



# KERRY RAPE & SEXUAL ABUSE CENTRE



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STRATEGIC PLAN 2018





## MISSION STATEMENT

**The mission of KRSAC is to improve the lives of those who experience sexual violence or abuse and to work towards the elimination of sexual violence and abuse in our society.**

Values that underpin our work;

- a) To provide free and confidential unlimited counselling services to the survivors of sexual violence and crimes.
- b) To provide a programme of supports to survivors of sexual violence and crimes, their families and friends.
- c) To develop education and training initiatives that create awareness and understanding of the effects of sexual crimes.
- d) To continue to actively participate in local and national level networks and fora that will have a direct impact on our work, will raise our profile and enhance information sharing.
- e) To provide for the continued professional development of our staff and volunteers.
- f) To foster a greater awareness in society of the dynamics and impact of sexual violence and crime.
- g) To recruit, develop and retain a highly experienced, quality staff.





KERRY RAPE &  
SEXUAL ABUSE CENTRE

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# ABOUT US

Established in 1992 Kerry Rape and Sexual Abuse Centre (KRSAC) is a unique support, advocacy and information service for all female and male survivors, and young people aged 14 and over who have experienced sexual violence, including rape, sexual assault and childhood sexual abuse.

Our main objectives are to **reduce the distress and suffering of people affected by sexual violence** through the provision of support and information, and to **increase awareness of sexual violence and its impacts** within the wider community.

To deliver these objectives, we provide a range of trauma-informed support services for survivors of sexual violence, including short-term and longer-term support, advocacy, outreach, group support and awareness programmes.

The Centre employs dedicated counsellors who are trained to the highest standard and accredited with the Irish Association of Counselling and Psychotherapy.

The Centre is governed by a Board of Directors. The Board comprises of directors with legal, finance, counselling, education, communications, policing and project management experience.



The structure adapted by the Company is democratic and non-hierarchical. The role and views of the staff and volunteers are crucial to the delivery of the strategic plan and therefore have a direct role in decision making structures.

The Strategy outlines the work of the organisation over the next five years.





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The plan outlines a set of three strategic themes and aims agreed by consensus and geared at achieving the long-term vision for the development of the Company.

An implementation plan has been agreed for the effective implementation of the strategic plan.

In the compilation of the plan the consultant met with staff, volunteers, Manager and Board of Directors of the Company during a series of focus groups one-to-one interviews, and a series of review and planning meetings.

# SERVICES

## COUNSELLING

The Centre has a team of highly qualified and accredited counsellors providing a free one to one counselling service to survivors of sexual violence. Group counselling is also provided for survivors. Outreach counselling is also available in Killarney. This service is available by appointment only.

## SUPPORT SERVICES

### Accompaniment to Courts

Court accompaniment is available to all victims of sexual violence engaging with the judicial process, from the initial complaint to and including the trial process. This service is also available to parents and families of children who report sexual abuse. The service provided includes:

- Explaining the court process and visiting courtrooms
- Providing emotional support during the trial
- Clarifying legal terminology
- Helping victims come to terms with the outcome of the case
- Informing victims of any follow up proceedings
- Providing post trial support

### Helpline Support

A free phone help line is provided for people looking for advice or information. The support can be focused on providing information and guidance or providing counselling. This service is available from Monday to Friday- 9am to 5pm.

### Supports to families and friends of survivors of sexual violence

The Centre also provides supports to families and friends of survivors.





## EDUCATION & AWARENESS

Safety Awareness Youth Information Training (SAY IT) Programme for secondary schools. Topics covered include:

- Sexual violence and its effects on victims, family and friends
- Myths and attitudes around sexual violence
- Bullying and sexual harassment
- What you can do and where you can get help

Counsellors are also often requested to give talks and workshops to various organisations and groups on a range of related issues.



awareness

attitudes



Vera O'Leary with participants and staff of Tralee Youthreach releasing balloons during the "16 Days of Violence Against Women Campaign"



Vera O'Leary at the launch of the pilot project called "Promoting Consent In Sexual Encounters" which took place at the IT Tralee



Launch of School Programme and Brochure

## NETWORKING

KRASC works on the basis of an interagency approach to respond to the needs of survivors and their families and friends. No single agency can provide all the necessary responses therefore the Company develop links with other agencies and organisations locally and nationally.

The Company is represented on a wide range of groups including:

- Rape Crisis Network Ireland
- South West Counselling Centre
- Kerry Adolescent Counselling Centre
- Tralee International Refugee Centre
- Kerry Traveller Development Network
- Tusla Meitheal

Kerry Community Awards 2013:  
Vera O'Leary, Alice Kavanagh,  
Cllr Johnny Wall, Noelle O'Connell,  
Bernard Collins, Betty Garnett.





# FUNDRA



Fundraising Initiative in conjunction  
with Weardrobe



Bernie McCarthy KRSAC, Betty Garnett with  
two students from the No Name Club



# RAISING



Rachel O'Donovan, Geraldine Enright, Vera O'Leary and Betty Garnett from the Kerry Rape and Sexual Abuse Centre attending the Ring of Kerry Cycle cheque presentation in the INEC on Friday.

Ring Of Kerry Charity Cycle Presentation night 2017 which took place at the INEC Killarney



Kerry Rape and Sexual Abuse Centre receiving a cheque from the Tralee Rotary Club in the Imperial Hotel, Tralee on Tuesday last, -r: Pierce Wall (Vice-President of the Tralee Rotary Club), Gramham Borley (President of the Tralee Rotary Club) and Vera O'Leary (Manager of the Kerry Rape and Sexual Abuse Centre).

Fundraising initiative in corporation with Tralee Rotary

# GOALS

1

## TO PROVIDE FREE, PROFESSIONAL COUNSELLING SERVICES TO ALL SURVIVORS OF SEXUAL VIOLENCE

OBJECTIVES	ACTIONS	OUTCOMES	RESOURCES
To provide one to one counselling services	Promote the counselling services through advertising, networking and referral base	Increase number of survivors receiving counselling	Premises Counsellors
To evaluate counselling services	Develop a template to evaluate counselling services with clients	Formal method of evaluating services	
Provide group counselling	Identify the needs for group counselling with clients.	Decrease waiting list	Funding/Premises Counsellors
Develop outreach strategy	Maintain existing outreach centre	Increase in the provision of outreach services	Funding Outreach clinics (rent) Available counsellors



2

## TO PROVIDE A PROGRAMME OF SUPPORTS TO SURVIVORS OF SEXUAL VIOLENCE AND CRIMES, THEIR FAMILIES AND FRIENDS

OBJECTIVES	ACTIONS	OUTCOMES	RESOURCES
To accompany clients to court	Promote court accompaniment service through referrals, advertising and networks	Increase in the numbers receiving supports	Training & Volunteers
To provide a dedicated telephone support service	Maintain the existing telephone service providing information and advice	A branded services developed and promoted through networking and social media	Training
Provide support to families and friends	Continue support service to families and friends of survivors	Increased number of families and friends receiving supports	Counsellors

# GOALS

3

## TO DEVELOP EDUCATION AND TRAINING INITIATIVES TO CREATE AWARENESS AND AN UNDERSTANDING OF THE EFFECTS OF SEXUAL CRIMES

OBJECTIVES	ACTIONS	OUTCOMES	RESOURCES
To provide educational programmes in schools, college and with youth centres	<p>Continue and expand where practical and possible the SAYIT Programme</p> <p>Continue to support awareness programme in ITT</p>	<p>Increase in numbers participating on the SAYIT programme</p> <p>New programmes developed</p>	Education Co-ordinator trained volunteers/Funding
To provide awareness and information	<p>Develop a suite of information resources including printed materials</p> <p>Develop tailored information packs for schools, resource centres, youth centres etc.</p> <p>Deliver information talks and workshops combine with media slots and PR</p>	<p>Materials updated and printed, Web Site developed</p> <p>Increase in awareness by members of the public</p>	Printing costs



4

## TO CONTINUE TO ACTIVELY PARTICIPATE IN LOCAL AND NATIONAL LEVEL NETWORKS AND FORA THAT WILL HAVE A DIRECT IMPACT ON OUR WORK WILL RAISE OUR PROFILE AND ENHANCE INFORMATION SHARING

 <b>OBJECTIVES</b>	 <b>ACTIONS</b>	 <b>OUTCOMES</b>	 <b>RESOURCES</b>
<p>To have representation on various local and national groups and boards</p>	<p>Nominate staff to represent KRASC on relevant committees and Boards</p>	<p>Increased level of participation on interagency committees</p>	<p>Staff time. Travel and Subsistence</p>
<p>Initiate partnerships to improve pathways to service provision (access and referrals)</p> <p>Promote the service and participate in networking to enhance service delivery to clients</p>	<p>Distribute information leaflets through other centres such as clinics, family resource centres etc.</p> <p>Negotiate media coverage with local press and radio</p> <p>Develop formal referral agreements with Gardai, GPs, Legal profession etc.</p>	<p>Dissemination of information</p> <p>Greater exposure on local media</p> <p>Increase in referrals</p>	<p>Staff and Funding for training and information delivery</p>
<p>To provide for ongoing training and personal development of staff</p>			



## CLIENT TESTIMONIALS

“

I have nothing but deep appreciation for the services provided by the centre, and sincere admiration for the way these services are carried out.

”

“I felt very isolated and intimidated, having my counsellor there was my only support, she understood the workings of the legal system and explained everything to me, without her I don't know how I would have got through it.”

(Court Accompaniment Service Client)

Support Room opens at Tralee Circuit Court



“

I felt very nervous the first time I attended the Centre, but they gave me so much reassurance that I felt at ease and able to keep returning.

”

“I spent 4 days in court and felt like a spectator in my own case, giving evidence and being cross examined was so hard, my counsellor stayed with me throughout the whole case and was a great source of support to me and my family when we got the verdict.”

(Court Accompaniment Service Client)

“

Counselling a person through the effects and difficulties of child sexual abuse, to my mind would take an enormous amount of patience, time and understanding. Throughout my counselling at the Centre I never felt under pressure, everything was at my pace.

”

“I knew where to look when I was giving evidence, so I wouldn't have to look at him, my counsellor had shown me around the court before the trial and explained all the procedures.”

(Court Accompaniment Service Client)

“

The first day I walked into in the Centre was one of the most terrifying days of my life, but it was also the first day of the rest of my life”

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**SUPPORT NUMBER  
FREEPHONE:**

**1800 633 333**

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CONTACT DETAILS