



CARI

Shining a Light for Children

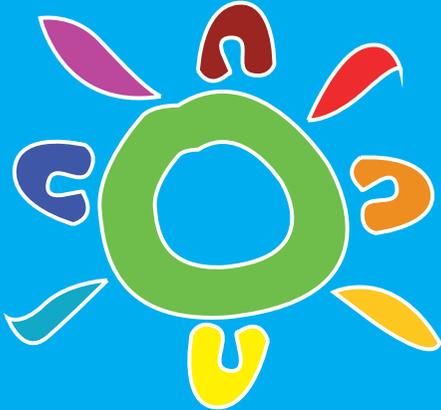
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ANNUAL REPORT 2010

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chairmans remarks



Year of Stabilisation

2010 was a year of stabilisation after the serious cutbacks of 2009. CARI used this time to strengthen the organisation and focus on governance and commence strategic thinking for the next three to four years. With the unpredictable nature of the external environment instability it seemed unwise to plan for any greater period of time. We used the time to review policies and continue to achieve what efficiencies we could.

Governance strengthened

CARI resolved some issues with the Articles and Memorandum of Association with help from Orpen Franks Solicitors. This ensured that historic amendments to the founding articles were recorded appropriately in the Company's Office. The Board will in 2011 look at a more fundamental re-working of the Articles and Memorandum to ensure that CARI is meeting the highest standards of governance. In this year CARI also adopted policies on Data Protection and Internet and other media usage, insuring our Employee Handbook is revised and updated.

Strategic Planning process commenced

With CARI's existing plan coming to an end in December 2010 the Board commenced a process of recruiting some external support to facilitate the development of a new plan. CARI's management, with the support of CSM Consulting commenced this process in Autumn 2010 and the process of consulting stake holders continued into 2011. The work was enriched by the input from a group of former clients. Their response affirms us in our mission and emphasises the importance of our work and the desirability of moving back to growth and development.



Mr Richard P Treacy

Development Review

To that end CARI simultaneously commenced a root and branch analysis of our development function. We sought inputs from a number of respected consultants in the field and work on this will commence in 2011 as the strategic work is more advanced and we are clear about the scale of the funding required.

Statutory Funding Declines

All statutory funding streams declined for the second year with the cuts averaging at around 7%. The Family Support Agency was exceptional in that there was no cut and funding remained at the 2009 level. However it was indicated that this would not be sustained into 2011. Along with other organisations working in the front line with vulnerable children we had campaigned to be ringfenced in the universal cuts being imposed on all spending areas. As the cumulative level of cuts over three years amounts to fifteen per cent the impact is increasingly felt and can only lead to further reduction in services.

I wish to record here my thanks to our CEO, Mary Flaherty, National Clinical Director, Dr Niall Muldoon and all the staff of CARI for achieving so much with reduced levels of staff, working hours and remuneration. It is a tribute to all that so much was achieved in 2010. I also wish to record here my particular appreciation for the voluntary commitment of the other members of my Board who continue to bring their individual experiences and talents to the Board of CARI.

Mr Richard P Treacy

Chairman

ceo's review

2010 was a year of financial calm after the storms of 2008 and 2009. It was a year that allowed CARI time for consideration of policy strengthening and strategic planning, as outlined in the Chairman's Remarks.

It was also a year of major political upheaval which meant that the political momentum that had built up around the constitutional referendum ground to a halt toward the end of the year. CARI worked in the early part of the year with like-minded groups under the banner Saving Childhood to further the case for a referendum.

Insufficient focus on current incidence of Child Sexual Abuse(CSA)

As historical CSA cases continued to dominate the agenda in 2010 quite appropriately, CARI found it difficult to get focus on current incidence of CSA. CARI has, over 20 years of provision of therapy, only received referrals from children abused by non-clerics, a statistic that may surprise, and it is hard to get the same focus on the home and the community where sadly over 90% of abuse occurs. While the current attention to the issue of clerical sexual abuse is totally appropriate and more than justified it is about time that the situation of children experiencing child sexual abuse in other settings gets similar attention.

Ferns 4 – actions awaited

As our National Clinical Director Dr Niall Muldoon highlights in the introduction to his report there continues to be over two thousand new allegations of child sexual abuse made to the HSE every year. Services for children are sadly much less developed than for adults who were abused in their childhood. We pin great hopes on the current work being done by the Ferns 4 Committee which, throughout 2010, considered the needs of this group and have recommended the rolling out of a national service for

children paralleling that available for adults.

Confidentiality of Therapy under threat

In some ways the situation for children and other victims of sexual crimes worsened. There is a marked increase in demands for the therapeutic notes of those who have attended services like CARI's and those provided by the children's hospitals to disclose notes of the therapy sessions. These requests are now coming from the DPP's office whereas in the past these requests came at later stages in the legal process.

This is an issue of great concern to us as the cornerstone of all good therapy is the safety and security given to our clients by the promise of confidentiality. That is even more important when the client is a child who has already suffered at the hands of an adult who has breached their trust. In 2011 we will take an initiative to bring together therapeutic organisations to focus and lobby for action to protect the rights of children and adults who have experienced rape, assault or abuse.

Government Rapporteur shares concern

It is worth here quoting extensively from the fourth report of the Government Special Rapporteur, Mr Geoffrey Shannon, who highlighted this issue in his most recent report, completed in December 2010 but presented recently to the new Government. He states,

"The Irish courts have not considered in any great detail the problems associated with the disclosure of third-party records such as counselling and medical records relating to the complainant, by the prosecution. In other countries such as England and Canada, where there is no appellate review of decisions to allow trials to proceed, persons with a history of sexual abuse



convictions have sought to challenge the lack of proper disclosure of records in order to impugn the fairness of the trial. It is likely that, in light of the reduced numbers of persons seeking prohibition since the decision in *S.H. v. D.P.P.* appeals based on the lack of disclosure of such records will become more common.”

Legislation needed to protect privacy

CARI shares Mr Shannon’s conclusion that “Ireland urgently requires legislation governing the issue of disclosure, and that, in any discussion regarding this issue the response in other jurisdictions should be considered as well as “the need to balance the complainant’s privacy with the accused’s right to a fair trial.” As things stand the Irish legal system is failing children.

“The European Court of Human Rights (ECtHR) has ruled that the Article 8 (European Convention of Human Rights (ECHR)) interests of complainants “are in principle protected by other, substantive provisions of the Convention”, which implies that Contracting States should organise their criminal proceedings in such a way that those interests are not unjustifiably impacted upon. The Court has also ruled that, in appropriate cases, the interests of the defence should be balanced against those of any witnesses or victims called upon to testify,” adds Mr Shannon.

Disincentive to seek and commence therapy

He then goes on to speak of his concern, one shared by CARI, as to the disincentive effect of knowing your private therapeutic records may end up in the hands of your abuser and his legal team in an adversarial court process. This could lead to less people seeking therapy with consequent negative impact on their recovery and increased human and societal cost.

Mr Shannon points out that the public interest may be seriously prejudiced as a result and I quote again from the Fourth Report.

Shape of possible legislation

“Any new statutory framework proposed in respect of disclosure should seek to achieve a balance between the competing interests of the complainant, the public, and the accused in deciding whether non-disclosure is justified. An alignment of the complainant’s privacy interests with the public interest should be sought. One could then argue that the effect of disclosure of personal records is such a powerful disincentive to report sexual offences and to seek counseling or therapy that it seriously prejudices the public interest”.

Mr Shannon also suggests some solutions, essential if we accept as CARI does that the DPP cannot both serve the public interest and adequately shield the complainant from disclosure, vindicating their privacy rights. As stated above it is CARI’s and other therapeutic organisation experience that requests are coming from the DPP’s office on occasions, not as a last resort, but much earlier in proceedings. He goes on to look at the role of The Children’s Advocate in the Canadian legal system.

The Canadian response

“The appointment of a Children’s Advocate is permitted in Canada where it has long been recognised that the disclosure of records in such situations raises serious issues of privacy and equality. Rape complainants are entitled to instruct their own counsel to look after their interests in applications by the defence for recovery of medical and therapeutic records and other confidential papers such as diaries. Canada accepts that “the values protected by privacy rights will be most directly at stake ... where the

maintenance of confidentiality is crucial to a therapeutic, or other trust-like, relationship."

We support Mr Shannon's conclusion "Like Canadian citizens, Irish citizens have the benefit of a constitutionally protected right to privacy. It follows, therefore, that if the Article 8 rights of complainants are to be fully recognised, they must be provided with independent legal representation to protect their interests." As a result of this threat to the limits of our confidentiality CARI will need to adjust our advices to our clients as to the limits imposed by the legal process on our guarantee of confidentiality. We will also need to conduct our own record keeping in a way that acknowledges that limit. This is an extra challenge in an already difficult field of work with hurt and traumatized children.

Ombudsman Emily Logan at CARI launch in April 2010

We were delighted to have Emily Logan Launch our Annual Report. As she goes into her second seven year term she has effectively and consistently used her office to pursue the rights of children and her office campaigns effectively for the development of a child protection system that is at least as good as the international norm. Top of her agenda now, and a priority shared by CARI, is a constitutional amendment enshrining the rights of children which we expect to improve the lives of children at risk in dealings with the law and the state institutions and also within their families where far too much hurt occurs.



Emily Logan, Ombudsman for Children

Minister for Health and Children opened new Limerick centre Oct 2010

CARI Limerick officially opened their centre on the Ennis Road on Friday the 1st of October an event only made possible by the generous support of the JP McManus Pro Am 2005 and the JP Mc Manus Charitable Trust. Smaller grants were also received from The Civil Services Charities Fund, Electric Aid, The Community Foundation of Ireland, Irish Youth Foundation, Pobail, The Ireland Funds and H.S.E. Mid West.

Mary Harney TD, Minister for Health and Children and the youngest member of the Flawless Dance School from Killeely cut the ribbon. The ceremony was also enlivened by music provided by the Girls from Moyross. We were delighted to have Noel Earley of the JP Mc Manus Pro Am 2010 with us along with local public representatives from all parties who have supported the project over the years

The new CARI centre on the Ennis Road in Limerick actually opened in September 2008. It replaced the small, cramped premises in Garryowen which was home since CARI was founded in Limerick in 1993. A big thanks must also go out to the people of Limerick who have supported CARI over the years. The centre offers six fully fitted therapy rooms and caters for clients from Limerick and throughout the Mid West.

- 1 Minister Mary Harney, Minister of State Peter Power, Lord Mayor Cllr. Maria Byrne, Mary Flaherty CEO CARI, Mr Richard P. Treacy Chairman, Jan O'Sullivan TD, and Mary Jackman.
- 2 CARI House Ennis Road Limerick





“Our new CARI House is assisting and empowering children and young people in the region affected by child sexual abuse to claim back their happiness, their innocence, and their bright and strong future,” said Anne Byrnes, the local Senior Development Executive.

CARI’s thanks go to her and to project manager Nora O’Connor, Architects Quinn Savage Smyth and Builder Michael Nash and Co and our Head of Therapy Majella Ryan who made it all happen.

Most importantly our clients locally have expressed delight at the change and feel the new centre is a good place to heal from the hurt of sexual abuse.

Campaigning with and through like minded agencies

With resources under pressure and concentrated on service provision CARI fulfils its advocacy mission through its membership of lobbying groups. The Saving Childhood Group, comprising CARI, Barnardos, One in Four, the Dublin Rape Crisis Centre, CRA, the ISPCC and IAPIC(now EPIC), worked in 2010 to campaign for The Referendum on Children’s Rights and the placing of Children First on a statutory basis. CARI is also a member of The Children’s Rights Alliance and an executive member of NOTA.

In addition CARI comments publicly on issues of relevance to our work with children experiencing abuse by way of press release or by arranging conferences or seminars.

Support of the Statutory Sector

In 2010 55% of our funding came from statutory sources. While the net amount is decreasing year on year its proportion of our income has

increased as other fundraising declines at a faster rate. HSE Northern Area and the Family Support Agency are our major funders, with additional support coming from HSE Mental Health Budget, the Commission for the Support of Victims of Crime and FAS. Further detail is provided in the Accounts Page.

Along with funding we welcome the opportunity to share training and other networking events in an effort to ensure the best possible outcomes for our child clients who remain at the centre of all we do.

CARI’s Philosophy is child focussed

It is therefore good to end by re-stating our philosophy. *“CARI believes that children have the right to a service that respects their freedom of expression and their right to child-centred services. We respect the strength and resilience of children and design our services to build on this strength, enabling children to grow into adulthood defined not by their abusive experiences but by their individuality and creativity.”*

Mary Flaherty
CEO



Mary Flaherty

clinical report 2010

INTRODUCTION

CARI provide services to 20% of serious abuse cases in Ireland.

CARI is operating in a rapidly changing Ireland. Our plans for the future, as will be expressed in our new Strategic Review (2011-2014), will take account of those changes and address their implications for the support of children affected by sexual abuse and for our future role.

Since CARI has a vision and mission statement that calls on us to work with children who have been "affected by sexual abuse" we are drawing our therapeutic clients from all of those cases that are reported to the HSE (average of 2,300 new reports each year) whether they are confirmed or inconclusive following assessment. Thus, despite our best efforts over the years and our pride in offering approximately 2,350 therapeutic hours annually, to over 500 families in the past five years, we are acutely aware that we are only working at the tip of the iceberg. There obviously are a lot more families who need our therapeutic help if CARI can access further resources.

The statistics from the most recent HSE Review of Adequacy in 2008 show that, in that year, from 2,379 initial reports of sexual abuse only 520 were notified to the Child Care Managers following some initial assessment. This allows us to put the 100 families a year that CARI works with therapeutically into perspective, as they represent one fifth of the total number of the serious cases reported to the HSE annually.

National Developments Impacting on CARI

HSE Ferns 4 (Child & Family) Working Committee – Reconvened in 2010
This committee reported and made recommendations to the HSE in

September 2009 based on the following terms of reference:

- To examine the assessment, therapy and counselling needs of children who have been sexually abused and their families, and
- To make recommendations concerning service requirements

This working committee came together again in September 2010, under the chairmanship of Mr. Robert Templeton (from the office of Assistant National Director of Child and Family Services) and it focussed on prioritising some of the 16 recommendations from the Ferns 4 Working Group to ensure their implementation as quickly as possible. The five recommendations which were chosen for prioritization were as follows:

1. Establish a National Steering Committee with a mandate to manage and co-ordinate assessment and therapy services throughout the country; and to have oversight of these services
7. Establish a co-ordinated management structure, including experts in this field between the HSE and the Gardai, in relation to the interviewing of children, that reflects a positive, child-centred, interagency approach
8. Establish more assessment services in the community to cater for the ease of access, which is a vital element of this new national strategy
9. All children who require access to therapeutic services should be linked to a free therapeutic service as soon as possible after assessment
14. Establish an integrated dataset for sexual abuse covering all HSE services. There should be a link to the Gardai, the Court Service, the Prison Service and Probation; with a unique case identifier where a case could be tracked from the point of entry to final outcome.

NOTE: Numbers are as in the final report of the Ferns 4 Working Group.



The work in 2010 was focussed largely on determining the legality and governance of its remit and whether or not it met the criteria for a “National Steering Committee” as stated in recommendation number one. That matter was still ongoing in 2011 but a lot of behind the scenes activity meant that the context of our work was changing because of a) the setting up of a post within the HSE of National Director of Children and Family Services and b) the establishment, by the new Government, of a Department of Children and Youth Affairs.

It is hoped that in 2011 a formal National Steering Committee for children and their families who have been victims of child sexual abuse will be established by Mr. Gordon Jeyes (National Director of Children and Family Services) to assist and guide him with expertise based on international best practice on assessment, therapy and medical services. CARI would be delighted to participate on such a Committee and would be determined to make a very positive contribution to its workings with the ultimate goal being to provide a better national service for children affected by sexual abuse.

CARI and Parents – Hand in Hand to Help Children Recover

By virtue of our mission statement, to work with children “affected by sexual abuse” CARI regularly finds itself helping in some of the most complicated and difficult cases possible as they are quite often where the clinical assessment by the statutory agencies have been inconclusive. This often leaves the family in disarray and neither the parent nor the child knows what to think or how to move on from the original disclosure. They have clearly been affected by sexual abuse but not to a sufficient extent that a professional can conclusively state that it happened. It is these cases were

the CARI methodology of working simultaneously with the parents and the children is vital.

Parallel Working

The CARI way of working has always acknowledged the limited role a therapist can have in generating change within a child. That is, we have consistently focussed our work on both the child and the parents/caregivers so that neither party is at a loss as to what is going on within a CARI session. The aim is to allow the child to have a safe, supportive and therapeutic space within which to come to terms with whatever abusive event they experienced and simultaneously we will be working with the child’s parent to allow them explore and understand their role in the child’s recovery.

This parallel approach is borne out of the knowledge that by only working with the child the parent is often left unsure and unclear about what they need to do to best help the child and often this leads to major misunderstandings between the two. We are also very cognisant that a parent may be dealing with a lot of personal feelings as a result of the abuse of their child, and while CARI does not provide therapy, the parent is allowed to express any issues they feel may be interfering with their ability to support the child. Issues such as anger, guilt and shame on the part of the parent could very seriously impact on the way they can deal with their child’s pain and through our parallel work we can help many parents to acknowledge and work through these emotions.

Open, Honest & Clear Communication Leads to Positive Outcomes

The parallel approach is also very clearly communicated to both the parent and child by CARI’s use of “check in” and “check out” periods within the



sessions. These are short periods at the beginning and end of each session where the child, their parent/caregiver and their respective therapists are present to discuss what has happened since the last session and then to talk about anything that has gone on during this session. This process allows everyone the opportunity to be honest and to raise difficult topics in a safe space so that they know that no matter how difficult it is they will be kept safe and supported by the CARI therapists. Safety is further enhanced by the therapists discussing what needs to be said at the “check out” period prior to going into it – thus offering both the parent and the child control of what is to be discussed. On certain occasions some topics may have to be raised by the therapist despite reservations by the child or parent but even in this case there will be discussion and negotiation around how it might best be approached.

This way of working aims to improve open communication, reduce secrecy and provide for a more positive parenting support for the child who has suffered great harm. This approach acknowledges that 1 hour of therapy can be greatly enhanced by the positive parental support in the following 167 hours in the week. We have seen many positive outcomes from this work and, despite the huge levels of work that may be needed both parent and child can see the benefits of this joint approach for the overall well being of the parent child relationship.

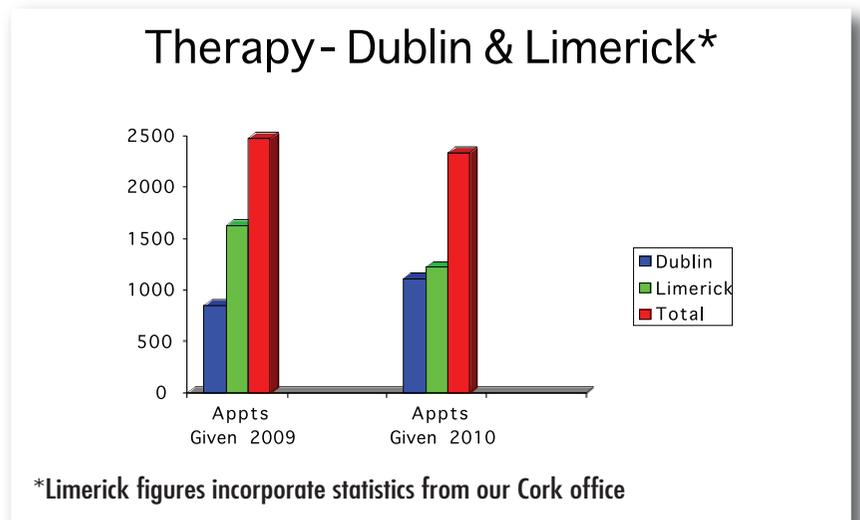
THERAPY

2010 Statistics

Limerick & Cork 2010 total number of appointments given
(Therapy and Advice Appointments) = 1217 (down 25%)

Dublin 2010 total number of appointments given
(Therapy and Advice Appointments) = 1113 (up 24%)

Total for 2010 = 2330 (6% drop from 2009)



While the overall figures here show that there was a small drop (6%) in the number of therapeutic hours offered in 2010 this can be explained through a more detailed look at the statistics from each of the three centres.

The Limerick downturn of 8% was very much expected since we had to make one of our therapists redundant near the end of 2009 due to



financial restraint and the centre has been operating on that lower level of staffing since then. However, the Cork downturn of 18% is more worrying and there is no clear rationale behind it. However, we have a number of initiatives put in place for 2011 which we hope will help to grow the numbers again over the next few months.

In a more positive mode these figures show that Dublin (up 24%) is operating at a whole new level since the start of 2010 thanks to a full team being in place for the first time in a number of years. This increase in output is also as a result of a new approach to managing our Waiting List whereby each child and family added to this list are met to offer support as quickly as possible even if the actual therapeutic engagement may take some time to initiate. The Dublin centre has also benefited from improved relationships with referring agents such as the HSE, Assessment Units in Temple Street and Crumlin Childrens Hospitals and the Sexual Assault Treatment Unit in the Rotunda Hospital.

Overall, I believe that these are very positive figures coming on the back of cutting the staff levels to the bare minimum in 2009 and I also believe that we can now assume this is the stable level of activity and begin to plan from there. On the back of these figures I want to take this opportunity to thank the excellent team of therapists working within the CARI centres. They have, once again, shown themselves to be a group of dedicated, flexible and compassionate professionals who consistently give of their energies to offer therapy and healing to the children and families we serve. On behalf of the children who have been the beneficiaries of this work may I say "Thank You".

"[Therapy] gave me the tools and ability to deal with what is happening" - CARI client

HELPLINE

Helpline Bridges a Wide Gap in Knowledge and Support

The SAVI Report (2002) stated that of those adults, who told someone about their abuse in childhood, 76% of disclosures were to family or friends. Our Helpline aims to help those parents/carers who have just discovered their child has suffered this terrible injury. With over 1,400 calls this year and with mothers making up the majority, we know we are reaching the right population. This service allows those parents to begin to come to terms with and understand what it is they are facing now that their child has courageously come forward with such a devastating piece of information. The Helpline is also the source of much practical information and support for parents (and often professionals) when they need to find out who to contact, what their rights are and who is best placed to help them in their particular circumstances.

"I have phoned a number of times over the past few months and wanted to thank all the staff for their support and advice...I felt encouraged....[my] relationship with my daughter has grown stronger." - Helpline Caller 1

"I did not feel judged and the Helpline operators were a great support to me" - Helpline Caller 2.



2010 Statistics

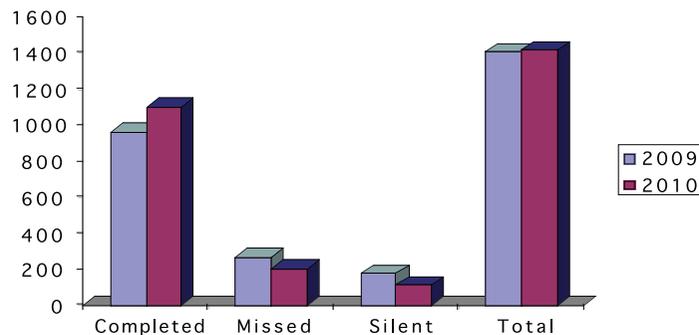
13% Increase in Completed Calls for 2010
35% Decrease in Silent Calls for 2010
24% Decrease in Missed Calls for 2010

Total Calls in 2009 = 1404 (11% increase on 2008)

960 Completed calls
177 Silent Calls
267 Missed Calls

Total Calls in 2010 = 1417 (1% increase on 2009)

1102 Completed calls (13% increase)
114 Silent Calls (35% decrease)
202 Missed Calls (24% decrease)



TOTAL HELPLINE CALLS IN 2010

These figures show a total increase in calls of 1% (12% increase over the past two years) but the really important story is in the details. That is, we have increased our number of completed calls by 13% and reduced both Silent and Missed Calls thereby clearly improving our service to all those who sought to use the Helpline in 2010.

Since the CARI Helpline is often the very first port of call for distressed parents (especially mothers) and concerned relatives and professionals. I am delighted to be able to announce a 13% increase in completed calls for 2010. This is a clear indication of the huge work that has gone into ensuring that every caller is met with a prompt and appropriate service by our professional and enthusiastic operators. I also want to acknowledge the success of a new initiative for 2010, that is, the use of volunteers on the Helpline for the first time. This was a pilot programme and allowed us to offer greater coverage of break times and lunchtimes so that we did not have to resort to putting on the answering machine as much as might previously have been the case. Each of the volunteers received extensive on the job training and were subject to the same high level of supervision so that the service they offered to our callers was in no way compromised due to their voluntary status.

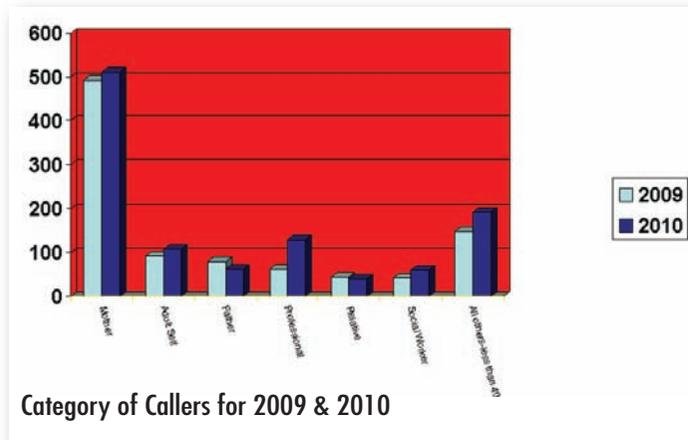
I would like to acknowledge the Helpline Team Leader and each and every one of the Helpline team (paid and voluntary), for the huge efforts they have made in improving the overall quality of the service we provided in 2010 and above all for increasing the number of completed calls this year. This particular achievement means that 13% more callers were able to fully avail of the great asset that is our Helpline and ultimately to aid the cause of child protection.



CATEGORY OF CALLERS for 2009 and 2010

2009 Major Categories of Caller = Mother (493); Adult Self (92); Father (79); Professional (62); Relative (44); Social Worker (42); All others – less than 40 (148)

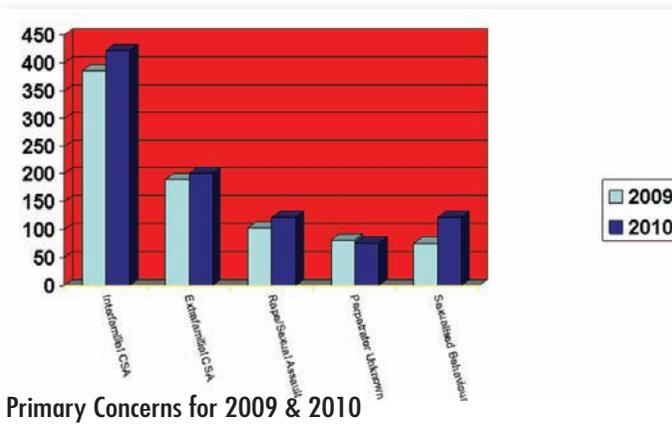
2010 Major Categories of Caller = Mother (511); Adult Self (108); Father (62); Professional (129); Relative (41); Social Worker (60); All others – less than 40 (191)



PRIMARY CONCERNS for 2009 and 2010

2009 Major Primary Concerns = Interfamilial CSA (386); Extrafamilial CSA (190); Rape/Sexual Assault (103); Perpetrator Unknown (81); Sexualised Behaviour (76).

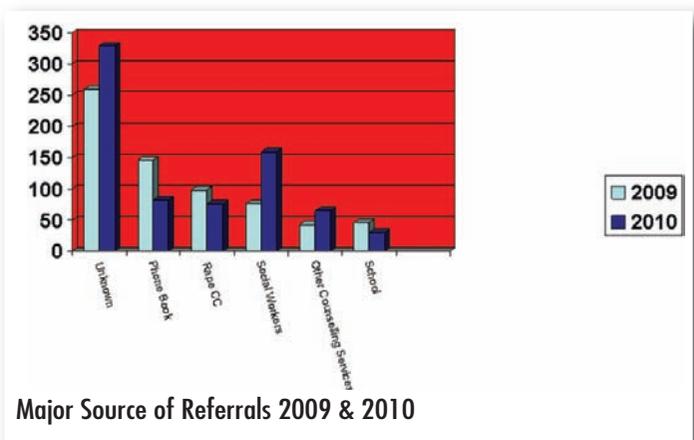
2010 Major Primary Concerns = Interfamilial CSA (422); Extrafamilial CSA (200); Rape/Sexual Assault (123); Perpetrator Unknown (76); Sexualised Behaviour (122). (NOTE: Sexualised Behaviour increased by 38% since 2009: Rape/Sexual assault increased by 17%; Interfamilial CSA increased by 9%; Extrafamilial CSA increased by 5%)



MAJOR SOURCE OF REFERRALS for 2009 and 2010

2009 Major Sources of Referral = Unknown (259); Phone Book (146); Rape CC (99); Social Worker (76); School (46); Other Counselling Services (42)

2010 Major Sources of Referral = Unknown (329); Phone Book (82); Rape CC (75); Social Workers (159); School (30); Other Counselling Services (68)





COURT ACCOMPANIMENT AND SUPPORT SERVICE (CASS)

This year was another one of consolidation in that we have endured stringent cuts to our funding for this service but yet we have managed to maintain the same level of service to the child who needs our assistance while attending court. This service continues to provide vital support to children and teenagers who find themselves before the courts as witnesses to crimes, whether perpetrated on them or others. We remain determined to offer these direct clients the facility to have a knowledgeable, supportive adult to help them during this trying and stressful time. In 2010 we helped 10 children and teenagers who were providing evidence to the court but in addition to those children and teenagers the support also helped their parents, carers and siblings so that the total of people helped by CASS in 2010 was 34.

The CASS officer was involved a range of direct meetings and telephone conferences throughout the year in order to bring this service to as many individuals as possible and at this point I would like to thank all of those other agencies who linked in with us over the year to make referrals and assist us in providing the service. Those agencies include the Court Service, the DPP, the Court Support Service, the Gardai and Social Workers from within the HSE. We look forward to building upon this strong platform of awareness and trust about our service for the year 2011.

“We will never forget the huge support we received from CARI....never underestimate the amount of good you do and the impact it has on peoples lives” - Mother of CASS client

TRAINING & EDUCATION

Increased Incidence of Sexualised Behaviour – Moving Toward a Solution

For many years now CARI has been highlighting the ever growing numbers of referrals that have been coming to us with the request to assist a child, 12 years or younger, who is displaying some form of inappropriate sexual behaviour. Since 2008 calls to our Helpline around this issue have increased by 140% and now represent nearly 10% (N=122) of our total calls-and we are seeing a continuation toward more growth in 2011.

Information Booklet Produced

We have been striving hard to find a way to make a meaningful intervention in this area and while we continue to accept referrals for children under 12 who display such sexualised behaviour we were very aware that prevention and appropriate early intervention (by parent or carers) was a much more practical and long lasting intervention. To this end, in 2008, we entered into collaboration with Mr. Kieran McGrath (Childcare and Social Work Consultant) who was formerly Assistant Director within St. Clare’s Unit of Temple Street Childrens Hospital. Together we developed a booklet that seeks to give clear information and guidance to all who need it. Initially it provides a very useful and clear outline of behaviours which may be encountered, ranging from those normally expected to those causing gravest concern. By using a colour coding of the behaviours we sought to make this very accessible. The booklet provides a shared language for discussion with children and those involved in intervening to manage and hopefully correct such behaviour.



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The booklet, which is called **“Understanding & Managing Sexualised Behaviour in Children & Adolescents - Guidelines for Parents & Carers”**

is designed to be user friendly and to offer parents and carers a reference point to determine whether their child’s behaviour is appropriate or not. Kieran states it best in his introduction when he says:

“This booklet is designed to give parents and carers information that can guide them when dealing with this, potentially, very tricky issue. The approach is at all times to be proportional to the situation and the individual needs of children and young people. It is also mindful that the old expression “an ounce of prevention is worth a pound of cure” is very apt in this particular area. Intervening quickly and proportionately can prevent a much more serious problem from developing later. Sometimes inappropriate sexualised behaviour may be an indication that a child is being abused by someone else. At other times there may be an emotional problem behind a particular type of behaviour which needs to be addressed. Either way it should not be ignored.” (pg. 3)

Launch of Booklet

We were delighted to be able to launch this booklet in October 2010 within the fabulous surroundings of the Oak Room of the Mansion House and we want to thank the Lord Mayor very much for his kind sponsorship of this venue. We were also pleased to have a very big audience of concerned

individuals and organisations such as ISPC, Barnardos, Dublin Rape Crisis Centre, One in Four, Northside Inter Agency Project, St. Clare’s and St. Louise’s Assessment Units. All of the audience on the day were very complimentary of the booklet and a number of speakers reiterated the strong need for such an initiative.

There was too praise for the way in which CARI have made the booklet available FREE OF CHARGE by placing a PDF version of the document on our website at www.cari.ie (http://www.cari.ie/cari_news-page.html) so that any interested individual or organisation can access it quickly and without expense. This has been shown to be a hugely important decision as the feedback from our website shows a large number of downloads to a very wide range of individuals from Foster Parents, Social Workers, Teachers, Psychologists and Parents. As a result of all of this interest a series of Training Days have been arranged for 2011 to cater for the increased demand from people to learn about how best to cope with this growing phenomenon.

Booklet Goes International

Finally, we are delighted to report that this booklet is also in the process of being translated for use in Spain and it is hoped that this initiative will be complete by the middle of 2011. It is important that I take this opportunity to say a very big thank you to Mr. Kieran McGrath for all of the work he has put into this project and the guidance he has given us in its roll out.

Outreach to Schools around Leinster (Parents, Children and Staff)

In 2010 we made a concerted effort to try to do as much outreach work as possible to help fulfil our mandate to promote an understanding among professionals of the dynamics of child sexual abuse. Therefore, through

- 3 Kieran McGrath
- 4 Niall Muldoon
- 5 Launch of Booklet



the hard work and dedication of the Helpline team, we have managed to provide outreach information and training to a range of schools and voluntary organisations across Leinster. This work has seen us interact with and inform approximately 600 people (parents, volunteers, teachers and children) about the issues of sexual abuse and how CARI can offer assistance in this area. I want to thank all of the Helpline staff for their great efforts in this area over the past year as it is invaluable to be able to offer such a service to the hundreds of people who seek it from us.

Lecturing at Doctoral Level

In 2010 two members of the CARI staff lectured in Trinity College Dublin on issues such as child development and therapy, group therapy and adolescent therapy to students completing the Doctorate in Counselling Psychology. CARI has been very happy to support this scenario as it ensures that the staff members are consistently updating their knowledge and their presentation skills so that their lectures are always of the highest calibre. This has the very positive side effect, for CARI, that our staff are fully attuned to all new theory and thinking in their work. This has proven to be a very beneficial collaboration for the staff, the course, and for CARI as it has also led to the setting up of a pilot project whereby, in 2011, CARI Dublin will offer a trainee position to a student from that course. While trainees have been facilitated previously in Limerick, this will be the first time that such a position has been offered in Dublin and it is a very exciting development.

RESEARCH INITIATIVES

Evaluation of Closed Files

An evaluation process was begun within CARI to set up a data base from the closed cases and this database will serve a number of important

functions. It will help us as an organization to quantify the services we have provided to date. It will tell us more about the people who avail of CARI's services: who they are, where they come from, their age and gender, who refers them to our services and why, what interventions are provided, and what the outcomes are in each case.

The data will help us get a comprehensive and cumulative overview of what our organization has accomplished over the years. It will also help us to identify (and quantify) patterns in relation to the needs we are trying to meet, relative to the services we are providing. This will help us to evaluate our current practice, and to plan for the future. In 2010 we carried out a Pilot Project looking at 15 files so that we could properly set up our data gathering methodology and determine the level of work required to carry out the project with regard to the past five years of cases. That work is ongoing in 2011.

Doctoral Research at Trinity College Dublin

As part of our commitment to research in 2010 we were delighted to assist with facilitating work by Dr. Sheila Boland who completed her Clinical Psychology training in Trinity College, Dublin by doing her thesis on the Fathers of children who have suffered sexual abuse – it was called “Managing and Maintaining Fatherhood: Fathers’ experiences of their child’s sexual abuse disclosure”. This work aimed to address the absence of fathers in childhood sexual abuse research by developing an initial theory of fathers’ experiences of his child’s disclosure of sexual abuse. A Grounded theory method was used to generate a substantive theory from interviews with eight fathers who were recruited from two child sexual abuse services in Ireland. Data analysis generated the core category, “Managing



and maintaining fatherhood.” The related categories outlined that father’s experiences were driven by social constructions of fatherhood and masculinity, disclosure was perceived as a threat to these identities and was exacerbated by external factors. Fathers struggled with integrating their emotional experiences into the fatherhood role in order to protect and help his child. Findings were related to extant literature and implied that clinical services have a key role to play in empowering fathers to continue in their valuable supporting roles whilst also helping fathers to integrate emotional experiences through the acceptance of more flexible identities.

MULTI-AGENCY COLLABORATION

At this time of greater austerity and uncertainty for all in the voluntary sector, we at CARI have been eagerly entering into discussions with a range of like minded organisations to determine how we might assist each other in our common goals to provide a better service to our clients. Following is a selection of some of the collaborations that have happened in the past year.

- **Memo of Understanding with ReachOut.com**

ReachOut.com is a service dedicated to taking the mystery out of mental health. It aims to provide quality assured mental health information and inspiring real life stories by young people to help other young people get through tough times. Over the past year we have had a number of meetings with them in order to assist them in building up a library of information around the area of sexual abuse. This information is then offered to the service users who interact with ReachOut.com and need assistance or guidance around this issue. We are very proud to have generated a Memorandum of Understanding with ReachOut.com so that we can offer our expertise

and knowledge to a much wider population of young people who may be struggling with how to come to terms with and understand this difficult topic. We look forward to continuing our work in this area and to building up our collaboration with ReachOut.com

- **Closer links with St. Clares Assessment Unit, Temple Street Childrens Hospital, Dublin**

Following a number of years of ongoing discussions CARI and St. Clares Unit (who provide assessment of sexual abuse cases in the North Dublin area) from Temple Street Childrens Hospital agreed to do a joint symposium at the Psychological Society of Ireland in November 2010. The symposium was entitled “Contemporary Issues in Working with Child Sexual Abuse” and involved the generation of five separate papers by staff across both agencies to be offered across a two hour time slot. These papers ranged from “Public-Private partnership in Child Abuse Services. Is the system meeting the child?” to “Vicarious Resilience in the lived experience of professionals working in the area of sexual abuse” and “Managing and Maintaining Fatherhood: Fathers’ experiences of their child’s sexual abuse disclosure”.

This symposium was very well received by all who attended and it helped to showcase not only the great work being done by both agencies but the huge overlap there is between the two. It is the latter element that proved vital because it has led to much more open and regular dialogue between the agencies - a very positive development for all of the children who pass through both of our doors.



- **Joint presentation with Avoca Counselling Service at the 10th Anniversary Conference of the National Counselling Service – Transforming The Shadows**

Following on from work initiated in 2009 CARI was involved in a joint presentation with the Director of the Avoca Counselling Service (part of the National Counselling Service for adult survivors of sexual abuse), Ms. Rachel Mooney. This presentation was entitled Clinical Challenges following publication of the Ryan Report and took place at their 10th Anniversary Conference in Dublin Castle on 14th September 2010 and involved putting forward our respective to the Ryan Report – 1 year on. This was an important partnership as it allowed us to showcase a lifespan approach to interventions following sexual abuse from childhood through to adulthood. While it was a big honour to present at such an important conference and to reach such a big audience, one of the most important benefits of this collaboration was the mutual learning and increased respect for both parties gained through the many hours working on the presentation. It was certainly a very worthwhile exercise and one which I would be delighted to engage in again.

- **Links with 1Life and Console**

During 2010 a number of initial meetings were held at both CEO and Clinical Director with Console (which supports people in Suicidal Crisis and those Bereaved by Suicide through Professional Counselling, Support and Helpline Services) and 1Life (a dedicated 24 hour freephone national suicide prevention helpline) to determine whether or not we had areas of overlap, or gaps, where we could assist each other to provide better services to our respective client groups. Those

talks are ongoing and it is hoped that in 2011 we will provide training for each others staff around each agencies area of expertise.

- **Blue Box in Limerick**

CARI Limerick has forged strong links in 2010 with another voluntary organisation in Limerick, Blue Box who provides creative therapies to children in school settings. There has been an environment of co operation developed between the organisations. Majella Ryan (CARI Head of Therapy in Limerick) has provided training and consultancy to the therapy team and the supervisory committee of Blue Box. Antonia Brown from Blue Box was on the CARI interview panel for a recent recruitment. We also cooperated on a joint fundraising concert during the year, which was a great success.



Dr. Niall Muldoon

fundraising 2010



CARI FUNDRAISING HIGHLIGHTS 2010

Introduction

CARI's fundraising teams in Dublin and Limerick would like to say a big thank you to all who contributed in whatever way to supporting our events and appeals in 2011.

The recession has impacted very significantly on the income from all our events but your support has allowed us to maintain services at existing levels throughout 2010.

Each year we try to devise a mixed program of events, challenges and direct marketing. Fundraising by and in the community is increasingly important in these recessionary times as are employee fundraising schemes. We welcome ideas comments and criticism of our efforts and look forward to your continuing support in 2011.

We also wish to acknowledge our CE and JI colleagues who work hard all our activities.

Carole Moran and Patricia Townsend,
Eastern Region, Dublin

Anne Byrnes and Nora O Connor,
Western Region.
Mary Flaherty CEO.

CARI's CHARITY PARTNER 2009-2010



In 2010 we continued with our Charity of the Year Partnership with EUROSPAR which had commenced in mid 2009. This was theirs and our first major Charity Partnership. We had set ourselves a target of €100,000 and by December 2010, it was looking a very likely achievement. Money raised came primarily from public donations in collection boxes in each of the 44 EUROSPAR shops throughout the length and breadth of Ireland, but alongside this EUROSPAR also donated money through sales of own brand products and bottled water.

At Christmas we had special events including a Children's Colouring competition for tickets to the Pantomime Night. The sale, entirely for charity, of the LUV Teddy (of 'The Apprentice' fame) worked especially well. Working with such a professional and committed team has been a great experience for CARI. At time of going to print we know that we exceeded the target and the total sum achieved was close on €110,000.

THE HALLELUIA GOSPEL CHOIR

The Choir have supported us continually since 2008 and have chosen us as their Charity of the Year for another year in 2011.



- 6 Colouring competition with CARI CEO Mary Flaherty and Alan Hughes
- 7 Cheerios Panto
- 8 Halleluia Gospel Choir



ELSEVIER

We received a grant for €7,471.41 from Elsevier a local company who have been supporting CARI for a great number of years. This grant was made through their head office in America. In addition the staff, based locally, do a fundraising event each year and half of the total they raise is given to CARI.

SPECIAL EVENTS IN 2010

CHARITY SOCCER MATCH IN AID OF CARI - JOHN ALDRIDGE XI V FRIENDS OF CARI MAY 2010.

John Aldridge and his legends team including Jason McAteer, John Boyd, Kenny Cunningham, John Mjallby, Jan Molby and many more, entertained a bumper crowd at Tolka Park on Saturday 8th May 2010 in aid of CARI. Aldridge pitched his side against a team of CARI supporters known as Friends of CARI. Both sides entertained those in attendance with some magical moments. It was a great day for children and families, the kind of event CARI loves to be part of.

LIVING IN A WINDOW FOR LIMERICK KIDZ - LIMERICK 95FM'S MARK WHELAN

A very different event was held in Limerick in September. Mark Whelan, Breakfast Presenter, Limerick's Live 95 FM, "lived" in the window of Brown Thomas for 95 hours to raise funds for CARI and The Children Ark Unit,

Regional Hospital. A number of personalities in Limerick took part in cycles, waxing, singing, magic and lots more to raise as much as possible in 95 hours.

The Hero of the event was Mark Whelan who admitted that while he enjoyed doing it for charity, it was very hard mentally to stay in a window for 95 hours! This event raised over



€15,000 for CARI and discussions are well underway for next year's event.

CARI CHALLENGES – national and international! CHINA TREK

The Great Wall in China provided this years challenge. A group of thirteen took to the "Wall" on behalf of CARI accompanied yet again by our intrepid CEO Mary Flaherty who was notching up a sixth trek.(3rd from right) A huge challenge and feat as it included remote and dangerous sections of the wild wall.

Some of the participants were taking on their second or third challenge on behalf of CARI. As usual the trek was a great success raising much need funds.

One repeat trekker, Charles Glass, is a long standing supporter and fundraises relentlessly each year on behalf of CARI. Charles, who is over seventy years young is pictured above on our China Trek, and below in Peru, his fifth international challenge, all of which he completed with enviable ease. During our Easter and Christmas events he is always available to lend a hand if need be and attends fundraising events whenever possible.

TRIATHLON

Donal Lawless nominated CARI as the beneficiary of his fundraising efforts by taking part in a Triathlon on behalf of CARI, and was our first volunteer for this style of event, involving cycling (see pic), running and swimming.





- 17 Flora Women's Mini Marathon Dublin
- 18 Yvonne Keating, Brian Kennedy, Paul Byrom, Cecelia Ahern and Georgina Byrne
- 19 Alan Hughes, Miriam Ahern and Debbie O'Donnell
- 20 Panto Night

KILIMANJARO FOR CARI

Philip Byrne is also a long standing supporter, personally donating, but also taking part in bespoke challenges and events in aid of CARI. Not only did he join us on our International Trek to Peru in 2009, pictured below in the centre in white, but he took it one step further and arranged an open challenge to Kilimanjaro in 2010. Phillip continues to support us and hopes to scale another peak for CARI's child clients in 2011.

THE GREAT LIMERICK RUN AND LIMERICK MINI-MARATHON

This was the first year of The Great Limerick Run. A large volume of people took to the street for this marathon. We had a number of participants who took part to raise funds for our local centre. We have a number of participants who take part in the Mini Marathon every year to raise funds for our Limerick centre. As we work hard in adding to our numbers every year we also had a number of new participants. Almost €12,000 was raised through these events for our local services.



FLORA WOMEN'S MINI MARATHON – BANK HOLIDAY MONDAY JUNE 7TH 2010- DUBLIN

Another great day for CARI with teams of women turning out to run, jog or walk in aid of CARI. Ciara O'Callaghan, aka Yvonne Doyle, Fair City again was the face of CARI for this event. A huge thank you goes to her, to all our participants and to The Duke Bar in Duke Street for their ongoing support over the last five years in hosting our pre and après events.

CARI ANNUAL EVENTS CALENDER

CARI SUMMER LUNCH - MAY

Miriam Ahern hosted the CARI Summer Lunch in Cruzzos Restaurant, Malahide on the 7th May 2010. The afternoon began with a champagne

reception sponsored by Gilbert & Wright of Malahide. Guests enjoyed a gourmet Lunch followed by live entertainment by top singer and performer Paul Byrom. The charismatic Alan Hughes from TV3 was the MC for the afternoon.



Lunch 2010 - Alan Hughes, Miriam Ahern and Debbie O'Donnell, Yvonne Keating, Brian Kennedy, Paul Byrom, Cecelia Ahern and Georgina Byrne

GALA CHARITY PANTO NIGHT - DECEMBER

The first CARI Charity Pantomime night was held on the 23rd December 2010 in the Tivoli Theatre. Our patron, Miriam Ahern, took to the stage this year along with the cast in a production of 'Beauty and the Beast' written by Karl Broderick. Alan Hughes, who returned to the stage in the role of Sammy Sausage, was delighted to meet all our supporters on the night. This event will now be an annual event and CARI is especially pleased to have a first class children's activity in its events calendar.





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CARI ANNUAL BALL - NOVEMBER

Not only was CARI's one of the few Balls not cancelled this year's ball was sold out and a great success. It took place on Saturday November 13th at The Shelbourne Hotel hosted by patron Miriam Ahern. The evening commenced with a champagne reception kindly sponsored by M&S, after which guests enjoyed a four-course meal with delectable wines. Alan Hughes was the MC for the evening. Guests were entertained by top Irish band 'The Party Kings', and dancing went on into the small hours.

- 21 L to R, Mark Walsh, Mary Quinn, John Elliot, Linda O'Shea-Farren, Brian Farren and Hilary Walsh.
- 22 Tara O Connor and Xpose's Debbie Mc Donnell.
- 23 Cecelia Ahern, Miriam Ahern and Lisa Duffy
- 24 Sean and Patrica Sanford
- 25 John McKibbin, Miriam Ahern and Jonothan Sultan



COMMUNITY FUNDRAISING CONNEMARA'S WATERSPORTS DAY 2010

Thank you to Patricia Keane and her committee for nominating CARI once again as the recipients of Watersports day which was held on Sunday August 15th.

It was a great family day out – activities included scuba-diving, kayaking, boat and pony rides and a host of other exciting events.



EASTER BASKETS

We placed 110 Easter Baskets in hotels, bars, shopping centres and post offices throughout Dublin and Limerick. The total raised from the Easter Baskets was a whopping €25,000.

AWEAR

The staff of Awear Limerick have supported our centre for a few years by allowing our staff to collect in their store for a weekend.

DIT AUNGIER ST BUSINESS SCHOOL

Thank you to Tom Cooney and his Business Class of 2010, who organised various events in aid of CARI. Students undertook to organise events from scratch learning valuable skills in marketing and PR and raised much needed funds for CARI on the way.

DRUMCONDRA BUSINESS INITIATIVE

Thanks to Drumcondra Business Initiative, for their ongoing support.

DCU DEVILS

DCU Devils Rugby Team sang their hearts out for CARI in Omni Shopping Centre in December 2010. The Devils have nominated CARI as their chosen charity for 2011.



- 26 Water Sports
- 27 Water Sports
- 28 DCU Devils

statement of accounts

For year ended 31st December 2010

	2010	2009
Income, Donation, Grants, Services		
Total	€777,138	€749,548
Fundraising Events		
Total	€166,249	€256,888
Expenditure		
National Expenditure	€942,720	€993,265
Total	€942,720	€993,265
Deficit/Surplus on Ordinary Activities	-€667	€13,171
Balance Sheet As at 31st December 2010		
Fixed Assets		
Tangible Assets	€1,972,847	€1,972,847
Current Assets		
Bank	€129,214	€42,249
Debtors & Prepayments		
Total	€129,214	€42,249
Current Liabilities		
Creditors (Amount failing due within one year)	€159,983	€77,155
Net Current Assets/Liabilities	-€30,769	-€34,906
Total Assets less Liabilities	€1,942,078	€1,937,941
Creditors (Amounts failing due after more than 1 year)	€915,466	€911,995

Revenue & Reserves

Accumulated Surplus	€1,025,946	€1,026,612
Total	€1,942,078	€1,937,941

Grants

Grants were received from the following

STATUTORY

HSE	€174,559	€268,498
HSE Mental Health Services	€93,100	
Family Support Agency	€169,300	€169,300
Department of Health and Children	€40,000	€15,000
Commission for the Support of Victims of Crime	€30,000	€64,000
FAS	€16,542	€13,416
Total	€523,501	€548,214

CAPITAL GRANTS For Purchase/renovation of buildings

NON STATUTORY

Dublin Bus		€1,000
People in Need		€20,000
Community Foundation of Ireland		€1,000
The Body Shop		€3,572
Elsevier	€11,461	
A.I.B. Better Ireland Awards	€8,000	
Total	€19,461	€25,572



CARI also benefits from FAS support via our two CE schemes and JI part-funding for five posts in CARI. These funds are accounted for separately to FAS and have a different accounting year. Only a net material grant of €16,542 is visible in our accounts.

The value of the FAS support is substantial as it helps subsidise core running costs in Limerick. The gross turnover of the Limerick CE scheme in the year to Sept 10 was €212,881 and the figure for Dublin was €224,356. The gross contribution to CARI from JI in 2010 was €83,000 (approx.) for Limerick and €45,760 for Dublin.

Company Solicitors

Rory Benville & Co., Riverview House, Seapoint, Bray, Co. Wicklow

Auditors

Kilbride Marshall & Co., 12 Joyce Avenue, Foxrock, Co. Dublin

Registered Office

110 Lower Drumcondra Road, Drumcondra, Dublin 9

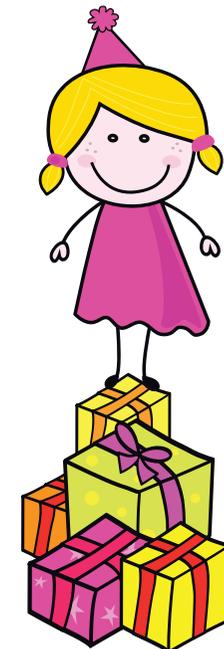
Company Number

Registered Number: 148760 Charity Number: 9491

Board Members

Richard P Treacy – Chairman.

Ronan Boylan, Noel Hughes, Myra Barry, Claire O’Hora (Resigned December 2010),
Peter Quinn and Colman Duggan.



CARI's National Helpline Lo-call 1890 924 567

UK and Northern Ireland 00353 18308523

Lines are open from Monday to Friday 9:30am to 5:30pm
Email: helpline@cari.ie

NATIONAL OFFICE

110 Lower Drumcondra Road, Dublin 9
Telephone: + 353-1-8308529 • Fax: +353-1-8306309 • Email: info@cari.ie (general queries)

If you are interested in finding out more about how you can help CARI contact fundraising@cari.ie

Therapy Department - Phone: 01 8308529
Fundraising Department - Phone: 01 8308529
Email: Either carole@cari.ie or patricia@cari.ie

LIMERICK CENTRE

Ennis Road (Across from Ennis Road Motors), Limerick

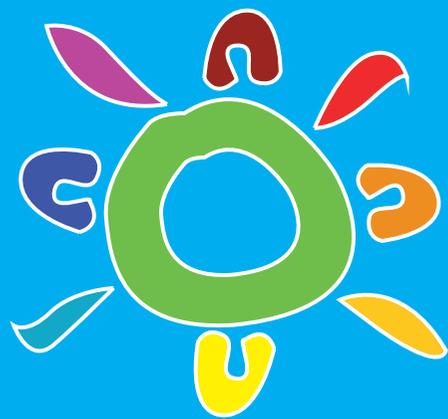
Directions: Following the signs for Shannon from Limerick city, just after the traffic lights at Ivan's there is an Opel Garage called Ennis Road Motors and the new CARI House is directly across from it.

Therapy Department Phone: 061 582224
Email: majellaryan@cari.ie

Fundraising Department - Phone: 061 582200 • E-mail: annebyrnes@cari.ie

CORK CENTRE

Dominican Centre, Popes Quay, Co.Cork
Monday, Tuesday 9.30 - 5.30pm
For appointments contact the Limerick office on + 353-61-582224



Email: helpline@cari.ie | www.cari.ie
Tel: 01 830 8529 | **Email:** info@cari.ie



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1890 924 567

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