

Traveller Counselling Service

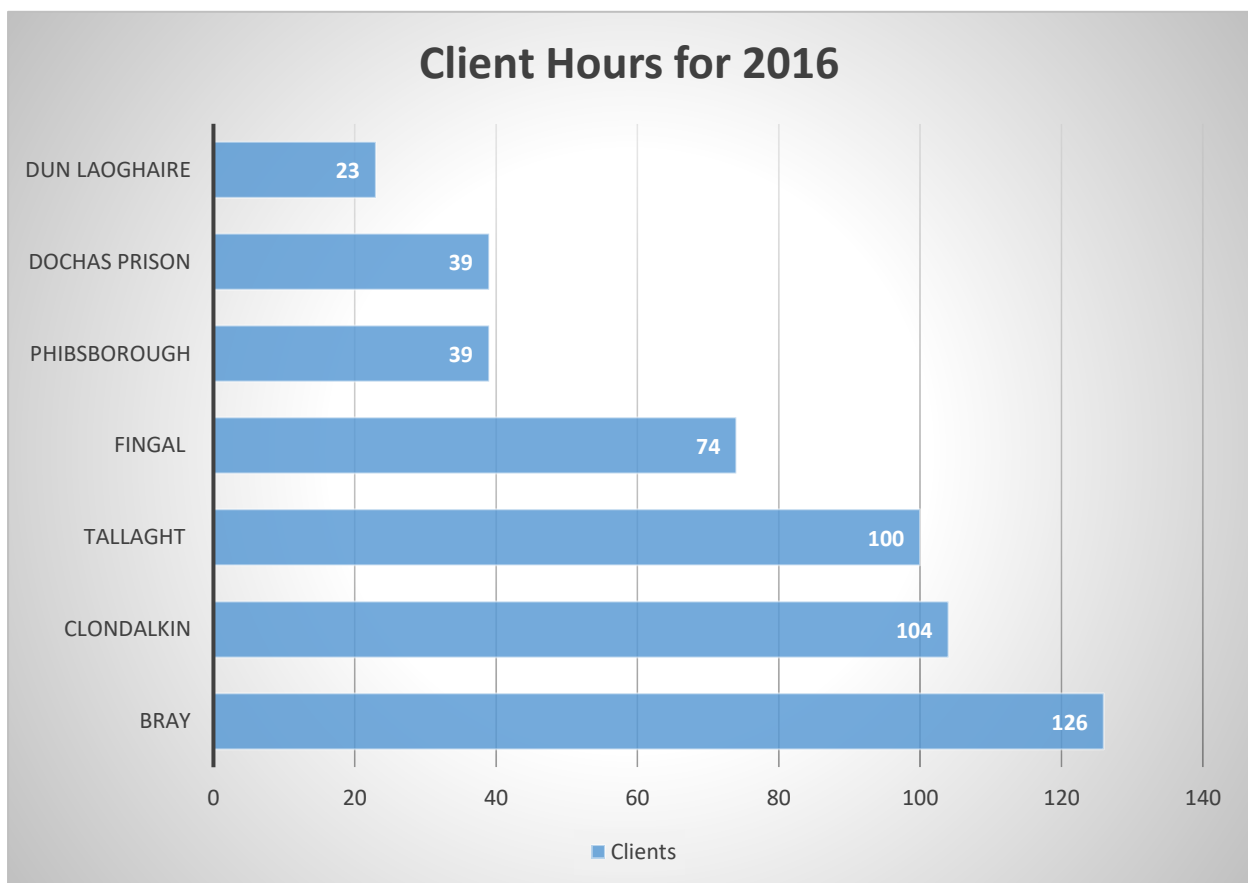
Client Statistics for 2016

Client/Counselling Hours

We have provided a total of 499 counselling hours 2016.

The counselling was provided in 1 Wicklow and 6 Dublin locations as outlined below, with the Dochas Prison being the new Dublin location.

Client Hours by Location 2016



Bereavement 2016

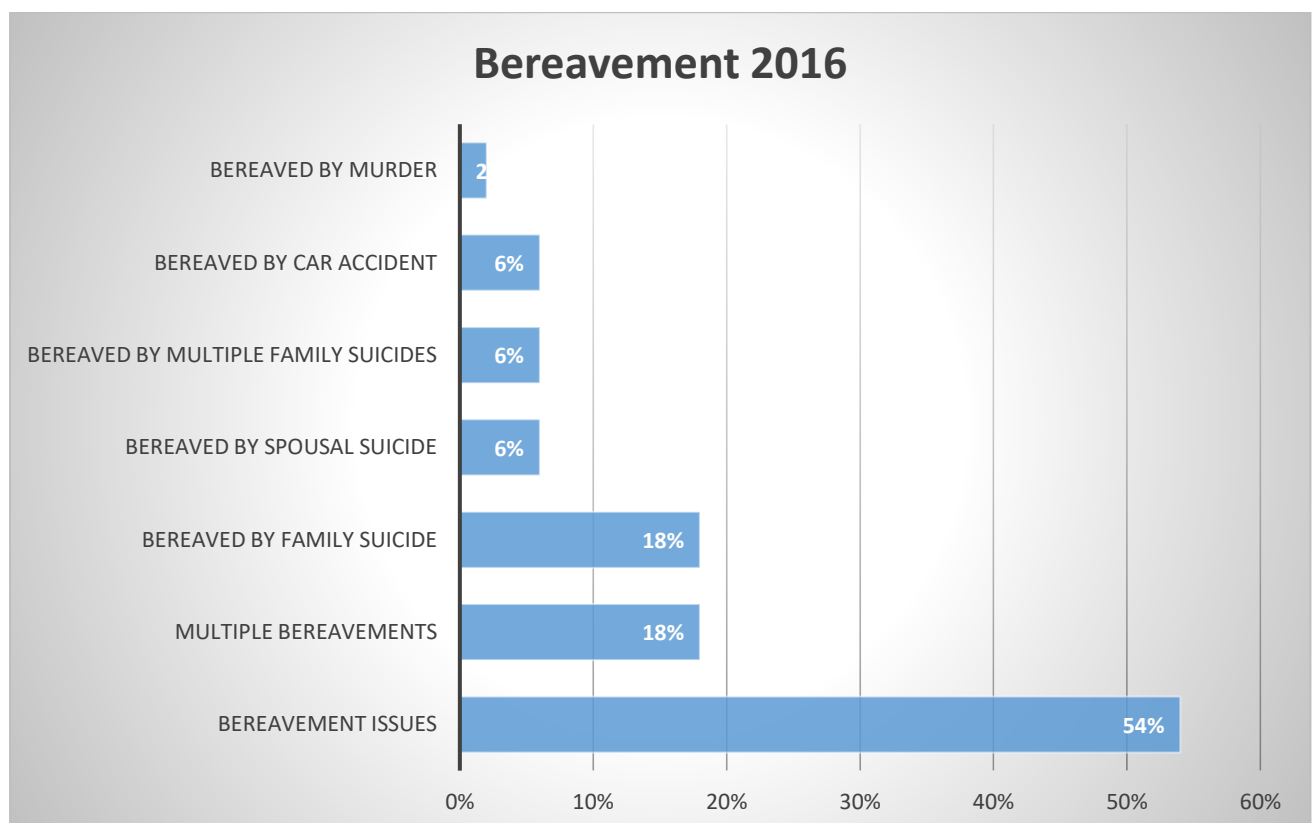
Bereavement remains the biggest issue for our clients with over half our clients impacted by loss and almost one quarter bereaved through suicide.

- 54% of all clients present with bereavement issues
- 18% of clients experienced multiple bereavements
- 18% of clients have been bereaved by suicide
- 6% of clients lost their spouse to suicide
- 6% have experienced multiple family suicides
- 6% have lost family members as a result of road accidents
- 2% of clients are bereaved as a result of murder

Suicide remains an issue for our clients with one fifth impacted through either the threat of suicide by a loved one or bereaved by the suicide of a loved one. That so many have been bereaved by multiple family suicides indicates the impact of one suicide on a family and the way in which it leaves the remaining family members vulnerable to suicide ideation themselves.

That 6% of clients have lost a relative through a road accident also indicates a high risk mortality factor for the Traveller community on our roads.

Bereavement 2016



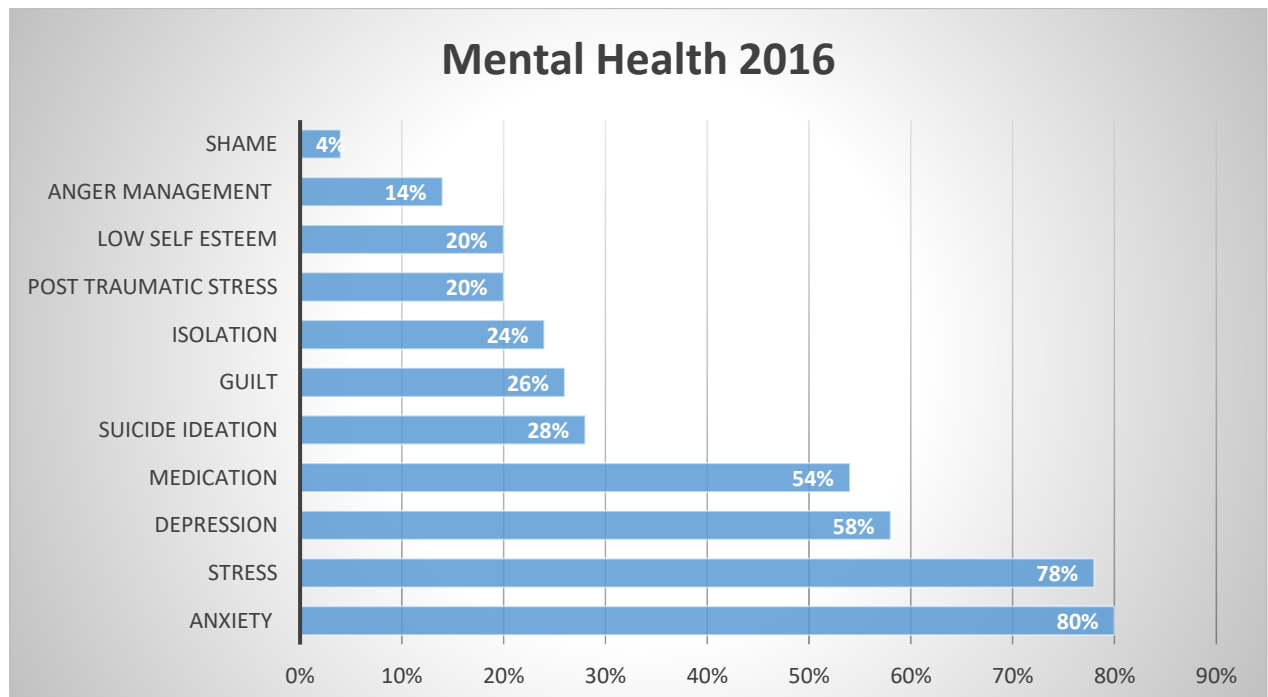
Mental Health & Related Issues 2016

The majority of clients attending our service are facing very real struggles with their mental health with almost one third of clients during 2016 experiencing suicide ideation.

An alarming statistic here is that over half of all clients are using medication to help manage their mental health.

- 80% of clients experiencing consistent anxiety
- 78% of clients experiencing consistent stress
- 58% of clients suffering from/ diagnosed with depression
- 54% of clients using psychotropic/anti-depressant/sleeping tablets or similar prescription medication
- 28% of clients experiencing suicide ideation
- 26% of clients struggling with feelings of guilt
- 24% of clients feeling isolated
- 20% of clients are living with post-traumatic stress syndrome
- 20% of clients experiencing low self esteem
- 14% of clients are struggling to manage their anger
- 4% of clients struggling with feelings of shame

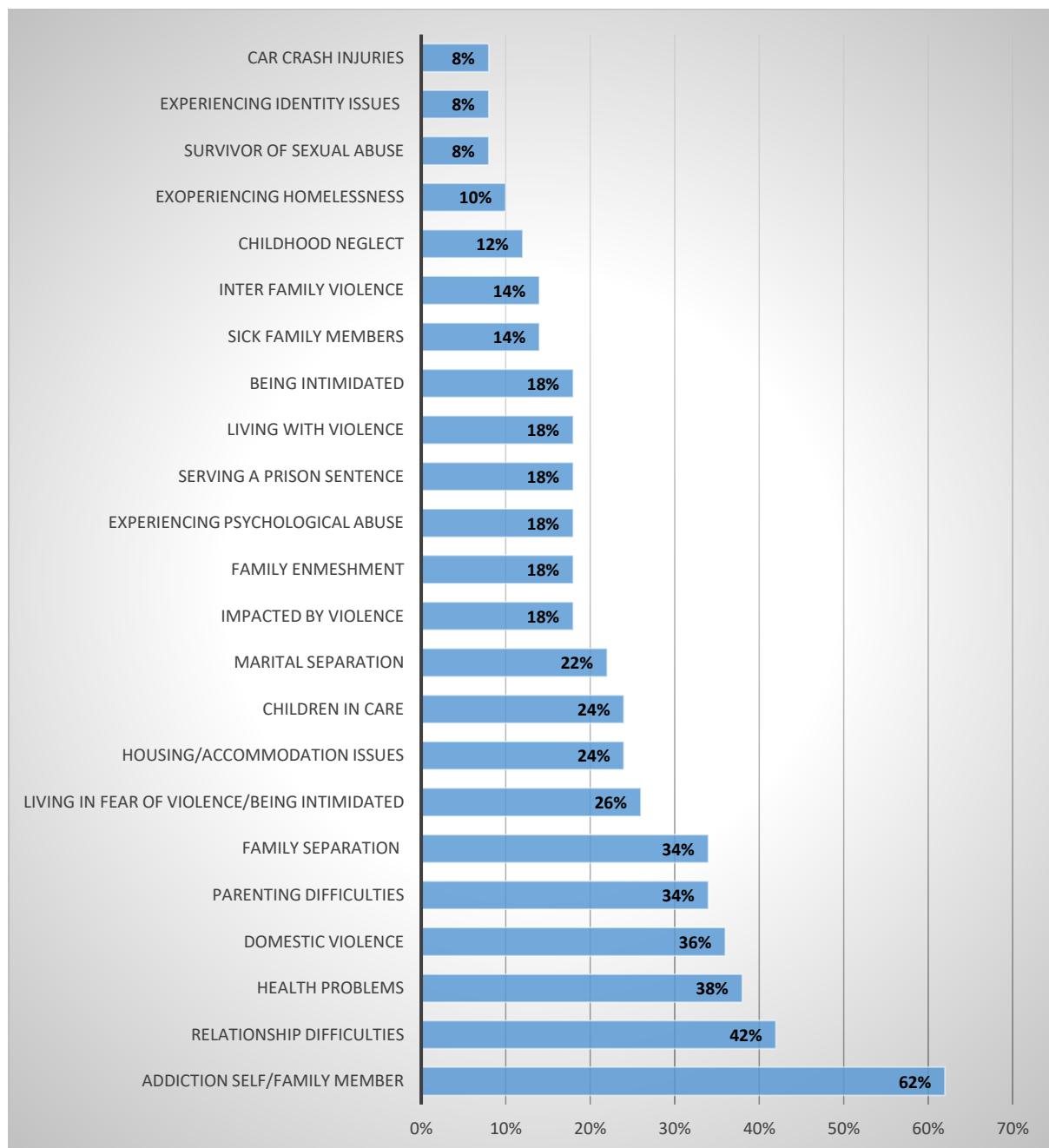
Presenting and Emerging Mental Health Issues 2016



Contributory Factors 2016

It is important to note before proceeding, that even though issues such as exclusion, discrimination and racism and the many issues they contribute to such as unemployment, social exclusion, low mortality etc. do not feature in the presenting issues of our clients, this is not to suggest that these are not very real issues for the Travellers attending our services, but rather, it signifies the extent to which these issues are ingrained in the psyche of Travellers that they come to accept these experiences as the norm.

Contributory Factors 2016



There is an array of issues that implicate mental health for the Traveller community, and below are listed the issues, in order of prevalence, that our clients felt were impacting their mental health.

Addiction within the community is a huge issue with almost two thirds of our clients either struggling with addiction themselves or struggling to cope with addiction in their immediate families.

Relationship struggles were the cause of concern for Travellers attending our service in 2016.

Health is another major factor for Travellers, with over half of all clients either impacted by their own health or a family members health difficulties.

Violence, either in the form of domestic, inter family, living in the fear of or experiencing direct intimidation is also a worrying factor implicating mental health for Travellers, with well over half of our clients experiencing violence at some level.

Housing and accommodation issues, are a constant issue for members of the Traveller community. This issue is comprised of two elements, firstly the lack of suitable accommodation for Traveller families, and secondly the standard of current accommodation. While these two issues have a significant impact on Travellers mental health, resulting tragedies from unacceptable standards of accommodation, such as Carrickmines, have a lasting and deep impact on mental health not only for those directly affected, but through the entire community.

While housing and accommodation issues are a common theme for the Traveller community, an emerging concern that our statistics indicates is the issue of homelessness. In the past Travellers rarely if ever experienced homelessness but with increasing numbers of Travellers moving into the private rented sector as a result of nowhere to pull in their trailers and criminalisation of nomadism through the anti-Tresspass legislation, we are seeing homelessness grow as an issue for Travellers.

Road accidents seem to disproportionately impact Travellers with 8% of clients impacted.

Other factors that were less prevalent though none-the-less very significant are listed below:-

- debt issues
- sexual identity
- unplanned pregnancy
- self-harm
- missing family member
- rape of family member
- physical pain
- childhood in care,
- employment difficulties
- family member in prison.

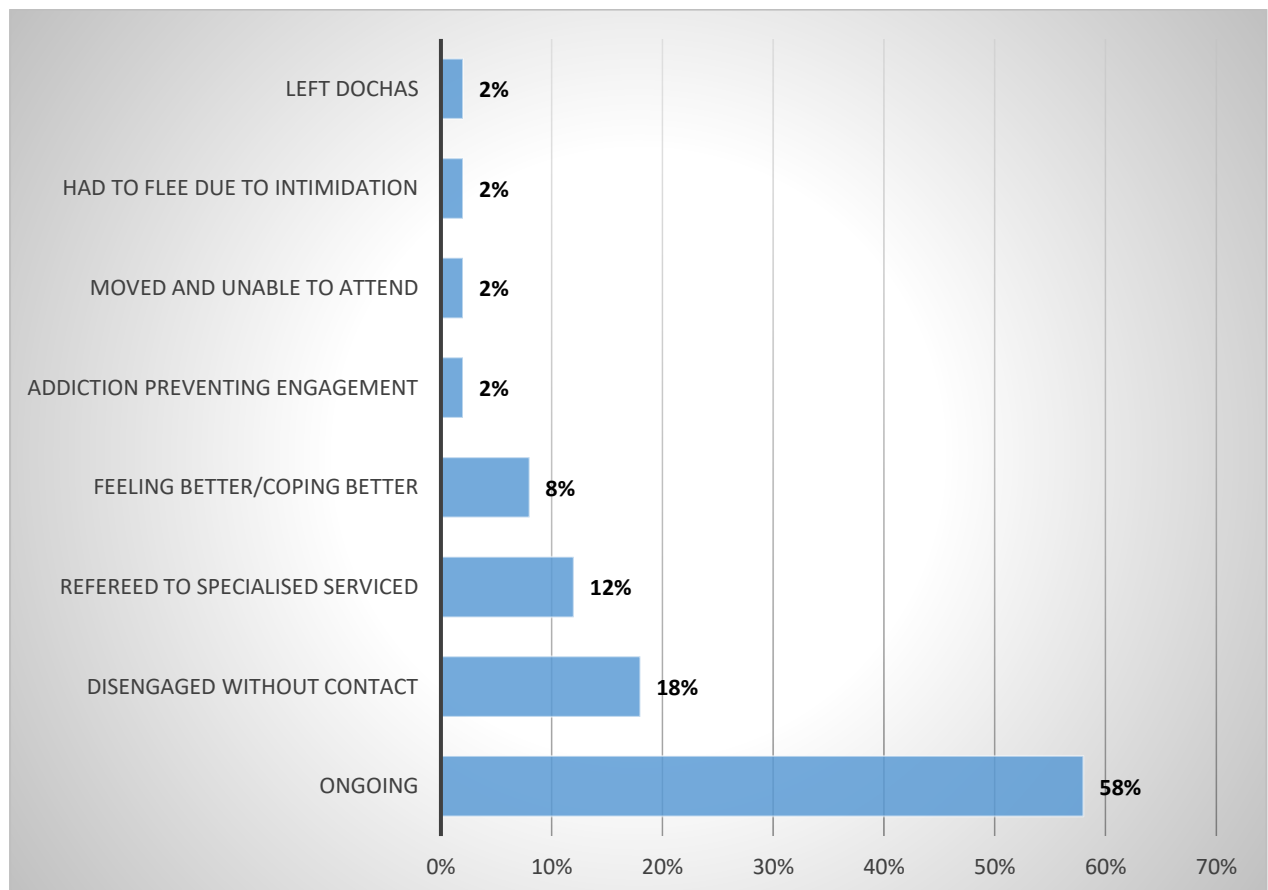
Outcomes for 2016

The following outcomes were recorded for clients for 2016 1st Quarter.

- 58% of clients who were attending in Jan 2016 still attending the service
- 18% disengaged without further contact
- 12% of clients were referred on to specialised services
- 8% stopped coming as they were feeling better, their situations had improved or they had achieved what they set out to achieve (eg visiting rights)

Of interest to note here, is that all clients referred to specialised services went into recovery programmes for either drug or alcohol addiction

Client Outcomes 2016



Referrals 2016

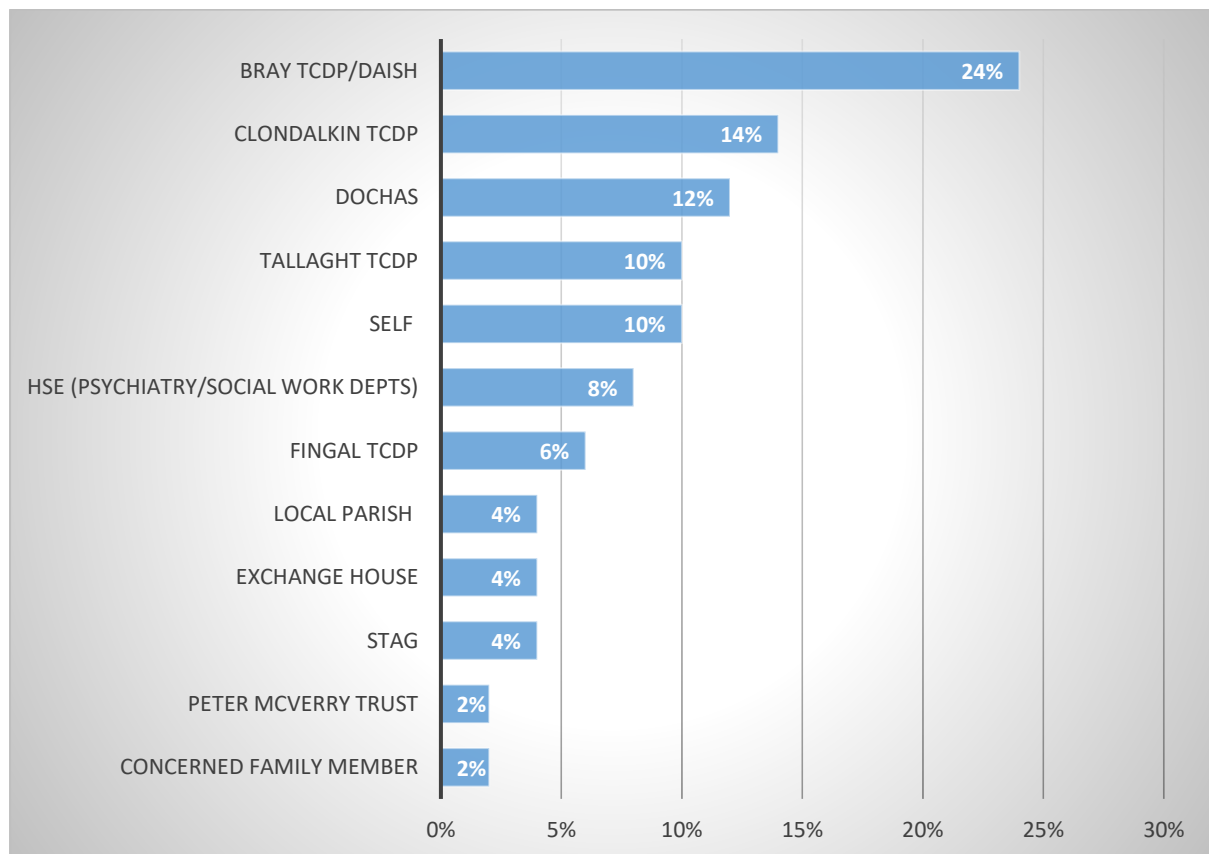
In 2016 we started to note where and how our clients were being referred to our service and the results are outlined below.

We can see from the figures below, that the local Community Development Projects are our biggest source of referrals, highlighting the way in which the Local Traveller Mental Health Partnerships work.

Correspondingly, we can see that a significant number of clients self-referred, indicating that our service is known and trusted within the community.

Referrals from the HSE similarly indicate that awareness of our service has increased.

Referral Sources 2016

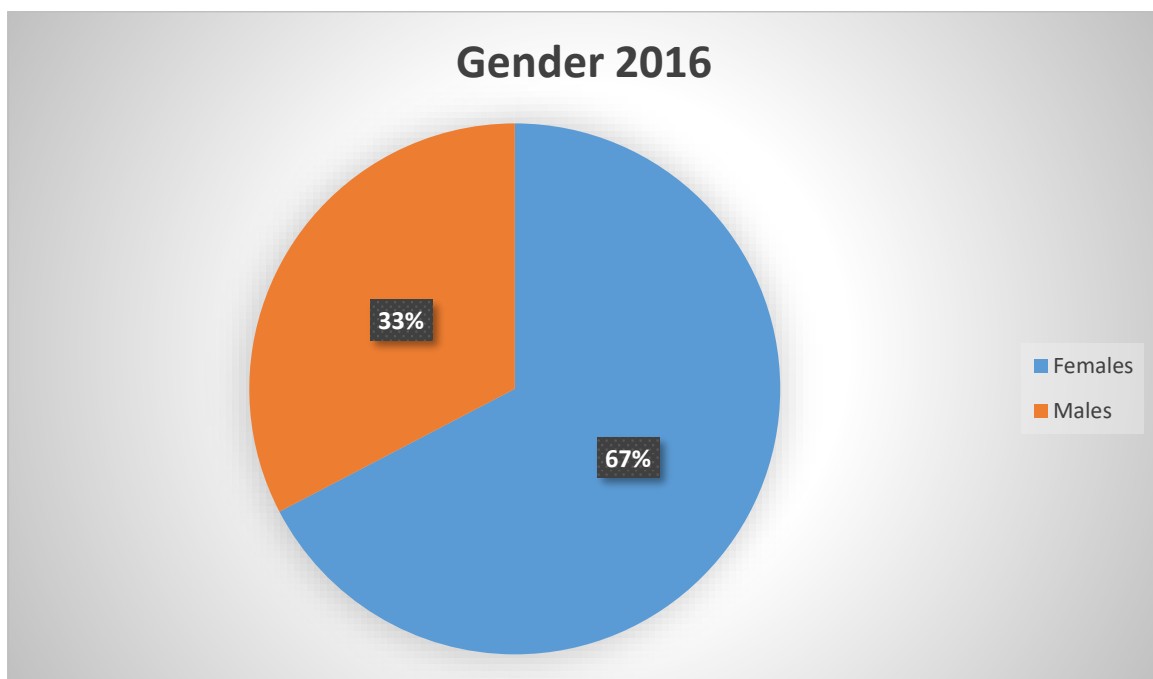


Client Profiles 2016

Gender

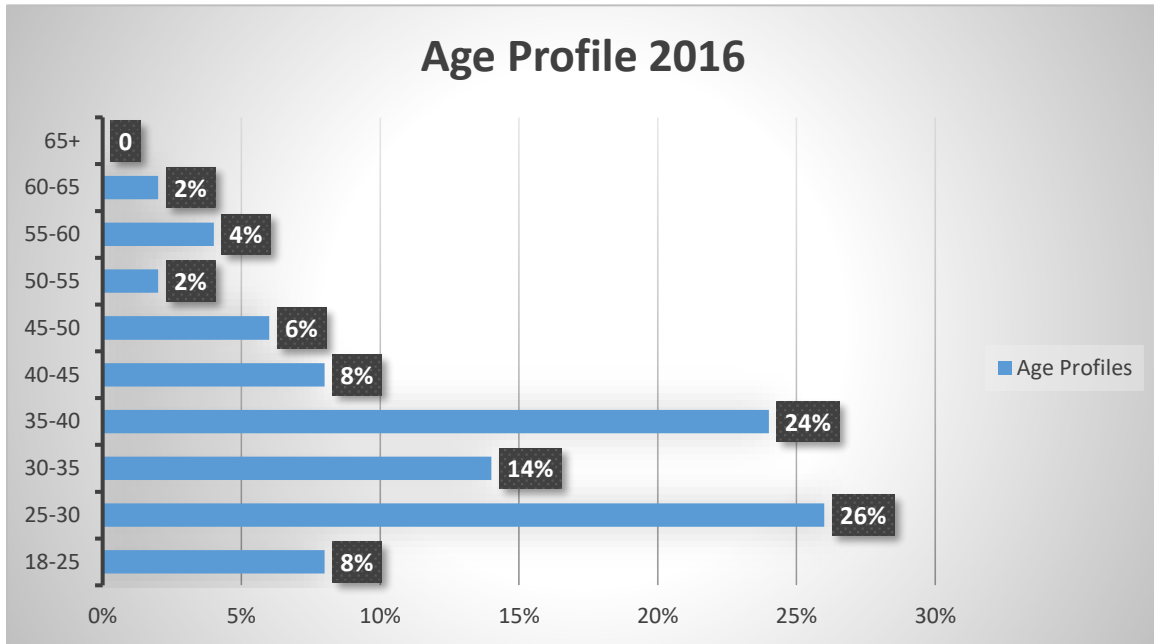
In counselling and psychotherapy services across the board in Ireland there tends to be a higher percentage of female clients to male, though in the Traveller Counselling Service we have noted an increase in male attendance since January 2016.

Gender Profile



Age Profile 2016

The figures below indicate that individuals aged between 25 – 40 represent our largest client group in terms of age ranges with fewer older Travellers attending for counselling. This statistic is replicated in mainstream counselling services also.



Geographic Spread 2016

The limited availability of our service is reflected in the statistics below. While our geographic spread has increased with the inclusion of three new counties where clients hail from, this can be explained in part to the inclusion of Dochas as a place where conduct counselling.

