

Working with children  
who have experienced  
child sexual abuse.



ANNUAL REPORT | 2017

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## Board Members 2017

Noel Hughes

John Quinn

Pauline Beegan

Mona O'Leary

Lesley Caslin

Emma Little

### Registered Office

110 Lower Drumcondra Road,  
Drumcondra, Dublin 9

**Company Registered Number:**  
148760

**Charity Number:** 9491/20023751

### Company Solicitors

Benville Robinson Solicitors,  
Riverview House, Seapoint Road,  
Bray, Co. Wicklow

### Auditors

Knowles O'Dowd Carrig',  
Chartered Accountants  
& Registered Auditors,  
36 Fitzwilliam Square W, Dublin 2

# Chair & CEO Report



*From left to right:- Pauline Beegan, Emma Little, Noel Hughes, Lesley Casin, Mona O' Leary and John Quinn (absent).*

CARI offers specialised treatment and other support services to children affected by sexual abuse and non-offending family members to lessen the impact of the emotional and psychological trauma the child and family have experienced. These services are provided in a range of services organised on either a national or regional services basis.

Founded in 1989, CARI operates two full time therapy centres in Limerick and Dublin and as resources allow offers outreach services in other areas. CARI's National Helpline, located in the Dublin Centre, is available nationally from 9.30 to 5.30 each day on a Lo-call basis. Court and Forensic Accompaniment also support the child and family at crucial stages in their healing journey. Court accompaniment is offered to child witnesses in all criminal cases nationwide.

Forensic Accompaniment is offered in The Galway based Child and Adolescent Sexual Assault Assessment and Treatment Centre (CASATS) and to younger adolescents attending the adult SATU in the Rotunda Hospital, Dublin.

## Vision

CARI's vision is to support children, families and communities, so that children and their families affected by sexual abuse or exploitation receive sufficient therapeutic assistance to aid their recovery process.

## Mission

Our mission is to ensure that every child in Ireland who may need our services, wherever they live, is aware of CARI and able to take advantage of the information, advice, therapy, accompaniment and other support services we provide.

## Achievements and Performance 2017

### Focus on Governance

CARI's Strategic Plan "Towards 2020" was completed. CARI also undertook a full Risk Appetite analysis and commenced an overall Risk Mapping and Management process. In 2017 two areas were looked at in detail, Child Protection and Health and Safety. CARI has always had robust child protection policies and procedures in place, but these were updated in 2017 to comply with the requirements of Children First moving onto a statutory basis in December 2017. CARI's Child Safeguarding Statement is now published on our website.

A full Health and Safety audit of our centres was conducted, and new measures were implemented, and all staff retrained in relevant areas. This work is ongoing.

CARI Financial Policies were updated and expanded in line with revised statutory requirements. The organization is proud to report this year in line with SORP following preparatory work in 2016 and 2017 to allow this to be implemented.

CARI commenced its preparation for GDPR: a CARI Manager commenced an Advanced Graduate Diploma in Data Protection Law in the Kings Inns with a view to her being CARI's GDPR Champion.

CARI is 'on the road' to full compliance with the voluntary Governance Code.



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## *All CARI services grew in 2017*

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### **6% growth in CARI's therapy service**

CARI's therapy service expanded by 6% largely due to the introduction of "Sponsor a Child's Therapy" Campaign. Child Therapy, parental support and advice sessions all saw increases. State funding was static despite a concerted appeal for additional resources to end or at least reduce waiting lists and times.

### **National Helpline -receives more helpline administration and clinical calls**

The Helpline had a busy year and reversed declines of recent years, largely due to increased promotion and awareness raising campaign which saw CARI issue leaflets and posters to Garda Stations etc. As well as offering a specialized Helpline which advised 821 callers, they also dealt with 1742 administration calls and 1305 clinical calls. This is also the Gateway to all CARI services.

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## *Accompaniment grew by an astounding 30%*

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### **Court Accompaniment**

CARI provided 201 Court Accompaniments for children nationwide, an increase of 35% on the previous year. 504 children, siblings and family members were supported representing an increase of over 50% in the number of individuals supported over 2016. These are remarkable growth figures by any standard.

### **Forensic Accompaniment**

There was an overall 26% increase in cases that CARI supported across the Forensic accompaniment services with a 15% increase in new cases supported at the CASATS Unit in Galway.

### **Financial Review-Income also grew by 12%**

CARI's income in 2017 at €772,175 was 12% greater than 2016. This represents the first year of significant growth since the recession halved CARI's income in the years between 2009 and 2012. CARI's income is raised through fundraising and statutory grants. In 2017 CARI fundraised approximately 50% of its income. The balance came from statutory funders, primarily Tusla and The Victims of Crime Office.

CARI's capacity is enhanced by the support of two CE schemes, and some JI placements funded by the Department of Social Protection, based in Dublin and Limerick, which provide additional support staff in many departments. These are accounted for separately.

CARI's fundraising strategy is to both motivate and partner with people who share our vision towards a future without abuse and where those who may still have that experience can access quality services in a timely way.

This is achieved through campaigns and fundraising activities that target the public, companies, Foundations and Trusts. CARI works in interagency co-operation with Tusla, Victims of Crime groups and other networks.

### **Expenditure**

CARI spent €698,209 in 2017 (2016: €649,854). CARI maintained or grew all its services in the year providing more hours of therapy, accompanied more children in court and to forensic examinations. CARI also supported more people on the National Helpline and provided advocacy and training where resources allowed.

### **Fundraising and Support Costs**

Fundraising expenditure is the cost of running campaigns and includes fundraising personnel and overheads. CARI complies with the Statement of Guiding Principles for Fundraising.

Support costs is the total expenditure on personnel and overheads of the Chief Executive, finance, human resources, facilities and ICT. These costs are allocated across CARI's activities to fairly represent

## Structure, Governance and Management

CARI has a voluntary Board of Directors which meets at least nine times per annum. Director nominations are traditionally made by the whole board and are based on skills analysis and personal recommendation of existing members or their contacts. CARI's Board of Directors skills matrix aims to have members with legal, financial, clinical and general management skills. In 2017 Boardmatch was used for the first time to recruit a Board member. Director induction includes an overview of CARI's founding documents, activities and the roles & responsibilities of Board Directors.

Responsibility for the day to day management is delegated by the Board to the Chief Executive Officer who is supported by managers, staff and volunteers. CARI's capacity is enhanced by the support of two CE Schemes, funded by the Department of Social Protection, based in Dublin and Limerick. (See CE Scheme Statement of Accounts on page 31)

CARI benefits significantly from the contribution of its volunteers and CE trainees. Delivery of key services and many of CARI's fundraising campaigns could not be achieved without the generous support of the many volunteers who provide their time and efforts to and core services and fundraising campaigns. In addition, CARI's Board of Directors and subcommittee members all serve in a pro bono capacity.

## Future Developments

During 2018 the Directors and Management will be implementing CARI's Strategic Plan: "Towards 2020.". This will set annual targets toward achieving the 6 identified strategic objectives. CARI will also continue its focus on bringing waiting times and lists back to optimal times for best outcomes.

While CARI managed to grow both income and services provided in 2017, the waiting list for services remained stubbornly high as new referrals continued. Sadly, children wait on average a year to be seen by a therapist.

In the West, where CARI is the only such specialized therapy service, the time on the waiting list can be as much as eighteen months. CARI continued to highlight this throughout the year in the media, in direct lobbying of Tusla and this campaign is ongoing.

Our thanks are due to each and every member of the CARI Team and all our supporters for their contribution to this work in 2017.

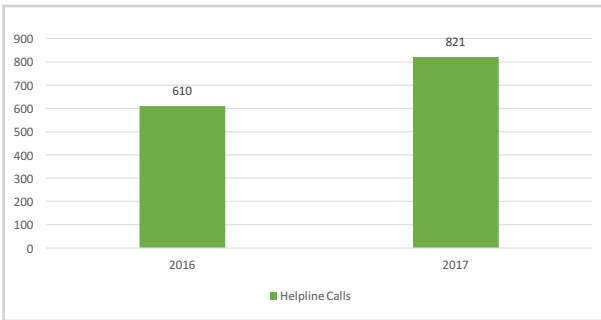
**Mary Flaherty CEO**  
**Noel Hughes, Board Chair**



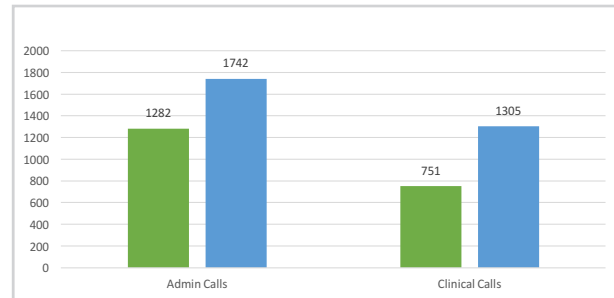
*L to R, Noel Hughes, Minister Charles Flanagan TD and Mary Flaherty at 2016 Annual Report Launch in Sept 2017*

# Support and Advocacy Helpline 2017

**Fig.1: Support and Advocacy Helpline, call Comparison, 2016 and 2017**



**Fig. 2: Admin and Clinical calls Comparison**



## Helpline calls

In 2017 we supported 501 callers making 821 calls to our National Helpline. That is a 25% increase in calls from the previous year. This highlights that some callers need more than one call to deal with their concerns in relation to Child Sexual Abuse (CSA).

### CARI Helpline

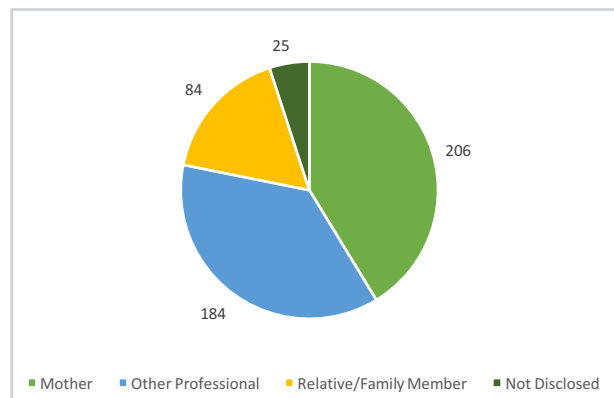
The Helpline’s main role is to explore with its callers, all issues related to CSA. While sexual assault, rape and sexualised behaviours are the main presenting concerns caller’s secondary concerns were:

- Help and support negotiating the child protection process.
- Clarification about other services
- Alleged offenders access to children
- Clarification of behaviours in children
- A lack of support from services
- Child mental health problems
- Administration calls

## Administration calls

The helpline acts as a gateway into CARI and is responsible for directing all incoming callers to the relevant departments within the organisation. There was a significant increase in administration calls 1,742, an increase of 26% and 1,305 in clinical administrative calls, amounting to a 42% increase in 2017.

**Fig. 3: Main callers to Helpline 2016-2017**

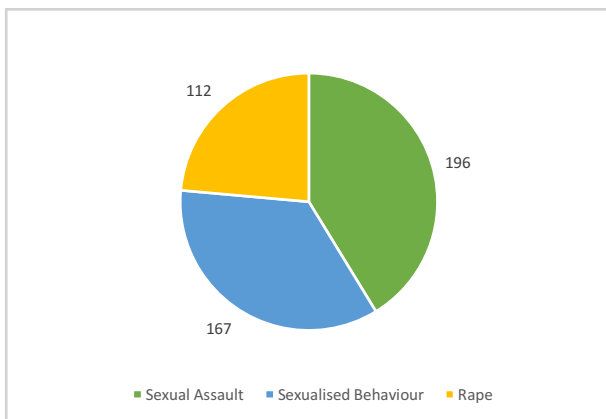


Feedback from our service users and professionals working in child protection encouraged us to develop an awareness program, ensure that people were made aware of the support services CARI had to offer. It is interesting to note that Mothers are the majority of callers to our service with 206 calls, making up 41% of the callers in 2017. As you can see from Fig 3, there were also 184 calls from professionals, making up 37% of the callers to helpline in 2017.

### Helpline Primary Concerns, top three

39% of calls to helpline were in relation to sexual assault. 37% were sexualised behaviours in children and 22% of calls were pertaining to rape in 2017. These figures are an increase on the previous years calls.

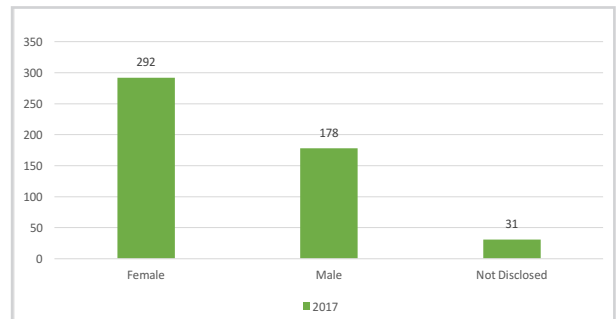
Fig.4: Helpline Primary Concerns, top three



### Gender of children abused

CARI took calls from people presenting with concerns of child abuse and adult sexual abuse survivors. 58% were females and 36% were males with 6% not disclosed. Because of our increased calls CARI have noted an increase in all gender and age categories from last year.

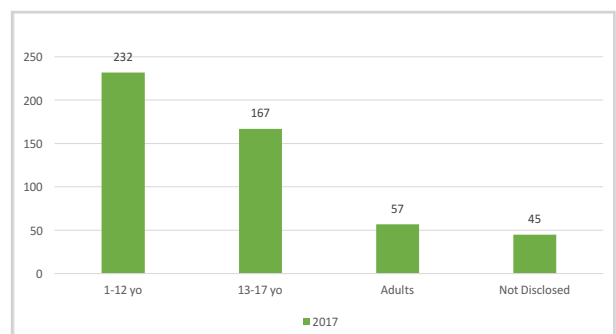
Fig. 5: Gender of children abused



### Ages of clients abused

46% of the callers to our helpline noted that the age of the client abused was between 1 – 12 years of age. 33% were between the ages of 13 – 17 and 12% were adults. 9% of callers did not disclose the victims age.

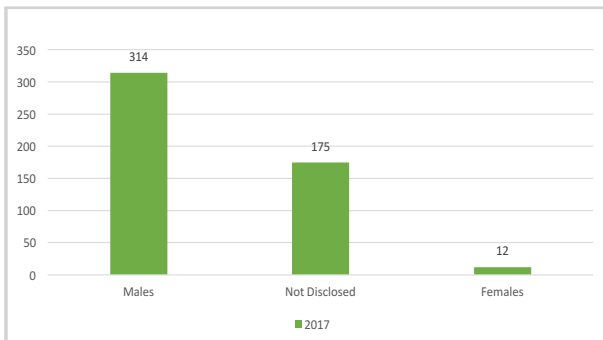
Fig.6: Ages of clients abused



## Perpetrator Gender

Of the 501 callers to our helpline in 2017, males were the highest alleged offender at 63%. Reported female alleged offenders were the lowest with 2% of calls. 35% of our callers that did not disclose the gender of the alleged offender

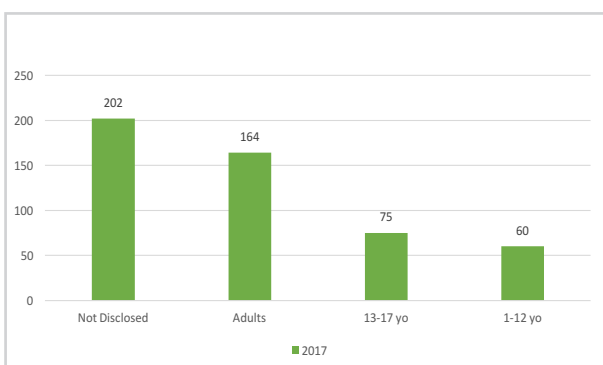
Fig. 7: Perpetrator Gender 2017



## Perpetrator age group

In 2017 our helpline showed that 40% of callers did not disclose the alleged offenders age whilst 33% disclosed abused by adults. 15% of clients were abused by teens in the 13 – 17 year old cohort and 12% were abused by children aged between ages 1 – 12. This is a concerning statistic for us to report on, as it shows the age of perpetrators per victim.

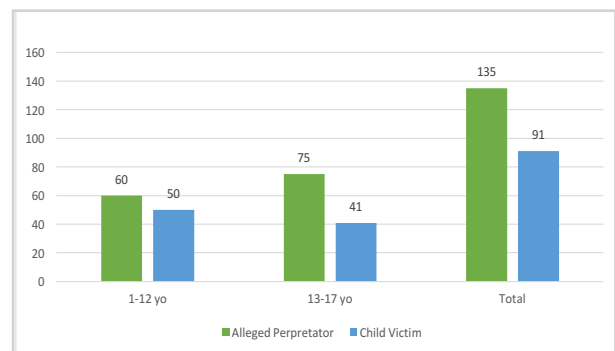
Fig. 8: Perpetrator age group, 2017



## Alleged Child offenders and the Child Victims

The rates of alleged child offenders to child victims in both age groups highlights a trend with reports of multiple perpetrators per victim.

Fig. 9: Alleged child perpetrator and child victims, in age



## Offender Relationship

As seen in Fig 6, CARI recorded a higher male to female offender ratio. And whilst this is seen as possibly standard we do need to say that 12 callers last year stated that their alleged offenders were female.

## Issues that were presented in relation to child assailants

Fig. 10: Alleged child perpetrator and child victims, in age

Child age	Sexually Harmful Behaviour	Sexual Assault	Rape
1-12	39	15	06
13-17	23	23	29



Another concerning development that our statistics show is that in addition to the increase in numbers of children who move into adolescence with sexually harmful behaviour, their behaviour also increases in severity.

The above table, Fig. 9, shows that the most common presenting issue in young children is sexually harmful behaviour, but the most common presenting issue in adolescents is rape. This figure suggests that without the right and timely intervention young children may move into adolescence with offending behaviour that is criminal in nature. Not only does this create new victims but it also moves the offending child into the criminal space of offender.

The rise in sexually harmful behaviour is a phenomenon that CARI have been supporting and reporting on for some years now. In 2010 CARI collaborated with Dr Kieran McGrath to produce guidance on sexualised behaviours and how to manage them for parents and carers. This booklet at the time was a huge resource for parents and professionals alike. It explored harmful behaviours in children ranging from normal behaviours to highly concerning. It gave guidance and direction to parents and professionals alike. You can see from the graphs above that without this necessary intervention children will often continue with this behaviour into adolescence where the behaviour can, and does, develop to levels that constitute some of the most serious of sexual offences.

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## *Anonymous case examples:*

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### Case 1

A mother phoned the CARI helpline. It took a minute before she could speak. She stated that her 5-year-old daughter came home from school upset. The child seemed uneasy all day and then at bedtime told mum that a little boy in her class pulled down her pants and tried to put his finger in her bum. The child said it hurt and this boy is always doing it.

#### **Outcome:**

The mother informed the school of the incident. The school informed the parents of the little boy, they refused to believe it had happened. The Principal of the school phoned the CARI helpline and was linked in with a social worker. The case was investigated and closed citing exploratory behaviours. Two months after the case was closed the mother of the little girl phoned stating her child was showing signs of anxiety and had begun to wet

the bed having been toilet trained since she was two. The mother was seen by CARI therapists in an Advice Appointment and a recommendation was made for therapy in CARI for the girl. The parents of the young boy did not want him to be referred as they felt it would make the situation worse.

### Case 2

A social worker phoned the CARI helpline explaining that she wants to make a referral for a 11-year-old boy who is presenting with sexual harmful behaviours. She stated that the boy was brought to the attention of the social work department eight years ago, however the case was deemed to be exploratory behaviours. A new disclosure had become known in the last few weeks whereby the 6-year old sister of this boy had disclosed ongoing sexual assaults from her brother culminating in an adult walking into a bedroom and witnessing the 11-year-old attempting to rape the little girl.

#### **Outcome:**

A referral for both children was made to CARI. Upon receipt of the referral both children were put on CARI's waiting list which at that time was one and a half years long. The 11-year-old boy did not fit the remit of agencies working with young people who present with sexually harmful behaviours as their age groups are 13 – 18 years. CARI helpline supported the parents of these children over that period. Both parents availed of CARI Advice Appointments. However, both children were left unsupported for over a year and a half.

## **Recommendations to deal with the rise of sexually harmful behaviour in young children**

We need to address this rise in concerning, and sometimes criminal behaviour in our young generation. Here are some ways in which we can start to tackle the problem:

- An education programme that develops awareness and strategies for families of young children who present with sexualised behaviour
- A training programme for professionals tasked with supporting children and families dealing with sexually harmful behaviour to help professionals identify and understand the seriousness of the behaviour and the necessary need for correct and appropriate intervention.
- Current resources have meant that CARI's therapeutic service has a substantial waiting list. Adequate resources are needed to intervene in a timely manner so that the support provided will lead to both prevention and cure when those children move into adolescence.

## Note from Helpline Team Leader

*"2017 presented a lot of challenges to the Helpline Team.*

*The increase in calls and more difficult content meant that the team quite often worked close to its limits. It is within these limits that we as a team often found our strength.*

*I thank all my team for their care and dedication.*

*At times of distress we recognise that our callers have often felt lost and isolated within their own situation. We would like to let every single person who phoned us this year know that it has been a privilege. We believe with the correct interventions, life does not have to be defined by negative experiences."*



*CARI Team at the 2016 Annual Report Launch, September 2017, Buswell's Hotel, Dublin 2  
From left to right – Monica Murphy, Eve Farrelly, Mary Flaherty, Grace Jordan and Mary Madden.*



# Support and Advocacy

## CASS Forensic Accompaniment

### Forensic Accompaniment in the Child and Adolescent Sexual Assault Treatment Service (CASATS) – Galway

Child & Adolescent Sexual Assault Treatment Service (CASATS) provides an integrated forensic medical service for children and their families/carers involved. This service addresses the forensic needs of children, male and female, from 14 years and under, who are victims of rape, sexual assault, or suspected child sexual abuse.

Since 2014 CARI volunteers have provided accompaniment and psychological support to children and their families who attend the CASATS forensic unit. This service is operated by a 24-hour rota throughout the year. In addition to our on-site accompaniment service we also offer and provide Aftercare support to any adults involved in supporting a child through the forensic examination process.

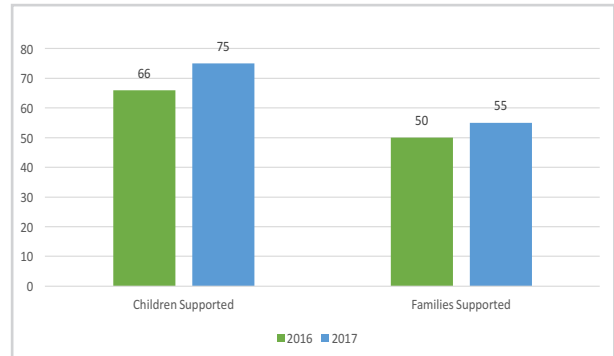
### Children and Families Supported by CARI– Galway

In 2017, CARI supported a total of 76 children during their forensic examination in the CASATS unit in Galway, an average of 7 children per month. The children and their families were accompanied and supported throughout their time at the unit, by one of our volunteers. The process can take a long time, and the average time for a full forensic examination of a child can be three hours. There has been an increase in the number of children supported in 2017, in comparison to 2016.

The graph below, Fig. 11, demonstrates the comparisons between the 2016 and 2017 figures of children and families who were accompanied by our forensic accompaniment volunteers at the CASATS unit in Galway.

In 2017 we supported 55 families who attended the unit with a child.

Fig. 11: Children and families supported by CARI CASATS, Galway. 2016-2017



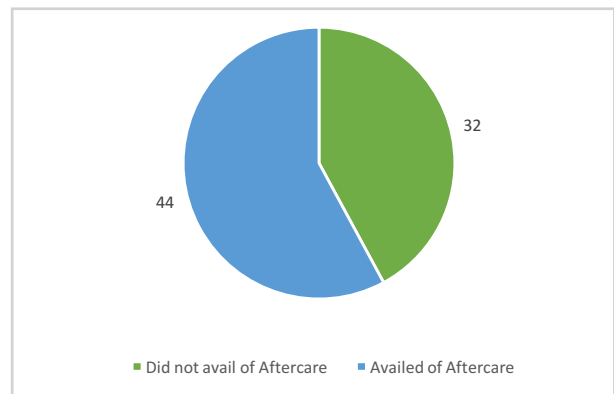
### CASS Forensic Aftercare Services – Galway

Our Aftercare support service is offered to any adult involved in supporting a child through the CASATS process. Aftercare Support is a phone support service, available free of charge and within CARI office hours, Monday to Friday- 9.30am – 5.30pm. It is a client led empathic, supportive and informative space.

This vital nationwide service has reached out to many families with much positive feedback.

The pie chart below, Fig. 12, shows in 2017 58% sought Aftercare Support Service.

Fig.12: CARI Clients and Aftercare Support Service



### CARI Care Workers – Galway

CARI care worker’s role is to make contact with the families, who have consented to contact, to avail of the Aftercare Support Service. The care worker’s aim is to support the family or carer. The family member or carer is offered practical information, support and guidance in how to best support the child or children in their care. During this process they are given a space to explore and relieve their own anxieties and experiences. Many adult’s report feelings of guilt and isolation. Generally, many follow up calls are pre-arranged, and the family are informed they can call if and when issues or concerns arise. The service is client lead so there are no restrictions on the length of time the service is offered to the family and cases can be reopened.

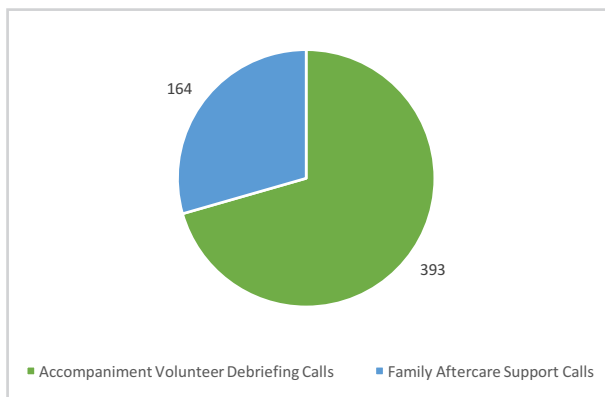
### Forensic Debrief and Support Calls – Galway

The pie chart below, Fig.13, shows the number of debriefing calls with Forensic Accompaniment volunteers and Aftercare Support calls to families. In 2017 there was 393 debriefing and calls 164 family Aftercare Support calls.

In line with CARI’s best practice, debriefing calls are a mandatory and essential process for the forensic accompaniment volunteer after each accompaniment with the child and family. This vital process allows a space for the volunteers to discuss their accompaniment experience and any issues that may have arisen. This facilitates the volunteer to explore feelings, and to ask questions from the accompaniment provided. It is discovered in these debrief sessions whether a family will consent to being contacted by our Aftercare Service.

Fig. 13 below shows a total of 164 aftercare calls to families and carers, offering them post forensic support and guidance.

**Fig. 13: Total number of Forensic Accompaniment Support Calls for Galway, 2017**



### Age Range of Children Supported by CARI 2017 – Galway

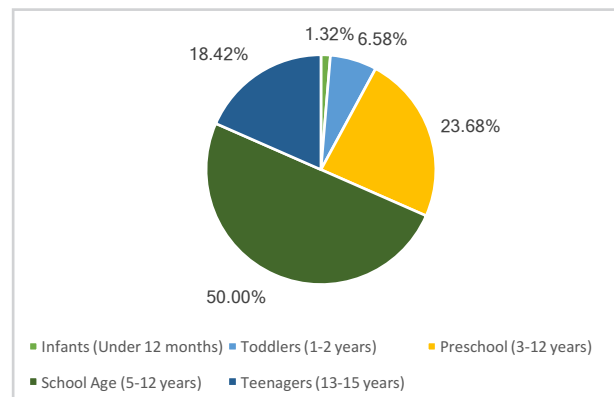
Fig. 14 and Fig 15 below show, in 2017 that 50% of school age children from 5-12 years were the most common age group who attended for a forensic examination, a slight increase from last year. Furthermore, the 50% of these school age children where more commonly aged 5. Preschool age children, from 3-4 years made up 24% of children attending. Of those children who attended for Forensic examination, teenagers aged 13-15 years made up 19%, 7 % of the total was made up of Toddlers, 1-2 years of age, and infants under 12 months represented 2% of the total.

### CASATS UNIT – Galway. Age and Gender Demographic of Clients 2017

**Fig. 14**

Age Range	Male	Females	Total
Infant (Under 12 months)	1	-	1
Toddler (1 – 2 years)	2	3	5
Preschool (3 – 4 years)	7	11	18
School Age (5 – 12 years)	17	21	38
Teenagers (13-15 years)	3	11	14
<b>Total</b>	<b>30</b>	<b>46</b>	<b>76</b>

**Fig. 15: CASATS Unit, age demographic of clients, 2017**

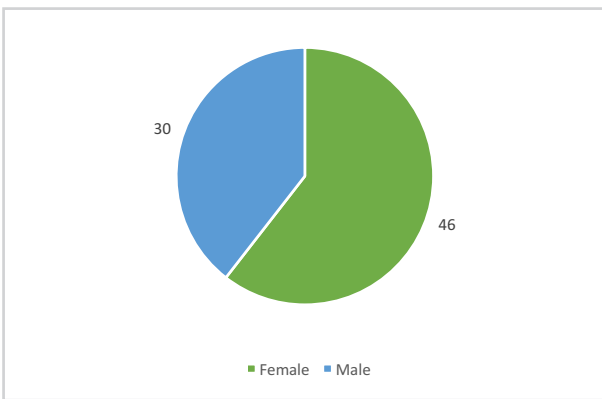


### Gender of children supported by CARI 2017 – Galway

The pie chart below, Fig 16 shows gender demographic of children attending the unit for a forensic examination in 2017. Approximately 60%, of the children were female and 40%, were male.

CARI has noted that in comparison to 2016 figures, there was a significant increase of 17% of male children attending the unit for a forensic examination in 2017

**Fig. 16: Gender of children supported by CARI, Galway, 2017**



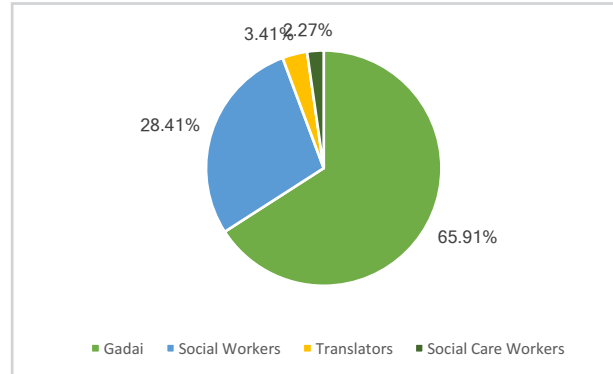
### Additional Supports in attendance with child & families supported by CARI 2017 – Galway

Fig. 17 represents professionals who accompanied families during the forensic examination. Previously, there have been two groups of professionals who accompany the family to the unit, An Garda Síochána and Social Workers; at times both have attended with a family.

In 2017, its recorded that other professional supports were utilised for a forensic examination. Some children had a translator present, which may become more of a common trend due to the greater number of multi-cultural families within Ireland. Furthermore, Social Care Workers were also involved in accompanying families.

Overall, there has been an increase of 31%, of professionals accompanying children in 2017.

**Fig. 17: Additional supports attending forensic examination, CASATS, Galway, 2017, as a percentage**

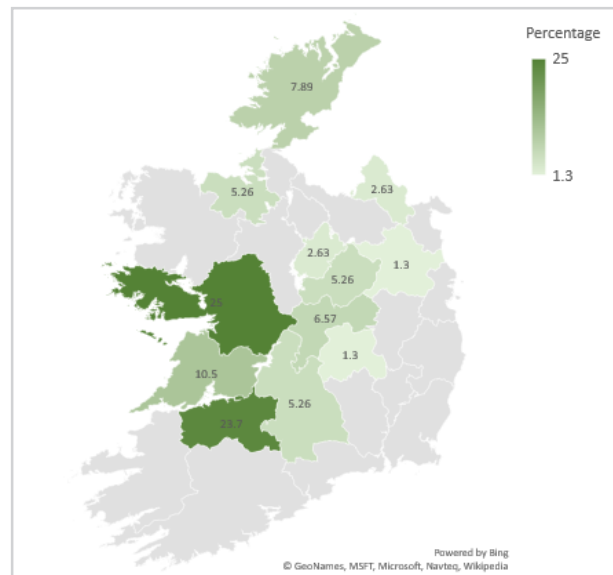


### Geographical Location of Clients Supported by CARI 2017– Galway

Currently the Child and Adolescent Sexual Assault Treatment Service in Galway is still the only sexual assault treatment unit in Ireland which provides a 24 hours forensic examination service for young people aged 14 years and under.

In 2017, children who attended the unit where referred from counties: Galway, Limerick, Clare, Donegal, Offaly, Tipperary, Sligo, West Meath, Monaghan, Longford, Laois, Meath, Leitrim and Mayo. The map below, Fig 18, reports that the majority of the families who avail of CASATS services was mainly from Galway, 25%. These figures mirror 2016 geographical location figures, with Galway repeatedly being the greater figure, highlighting the importance of having a dedicated service accessible for children and their families. It suggests that when such a service is readily available, it is utilised by those who require it. Limerick was second highest at 24%.

**Fig. 18: Geographical location of children supported by CARI, CASATS, Galway, 2017**



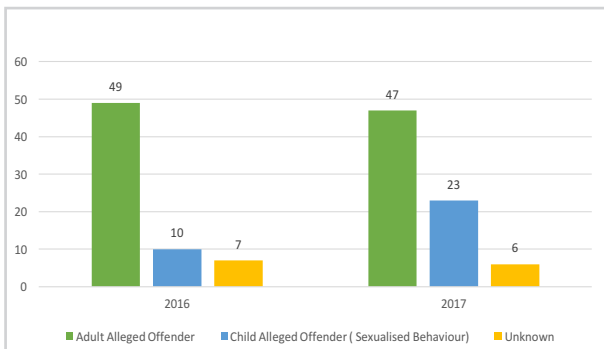
## Alleged offender breakdown – Galway

The graph below, Fig 19, illustrates the alleged perpetrators classification relationship with a child.

Adults continue to be the prime alleged offenders: from 49 in 2016 to 47 in 2017. CARI further recorded that in 2017, an increase in alleged child offenders: from 10 in 2016 to 23 in 2017.

In cases where the alleged perpetrator is unknown, this can be due to a child presenting with physical injuries, without disclosing abuse, particularly within preverbal age group, or a young child displaying concerning sexualised behaviour.

**Fig. 19: Alleged Offenders of CARI Forensic clients, CASATS, Galway, 2016 & 2017**



## Forensic Accompaniment in the Sexual Assault Treatment (SATU) – Dublin

Since August 2016, CARI’s Forensic Accompaniment volunteers provide psychological support to children and their families who attend the Dublin’s Sexual Assault Treatment Unit (SATU), in the Rotunda Hospital.

This service is offered to young people aged 14-15 years who attend the unit for a forensic examination who have been, recently or historically, harmed by sexual abuse. This service is operated by a 24-hour rota throughout the year. As with those who are accompanied at CASATS, the Aftercare Support Service is provided.

## Children and Families Supported by CARI in Rotunda SATU

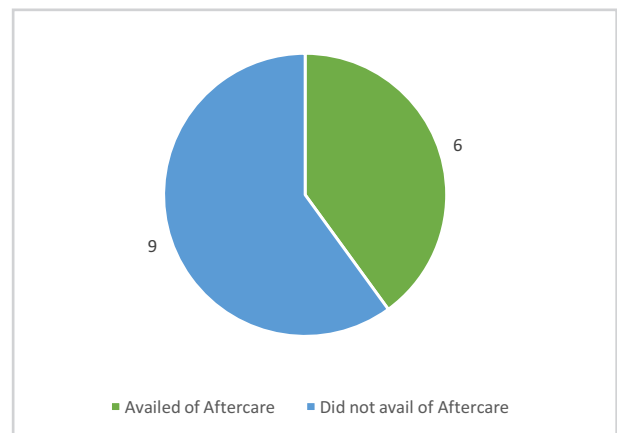
In 2017, it was CARI’s first year to offer a full 12 months accompaniment support service, with a total of 15 young people, and their parent or carer being supported by one of our volunteers in SATU. It is typically a parent or carer who attends with the young person and the majority of families were accompanied by a professional, who were in the main personal from An Garda Síochána.

Due to the age cohort of young people who are accompanied, which is from ages 14 - 15 years, the annual figure, compared to CASATS will be evidently lower, as they have children from 0-15 years old presenting.

## CASS Forensic Aftercare Service – Dublin

The pie chart below, Fig.20, shows the overall percentages of adults who availed and did not avail of the Aftercare Support Service. In 2017 60% of families did not seek the Aftercare service, with 40% availing of the service.

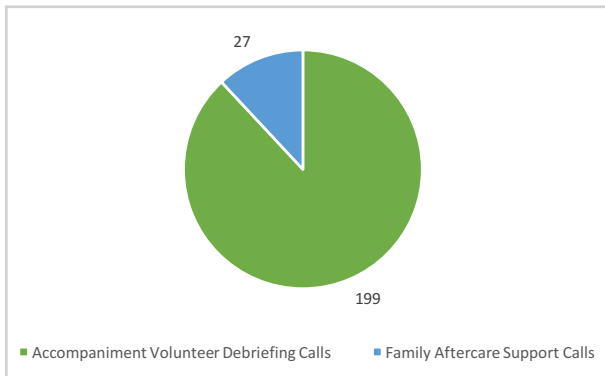
**Fig. 20: CARI Clients availing of Aftercare Support Service, Dublin, 2017**



## Forensic Debrief & Support Calls – Dublin

In 2017, there were 199 debrief calls and 27 family aftercare support calls provided.

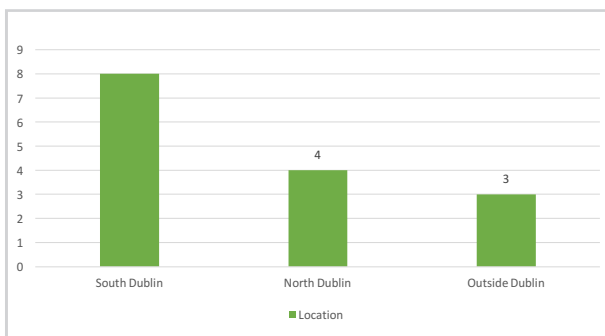
**Fig. 21: Total number of Forensic Accompaniment Support Service calls, Dublin, 2017**



## Geographical Location of Clients Supported by CARI – SATU, Dublin 2017

In 2017, young children who attended the unit were referred predominantly from North and South Dublin, with some referrals outside county Dublin, such as Carlow, Louth and Meath.

**Fig. 22: Geographic of the Clients supported by CARI, Dublin, 2017**



## CARI's Volunteer Sector

CARI Forensic Accompaniment Officers provide onsite support during a forensic examination. Their main duties are to engage with children, young people and their families/carers taking into account their needs, background, rights and current circumstances and to work as part of a team with forensic physicians, paediatricians, counsellors, and support workers in the delivery of high standards of service.

CARI has been recruiting Forensic Accompaniment volunteers within Galway for CASATS, since 2014. We presently have 15 volunteers who covers a 24 hour rota, with a need of continued recruitment.

Our Volunteer recruitment and training, involves volunteers to undergo a thorough recruitment process, consisting of interviews, extensive training and Garda vetting clearance. The full process cycle is illustrated below.

## Cari Volunteer Process



## Become a CARI Volunteer

CARI would like to thank and recognise that such a service would not exist without our volunteers, who give their time and compassion to children and families. Their altruistic approach enables children and families to avail of much needed professional and empathic psychological support, during this vulnerable time.

For more information or you are interested in becoming a CARI volunteer please contact [grace@cari.ie](mailto:grace@cari.ie)



Dublin Volunteers



Galway Volunteers



## Comments from Galway and Dublin Volunteers - 2017

- “It’s rare in life you get the opportunity to be there when it really matters for a person outside our immediate family and friends.”
- “CARI is a charity that care as much about their volunteers as the do about the children and families they look after. The support and supervision are second to none”
- “The training gives all the necessary skills and being yourself, warm, empathic and compassionate is all that is required to do a very valuable role”.
- “Being a volunteer with Cari provides much needed support to a child and their family at a very difficult time.”

## Quotes from Families/Adults supported by CARI forensic accompaniment officers

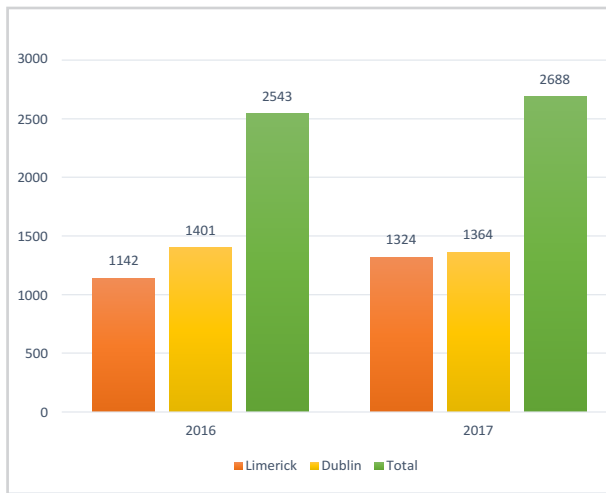
- Mother: “couldn’t speak highly enough of Ciara. Wanted to write into unit and inform the doctors how supportive she was and how she calmed her daughter down.”
- Foster mum “Glad to have such support at unit”. Mum was not expecting it and mentioned the great work CARI does”.
- Mother “Great support and fantastic that someone like CARI staff was there to support them”.



# Clinical Reports Therapy

## Therapy Statistics 8% increase in appointments

Fig. 23: National Therapy Appointments Offered



Within this overall increase in provision, the importance of adult/parental appointments cannot be underestimated. This work is paramount as it enables parents/carers to support the child or children. As the significant adults in the child's life their reactions and responses will impact on the child's recovery.

If the significant adults in the child's life are unable to cope, this deprives the child of the critical support they need.

The slight drop in numbers of children seen reflects in part the increased complexity and challenge of the cases being referred to CARI primarily by Tusla.

In these cases preliminary intake processes and therapy itself takes longer.

Fig. 24: Attendance of Children and Adults in Limerick

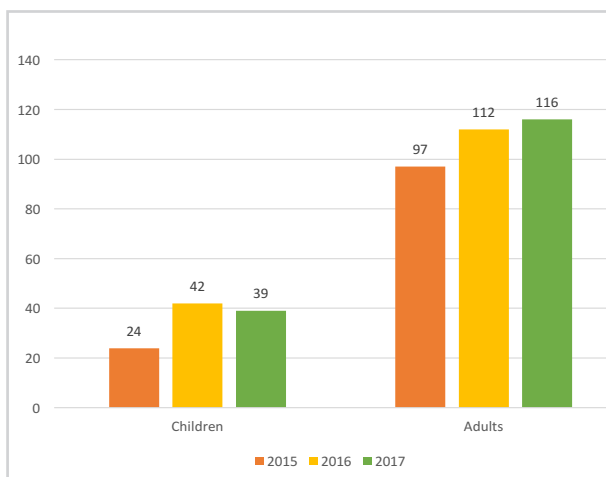


Fig. 25: Attendance of Children and Adults in Dublin

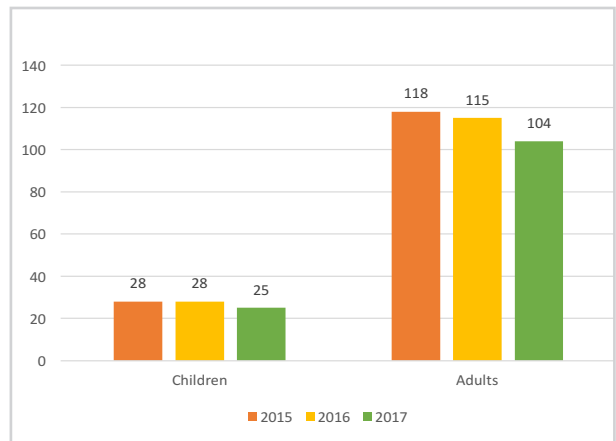
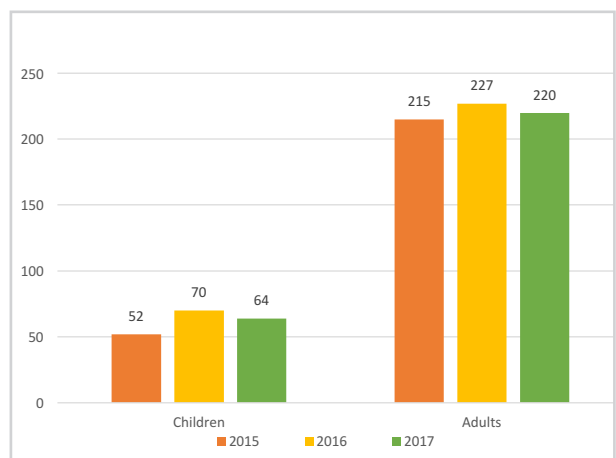


Fig. 26: National Children and Adults Attended



The therapy appointments with children enable them to move forward with their lives. We see from our work that trauma levels reduce when the child and the family are supported. Parents/carers reported significant improvements in the children that attended CARI for therapy, including;

- Better self regulation,
- Higher concentration levels,
- Lower anxiety,
- Better sleeping/fewer nightmares,
- Less behavioural difficulties,
- Better school performance/social skills,
- Decreased self-harming and suicidal ideation.

## Advice/Crisis Appointments

CARI offers initial advice appointments to any person with concerns in relation to child sexual abuse. The purpose of the advice appointments is to provide a space for clients to explore their concerns.

CARI believes that an effective therapeutic response to children and their families cannot be made unless action has been taken to protect the child/children who have been abused or who are at risk of abuse. These advice appointments are an effective way of supporting parents/carers or concerned adults in crisis.

## Confidentiality

CARI therapists explain the limits of confidentiality at the onset of all advice appointments. CARI operates under Children First Guidance. Some clients choose to remain anonymous and explore their concerns without giving any identifying information.

CARI is not an investigative organization and any concerns in relation to child protection are forwarded to TUSLA. TUSLA has overall responsibility for the assessment and management of child protection concerns and are the key agency to carry out child sexual abuse assessments. An Garda Síochána conduct the criminal investigations of suspected child abuse.

Each agency manages the responsibility within their brief and their joint efforts ensure that protection of vulnerable children receive priority attention. The separate and complimentary roles require careful understanding if the shared objectives of child protection are to be realized.

During the advice appointments CARI therapists support clients to take action to protect the children involved. The therapists explain the investigative and assessment procedures and explore any concerns adults may have about notifying the authorities. The therapist empowers and supports the client through the reporting procedure. CARI also forwards a child protection report to the local Duty Social Worker in TUSLA.

Advice Appointments are often crisis situations, where an adult may have recently discovered the child has been sexually abused. The therapist will respond in an active crisis with appropriate strategies. Crisis is a time when the client's coping mechanism isn't working, and they are completely overwhelmed. They may feel suicidal, may not be eating or sleeping. These sessions are directive, where the therapist provides information and advice. The therapist works with the client to normalize their life as much as possible under the circumstances, by offering practical and emotional support. Parents may be directed to other appropriate community resources for help with economic or legal issues.

Parents may be advised to contact their G.P. or advised to get a referral to the Sexual Assault units where medical and forensic examinations may need to be carried out, particularly in the event of a recent sexual assault. Parents are advised that medical examinations may also be necessary for health reasons in relation to sexually transmitted diseases, and for medical treatment of any injury.

## Disclosures

CARI therapists focus on supporting adults to enable them to respond to the child in relation to any further disclosures of abuse. The therapist explains the significance of their reaction to the disclosures and works with them towards responding calmly, reassuring the child, emphasizing that it was not their fault and assuring the child of how proud they are of them. The therapist explains the importance of the parent using the child's own words (including slang words). It is imperative for the investigation that the child's words are used as otherwise it may appear that the child has been coached.

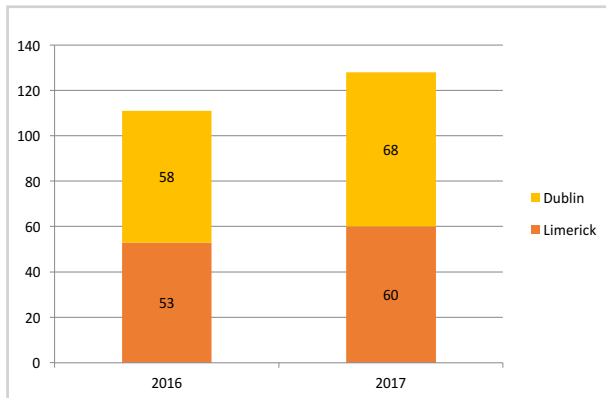
CARI therapists explore with adults how to talk to the child, emphasizing the importance of being honest and explaining the importance of not making promises to the child that cannot be kept, for example the parent cannot agree to keep it a secret. It is also important to reassure the child by letting them know what will happen next. It needs to be explained to the child that it is necessary that some people will need to know in order to get help and to stop children being hurt.

Children's disclosures may often be delayed and conflicting. Multiple experiences of abuse can result in conflicting reports. Retraction of disclosures is common and can create real difficulty in relation to protecting the child. Child sexual abuse is difficult to prove, and often parents find themselves battling the system to protect their children.

CARI also provides parenting groups, to support parents with their ongoing struggle. Appointments are offered for as long as they are needed in each individual case. Some parents may come for one or two sessions looking for advice. Other parents attend for ongoing support.



**Fig. 27: Advice Appointments offered nationally**



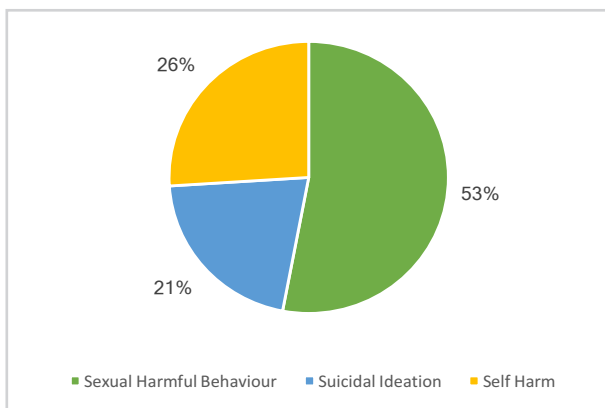
CARI offered 53 advice appointments in Limerick and 58 advice appointments were offered in Dublin in 2016.

CARI offered 60 advice appointments in Limerick and 68 advice appointments were offered in Dublin in 2017.

These figures show a 14% increase of advice appointments offered nationally in 2017.

### Trauma Profile of children on the CARI Limerick waiting list at end of 2017

**Fig 28: Trauma Profile of children on the CARI Limerick waiting list at end of 2017**



### Waiting List 2017 Trauma Profile of Children on the CARI Limerick waiting list at the end of 2017

There are extensive waiting lists for CARI services nationally for children who have experienced child sexual abuse. At the end of December 2017 there were 94 children who had experienced child sexual abuse waiting for therapy services at CARI. Many of the children had experienced significant trauma and were in urgent need of therapy.

Child sexual abuse usually occurs as part of a larger syndrome of childhood adversities.

### Children in severe distress – suicidal, self-harming and/or engaging in sexually harmful behaviour

Many of the children on the waiting list for therapy at the end of 2017 were displaying severe distress. The waiting list in Limerick showed 21% of the children on the waiting list had suicidal ideation, 26% of the children were self-harming, and 53% of the children were displaying sexually harmful behavior.

### Children who are a risk to themselves and to other children wait for up to a year for services

CARI provided therapy to children up to and including 12 years who are displaying sexually harmful behavior. Unfortunately, the number of children who have experienced child sexual abuse on the waiting list continues to rise due to lack of resources.

### Statutory Funder – Tusla

We are grateful to TUSLA, our main statutory partner: for funding for both our Dublin and Limerick therapy centres; core funding for Dublin; and funding via the Family Support Agency stream for Limerick.



### Support from Private Trusts – Help for Children Ireland

Supported additional therapy in our Limerick centre this year again.



# Support and Advocacy CASS

## Court Accompaniment

### OUR SERVICE

#### Pre-Trial Preparation

Pre-trial preparation is the first strand of our court support service. Going to court can be a very stressful time for a child and their families. In our experience, some of these anxieties can be relieved through a visit to the court house.

Not knowing what to expect can cause a lot of anxiety. Our pre-trial meeting is very beneficial to our clients as it includes a visit to the courthouse where their trial will be held. A tour around the victim support area, including the video link room where the child will give their evidence and a visit to an empty courtroom, is done at this stage. We also provide accompaniment for children in viewing their video statement in the days prior to their trial by one of our trained accompaniment officers. All of this allows families to put a frame around their upcoming trial. Clients can also meet their accompaniment officer, giving the young person space to ask questions and have more control over their experience.

#### Trial Accompaniment

Trial accompaniment is the second strand of our court support service. The child and their support network are accompanied throughout the trial. We provide emotional and practical support as well as explaining legal terminology and processes to them; staying with and facilitating them in what they may need for the duration of the trial.

#### Post-Trial Support

We also provide post-trial support where needed. This differs from family to family as some have waited a considerable length of time to come to court. When the legal process is over some families may wish to close the door on this episode of their life.

Sometimes we find that the court process can bring up some emotional trauma for clients as it may be the first time they have spoken about their experience.

We would make sure they are linked in to appropriate services that can provide ongoing support. We would stay linked in with all relevant professionals, such as, An Garda Síochána, social workers, psychologists and therapists.

We also provide accompaniment for the sentencings of defendants and support for any child witness regarding their Victim Impact Statement.

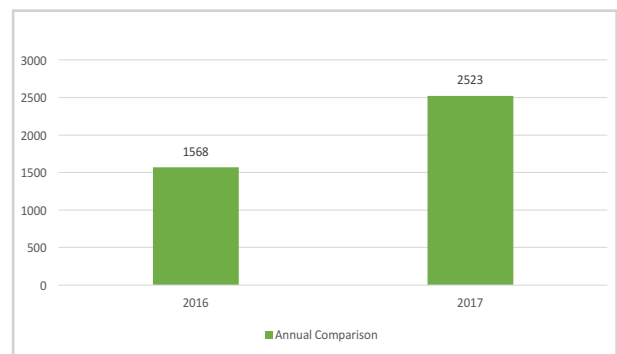
#### CASES

Our Court Accompaniment had 50 new cases come in this year with 39 carried over from last 2016. This meant that a total of 89 direct child witnesses were supported by us in 2017. This is a significant increase on last year's accompaniment and our increase can be seen across the board. Quite often we would have multiple witnesses within the one trial.

#### CALLS

The below graph, Fig. 29, shows that there was a significant increase in calls through our accompaniment service in 2017. With 2523 calls our court communication had an increase of 37% from 2016.

Fig.29: Court Accompaniment 2016 & 2017

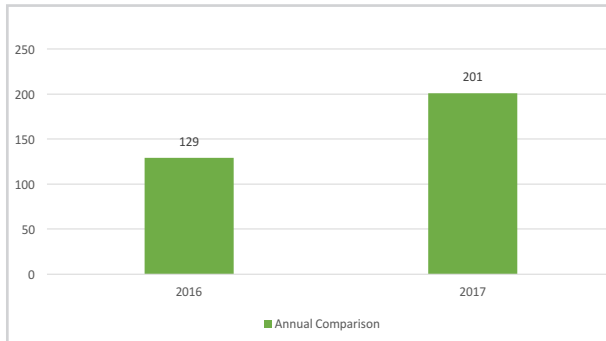


#### ACCOMPANIMENTS

The Court Accompaniment Service had 201 accompaniments for children attending court in 2017. This is a 35% increase from 2016.



**Fig.30: Court Accompaniment Service, Comparison 2016 & 2017**



### PEOPLE SUPPORTED

We supported 446 children, siblings and adults through the Criminal Justice System in 2017. This is 43% increase from those supported in 2016.

**Fig. 31: People supported, comparison 2016 & 2017**

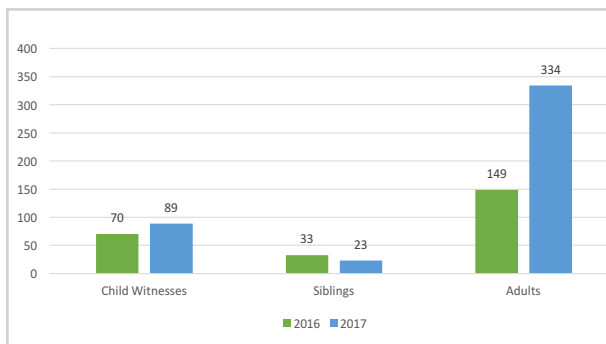
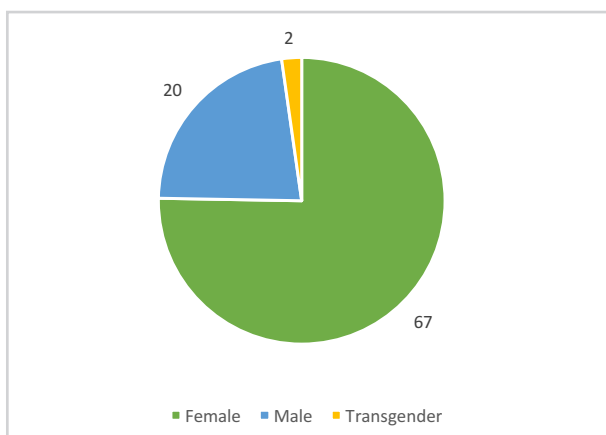


Fig. 32 shows out of 89 direct child witnesses that we provided support through the Criminal Justice System in 2017, 67 were females, 20 were males and 2 children identified as transgender.

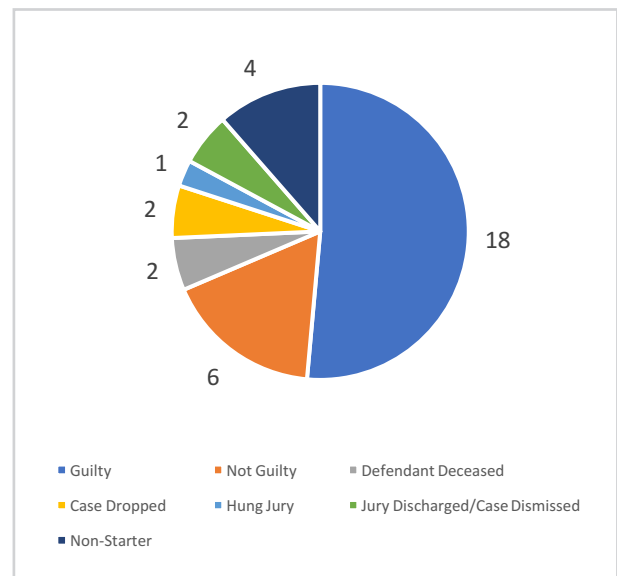
**Fig.32: Gender of child witnesses support, 2017**



### VERDICTS

A total of 35 cases were closed in 2017. There were several different verdicts that came back from these closed cases. The below pie chart, Fig. 26, shows the various different outcomes that show that 51% of the cases that concluded, did so with a guilty verdict this year.

**Fig. 33: Verdicts in 2017**



### FUNDER THANK YOU

The Court Accompaniment Service could not have continued to provide this child centred service in the continued strength that it has without the strong and unwavering support of the Victims of Crime Office.

We would like to especially thank all of those working in the Victims of Crime Office for their continued faith and support in our work. CARI would like to thank the Manuela Riedo Foundation Ireland, who has been a great advocate for CARI's work since 2014.

### Referrers Thank You

We would also like to thank all of those who referred families into our service in 2017 including the DPP, V-SAC, the Dublin Rape Crisis Centre, TUSLA, the Court Services, as well as those families who referred themselves to us.

We would especially like to thank An Garda Síochána who was our largest referral cohort in 2017 showing a 46% increase from 2016.

## DVD STATEMENTS

CARI is delighted to see additional child victims' rights be legislated for through the Criminal Justice (Victims of Crime) Act 2017 (which was developed to legislate for the EU Directive on Victims' Rights) and the Criminal Law (Sexual Offences) Act 2017.

One of the amendments legislated for deals with the age of a child in connection with their entitlement to provide their Evidence in Chief through a pre-recorded DVD statement.

Under the Criminal Evidence Act of 1992, victims aged 14 years and under were entitled to submit a video recording of any statement made during an interview with An Garda Síochána.

This statement can and does currently serve as Evidence in Chief and the child must be available on the day in court for cross-examination. This cross examination can be done through video link if the child is under 18 and wishes to do so.

The Criminal Law (Sexual Offences) Act 2017 has amended this Act to increase the age of witnesses eligible to have their Evidence in Chief provided through a pre-recorded statement from 14 to 18 years of age. CARI welcomes this legislation which recognises child witnesses aged between 15 and 17 with respect to this measure.

As a witness in a criminal trial the only piece of evidence that a victim is entitled to see is their own statement. In cases where this statement is a pre-recorded DVD the child is entitled to either view the DVD or read the video transcript. CARI facilitated a number of children in viewing their video evidence prior to their trial in 2017. We would advocate that this be done in a neutral environment for the child as this can often be an emotional experience.

## SUPPORTIVE AIDS

A large part of the work that we do with children and families is to address and work with the anxiety that comes along with negotiating the Criminal Justice System. Children's dependence status means that children are never worked with in isolation: wherever there is a child there is also that child's support network, which is often the young witness's family, and they bring with them their own anxiety as well. Quite often when our court accompaniment officer first meets the family there are presented with many different layers of anxiety, enmeshed and intertwined with each other.

Children often worry about who they will see in court, if they will be believed. They are often anxious about how they will be emotionally on the day, or if their loved ones will be upset. Sometimes children worry about what the outcome of the trial will mean for their family.

Parents and families will worry about how to tell their child about the process or if their child will be further traumatised by the experience of being cross examined.

When child witnesses are young, both parent and child can become very nervous at the thought of the child and parent being separated in the evidence and cross examination part of the trial. It is here that CARI have found that supportive aids can work wonders.

However, the use of supportive aids is not established practice within criminal proceedings and therefore there is a lot of uncertainty around it. CARI have supported a number of cases where the option to bring a supportive aid of choice into the video link room caused uncertainty.

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## Case Vignette – Jude

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We supported a young child witness through a criminal trial in an interfamilial case. This child had asked if they could have their teddybear with them when they gave evidence. There was concern at the time that the visual of the teddybear would be claimed by the defence as the prosecution trying to highlight the child's vulnerability and therefore inciting bias with the jury. The decision in the end was that the young person could bring it in but to keep it out of sight of the screen.

The final decision was that it was thought that putting the child under that pressure along with the anxiety of giving evidence and being cross examined would be too much. The teddy bear did not go into the video link with the young witness in the end.

Supportive aids can be a powerful way to deal with the anxiety of a criminal trial for both children and their families. When there is a lack of established direction or policy within a system, this can lead to professional uncertainty in decision making.

CARI calls on all relevant stakeholders to address the use of supportive aids for children and provide clear direction so that when the Criminal Justice System is working with children it can do so with certainty and clarity, giving tomorrow's child witness the choice.



*Manuela Riedo  
Foundation*

## Funding

### Charity of the Year

We would like to thank **Michael Wright Hospitality** for nominating CARI again as their Charity of the Year Partner. We are extremely grateful for this Support.

**Limerick's Live 95fm Radio Station** came up trumps again raising an amazing €84,430 for 2017. These much-needed funds were divided between CARI, The Children's Ark and the Neonatal Unit in Limerick.

Our sincere thanks to **Joe Nash Live 95FM's CEO** and broadcaster of Limerick today's very popular show where he has championed the cause to all his listeners throughout Limerick City and county.

A huge thank you to **Julie White Marketing and Sales Manager and Nichola Quinn 95 Stop Tour Coordinator and the entire 95fm team** for the wonderful drivers of this fundraiser. We would like to thank all the people of limerick city and county who played a big role in raising the funds and in raising awareness for our organisation.

A huge thank you to **MYDRUMCONDRA.IE** for their continuous support to CARI.

CARI was once again the beneficiary of the **Watersports Day in Connemara** which was held in August by Patricia Keane and her hard-working committee. It was a great family day out – activities included scuba-diving, kayaking, boat and pony rides and a host of other exciting events.

### Private Trusts – Help For Children Ireland

In 2017 we received ongoing support from **Hedge Funds Care**. HFC provides grants to the most effective and efficient child abuse prevention and treatment interventions in seven countries, making the world a safer place for children.

### Individual donors and Sponsors

CARI would like to thank all volunteers and supporters. Many have taken up challenges in running, walking, cycling and skydiving and all support our work directly and vitally. Others hosted our Easter and Christmas Hamper raffles, coffee mornings, carol singing, 'Lighting Up Christmas' and other community events. Our regular mailshot donors and ongoing donors provide much needed regular income and allows us to plan some developments with greater security.

### Summer and Christmas lunches- highlights in our calendar of events

Hosted by our patron **Miriam Ahern** and supported by **Roz Flanagan** and our in- house team under the leadership of **Patricia Townsend** were as successful in 2017 as previous years. **Alan Hughes** again gave most generously of his time, **M&S and Carmel Breheny** are generous sponsors of these two events. We are deeply indebted.

### Other Special events -Dublin

Huge thank you to **Shane Harnett, Sinead Kennedy and Luke Thomas and The Swing Cats** for making our inaugural **Look Who's Cooking** event such a success.

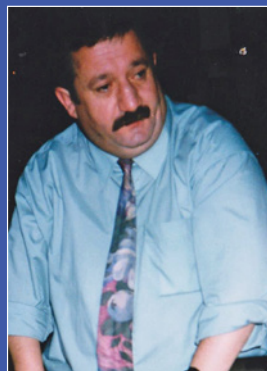
Thank you to **Fiona Rafferty, Lillie's Bordello, Elliot Hughes and The Dingle Whiskey Distillery** for supporting our **Masquerade Party** again this year.

### Limerick Local

We would like to thank **Roger Beck** and his staff for providing us with a retail unit in the **Parkway Shopping Centre** for our **Pop-up Shop** on several occasions. A big thank you to our supporters who popped in to support us and to "CARI" home a bargain.

Many thanks to **Limerick Lions Club, Wings Charities, Wyeths, Analog Devices** and all then other many companies, post Offices, Credit Unions, Bars and Restaurants in Limerick who helped us throughout 2017.

#### IN MEMORIAM JOE GLEESON



We would like to offer our deepest sympathy to the family friends and work colleagues of the late Joe Gleeson who recently passed away RIP. Joe was a very committed CARI

Volunteer and he was shortlisted for national Volunteer of Ireland award. Joe gave of his time willingly for over twenty years and raised a lot of money for us to deliver our many child and family centred services.

May you rest in peace Joe and we are sure that you will continue to shine a light for our children.



CARI Christmas Lunch: Carmel Breheny and Alan Hughes



CARI Christmas Lunch: Mary Byrne



CARI Christmas Lunch: Ciara O'Callaghan and Aisling O'Neill



Chief Executive and presenter Joe Nash and beneficiaries of the Limerick 95 Stop Tour





CARI Summer Lunch: Roz Flanagan, Mary Flaherty and Miriam Ahern



Masquerade Party: Miriam Ahern



Masquerade Party in aid of CARI with The Swing Cats



Look Who's Cooking with celebrity chef Sinead Kennedy

# Statement of Accounts

## Statement of Financial Activities for the year ended 31 December 2017

	2017 Unrestricted Funds	2017 Restricted Funds	2017 Total	2016 Total
<b>Incoming resources from generated funds</b>				
Voluntary Income	€112,276		€112,276	€42,174
Income from Activities	€192,252		€192,252	€201,952
<b>Investment Income</b>	€12,758		€12,758	€9,011
Incoming resources from Charitable Activities	€12,784	€435,605	€448,389	€425,849
<b>Other Incoming resources</b>	€6,500		€6,500	€6,500
<b>Total Incoming Resources</b>	<b>€336,570</b>	<b>€435,605</b>	<b>€772,175</b>	<b>€685,486</b>
<b>Resources expended</b>				
Fundraising	€140,997		€140,997	€137,029
Charitable Activities		€557,212	€557,212	€512,825
<b>Total Resources Expended</b>	<b>€140,997</b>	<b>€557,212</b>	<b>€698,209</b>	<b>€649,854</b>
<b>Gross Income</b>			€772,175	€685,486
<b>Total Income</b>			€772,175	€685,486
<b>Total Expenditure</b>			€698,209	€649,854
<b>Net Income/(expenditure)</b>			<b>€73,966</b>	<b>€35,632</b>

## Note to Accounts

CARI's capacity is greatly enhanced by the support of two CE schemes which effectively double our income. The income and expenditure below related to CARI and four other community projects for whom we supply management and supervision of CE trainees.

The schemes have different accounting periods and are each separately audited. Below is some information from the closest relevant accounting period.

## CE Scheme Statement of Account 2017

Dublin to 27 Oct 2017	2017	2016
Income	€252,720	€285,789
Expenditure	€272,380	€353,505
<b>Limerick to 13 Oct 2017</b>		
Income	€245,771	€294,299
Expenditure	€271,651	€315,264

### Balance Sheetw as at 31 December 2017

	Total 2017	Total 2016
<b>Fixed Assets</b>		
Tangible Assets	€1,120,000	€1,120,000
<b>Current Assets</b>		
Debtors	€42,790	
Cash and cash equivalents	€149,299	€150,781
	€192,089	€150,781
<b>Creditors:</b> Amounts falling due within one year	(€104,730)	(€96,728)
Net Current Assets	€87,359	€54,053
Total Assets less Current Liabilities	€1,207,359	€1,174,053
<b>Current Liabilities</b>		
Creditors		
Amounts Falling due after more than one year	€467,544	€508,204
<b>Net Assets</b>	€739,815	€665,849
<b>Funds</b>		
Restricted Trust Funds	(€175,436)	(€53,800)
General Funds	€915,251	€719,649
<b>Total Funds</b>	<b>€739,815</b>	<b>€665,849</b>



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**CARI (Limerick Office)**  
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**CARI Therapy Department  
(Limerick)**  
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**CARI Fundraising (Limerick)**  
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Email: [fundraising.limerick@cari.ie](mailto:fundraising.limerick@cari.ie)

**CARI National Helpline**  
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