareholders of Aislinn Adolescent Addiction Treatment Centre Ltd

This report is made solely to the company's members, as a body, in accordance with Section 193 of the Companies Act, 1990. 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 auditors' 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.

We have audited the financial statements of Aislinn Adolescent Addiction Treatment Centre Ltd for the year ended 31 December 2008 set out on pages 0 to 16. These financial statements have been prepared under the accounting policies set out therein.

## **Respective Responsibilities of the Directors and Auditors**

As described in the Statement of Directors' Responsibilities, the company's directors are responsible for the preparation of the financial statements in accordance with applicable law and the accounting standards issued by the Accounting Standards Board and promulgated by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland).

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Acts, 1963 to 2006. We also report to you whether in our opinion: proper books of account have been kept by the company; whether, at the balance sheet date, there exists a financial situation requiring the convening of an extraordinary general meeting of the company; and whether the information given in the directors' report is consistent with the financial statements. In addition, we state whether we have obtained all the information and explanations necessary for the purposes of our audit, and whether the company's balance sheet and its profit and loss account are in agreement with the books of account.

We also report to you if, in our opinion, any information specified by law regarding the directors' remuneration and transactions is not disclosed and, where practicable, include such information in our report.

We read the directors' report and consider the implications for our report if we become aware of any apparent misstatements within it.

## **Basis of Audit Opinion**

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

We have undertaken the audit in accordance with the requirements of APB Ethical Standards including APBE thical Standard - Provisions Available for Small Entities, in the circumstances set out in note 15 to the financial statements.

### **Opinion**

In our opinion the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of the company's affairs as at 31 December 2008 and of its deficit for the year then ended ; and
- have been properly prepared in accordance with the requirements of the Companies Acts, 1963 to 2006.

We have obtained all the information and explanations we consider necessary for the purposes of our audit. In our opinion, proper books of account have been kept by the company. The financial statements are in agreement with the books of account.

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

O' Neill Foley  
Chartered Accountants  
Registered Auditor  
Patrick's Court  
Patrick Street  
Kilkenny.

4 February 2009

# Income and Expenditure Account

For the year ended 31 December 2008

	Notes	2008 €	2007 €
<b>Turnover</b>	2	1,436,709	1,186,060
Distribution costs		(76,284)	(65,466)
Administrative expenses		(1,578,068)	(1,349,732)
<b>Operating deficit</b>	3	(217,643)	(229,138)
Investment income	4	97,234	-
Other interest receivable and similar income	4	9,960	7,048
Interest payable and similar charges	5	(152)	(613)
<b>Deficit on ordinary activities before taxation</b>		(110,601)	(222,703)
Tax on deficit on ordinary activities		-	-
<b>Deficit for the year</b>	12	(110,601)	(222,703)

The income and expenditure account has been prepared on the basis that all operations are continuing operations.

There are no recognised gains and losses other than those passing through the profit and loss account.

Approved by the board on 4 February 2009

**John McDermott**  
Director

**Phelim O'Connell**  
Director

# Balance Sheet

As at 31 December 2008

	Notes	2008		2007	
		€	€	€	€
<b>Fixed assets</b>					
Tangible assets	6		1,116,597		1,141,030
Investments	7		-		800,000
			1,116,597		1,941,030
<b>Current assets</b>					
Debtors	8	146,330		20,659	
Cash at bank and in hand		896,299		272,452	
		1,042,629		293,111	
<b>Creditors: amounts falling due within one year</b>					
	9	(100,403)		(36,893)	
<b>Net current assets</b>			942,226		256,218
<b>Total assets less current liabilities</b>			2,058,823		2,197,248
<b>Accruals and deferred income</b>					
	10		(726,081)		(753,905)
			1,332,742		1,443,343
<b>Reserves</b>					
Other reserves	12		555,298		555,298
Income and expenditure account	12		777,444		888,045
<b>Members' funds</b>	13		1,332,742		1,443,343

Approved by the board and authorised for issue on 4 February 2009

**John McDermott**  
Director

**Phelim O'Connell**  
Director

# Cash Flow Statement

For the year ended 31 December 2008

	2008		2007	
	€	€	€	€
<b>Net cash outflow from operating activities</b>		(251,495)		(178,054)
<b>Returns on investments and servicing of finance</b>				
Interest received	107,083		6,579	
Interest paid	(21)		(613)	
<b>Net cash inflow for returns on investments and servicing of finance</b>		107,062		5,966
<b>Capital expenditure and financial investment</b>				
Payments to acquire tangible assets	(31,720)		(65,352)	
Receipts from sales of tangible assets	-		7,000	
Receipts from sales of investments	800,000		-	
<b>Net cash inflow/(outflow) for capital expenditure</b>		768,280		(58,352)
<b>Net cash inflow/(outflow) before management of liquid resources and financing</b>		623,847		(230,440)
<b>Management of liquid resources</b>				
Bank deposits	155,027		(5,413)	
		155,027		(5,413)
<b>Increase/(decrease) in cash in the year</b>		778,874		(235,853)

# Notes to the Cash Flow Statement

For the year ended 31 December 2008

## 1 Reconciliation of operating loss to net cash outflow from operating activities

	2008	2007
	€	€
Operating deficit	(217,643)	(229,138)
Depreciation of tangible assets	56,153	52,863
Profit on disposal of tangible assets	-	(7,000)
(Increase)/decrease in debtors	(125,560)	22,435
Increase in creditors within one year	63,379	10,134
Movement on grant provision	(27,824)	(27,348)
<b>Net cash outflow from operating activities</b>	<b>(251,495)</b>	<b>(178,054)</b>

## 2 Analysis of net funds

	1 Jan 2008	Cash flow	Other non- cash changes	31 Dec 2008
	€	€	€	€
Net cash:				
Cash at bank and in hand	112,895	778,874	-	891,769
Liquid resources:				
Bank deposits	159,557	(155,027)	-	4,530
Net funds	272,452	623,847	-	896,299

## 3 Reconciliation of net cash flow to movement in net funds

	2008	2007
	€	€
Increase/(decrease) in cash in the year	778,874	(235,853)
Cash inflow/(outflow) from decrease/(increase) in liquid resources	(155,027)	5,413
Movement in net funds in the year	623,847	(230,440)
Opening net funds	272,452	502,892
Closing net funds	896,299	272,452

# Notes to the Financial Statements

For the year ended 31 December 2008

## 1 Accounting policies

### 1.1 Accounting convention

The financial statements are prepared under the historical cost convention.

### 1.2 Turnover

#### **Incoming resources**

Incoming resources are recognised by inclusion in the statement of financial activities only when the company is legally entitled to the income, virtually certain of receipt and the amounts involved can be measured with sufficient reliability.

#### **Incoming resources from charitable activities**

##### *Grants from governments and other co-funders*

Grants from governments and institutional donors, are recognised as income when the activities which they are intended to fund have been undertaken, the related expenditure incurred, and there is reasonable certainty of receipt.

Income due to the company from governments and institutional sources but not yet received at year end is included in debtors in the balance sheet, and funds already received but not yet utilised are shown in creditors.

#### **Incoming resources from generated funds**

##### *Voluntary income*

Voluntary income, which consists of monetary donations from the public (including legacies), and from corporate and major donors, together with related tax refunds, is recognised in the period in which the organisation is entitled to the resource, receipt is virtually certain, and when the amount can be measured with sufficient reliability. In the case of monetary donations from the public this income is generally recognised when the donations are received; with legacies it is when the client receives confirmation of unconditional entitlement to the bequest; the activities which it is intended to fund have been undertaken and the related expenditure incurred; whereas, with tax refunds it is when claims are compiled and submitted to the revenue authorities for reimbursement.

##### *Income from services*

Service income is recognised once the company is legally entitled to the income, virtually certain of receipt, and the amounts can be measured with sufficient reliability.

### 1.3 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows :

Land and buildings Leasehold	2.5%
Plant and machinery	15%
Fixtures, fittings & equipment	15%

### 1.4 Investments

Fixed asset investments are stated at cost less provision for diminution in value.

### 1.5 Pensions

The pension costs charged in the financial statements represent the contributions payable by the company during the year in accordance with SSAP 24.

### 1.6 Deferred taxation

Deferred taxation is provided at appropriate rates on all timing differences using the liability method only to the extent that, in the opinion of the directors, there is a reasonable probability that a liability or asset will crystallise in the foreseeable future.

### 1.7 Government grants

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the assets. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred.

## 2 Turnover

The total turnover of the company for the year has been derived from its principal activity wholly undertaken in the Republic of Ireland.

## 3 Operating loss

	2008	2007
	€	€
Operating loss is stated after charging :		
Depreciation of tangible assets	56,153	52,863
Auditors' remuneration	5,216	4,816
Profit on disposal of tangible assets	-	(7,000)

# Notes to the Financial Statements

For the year ended 31 December 2008

## 4 Income from investments, other interest receivable and similar income

	<b>2008</b>	<b>2007</b>
	<b>€</b>	<b>€</b>
Other investment income	97,234	-
Bank interest	9,960	7,048
Other investment income	97,234	-
	<b>107,194</b>	<b>7,048</b>

## 5 Interest payable

	<b>2008</b>	<b>2007</b>
	<b>€</b>	<b>€</b>
On bank loans and overdrafts	21	613
On overdue tax	131	-
	<b>152</b>	<b>613</b>

## 6 Tangible fixed assets

	<b>Land and buildings Leasehold</b>	<b>Plant and machinery</b>	<b>Fixtures, fittings &amp; equipment</b>	<b>Total</b>
	<b>€</b>	<b>€</b>	<b>€</b>	<b>€</b>
<b>Cost</b>				
At 1 January 2008	1,240,019	57,100	128,093	1,425,212
Additions	-	3,198	28,522	31,720
At 31 December 2008	1,240,019	60,298	156,615	1,456,932
<b>Depreciation</b>				
At 1 January 2008	179,564	34,531	70,087	284,182
Charge for the year	31,000	4,743	20,410	56,153
At 31 December 2008	210,564	39,274	90,497	340,335
<b>Net book value</b>				
At 31 December 2008	1,029,455	21,024	66,118	1,116,597
At 31 December 2007	1,060,455	22,569	58,006	1,141,030

## 7 Fixed asset investments

	<b>Unlisted investments</b>
	<b>€</b>
<b>Cost</b>	
At 1 January 2008	800,000
Disposals	(800,000)
At 31 December 2008	-
<b>Net book value</b>	
At 31 December 2008	-
At 31 December 2007	800,000
	<b>Directors'</b>
	<b>valuation</b>
	<b>€</b>
At 31 December 2008	-
At 31 December 2007	938,000

## 8 Debtors

	<b>2008</b>	<b>2007</b>
	<b>€</b>	<b>€</b>
Trade debtors	146,330	20,659

## 9 Creditors: amounts falling due within one year

	<b>2008</b>	<b>2007</b>
	<b>€</b>	<b>€</b>
Trade creditors	21,829	28,915
Deferred income	38,070	-
Accruals and deferred income	40,504	7,978
	100,403	36,893

# Notes to the Financial Statements

For the year ended 31 December 2008

<b>10 Accruals and deferred income</b>	<b>Government grants</b>
	<b>€</b>
Balance at 1 January 2008	753,905
Amortisation in the year	(27,824)
Balance at 31 December 2008	726,081

## 11 Pension and other post-retirement benefit commitments

<b>Defined contribution</b>	<b>2008</b>	<b>2007</b>
	<b>€</b>	<b>€</b>
Contributions payable by the company for the year	68,905	47,707

## 12 Statement of movements on reserves

	<b>Other reserves (see below)</b>	<b>Income and expenditure account</b>
	<b>€</b>	<b>€</b>
Balance at 1 January 2008	555,298	888,045
Deficit for the year	-	(110,601)
Balance at 31 December 2008	555,298	777,444

### Other reserves

#### Reserves for own shares

Balance at 1 January 2008 & at 31 December 2008	555,298
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<b>13 Reconciliation of movements in members' funds</b>	<b>2008</b>	<b>2007</b>
	<b>€</b>	<b>€</b>
Deficit for the financial year	(110,601)	(222,703)
Opening members' funds	1,443,343	1,666,046
Closing members' funds	1,332,742	1,443,343

## 14 Employees

### Number of employees

There were no employees during the year apart from the directors

<b>Employment costs</b>	<b>2008</b>	<b>2007</b>
	<b>€</b>	<b>€</b>
Wages and salaries	963,852	838,758
Social security costs	92,441	84,506
Other pension costs	68,905	47,707
	1,125,198	970,971

## 15 Auditors' Ethical Standards

In common with many businesses of our size and nature we use our auditors to prepare and submit returns to the tax authorities and assist with the preparation of the financial statements. In common with many other businesses of our size and nature we use our auditors to provide tax advice.

## 16 Approval of Financial Statements

The directors approved the financial statements on the 4 February 2009.

## Company Information

### **Board of Management**

John McDermott (*Chairman*)  
Cyril Darcy  
Patrick Horgan  
Mai McEvoy  
Sr. Veronica Mangan  
Charlie McDermott  
Dr Ronan Fawcitt  
Sr. Nora Ann Lombard  
Brid Bates  
Ann McMahon Keogh  
Mary Goode (*appointed April 2008*)  
Sr. Eileen Fahy  
Phelim O'Connell  
Ann Marie Lanigan

### **Director**

Declan Jones

### **Secretary**

Breda Cahill

### **Company number**

310418

### **Registered office**

Ballyragget  
Co. Kilkenny

### **Auditors**

O' Neill Foley  
Patrick's Court  
Patrick Street  
Kilkenny

### **Business address**

Kilkenny Road  
Ballyragget  
Co. Kilkenny

### **Bankers**

Bank of Ireland  
Durrow  
Laois

### **Solicitors**

Martina Finlay  
Oran  
Donamon  
Co. Roscommon







## Dear Addiction

You're close to my heart,  
You'll stay there in slumber,  
But I wish we could part.

I let you persuade me,  
To treat myself kind,  
Now I'll no longer listen,  
Your intentions outlined.

As I grow strong, you weaken,  
Laying dormant until,  
Some day you'll awaken,  
When my spirit falls ill.

Being determined  
will aid me today,  
Tomorrow is something else  
all I can do for is Pray.



**The Aislinn Centre**  
Ballyragget  
Co. Kilkenny  
T 056 8833 777  
E [info@aislinn.ie](mailto:info@aislinn.ie)



[www.aislinn.ie](http://www.aislinn.ie)