







ANNUAL REPORT 2021









Foreword from our Chair

In 2021, AACPI was fourteen years in existence. It was set up at a time when we needed to work together and gather data which would demonstrate the professionalism, standards, and work done by all our members. It brought a direction, and it was a time of change for our members. I find this interesting as change is a key word for me this year in relation to AACPI. We had many changes on the Board and for our members as we continued to grapple with the on-going impact of the Covid 19 pandemic.

For the first time in AACPI's history, we welcomed three board members from the private sector. Finn O'Connell joined us in May while Pat Flynn and Mark Fielding joined us in November. In a short time, they have brought a different perspective and experience in IT, governance, and finance. We would like to thank Finn for his contribution in 2021, as he stepped down in November for personal reasons.

From our membership, we were delighted to welcome Liz McGuckin, Dundalk Counselling Centre and Michael Dillon, The Ford Counselling & Psychotherapy Centre, to the board in May. Michael recently resigned after moving on from the Ford. We thank him for his valuable contribution to AACPI and wish him well for this next chapter of his life. We also said goodbye to Geoffrey McCarthy, Beacon of Light Counselling Centre, who resigned from the Board in November. Geoff had served as Chairperson from May 2021.

Michelle McCafferty finished in her role as Database and Finance consultant in 2022 after working with AACPI for almost eight years. Michelle contributed to the development of AACPI, in particular our database. We also wish her and her family well in the future.

The impact of the COVID-19 pandemic was unrelenting throughout 2021. The rollout of the vaccine was welcomed, and it gradually changed everything. 2021 was still a year of lockdowns, restrictions, reopening services and constantly responding to the latest guidelines. It is true to say it was another challenging year, unsettling at times, and it demanded a lot of our already over-stretched services and exhausted staff. We thank Tusla for facilitating the sessions with Annie Sampson. They were beneficial and important in that they brought us together as agencies and we shared and supported each other.

As a Board, we feel a renewed energy and focus. In the backdrop of the current world, we feel it's an important time to look at the nature of our business and our principal activities. We are determined to keep our members at the core of our organization and ensure that together we will be a network of leaders around the highest standards and governance in community counselling services in Ireland. We welcome Teach Oscail FRC Cavan, Traveller Counselling Service & Fatima Groups United, Rialto, our new members for 2021. This annual report is seeking to highlight the important work you, our members, provide throughout the country. This important work would not be possible without the hard work of management, staff, and volunteers.

As a board we have collectively looked at our purpose and how we operate and look forward to engaging with members on what you need from AACPI. Funding is an on-going issue, and it is true to say we are offering excellent services on a shoestring and the demand is increasing all the time

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 want to express my thanks to Eifion Williams and Deirdre Roche for their continued support of AACPI, it is much appreciated.

I want to acknowledge Sarah Jane Hennelly, our National Coordinator, for her enthusiasm, ability, and drive and for all she has achieved in her first year.

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

Finally, there is an Irish proverb that is "Ní neart go cur le chéile" which translates to "There is strength in unity – there is strength in being and working together." This describes the AACPI of 2021 and in the years ahead for me. Together, let us make AACPI stronger.

I lave hi Strombnail

Máire Ní Dhomhnaill Chair





The History of AACPI

AACPI is a network of professional community-based counselling and psychotherapy services. The Association was initiated in 2008 by several agencies in receipt of funding under the Grants to Voluntary Organisations providing Marriage, Child and Bereavement Counselling services.

This scheme of grants was initially administered by the Family Support Agency and later subsumed under Tusla the Child and Family Agency when it was formed 2014. AACPI is a registered charity and company limited by guarantee since 2014.

Today, AACPI is the only national representative association for agencies delivering professional community-based counselling and psychotherapy in Ireland.

We currently have 23 members nationwide. AACPI is a strategic partner of Tusla and a member of the Tusla Commissioning Advisory Group.

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
 Ethics
- Empowerment
- Member-focused

Integrity



AACPI

Our core principles

- Counselling & psychotherapy is best practiced within an agency-based and community-based setting committed to developing centres of excellence.
- 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.
- Member agencies have clear 'Clinical' and 'Corporate Governance' accountability structures.
- Member agencies are committed to on-going organisational development.
- Member agencies are supportive of each other and collaborate with each other in the development of standards within the sector.
- Member agencies have on-site systems of record-keeping & data collection, and continuous quality development.
- Member agencies are community-based and strive to be of benefit to these communities within the limits of their competency.

Our members

- Our members deliver professional community-based counselling and psychotherapy across Ireland.
- 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.



AACPI

What we do for our members

AACPI Board of Directors and National Coordinator aim to support and empower members through the following areas of work:

Membership Empowerment and Growth

AACPI hosts clinical and non-clinical 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 the AACPI, in association with the Family Support Agency embarked on a public tender process to develop a client management and statistical programme for its members. This process led to the development of a bespoke data collection system which would support 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 & 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 principles 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 standard of care.

AACPI

Advocacy & Profile Building

AACPI is the only representative association for agency and community-based counselling in Ireland. AACPI holds regular meetings with Tusla and key stakeholders to advocate for members 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, and independent Directors with expertise in IT, Governance and Finance. The Board, with the support of the National Coordinator, constantly work to uphold the highest standards in governance and compliance as required by law. AACPI is now fully compliant with the Charities Regulator Governance Code.







Membership 2021





24 Vita House Family Centre, Roscommon

In 2021 and early 2022, we welcomed new members Teach Oscail FRC, The Traveller Counselling Service, and Fatima Counselling Service.

Associate Membership

National Coordinator's Report

2021 was my first year as National Coordinator with AACPI. I would like to thank the board and members for their welcome. I have thoroughly enjoyed my first year. I would like to thank Máire Ní Dhomhnaill who has been a wonderful support to me in her role as chairperson. I would also like to thank Marian Keigher and Geoff McCarthy for their support as chairpersons in 2021.

Starting in this role was especially challenging with the restrictions. As a membership-based organisation, meeting members and understanding services is central to the work of AACPI. I look forward to more engagement with members in 2022 and beyond.

After the work of my induction, meet & greets, SLA submissions and budgeting was complete, I setup the AACPI office on Charlemont St, Dublin 2. With its central location and access to meeting rooms, I hope this will be a welcoming space for members in the years ahead.

The AACPI database is a key area of work for AACPI. 2021 marked almost ten years since the development of the database and in the backdrop of major events such as the HSE cyber-attack, it was timely to review how we manage and use the system. The review set out to assess the database's security, efficiency, usability, performance, reporting and relevance.

I would like to thank the members who took time to talk to me about the database. We are working to constantly improve the system and add ICT value to our members' services.

As a small organisation, I have the pleasure of working closely with members of the Board on aspects of AACPI's work. In November we welcomed Pat Flynn to the Board who comes from the IT sector. His expertise will help us move to the next phase of database development and explore how we can innovate in this space.

We also welcomed Mark Fielding who

has brought immense expertise in finance, governance, and compliance. We embarked on a full organisational review of our financial reporting procedures, operational policies, and our standard operating procedures. This new diversity of skills and experience on our board has enabled us to meet full compliance with the Charities Regulator Governance Code.

I would like to thank Michelle McCafferty who moved on from AACPI in early 2022. Michelle played an instrumental role in the development of AACPI for many years.

2021 was a changeable and chaotic year for member agencies. Amazingly, our client and session numbers began to bounce back to pre-covid levels. In 2021, we met 7,163 clients, 5,144 of whom were new to our services. Our members offered 66,351 sessions; almost 18,000 of which were delivered remotely. For comparison, in 2019 members did not deliver any sessions remotely. This reflects a huge change in our sector and great adaptability despite long-term under-resourcing.

In the summer of 2021, we began to review our approach to membership recruitment, engagement, and growth. Part of this is how we support members to meet the highest standards in clinical governance. We established a membership subcommittee of the board to devise a membership strategy which will support & empower members and ensure the voice of members is central to our work.

I represent AACPI on the Tusla
Commissioning Advisory group and
meetings are held on a quarterly
basis. This group collectively
campaigns for greater funding and
supports for governance and regulatory
requirements; review of the SLA and
The Commissioning Strategy; multiannual funding and funding security
and sustainability for the community
and voluntary sector.

In 2021 we facilitated several training opportunities which included peer support sessions for AACPI managers, Bronagh Starrs training for working with adolescents, and Cyber Therapy training with Dr Kate Anthony. I would like to thank Tusla and Deirdre Roche for funding this valuable work.

In 2022, we will devise our Strategic Plan 2023 – 2026. Since 2020, our members have been at the forefront of the community response and provision of vital supports in one of the most challenging periods of our generation's history. It is time that AACPI reviews its plan to finally achieve greater recognition and funding for our members so they can continue their valuable work supporting people across Ireland.

The Board and I look forward to engaging with you, the members, in the development of AACPI's strategic plan. We will set clear indicators for success which will help us to break out of this cycle of underfunding and under-appreciation of our work.

I believe we are putting in place the foundations for a successful future for AACPI. Wishing all our members and their clients a better and brighter year ahead.

Sand Jae Herull

Sarah Jane Hennelly National Coordinator



2021 at a glance

AACPI Members:

7,163 Clients met



66,551 Therapy Sessions

Therapy offered



Remote 19,670 Remote Sessions delivered



Clients were:

69% Women / 30% Men / 1% Other



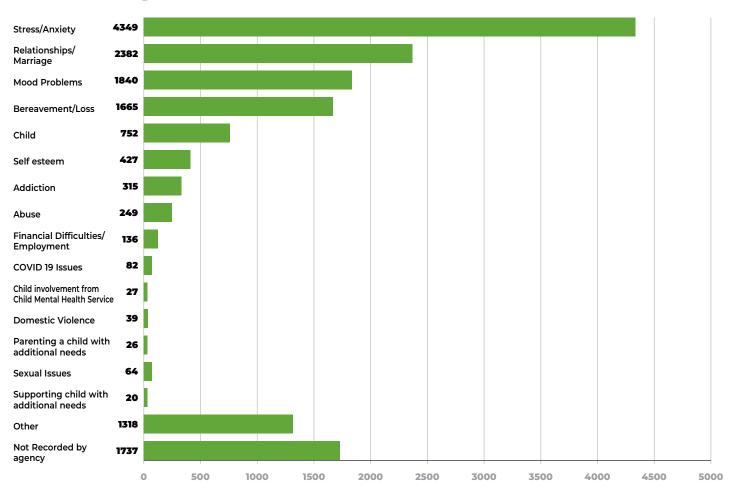
of clients 23% of clients were under 18 years



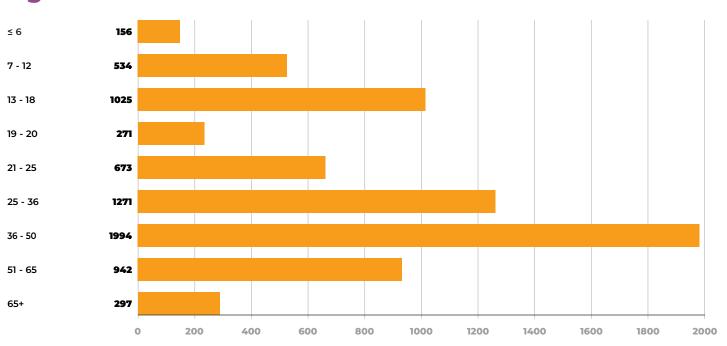
Clients presented with Stress and Anxiety

Client Profile

Presenting Issues

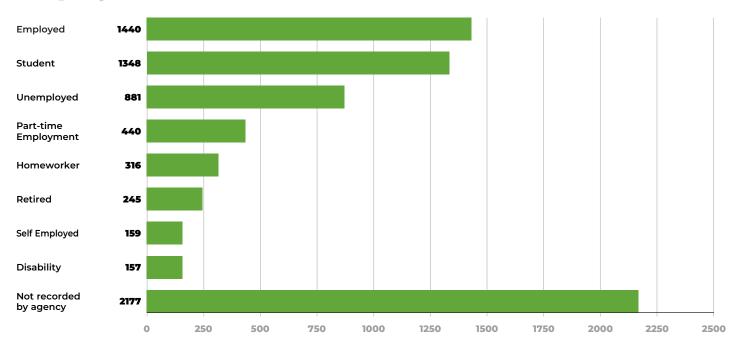


Ages

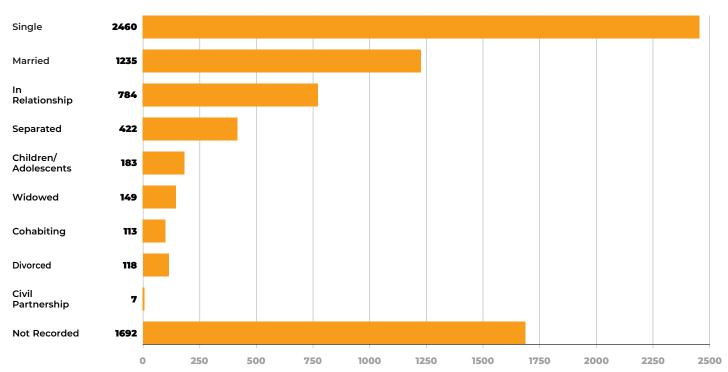


Client Profile

Employment Status



Relationship Status



AACPI Members

Serving communities for over 700 years



Together, our members have served their communities for over 700 years. They have established links with local GPs, schools, HSE, Gardaí, social workers, local community groups, and most importantly, they have built trusting relationships with the people in their communities.



AACPI believes in an Ireland where professional counselling and psychotherapy is accessible to all through community-based services.

AACPI Member Spotlight:

"Dundalk Counselling Centre Celebrates 40 years"

AACPI member Dundalk Counselling Centre recently marked their 40th year serving their community. To celebrate, the Centre opened its doors to the public, inviting everyone to see and experience the facilities they have worked hard to develop over many years.

Dundalk is like many of our members. It is a service which was established to respond to the specific counselling and therapeutic needs of its community. While the real impact of our members' contribution to communities is often untold, it is hard to imagine what life would have been like for many people without them.

We would like to congratulate Dundalk Counselling Centre and our many members who have continued to support their communities through challenging times.





Yearly comparisons on key stats since 2014

Year	2021	2020	2019	2018	2017	2016	2015	2014
Number of new clients	5,144	4,382	6,283	7,101	8,176	10,123	8,099	4,429
Total sessions offered	66,351	57,970	72,345	72,815	75,719	80,904	55,852	34,081
Sessions attended	52,650	45,653	55,376	44,146	48,989	64,925	45,586	27,665
Tusla clients	3,072	2,096	3,129	3,726	5,115	6,169	4,463	2,271
Tusla sessions	34,300	7,681	16,238	22,203	29,587	34,530	25,726	13,270
Under 18's	1,362	957	1,318	1,785	2,055	2,136	1,916	515
At Risk Clients	1,376	804	1,793	836	1,215	603	863	752
Child Protection	98	64	58	58	108	384	452	37
Waiting list	29 days	41 days	70 days	37 days	35 days	34 days	30 days	33 days
Total number of clients supported	7,163	6,990	8,639	9,868	11,047	12,124	9,316	5,272

Gender Breakdown

Gender	2021	2021	2020	2020
	No. Clients	%	No. Clients	%
Female	4,974	69%	4,740	68%
Male	2,171	30%	2,240	32%
Not Disclosed	7	<1%	8	<1%
LGBT+	11	<1%	2	<1%
Total	7,163	100%	6,990	100%

Session Type

	2021	2021	2020	2020
	No. Sessions	%	No. Sessions	%
In-person therapy sessions	33,980	51%	29,999	52%
Remote Consultation	11,323	17%	8,613	15%
Phone Consultation	7,347	11%	7,041	12%
Cancelled by Client	8,250	12%	8,239	14%
Cancelled by Counsellor	1,492	2%	989	2%
Did not attend	3,043	5%	2,413	4%
Cancelled Late	772	1%	573	1%
Social Worker Consultation	73	<1%	26	<1%
DLP Consultation	42	<1%	66	<1%
School Consultation	17	<1%	0	0
GP Consultation	12	<1%	11	<1%
Total Sessions	66,351	100%	57,970	100%

Presenting Issues

	2021	2021	2020	2020
	Occurences	%	Occurences	%
Stress/Anxiety	4,349	28%	2,367	29%
Relationships/Marriage	2,382	15%	1,464	18%
Mood Problems	1,840	12%	963	12%
Child	752	5%	410	5%
Bereavement/Loss	1,665	11%	1,059	13%
Self esteem	427	3%	257	3%
Addiction	315	2%	199	2%
Abuse	249	2%	151	2%
Financial Difficulties/Employment	136	1%	70	1%
COVID 19 Issues	82	1%	15	<1%
Child involvement from Child Mental Health Service	27	<1%	0	0%
Domestic Violence	39	<1%	0	0
Parenting a child with additional needs	26	<1%	0	0
Sexual Issues	64	<1%	37	<1%
Supporting child with additional needs	20	<1%	0	0
Not Recorded by Agency	1,737	11%	293	4%
Other	1,318	9%	764	9%
Total	15,428	100%	8,049	100%

Relationship Status

	2021	2021	2020	2020
Single	2,460	34%	2,493	36%
Married	1,235	17%	1,343	19%
In Relationship	784	11%	806	12%
Separated	422	6%	474	7 %
Children/Adolescents	183	3%	0	0%
Widowed	149	2%	169	2%
Cohabiting	113	2%	128	2%
Divorced	118	2%	125	2%
Civil Partnership	7	<1%	11	<1%
Not Recorded	1,692	24%	1,441	21%
Total	7,163	100%	6,990	100%

Ages

	2021	2021	2020	2020
Up to 6 years	156	2%	141	2%
7 - 12	534	7 %	411	6%
13 - 18	1,025	14%	872	12%
19 - 20	271	4%	245	4%
21 - 25	673	9%	607	9%
26 - 35	1,271	18%	1,295	19%
36 - 50	1,994	28%	2,148	31%
51 - 65	942	13%	991	14%
66+	297	4%	280	4%
Total	7,163	100%	6,990	100%

Employment Status

	2021	2021	2020	2020
Employed	1,440	20%	1,448	21%
Student	1,348	19%	1,180	17%
Unemployed	881	12%	945	14%
Homeworker	316	4%	295	4%
Part-time Employment	440	6%	464	7%
Retired	245	3%	211	3%
Self Employed	159	2%	138	2%
Disability	157	2%	152	2%
Not Recorded by Agency	2,177	30%	2,157	31%
Total	7,163	100%	6,990	100%

Waiting times

Year	2021	2020	2019	2018	2017	2016	2015	2014
	Days							
From Contact until Assessment	26	24	30	23	18	15	13	18
From Assessment to First Session	6	16	40	14	17	19	18	14
From Contact to First Session	29	41	70	37	35	34	30	33

Child Protection

	2021	2021	2020	2020
	Episodes	%	Episodes	%
Yes	98	1%	93	1%
No	6,850	99%	6,632	98%
Total	6,948	100%	6,725	100%
Cases Reported	Episodes	%	Episodes	%
Case already known	49	50%	53	57%
Not recorded	1	1%	0	0%
No	8	8%	9	9%
Yes	40	41%	31	33%
Total	98	100%	93	100%
Cases Referred	Episodes	%	Episodes	%
No	29	29%	38	41%
Yes	68	69%	55	59%
Not recorded	1	1%	0	0%
Total	98	100%	93	100%

Risk Assessment

	2021	2021	2020	2020
	Occurences	%	Occurences	%
None	4,729	74%	5,765	80%
Risk Cases	1,376	26%	1,484	20%
Not recorded by agency	1,855	-	-	-
Total cases (recorded)	6,105	100%	7,249	100%
Risk of self-harm - Mild	216	-	298	4%
Risk of self-harm - Moderate	59	-	54	<1%
Risk of self-harm - Severe	9	-	18	<1%
	284	-	370	5%
Risk of Suicide - Mild	583	-	579	8%
Risk of Suicide - Moderate	42	-	40	<1%
Risk of Suicide - Severe	7	-	11	<1%
	632	-	630	9%
Risk to others - Mild	450	-	480	7 %
Risk to others - Moderate	8	-	3	<1%
Risk to others - Severe	1	-	1	<1%
	459	-	484	7%

Source of Referrals

	2021	2021	2020	2020
	Episodes	%	Episodes	%
Self	1,802	36%	2,017	46%
GP	700	14%	516	12%
Family/Friend	562	11%	399	9%
HSE	225	5%	177	4%
School	186	4%	99	2%
Community-Based Group	225	3%	207	5%
Past Client	144	3%	124	3%
Tusla	173	3%	123	3%
Social Services	45	1%	29	<1%
Website	93	2%	43	1%
EAP	11	<1%	12	<1%
Garda	7	<1%	3	<1%
Legal	10	<1%	11	<1%
Meitheal	40	<1%	28	<1%
Social Media	3	<1%	3	<1%
Other	784	16%	591	13%
Total	4,965	100%	4,382	100%

Clients By Funding Agency

	2021	2021	2020	2020
	Clients	Total	Clients	Total
Tusla	3,072	34,300	3,321	37,375
Self	2,040	25,601	1,927	26,520
HSE	191	996	242	2,291
EAP	67	720	45	617
ETB	129	598	30	94
Family Centre	82	553	79	583
School	26	303	12	86
Primary Care	0	0	105	541
Regional Develop Prog	15	105	12	44
Victims of crime	16	501	13	514
Billing Agency	8	72	7	71
Parent Counselling Ser	3	38	1	1
Youth Service	3	2	2	5
Drugs task force	1	0	0	0
National Lottery	0	0	0	0
Other	777	2,975	563	3,653
Total	6430	66,746	6,359	72,395

INCOME AND EXPENDITURE ACCOUNT

for the financial year ended 31 December 2021

		2021	2020
	Notes	€	€
Income	6	180,600	123,315
Expenditure		(164,953)	(89,574)
Surplus for the financial year		15,647	33,741
Total comprehensive income		15,647	33,741

BALANCE SHEET

as at 31 December 2021

		2021	2020
	Notes	€	€
Fixed Assets			
Tangible Assets	9	939	444
Current Assets			
Debtors	10	11,747	7,365
Cash and cash equivalents		151,149	189,895
		162,896	197,260
Creditors: Amounts falling due within one year	11	(5,165)	(54,681)
Net current Assets		157,731	142,579
Total Assets less Current Liabilities		158,670	143,023
Reserves			
Income and expenditure account		158,670	143,023
Members' Funds		158,670	143,023

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the board on 12/04/2022 and signed on its behalf by:

Maura Callaghan

Maura Callaghan

Director

Joseph Enright

Joseph Enright

Director

RECONCILIATION OF MEMBERS' FUNDS

as at 31 December 2021	Retained	Total surplus
	€	€
At 01 January 2020	109,282	109,282
Surplus for the financial year	33,741	33,741
At 31 December 2020	143,023	143,023
Surplus for the financial year	15,647	15,647
At 31 December 2021	158,670	158,670

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT

for the financial year ended 31 December 2021

	2021	2020
	€	€
Income		
Member Subscriptions	2,100	3,315
Tusla	178,500	120,000
	180,600	123,315
Expenditure		
Wages and salaries	42,975	21,405
Social welfare costs	4,749	2,365
Staff training	52,832	12,196
Rent payable	11,150	1,800
Insurance	593	1,774
Light and heat	-	510
Printing, postage and stationery	4,796	301
Advertising	-	377
Telephone	1,025	1,784
Computer costs	20,834	24,620
Hire of equipment	4,583	1,375
Travelling and entertainment	2,358	4,055
Consultancy fees	13,946	13,314
Bank charges	161	94
General expenses	1,250	(124)
Subscriptions	350	470
Auditor's remuneration	3,100	3,100
Depreciation	252	158
	164,953	89,574
Net Surplus	15,647	33,741

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CHY Number: 18950

Company Number: 545085