

“One in Four has helped me to face all the pain and hurt. I’ve learned to embrace life and live it without a cloud hanging over me.”

In 2013 we began our second decade with the focus shifting to those who have been sexually abused in their own families and neighbourhoods.





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Chair's Introduction

It is with great pleasure that I present the One in Four Annual Report for 2013. As the Report shows, One in Four continues to provide vital services and support to people who have experienced child sexual abuse. One in Four has a vision of working towards a society where children are safe from sexual harm. This vision continues to drive our work, including individual and group psychotherapy, family support and a sex offender treatment programme. The advocacy programme supports people in reporting to and navigating their way through the child protection and criminal justice systems. A restorative justice programme helps families impacted by sexual abuse to explore the harm caused and to develop strategies for the future.

One in Four's expertise and experience in working with sexual abuse is now widely recognised and in 2013 we continued to provide training to organisations and professionals throughout the country.

As Chair of the Board, and on behalf of the Board, I would like to sincerely thank all the staff of One in Four for their tireless work, professionalism and commitment to excellence over the past year. For the management team and for Maeve Lewis, Executive Director, we are grateful to them for expertly keeping One in Four's strategy and vision to the forefront, particularly at a time when resources have been reduced.

One in Four will be drawing up a new strategic plan in 2014 and we will continue to provide services based on international best practice and in working towards the provision of world class child protection services in this country.

Dr Jane Pillinger
Chair of the Board of Directors

Executive Director's Introduction

In 2013 we started our second decade as an agency working with adult survivors of child abuse. In the first ten years of our existence a lot of our work concerned survivors who had been sexually abused in the Catholic Church. The series of statutory Inquiries into dioceses and residential institutions encouraged huge numbers of people to seek help in relation to the abuse they had suffered and we were able to respond to them with our counselling and advocacy services.

In our second decade the focus is shifting to those who have been sexually abused in their own families and neighbourhoods. It took years for Irish people to accept that children had been sexually abused by priests and religious and it is going to be even more difficult to gain acceptance for the reality that thousands of Irish people have been sexually abused by parents, grandparents, brothers, sisters, neighbours, teachers and doctors.

People who have been sexually abused in their own families present with a variety of needs. They need counselling support to deal with the long-term impact of abuse on their adult lives and relationships. Their families need support in coming to terms with the truth of what happened and in understanding the dynamics that allowed family members to be sexually abused. The sex offenders need treatment so that they come to accept responsibility for harm caused and can be assisted to cause no further sexual harm.

Sexual abuse thrives on secrecy and silence. New legislation is introducing mandatory reporting of child abuse into Ireland, including allegations of abuse that happened in the past. Survivors and their families need support when notifications are made to child protection services and the family secret can no longer be maintained. Some survivors will also decide to make a complaint to the Gardai and begin

the criminal justice journey. For other survivors, a restorative justice process may be more suitable.

One in Four has responded to these complex needs by developing integrated services including counselling, family support and sex offender treatment. Our advocacy officers assist survivors in negotiating their way through their confusing and challenging involvement with statutory agencies such as Tusla or the Gardai.

We have learned from our clients that their needs are complex and that they must have access to a range of services if they are to recover from their experience of sexual abuse. Sexual abuse does not happen in isolation. An intricate set of dynamics is present in a family where abuse occurs. If children are to be safe, then everybody involved needs supportive intervention. We have developed a type of "one stop shop" that welcomes not only the survivors but also all the people in their lives who have been affected by the abuse. We see this as the essence of our work as a child protection agency.

Our Annual Report 2013 documents our multi-faceted approach to child sexual abuse and shows how a small dedicated staff can achieve so much with very slender resources.

Maeve Lewis
Executive Director

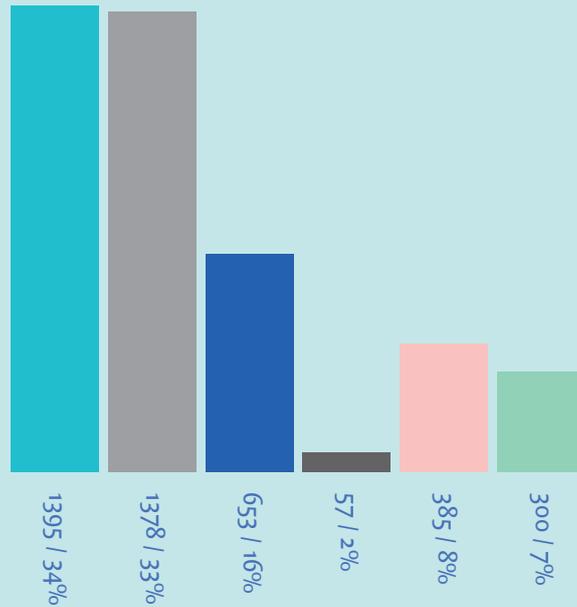
Telephone Statistics 2013

Calls to One in Four Landline 2013*

Nature of Call

- Advocacy Programme
- Psychotherapy Programme
- Information and referral
- Media
- Administration
- Silent/Hang-up

Total Calls
4168

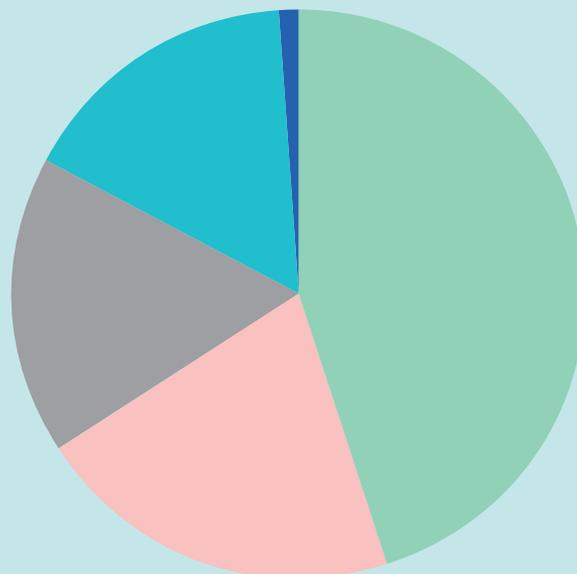


*Most communications are now made by mobile phone or email

Frequency of calls received during opening hours

Call Period

- 9.00 – 11.00 45%
- 11.00 – 13.00 21%
- 13.00 – 15.00 17%
- 15.00 – 17.00 16%
- 17.00 – 19.00 1%



Advocacy Programme

The high demand for the Advocacy service and the provision of practical information and support continued in 2013. The majority of our work involves providing accessible information about the criminal and civil justice systems and child protection.

Men and women who have been sexually abused in childhood often struggle with feelings of self-blame and shame alongside an overwhelming need to voice their experience and to be acknowledged by their family and community. The advocacy officers play a key role in assisting clients to understand their reporting options, and ensuring that a personal choice is reached.

The Advocacy service continued to see a steady increase in the number of people seeking support in relation to reporting familial abuse to the statutory authorities. The consequences of reporting a family member are far-reaching. Clients fear social and familial isolation, denial and withdrawal of crucial support, and have often described experiencing intimidation and threats. The reporting process will unavoidably affect the relationships within their family and often the wider community. Fiona Doyle's story and her bravery evoked an enormous response from the general public in 2013. Many people contacting us for the first time identified closely with her experience and began seeking support for the first time.

We continued to support many individuals to report their abuse to the Gardaí and provided court accompaniment where cases went to trial. However we continue to witness the incredible challenges victims of sexual crime face in our justice system. Lack of communication and information from the investigating Garda is the most common frustration experienced by our clients. The decision from the DPP not to prosecute can also be a very distressing time for the complainant, often compounding

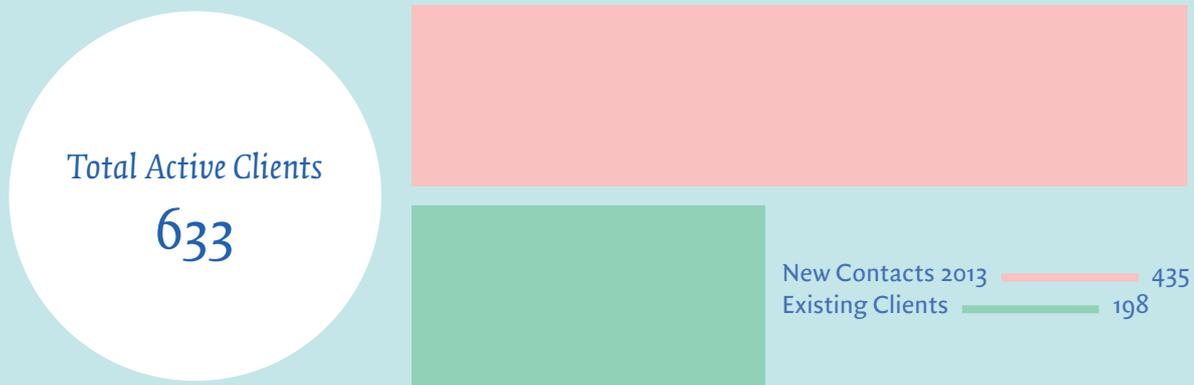
the fear of not being believed. We know the adversarial nature of criminal trial repeatedly leaves complainants re-victimised. Recalling the abuse and cross-examination induce feelings of powerlessness, exposure and intimidation. The Advocacy service continues supporting complainants and their families long after the process ends regardless of the outcome. In 2013 our service also supported a number of clients to make complaints to the Garda Síochána Ombudsman Commission.

Supporting clients to notify Tusla of child protection concerns has grown to become a primary aspect of our work. In 2013 we also supported many psychotherapists in private practice to meet their reporting obligations. This demand has led One in Four to provide Child Protection training for psychotherapists, assisting them to address the complex needs of their clients alongside their reporting obligations.

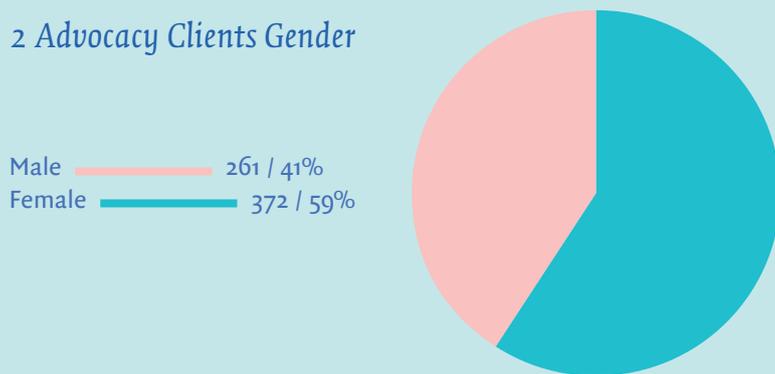
Deirdre Kenny
Advocacy Director

Advocacy Statistics 2013

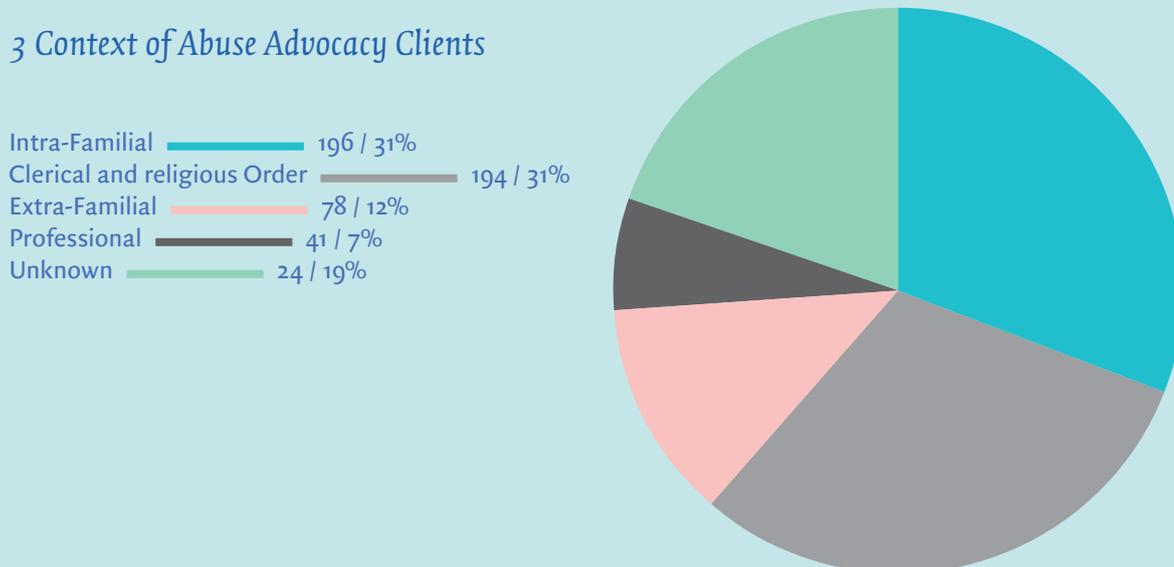
1 Total Advocacy Clients



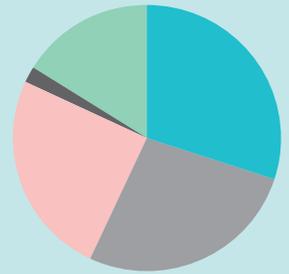
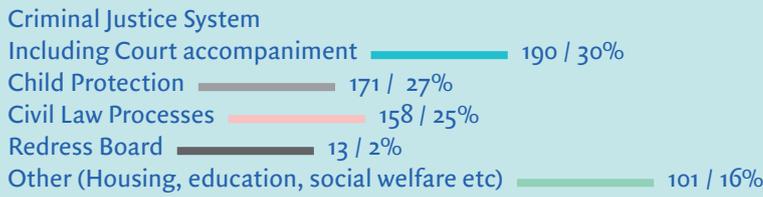
2 Advocacy Clients Gender



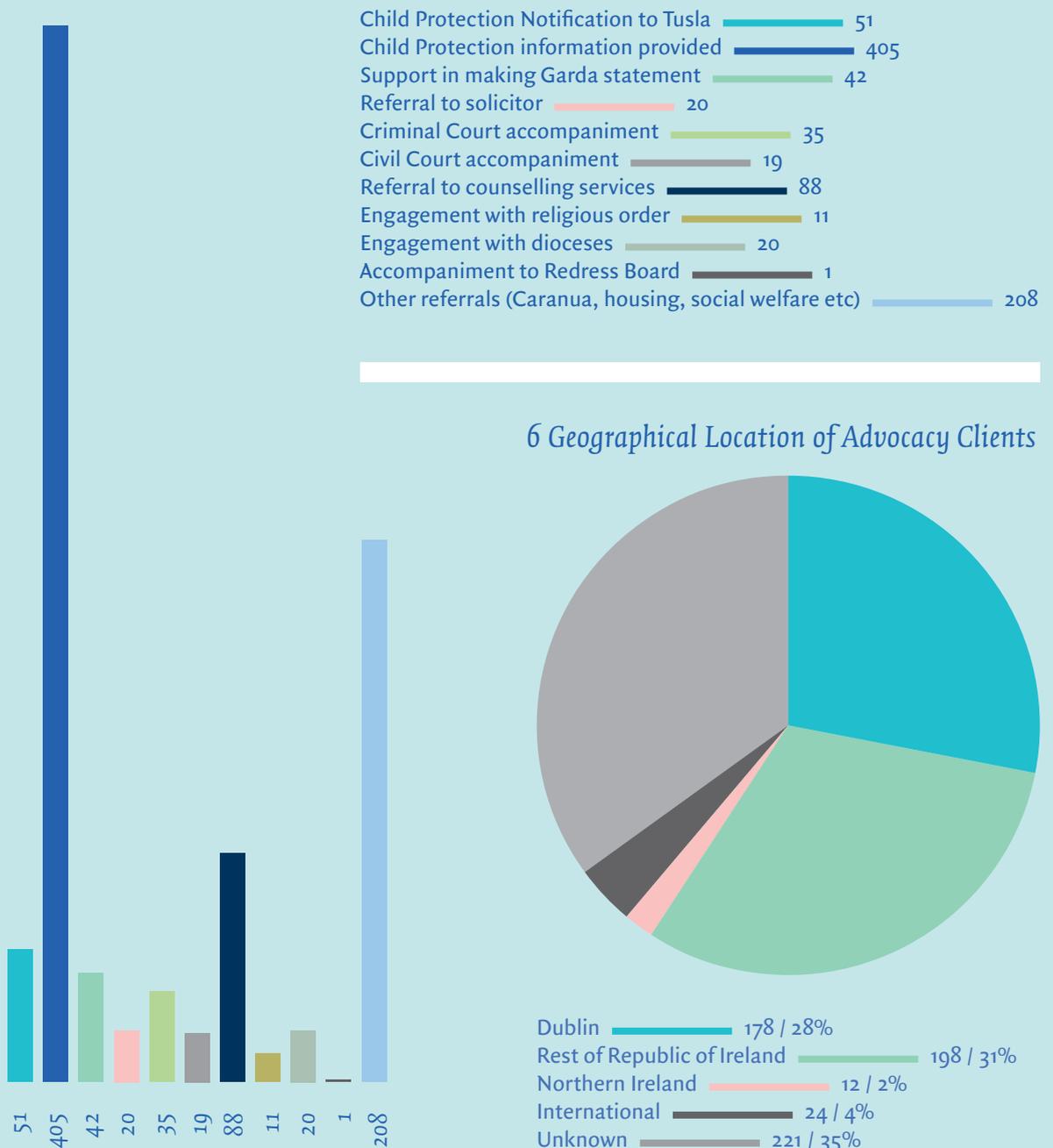
3 Context of Abuse Advocacy Clients



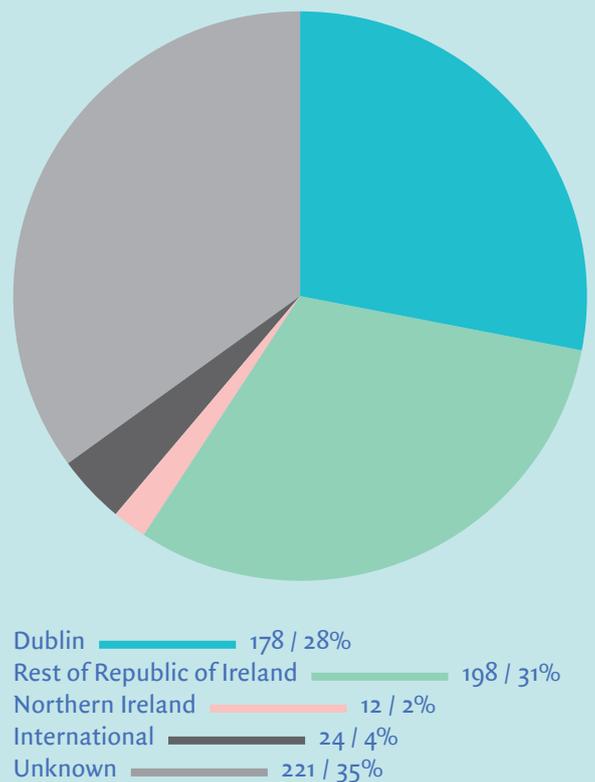
4 Type of Enquiries by Advocacy Clients



5 Outcomes for Advocacy Clients



6 Geographical Location of Advocacy Clients



Psychotherapy Programme

The One in Four psychotherapy programme provides specialised individual and group therapy to men and women who have been sexually abused in childhood and to their families. We understand sexual abuse to be a complex experience requiring a multi-faceted intervention.

The client's first point of contact is an individual assessment meeting with a therapist. This facilitates a broad exploration of the impact of sexual abuse on the person's life and to tentatively establish what the client might need. Child protection is also discussed. Following this meeting the client will be offered a place on the 12 week introductory programme or may be referred to another specialist service, for example if there are addiction issues.

The 12 week introductory programme was developed during 2013 in response to the number of clients who dropped out in the early stages of therapy. The client meets a therapist weekly following a structured programme exploring their family of origin, their current life situation, their coping strategies and their relational style. Child protection concerns are addressed and if necessary a notification is made to the Child and Family Agency. At the end of this programme the client and therapist work together to decide the specific pathway that is required to repair the harm done. This may include longer term individual or group therapy or the client may decide they have achieved what they needed. If the decision is to move into longer term therapy, a therapeutic needs plan is developed jointly which will inform the direction therapy will take.

The early indications are that this programme works for clients, the majority of whom complete the 12 week programme. It also actively engages the client in identifying the issues they wish to address and in taking responsibility for the changes they wish to make in their lives.

The majority of clients who enter long term therapy remain with the service for 2 – 3 years. Fewer than 10% of clients remain in therapy for over 4 years.

Family Support

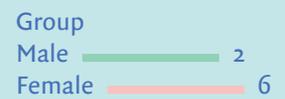
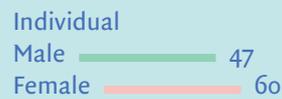
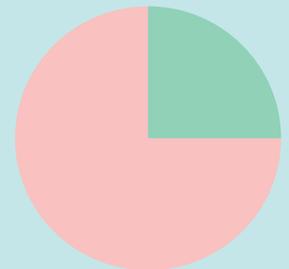
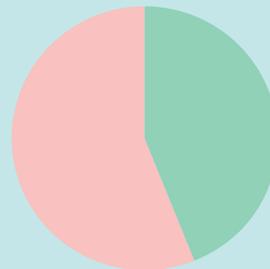
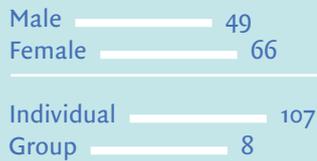
Almost 40% of One in Four clients have been sexually abused by a family member. The disclosure of abuse has an enormous impact on the entire family: victim, offender and the non-offending family members. Typically family members are torn between loyalty to the offender and concern for the victim. Some families enter total denial and ostracise the victim while others have a more ambivalent response. Families in this situation need an enormous amount of assistance both to support the victim and to ensure that other children in the family are safe.

One in Four offers a psycho-educative family support programme. Initially families are met individually for a number of sessions and may then join a group with people from other families who have had similar experiences. A restorative justice process is also available if appropriate. Families travel from all over the country to avail of this service: in 2013 56% of families were from outside Dublin. In 2013 43 families were assisted in this way.

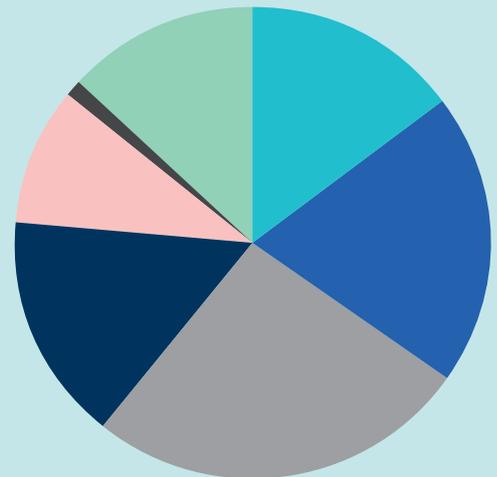
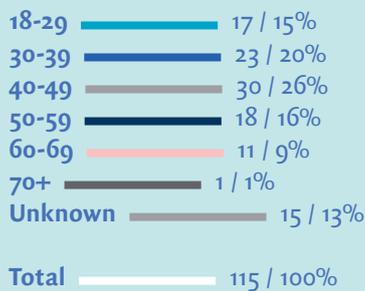
Eileen Finnegan
Clinical Director

Psychotherapy Statistics 2013

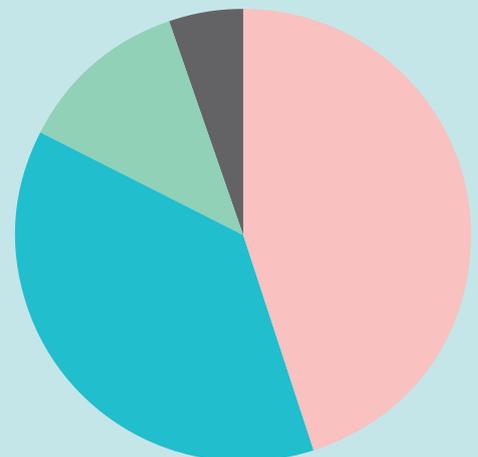
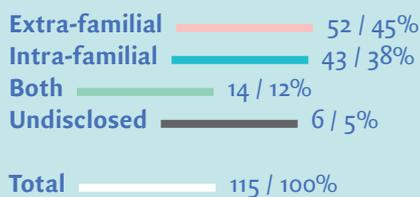
1 Total Number and Gender Individual and Group Psychotherapy



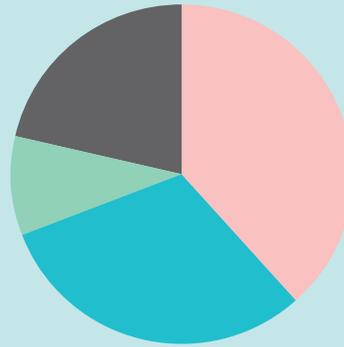
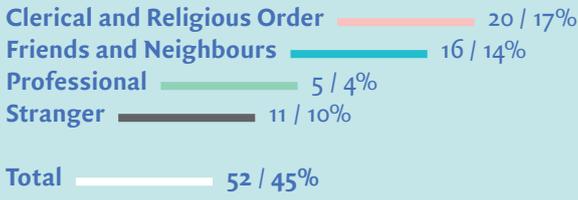
2 Age Range of Psychotherapy Clients



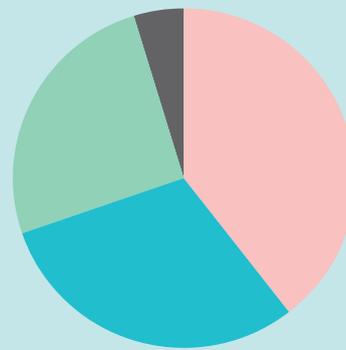
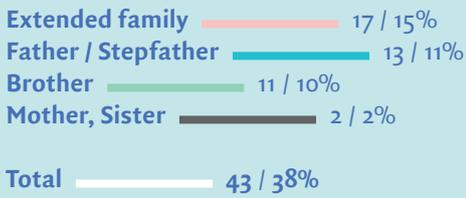
3 Context of Sexual Abuse Psychotherapy Clients



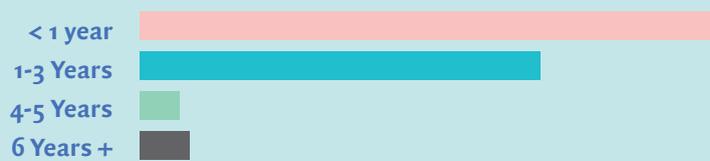
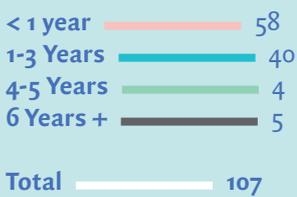
4 Extra-Familial Abuse: Breakdown Psychotherapy Clients



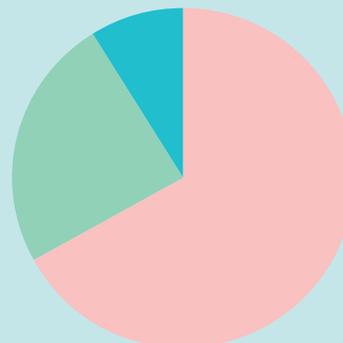
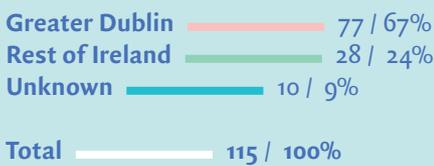
5 Intra-Familial Abuse: Breakdown Psychotherapy Clients



6 Length of Time in Individual Psychotherapy



7 Geographical Profile of Psychotherapy Clients

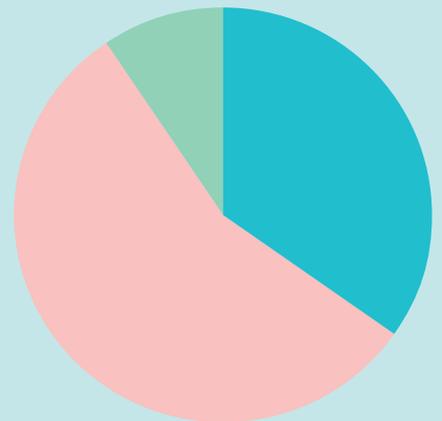


Family Support Programme



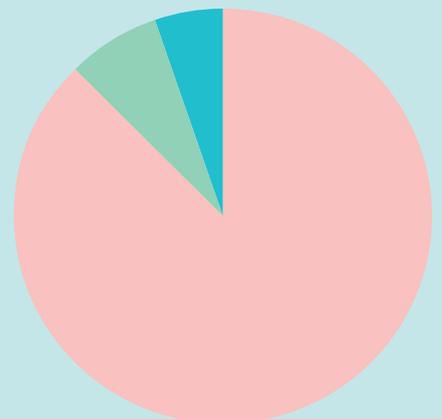
8 Geographical Profile of Families

Greater Dublin 15 / 35%
Rest of Ireland 24 / 56%
Unknown 4 / 9%



9 Total Psychotherapy and Phoenix Programme Hours

Individual Therapy 2908
Group Therapy 238
Family Support 168



The Phoenix Programme: Sex Offender Treatment

The Phoenix Programme is seen at One in Four as a core child protection strategy. Clients who had been sexually abused began to ask us what interventions were available for the person who abused them in order to keep other children safe. Since 2008 the Phoenix Programme has developed into a service that works with the sex offenders, their families and the statutory services to help offenders confront the harm that they have caused and to support them in living lives that are free from sexually harmful behaviour.

Sex offenders are referred to the programme by the HSE, the Gardai, the Courts and by their families. The offender attends a series of individual meetings with a psychotherapist to assess their suitability for the programme during which a range of gathering tools are used to formulate a case plan. The case plan is used to understand the motivation and pathways that led to the individual offending and to inform treatment. One in Four does not undertake risk assessments.

The treatment programme is delivered over 18 months in a group setting. Three modules focus on early life history, offending behaviour and relapse prevention.

The Tusla child protection services and the Gardai are informed when an offender engages with the Phoenix Programme and One in Four staff take part in multi-agency meetings on a regular basis. Following treatment the offender attends an intervention maintenance group which supports and reinforces relapse prevention.

In 2013 30 sex offenders attended the Phoenix Programme. They travelled from all over the country to do so, highlighting the need for this type of community treatment programme throughout the country.

An increasing number of young offenders (23%) attended the programme and we have identified this as an area needing further attention.

During 2013 4 participants on the programme were convicted and sentenced for sexual crimes.

Family Support

A key aspect of the Phoenix Programme is the involvement of non-offending family members. Family members are invited to attend a psycho-educative support group which allows them to learn about offending behaviour, to begin to understand the family dynamic that facilitated the offender to sexually abuse and to be supported in ensuring other children are safe.

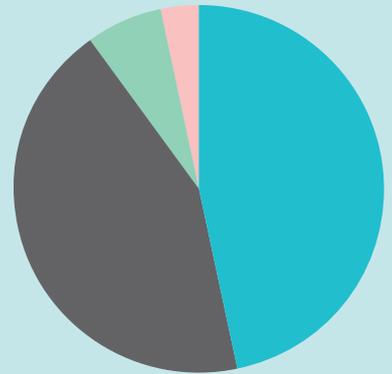
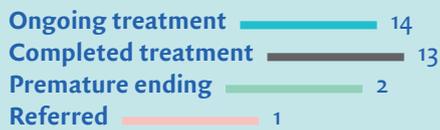
Eileen Finnegan

Clinical Director

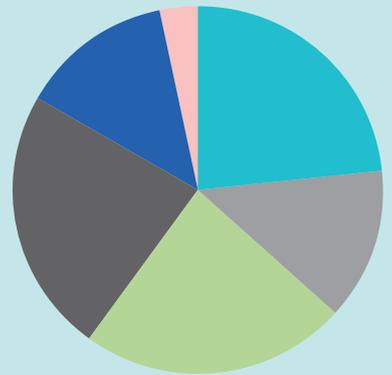
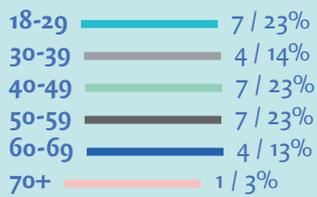
Phoenix Programme Statistics 2013



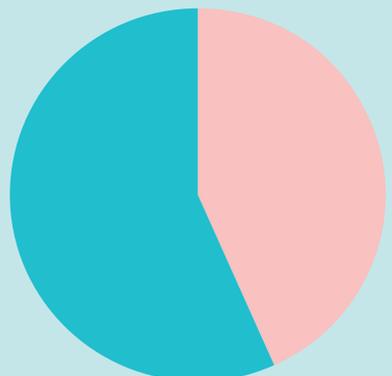
1 Phoenix Programme: Active Clients 2013



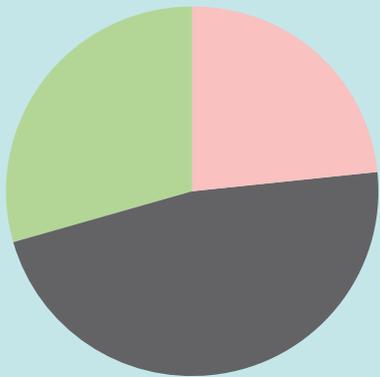
2 Age Range of Phoenix Clients



3 Geographical Profile of Phoenix Clients



4 Context of Sexual Offending: Phoenix Programme

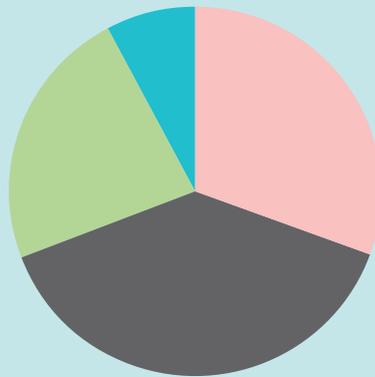


Extra-Familial Abuse 59%

Known child 4 / 13%

Internet 8 / 30%

Stranger 5 / 16%



Intra-Familial Abuse 41%

Sister 4 / 13%

Daughter 5 / 16%

Son 3 / 10%

Niece 1 / 2%

5 Number of Victims

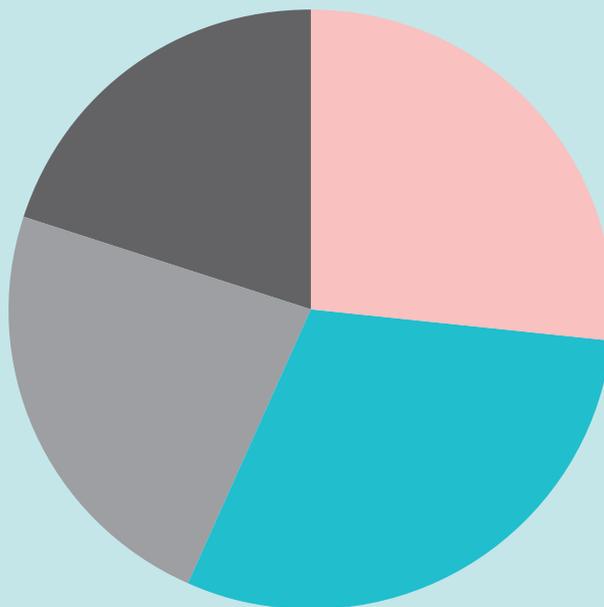
Number of Victims per Offender Number of Offenders

Internet Only 8

1 9

2 7

3 or more 6



Restorative Justice

Fewer than 15% of One in Four clients make a complaint about their sexual abuse to the Gardai. Of those who engage with the criminal justice system, only a small proportion of cases proceed to trial. Our clients describe their experience of the criminal trial as alienating, dehumanising and traumatic. Even when a conviction is achieved, clients rarely feel that justice has been done.

Restorative justice practices on the other hand place the experience of the harmed person at the centre of the process and allows them to describe the impact the crime has had on their lives. It also allows the offender, if appropriate, to accept responsibility for the harm caused. In 2012 all One in Four staff were trained in restorative justice (RJ) practices and piloted an RJ programme with 6 families. This programme continued in 2013 when a further 4 families engaged in the process.

While there has been a lot of debate both in Ireland and internationally about the suitability of RJ practices when dealing with serious crime, our work has shown us that this type of intervention can work very well provided a number of conditions are met:

- › That the professionals facilitating the RJ process have wide experience in working with sexual violence and in particular understand the dynamics that may exist between the survivor and the offender and in families impacted by child sexual abuse
- › That the offender has engaged in a treatment programme and is genuinely ready to take responsibility for harm caused
- › That thorough preparatory work has been undertaken with all parties and that sufficient time is allowed for this – we have learned that this can be a long process, regularly taking more than 18 months to complete

While the RJ process can be very challenging for all participants, our clients are generally very satisfied with the outcomes.

We are very grateful to The Ireland Funds for supporting us in this work.

Policy and Influencing

Child Protection

Child protection is at the core of what we do at One in Four. Although all our clients are over 18 and the abuse may have happened many years ago, this does not mean that the person who sexually abused them no longer poses a risk to children. We notify the HSE child protection services of all allegations made to us. With our support, many clients are willing to meet child protection social workers so that a full investigation can take place.

We have experienced difficulties in the past where retrospective allegations were not dealt with in a timely manner. We are happy that in the past year much greater consistency is apparent across the various Tusla offices. However, lack of resources still dictate that there can be a long waiting period before our clients' allegations are attended to. In 2013 we engaged with the Dept. of Children and Youth Affairs and the Tusla in this regard.

Criminal Justice System

We are very concerned that our clients continue to experience difficulties with the criminal justice system. In particular, the criminal trial is described as alienating, traumatising and dehumanising. Throughout 2013 our Advocacy Officers continue to work on research exploring the experience of our clients who engaged with the criminal justice system and we aim to publish it in 2014.

Victims' Rights

We joined with other victim support organisations in 2013 to form the Victims' Rights Alliance with a view to ensuring that the EU Directive on Victims' Rights is transposed into Irish law by 2015.

Penal Reform

We were honoured when Maeve Lewis was appointed by Minister for Justice, Alan Shatter, to the Penal Strategy Review Group which met

throughout 2013. The Group expects to furnish a Report to the Minister by mid-2014.

Training, Consultation and Conferences

One in Four operates a strict child protection policy and all allegations of child sexual abuse are notified to the Child and Family Agency. With the imminent introduction of mandatory reporting to Ireland we were able to draw on this experience and develop a training programme for psychotherapists exploring the impact of mandatory reporting on the therapeutic relationship. Throughout 2013 we delivered this training to organisations, professional bodies and psychotherapists working in private practice, reaching over 500 professionals.

In 2013 we were invited to participate in national and international conferences:

- › Clinical Director Eileen Finnegan delivered papers on sex offender treatment at a conference on youth offenders in Amsterdam and the NOTA conference in Dublin;
- › Advocacy Director Deirdre Kenny co-facilitated a workshop on restorative justice and sexual violence at the IIRP Conference in Pennsylvania, USA
- › Executive Director Maeve Lewis presented at the SNAP International Conference, Dublin and a paper on media coverage of sexual violence at the Commission for the Support of Victims of Crime.

Overseas

Executive Director Maeve Lewis visited the Democratic Republic of the Congo in October to undertake rape assessments for the International Criminal Court at The Hague.

Media

We continued to engage regularly with the media throughout 2013 and were involved in interviews, discussions and opinion pieces on radio, TV and the print media.

Funding

2013 has been a difficult year financially for One in Four.

While we are very grateful to our statutory funders - HSE, the Commission for the Support of Victims of Crime and the Family Support Agency - for their continued support, our HSE grant received a further cut. This was offset by our generous staff who agreed to take a week's unpaid leave during the year.

We received a grant from The Ireland Funds and greatly appreciate their support for our work in restorative justice.

We continued to generate income through the delivery of professional services and training.

Fundraising in the private sector was also difficult. We tried to recruit a Fundraising Manager throughout 2013 without success with the result that few fundraising events were held. We are very grateful to our loyal supporters who organised Tea 'n'More in Tipperary and Dragon Boat Racing events and to all those who ran the Women's Mini Marathon or undertook other fundraising on our behalf.

We are also very grateful to those who made regular or once off donations during the year.

Ways To Help Us
We urgently need
your support to make
our work possible.

Donate:

Post: One in Four, 2 Holles St, Dublin 2
Online: www.oneinfour.ie/help-us

Become a monthly donor:

Call us at 01 662 4070 for information
Consider remembering us in your legacy

Volunteer:

Talk to us at 01 662 4070 about different
ways to become involved

Governance

One in Four is a Company Limited by Guarantee and a Registered Charity.

The Board of Directors is responsible for the overall governance of the organisation and for developing and directing the strategic vision.

The Board has three sub-committees: Finance, Development and Governance. The Sub-Committees are made up of Board members but may also co-opt non board members as appropriate.

The Board meets six times per annum and is furnished with detailed financial and activity reports at each meeting. The Executive Director and a staff representative attend each meeting.

The Executive Director reports to the Board and is delegated responsibility for the day-to-day running of the organisation.

In 2013 One in Four employed a total of 16 fulltime and part-time staff, equivalent to 11 fulltime positions.

Board of Directors

Chairperson	Dr Jane Pillinger
Secretary	Donal Cronin
Treasurer	Tim Whyte

Board members

Grainne Lawlor
Dr Rosaleen McElvaney
Maire Mulcahy
Karl O'Connor

Staff

Executive Director	Maeve Lewis
Advocacy Director	Deirdre Kenny
Clinical Director	Eileen Finnegan

Psychotherapists

Edel Bose
Teresa Daly
Michael Fox
Antoinette McKeogh
Deirdre Murray
Deirdre Ronan

Advocacy Officers

Julie Browne
Veronica Keys
Damien McKenna

Administration

Lorna Cleary	Clinical Administrator
Deirdre Mackay	Accountant
Ann Marie McGowan	Receptionist
Margaret McKimmons	Administrator

Intern Psychotherapists

Bobbi Grogan
Robert Lewis

One in Four Ireland Limited

Statement of Financial Activity 2013

	Restricted Funds €	Unrestricted Funds €	Total 2013 €	Total 2012 €
<i>Income Sources</i>				
Grants	602,884		602,884	628,450
Donations and Fundraising		106,764	106,764	132,818
Other Income		52,647	52,647	42,942
Total Income	602,884	159,411	762,295	804,210
<i>Resources expended</i>				
Charity Services	602,884	132,529	735,413	750,798
Professional & Fund raising		30,753	30,753	37,804
Governance		4,800	4,800	4,800
Total Expenditure	602,884	168,082	770,966	793,402
Net Movement in funds		-8,671	-8,671	10,808
<i>Notes/Analysis</i>				
Grants received				
			€	€
Health Service Executive			525,184	538,650
Commission for the Support of Victims of Crime			70,500	70,500
Family Support Agency			3,200	3,600
Ireland Funds			4,000	15,700
			<u>602,884</u>	<u>628,450</u>

Other income

Other income is received for the provision of therapy services and training services.

Expenditure

Expenditure of charity services includes staff costs of €625,849 (2012 - €649,927)

The staff costs are for professional psychotherapists and advocacy officers, along with some support administrative staff.

Management salary scales: Executive Director: €75,000 - €88,000
Advocacy Director: €58,000 - €70,000
Clinical Director: €58,000 - €70,000

Employer pension contributions for all management and staff were suspended in 2009 and have not yet been reinstated due to financial constraints.

One in Four Ireland Limited

Balance Sheet

as at 31/12/2013

	2013	2012
	€	€
Fixed Assets		
Tangible assets	9,856	12,067
Current Assets		
Debtors	19,594	16,095
Cash at bank	33,056	47,363
Total current assets	<u>52,650</u>	<u>63,458</u>
Creditors: Amounts falling due within one year	-29,981	-34,790
Net Current assets	22,669	28,668
Net Assets	<u>32,525</u>	<u>40,735</u>
Capital & Reserves		
Revenue reserves account	<u>32,525</u>	<u>40,735</u>

One in Four's policy on reserves

We hold cash at bank of €33,056, all of which is unrestricted funds. These funds are held in order to meet any unforeseen expenditure that may occur. We aim to hold funds to assist in paying salaries in January in the event of delay to receiving grants.

Acknowledgements

One in Four would like to express our deep gratitude to all the people and organisations who supported our work in 2013. Some helped financially, others through giving their time and expertise. We could not continue to deliver our vital services without their help.

Some supporters would like to remain anonymous but we want them to know how much we appreciate them. We would like to publicly thank following who helped us in 2013:

Bewleys
The Commission for the Support of Victims of Crime
Catriona Crowe
Margaret Dorgan
Theo Dorgan
Family Support Agency
Eimer Gleeson
Kate Harty
The Health Service Executive
The Ireland Funds
Erica Jewitt
Brid Lewis
Dr Gerry McMahon, DIT
Red Dog
The Thatched Cottage, Ballycommon
Towards Healing
The Whiskey Still, Dromineer
Dil Wickremasinghe
The Radisson Hotel Group

We are especially grateful to our Board of Directors who are a constant source of support and expertise.

We are extremely grateful to our solicitor and auditor for their generosity and advice:

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

Auditor
John Carlin
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