



Sexual abuse. From surviving to living.



THERAPY ADVOCACY PREVENTION

Annual Report 2009

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»» Introduction from the Chair of *One in Four* ›



It is with great pride that I welcome the publication of *One in Four's* 2009 Annual Report. 2009 was a remarkable year for both *One in Four* and also for survivors of abuse in Ireland and beyond. The publication of the Ryan Report of the Commission of Inquiry into Child Abuse and the Murphy Report of the Commission of Investigation into the Archdiocese of Dublin produced findings that were both shocking and disturbing. Inevitably the publication of the Reports and the high media profile devoted to them led to a huge increase in demand for *One in Four's* psychotherapy and advocacy services.

The Annual Report presents the increase. We provided 2,723 individual psychotherapy sessions for 122 individuals and we provided 1,988 hours of group therapy to 48 people. 1,140 people were supported through the Advocacy Programme (compared to 426 people in 2008). In particular, in 2009 the Advocacy Programme played a critical role in providing information and support for people accessing the criminal justice system, the civil courts, the Commissions of Inquiry and the Redress Board.

One in Four has always been at the forefront of arguing for the implementation of the highest of standards of child protection. We also know that more needs to be done in working towards the long term prevention of abuse. This is particularly important because the majority of abuse still takes place behind the closed doors of the family home. As a result the Board and staff of *One in Four* have prepared a new strategic plan, which sets the organisation new challenges and priorities for an integrated approach to tackling sexual violence through the continuing provision of psychotherapy and advocacy services for victims of abuse, but to also to emphasise the role of prevention and awareness. *One in Four* has also developed a

programme of family support and a service providing treatment for sex offenders, based on best international practice and guidelines. We want to see our role in the future as being one that informs public opinion and also policy makers about the need for robust and evidenced-based approaches to preventing and tackling sexual violence.

In the meantime we have entered a critical time in the organisation's history as the organisation has experienced cuts in funding. With this in mind we have taken a more direct approach to fundraising and aim to increase our profile and role in this area in the future.

The Board of *One in Four* are hugely indebted to the dedication and hard work of the staff at *One in Four* and also to the leadership and hard work of the Chief Executive Officer, Maeve Lewis. The commitment of the staff during 2009 has been enormous in not only meeting the growing demand for services and in responding to the international media, but also doing so with such professionalism, respect and dignity for those who use the services of *One in Four*.

Dr Jane Pillinger
Chair of the Board of *One in Four*

»» Executive Director's Introduction »



2009 was an immensely challenging year for *One in Four*. The publication of the Ryan and Murphy Reports dominated our work. The Reports confirmed the stories that victims of institutional and clerical abuse had been trying to tell for decades, often to be met with denial, ridicule and disbelief. By placing on the public record the history of immense cruelty and abuse endured by the most vulnerable of Irish children, the Reports encouraged a wave of victims to reach out for help. People who had experienced decades of shame and isolation were encouraged to seek services in the expectation that they would be believed.

The Reports also showed us a terrible truth about Irish society, highlighting the collusion that existed between powerful institutions of State and Church, silencing all but the bravest of protesters. It clearly emerged that a purposeful policy existed within the Catholic Church, supported by organs of the State, to protect sex offenders at the expense of victims. It is also clear that many ordinary Irish people knew what was happening but did nothing to intervene. We must ask what sort of a society we have created, to allow such things to happen in our name.

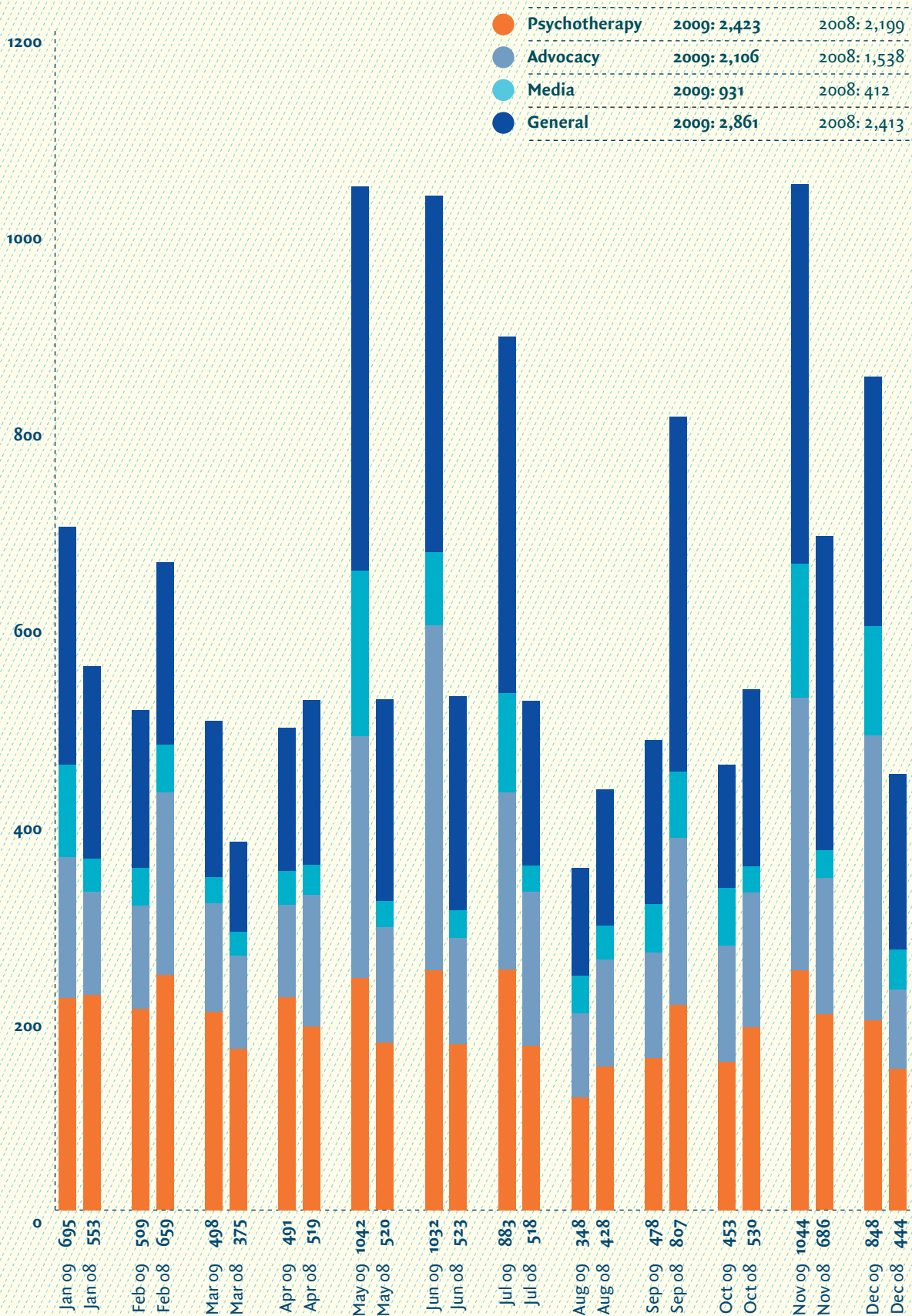
We will perhaps never know the full extent of the lives destroyed by childhood abuse. At *One in Four* over 1,300 new clients contacted us in 2009, almost three times the normal number. We are able to assist people through our therapy and advocacy programmes, and welcomed the growing number of sex offenders who have entered our treatment programme. This took place in an environment of cut backs to our statutory funding and a fall in private donations. I want to pay tribute to our staff who worked extraordinarily hard to meet the extra demand and to ensure that no request for support went unanswered.

A growing number of clients want to ensure that society will never again protect those who harm children, be it by indifference or design. As never before people are asking for support in reporting child protection concerns to the HSE and in making complaints to the Gardai. Unfortunately, in many instances the child protection and criminal justice systems utterly fail the victim. The HSE response depends very much on the area in which the report is made, and in some instances complaints are never even investigated. While the Gardai have worked very hard to engage sensitively with victims, the criminal courts remain an arena where victims can be annihilated by archaic, torturous procedures. This is not good enough.

We can never pretend again that we did not know what was happening, and what continues to happen to children in Ireland. We must create a different society, where every adult knows that responsibility for the welfare of children belongs to us all. We have some of the best policies regarding children in the world; the problem is that they are not implemented. Will we be facing another Ryan or Murphy Commission in 2025 when through our apathy and incompetence a further generation of children will have been destroyed?

Maeve Lewis
Executive Director

»» Telephone Contact with One in Four Landline 2009 <



»» Advocacy Information and Support »

Our Advocacy Information and Support programme provides clear and comprehensive information to women and men who have experienced sexual violence. The majority of our work involves facilitating clients to make informed decisions about accessing the criminal and civil justice systems and child protection services.

The publication of the Ryan and Murphy reports in 2009 and the extensive media coverage that followed saw many men and women contacting the service to disclose their experience of abuse for the first time. There was an overwhelming sense of upset and anger with many feeling the need to do something about the child protection blind spot that has contributed to

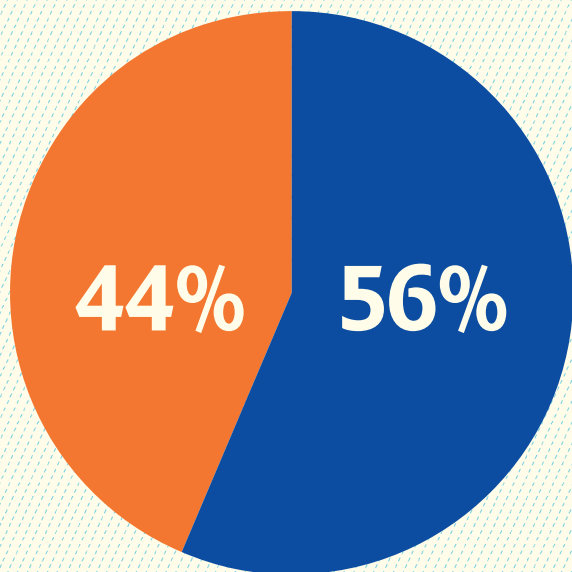
the continuance of abuse of children in Ireland. We witnessed people speaking and thinking about child protection and sexual abuse like never before.

The increase in numbers did not just relate to clerical and institutional abuse. People seeking support in relation to familial abuse also saw a marked increase alongside a rise in clients reporting experiences of abuse in day schools, often run by religious orders. One change we witnessed was an increase in family members looking for support. We received calls from many family members wondering how they could support their relatives in dealing with the impact of their abuse.



The publication of the Ryan and Murphy reports in 2009 and the extensive media coverage that followed saw many men and women contacting the service to disclose their experience of abuse for the first time.

»» Gender of All Clients Supported by the Advocacy Programme »



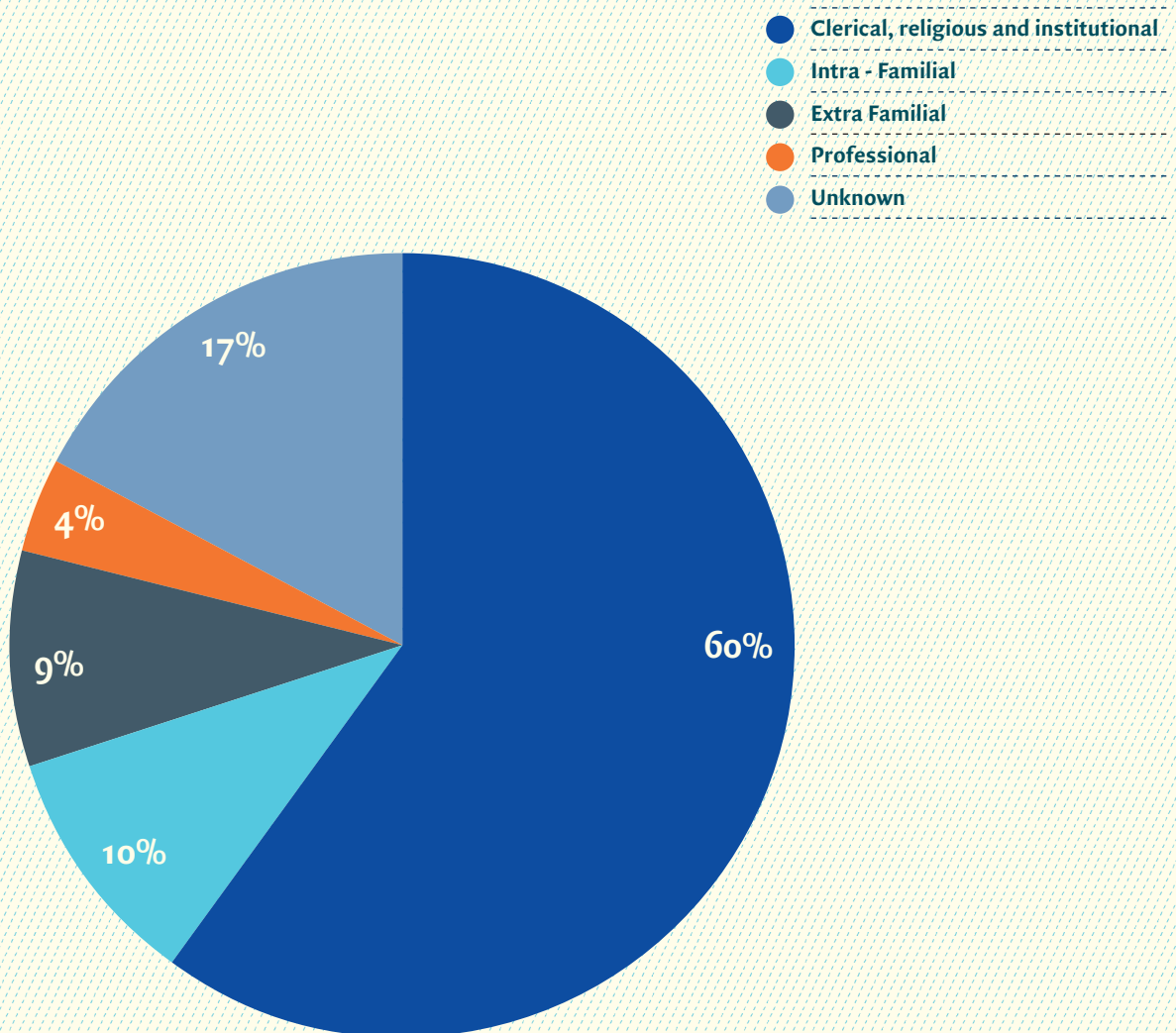
● Male	2009: 643	2008: 268
● Female	2009: 497	2008: 158
Total	2009: 1,140	2008: 426

We work within the Children First Guidelines, and always encourage and support clients to report any child protection issues to the HSE.

In general there was an increase in child protection concerns and enquiries about reporting those concerns. Some clients stated they were previously of the opinion they were the only one to have been abused and now felt they needed to do something to ensure other children were not put at risk. Child protection is the cornerstone of the service we provide. We work within the Children First Guidelines, and always encourage and support clients to report any child protection issues to the HSE. This was certainly a priority in 2009 and was a

big part of the work load during the year. Together with child protection, achieving justice is another primary reason why people come forward to report their abuse. Many clients were assisted to pursue a complaint with the Gardai in 2009 and provided court accompaniment where cases went to trial. We also facilitated clients who wished to pursue an action in the civil courts. We increasingly find ourselves in the role of liaising between professionals within these systems.

»» Context of Sexual Abuse Advocacy Clients »

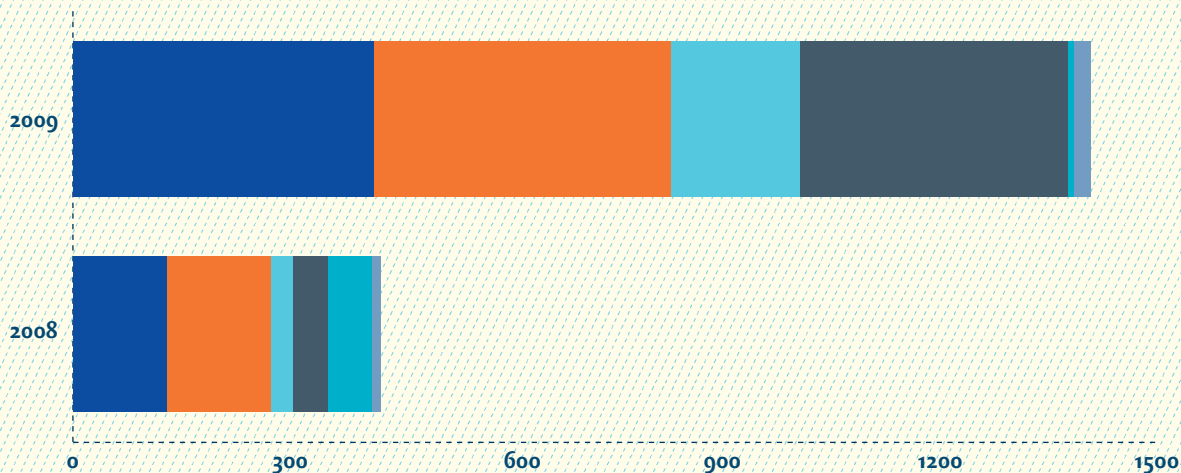


While the criminal and civil systems can bring about some degree of closure, more often than not witnesses are deeply impacted by their limitations and their adversarial nature. It is clear the law is restricted in addressing the impact of sexual abuse. We feel other options need to be explored. We can see the benefit of Mediation and Restorative Justice

practices in offsetting the upset and anger people may experience while going through the civil and criminal justice systems. We would hope the service would develop in this direction in the future.

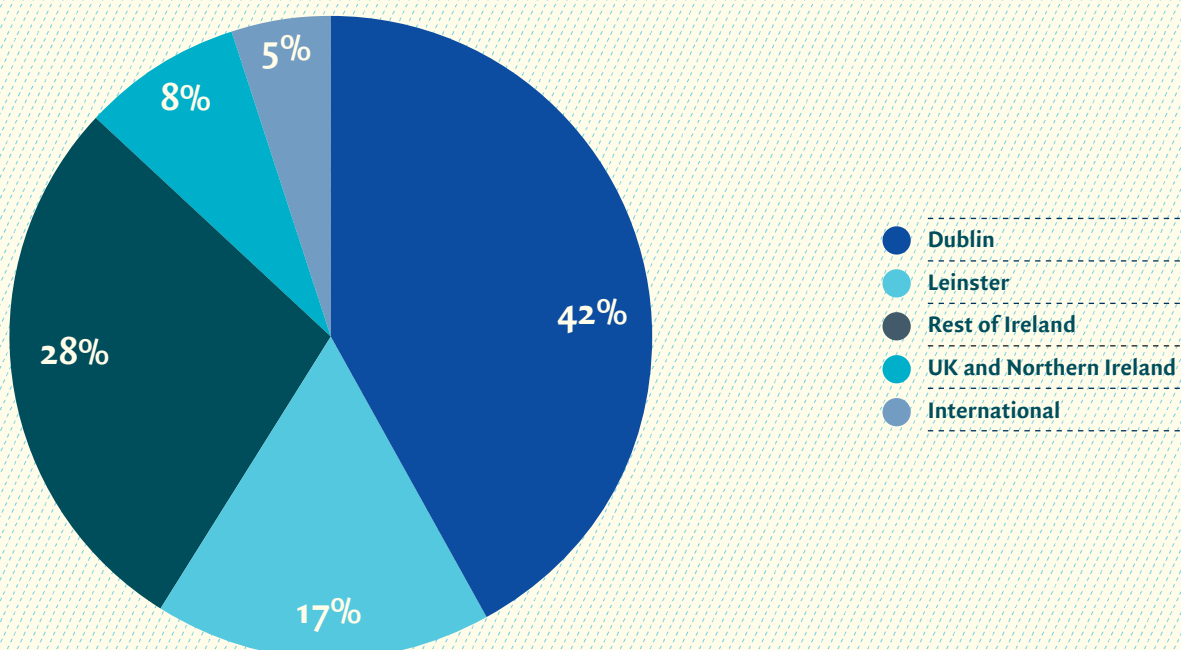
Deirdre Kenny
Advocacy Director

»» Type of Advocacy Support Provided »



● Accessing Criminal Justice System	2009: 417 (30%)	2008: 130 (30%)
● Accessing The Civil Courts	2009: 411 (29%)	2008: 143 (33%)
● Child Protection Issues	2009: 179 (13%)	2008: 31 (8%)
● Support and Accompaniment to Diocesan Inquiries, Child Abuse Commission and The Redress Board	2009: 372 (26%)	2008: 49 (12%)
● General Support Re Housing, Education, Counselling Referral etc	2009: 7 (0.5%)	2008: 61 (14%)
● Professional Complaints	2009: 24 (1.5%)	2008: 12 (3%)

»» Geographical Residence of Advocacy Clients »



»» Psychotherapy Programme ›



Our psychotherapy programme provides individual, group and family support to men and women who have experienced sexual violence.

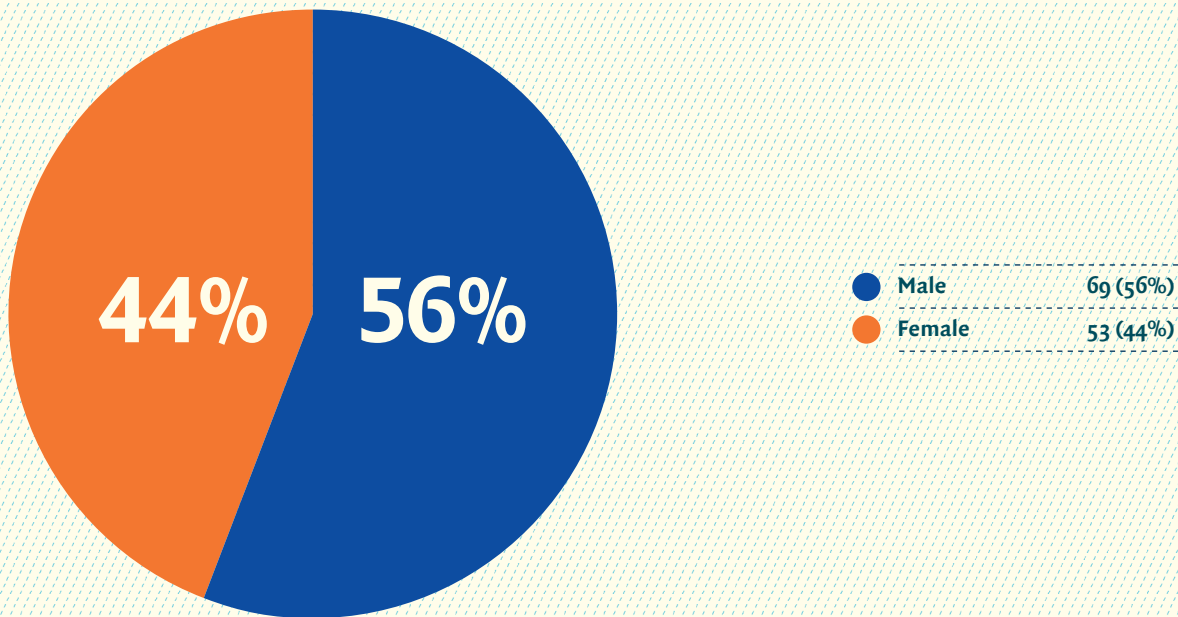
Experiencing sexual violence in childhood can have a lifelong impact on individuals. Psychotherapy offers the opportunity to explore the effects of sexual abuse, and move from a life of suffering and pain to one of contentment and well-being. This can take time, and many of our clients need long-term psychotherapy.

While clerical abuse has been dominating the media, over seventy percent of *One in Four* clients were abused in non religious settings. Forty percent of our clients were abused within the family, while others were abused by neighbours and friends and professionals.

The majority of our clients are men which dispels the myth that males are not victims of sexual violence. *One in Four* provides services which are accessible and appropriate for men, who often find it very difficult to reach out for help.

While clerical abuse has been dominating the media, over seventy percent of *One in Four* clients were abused in non religious settings.

»» Number of Clients in Individual Psychotherapy »



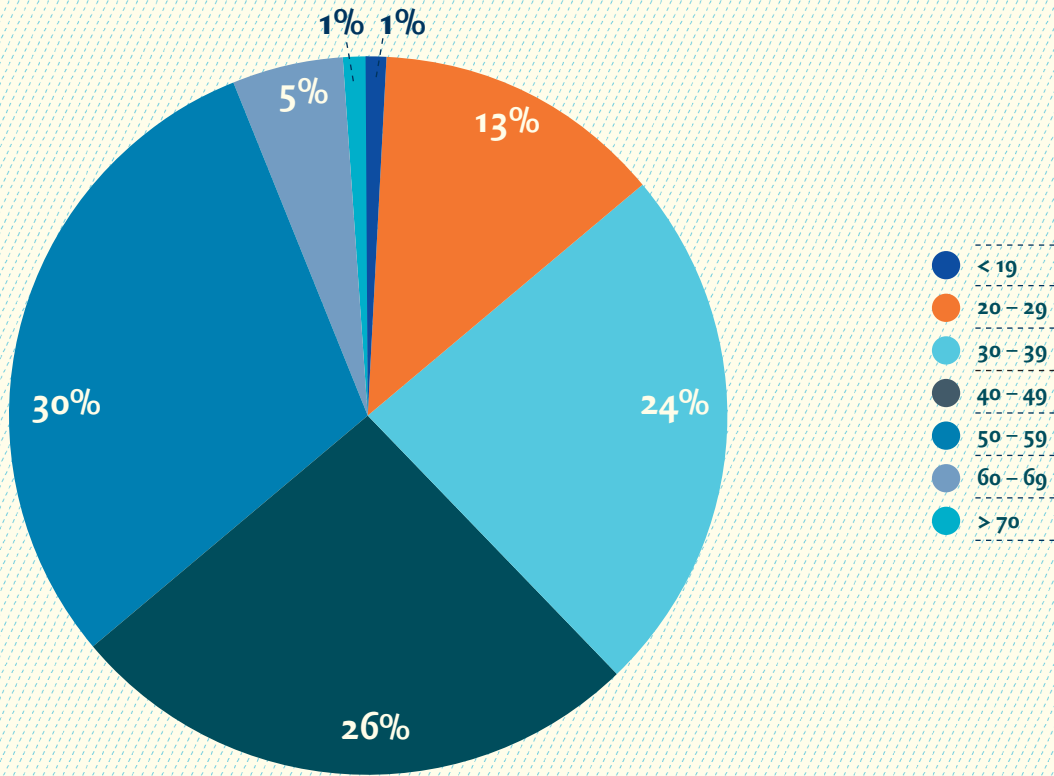
Sexual abuse has an impact beyond the individual, and we assist families to come to terms with the implications of sexual violence if a family member is victimised.

The publication of the Ryan and Murphy Reports in 2009 led to an increase in demand for services and we continue to have a waiting list for one to one psychotherapy.

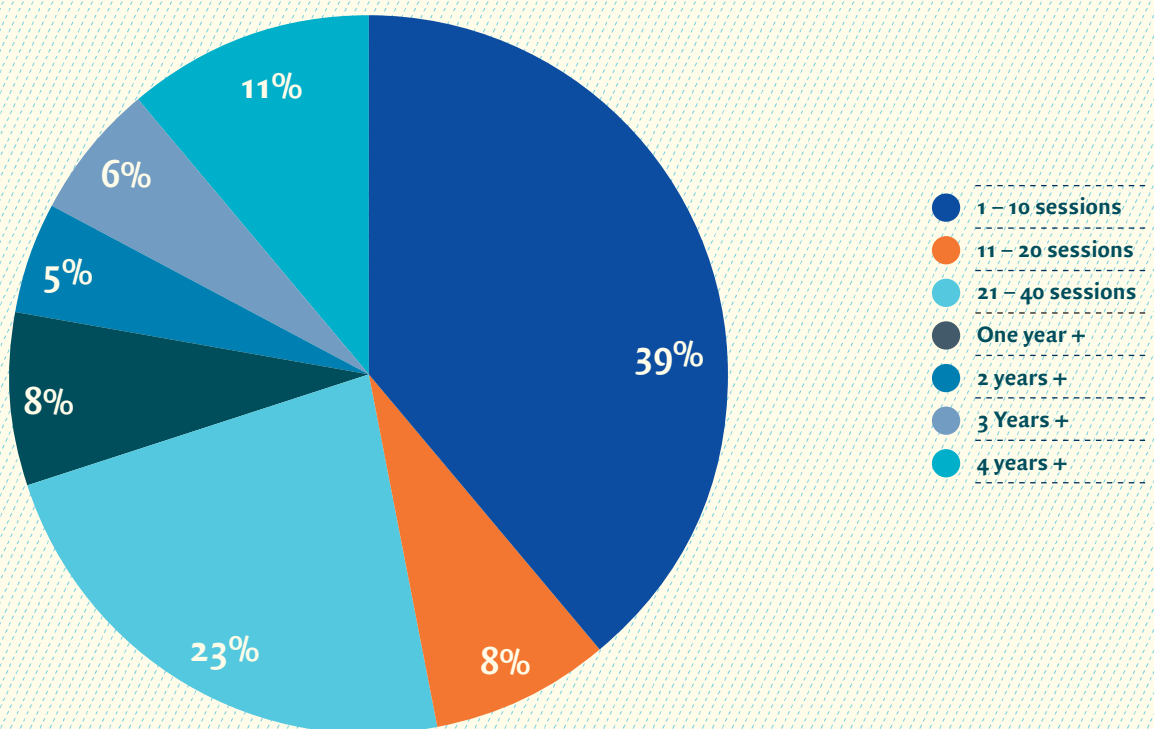
The psychotherapy team has been continuing with training and consultancy to other agencies that are in contact with survivors of abuse. In 2009 we provided team consultation and support, and assisted in the development of the child protection policies and procedures. We also delivered specialist training to psychotherapy students in relation to sexual abuse and sex offenders.

The publication of the Ryan and Murphy Reports in 2009 led to an increase in demand for services and we continue to have a waiting list for one to one psychotherapy.

»» Age Range of Clients in Individual Psychotherapy »



»» Length of Time in Individual Psychotherapy »



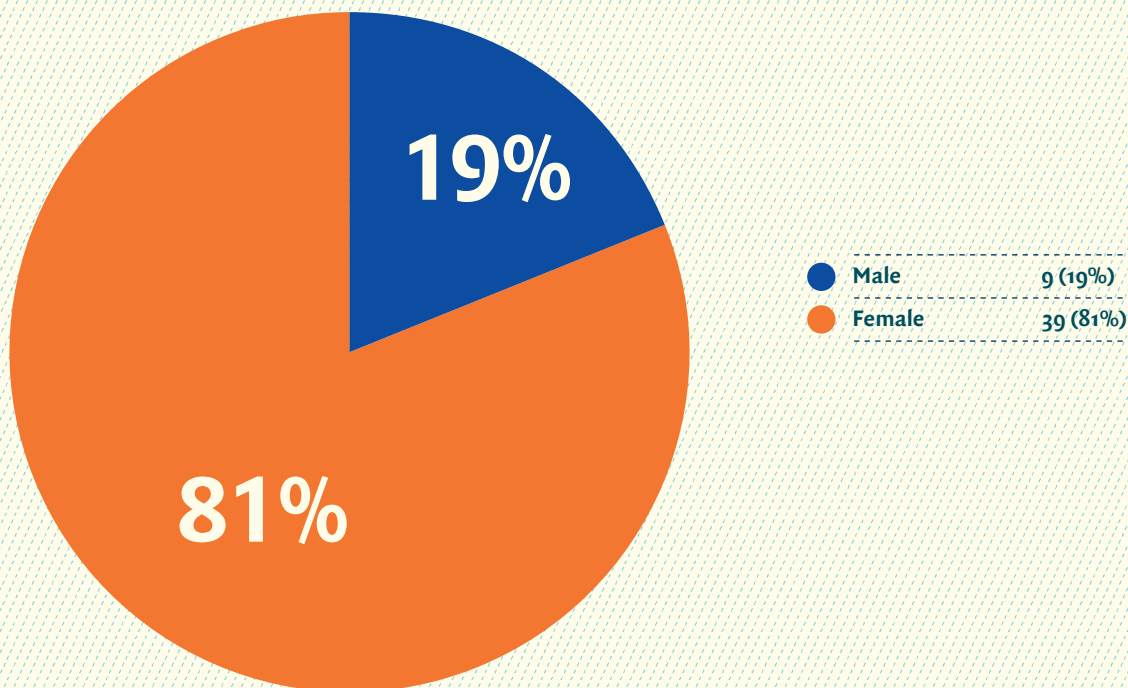
»» Group Psychotherapy »

Group psychotherapy is a fundamental part of the clinical work of *One in Four*. It is offered to individuals who have been in individual psychotherapy either within *One in Four* or with an external psychotherapist. Group psychotherapy offers clients the opportunity to connect with people who have lived through similar experiences and also affords a space where new ways of engaging in relationships can be tested and strengthened. Three psychotherapy groups ran throughout the year.

In 2009 we also facilitated an Allies Group for relatives and friends who are supporting survivors of sexual violence. The group provides practical information and emotional support to help those who are helping their loved ones, by gaining a greater understanding of the impact of sexual violence.

Eileen Finnegan
Deputy Clinical Director

»» Number of Clients in Group Psychotherapy »

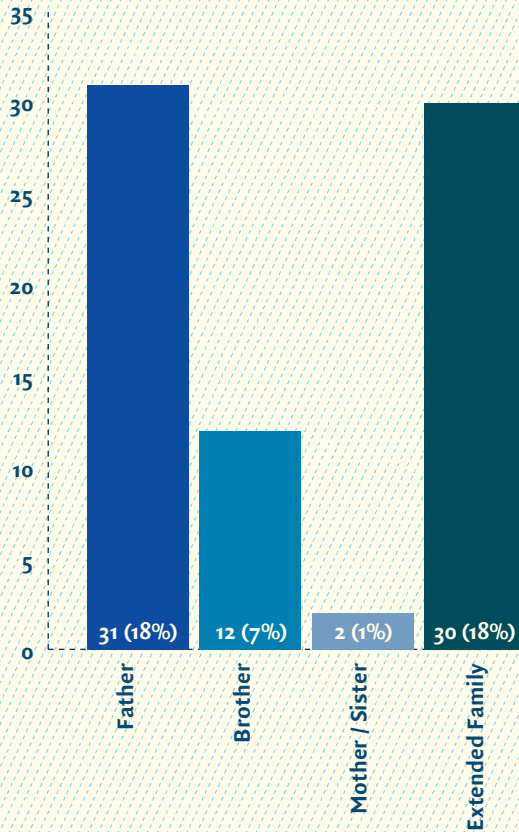


**Total Group
Psychotherapy
Hours:**

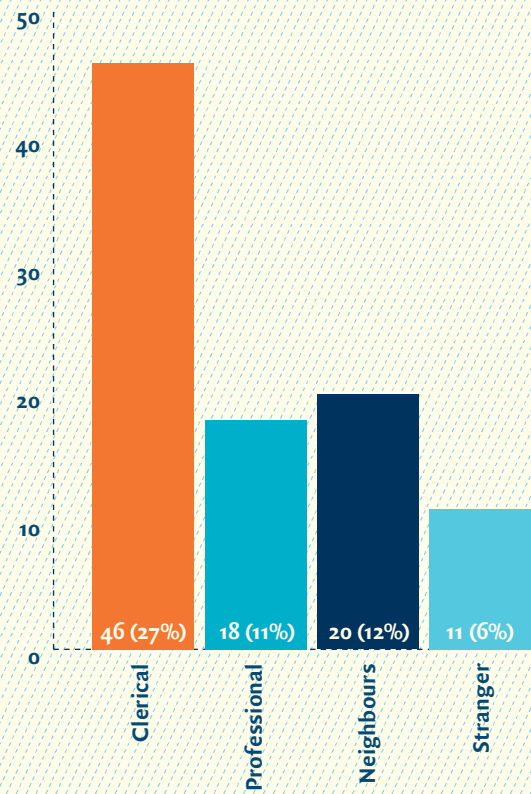
1,988

»» Context of Sexual Abuse for Individual and Group Psychotherapy Clients (N = 170) »

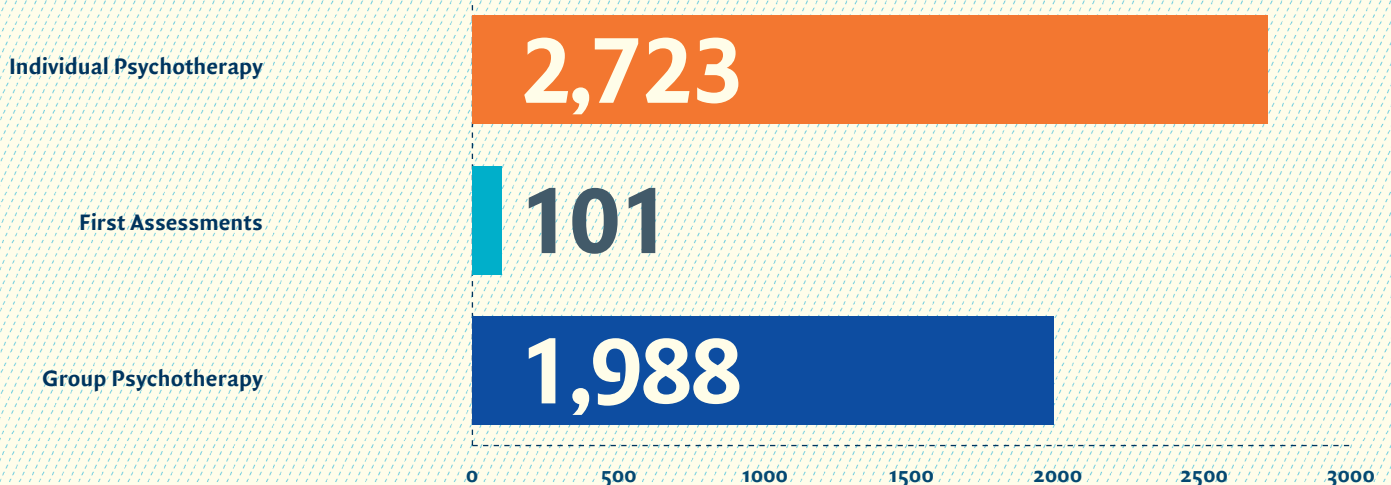
»» Intra Familial Sexual Abuse » Total: 75 (44%)



»» Extra Familial Sexual Abuse » Total: 95 (56%)



»» Total Psychotherapy Hours Delivered » Total: 4,812



»» Sex Offender Assessment and Treatment Programme ›



One in Four has always viewed the treatment of individuals who exhibit sexually harmful behaviour towards children as an essential child protection strategy. Children First, the national guidelines for the protection and welfare of children, recognises the need for perpetrators of sexual abuse to have access to appropriate treatment services. Since 2006 One in Four has been running a Sex Offender Programme.

The One in Four sex offender programme offers individual risk assessments and treatment in group settings.

Group treatment is structured over eighteen months and includes a combination of psychotherapeutic and psycho-educative approaches. The aim is to challenge the offender to understand the harm they have caused, to gain insight into the thought

processes and behaviours that facilitated their behaviour and to build a lifestyle that keeps children safe.

Referrals to the Sex Offenders Programme come through the HSE, the court system, self referral and from other voluntary agencies. The HSE is automatically notified when an offender engages with the programme.

We are committed to working with other statutory and voluntary agencies to develop national standards of best practice.

International research shows that good community based treatment works, and reduces the risk of re-offending. If we are serious about protecting our children, we must provide high quality treatment programmes both within the prison system and within the community.

»» Number of Assessment and Treatment Hours Delivered ›

Group Therapy

486

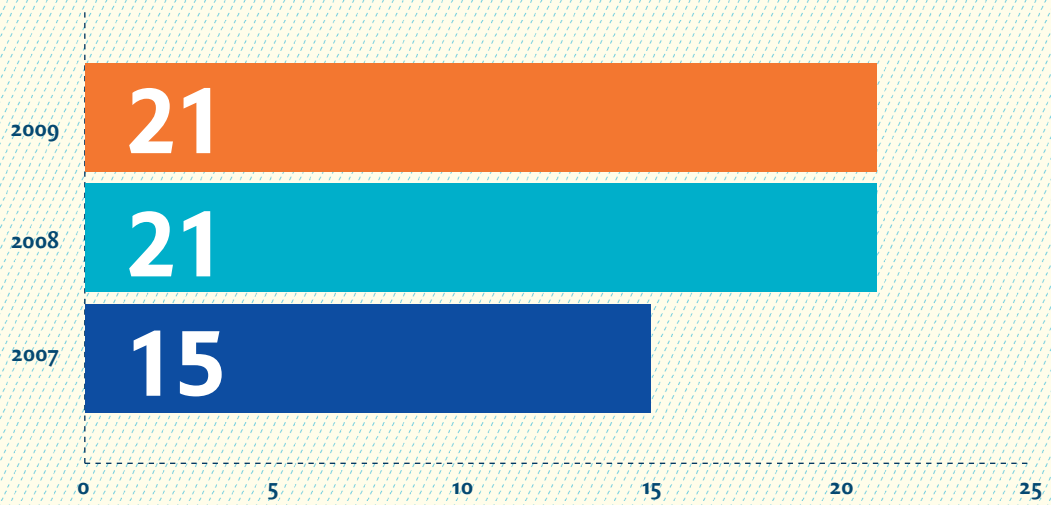
Individual Therapy

150

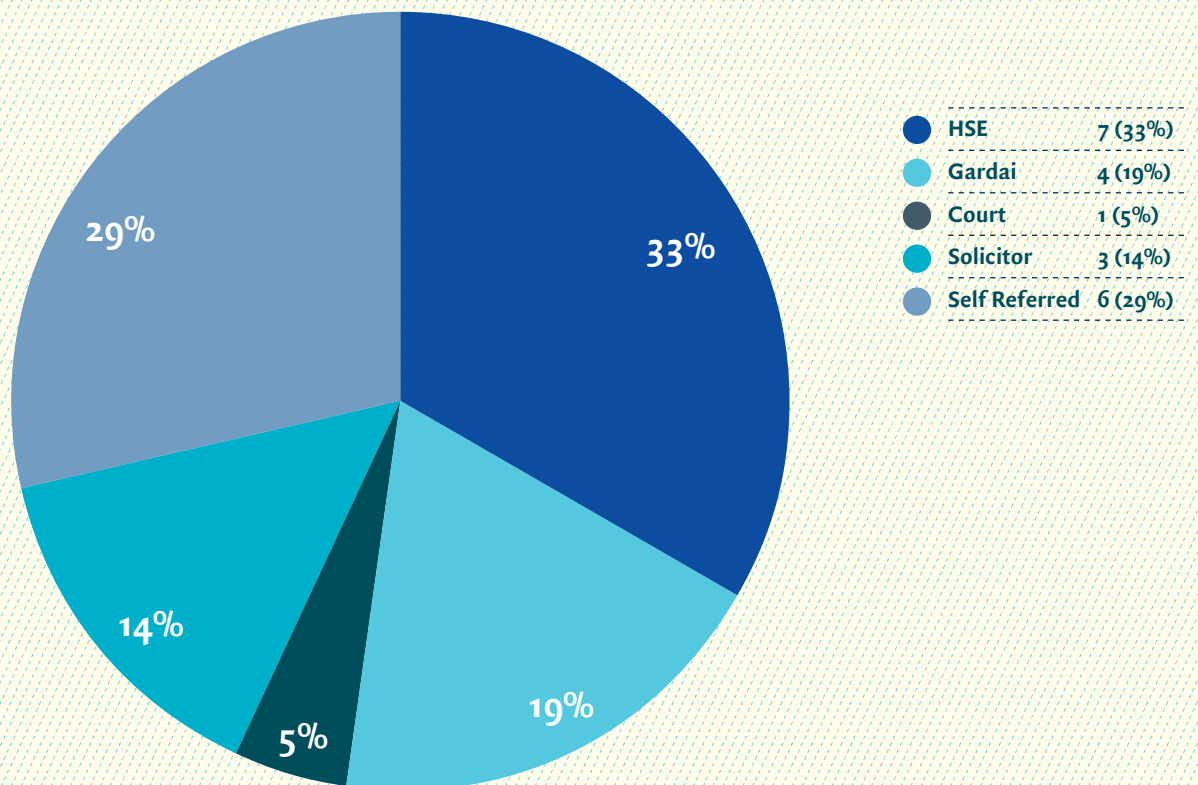
Total

636

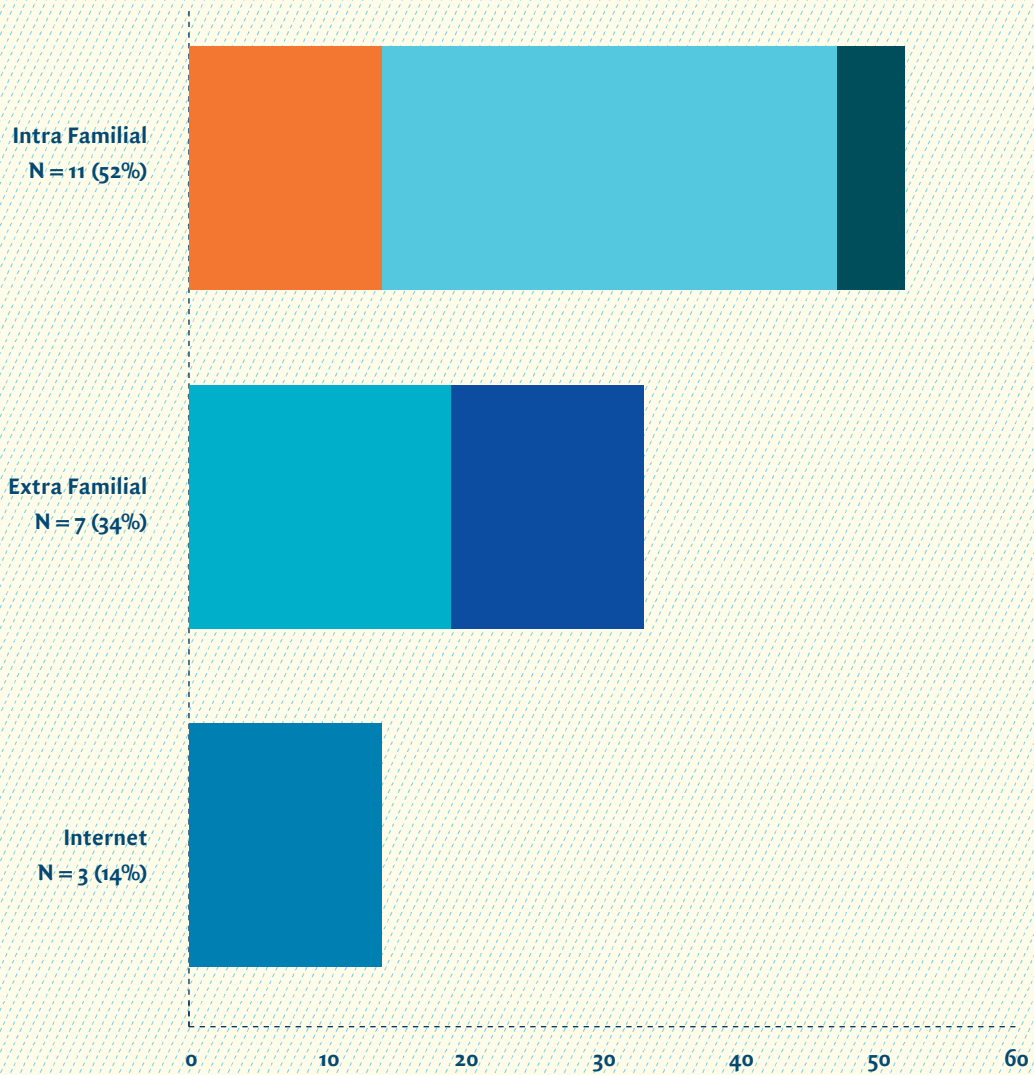
»» Number of Individuals Attending the Sex Offender Treatment Programme »



»» Referrals N = 21 »



»» Relationship between Sex Offender and Victim N = 21 »



Intra Familial	11 (52%)
Own Children	3 (14%)
Siblings	7 (33%)
Extended family	1 (5%)
Extra Familial	7 (34%)
Family Friend	4 (19%)
Neighbour	3 (15%)
Internet	3 (14%)

»» Influencing Policy Formation and Public Awareness ›

Sexual abuse, by its very nature, tends to disempower and silence victims. A crucial aspect of our work at *One in Four* is to articulate the experiences of our clients as they engage with various institutions and systems. Our aim is to ensure that the needs and concerns of victims are placed at the centre of public policy and procedures, including the criminal justice system.

We are also concerned with issues of child protection, so as to ensure that future generations of Irish children will be spared the trauma of sexual violence.

»» Response to the Ryan and Murphy Reports ›

We have played an active role in formulating a public response to the Ryan and Murphy reports and in monitoring subsequent developments in the Catholic Church and at Government level.

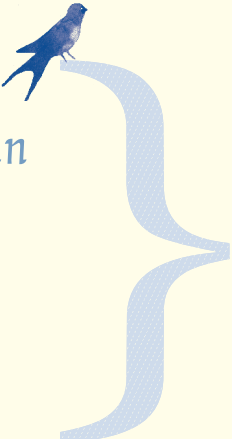
- › One in Four staff participated in several hundred interviews and discussions in international, national and local media.

- › We engaged in constructive discussions with some members of the Catholic hierarchy.
- › One in Four played a lead role in organising a March in June 2009 when 10,000 people walked through Dublin to show solidarity with survivors of institutional abuse.

»» Child Protection Forum ›

One in Four was active in the creation of a child protection forum with seven other NGOs: Barnardos, CARI, Children's Rights Alliance, Dublin Rape Crisis Centre, ISPCC and the Rape Crisis Network Ireland. The forum developed a detailed response to the Ryan Report and met with the leaders of the political parties and the Minister for Children, Barry Andrews T.D.

A core objective of the forum is that a Referendum on the rights of the child should be held in 2010. We made a presentation to the Joint Oireachtas Committee on the Referendum on Children in July 2009.



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We are also concerned with issues of child protection, so as to ensure that future generations of Irish children will be spared the trauma of sexual violence.

››› Sex Offenders ›

At *One in Four* we believe that the provision of treatment for sex offenders in both the prison system and in the community is a key element of child protection.

Based on our experience of delivering a sex offender treatment programme we made a detailed submission to the Minister for Justice, Dermot Ahern. TD, regarding the management of sex offenders in the community.

››› Conferences and Training ›

We believe it is important to make the expertise we have developed available to other professionals working in the field of sexual violence. *One in Four* staff delivered papers at the CARI Conference on Restorative Justice and Sexual Abuse and at the MACSAS Conference in Edinburgh.

Training and consultation was provided to a number of NGOs in the areas of sexual abuse and sex offenders.

››› Criminal Justice System ›

Victims of sexual crime continue to experience serious difficulties in accessing the criminal justice system. In the course of 2009 *One in Four* held meetings with Mr. James Hamilton, Director of Public Prosecutions and with senior Gardai to explore ways in which the system might become more accessible to victims.



››› Cloyne Inquiry ›

One in Four was instrumental in the referral of the Diocese of Cloyne to the Commission of Inquiry into the Dublin Archdiocese for investigation. During 2009 we supported survivors from Cloyne to give evidence to the Commission.

»» Funding »

»» Statutory Funding »

Sixty five per cent of our funding comes from the statutory sector. We are very grateful to the Health Service Executive, the Commission for the Support of Victims of Crime, the Dept. of Justice and the Family Support Agency for their support in 2009.

»» Faoiseamh »

We would like to acknowledge the support of Faoiseamh in funding psychotherapy for many clients who were abused within the Catholic Church.

»» Private Sector Funding »

Fundraising in the private sector is crucial to our ability to provide services. 2009 was a difficult year for fundraising as the economic downturn took hold. We worked hard to ensure that our level of services could be maintained.

»» Events »

We organised many imaginative events during the year, from the staff member who drove from Galway to Gambia to the Silver Mile Collection.

We are very grateful to all the people who organised events for us – Strictly Come Dancing in Donegal, Tea ‘n’ More in Nenagh, Killarney and Ring, sky diving, pub quizzes, a bridge tournament in Blanchardstown – the imagination ran riot.

We are also very grateful to the women who ran the Flora Women’s Mini-Marathon for us.

»» Donors »

We could not continue our work without the generosity of the many donors who continued to support us despite the new economic realities. We are extremely grateful.

»» One in a Thousand »

One in a Thousand allows people to make an annual donation of whatever sum they can afford to *One in Four*, usually in monthly instalments. If the sum is over €250, we can claim back tax. We are very appreciative of the people who have joined this scheme as it allows us to depend on regular income.



»» Our People »

»» Board of Directors »

Dr. Jane Pillinger, Chairperson
Vincent Byrne, Secretary
Jackie Kerins (resigned 2009)
Margaret Martin (resigned 2009)
Dr. Rosaleen McElvaney
Niall O’Muilleoir
Neil Ward
Tim Whyte

»» Staff »

Maeve Lewis	Executive Director
Deirdre Kenny	Advocacy Director
Therese Gaynor	Clinical Director – Resigned 2009
Eileen Finnegan	Deputy Clinical Director

»» Staff Psychotherapists »

Noel McGuinness	Team Leader
Edel Bose	
Teresa Daly	
Antoinette McKeogh	
Deirdre Murray	
Donal Swift	
Karen Wallace – Resigned 2009	

6 Intern Psychotherapists



»» Advocacy Staff ›

Julie Brown	Advocacy Officer
Damian McKenna	Advocacy Officer

»» Administration Staff ›

Deirdre Carney	Office Manager – Resigned 2009
Ann Marie McGowan	Receptionist
Ruth Carroll	PA Executive Director
Lesley Dunne	Fundraising Administrator – Resigned 2009
Deirdre Mackay	Accountant

»» Income and Expenditure Account »

for the year ended 31 December 2009

	Continuing operations	
	2009	2008
	€	€
Income	1,039,733	1,044,345
Expenditure	(963,277)	(1,063,771)
<hr/>		
Surplus/ (deficit) on ordinary activities before taxation	76,456	(19,426)
Tax on surplus/(deficit) on ordinary activities	-	-
<hr/>		
Surplus/ (deficit) on ordinary activities after taxation	76,456	(19,426)
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Surplus/ (deficit) for the year	76,456	(19,426)
Surplus/ (deficit) brought forward	(90,005)	(70,579)
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Surplus/ (deficit) carried forward	(13,549)	(90,005)
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There are no recognised surpluses or deficits other than the surplus or deficit for the above two financial years.

On behalf of the board

Vincent Byrne
Director

Dr. Jane Pillinger
Director

»» Balance Sheet »

as at 31 December 2009

	2009	2008
	€	€
Fixed assets		
Tangible assets	5,525	5,950
Current assets		
Debtors	19,631	21,074
Cash at bank and in hand	20,764	4,300
	40,395	25,374
Creditors: amounts falling due within one year	(59,469)	(121,329)
Net current liabilities	(19,074)	(95,955)
Deficiency of assets	(13,549)	(90,005)
Capital and reserves		
Revenue reserves account	(13,549)	(90,005)
Members' funds	(13,549)	(90,005)

The financial statements were approved by the board on 15th July 2010
and signed on its behalf by

Vincent Byrne
Director

Dr. Jane Pillinger
Director

»» Acknowledgements ›

One in Four would like to acknowledge and thank the many individuals and companies who have donated funds or services to us in 2009. Without such support, we could not have delivered our vital services. Many people wish their support to remain private, but we would like to tell them how much we appreciate their help.

We would like to publicly thank the following:

The Health Service Executive
The Department of Justice, Equality
and Law Reform
The Commission for the Support of
Victims of Crime
COSC
Faoiseamh
ESB Electric Aid
Family Support Agency

The staff of *One in Four* would like to thank our Board of Directors who give so unstintingly of their time and expertise.

We would also like to thank our solicitor and auditor who are exceptionally generous with their time, advice and support.

Solicitors

Pearse Mehigan
83/84 Upper Georges St
Dun Laoghaire
Co. Dublin

Auditors

John P. Carlin & Co.
Unit E7
Nutgrove Office Park
Dublin 14



2 Holles Street
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