

Executive Summary

Annual Report 2003

Registered Charity Number CHY 15289



Inside this Summary

Review of 2003

Psychotherapy

Advocacy

Campaigning

Administration

Future Work

Full Report on CD-ROM

Support and resources for women and men who have experienced sexual abuse and/or sexual violence

Contents

1. Introduction & Review of Service.....	2
2. Psychotherapy.....	3
3. Advocacy.....	9
4. Administration.....	15
5. Campaigning.....	16
6. One in Four On-line.....	17
7. Future work & Acknowledgements.....	18

One in Four exists to give voice to the experience of people who have experienced sexual abuse and/or sexual violence and to provide a space that by its very existence challenges feelings of shame and self blame. In the often perceived hopelessness and despair of such trauma the reality of meeting another, one who has undertaken that journey themselves, offers hope and encouragement.

One in Four is an organisation run for and by people who have experienced sexual abuse and/or sexual violence. We actively seek and welcome the involvement of people who have experienced sexual violence, whether as children or as adults, at all levels of the organisations work. The creation of a community that bears witness to the isolating and silenced reality of sexual abuse and/or sexual violence fundamentally changes and moves beyond that reality.

Introduction & Review of Service

This first Annual Report of One in Four Ireland presents the organisation with its first opportunity to explain in detail the nature of its work and to demonstrate its commitment to best practice in both service delivery and governance. It is an opportunity that we welcome.

This first annual report covers the period from the incorporation of the organisation as a Company limited by guarantee on July 15th 2002, to the end of the financial year 2003. In November 2002, One in Four Ireland received funding to secure and refurbish offices in Holles Street, Dublin and recruit staff. In reading this report it is important to recognise that accounts cover financial dealings from 2002 to 2003, whereas the service information and statistics refer to the period February to December 2003. The provision of core client services, Psychotherapy and Advocacy, commenced in February 2003.

The report that follows sets out in detail the work undertaken by One in Four since its establishment. It also details the approach adopted by the organisation in carrying out this work and the financial accounts that refer to the period. Transparency and accountability are core principles of One in Four, the organisation is funded in part by grant aid from public funds, by donation, through service provision and by fundraising. We therefore believe that we have a responsibility to demonstrate clearly and fully how we use such funds and apply 'best practice' principles across our programme of services. For this reason we have adopted a policy of publishing, as part of our Annual Reports, the full text of the Annual Audit carried out by John P. Carlin and Company, independent auditors.



February to December 2003:
2,140 one-to-one sessions
540 hours of group therapy to 156 women and men



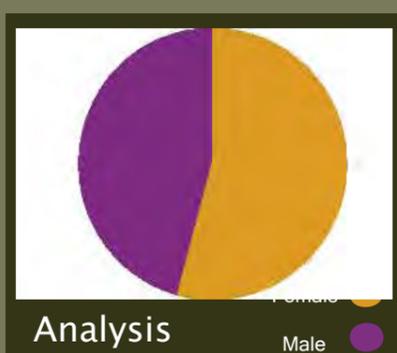
February to December 2003:
113 individuals supported through in-depth case work
2,366 telephone calls seeking information and support



Website 2003:
Approx 573,000 hits on message boards



April to December 2003:
3,147 telephone calls



February to December 2003:
Pie chart illustrates the gender breakdown of clients engaged in one to one psychotherapy and/or advocacy

Psychotherapy: Data & Analysis

Figure 1.0. Number of Psychotherapy Enquiries.

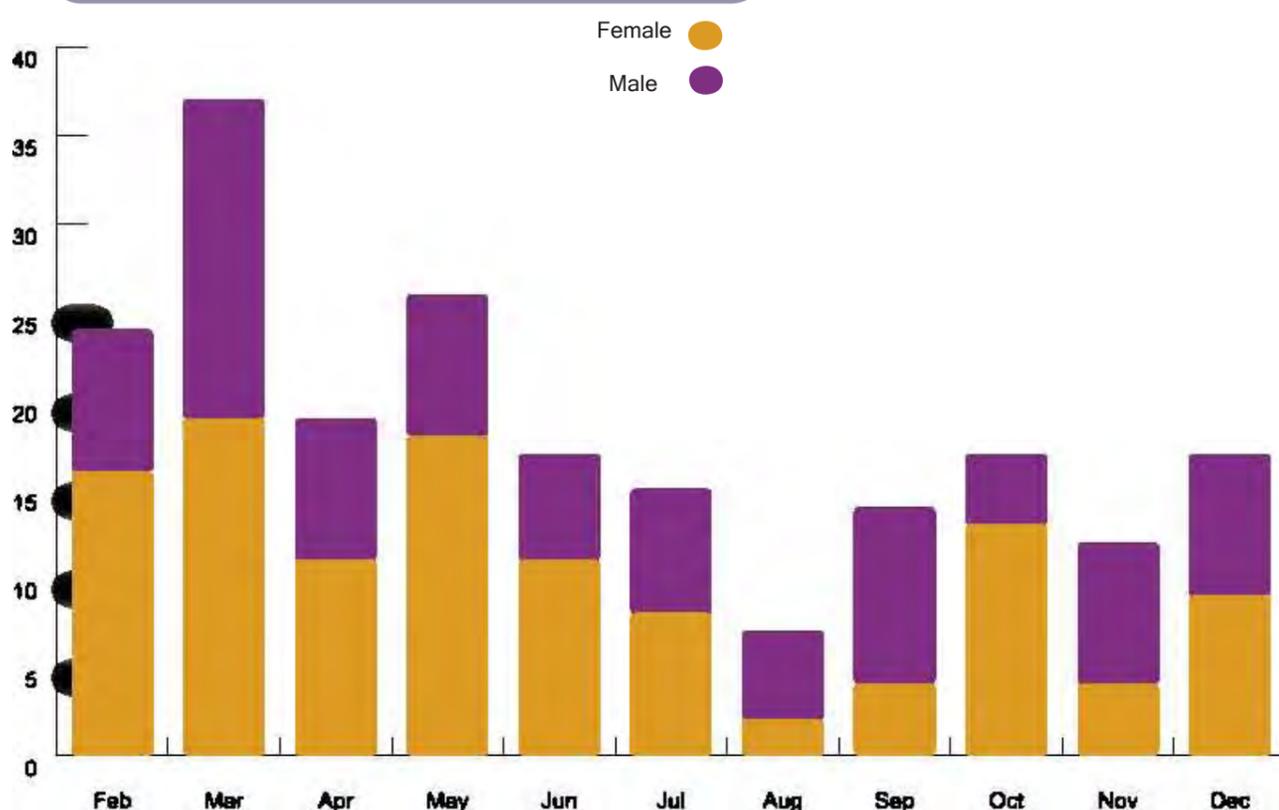


Figure 1.0 shows a breakdown of enquiries to One in Four for therapy in the period February 2003 to December 2003.

It highlights female and male enquiries and the consistent trend that has been experienced throughout the core services of the organisation, i.e. the high percentage of males accessing the service.

Figure 1.1. Breakdown of Psychotherapy Enquiries.

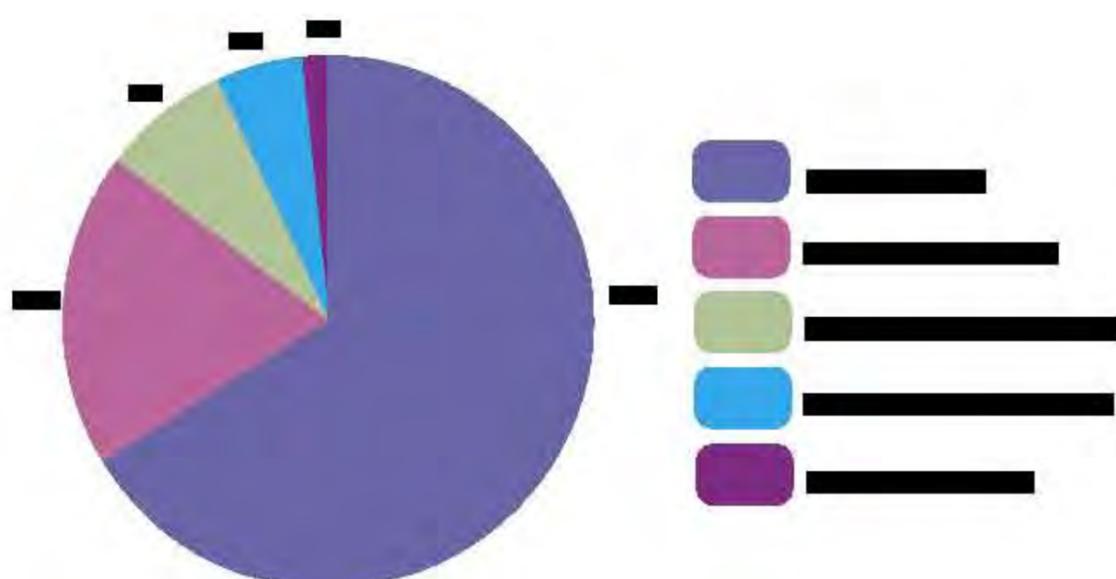


Fig 1.1 shows a further breakdown following an initial enquiry to the service.

The breakdown of the 205 therapy enquiries is as follows; Individual In Therapy (136), First Contact Did Not Arrive/Cancelled (39), Referred to Other Service (16), Telephone Contact Only (11), Referred for Group (3).

Fig 1.2 shows a breakdown by gender of the total number of individuals who entered into one-to-one therapy from the period February 2003 to December 2003.

It highlights the number of females (77) and the number of males (59).

This diagram again illustrates the high percentage of males who have engaged in therapy.

Figure 1.2. Breakdown by Gender of individuals in therapy.

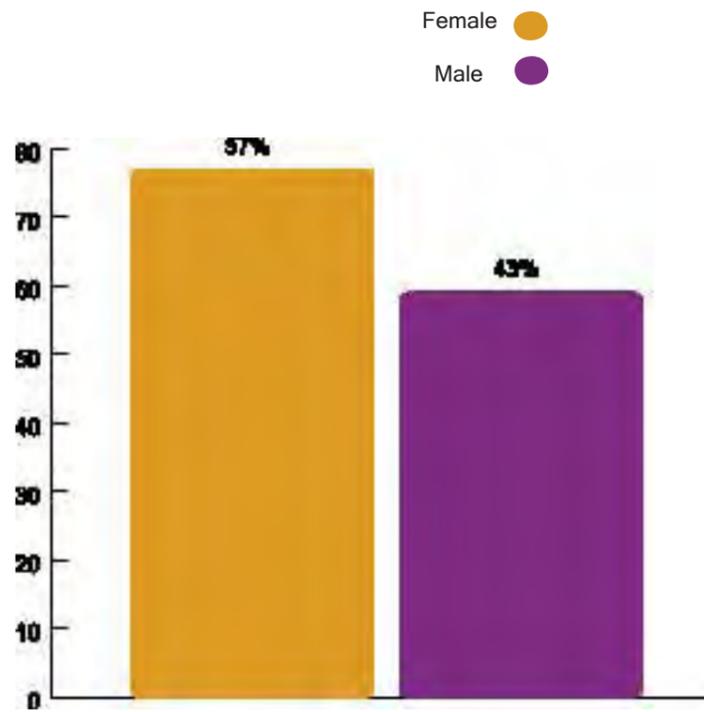


Figure 1.3. Breakdown of Psychotherapy Sessions.

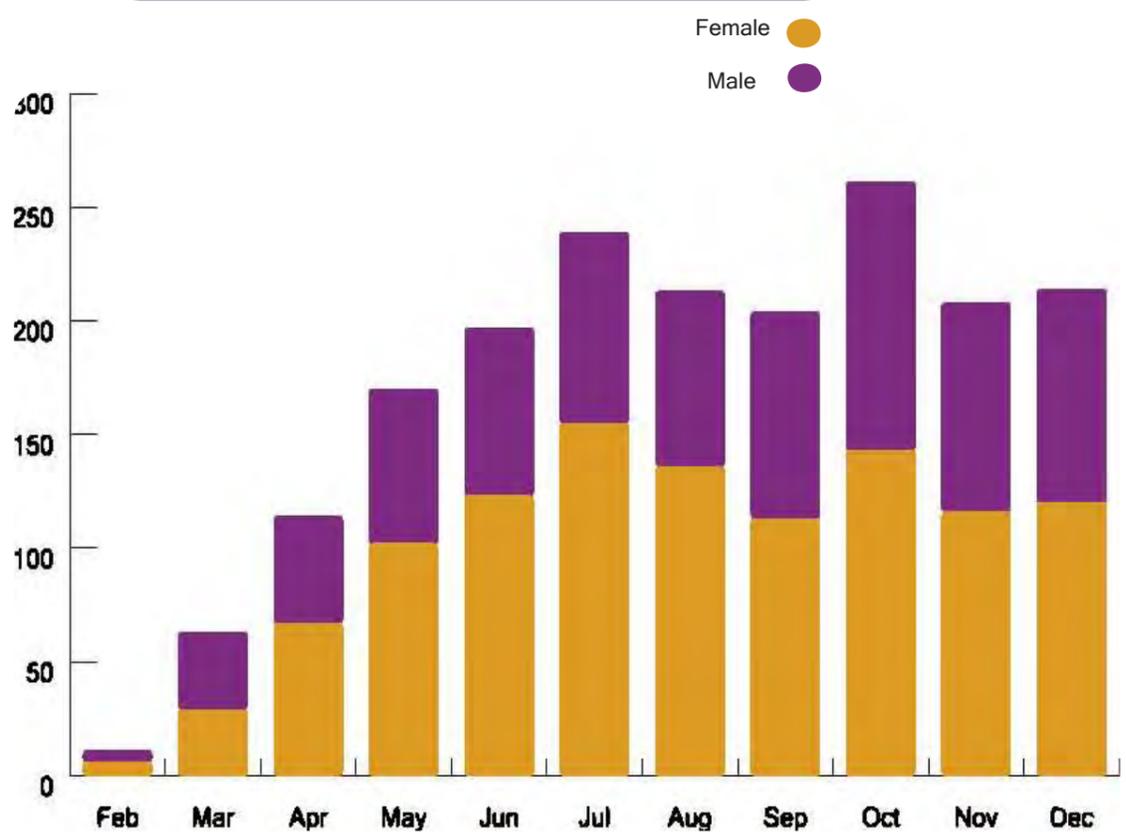


Fig 1.3 shows a breakdown of one-to-one therapy sessions provided in the period February 2003 to December 2003.

Psychotherapy...

One in Four adopts a professional approach in recruiting for the clinical team and all full-time and sessional therapists are trained to the highest standards and are accredited members of the appropriate governing body for their particular therapeutic approach.

The Therapy Programme is one of the core services of One in Four. The programme aims to meet the needs of service users in a variety of ways, offering: one-to-one counselling and psychotherapy, group therapy and open nights.

The clinical team comprises of a clinical director, two full-time psychotherapists, three Sessional psychotherapists, one sessional counselling psychologist and two placement psychotherapists who together form a dynamic multidisciplinary clinical team with a broad spectrum of therapeutic and professional approaches and experience. One in Four adopts a professional approach in recruiting for the clinical team and all full-time and sessional therapists are trained to the highest standards and are accredited members of the appropriate governing body for their particular therapeutic approach.

The clinical team is committed to the work of One in Four and to the clients who have entered into relationship with the organisation. Each member of the clinical team adheres to the professional code of practice and best practice guidelines of their affiliating governing body. One in Four as an organisation, has adopted the Ethical Framework for Good Practice in Counselling and Psychotherapy of the British Association of Counselling and Psychotherapy for all clinicians and supervisors.

Therapy is offered on a weekly basis, though this can be negotiated to fortnightly should a client's particular circumstance require this.

One-to-one therapy began in February 2003 and since then over 136 individuals have engaged in weekly one-to-one therapy. While some of the therapy has been short-term, research indicates that therapy with individuals who have experienced childhood sexual abuse and/or sexual violence is predominantly long-term. Each individual who enters into therapy in One in Four is assured that they determine how long their therapy will go on for and that endings are at their discretion. Therapy is offered on a weekly basis, though this can be negotiated to fortnightly should a client's particular circumstance require this.

One in Four also offers Group Psychotherapy, since September 2003 two different groups – a Mixed Group and a Allies Group have been up and running, meeting the needs of a further 20 individuals. The Mixed Group is a deep process group that runs on a weekly basis for two and a half hours and is co-facilitated by two psychotherapists. It is attended by 12 clients, who are in one-to-one therapy either in One in Four or elsewhere. It is a requirement for the Mixed Group that each client has the additional support of one-to-one therapy.

The second group is the Allies Group which has proven to be a wonderful extension of the work of the organisation. It offers support to individuals who have been or who are supporting someone who has experienced childhood sexual abuse and/or sexual violence. It runs on a weekly basis and is facilitated by one psychotherapist and is attended by eight clients.

Open Evenings were established on a weekly basis in February 2003 before the first therapy clients began being seen. On any one evening, between 8 and 12 people might attend an open evening. Open Evenings offer a space that does not demand discussion, work or thought but is simply a space to be free to connect with others in similar circumstances. They also offer a 'way in' for individuals considering engaging with their issues around an experience of sexual abuse and/or sexual violence.

Group Therapy

Group Therapy is available for those who have experienced sexual abuse and/or sexual violence. One in Four offers a range of groups in order to meet the particular needs of service users. These groups can be for women and men only or they can be mixed. Group Therapy offers a space for individuals to discuss and share their experiences in a caring, supportive environment and are a powerful way to break silence and end isolation. All groups are facilitated and run by experienced therapists for varying time periods, depending on the needs and the type of group.

Two groups began in September 2003 and have been on-going since then, these are; a Mixed Group and an Allies Group.



Mixed Group:

Participation in the mixed group is offered to clients who are in one-to-one therapy either in One in Four or elsewhere. The group is facilitated by two psychotherapists and runs on a Tuesday evening from 7.00p.m. to 9.30p.m. It is an on-going group that runs for fourteen weeks, followed by a two week break, followed by fourteen weeks and so on. The break allows for intake of new clients and for any client who may wish to finish in group to do so. New participants and on-going participants are asked to commit to a fourteen-week period.

Allies Group:

The Allies Group is facilitated by one psychotherapist and currently runs on a Monday evening from 6.30p.m. to 8.00p.m. It is an on-going group that runs for ten weeks, followed by a two week break, followed by another ten weeks and so on. The break allows for intake of new clients and for any client who may wish to finish in group to do so. New participants and on-going participants are asked to commit to a ten-week period.

Both groups began in September 2003 and have continued on an on-going basis since then. The table below shows the breakdown of group hours in the period September 2003 to December 2003.

Table 1.0.

Group	Hours per Week	Duration	Participants	Total Client Hours
Mixed Group	2.5	14 Weeks	12	420
Allies Group	1.5	10 Weeks	8	120

Psychotherapy: Context of Abuse

Figure 1.4. Percentage of female and male perpetrators.

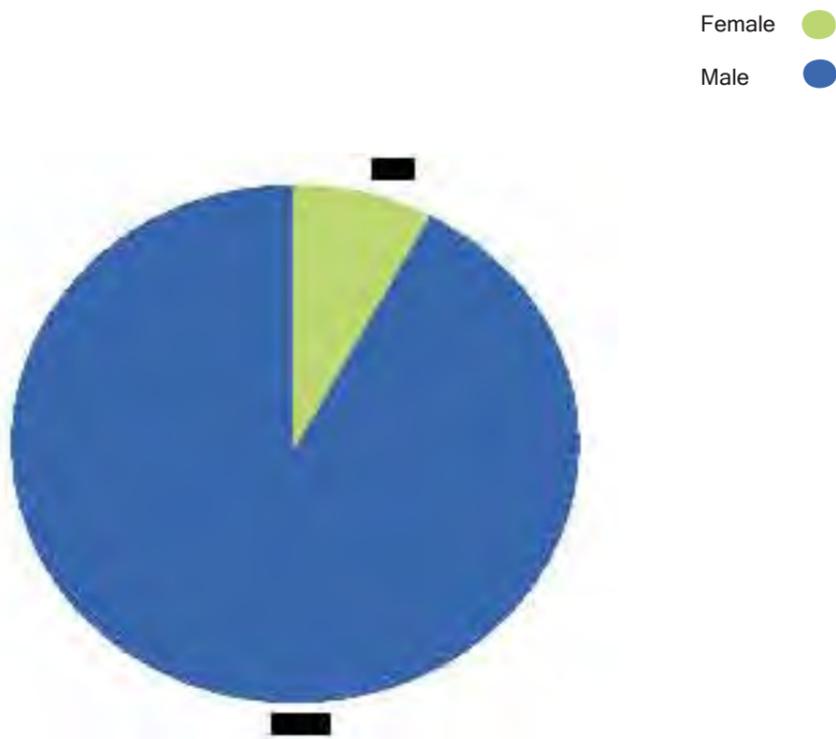


Fig 1.4 shows the overall percentage of female and male perpetrators as indicated through psychotherapy client disclosures.

Figure 1.5. Context of sexual abuse and/or sexual violence.

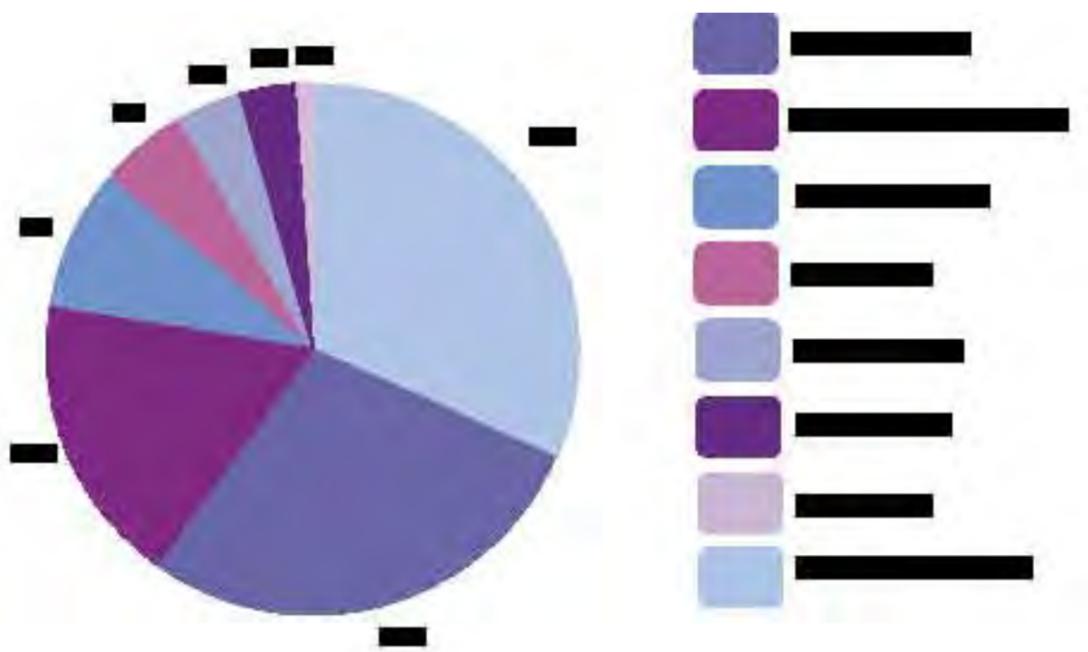


Fig 1.5 shows a breakdown of the context in which sexual abuse and/or sexual violence occurred as disclosed in all psychotherapy enquiries.

Figure 1.6. Gender of perpetrator within each context.

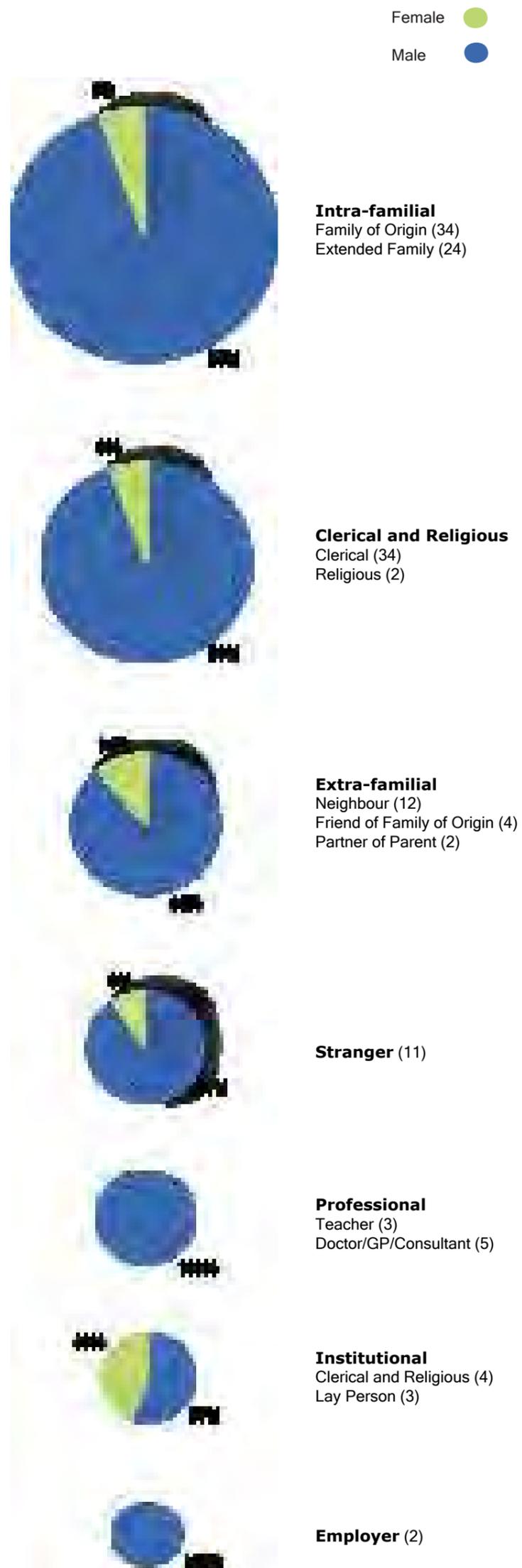


Fig 1.6 shows a breakdown of the context of sexual abuse and/or sexual violence by perpetrator.

The size of each chart reflects the scale of the number of perpetrators within each of the categories.

It is broken down by percentages of female and male perpetrators.

Figure 1.6 excludes the context unknown category featured in Figure 1.5 as neither the context of abuse nor gender of perpetrator has been disclosed.

Advocacy: Data & Analysis

Figure 2.0. Number of Enquiries to Advocacy.

Female ●
Male ●

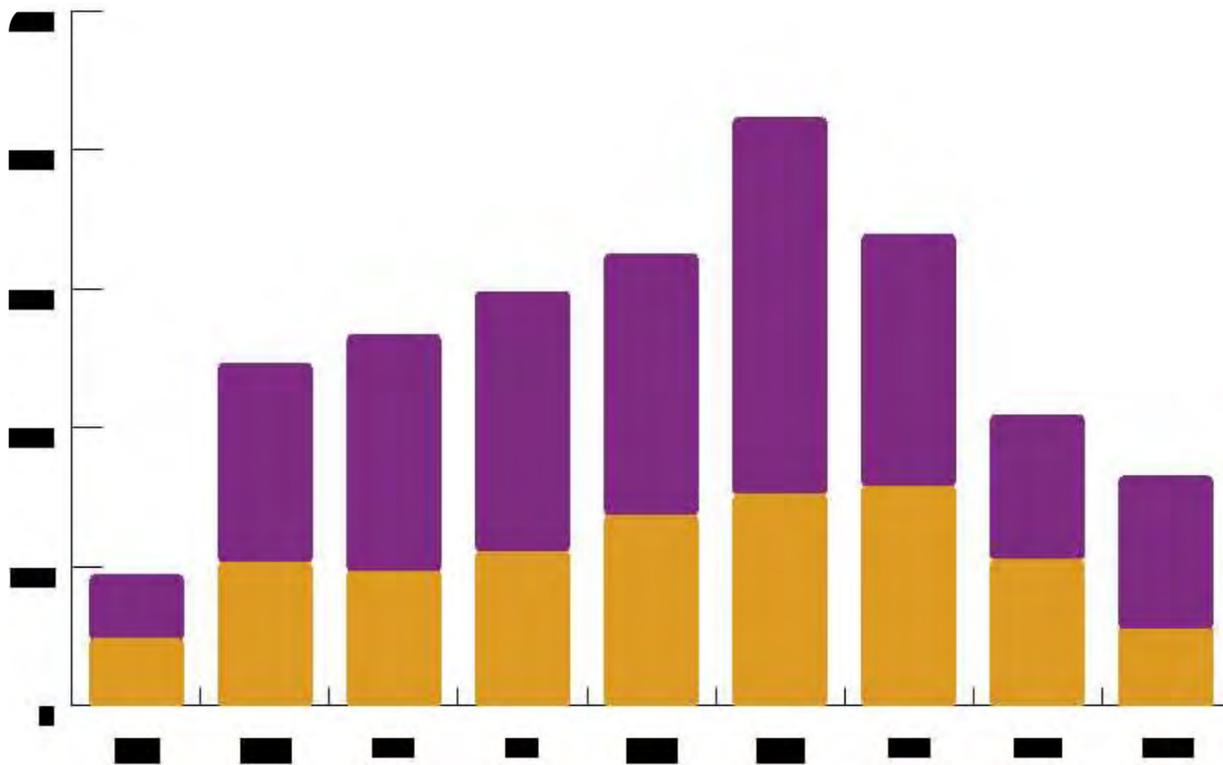


Figure 2.0 shows the breakdown of Enquiries to Advocacy in the period April 2003 to December 2003.

Fig 2.1 shows a breakdown by gender of the number of females (58) and males (55) who attended one-to-one advocacy meetings.

Figure 2.1. Breakdown by gender.

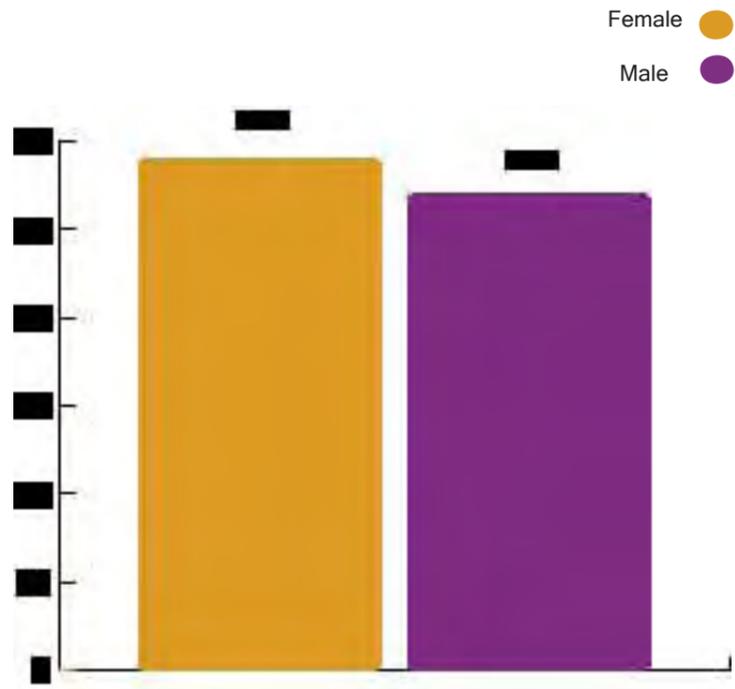
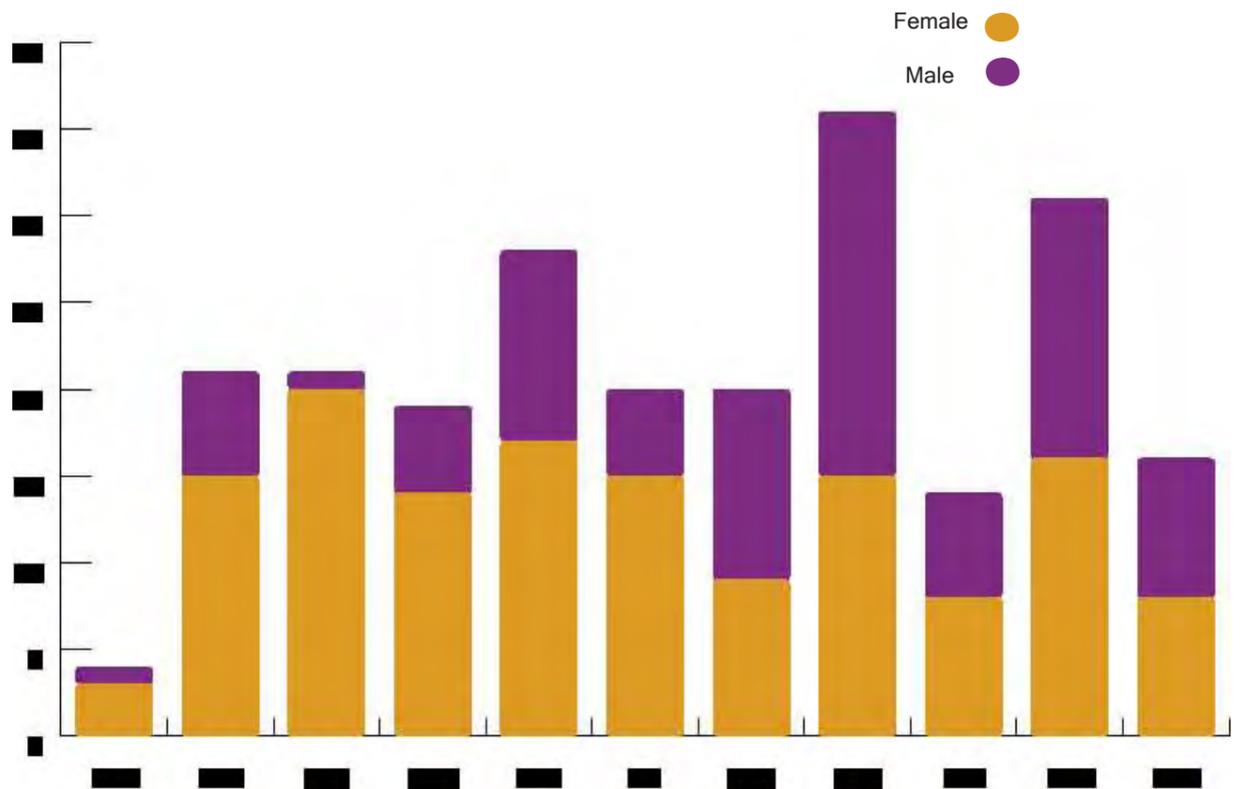


Fig 2.2 shows a breakdown by gender of one-to-one client meetings over the period February 2003 to December 2003.

Figure 2.2. Number of one-to-one meetings with individuals.



Advocacy...

One in Four is a needs responsive agency; we are here to help our clients in whatever way might be necessary. In responding to individual needs psychotherapy is obviously a core response, however, in the majority of cases there are wider health, social care and justice needs. In order to respond to these needs, One in Four has established a dynamic advocacy service that works with both women and men seeking support to address their individual needs.

Our advocacy service has one simple and clear aim: to work to empower our clients by providing them with safe and clear contact with the necessary services. The client decides what steps to take and our advocates act only under their direction. Our role is to determine and discuss the options.

The advocacy programme can be broken into two work streams – direct client work and in-direct client work, though both categories are obviously closely inter-linked.

The direct client work undertaken between February – December 2003 included in depth, one-to-one work with 113 individuals. Forty nine percent of them were male. This direct client work did not include additional advocacy and support work done with many more women and men via e-mail, telephone or letter.



Indirect client work

Indirect client work is informed by the experiences and issues highlighted through the direct client work. During the period of this report, this work included:

- Research on issues applicable to the Advocacy Programme.
- Report writing on issues that are applicable to the Advocacy Programme and wider organisation.
- Policy analysis and policy writing for internal and external purposes.
- Assisting in the development of national inquiries into child abuse.
- Developing and maintaining effective links with outside agencies.
- Co-operating with and participating in the media on issues that are applicable to the Advocacy Programme.

The following are issues that the Advocacy Programme has worked on between February – December 2003:

- Successfully lobbying of Government to ensure that amendments to the Freedom of Information Act passed into legislation in 2003 did not negatively impact upon women and men abused in institutions and other settings and seeking access to records in that regard.
- Research and preparation of a detailed submission on the sexual exploitation and forced labour of children in Ireland to the United Nations Committee on Contemporary Forms of Slavery.
- Establishment of and participation in a working group to lobby and prepare for a statutory inquiry into clerical sexual abuse in the Catholic Archdiocese of Dublin.
- Research for and preparation of a detailed submission to the Ferns Inquiry

ADVOCACY CLIENT WORK February – December 2003

Table 2.0: Categories of work

The following table illustrates the type of work undertaken through the Advocacy Programmes with clients. It must be noted that many individuals required assistance in relation to different processes, for example, some individuals required support and information on the criminal justice and civil processes simultaneously.

Type of Work	Numbers	Action
Criminal Justice Support	39 cases	<ul style="list-style-type: none"> ● Information on the criminal justice process. ● Referral to the Gardaí & facilitating meetings. ● General Support. ● Information on the criminal court process. ● Support through court cases. ● Support individuals upset with the criminal justice process and length of case. ● Information and support on the public prosecution process and the refusal of cases by the Director of Public Prosecutions (DPP).
Civil Cases	23 cases	<ul style="list-style-type: none"> ● Information provision on the civil process. ● Explanation of issues in the civil process. ● Referral to solicitors. ● Arranging meetings, where appropriate, with solicitors. ● Court support.
Miscellaneous	29 cases	<ul style="list-style-type: none"> ● Referral to health board. ● Letter writing. ● Referral to book publishers. ● Third level college support. ● General information on services of One in Four.
Ferns Inquiry	20 cases	<ul style="list-style-type: none"> ● Provide up–date information and a point of contact for individuals seeking to participate in the Inquiry. ● Working closely with individuals in order to empower them by providing safe and clear contact with the Ferns Inquiry. ● Arrange travel and accomodation for individuals giving evidence to the Inquiry, when necessary. ● Arrange legal advice and representation for individuals when required. ● Provide a supportive space for individuals at our offices before and after their visit to the Inquiry. ● Accompany people to the offices of the Ferns Inquiry, if they so wished.
Redress	18 cases	<ul style="list-style-type: none"> ● Sourcing Support. ● Explaining the application form. ● Transcribing personal information. ● Referral to solicitors.
Freedom of Infomation	3 cases	<ul style="list-style-type: none"> ● Completion of Freedom of information applications
Housing	1 case	<ul style="list-style-type: none"> ● Arranging housing ● Writing letters to Housing Welfare Officer

Advocacy: Context of Abuse

Figure 2.3. Overall percentage of female and male perpetrators .

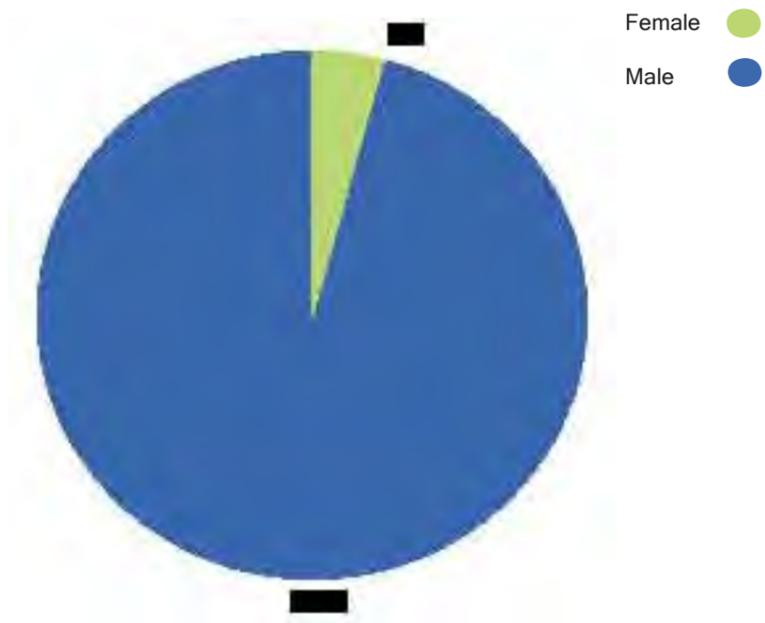


Fig 2.3 shows the overall percentage of female and male perpetrators as indicated through advocacy client disclosures.

Figure 2.4. Shows the context of sexual abuse and/or sexual violence.

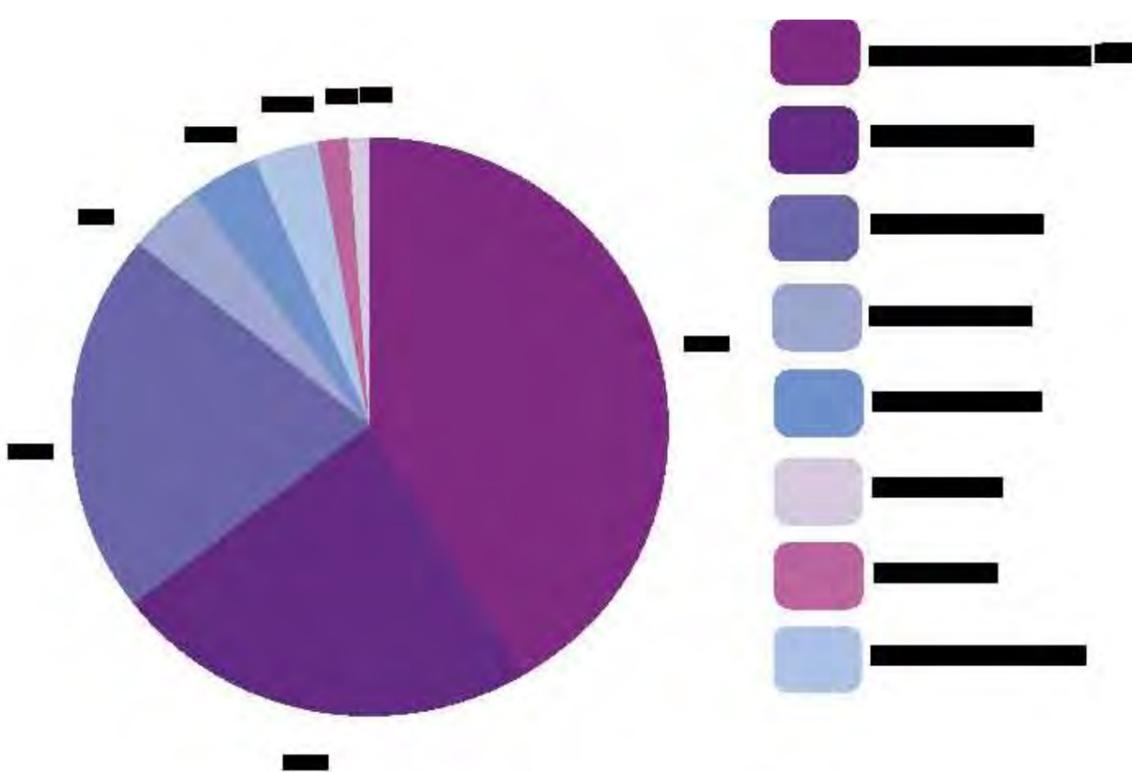


Fig 2.4 shows a breakdown of the context in which sexual abuse and/or sexual violence occurred.

Figure 2.5. Gender of perpetrator within each context

Female ●
Male ●

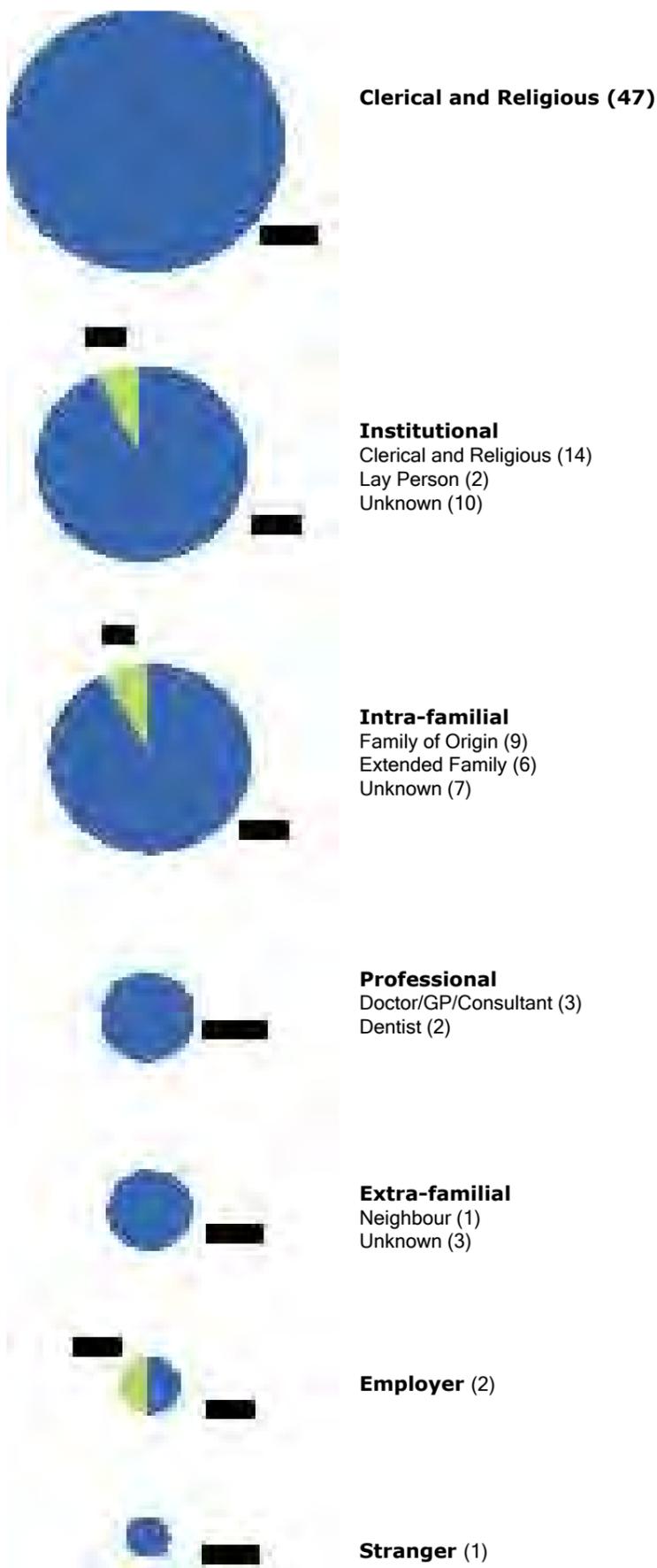


Fig 2.5 shows a breakdown of the context of sexual abuse and/or sexual violence by perpetrator.

The size of each chart reflects the scale of the number of perpetrators within each of the categories.

It is broken down by percentages of female and male perpetrators.

Figure 2.5. excludes the context unknown category featured in Figure 2.4. as neither the context of abuse nor gender of perpetrator has been disclosed.

Administration

Underpinning any building are strong foundations and the foundations on which any organisation is built are effective and professional administration. The Administration Team at One in Four are responsible for the physical structure where the services are delivered and the office building within which the service makes its home. Great effort has gone into the creation and to the care of this physical space. Care and thought continue to go into its development; it is a space to be proud of.

Environment is at the heart of the work of One in Four. Every room, every landing within the building must welcome and hold the women and men who access services. The space must be safe, comfortable and welcoming, yet practical and purposeful. It is a space that must both be cherishing and that is also cherished, a space that, appropriately and professionally, is nurturing.



Effective professional administration and financial procedures are equally strong foundations necessary for the professional development and delivery of One in Four's client services. One in Four sees this aspect of the organisation as a core service. It is an integral service to the support programmes within One in Four and also a service that the organisation has a duty and responsibility to deliver to the public. It is the public who support the service, through grant aid from public funds, private and public donations and contributions towards the cost of the service.

This annual report documents the beginnings of this organisation. It documents a period of arrival, establishment and significant growth. It has been crucial that the structures and administration of the service be robust and dynamic. Given both the nature of the work and the speed of development, One in Four has needed to put in place policies, procedures, codes of conduct and financial control that many organisations are able to put in place over a more reasonable time frame.

The major pieces of work undertaken by the administration team in this period have included:

- securing, refurbishment and equipping of premises,
- working to provide disabled access,
- recruitment and induction of sixteen staff,
- proper and appropriate management and recording of resources,
- day to day administration of the service.

Future annual reports will allow us to illustrate development and growth in comparative terms. This first annual report is an opportunity for One in Four to demonstrate our commitment to transparent, proper and professional best practice in all aspects of our work. To this end we have adopted the practice of publishing in full each year the Independent Auditors Report into the financial dealings and practices of One in Four Ireland Ltd as part of our Annual Report. For this reason we have not included a balance sheet in this Executive Summary, the entire annual audit is included in the Annual Report on the CD accompanying this executive summary.

Campaigning

It is true that public perception of One in Four has been that it is a lobbying or campaigning group rather than a professional support service. The reality is that all of the public and policy campaigning undertaken by One in Four arises directly from, and is informed by, the support work we do with individual women and men who seek support from the service.



One in Four was awarded The Excellence in Public Relations Award 2003 in the category Public Affairs/ Lobbying by The Public Relations Institute of Ireland.

It is through the understanding and awareness that we are granted through our client work, that we seek to appropriately and objectively inform, challenge and engage with parliamentary, governmental and public opinion. One in Four believes that it is essential that there be a clear voice that speaks from the experience of sexual violence and that seeks to inform and be party to innovative, dynamic and meaningful responses to the experience of sexual violence.

In the period covered by this first Annual Report, One in Four became a significant voice and played a primary role in addressing issues relating to the prevalence and impacts of sexual violence in Ireland.

Staff Complement 2003

Director	(1)
Clinical Director	(1)
Advocacy Co-ordinator	(1)
Psychotherapists	(8)
Office Manager	(1)
Receptionsists	(2)
PA to Director	(1)
Information Officer	(1)

Board of Directors: Pat Jackman and Marie Collins

One in Four On-line

The One in Four website provides resources that empower women and men as they set out on their personal journey through and beyond their experience of sexual violence as children or adults. It provides links to professional support, both local and national, statutory and non-statutory, on-line support, and links to other relevant websites. It also serves to better inform society at large about issues relating to sexual violence.

If the website were to serve only one single purpose, our intention was to tell women and men reaching out in their hundreds, even thousands, "You are not alone."

One in Four on-line has been hugely successful in that it allowed many people to remain anonymous and seek support and information without feeling embarrassed, exposed or judged. It also had an appeal to those who for either geographical reasons or reasons of disability could not access other support services.

One in Four sees its online presence as an important component of the work of the charity. It sees it as an innovative opportunity to raise and respond to the many complex issues surrounding sexual violence.

One in Four believes the website is one of the many ways in which the organisation can inform public awareness and create public discourse that works towards greater appreciation of the challenges our society faces with regard to sexual violence in all its forms.

Figure 3.0 Average number of hits per day.

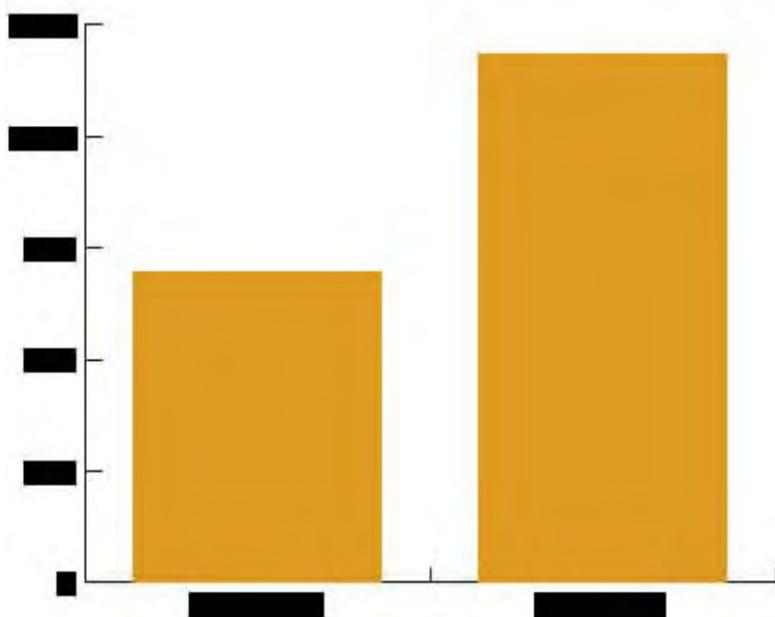


Figure 3.0 shows the average number of hits per day received on the support space. This is based on two sample queries carried out in 2002 and 2003¹.

Figure 3.1 Average number of posts per month.

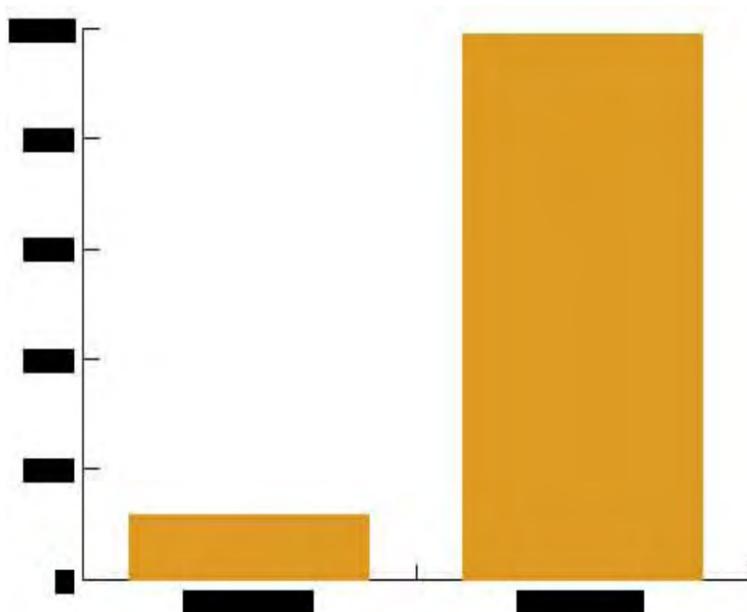


Figure 3.1 shows the average number of posts per month on the Support Space based on two sample queries carried out in 2002 and 2003¹.

1. The sample query in 2002 relates to the period between 1st April 2002 and 14th November 2002. The second sample query in 2003 relates to the period between 15th November 2002 and 17th April 2003.

Future Work

As an agency that defines itself as “need responsive”, One in Four seeks to develop services and programmes of work that are informed by the issues presented by women and men accessing the service. This ethos applies in every area of the organisation’s work. This section of our first annual report outlines areas of future work and development for One in Four. It is important to state clearly that whether such development can be achieved successfully depends entirely upon the resources available to the organisation, both in financial and human resource terms.

This vision is aspirational while also in our view essential. The work outlined represents real and current need. Such needs are not static; our understanding of them may change and develop as the work is undertaken.

Our approach to organisational development demands that we be dynamic, innovative, focused, holistic and always open to deeper awareness and understanding in the work.

Table 3.0. below summarises intended future work and organisational development.

Psychotherapy	Advocacy	Organisational Development
Extending the service	Additional staff resources	Best practice implementation
Further group therapy	Ferns Inquiry	Fundraising
Two day workshops	Dublin Archdiocese Inquiry	Volunteering
Consultation and training	Commission to Inquire into Child Abuse	Outreach
Re-develop open nights	Criminal Justice System	One in Four On-line
	Residential Institutions Redress Scheme	Monitoring & Evaluation
	Information leaflets	Board Development

Acknowledgements

One in Four would like to acknowledge and thank the many companies, organisations and individuals who have donated funds or services to the organisation over this past 18 months. Without such support, the organisation could not have developed and delivered the high level and quality of service that has been achieved. Many who have donated time, effort and money have done so anonymously. Many have asked that donations be private. We thank each and every such supporter of our work.

Some support has been public; we would like to thank the following people and organisations for their support:

- Niall Ó Muilleoir and Financial Dynamics Ireland,
- The Department of Health and Children,
- U2 and Principle Management.

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Auditors:
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