

Association for Agency-based Counselling & Psychotherapy in Ireland



AACPI

ANNUAL REPORT 2022

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Chairperson's Foreword

Welcome to the 2022 Annual Report. If I were to choose words that featured a lot in 2022, they would be focussed, driven, clarity and energised. I had a sense of this for us all following the AGM last year and it has continued. Last year Bernard Gloster Tusla CEO spoke about finding our place, becoming more visible and most importantly being very clear about who we are, what we offer and urged us to find our voice and take our deserved place in services in Ireland. This reinforced where we were as a board coming into last year's AGM and confirmed for us that we were on the right track. So, we continued to build on this in 2022.

Following the AGM, we went back to the basics and ensured we had the strongest foundation to continue this work, we wanted to "have our house in order" and we have achieved that. The Board met twelve times in 2022. We approved the following policies and procedures: Reserves Policy, Business Code of Conduct, Board Governance Policies & Procedures, Financial Policies & Procedures, Health & Safety Policy, and Training & Development Policy. Our submission to the Charities Regulator in October makes us fully compliant except for a Risk Register at that time, which we have approved since then.

I stated at last year's AGM that "our primary goal is to improve the operating environment for our members and central to this is funding. In the coming years, we will mobilise and tirelessly promote our members' work, and fight for adequate funding and resourcing for our members." I can honestly say this is top of our agenda and is part of every conversation.

During 2022, we offered training with Anam Cara, Annie Sampson, Kate Anthony. We consulted with members about branding and the strategic plan in September. We established a Membership Sub-committee and met four times and developed new Terms of Reference. We decided to have two

categories, Full & Associate Members. We dropped the Affiliate Membership and we spoke to those organizations e.g., Rainbows. They agreed this was the right thing to do and going forward we will look at including organisations that we may work closely with as "strategic partners" which is the working title we are currently using.

We welcomed Sally Aquilina to the team as a part-time Executive Administrator. She has responsibility for database, finance, governance and office duties. In her short time with us she has already made a significant contribution and brings a wealth of knowledge and experience to this role.

To begin reviewing our clinical standards we decided to commission a piece of work which we titled "Clinical Standards in Community-based Counselling & Psychotherapy in Ireland – A Roadmap to Best Practice." The purpose of this project is to advance AACPI's work in the development of clinical standards and increase the capacity of the community-based counselling and psychotherapy sector in Ireland through consultation, research with AACPI members and the wider sector. Dr Jennifer Van Aswegen was successful in getting this contract and this research piece will be completed by September which will give us vital information in planning the next stage.

Sarah Jane in her address will give an overview of the amount of work we have started, continued, or finished during 2022. As CEO Sarah Jane's contribution to AACPI in two years is immense, her connection to the members, her ability to bring AACPI to various forums, her vision, her work ethic, and rate. I truly admire her and thank her for everything she brings to AACPI as an organization and to us as a Board.

Our board went through some changes in 2022. Maura Callaghan, Pat Flynn &

Mark Fielding all resigned from the board. I thank them all for their time and contributions to AACPI. We welcomed Liam Treanor onto the Board.

I want to express my thanks to Eifion Williams for his on-going support, encouragement and always making himself available to meet us when we want to "run something by Tusla". Thanks also to Caitríona Curtis and Deirdre Roche. On our behalf I send her our congratulations on the arrival of her son Óisín.

To you our members, thank you for working with us. I, the CEO, and the Board will continue with the same commitment, focus and drive to continue our plans in 2023.

To members of the Board who have worked long hours, attended many meetings, and worked through many reports and agendas during the year. Mo bhuíochas.

Máire Ní Dhomhnaill
Chair



The History of AACPI

AACPI is a network of professional community-based counselling and psychotherapy services. The Association was established in 2008 by a group of organisations in receipt of funding under the “Grants to Voluntary Organisations providing Marriage, Child and Bereavement Counselling services.” These grants were administered by the Family Support Agency (FSA) which was subsumed in 2014 under The Tusla Child and Family Agency.

Since this time, AACPI has grown. The organisation has 25 members delivering community-based counselling & psychotherapy services across Ireland. AACPI is a strategic partner of Tusla and a member of the Tusla Commissioning Advisory Group.

AACPI is a registered charity and company limited by guarantee since 2014.

Our Vision

An Ireland where professional counselling and psychotherapy is accessible to all through community-based services



Our Mission

- To empower, support and promote best practice in counselling and psychotherapy in Ireland.
- To represent and promote community-based counselling and psychotherapy in Ireland and to develop governance, standards, and practice.



Our Values

- Professionalism
- Empowerment
- Integrity
- Ethics
- Member-focused



AACPI

Our core principles

- Counselling & psychotherapy is provided on a **community-based and not-for-profit basis** regardless of a clients age, gender, civil status, family status, race, religion or belief, disability, sex, or sexual orientation.
- Counselling & psychotherapy is best practiced within an agency-based and community-based setting **committed to developing centres of excellence.**
- Members have clear **'Clinical' and 'Corporate Governance' accountability structures.**
- Members are committed to **on-going organisational development.**
- Members are supportive of each other and collaborate with each other in the **development of standards within the sector.**
- Members have on-site systems of record-keeping & data collection, and **continuous quality development.**
- Members are **community-based and strive to be of benefit to these communities** within the limits of their competency.

Our members

- All AACPI members are registered charities who receive core or partial funding from Tusla for the services they deliver.
- All AACPI members are community-based, not-for-profit, and adhere to the principles of agency and community-based counselling.



What we do for our members

AACPI Board of Directors and CEO support and empower members through the following areas of work:

Membership Empowerment and Growth

AACPI hosts events, workshops, and seminars for our members. We invite members to attend our Annual General Meeting to meet the board and staff and share their feedback on AACPI's work. AACPI shares members newsletters with information on AACPI's work, the work of other members, funding, and training opportunities. **AACPI seeks to create a sense of community and a supportive and collaborative space for members to share learning and experiences.**

Training & Information Sharing

AACPI administers annual member surveys to identify training and support needs. AACPI acts as a point of contact for members' queries on clinical or non-clinical issues which arise in the daily management of services. **AACPI communicates members' emerging needs and sectoral trends to Tusla on an ongoing basis.**

Digital Transformation: Database & Statistics

In 2013, AACPI developed a bespoke data collection and client management system which supports individual agencies to manage and track their client work in a meaningful way and to allow anonymised data to be collected to form a national perspective. As a result, **AACPI has been able to evidence and report annually on the work done by member agencies across the country since 2013.**

Quality & Standards

AACPI members uphold the highest quality and standards expected in the delivery of counselling and psychotherapy. AACPI supports members to enhance these standards through the administration of a Member Standards survey, which is revised annually in consultation with members and Tusla and with consideration of new and emerging best practice in the field. AACPI facilitates members to share learning and materials to meet these standards in service delivery. This results in more efficient use of members' time and resources while ensuring clients receive the highest possible

AACPI

Advocacy & Profile Building

AACPI is the only national association for community-based counselling & psychotherapy services in Ireland. AACPI holds regular meetings with Tusla and key stakeholders to advocate for increased funding and resourcing and any issues which adversely affect our members' ability to meet client needs. **AACPI Board and staff work to build awareness of and improve the operating environment for our members through the strengthening of AACPI's brand and collective identity, through advocacy, lobbying, engagement and communications.**

Charity Governance & Compliance

AACPI Board of Directors play a pivotal role in the strategic direction and oversight of AACPI. The Board comprises of Directors derived from membership with a diverse expertise and understanding of counselling & psychotherapy and the management of registered charities in Ireland. **The Board, with the support of the CEO, constantly work to uphold the highest standards in governance and compliance as required by law and share learning & best practice with members.**



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Membership 2022

- 1 An Cosán, Dublin
- 2 Beacon of Light Counselling Centre, Dublin
- 3 Boyle Counselling & Psychotherapy, Roscommon
- 4 Candle Community Trust, Dublin
- 5 Cork Counselling Services, Cork
- 6 Dundalk Counselling Centre, Dundalk
- 7 Fatima Groups United, Dublin
- 8 Fingal Counselling Service, Dublin
- 9 Genesis Psychotherapy & Family Therapy Service, Dublin
- 10 Kerry Adolescent Counselling Services, Tralee
- 11 Knock Counselling Centre, Mayo
- 12 Limerick Social Services Council, Limerick
- 13 Northside Counselling Service, Dublin
- 14 Pro Consult, Galway
- 15 Rainbows Ireland, Dublin
- 16 Southwest Counselling, Killarney
- 17 St Brigid's Family and Community Centre, Waterford
- 18 Teach Oscail FRC, Cavan
- 19 The Curragh Family Resource Centre, Kildare
- 20 The Ford Counselling & Psychotherapy Centre, Wexford
- 21 The Family Centre, Castlebar, Mayo
- 22 The Village Counselling Service, Dublin
- 23 Traveller Counselling Service, Nationwide
- 24 Vita House Family Centre, Roscommon



We would like to thank our members for their valued membership in 2022.

- Full Membership
- Affiliate Membership
- Associate Membership



In early 2023, we welcomed new members Limerick Youth Service BE WELL Counselling and Knockanrawley Family Resource Centre CLG, Tipperary.

CEO's Report

I am pleased to present the 2022 Annual Report for AACPI. This was a busy year for me and the board, and I would like to extend my sincere thanks to the board for their dedication throughout the year. I would like to especially thank Chairperson Máire Ní Dhomhnaill for her support to me.

We were honored to have Bernard Gloster, then Tusla CEO, join us for our last AGM. **We discussed the need for increased multiannual funding for members, the challenges recruiting therapists, and the growing waiting lists for children and adolescent counselling.** I am pleased to report that Bernard continued conversations with us post AGM and facilitated work developing pathways for AACPI members to access Tusla Private Counselling referrals. We look forward to further engagement on these issues with the incoming Tusla CEO and with Bernard in his new role as HSE CEO.

Developing AACPI's brand awareness and public profile remained a key focus of our work throughout 2022.

We held workshops to gather members' views on AACPI's vision, goals, target audiences and positioning in the sector. As a result of these consultations, we commenced the process of renaming AACPI and developing new branding. We look forward to launching this in 2023.

We continued to build on our lobbying and advocacy activities throughout 2022. AACPI joined Mental Health Reform, Ireland's largest coalition on mental health. I joined Mental Health Reform's Policy & Advocacy working group and I remain a member of Tusla's Commissioning Advisory Group. In September, community and voluntary sector representatives from the Advisory group formed a "Coalition of Tusla-Funded Voluntary Organisations", modelled on the HSE Health Dialogue Forum. This group will campaign to address the ongoing shared challenges by Tusla-funded services, namely regarding the provision of sustainable multiannual funding. We continue to be members of the Wheel, and I

attended Tusla-Funded and HSE-Funded members network meetings throughout 2022.

As restrictions lifted, I was finally able to meet members and visit services across the country. I greatly appreciate the time members took to meet me and discuss their experiences and challenges, and how AACPI can better support them in their work.

Throughout 2022, our Membership sub-committee reviewed how we engage and grow membership. The group devised a Membership Terms of Reference which aims to refine and focus our work. This new approach removes the Affiliate membership type and creates a mechanism for AACPI to pursue Strategic Partnerships with allied groups in the sector. Due to these changes, Rainbows Ireland will no longer be members of AACPI however, we look forward to developing a fruitful Strategic Partnership in the years ahead. Rainbows is an intricate part of many AACPI members' services and I would like to sincerely thank Anne Staunton and all in Rainbows for their valued participation in AACPI.

In July, we developed a project to review our Standards Framework in the context of new and emerging best practice in the field of counselling and psychotherapy. The goal of this project is to enhance AACPI's unique Standards Framework and develop a blueprint for best practice in counselling and psychotherapy in Ireland. Dr Jennifer Van Aswegen commenced this project in early 2023 and we expect this to be complete by September 2023.

Recruitment for an Executive Administrator commenced in 2022 and resulted in the recent appointment of Sally Aquilina. Sally brings to AACPI extensive experience in customer databases, IT solutions and large-scale rollouts. With Sally on board, we look forward to innovating our work in this area.

In 2022, AACPI members delivered 57,154 counselling sessions

nationwide. Our members met with 7,303 clients; 4,820 of whom were new clients to our services. 15% of all sessions were delivered remotely, as compared to 2019 when no remote sessions were delivered. Risk clients increased by 5% and waiting times on average across membership increased from 29 days to 45 days (from initial contact to first session). Though this waiting time is comparatively better than most services in the sector, the increase demonstrates the growing pressure on services to continue to meet needs in the context of overstretched funding and resources.

I would like to express my gratitude to our members for their contribution to our Database Report and for their tireless and dedicated service to their communities throughout 2022.

I would like to thank all who contributed to AACPI's work in 2022. I look forward to another exciting year of positive growth and change for AACPI.

Sincerely,

Sarah Jane Hennelly
CEO of AACPI



2022 at a glance

AACPI Members:

7,303 Clients met



57,154 Therapy Sessions offered



13% of all Sessions delivered Remotely



12 Sessions delivered per client on average



26% of clients were under 18 years

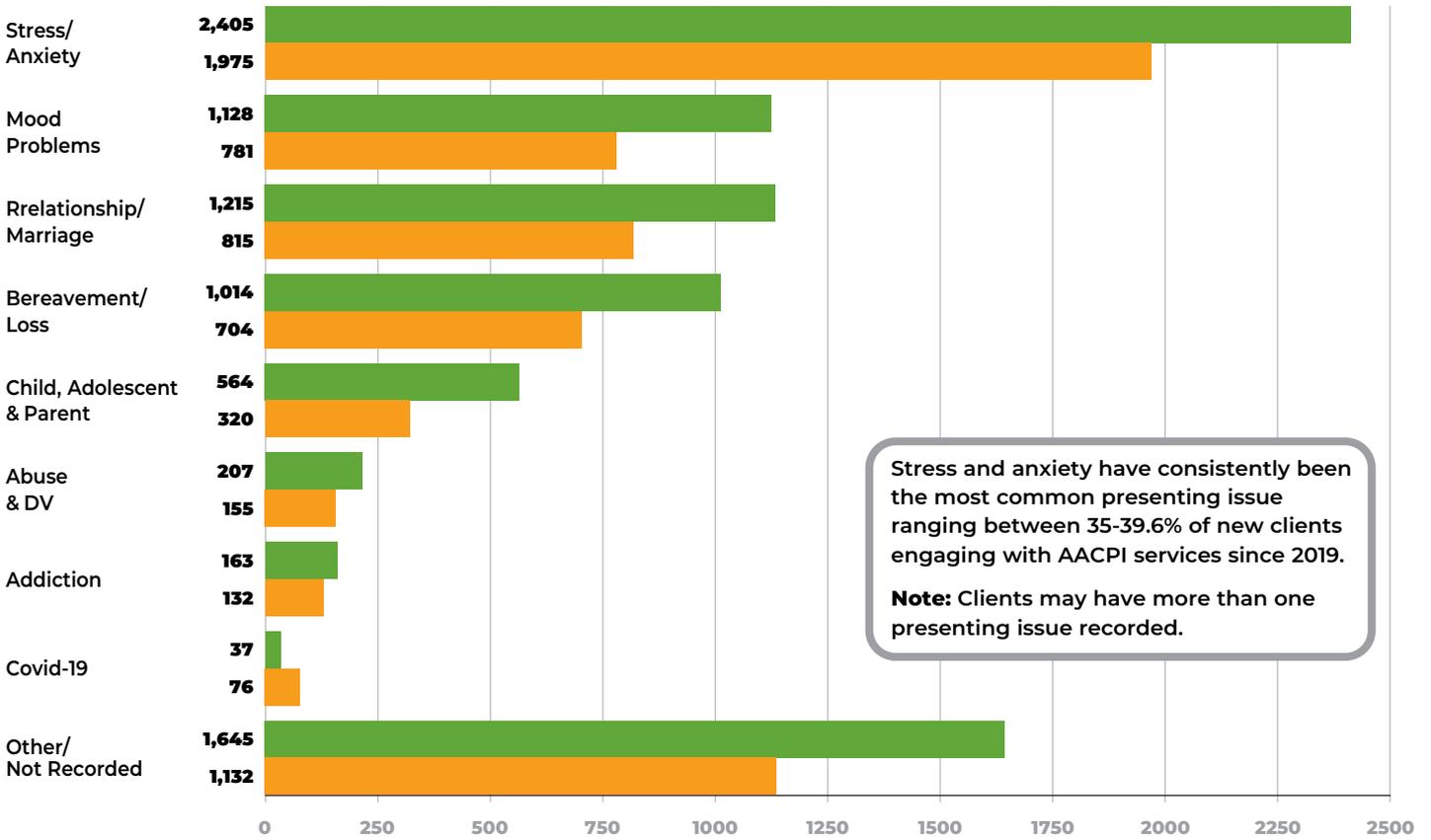


35% of clients presented with Stress and Anxiety



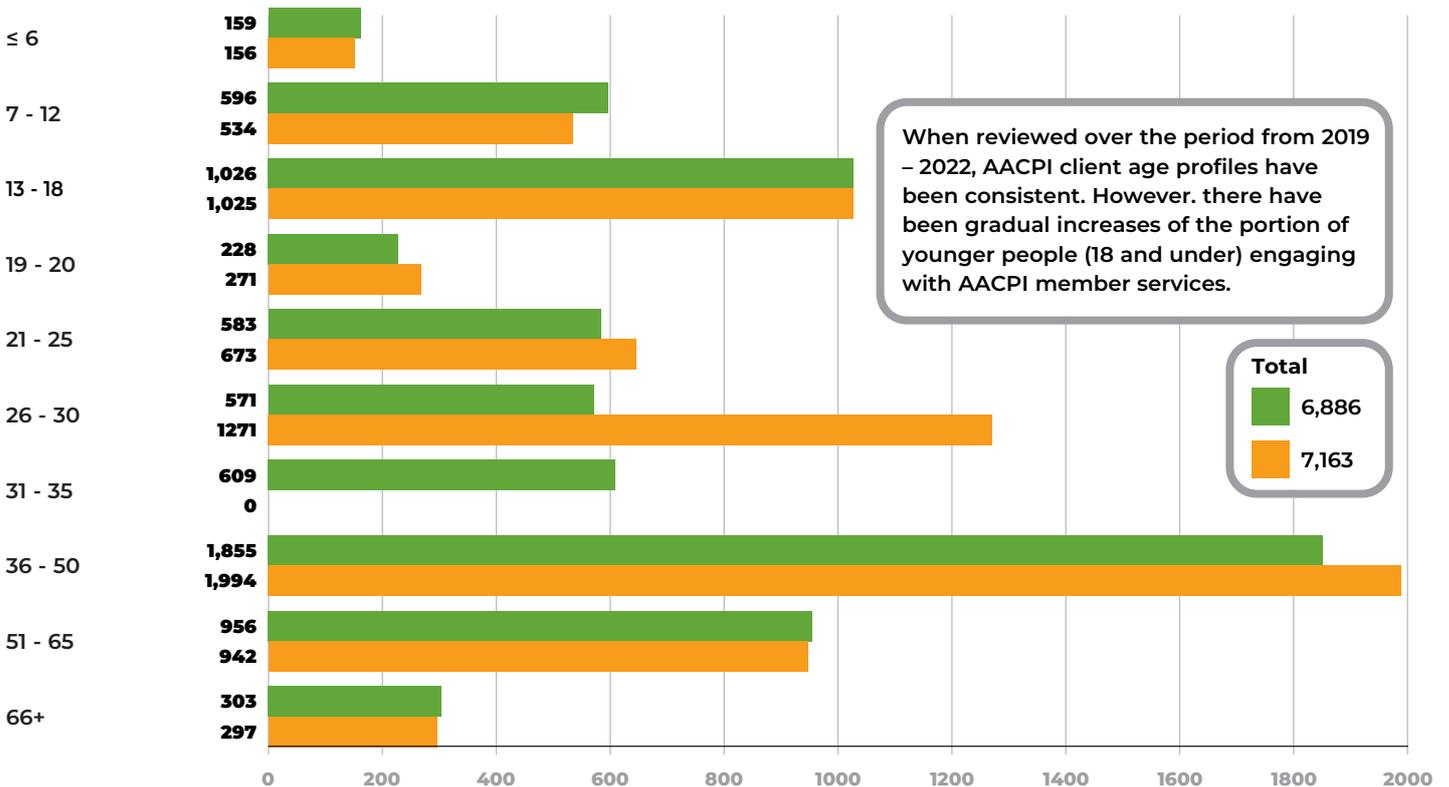
Service Trends

Presenting Issues: 2022 v 2021



Stress and anxiety have consistently been the most common presenting issue ranging between 35-39.6% of new clients engaging with AACPI services since 2019.

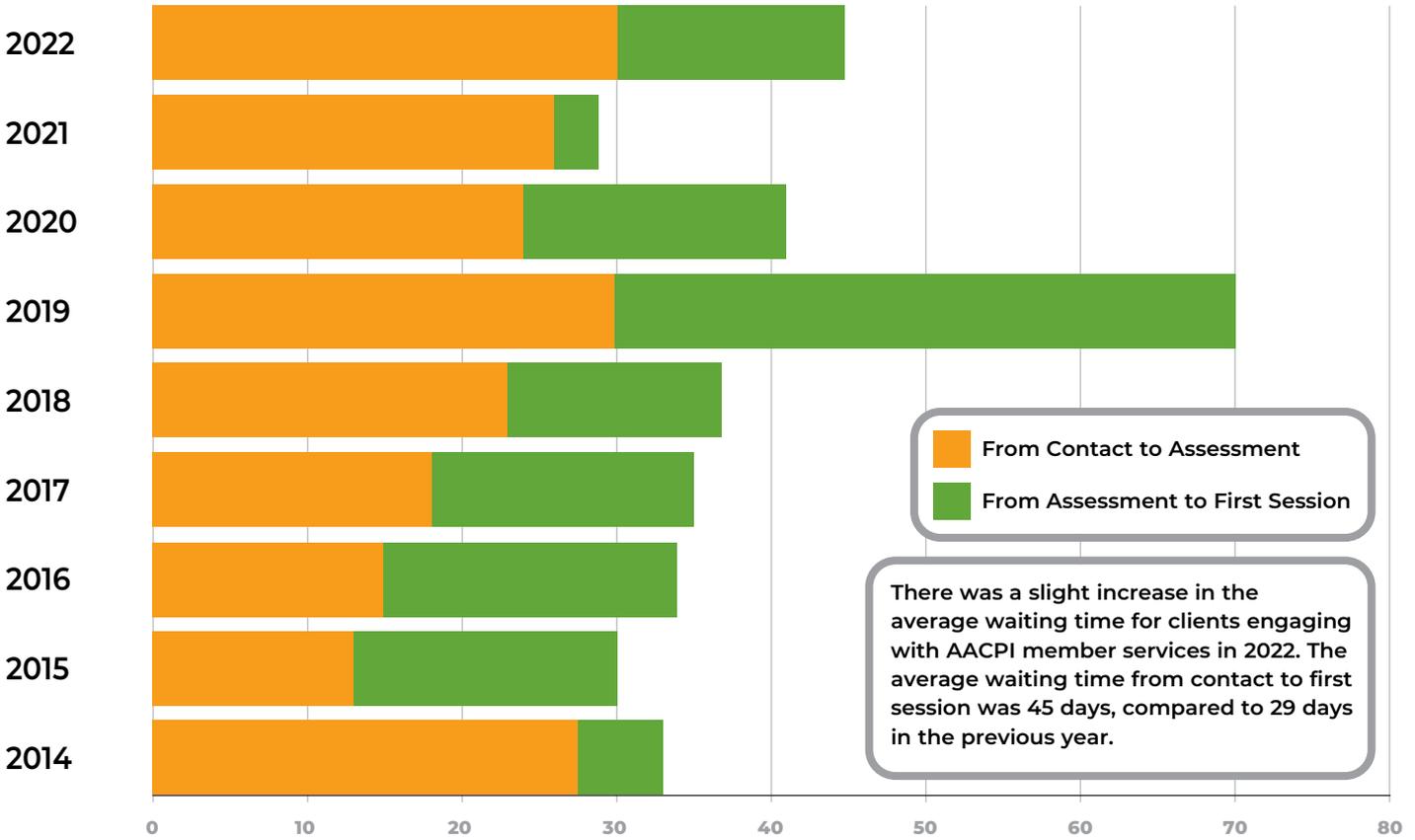
Age Profile: 2022 v 2021



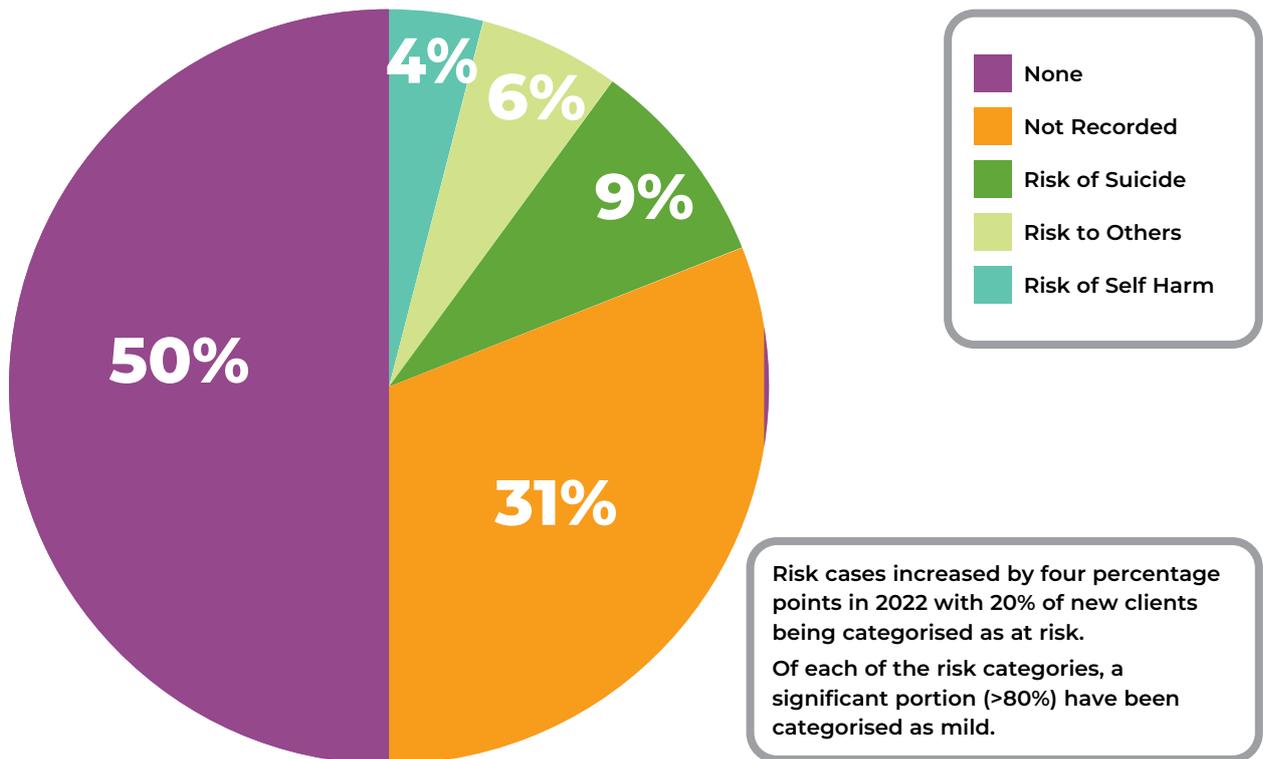
When reviewed over the period from 2019 - 2022, AACPI client age profiles have been consistent. However, there have been gradual increases of the portion of younger people (18 and under) engaging with AACPI member services.

Service Trends

Waiting Times 2014 - 2022

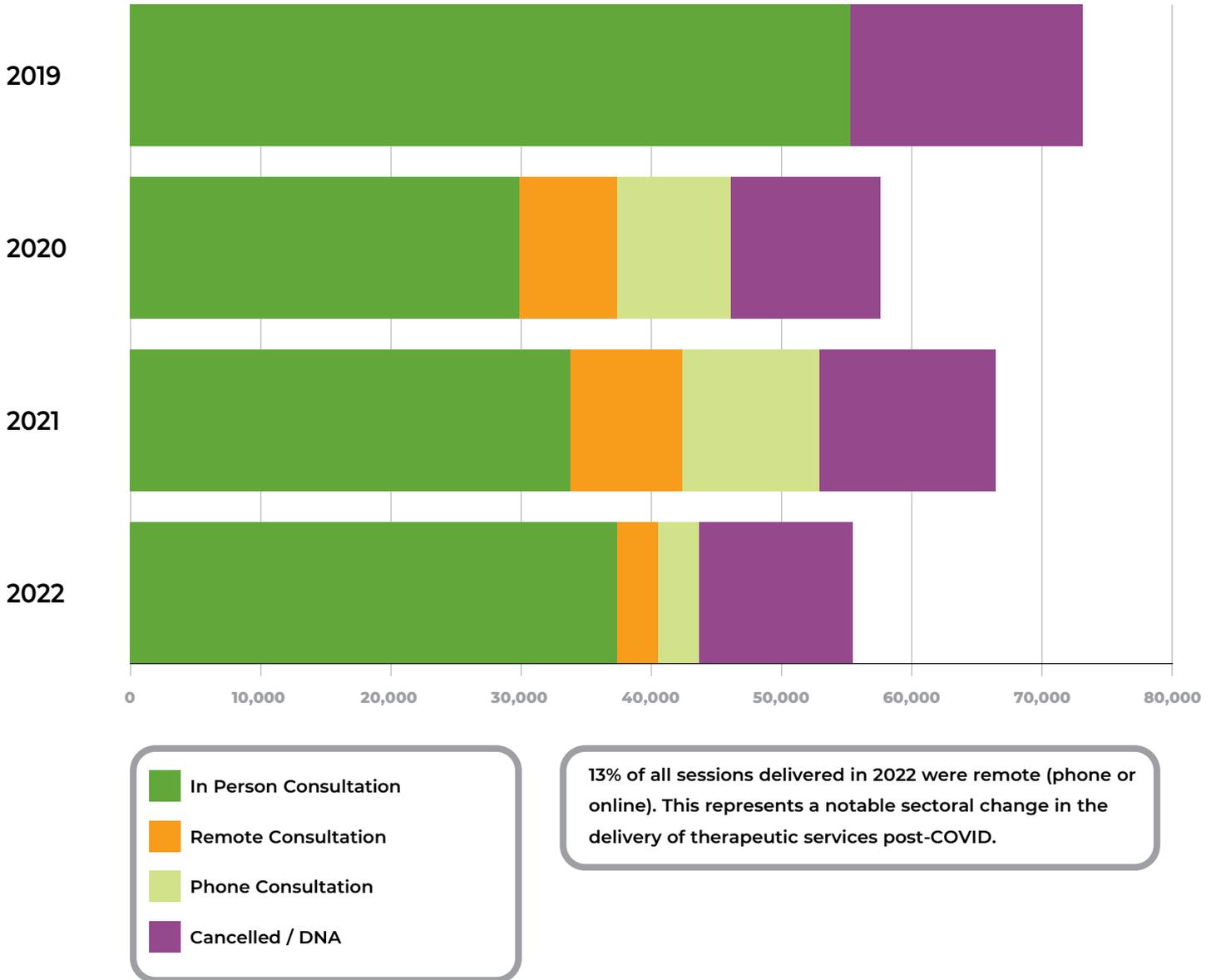


Risk Assessment 2022



Service Trends

Session Attendance 2019-2022



All data presented above is representative of 19 AACPI members for 2022.

AACPI Member Spotlight:

“Cork Counselling Services Celebrates 40 Years”

In 2022, Cork Counselling Services celebrated its 40th anniversary fulfilling its mission to provide counselling to the people of Cork regardless of background.

In August, the service welcomed almost 200 stakeholders to the Kingsley Hotel for a night of music, poetry, talks and nostalgia.

The event was attended by Ms Louise O’Neill (author), Michael Moynihan (journalist) Dan Boyle (Deputy Lord Mayor), Hank Wedel (Singer), Julie Goo (Poet) and Stan Notte (MC) amongst others.

The organisation took part in large mental health related public events such as “Joy In The Park” in Fitzgerald’s Park, “Family Fun Day” at the Marina Market, “Together at the Castle” in Mallow and “Teen Talk” in Little Island.

The service engaged in an ongoing advertising campaign in the Cork Independent relating to the 40th anniversary and two local radio campaigns to raise the profile of the organisation throughout the year.

AACPI wishes to congratulate Cork Counselling Services on its 40 years of invaluable service to the people of Cork.





DATABASE STATISTICAL REPORT 2022

Annual comparisons on key statistics from 2014

Year	2022	2021	2020	2019	2018	2017	2016	2015	2014
Number of new clients	4,820	5,144	4,382	6,283	7,101	8,176	10,123	8,099	4,429
Total sessions provided	55,570	66,351	57,970	72,345	72,815	75,719	80,904	55,852	34,081
Sessions attended	43,724	52,650	45,653	55,376	44,146	48,989	64,925	45,586	27,665
Tusla clients	3,102	3,086	2,096	3,129	3,726	5,115	6,169	4,463	2,271
Tusla sessions	37,534	40,023	45,182	59,831	22,203	29,587	34,530	25,726	13,270
Under 18's	1,781	1,715	1,424	1,741	1,785	2,055	2,136	1,916	515
At Risk Clients	1,508	1,376	1,484	1,793	836	1,215	603	863	752
Child Protection	49	76	64	58	58	108	384	452	37
Waiting list (Days)	45	29	41	70	37	35	34	30	33
Total number of clients	6,886	7,163	6,990	8,639	9,868	11,047	12,124	9,316	5,272

Gender breakdown of clients 2019-2022

Gender	2022		2021		2020		2019	
	No. Clients	%						
Female	4,643	67.4%	4,974	69.4%	4,740	67.8%	5,678	65.7%
Male	2,200	31.9%	2,171	30.3%	2,240	32.0%	2,893	33.5%
Not disclosed	36	0.5%	7	0.1%	8	0.1%	66	0.8%
Non-binary*	7	0.1%	11	0.2%	2	0.0%	2	0.0%
Total	6,886		7,163		6,990		8,639	

* System description changed from LGBT+ to Non-binary for 2022 data

Session attendance 2019-2022

Sessions	2022	2022	2021	2021	2020	2020	2019	2019
In-person Therapy Session	37,858	68.1%	33,980	51.2%	29,999	51.7%	55,376	75.6%
Remote Consultation	3,253	5.9%	11,323	17.1%	8,613	14.9%	-	0.0%
Phone Consultation	2,613	4.7%	7,347	11.1%	7,041	12.1%	-	0.0%
Cancelled by Client	6,589	11.9%	8,250	12.4%	8,239	14.2%	10,290	14.0%
Cancelled by Counsellor	1,395	2.5%	1,492	2.2%	989	1.7%	1,931	2.6%
Did not Attend	2,720	4.9%	3,043	4.6%	2,413	4.2%	4,469	6.1%
Cancelled Late	1,041	1.9%	772	1.2%	573	1.0%	1,062	1.4%
DLP Consultation	54	0.1%	42	0.1%	66	0.1%	94	0.1%
Social Worker Consultation	25	0.0%	73	0.1%	26	0.0%	6	0.0%
School Consultation	10	0.0%	17	0.0%	-	0.0%	-	0.0%
GP Consultation	12	0.0%	12	0.0%	11	0.0%	17	0.0%
Total Sessions	55,700		66,351		57,970		73,245	

Presenting issues 2019-2022

	2022	2022	2021	2021	2020	2020	2019	2019
Stress/Anxiety	2,405	28.7%	2,672	31.5%	2,374	29.4%	2,858	28.0%
Relationships/Marriage	1,215	14.5%	1,256	14.8%	1,465	18.1%	2,082	20.4%
Mood Problems	1,128	13.5%	1,115	13.1%	969	12.0%	1,252	12.2%
Bereavement/Loss	1,014	12.1%	1,019	12.0%	1,077	13.3%	1,214	11.9%
Other	631	7.5%	864	10.2%	760	9.4%	928	9.1%
Child	414	4.9%	377	4.4%	410	5.1%	510	5.0%
Self esteem	262	3.1%	269	3.2%	261	3.2%	346	3.4%
Addiction	163	1.9%	205	2.4%	204	2.5%	207	2.0%
Abuse	150	1.8%	162	1.9%	152	1.9%	207	2.0%
Child involvement from Child Mental Health Service	95	1.1%	18	0.2%	-	0.0%	-	0.0%
Domestic Violence	57	0.7%	38	0.4%	1	0.0%	1	0.0%
Financial Difficulty/Employment	50	0.6%	53	0.6%	71	0.9%	125	1.2%
Sexual Issues	42	0.5%	50	0.6%	36	0.4%	72	0.7%
Covid - 19	37	0.5%	82	1.0%	15	0.2%	-	0.0%
Parenting a child with additional needs	32	0.4%	26	0.3%	-	0.0%	-	0.0%
Supporting child with additional needs	23	0.3%	18	0.2%	-	0.0%	-	0.0%
Not Recorded by Agency	660	7.9%	257	3.0%	285	3.5%	421	4.1%
Total	8,378		8,481		8,080		10,223	

* It is possible to record more than one presenting issue against an episode

Relationship status 2019-2022

	2022	2022	2021	2021	2020	2020	2019	2019
Single	2,309	33.5%	2,470	34.3%	2,493	35.7%	2,939	33.8%
Married	1,202	17.5%	1,236	17.2%	1,343	19.2%	1,798	20.7%
In Relationship	706	10.3%	790	11.0%	806	11.5%	1,080	12.4%
Separated	352	5.1%	424	5.9%	474	6.8%	554	6.4%
Children/Adolescents	364	5.3%	183	2.5%	-	0.0%	-	0.0%
Widowed	125	1.8%	151	2.1%	169	2.4%	164	1.9%
Cohabiting	107	1.6%	116	1.6%	128	1.8%	161	1.9%
Divorced	108	1.6%	120	1.7%	125	1.8%	129	1.5%
Civil Partnership	5	0.1%	7	0.1%	11	0.2%	10	0.1%
Not Recorded	1,608	23.4%	1,697	23.6%	1,441	20.6%	1,858	21.4%
Total	6,886		7,194		6,990		8,693	

Age Range 2019-2022

	2022	2022	2021	2021	2020	2020	2019	2019
≤ 6	159	2.3%	156	2.2%	141	2.0%	207	2.4%
7 - 12	596	8.7%	534	7.5%	411	5.9%	514	5.9%
13 - 18	1,026	14.9%	1,025	14.3%	872	12.5%	1,020	11.7%
19 - 20	228	3.3%	271	3.8%	245	3.5%	251	2.9%
21 - 25	583	8.5%	673	9.4%	607	8.7%	725	8.3%
26 - 30*	571	8.3%	1,271	17.7%	1,295	18.5%	1,753	20.2%
31 - 35	609	8.8%	-	0.0%	-	0.0%	-	0.0%
36 - 50	1,855	26.9%	1,994	27.8%	2,148	30.7%	2,672	30.7%
51 - 65	956	13.9%	942	13.2%	991	14.2%	1,199	13.8%
66+	303	4.4%	297	4.1%	280	4.0%	352	4.0%
Total	6,886		7,163		6,990		8,693	

* Data capture changed from 26-35 to 26-30 and 31-35 in 2022

Employment status 2019-2022

	2022	2022	2021	2021	2020	2020	2019	2019
Employed	1,424	20.7%	1,440	20.1%	1,448	20.7%	1,819	20.9%
Student	1,317	19.1%	1,348	18.8%	1,180	16.9%	1,363	15.7%
Unemployed	649	9.4%	881	12.3%	945	13.5%	1,225	14.1%
Homeworker	261	3.8%	316	4.4%	295	4.2%	342	3.9%
Part-time Employment	375	5.4%	440	6.1%	464	6.6%	610	7.0%
Retired	246	3.6%	245	3.4%	211	3.0%	266	3.1%
Self Employed	144	2.1%	159	2.2%	138	2.0%	187	2.2%
Disability	179	2.6%	157	2.2%	152	2.2%	159	1.8%
Not Recorded by Agency	2,291	33.3%	2,177	30.4%	2,157	30.9%	2,722	31.3%
Total	6,886		7,163		6,990		8,693	

Waiting times 2015-2022

	2022	2021	2020	2019	2018	2017	2016	2015
From Contact until Assessment	30	26	24	30	23	18	15	13
From Assessment to First Session	14	6	16	40	14	17	19	18
From Contact to First Session	45	29	41	70	37	35	34	30

Child protection cases 2020-2022

	2022	2022	2021	2021	2020	2020
	Episodes	%	Episodes	%	Episodes	%
Yes	91	1.4%	116	0.9%	93	1.4%
No	6,622	98.6%	12,876	99.1%	6,632	98.6%
Total	6,713		12,992		6,725	
Cases Reported	Episodes	%	Episodes	%	Episodes	%
Case already known	50	54.9%	54	46.6%	53	57.0%
Not recorded	1	1.1%	2	1.7%	-	0.0%
No	7	7.7%	9	7.8%	9	9.7%
Yes	33	36.3%	51	44.0%	31	33.3%
Total	91		116		93	
Cases Referred	Episodes	%	Episodes	%	Episodes	%
No	24	26.4%	34	29.3%	38	40.9%
Yes	66	72.5%	80	69.0%	55	59.1%
Not recorded	1	1.1%	2	1.7%	-	0.0%
Total	91		116		93	

Risk cases 2020-2022

	2022	2022	2021	2021	2020	2020
Episodes	Occurrences	%	Occurrences	%	Occurrences	%
None	3,984	54.7%	4,757	63.7%	5,765	79.5%
Not recorded	1,798	24.7%	1,335	17.9%	-	0.0%
Risk case	1,508	20.7%	1,376	18.4%	1,484	20.5%
Total	7,290		7,468		7,249	
Cases Reported	Occurrences	%	Occurrences	%	Occurrences	%
Risk of self-harm - Mild	238	80.4%	219	75.8%	298	80.5%
Risk of self-harm - Moderate	40	13.5%	61	21.1%	54	14.6%
Risk of self-harm - Severe	18	6.1%	9	3.1%	18	4.9%
	296	19.6%	289	21.0%	370	24.9%
Cases Reported	Occurrences	%	Occurrences	%	Occurrences	%
Risk of suicide - Mild	642	90.6%	585	93.0%	579	91.9%
Risk of suicide - Moderate	53	7.5%	43	6.8%	40	6.3%
Risk of suicide - Severe	14	2.09%	1	0.2%	11	1.7%
	709	47.0%	629	45.7%	630	42.5%
Risk to others - Mild	498	99.0%	450	98.3%	480	99.2%
Risk to others - Moderate	4	0.8%	7	1.5%	3	0.6%
Risk to others - Severe	1	0.2%	1	0.2%	1	0.2%
	503	33.4%	458	33.3%	484	32.6%

Source of referrals

New Episodes	2022		2021		2020		2019	
	Clients	%	Clients	%	Clients	%	Clients	%
Self	2,015	42.9%	1,808	36.3%	2,017	46.0%	3,297	52.4%
GP	553	11.8%	702	14.1%	516	11.8%	897	14.3%
Family/Friend	394	8.4%	559	11.2%	399	9.1%	271	4.3%
HSE	243	5.2%	228	4.6%	177	4.0%	175	2.8%
School	166	3.5%	186	3.7%	99	2.3%	118	1.9%
Community-Based Group	124	2.6%	129	2.6%	207	4.7%	271	4.3%
Past Client	74	1.6%	148	3.0%	124	2.8%	98	1.6%
Tusla	157	3.3%	174	3.5%	123	2.8%	164	2.6%
Social Services	39	0.8%	45	0.9%	29	0.7%	43	0.7%
Website	63	1.3%	93	1.9%	43	1.0%	17	0.3%
EAP	10	0.2%	11	0.2%	12	0.3%	12	0.2%
Garda	3	0.1%	7	0.1%	3	0.1%	7	0.1%
Legal	4	0.1%	10	0.2%	11	0.3%	13	0.2%
Meitheal	53	1.1%	40	0.8%	28	0.6%	4	0.1%
Social Media	4	0.1%	3	0.1%	3	0.1%	7	0.1%
Pieta House	1	0.0%						
Other	696	14.8%	787	15.8%	591	13.5%	896	14.2%
Not recorded by agency	101	2.1%	53	1.1%	-	0.0%	-	0.0%
Total	4,700		4,983		4,382		6,290	

Clients by funding agency 2020-2022

New Episodes	2022			2021			2020		
	Clients	Session	%	Clients	Session	%	Clients	Session	%
Tusla	3,102	37,534	52.9%	3,086	40,023	47.8%	3,337	45,182	52.4%
Self	1,776	24,181	30.3%	2,044	29,427	31.6%	1,924	31,196	30.2%
HSE	159	1,571	2.7%	197	1,295	3.0%	234	2,471	3.7%
EAP	117	1,035	2.0%	67	754	1.0%	45	728	0.7%
ETB	94	796	1.6%	131	639	2.0%	31	185	0.5%
Family Centre	66	693	1.1%	83	693	1.3%	81	737	1.3%
School	7	28	0.1%	25	159	0.4%	12	86	0.2%
Primary Care	1	-	0.0%	-	-	0.0%	104	522	1.6%
Regional Dev Prog	14	130	0.2%	15	138	0.2%	12	66	0.2%
Victims of crime	18	488	0.3%	20	625	0.3%	20	793	0.3%
Billing Agency	12	110	0.2%	8	72	0.1%	7	71	0.1%
Parent Counselling Ser	3	86	0.1%	3	74	0.0%	1	1	0.0%
Youth Service	3	11	0.1%	3	4	0.0%	2	5	0.0%
Drugs task force	2	-	0.0%	1	-	0.0%	-	-	0.0%
National Lottery	1	5	0.0%	-	-	0.0%	-	-	0.0%
Other	485	3,465	8.3%	777	3,240	12.0%	562	4,229	8.8%
Total	5,860	70,133		6,460	77,143		6,372	86,272	



AUDITED ACCOUNTS 2022

INCOME AND EXPENDITURE ACCOUNT

Financial year ended 31 December 2022

	Note	Unrestricted Funds €	Restricted Funds €	2022 €	2021 €
Income from:					
Memberships	2	2,100	-	2,100	2,100
Government funding	2	-	124,800	124,800	178,500
Total income		<u>2,100</u>	<u>124,800</u>	<u>126,900</u>	<u>180,600</u>
Expenditure on:					
Other expenditure		-	(139,291)	(139,291)	(164,954)
Total expenditure		<u>-</u>	<u>(139,291)</u>	<u>(139,291)</u>	<u>(164,954)</u>
(Deficit) / surplus for the financial year		<u>2,100</u>	<u>(14,491)</u>	<u>(12,391)</u>	<u>15,646</u>
Total Comprehensive income for the year		<u>2,100</u>	<u>(14,491)</u>	<u>(12,391)</u>	<u>15,646</u>

BALANCE SHEET

Financial year ended 31 December 2022

	Note	2022 €	€	2021 €	€
Fixed Assets					
Tangible Assets	8	<u>1,993</u>	1,993	<u>939</u>	939
Current Assets					
Debtors	9	9,394		11,747	
Cash at bank and in hand		203,819		151,149	
		<u>213,213</u>		<u>162,896</u>	
Creditors: Amounts falling due within one year	10	<u>(68,928)</u>		<u>(5,166)</u>	
Net current Assets			<u>142,285</u>		<u>157,730</u>
Total Assets less Current Liabilities			<u>146,278</u>		<u>158,669</u>
Net Assets			<u>146,278</u>		<u>158,669</u>
The funds of the charity					
Unrestricted funds			21,000		18,900
Restricted funds			125,278		139,769
Total charity funds			<u>146,278</u>		<u>158,669</u>

The financial statements were approved by the Board of Directors on 09/05/2023 and authorised for on 09/05/2023.

Maire Ni Dhomhnaill

Maire Ni Dhomhnaill
Director

Joseph Enright

Joseph Enright
Director

Detailed Income and Expenditure Account For The Year Ended 31st December 2022

	Sch	2022		2021	
		€	€	€	€
Income					
Memberships fees			2,100		2,100
Government funds			124,800		178,500
			<u>126,900</u>		<u>180,600</u>
Expenditure	1	<u>139,291</u>		<u>164,954</u>	
			(139,291)		(164,954)
(Deficit) / surplus for the financial year			<u>(12,391)</u>		<u>15,646</u>

Detailed Expenditure Account For The Year Ended 31st December 2022

	2022	2021
	€	€
Wages and salaries	55,235	42,975
Employer's PRSI contribution	<u>5,967</u>	<u>4,749</u>
Staff training	-	52,832
Rent payable	11,336	11,150
Insurance	1,481	593
Printing, postage and stationery	2,884	4,796
Telephone	612	1,025
Computer costs	22,905	20,834
Hire of equipment	-	4,583
Travelling and entertainment	8,598	2,358
Consulting fees	20,449	13,946
Audit	6,150	3,100
Bank charges	175	161
General expenses	795	1,250
Subscriptions	1,892	350
Depreciation on fixtures, fittings and equipment	812	252
	<u>139,291</u>	<u>164,954</u>



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