



County Roscommon

Domestic Abuse Resource Pack

Domestic Abuse is Everyone's Business

#StillHereRoscommon



Version 2
Updated in 2024

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- Child and Family Support Networks
- Safelink
- Esker House
- An Garda Síochána
- Child Disability Network Team
- Jigsaw
- County Roscommon Family Resource Centres
- Tusla Prevention, Partnership and Family Support
- Roscommon Children and Young People's Services Committee (CYPSC)

Denise Swanick

Senior Child & Family Support Network Co-Ordinator

“Domestic Violence” and Abuse Statistics



23,566
contacts with the
24hr National Freephone Helpline
(20,905 calls responded to)

1,808
Instant Message
support sessions;

853
Helpline Emails
responded to.

**Outreach team
engagement of**
1,399
support visit contacts with
389
women in total during 2022,

There were
1,860
support calls/texts
with women
(Women's Aid, 2023).

Nine out of ten
of the young women who were abused
experienced emotional abuse
(Women's Aid, 2021).

51% of young women affected experienced
the abuse under the age of 18

of the young women who had suffered abuse,
1 in 2 experienced online abuse.
(Women's Aid, 2022)



Background and Rationale



**IF YOU ARE IN IMMEDIATE DANGER
PLEASE CALL 999/112
WITHOUT DELAY**

Roscommon Child and Family Support Networks have gathered anecdotal evidence through their member's discussions and interface experiences with families, which suggest that Domestic violence and abuse is a real issue in Co. Roscommon.

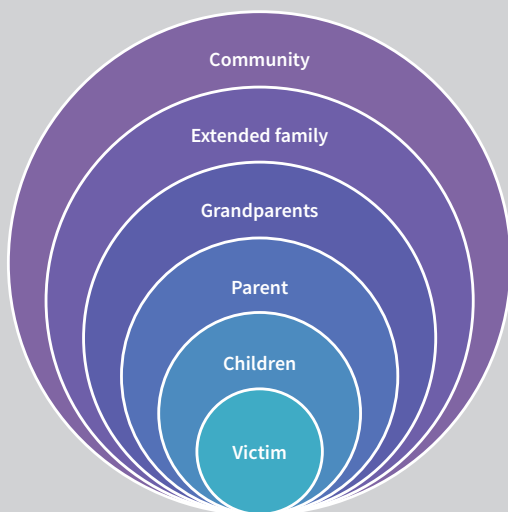
Violence and abuse significantly impact adult and child victims. Children can witness domestic abuse and be subjected to forms of domestic violence and abuse and coercive control. It can have a fundamental impact on parenting¹, and the extended family. This impact is seen in daily practice for many professionals working with children and their families.

The issue is prevalent, pertinent, and complex. Rural issues bring additional challenges, including the lack of access to transport, poor infrastructure,

and fears regarding knowing those providing support services. It requires a multifaceted approach and seamless collaborative response. Access to services must be clearly sign-posted for the child and family in order that the most appropriate service is provided at the correct level of need.

The purpose of this resource pack is to assist professionals working with children and families with key messages and knowledge around appropriate services and resources available in Co. Roscommon. It is essential that we can recognise and respond in the best way by knowing local resources for seamless referral.

¹ Watson & Parsons, 2005



What is

Domestic Violence and Abuse?



Domestic violence refers to the use of physical or emotional force or threat of physical force, including sexual violence, in close adult relationships (National Taskforce on Violence Against Women, 1997). This includes violence perpetrated by a spouse, partner, son, daughter, or any other person who has a close or blood relationship with the victim. The term 'Domestic Violence' goes beyond actual physical violence. It can also involve emotional abuse such as the destruction of property, isolation from friends, family and other potential sources of support, threats to others including children; stalking, and control over access to money, personal items, food, transportation, the telephone, internet, and social media (HSE Policy on Domestic, Sexual and Gender based Violence, 2010).²

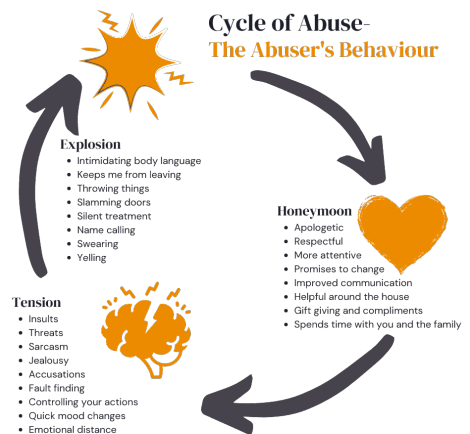
The Domestic Violence Act 2018 has provided for a new criminal offence of coercive control. This is psychological abuse in an intimate relationship that causes fear of violence, or serious alarm or distress that has a substantial adverse impact on a person's day-to-day activities (Domestic Violence Act 2018).³

In most situations, the abuser uses a range of abusive behaviours to gain and ensure power and control over the other person and these abusive actions often get worse over time. In most cases women are the victims of Domestic Abuse and male partners (husbands, boyfriends or ex's) the perpetrators. Domestic Abuse can however also occur between family members, between same sex couples and be perpetrated by women against men.

Domestic Abuse has not been defined in Irish legislation. The policy of An Garda Síochána on Domestic Abuse Intervention 2017 (developed in consultation with the Director of Public Prosecutions) defines domestic abuse as the 'physical, sexual, financial, emotional or psychological abuse of one person against another who is a family member or is or has been an intimate partner, regardless of the gender or sexuality'.⁴

Domestic Abuse tends to follow three phases:

Once abuse has begun, it not only continues, but over time tends to increase in both frequency and severity. As the abuse continues, the three-phase cycle begins to deteriorate. The tension-building phase becomes shorter and more intense, the violent / battering incidents become more frequent and severe, and the reconciliation periods become shorter and less intense. This results in a victim becoming more vulnerable over time.⁵



² Community Response to Domestic Abuse, Western Regional Network

³ Domestic Abuse NAP 2017 Tusla

⁴ An Garda Síochána (2017) Domestic Abuse Intervention Policy 2017

⁵ Domestic Abuse NAP 2017 Tusla

Domestic Abuse Terms and Phrases



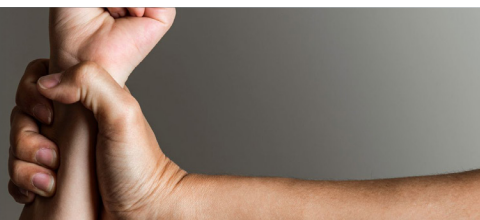
The Power and Control Wheel

Every relationship is unique but the common thread in abusive and violent relationships is the power a perpetrator exerts over their target. Below is an example of the power and control wheel, which provides more details on how this happens⁶.

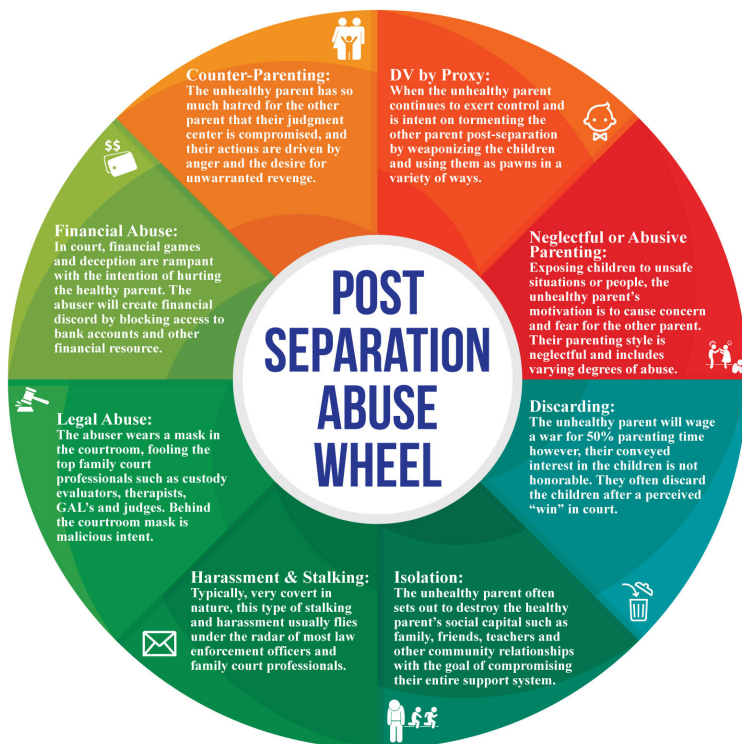


⁶ The Laurel Center, <https://thelaurelcenter.org/power-control-wheels/>

The Post Separation and Abuse Wheel



After an abusive relationship has ended, often the targeted person experiences on-going violence and abuse. This is known as post separation abuse and below are more details on how this happens⁷.



For more information on Post-Separation Abuse, go to www.onemomsbattle.com

⁷ One Mom's Battle, 2023. <https://www.onemomsbattle.com/blog/post-separation-abuse>

Coercive Control



Coercive control is when a partner or ex-partner:

- Isolates you from your friends and family
- Deprives you of basic everyday needs like food, electricity or heating
- Monitors your online activity, or has installed spyware on your phone, laptop or any other device
- Takes control over aspects of your everyday life, such as where you can go, who you can see, what to wear, when to be home and when you can sleep
- Stops you from accessing support services, such as specialist support or medical services
- Puts you down repeatedly, for example, tells you that you're worthless
- Enforces rules and activities that humiliate, degrade or dehumanise you
- Coerces you into sexual activity
- Forces you to take part in criminal activity such as shoplifting
- Controls the finances and prevents you from working or having your own money
- Threatens to reveal or publish private information about you, like private photos or videos online⁸.



⁸ Women's Aid, <https://www.womensaid.ie/what-is-a-buse/types-of-abuse/coercive-control/>

Barnardos has developed the “Kids’ Coercive Control Web” as a way of demonstrating how aspects of coercive control affect children.



By the Empower kids Team hosted by Barnardos
 (CHY 6015/RCN 20010027)

Effects of Domestic Abuse



WOMEN

- Panic attacks
- Post-traumatic stress disorder
- Anxiety
- Suicidal ideation/attempted suicide
- Exhaustion
- Low self-esteem/self-doubt
- Social isolation
- Loss of employment/homelessness/poverty
- Reproductive health issues
 - i.e. Unwanted pregnancy/miscarriage/contraceptive issues
- Substance abuse
- Physical injury
- Effect on mother/child bond



MEN

- Panic attacks
- Post-Traumatic Stress Disorder
- Anxiety
- Suicidal ideation/attempted suicide
- Exhaustion
- Low self-esteem/self-doubt
- Social isolation
- Loss of employment/homelessness/poverty
- Substance abuse
- Physical injury
- Effect on father/child bond



CHILDREN

- Bed wetting/nightmares/flashbacks
- Stress-related illness (skin conditions etc)
- Eating difficulties
- Attachment issues
- School refusal
- Low self-esteem
- Anxiety
- Isolation amongst peers
- Self-harm
- Suicide
- Anger issues



FAMILY / RELATIONSHIPS

- Resentment
- Homelessness
- Isolation
- Intergenerational cycle
- Mental health issues
- Scapegoating
- Perpetrator may have negative impact on relationship with victim & children
- Perpetrator may have negative impact on professionals/community
- Helplessness
- Fear

Domestic Violence & Abuse Legislation



There are a number of ways a person can seek legal protection if they are experiencing domestic violence and abuse. These include:

Safety Order

This is a long-term order that prohibits certain behaviours by the respondent (Perpetrator) such as using or threatening to use violence or causing fear to the applicant (victim). Can be granted for any period up to five years.

Protection Order

This is a short term Safety Order and only lasts until the hearing for Safety or Barring Order.

Barring Order

The effects of the Barring order are similar to that of a Safety Order but the abusive person must leave the home and is granted for any period up to three years.

Interim Barring Order

This is a temporary Barring order and is only granted in exceptional circumstances. It only lasts until the full court hearing for the Barring Order is heard a maximum of 8 days.

Emergency barring order

An emergency barring order is a temporary order similar to an interim barring order, meaning that the violent person is excluded from the home. The order may also prohibit the person from further violence or threats of violence, watching or being near the applicants home, or following or communicating (including electronically) with the applicant or a dependent person.

Unlike an interim barring order, the applicant does not have to satisfy the property test to be able to get an emergency barring order. This means the applicant does not need to own, co-own or have their name on the lease of the property. An emergency barring order can last for a maximum of 8 working days.

Who can apply for these Orders?

- Spouses/civil partners.
- Parents with a child in common.
- Partners in an intimate relationship (including cohabitants and dating partners).
- Cohabiters who satisfy certain cohabitation/property requirements.
- Parents when the abuser is a non-dependent child who satisfy the property test.
- Persons residing with the respondent in a non-contractual relationship i.e. brother and sister⁹.

Domestic Violence leave was introduced into law as part of the **Work Life Balance Act 2023**. It allows for the employee to receive 5 days leave and full pay.

The Harassment, Harmful Communications and Related Offences Act 2020 amends the law relating to harassment, creates new offences to deal with the non-consensual distribution of intimate images, both online and offline, and provides anonymity for the victims of those offences

An Ghníomhaireacht um Fhoréigean Baile, Gnéasach agus Inscnebhunaithe, or Cuan, is a statutory agency under the remit of the Department of Justice dedicated to tackling and reducing domestic, sexual and gender-based violence (DSGBV).

The main functions of Cuan include:

- delivering excellent services to victims of DSGBV, including delivering on the number of safe and accessible accommodation spaces available, as well as ensuring that helpline and other supports are available to anyone requiring them
- putting in place a robust set of national service standards and governance arrangements to ensure adherence to the appropriate standards for such supports
- leading on consistent and ongoing research to inform DSGBV policy development, working with others such as the CSO who have data projects underway
- leading on awareness-raising campaigns designed to reduce the incidence of DSGBV in Irish society as well as ensuring that all victims know how to access the supports they require
- coordinating all government actions set out in the Third National Strategy and reporting on their delivery to the Minister for Justice. Political oversight of the strategy will be provided by the Cabinet Committee on Social Affairs and Equality

Legislation to establish Cuan completed its journey through the Houses of the Oireachtas on 22 November and was signed into law by President Higgins on 28 November 2023.



⁹ Source Roscommon Safe Link

Why one may be entrapped and remain in an abusive relationship



Many of the abusive and controlling behaviours of the perpetrator can lead to the victim becoming entrapped in a relationship. The following infographic explains why one may be entrapped and remain in an abusive relationship. Biderman's Chart of Coercion gives an understanding of the impact of coercive behaviours. It shows professionals how to name and identify abusive behaviours and support victims to understand how they are entrapped. It is presented in Appendix 1



Biderman's Chart of Coercion

Domestic Abuse

- Information for Professionals

Professionals working with children and families need to be able to recognise the signs of Domestic Violence and Abuse, in order to respond in the best way. They also need to have knowledge of their agencies policies and procedures regarding Domestic Violence and Abuse, and awareness of local support services.

The following information is important for professionals in terms of recognition and responses:

Recognise Signs:

- Person might be afraid of their partner
- There may be talk about the persons temper, anger or possessiveness
- There may be bruising or injury with the excuse of an accident
- The victim may have history of alcohol use or substance misuse
- They may be accompanied by the partner
- Have erratic attendance at work, college, or appointments
- Seem controlled and stopped from seeing family and friends

Response:

Victims of Domestic abuse are not likely to disclose information about their experience unless directly asked. When a person discloses that he/she has experienced Domestic violence or abuse this indicates that they trust and value the professional/ persons help and advice.

Asking about Domestic violence or abuse.

When supporting someone who may be experiencing domestic violence or abuse, it's crucial to ask questions sensitively and in a safe, private environment. Victims are often relived when someone asks direct questions in a safe way.

Here are some key questions professionals can ask:

1. General Well-being:

- How are you feeling today?
- Is there anything you'd like to talk about?

2. Relationship Dynamics:

- How are things at home?
- Can you tell me about your relationship with [partner's name]?

3. Specific Incidents:

- Have you ever felt afraid of your partner?
- Has your partner ever hurt you or threatened to hurt you?
- Does your partner ever humiliate you or put you down?

4. Control and Coercion:

- Does your partner control what you do, who you see, or where you go?
- Do you feel you have to ask for permission to do things?

5. Support and Safety:

- Do you have someone you can talk to about this?
- What do you think would help you feel safer?

6. Children and Dependents:

- Are your children (if any) aware of what's happening?
- How are your children coping?



Remember:

- Confidence is key
- Listen and be supportive but not judgemental
- Assure the person that no-one deserves to be abused despite what the perpetrator says
- Remind the person that being violent is against the law
- Provide accurate local information on services available and how to access them
- Respect their decisions and let them know you are there to support them
- Document the conversation as part of your professional system
- The most dangerous time for a victim of Domestic Abuse is when he/she is just about to leave
- The victim is the best placed to assess their own risk

Organisations should make their work environment a safe space for the victim of Domestic violence and abuse in the following suggested ways:

- Display posters, brochures, and information on local, regional, and national Domestic Abuse services
- Put information into toilets so that victims can discreetly pick it up
- Provide training to staff regarding Domestic Abuse service provision and training on how to respond to a disclosure of Domestic Abuse.

The infographic below provides a useful summary of advocate responsibilities:

Domestic Violence Victim Advocate Responsibilities



Provide crisis intervention and support



Provide economic security assistance including housing



Explain victims' rights in legal system



Help navigate social assistance systems



Refer to counseling resources, support groups



Serve as police or court liaison

Source: National Sexual Violence Resource Center



Supports Available in Co. Roscommon for Children and Young People who have been affected by Domestic Violence and Abuse

Roscommon Safe Link	
Telephone:	(071) 966 4200
Website:	www.roscommonsafelink.ie
Email:	info@roscommonsafelink.ie
<p>Roscommon Safe Link is the frontline Domestic violence and abuse service supporting women, men and families who are experiencing violence and abuse in Co Roscommon. It provides the following services and programmes:</p> <ul style="list-style-type: none">• Phone helpline offering immediate crisis response by assessment of needs, safety planning, advocacy, and accompaniment to key services which is open Monday to Friday 9am to 5 pm.• Assistance with Court Orders, and Legal Aid applications.• Advocacy and accompaniment to Garda, Courts, and other services as required.• Signposting and referral to crisis accommodation, Refuge, Co Council, Social Welfare.• Emotional and practical support on a range of issues.• Outreach Services are provided throughout County Roscommon• One-to-one support and counselling, for both females and males.• New Beginnings - educational support groups on learning how to break the cycle of abuse.• Ongoing therapy and group workshops dealing with trauma recovery techniques to help you take back your life.• Play Therapy for children and young people who have grown up in domestic abuse.• Non-Violence Resistance (NVR) – programme for parents who are experiencing child to parent violence.• TLC KIDZ - community-based response for children and mothers in recovery from domestic violence and abuse, which helps children heal and helps mothers in understanding their child's experiences and support their recovery.	

Esker House Domestic Abuse Support Services

Freephone Crisis Helpline: 1800 662288

Telephone: (0906) 474 122

Website: www.eskerhouse.ie

Email: info@eskerhouse.ie



Esker House Domestic Abuse Support Services provide safe refuge accommodation and support services to women and their children. The refuge is based in Athlone and accepts referrals nationwide. Services can be accessed via the 24hr helpline 365 days a year. The service offers confidential support and information to women subjected to all forms of domestic violence and abuse. It provides the following services and programmes:

- Confidential support and information
- Emergency crisis response on our 24-hour telephone helpline
- Safe refuge accommodation
- Safety planning
- Advocacy
- Support/Outreach service in Athlone and Monksland area (including weekly drop-in outreach clinic in the Monksland area)
- Accompaniment to legal services, including legal aid, An Garda Síochána, solicitors, and court.
- Digitated court clinic to assist women accessing court orders
- Access/referral to medical services/social welfare/housing/social work
- Counselling Services/Outreach
- Support to Safety programme, provides children with tools to help keep them safe, by introducing them to safety planning and tools to help them cope with feelings, in a safe and fun way.
- Support for post separation abuse
- Support and recovery programmes; Own my Life
- Specialised support service to children and young people
- Training and awareness in relation to Domestic Abuse



An Garda Síochana

Garda Station	Telephone
Castlerea Garda Station	(094) 9621630
Roscommon Garda Station	(090) 6638300
Boyle Garda Station	(071) 9664620
Athlone Garda Station	(090) 6498550
Website	www.garda.ie

The website of An Garda Síochana provides the following advice in relation to Domestic violence and abuse (www.garda.ie/en/crime/domestic-abuse)

"An Garda Síochana, the Irish Police Service, takes domestic and sexual abuse seriously and is here to help."

We know that if you are experiencing domestic abuse, you can feel isolated and alone. You do not know who to trust or who you can confide in. It can be daunting contacting the Gardaí but if you are in danger, we want you to call 999. When you call 999, a Garda in uniform will arrive at your location in a marked patrol car. They will ensure that you are not in immediate danger. When you are safe, you will have the time to discuss with the Garda exactly why you called.

If you are not in immediate danger and you require advice and assistance, you can visit your local Garda Station. There you will be met by a uniformed Garda. You can ask to speak with the Garda in private. They may sit down with you and ask you a number of questions. There are no right or wrong answers to these questions. We just need to find out as much information as possible to ensure that you are safe and that you stay safe.

If there is a Domestic Violence Order in place and that order has been breached, we will arrest the person. If there is no Domestic Violence Order in place but we suspect that an offence has been committed, we have the power to arrest the person. We will investigate all offences and take a statement from you. We may seize any item that we consider to be evidence for investigation.

The Garda you speak with will give you details of relevant support services and will conduct an in-person call back within 7 days. The Gardaí will make further call backs if appropriate within one month and three months after the incident/initial call.



DOMESTIC ABUSE AN GARDA SÍOCHÁNA

You are not alone.
We are here to listen.
We are here to help.



For more information on
domestic abuse visit garda.ie
or scan the QR code below



If you need help or are in
immediate danger or require
Gardaí, dial 999 or 112.

County Roscommon Family Resource Centres

South Roscommon Family Resource Centre	Tel: 09066 28621 Email: southrosfrc@vitahouse.org
Boyle Family Resource Centre	Tel: 071 9663000 Email: info@boylefrc.ie
Castlerea Family Resource Centre	Tel: 086 4615537 Email: castlreacfrc@gmail.com
Ballaghaderreen Family Resource Centre	Tel: 094 9860767 Email: ballaghaderreenfrc@ridc.ie

Family Resource Centres provide a range of universal and targeted services and development opportunities that address the needs of families. They operate an 'open door' policy, and provide the following services and programmes:

- a listening ear and signposting to families affected by Domestic violence and abuse
- ensure that families know how to access the specialist help they require at such a difficult time
- run weekly Family Support Drop-In Services in collaboration with other services in the County, during school term time
- social supports such as weekly women's groups and children's groups, including the Rainbows Programme
- parenting programmes such as the Parenting When Separated Programme
- a variety of bespoke social and fun groups weekly throughout the year.
- Practical support through the Food Bank programme
- a variety of bespoke social and fun groups weekly throughout the year. There is also the option of play therapy or family therapy in Vita House Family Centre.
- camps during school holiday periods providing a safe outlet for children to have fun, build social relationships and resilience.
- Some FRCs offer play therapy sessions to children
- Some FRCs offer afterschool supports
- For details of other counselling services attached to FRC's in Roscommon please see information on Vita House and Boyle Counselling and Psychotherapy Services.

Tusla Child and Family Agency Prevention, Partnership and Family Support

North Roscommon Family Support

Sinead O'Neill – Project Leader
Tel: 087 1907681

Email: sinead.oneill7@tusla.ie

South Roscommon Family Support

Anne Marie Kenny – Project Leader
Tel: 087 9894160

Email: annemarie.kenny2@tusla.ie

Family life is not always easy. Life events like birth, death, depression, redundancy, separation, illness, abuse, or financial problems all put stress and strain on family life and relationships. Family Support Services are for families and individuals who need help and are generally provided to families in their own homes. Tusla Family Support Services operate at several bases throughout the county – Boyle, Ballaghaderreen, Castlerea, Roscommon and Monksland. A team of Social Care Staff offer 1:1 direct work with children and adolescents up to 18 years of age and provide the following services and programmes:

- a listening ear to help the child / young person make sense of their experiences and develop resilience and coping strategies
- support groups for adults, teenagers, children and carers that give people the chance to tell their own stories and give support to each other
- the Helping Hands Programme which is a preventative education programme aimed at primary school children to increase their understanding of feeling safe and explore and promote behaviours that contribute to a safe environment. This programme can be offered on a group basis or on a 1:1 level as appropriate
- a limited amount of Play Therapy in some locations



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WITHOUT DELAY**

Tusla Child and Family Agency Meitheal

Senior Child & Family Support Network	Denise Swanick Email: denise.swanick@tusla.ie
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Co-ordinator	meithealppfsroscommon@tusla.ie Tel: 086 0443116
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Meitheal is a Tusla-led Early Intervention Practice Model designed to ensure that the strengths and needs of children and their families are effectively identified, understood, and responded to in a timely way so that children and families get the help and support needed to improve children's outcomes and realise their rights.

It is an early intervention, multi-agency (when necessary) response, tailored to the needs of the individual child or young person.

Meitheal is voluntary and can only be undertaken when the parent/carer provides their written consent. Meitheal is used in partnership with parents to help them share their own knowledge, expertise and concerns about their child and to hear the views of practitioners working with them. The ultimate goal is to enable parents and practitioners to work together to achieve a better life for the child.

Tusla Child and Family Agency Social Work

Duty Social Worker	0906 665228 or 0906 487671
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Website	www.tusla.ie
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Social workers provide frontline services to children and families. Duty Social Workers deal mainly with urgent difficulties with children and young people, and child protection matters.

A concern about a potential risk to children posed by a specific person, even if the children are unidentifiable, should be communicated to your local Duty Social Worker. These include concerns that a child may be at risk of physical, emotional, or sexual abuse or neglect.

In terms of Domestic Violence and Abuse, a joint working protocol for An Garda Síochána/Tusla Child & Family Agency was introduced into practice to ensure that:

- The safety and welfare of the child is promoted.
- Everything possible is done to assist the criminal investigation.
- Everything possible is done to assist the child protection and welfare assessment.
- There is an effective flow of relevant information between both agencies.
- Decisions and actions follow consultation with and between both agencies.

Access to Psychological Services Ireland (APSI)

Telephone: 090 6665020

Website: <http://www.apsi.ie/>

Access to Psychology Services Ireland (APSI) provide stepped-care, low intensity interventions in a primary care setting for adults with mild-to-moderate mental health presentations. Located in Psychology Department, Primary Care Centre, Golf Links Road, Roscommon, APSI provide services for mild to moderate* presentations with low risk, or aftercare post-risk including:

- Depressive disorders (mild-to-moderate)
- Low risk of suicide (no intent or plan)
- Anxiety disorders (e.g. Generalised Anxiety Disorder, Panic Disorder, Social Anxiety, OCD, Health Anxiety)
- Stress
- Low self-esteem
- Interpersonal difficulties
- Coping with physical illness
- Bereavement and non-complex loss
- Problems of adjustment
- No inpatient admission or suicide attempt in last 3 months

* Moderate presentations may be referred to APSI. However, if the presentation has a level of severity and complexity that suggests low intensity psychological interventions (e.g. guided self-help, brief CBT) may be inappropriate.

Counselling in Primary Care (CIPC)

Telephone: 091 583682

This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care. The service is suitable for people who are experiencing certain difficulties such as:

- Depression
- Anxiety
- Panic reactions
- Relationship problems
- Loss issues
- Stress

Vita House

Telephone: 0906 625898

Website: www.vitahouse.org

Email: info@vitahouse.org

The aim of Vita House Family Centre is to provide a place of welcome for all, where families and individuals are encouraged and supported to develop their true potential.

Vita House provides low-cost counselling, psychotherapy, and family therapy to the community of Roscommon and surrounds. These services are available to individuals, couples, families, children, and adolescents. Much of the work of Vita House is centred around bereavement and trauma. Our therapists are highly qualified and trauma aware.

Vita House accepts referrals from medical, educational, and social work professionals, as well as other agencies. Individuals can also self-refer. We work collaboratively with agencies throughout the region and can cross refer as appropriate.

Vita House offers a range of wellbeing & educational courses and therapeutic groups, such as Psychology and CBT, as additional supports to clients looking to build self-confidence and capacity.

Boyle Counselling and Psychotherapy Centre

Telephone: 071 96 63000 or 071 9663841

Website: <http://www.boylefrc.ie/categories/4/counselling-psychotherapy.php>

Email: info@boylefrc.ie

Boyle Counselling and Psychotherapy Centre therapists have a wide range of training and experience. All counsellors are accredited or working towards accreditation with relevant bodies. They provide the following services and programmes:

- Counselling and Psychotherapy sessions, available Monday to Friday, with day and evening appointments available to suit the individual, family, or couple.
- Emergency sessions are also available.
- All therapy is offered at a cost that is on a sliding scale and is negotiable.
- A specific service for young people is offered, which provides a safe, non-judgemental and supportive space, where they can discuss issues that may affect them and identify healthy coping strategies. The service is available to young people 13-18 years of age.
- Child Holistic Therapy for children aged 3.5 – 18 years is also offered, which provides tools and insight to recognise and honour the gifts of the sensitive child while minimizing the challenges that come with them. This service could be of benefit to a sensitive child trying to navigate the stress and trauma of Domestic Violence and Abuse

Foroige Youth Services

Further information re groups running throughout the county, contact:

rosemary.finnerty@foroige.ie

Website:

www.foroige.ie

Groups can be fun and a great escape from the stresses of life. They offer social skills, friendships, resilience, a feeling of normality, a sense of belonging. All very important to a child/ young person experiencing or having experienced Domestic Violence. Sometimes a group is the only safe space the child has that day or week. It maybe where they meet a person they can trust and seek the help they need.

Foroige also have a youth worker supporting young people from 17- 25 yrs.

Jigsaw

Telephone:

090 6643010

Further information is available from website:

www.jigsaw.ie

Jigsaw Roscommon is a free, non-judgement and confidential service for young people 12 – 25 living in Roscommon Town and County. They provide guidance and support to young people who are going through a difficult or distressing time. They provide a welcoming space too young people to get information or chat with a support worker. They provide face to face and online support options.

Roscommon Court Services

Telephone:

0906 626174

Email:

maireadconway@courts.ie

Roscommon Court Clerk – Mairead Conway

National Support Services

Women's Aid

Telephone: 01 678 8858

Website: <https://www.womensaid.ie>

Email: info@womensaid.ie

The Women's Aid 24hr National Freephone Helpline offers confidential information, support and understanding to women in the Republic of Ireland, who are being abused by current or former boyfriends, partners, or husbands.

The service also supports family members, friends, and professionals who have concerns about a person, they know or are working with, who might be experiencing domestic violence and abuse. The Helpline provides support to callers where English is not their first language, through our Language Line facility (operational daily, 8am-8pm) and for women who are deaf or hard of hearing through its Text Service facility (operational daily, 8am-8pm).

The Helpline aims to empower women to identify what is happening for them within their relationship and support them to stay safe and support the safety of any children living within the relationship. The Helpline aims to always ensure that the responsibility for the abuse is placed firmly with the perpetrator of the abuse and not with the woman.

Safe Ireland

Telephone: 090 6479078

Website: <https://www.safeireland.ie/>

Email: info@safeireland.ie

Safe Ireland has a clear ambition: to end domestic violence and make Ireland the safest country in the world for women and children.

Safe Ireland's approach is to:

- Change social behaviour and attitudes
- Establish a whole system response to domestic violence
- Cultivate leadership at all levels in Irish society
- Communicate our understanding of the problem and enhance all of our capacity to respond.

Rape Crisis Centre

Rape Crisis Centre Athlone: 1800 306 600

Email: amrcc@eircom.net

Rape Crisis Centre Sligo: 1800 750 780

Email: info@srcc.ie

Rape Crisis Centre Tullamore: 1800 323 232

Email: rapecrisiscentretullamore@gmail.com

Rape Crisis Centre Galway: 1800 355 355

Email: helpline@grcc.ie

The services provided by Rape Crisis Centres include telephone and face to face counselling and court accompaniment. They are facilitated by psychotherapists who specialise in the dynamics of sexual violence and abuse. All the services are funded by Tusla and provided free of charge to victims.

Nationally there is also a 24-hour helpline for women and men who have been raped, sexually assaulted, sexually harassed, or sexually abused at any time in their lives: **1800 77 88 88**

Men's Aid

Telephone: 01-5543811

Website: <https://www.mensaid.ie>

Email: hello@mensaid.ie

Men's Aid Ireland formerly known as Amen, supports men and their families experiencing Domestic Violence in Ireland. A professional and qualified support team have years of experience in supporting men and families experiencing domestic abuse.

Men's Aid provide the following services:

- National Confidential Helpline – 01 554 3811
- Legal clinic – Information about Safety Orders, Protection Orders, Barring Orders.
- One to one practical support – Explaining Court Paperwork, Safety Planning, Care plans
- Counselling – By Telephone
- Counselling – Face to Face
- Certified Training – All areas of domestic abuse including coercive control.

Male Advice Line Men's Development Network

Telephone: 1800 816 588

Email: men@mens-network.net

The Male Advice Line was developed by the Men's Development Network. Counsellors provide an outlet for men, who are experiencing or have experienced domestic abuse in their relationship, to speak confidentially with professionals who are trained to advise on domestic crime.

The Male Advice Line can be accessed on 1800 816 588 at the following times:

- Monday: 10am-6pm
- Tuesday: 12pm-8pm
- Wednesday: 10am-6pm
- Thursday: 12pm-8pm
- Friday: 2pm-6pm

Move (Men Overcoming Violence)

Telephone: 085 8748108

Website: <http://www.moveireland.ie/>

Email: mwcoordinator@moveireland.ie

Move – Men Overcoming Violence works in the area of domestic violence, with a primary aim of supporting the safety and wellbeing of women and their children who are experiencing or have experienced violence/abuse in an intimate relationship. This is done through the CHOICES programme, which encourages men to:

- Learn about the effects and consequences of domestic abuse on their partner and family
- Participate in group sessions with other individuals who have behaved in a similar way
- Talk openly about their behaviour and the people affected by it
- Identify the beliefs and attitudes which underpin abuse
- Cope with their behaviour and feelings in difficult situations
- Learn how to react without being abusive
- Learn about respect and responsible parenting
- Learn to understand and recognise the need to change their behaviour

Directory

Service	Address	Telephone	Email
Roscommon Safe Link	Elphin St., Boyle Co. Roscommon	(071) 966 4200	info@roscommonsafelink.ie
Esker House	Retreat Rd, Aghacocara, Athlone, Co. Westmeath	(0906) 474 122	info@eskerhouse.ie
Boyle Family Resource Centre	Military Road, Boyle, Co. Roscommon	(071) 963000	info@boylefrc.ie
Ballaghaderreen Family Resource Centre	New Street, Ballaghaderreen, Co. Roscommon	(094) 9860767	
Castlerea Family Resource Centre	Castlerea, Co. Roscommon	(086)4615537	castlereacfrc@gmail.com
South Roscommon Family Resource Centre	17 Castle View, Castle Street Roscommon	(090) 66 28621	southrosfrc@vitahouse.org
South Roscommon Family Support	Old Health Centre, Old Tuam Road, Monksland, Athlone, Co. Roscommon	(0906) 421515	annemarie.kenny2@tusla.ie
North Roscommon Family Support	Boyle Health Centre, Termon Road, Boyle, Co. Roscommon	0871907681	Sinead.oneill7@tusla.ie
Child and Family Support Network Co- Ordinator	Riverside House, Castlerea	086 0443116	Denise.swanick@tusla.ie meithealpfsroscommon@tusla.ie
Family Support Drop In Services	Roscommon/Castlerea/ Monksland/Boyle/ Ballaghaderreen		dropinclinics@gmail.com
Roscommon Duty Social Work	Tusla Child Protection, Primary Care, Roscommon	090 6665228	
Vita House	Abbey Street, Roscommon	(0906) 625 898	info@vitahouse.org
Boyle Counselling and Psychotherapy Centre	Boyle Family Resource Centre, Knocknashee, Boyle, Co. Roscommon	071 96 63000	info@boylefrc.ie
An Garda Síochána Roscommon		(090) 6638300	
An Garda Síochána Castlerea		(094) 9621630	
An Garda Síochána Boyle		(071) 9664620	
An Garda Síochána Athlone		(090) 6492600	

Local Resources	Roscommon Resource Guide https://www.youtube.com/watch?v=F_tobelQmJs&feature=youtu.be PDF copy available from denise.swanick@tusla.ie
National Services	Link to Safe Ireland https://www.safeireland.ie/get-help/where-to-find-help/
HSE practice guide	http://hsenet.hse.ie/Intranet/childfamilyagency/DSGBV_PracticeGuide.pdf
Recognise	<p>Barrier to Disclosure and why survivors stay: http://stopabuse.umich.edu/about/barriers.html</p> <p>The Courage to Leave: Norah Casey https://www.youtube.com/watch?v=i0hij-L5c-A</p> <p>Same Sex Relationships: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6113571/ https://cuansaor.org/lgbt-abuse/</p> <p>UK spotlight report on LGBT+ people experiencing domestic abuse: https://safelives.org.uk/sites/default/files/resources/Free%20to%20be%20safe%20web.pdf</p> <div> <h3>Coercive Control</h3> <ul style="list-style-type: none"> • Isolation from friends and family • Deprivation of basic needs, such as food • Monitoring the person's time • Monitoring the person via online communication tools or spyware • Controlling where a person goes, who they see, what they wear and when they can sleep • Depriving of access to support services, such as medical services • Repeatedly putting a person down, such as saying they are worthless • Humiliating, degrading or dehumanising the person • Controlling their finances • Making threats or intimidating the person <p>https://www.womensaid.ie/assets/files/pdf/wa_coercive_control_guide.pdf https://www.safeireland.ie/get-help/safety-information/the-criminal-offence-of-coercive-control/</p> </div>

<p>Respond</p>	<p>Asking the question:</p> <p>“What would you do”? campaign https://whatwouldyoudo.ie/</p> <p>Child welfare and protection:</p> <p>WHAT’S THE HARM? A child-centred response to domestic abuse: https://www.barnardos.ie/media/1186/whats-the-harm-2016.pdf</p> <p>Safety Planning:</p> <p>How to delete browsing history:</p> <p>https://www.womensaid.ie/help/digitalabuse/browsing.html</p> <p>EPPI Toolkit Information for Social Workers on Safety and Escape Plans: http://hse.net.hse.ie/childfamilyagency/DSGBV_11.pdf</p> <p>Legal Options:</p> <p>https://www.womensaid.ie/help/options/legaloptions.html</p> <p>Dealing with your frustrations as a practitioner:</p> <p>https://tusla.sharepoint.com/sites/InternalCommunications/Documents/EPPI/DSGBV/DSGBV_13.pdf?cid=c0aa6b88-d4ed-466c-8cc9-52dc1920c582</p>
<p>Refer</p>	<p>Women’s Aid 24/7 National Helpline - Listening. Believing. Supporting.1800 341 900</p> <p>Dublin Rape Crisis Centre - NATIONAL 24-HOUR HELPLINE</p> <p>https://www.drcc.ie/get-help-and-information/our-services/helpline/</p> <p>Male Advice Line – Advice and Support for Male Victims of Domestic Abuse:</p> <p>https://mens-network.net/male-advice-line/</p> <p>Safe Ireland - What type of supports are available: Safe Ireland</p> <p>https://www.safeireland.ie/get-help/what-types-of-support-are-available/</p> <p>Where to find help</p> <p>Contact Information for support services Nationally, by county:</p> <p>https://www.safeireland.ie/get-help/where-to-find-help/</p> <p>Cosc – Local and National Services</p> <p>Click the link below for information on services available for the following:</p> <ul style="list-style-type: none"> • Domestic Violence Services for women • Domestic Violence Services for men • Sexual Violence services for women and men • Elder abuse in the community • Programmes for perpetrators of domestic violence • Support Services for Travellers and ethnic minorities • General support services • Outreach services <p>http://cosc.ie/en/COSC/Pages/WP08000009</p>

<p>Children and Teens</p>	<p>Explanation of Domestic Abuse for Children http://adaptservices.ie/children/</p> <p>Positively Parenting: Coping with Domestic Abuse. For Parents of Children Between 6 and 12 https://www.tusla.ie/uploads/content/Parents_Domestic_Abuse_d4.pdf</p> <p>Information for Young People who are Concerned about Domestic Abuse https://www.barnardos.ie/resources/young-people/domestic-abuse</p> <p>Too Into You Website - Discover the Signs of Dating Abuse, Take Our Relationship Quiz and Check Out Our Tips for Keeping Yourself and Your Friends Safe https://www.toointoyou.ie/</p> <p>Parenting Positively: Helping Teenagers to Cope with Domestic Abuse (Tusla and Barnardos) https://www.tusla.ie/uploads/content/Teenagers_coping_with_domesticabuse_d4.pdf</p> <p>Changing Futures - Website for Young people Made by Young People with Experience of Tusla Services http://www.changingfutures.ie/</p> <p>What's OK at Home-Australian website with interesting resources: https://woah.org.au/</p> <p>Child to parent violence: http://www.newauthorityparenting.ie/child-to-parent-violence-and-abuse https://cpvireland.ie/</p> <p>Nonviolent resistance handbook for practitioners: http://www.rcpv.eu/46-nvr-handbook-for-practitioners/file</p>
<p>Sexual Violence in Intimate Relationships</p>	<p>Dublin Rape Crisis Centre List of National Support Services http://www.drcc.ie/get-help-and-information/our-services/centres-around-ireland/</p> <p>Rape Crisis Network Ireland: A Guide to the Legal Process for Survivors of Sexual Violence https://www.rcni.ie/wp-content/uploads/Guide-to-the-Legal-Process-for-Survivors-of-Sexual-Violence-2nd-Edition-3.pdf</p> <p>SpunOut.ie - What Happens at a Sexual Assault Treatment Unit, What to Expect https://spunout.ie/health/article/bse-hcc-sexual-assault-treatment-units</p> <p>HSE Sexual Assault Treatment Unit https://scanmail.trustwave.com/?c=17268&d=x4fo3s8ozKdgvxo4EFTtr7gqWRGkfkmsmXVcNsb2Jg&s=343&u=https%3a%2f%2fwww2%2ehse%2eie%2fsexual-assault-treatment-units%2f</p>

Cultural Issues	<p>Pavee Point's Violence Against Women Programme - Additional Barriers Faced by Traveller and Roma women</p> <p>https://www.paveepoint.ie/project/violence-against-women/</p> <p>Migrant Women and the Risks of Gender Based Violence</p> <p>https://akidwa.ie/our-work/#sexual-and-gender-based-violence</p>
Parenting	<p>Parenting after domestic abuse- COPE Galway booklet:</p> <p>https://www.copegalway.ie/wp-content/uploads/2018/09/Parenting-after-domestic-violence-abuse-COPE-Galway-booklet.pdf</p> <p>https://www.childwelfare.gov/pubPDFs/domestic_ts.pdf</p> <p>Post-separation Fathering and Domestic Abuse:</p> <p>https://www.tcd.ie/swsp/assets/pdf/Steph-%20Lack%20of%20access%20facilities.pdf</p> <p>Listen to Me! TCD research on children's experiences of domestic Abuse:</p> <p>https://www.tcd.ie/tricc/assets/pdfs/crc-archive/2006-Buckley-Whelan-Holt-Listen-to-me.pdf</p> <p>Domestic Violence and the Paradox of Post-Separation Mothering:</p> <p>https://academic.oup.com/bjsw/article/47/7/2049/2629132</p> <p>Parental Alienation:</p> <p>https://changes.ie/about-brian-o-sullivan/media/</p>
Future steps	<p>More information- EIPP toolkit:</p> <p>http://hsenet.hse.ie/childfamilyagency/Domestic_Sexual_and_Gender-Based_Violence.html</p> <p>Surviving after abuse:</p> <p>https://www.womensaid.org.uk/the-survivors-handbook/surviving-after-abuse/</p> <p>https://www.safeireland.ie/wp-content/uploads/Safe-Ireland-Healing-from-DV-Trauma-FULL-REPORT-.pdf</p>



**IF YOU ARE IN IMMEDIATE DANGER
PLEASE CALL 999/112
WITHOUT DELAY**



County Roscommon Domestic Abuse Resource Pack Subgroup Members:

Denise Swanick – Tusla Child and Family Agency

Linda Walsh – Roscommon Safe Link

Deirdre Berry – Esker House

Sarah Jane Brennan – Esker House

Shannon Keane - South Roscommon Family Resource Centre

Joanna O'Reilly – Roscommon Leader Partnership/Tusla Family Support

Rena Sheeran – An Garda Síochana

Katie Carthy – An Garda Síochana

Kelly Kilrane - Jigsaw

Sara Teal – Child Disability Network Team

Anne Marie Kenny - Tusla Prevention Partnership & Family Support Service

Dr. Caroline Duignan – Roscommon CYPSC Coordinator

Appendix 1 - Biderman's Chart of Coercion

Biderman's Chart of Coercion

A tool designed to demonstrate and explain the coercive methods of stress manipulation used to torture prisoners of war. It has been applied to explain the coercive techniques used by perpetrators of domestic abuse.

This list directly reflects the original chart, it has not been changed to fit the domestic abuse context.

Method	Effect and Purpose	Variants
Isolation	Deprives victim of all social support of their ability to resist. Develops an intense concern with self (this could be home environment) Makes victim dependent.	Complete solitary confinement Complete or partial isolation Group Isolation
Monopolisation of Perception	Fixes attention upon immediate predicament. Eliminates information not in compliance with demands. Punishes independence and /or resistance.	Physical isolation Darkness or Bright light Restricted movement Monotonous Food
Humiliation and Degradation	Makes resistance more 'costly' than compliance. 'Animal Level' concerns.	Personal hygiene prevented Demeaning Punishments Insults and taunts Denial of Privacy
Exhaustion	Weakens mental and physical ability to resist.	Semi-Starvation Sleep deprivation Prolonged interrogation Overexertion
Threats	Creates anxiety and despair Outlines cost of non-compliance	Threats to kill Threats of abandonment/non-return Threats against family Vague Threats Mysterious changes of treatment.
Occasional indulgences	Positive motivation for compliance. Hinders adjustment to deprivation	Occasional favours Rewards for partial compliance Promises
Demonstrating Omnipotence	Suggests futility of resistance	Confrontation Showing complete control over victims face
Forcing trivial demands	Develops habit of compliance	Enforcement of 'rules'

Amnesty International (1994)

Glossary of Terms

Co-Parenting

Co-parenting is a process where two parents work together to raise a child even though they are divorced or separated and no longer live together.¹⁰

Love bombing

Love bombing is an attempt to influence a person by demonstrations of attention and affection. It can be used in different ways and can be used for either a positive or negative purpose. Love bombing involves being showered with affection, gifts, and promises for the future with someone making you believe you may have discovered love at first sight.

The person is loving, caring, and affectionate. However, it doesn't last, and as soon as you show a hint of caring about anything other than your new partner, they get furious with you and label you as selfish. Their mask slips, and you see someone mean, belittling, and unreasonable underneath. They can't comprehend that you have anything else going on in your life, and they completely turn on you.¹¹

Gaslighting

Gaslighting is a type of psychological abuse where somebody uses lies or tricks to make another person doubt their memory and mental health. Gaslighting can be anything from an abusive person insisting that the abuse never happened, to setting up strange incidents to confuse the victim.¹²

Coercive Control

Coercive control is a persistent pattern of controlling, coercive and threatening behaviour including all or some forms of domestic abuse (emotional, physical, financial, sexual including threats) by a boyfriend, partner, husband or ex. It traps women in a relationship and makes it impossible or dangerous to leave.¹³

¹⁰ Source: <https://www.yourdictionary.com/co-parenting>

¹¹ Source: <https://www.businessinsider.com/what-is-love-bombing-2017-7?r=US&IR=T>

¹² Source: <https://simple.wikipedia.org/wiki/Gaslighting>

¹³ Source: <https://www.womensaid.ie/help/coercive-control.html>





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