



# County Roscommon Domestic Abuse Resource Pack

Domestic Abuse is Everyone's Business



# Acknowledgements

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- Access to Psychological Services Ireland
- An Garda Síochána
- Adult Mental Health Services
- St Coman's Wood National School
- County Roscommon Family Resource Centres
- Tusla Prevention, Partnership and Family Support

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## Significance of the Domestic Abuse on the Family Unit

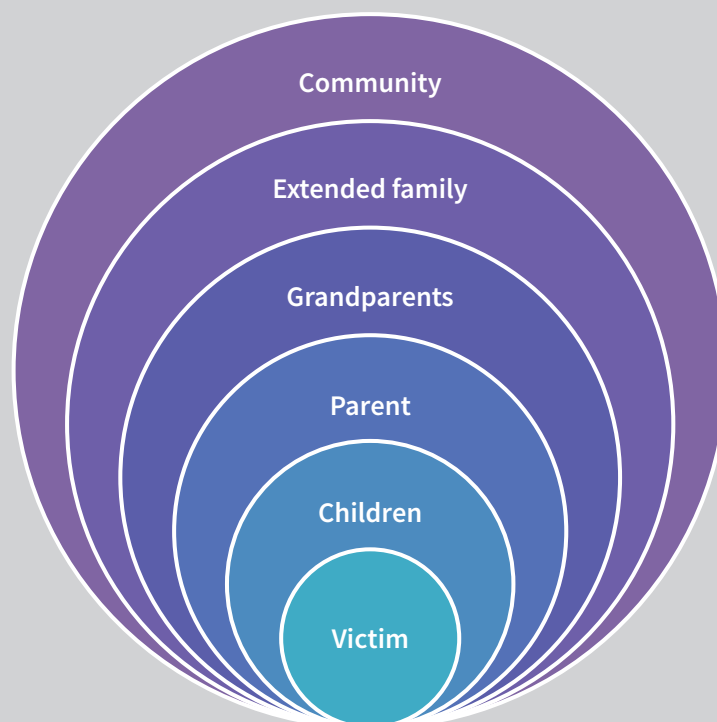
The Roscommon Child & Family Support Network has gathered anecdotal evidence through its member's discussions and interface experiences with families which suggests that Domestic Abuse is a real issue in Co. Roscommon. It not only impacts on the adult who is the direct victim of Domestic Abuse, but also significantly impacts the children who may witness Domestic Abuse. The extended family may also be exposed to the emotional fallout of the Domestic Abuse. The impact on co-parenting is significant and is seen in daily practice for many professionals working with children and their families. Domestic Abuse can have a fundamental impact on mothers or fathers who are parenting within this context.<sup>1</sup>

The issue is prevalent, pertinent and complex. 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 as the correct level of need.

The purpose of the resource pack is assist professionals working with children and families with key messages and knowledge around appropriate services and resources available in Co. Roscommon. Professionals working with children and families need to be able to recognise the signs of Domestic Abuse. It is essential that we are able to respond in the best way as well as knowing local resources for seamless referral. Professionals need to make themselves aware of their agencies policies and procedures regarding Domestic Abuse and avail of training.

<sup>1</sup> Watson & Parsons, 2005





# “DOMESTIC VIOLENCE STATISTICS”

**1 IN 4**

## WOMEN

In Ireland, 1 in 4 women have experienced abusive behaviour of a physical, sexual or emotional nature from a partner



**1 IN 16**

## MEN

In Ireland, 1 in 16 men have experienced abusive behaviour of a physical, sexual or emotional nature from a partner



**53,627**

## HELPLINE CALLS

The number of helpline calls were answered by Domestic Violence support services in 2018

**10,782**

## DOMESTIC VIOLENCE SUPPORT SERVICES

The number of individual women who received support from a domestic violence service in Ireland in 2018

**2,572**

## CHILDREN

The number of individual children received direct support from a domestic violence service in Ireland in 2018.



Of the 2,572 children who received support services in 2018, 1,667 were staying in a refuge, 150 were living in supported housing, and 78 children were accommodated in a Safe House. 948 of the children who received Domestic Abuse support services were less than 5 years old.



In a 2018 survey of 468 Transition Year students in Roscommon aged between 15 and 16 years, 15% reported that they had witnessed psychological violence/abuse in their home and 11.3% reported witnessing physical violence/abuse in their home.

Sources:  
<http://www.safeireland.ie/policy-publications/>  
 Planet Youth Survey of Transition Year Students, Roscommon 2018 - [www.planetyouth.ie](http://www.planetyouth.ie)

## What is Domestic 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 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). 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).<sup>2</sup>

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.<sup>3</sup>

Domestic Abuse has not been defined in Irish legislation. The recently published 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'<sup>4</sup>

### **Domestic Abuse tends to follow three phases:**

1. Tension-building phase
2. Violent/battering phase, and
3. Reconciliation/loving phase

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.<sup>5</sup>



**How are  
things at  
home?**

<sup>2</sup> Community Response to Domestic Abuse, Western Regional Network

<sup>3</sup> Abuse NAP 2017 Tusla

<sup>4</sup> An Garda Síochána (2017) Domestic Abuse Intervention Policy 2017

<sup>5</sup> Domestic Abuse NAP 2017 Tusla (pg6)

# Types of Abuse?



Physical	Sexual	Financial/ Social
<ul style="list-style-type: none"> <li>• Biting</li> <li>• Punching</li> <li>• Kicking</li> <li>• Pulling hair</li> <li>• Pushing</li> <li>• Burning</li> <li>• Using weapons (knives, etc)</li> <li>• Using items as weapons (phone, cups, etc)</li> <li>• Rape</li> </ul>	<ul style="list-style-type: none"> <li>• Sexual assault - forcing unwanted/unsafe/degrading sexual activity</li> <li>• Sexual harassment - Grooming/forced sterilisation/ forced pregnancy</li> <li>• Sexual exploitation - Forcing victim to partake in pornographic film-making/forcing victim to watch pornography</li> <li>• Rape/no consent</li> <li>• Rejecting sex and intimacy</li> </ul>	<ul style="list-style-type: none"> <li>• Withholding money/social welfare/credit card</li> <li>• Stealing from or defrauding a partner of money or assets</li> <li>• Preventing partner from working/choosing an occupation</li> <li>• Limiting access to transport</li> <li>• Social media monitoring</li> <li>• Locking doors</li> <li>• Social isolation</li> </ul>
Emotional/ Psychological	Digital	Coercive Control
<ul style="list-style-type: none"> <li>• Threatening/intimidation</li> <li>• Destruction of personal property</li> <li>• Shouting/screaming/name calling</li> <li>• Stalking/harassment</li> <li>• Monitoring</li> <li>• Embarrassing/mocking in public</li> <li>• Criticizing/diminishing goals</li> <li>• Excessive possessiveness</li> <li>• Gaslighting</li> <li>• Threatening suicide/self-harm to victim</li> <li>• Using children - undermining parenting/threats to children/harming the children</li> <li>• Blaming the victim for how the abuser feels</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing/threatening to share intimate/private pictures online</li> <li>• Harassment by sending insulting/threatening text messages</li> <li>• Making fake social media profiles</li> <li>• Monitoring online activity</li> <li>• Checking internet search history</li> <li>• Using technology to track whereabouts</li> <li>• Demanding passwords</li> </ul>	<ul style="list-style-type: none"> <li>• Isolation from friends and family</li> <li>• Deprivation of basic needs, such as food</li> <li>• Monitoring the person's time</li> <li>• Monitoring the person via online communication tools or spyware</li> <li>• Controlling where a person goes, who they see, what they wear and when they can sleep</li> <li>• Depriving of access to support services, such as medical services</li> <li>• Repeatedly putting a person down, such as saying they are worthless</li> <li>• Humiliating, degrading or dehumanising the person</li> <li>• Controlling their finances</li> <li>• Making threats or intimidating the person</li> </ul>



# As a professional, you may hear the following buzzwords, terms & phrases:

## EMOTIONAL & PSYCHOLOGICAL

- Threatened
- Fearful
- Humiliated
- Criticized
- Embarrassed
- Possessive
- Being blamed

## SEXUAL

- Rape & sexual assault
- Forcing unwanted sex
- Revenge porn
- No consent given
- Feeling rejected
- Sexual degradation
- Unwanted sexual touching

## FINANCIAL & SOCIAL

- Withholding finances
- Being forced to take a loan out
- Being stopped from getting a car and/or job
- Limiting transport
- Isolation from friends and/or family

## DIGITAL

- Harrassed online
- Checking search history
- Demanding passwords
- Sharing intimate pictures
- Sending threatening texts/emails/pictures

## COERCIVE CONTROL

- Gaslighting
- Love-bombing
- Monitoring of time
- Taking phone away
- Destruction of possessions
- Restricting daily activities

## PHYSICAL

- Bite marks
- Bruising
- Scars
- "Walking on egg shells"
- Pulling hair
- Choking
- Burn marks

# 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

# How to Recognise Domestic Abuse<sup>6</sup>

## - Information for Professionals

Professionals working with children and families need to be able to recognise the signs of Domestic Abuse. It is essential that we are able to respond in the best way as well as knowing local resources for seamless referral. Professionals need to make themselves aware of their agencies policies and procedures regarding Domestic Abuse and avail of training.

Organisations should make their work environment a safe space for the victim of Domestic Abuse to talk about their experiences:

- 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.

### **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 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 Abuse this indicates that she trusts and values the professional/person help and advice.

### **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



**Lets figure  
this out  
together**

<sup>6</sup> [www.safeireland.ie](http://www.safeireland.ie)



# Warning Signs that Indicate a Potential Abusive Situation



- A person who has a sense of entitlement that their needs are more important than everyone else's
- A person who needs to have power and control in the relationship
- A person who blames their partner for any issues that occur in the relationship
- A person who doesn't take any responsibility
- A person who cannot be challenged
- A person who is disrespectful in general
- A person who lacks empathy
- A person who is unavailable when their partner needs support
- A person who needs the full focus of attention on themselves and their needs at all times.<sup>7</sup>

## Am I in a toxic relationship?<sup>8</sup>

- They constantly put you down and make you feel bad about yourself
- You are arguing one day, and things are great the next
- They often make you feel guilty
- They are jealous of your other friends
- You feel like it's your responsibility to fix things
- You change yourself to please them
- You worry about setting them off and feel like you have to watch what you say
- You feel anxious or unwell when you know you're going to see them
- They text and call you constantly
- You have lost confidence in yourself
- They break your trust

## Am I an abusive person?<sup>9</sup>

### Behaviours

- Have I scared someone with my behaviour?
- Have I taken advantage of or exploited the trust of another person?
- Have I repeatedly bullied or belittled someone either in private or in front of others?
- Have I attempted to control the behaviours or social interactions of another person?
- Have I repeatedly monitored the behaviour or whereabouts of another person?
- Have I repeatedly broken promises to change my behaviour?

### Thoughts

- Do I think that I cannot control my own behaviour?
- Do I deny or minimize the seriousness of my behaviour?
- Do I think that an individual disrespects me when they don't act the way that I want them to?
- Do I think other people or substances (drugs, alcohol, medication etc.) are to blame for my own behaviour?
- Do I think that hurting myself or others is the best/only course of action?
- Do I think that having personally experienced violence or abuse that I can do the same to others or that this excuses my behaviour?
- Do I have very strict views on how people should act or behave?

<sup>7</sup> Roscommon Safe Link

<sup>8</sup> <https://spunout.ie/life/article/shr-toxic-relationships>

<sup>9</sup> <https://spunout.ie/health/article/bse-scc-am-i-an-abusive-person>



### **Feelings**

- Do I feel more relaxed or get a 'high' after I have been angry, abusive or violent?
- Do I feel unable to cope with unpleasant thoughts or feelings?
- Do I feel more in control after I have put someone down or physically hurt them?
- Do I feel disrespected when someone does not do what I ask?
- Do I feel excessively jealous when someone is speaking to or spending time with others?

### **What can I do?**

If you are worried about your behaviour, thoughts or feelings, seek help.

- The first step is admitting to yourself that you have been abusive towards your partner, family or friends.
- Changing your behaviour will be a challenging process. Seek help from a counsellor to work through your feelings and learn how to change your behaviour. You cannot go through it alone.
- Know that it is never acceptable to be abusive towards another person. You must make the choice to end your behaviour.
- Remember that no one else is ever to blame for your own abusive behaviour.
- Understand the different types of abuse, such as physical, emotional, and sexual

### **Refer:**

Safe Link offer support advocacy and accompaniment through their outreach community based service throughout Co Roscommon. **(071) 966 4200**

Esker House Domestic Abuse Support Services offer refuge and support /outreach services to Co. Roscommon. **(090) 6474122**

More regional and national services can be found on:  
[www.safeireland.ie/gethelp/where-to-find-help/](http://www.safeireland.ie/gethelp/where-to-find-help/)

**If you are in immediate danger,  
please call 999/112 without delay**





# What Happens Next:



## **An Garda Síochána:**

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. This is what happens when Gardaí attend an incident of reported domestic violence:

Gardaí will arrive and introduce themselves. They will speak to those involved separately and ascertain what occurred. They will get details of those involved and the relationship between them.

Where there is a domestic abuse order in place and that order has been breached, the Gardaí will arrest the perpetrator. Where there is no domestic abuse order in place and the Gardaí have grounds to suspect that an offence has been committed and they have a power of arrest, they will utilise that power of arrest.

Gardaí will investigate all offences that have occurred and will take a statement of complaint from the injured party. They may seize any item that is considered evidence for their investigation.

Gardaí will supply details of relevant support services and will follow up with the victim after the initial call. [www.gardai.ie](http://www.gardai.ie)

## **Tusla Social Worker:**

Sometimes, when there are children living in a home and there are concerns that Domestic Violence might be occurring, a referral is sent to the Tusla Duty Social Worker. The role of the Duty Social Worker is to ensure the safety and wellbeing of children living in the home. A lot of parents have a fear that if social workers become involved, the only result is that their children will be taken into care. This only happens in severe situations when it is absolutely necessary to ensure the physical and emotional safety of children. If children are received into care, reunification takes place when it is safe to do so. Most of the time, social workers complete their work while children are still in their parents care.

Social workers will work together with a family to come up with the best plan or plans to keep the children safe. This will often involve family members or friends who can be contacted either by a parent or the children (if they are old enough) to talk about any worries they might have, and making arrangements for a place of safety if an incident happens. This will also involve working with the perpetrator to help them to identify what triggers the behaviour and what they can do to prevent them from engaging in abusive behaviours. Social workers also provide families with support in accessing necessary services, including counselling, domestic violence support services and legal services.



# Online Resources



## Bright Sky app

Bright Sky Ireland<sup>10</sup>, created in partnership with the UK-based domestic abuse charity Hestia, along with Women's Aid Ireland and An Garda Síochána, enables users to locate their nearest support centre by searching their area, Eircode or current location.

The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.



Bright Sky Ireland provides a questionnaire in order for users to assess the safety of their relationship, whilst also enabling them to search their area, Eircode or current location in order to locate their nearest support service.

The app's digital journal feature is designed to allow users to securely log incidents of domestic abuse using the text, audio, photo or video functions, without any of the content being saved on the device. This evidence can then be given to Gardaí and can be used to help secure prosecutions.

Other features of the app include information on different types of abuse, sexual violence, stalking and harassment, as well as insight on the types of support available, how to help a loved one if you think they might be in an abusive relationship and a section with guidance on things to consider if you are thinking about leaving an abusive relationship.

Bright Sky Ireland is available to download on the App Store for iOS and Google Play for Android.

## Too Into You

Too Into You is a website run in conjunction with Women's Aid. The website allows users to take quizzes to discover the signs of dating abuse and check out tips for keeping yourself and your friends safe.

The website also features real-life stories, information on how to protect yourself online and legal advice.



<sup>10</sup> <https://www.hestia.org/news/bright-sky-ireland-launched-to-support-people-affected-by-domestic-abuse>

# Local Support Services

## Roscommon Safe Link

**Telephone:** (071) 966 4200

**Website:** [www.roscommonsafelink.ie](http://www.roscommonsafelink.ie)

**Email:** [info@roscommonsafelink.ie](mailto:info@roscommonsafelink.ie)

Roscommon Safe Link is the frontline Domestic Abuse/Violence Service supporting women, men and families who are experiencing abuse/violence in Co Roscommon

- We offer immediate crisis response by assessment of needs, safety planning, advocacy and accompaniment to key services.
- 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 is provided.
- Counselling is available
- Outreach Services are provided throughout the County
- The Dynamic of Abusive Relationship, Managing Trauma program and monthly Group Support meetings are facilitated
- Creating awareness for victims and communities in recognising, understanding and preventing domestic abuse/violence.

## Esker House

**Telephone:** (090) 6474 122

**Website:** [www.eskerhouse.ie](http://www.eskerhouse.ie)

**Email:** [outreach@eskerhouse.ie](mailto:outreach@eskerhouse.ie)

Esker House 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 experiencing all forms of domestic abuse.

### Services provided by Esker House include:

- 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 Monksland area)
- Accompaniment to legal services including legal aid, Gardai, 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
- Access to children's services

### County Roscommon Family Resource Centres

#### South Roscommon Family Resource Centre

Tel: (087) 2126078

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: (086) 7807438

Email: lindadevine@ridc.ie

Family Resource Centres provides a range of universal and targeted services and development opportunities that address the needs of families. County Roscommon has four Family Resource Centres; Boyle Family Resource Centre, Ballaghaderreen Family Resource Centre, Castlerea Family Resource Centre and South Roscommon Family Resource Centre.

### Tusla Child and Family Agency Prevention, Partnership and Family Support

#### North Roscommon Family Support

Sinead O'Neill – Project Leader

Tel: (071) 9673606

Email: sinead.oneill7@tusla.ie

#### South Roscommon Family Support

Anne Marie Kenny – Project Leader

Tel: (087) 9894160

Email: annemarie.kenny2@tusla.ie

Family Support Services are for families and individuals who need help. 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 can help. Simply having someone to talk to about your problem can be the easiest way to begin to deal with your problem. There are many support groups for adults, teenagers, children and carers that give people the chance to tell their own stories and give support to each other. Specialist services provide support for domestic violence or child abuse. Family Support services are generally provided to families in their own homes and communities.

Your concerns are dealt with in confidence by trained personnel who will give the appropriate support, advice and help.

### Tusla Child and Family Agency Meitheal

#### Senior Child & Family Support Network Co-ordinator

Denise Swanick

Email: denise.swanick@tusla.ie

Tel: (086) 0443116

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

**Roscommon** Tel: (090) 6665281  
**Castlerea** Tel: (090) 6637851

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 the Agency.

### An Garda Síochána

**Roscommon** Roscommon Garda Station  
Tel: (090) 6638300

**Boyle** Boyle Garda Station  
Tel: (071) 9664620

**Castlerea** Castlerea Garda Station  
Tel: (094) 9621630

**Athlone** Athlone Garda Station  
Tel: (090) 6492600

### Roscommon Court Services

**Roscommon Court Clerk – Mairead Conway**  
Email: [maireadconway@courts.ie](mailto:maireadconway@courts.ie)  
Tel: 0906 626174

### Access to Psychological Services Ireland (APSI)

**Telephone:** (090) 6665020

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

Access to Psychology Services Ireland (APSI) provides 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)	
<b>Telephone:</b>	<b>(091) 583682</b>
<p>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:</p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Panic reactions</li> <li>• Relationship problems</li> <li>• Loss issues</li> <li>• Stress</li> </ul>	
Vita House	
<b>Telephone:</b>	<b>(090) 6625898</b>
<b>Website:</b>	<b><a href="http://www.vitahouse.org">www.vitahouse.org</a></b>
<b>Email:</b>	<b><a href="mailto:info@vitahouse.org">info@vitahouse.org</a></b>
<p>The aim of Vita House Family Centre is to provide a place of welcome for all, where families and individuals would be encouraged and supported to develop their true potential.</p> <p>Vita House provide 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.</p> <p>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.</p> <p>Vita House offer a range of wellbeing &amp; educational courses and therapeutic groups, such as Psychology and CBT, as additional supports to clients looking to build self-confidence and capacity.</p>	
Boyle Counselling And Psychotherapy Centre	
<b>Telephone:</b>	<b>(071) 9663000</b>
<b>Website:</b>	<b><a href="http://www.boylefrc.ie/categories/4/counselling-psychotherapy.php">http://www.boylefrc.ie/categories/4/counselling-psychotherapy.php</a></b>
<b>Email:</b>	<b><a href="mailto:info@boylefrc.ie">info@boylefrc.ie</a></b>
<p>Boyle Counselling and Psychotherapy Centre therapists have a wide range of training and experience. They draw on many different approaches in our work including person-centred, humanistic and integrative, psycho-dynamic and cognitive behavioural therapy (CBT) and family therapy. All counsellors are accredited or working towards accreditation with relevant bodies.</p> <ul style="list-style-type: none"> <li>• Counselling and Psychotherapy is available Monday to Friday, day and evening.</li> <li>• It is available in as far as possible at a time to suit the individual, family or couple and is by appointment only.</li> <li>• Emergency times are available.</li> <li>• The cost is on a sliding scale and is negotiable.</li> <li>• Director of Counselling and Psychotherapy: Maura Callaghan 071 9663000 or 071 9663841 (Direct Line)</li> </ul>	



# National Support Services

## Women's Aid

**Telephone:** (01) 678 8858

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

**Email:** [info@womensaid.ie](mailto: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 it's 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 at all times 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](mailto: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](mailto:amrcc@eircom.net)

**Rape Crisis Centre Sligo:** 1800 750 780

**Email:** [info@srcc.ie](mailto:info@srcc.ie)

**Rape Crisis Centre Tullamore:** 1800 323 232

**Email:** [tullamorercc@eircom.net](mailto:tullamorercc@eircom.net)

The Athlone Centre opens Mon to Fri – 10.00am to 12.00pm and the Tullamore Centre opens Monday to Friday 9.30am-2.30pm. Rape Crisis Centre Sligo can assist with any cases north of the county. 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. The services provided by the Centres are facilitated by psychotherapists who specialise in the dynamics of sexual violence and abuse. The services they provide include telephone and face to face counselling, court accompaniment. All the services are funded by Tusla and provided free of charge to victims.

### Men's Aid

**Telephone:** (01) 5543811

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

**Email:** [hello@mensaid.ie](mailto:hello@mensaid.ie)

Men's Aid Ireland formerly known as Amen, is the only dedicated national service supporting men and their families experiencing Domestic Violence in Ireland. Our 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](mailto: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:** [move@moveireland.ie](mailto:move@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 violence 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 violence and 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	<a href="mailto:info@roscommonsafelink.ie">info@roscommonsafelink.ie</a>
Esker House	Retreat Rd, Aghacocara, Athlone, Co. Westmeath	(090) 6474 122	<a href="mailto:info@eskerhouse.ie">info@eskerhouse.ie</a>
Boyle Family Resource Centre	Military Road, Boyle, Co. Roscommon	(071) 963000	<a href="mailto:info@boylefrc.ie">info@boylefrc.ie</a>
Ballaghaderreen Family Resource Centre	The Shambles, Market Street, Ballaghaderreen, Co. Roscommon	(086) 7807438	<a href="mailto:lindadevine@ridc.ie">lindadevine@ridc.ie</a>
Castlerea Family Resource Centre	Castlerea, Co. Roscommon	(086) 4615537	<a href="mailto:castlereacfrc@gmail.com">castlereacfrc@gmail.com</a>
South Roscommon Family Resource Centre	Vita House, Abbey Street, Roscommon	(087) 2126078	<a href="mailto:southrosfrc@vitahouse.org">southrosfrc@vitahouse.org</a>
South Roscommon Family Support	Old Health Centre, Old Tuam Road, Monksland, Athlone, Co. Roscommon	(087) 9894160	<a href="mailto:annemarie.kenny2@tusla.ie">annemarie.kenny2@tusla.ie</a>
North Roscommon Family Support	Boyle Health Centre, Termon Road, Boyle, Co. Roscommon	(071) 9673606	<a href="mailto:Sinead.oneill7@tusla.ie">Sinead.oneill7@tusla.ie</a>
Child and Family Support Network Co-Ordinator	Riverside House, Castlerea	(086) 0443116	<a href="mailto:Denise.swanick@tusla.ie">Denise.swanick@tusla.ie</a>
Family Support Drop In Services	Roscommon/Castlerea/ Monksland/Boyle/ Ballaghaderreen		<a href="mailto:dropinclinics@gmail.com">dropinclinics@gmail.com</a>
South Roscommon Duty Social Work	Tusla Child Protection, Primary Care, Roscommon	(090) 6665281	
North Roscommon Duty Social Work	Tusla Child Protection, Riverside House, Castlerea	(090) 6637851	
Vita House	Abbey Street, Roscommon	(090) 6625898	<a href="mailto:info@vitahouse.org">info@vitahouse.org</a>
Boyle Counselling and Psychotherapy Centre	Boyle Family Resource Centre, Knocknashee, Boyle, Co. Roscommon	(071) 9663000	<a href="mailto:info@boylefrc.ie">info@boylefrc.ie</a>
An Garda Síochána Roscommon		(090) 6638300	
An Garda Síochána Castlerea		(094) 9621630	
An Garda Síochána Boyle		(071) 9664620	
An Garda Síochána Athlone		(090) 6492600	



# Appendices

## **County Roscommon Domestic Abuse Resource Pack Sub-group Members:**

Denise Swanick – Tusla Child and Family Agency

Ann Carey – Roscommon Safe Link

Deirdre Berry – Esker House

Teresa Bracken – Esker House

Dr. Pádraig Collins – APSI Roscommon

Louise Moran – Boyle Family Resource Centre

Joanna O'Reilly – Roscommon Family Support Services

Mike DeJong – Adult Mental Health Services

Patricia Morris – St Coman's Wood National School

Mary McGarry – An Garda Siochana

Marian Keigher – Vita House

Lorraine Gorman - Tusla Business Support

# An Garda Síochána

The recently published policy of An Garda Síochána on Domestic Abuse Intervention identifies their key role as ‘the provision of information, support and protection to victims’.

## This policy also details the following:

- Encourages the making of an arrest, where appropriate
  - Addresses the actions expected to be taken by An Garda Síochána personnel when dealing with reported incidents of Domestic Abuse, from the time of receipt of the initial report.
  - It provides guidance regarding, obtaining background information for first responders; gathering evidence even in the absence of a criminal complaint;
  - Providing advice to victims; the undertaking of follow-up actions; PULSE recording; liaison with Tusla, the Child and Family Agency and intervention to prevent escalation of abuse<sup>11</sup>
- b. Any person who is not related to the offender, but lived with the Respondent (no specified time limit, per the Civil Law (Miscellaneous Provisions) Act 2011) in an intimate and committed relationship prior to the application for the Safety Order; or
  - c. A parent of the offender (who is of full age and not a dependent of the parent); or
  - d. Any person living in a relationship with the offender, which is not primarily contractual; or
  - e. The parent of a child whose other parent is the offender (per the Civil Law (Miscellaneous Provisions) Act 2011); or
  - f. In specific circumstances, Tusla, (The Child and Family Agency) has powers under Section 6 of the Domestic Violence Act, 1996 to apply for a Safety Order on behalf of an entitled ‘aggrieved person’ who may be an adult or a dependent person.

An Garda Síochána have a pro arrest policy. The Gardaí have additional powers if there is a court order in place. The following are the types of orders available to victims of Domestic Violence:

## 1. Safety Order (Section 2, Domestic Violence Act, 1996, as amended)

A Safety Order may be obtained by:

- a. The spouse or civil partner of the offender (this includes persons who have divorced, per the Family Law (Divorce) Act, 1996); or
- A Safety Order does not exclude the offender from the home but offers the Applicant (or a dependent) safety by prohibiting the Respondent from:
- The use of violence, or threats to use violence, against the Applicant / Dependent; or,
  - Molesting or putting the Applicant/ Dependent in fear.

<sup>11</sup> 17 An Garda Síochána (2017) Domestic Abuse Intervention Policy (2017)  
<https://www.garda.ie/en/Crime/Domestic-abuse/Domestic-Abuse-Intervention-Policy-2017.pdf>





**2. Barring Order (Section 3, Domestic Violence Act, 1996, as amended)**

A Barring Order may be obtained by:

- a. The spouse or civil partner of the Respondent, (this includes persons who have divorced, per the Family Law (Divorce) Act, 1996); or,
- b. Any person who has lived in an intimate and committed relationship with the Respondent for at least 6 months in the 9 months immediately prior to the application for the Barring Order; or,
- c. A parent of the Respondent (who is of full age and not a dependant of the parent); or,
- d. In specific circumstances, Tusla has powers under Section 6 of the Domestic Violence Act 1996 to apply for a Barring Order on behalf of an ‘aggrieved person’, who may be an adult or dependent person.

A Barring Order directs the Respondent to leave and not enter the home and prohibits:

- The use of violence, or threats to use violence, against the Applicant / Dependent; or,
- Molesting or putting the Applicant / Dependent in fear; or,
- Watching / besetting the residence of the Applicant / Dependent.

**3. Interim Barring Order (Section 4, Domestic Violence Act 1996, as amended)**

When there has been an application for a Barring Order, the Court may make an Interim Barring Order, which temporarily has the same effect as a Barring Order.

**An Interim Barring Order expires on the determination by the Court of the application for the Barring Order.**

The Court may place such exceptions or further conditions on the Interim Barring Order as it

**4. Protection Order (Section 5, Domestic Violence Act, 1996, as amended)**

When there has been an application for a Barring Order or a Safety Order, the Court may make a Protection Order, which **temporarily** offers the Applicant (or a Dependent) safety by prohibiting the Respondent from :

- the use of violence, or threats to use violence, against the Applicant / Dependent; or,
- molesting or putting the Applicant / Dependent in fear.

Garda Station	Telephone
Boyle Garda Station	(071) 9664620
Castlerea Garda Station	(094) 9621630
Roscommon Garda Station	(090) 6638300
Athlone Garda Station	(090) 6492600

# Tusla Child and Family Agency



Tusla has a primary responsibility to promote the safety and well-being of children and as such must always be informed when a person has reasonable grounds for concern that a child may have been, is being abused or is at risk of being abused or neglected. Such child protection concerns need to be supported by evidence that indicates the possibility of abuse or neglect.

In the case of Domestic Abuse, initial referrals are generally made by the Gardaí (called to attend an incident, where there is a child/children present within the household) to the local Duty Social Work team. Where the Garda attending believes there is an immediate risk to the child they will issue a Section 12 which will in turn enable the duty social worker to access an out of hours bed. Specialist Domestic Abuse services also provide initial child protection/welfare referrals.

Where it is suspected that a child is at risk there must be a report made under Children First.

The term “Children First” was originally used in relation to Children First: National Guidelines for the Protection and Welfare of Children, first published in 1999 and reviewed and updated on a number of occasions since then, most recently in 2017. Since the enactment of the Children First Act 2015, the term is now a generic term used to encompass the guidance, the legislation and the implementation of both. Children First relates to the recognition of child abuse and neglect, the reporting of same to Tusla - Child and Family Agency, and the best practice which organisations should adhere to to keep children safe while availing of their

services. Non statutory obligations for all persons coming into contact with children are set out in the Children First Guidance, and the Children First Act 2015 sets out additional statutory obligations for defined categories of persons and for organisations providing relevant services to children.

Society has a duty of care towards children and everyone should be alert to the possibility that children with whom they are in contact may be being abused or be at risk of abuse.<sup>12</sup>

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.<sup>13</sup>

Contact	Telephone
Social Work Department Castlerea	(090) 6637843
Social Work Department Roscommon	(090) 6665281

<sup>12</sup> Children First, Tusla <https://www.tusla.ie/services/child-protection-welfare/children-first/>

<sup>13</sup> [https://www.tusla.ie/uploads/content/CF\\_Joint\\_Protocol.pdf](https://www.tusla.ie/uploads/content/CF_Joint_Protocol.pdf)

# 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.<sup>1</sup>

## ***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.<sup>2</sup>

## ***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.<sup>3</sup>

## ***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.<sup>4</sup>

<sup>1</sup> Source: <https://www.yourdictionary.com/co-parenting>

<sup>2</sup> Source: <https://www.businessinsider.com/what-is-love-bombing-2017-7?r=US&IR=T>

<sup>3</sup> Source: <https://simple.wikipedia.org/wiki/Gaslighting>

<sup>4</sup> Source: <https://www.womensaid.ie/help/coercive-control.html>



# #StillHereRoscommon

Evidence based feedback from the mother of a child who participated in the Healing Hands program:

*“The children were able to explore their feelings on a range of issues bringing a sense of peace especially for my eldest child”.*

Evidence based feedback from survivors who participated in support programs:

*“It made me aware that I am not alone”*

*“It gave me the information I need to make better choices”*

*“Helped me to put down boundaries”*

Evidence based feedback from individuals who engaged in one to one support:

*“guided me through the fog of confusion and helped me find stable ground”*

*“regained self-respect, self-awareness and structure”*

*“It saved my life”*

## **Domestic Abuse is Everyone's Business**

