

**ORIGINATOR: DEPUTY CHIEF EXECUTIVE**

**DECISION NO. 5-2016**

**REASON FOR SUBMISSION: FOR DECISION**

**SUBMITTED TO: POLICE AND CRIME COMMISSIONER**

**SUBJECT: BUTTERFLY CIC – THERAPEUTIC PROGRAMMES  
TO SUPPORT ADULT SURVIVORS OF CHILDHOOD  
SEXUAL ABUSE**

**SUMMARY:**

1. The Police and Crime Commissioner can commission services that:
  - a) secure, or contribute to securing, crime and disorder reduction in Suffolk;
  - b) are intended to help victims or witnesses of, or other persons affected by, offences and anti-social behaviour.This is in accordance with the provisions in the Anti-Social Behaviour, Crime and Policing Act 2014. In applying this provision, the PCC will ensure that the services commissioned are also consistent with the Suffolk Police and Crime Plan 2013 – 2017.
2. This report seeks approval to award a Victim Services Grant to Butterfly Community Interest Company (CIC) for the amount of £19,040 to deliver the therapeutic group programmes to adult survivors of childhood sexual abuse.
3. The proposed grant will support delivery of the Police and Crime Plan through providing high quality services to victims and vulnerable people.

**RECOMMENDATION:**

1. It is recommended that the PCC approves a grant of £19,040 to Butterfly CIC to provide therapy and counselling programmes for adult survivors of childhood sexual abuse.

**APPROVAL BY THE POLICE AND CRIME COMMISSIONER**

**Signature**

*Tina Parry*

**Date** *27<sup>th</sup> January  
2016*

## **DETAIL OF THE SUBMISSION**

### **1 INTRODUCTION**

- 1.1 The Police and Crime Commissioner can commission services that:
- a) secure, or contribute to securing, crime and disorder reduction in Suffolk;
  - b) are intended to help victims or witnesses of, or other persons affected by, offences and anti-social behaviour.
- This is in accordance with the provisions in the Anti-Social Behaviour, Crime and Policing Act 2014. In applying this provision, the PCC will ensure that the services commissioned are also consistent with the Suffolk Police and Crime Plan 2013 – 2017.
- 1.2 This report seeks approval to award a grant of £19,040 to Butterfly CIC to address lengthy waiting times for clients on the waiting lists for therapeutic programmes to support adult survivors. There are currently 31 women on the waiting list for the Butterfly programme all of whom have been waiting for at least 10 weeks, with the longest waiting for 6 months.

### **2 POLICE AND CRIME PLAN OBJECTIVES**

- 2.1 Following the issue of the Police and Crime Plan 2013-2017 work has been on-going to develop a delivery plan to ensure that the Police and Crime Objectives and the Plan's principal themes will be achieved.
- 2.2 The Police and Crime Plan sets out a clear commitment to providing services that meet the needs of victims of crime and vulnerable people. The PCC has engaged extensively to pursue the ambitions set out within the Plan, including the provision of high quality services to victims and vulnerable people. The proposed grant will provide specialist support to adult victims of childhood sexual abuse.

### **3 THE BUTTERFLY PROGRAMME**

- 3.1 The Butterfly Programme was developed in 2010 in response to an overwhelming lack of specialist therapeutic services available for adult survivors of childhood sexual abuse. The programme provides therapeutic sessions to support adult survivors of childhood sexual abuse to cope and recover. Originally commissioned by local authorities in East Anglia the programme developed into a Community Interest Company (CIC) providing a comprehensive group therapeutic approach.
- 3.2 The prevalence of childhood sexual abuse is difficult to determine as many victims do not disclose or report the abuse. Data from Suffolk Constabulary shows that since September 2012 (the beginning of Operation Yewtree investigations) Suffolk has experienced a 118% increase in reported rapes and a 97% increase in reported serious sexual offences. Of these offences 43% were committed against children and many of these will be non-recent and only recently reported<sup>1</sup>. A survey report from University Campus Suffolk on adult survivors of child sexual abuse found that on average the first disclosure of abuse comes 16 years after abuse started, often when the survivor is an adult<sup>2</sup>.
- 3.3 The Butterfly Programme is a 9 week therapeutic group programme for adult survivors of childhood sexual abuse. It was originally designed and implemented for women, but in 2011 a male version of the programme (called the IT Programme) was

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<sup>1</sup> Report to the PCC Accountability and Performance Panel 15 December 2015: Serious Sexual Offences (AP15/80). Suffolk Constabulary.

<sup>2</sup> Smith, N, Dogaru, C and Ellis, F (2015) Hear Me. Believe Me. Respect Me: A survey of adult survivors of child sexual abuse and their experiences of support services. University Campus Suffolk and Survivors in Transition.

developed in order to meet unmet demand. The programme works to a specific and proven framework to assist survivors in healing from the complex trauma of historic childhood sexual abuse. As a coping mechanism for dealing with this trauma, many adult survivors utilise risky behaviours such as substance misuse, promiscuity, domestic violence, criminal activity, and self harming. Many adult survivors have been or are engaged with multiple and complex networks of support which address these 'peripheral' issues – none of which are effectively equipped to deal with the root cause of these issues – the abuse they suffered as children and the impact this has on adulthood.

- 3.4 The programme has been written in conjunction and with the input and endorsement of a number of professionals, including a Chartered Clinical Psychologist and two experienced Counsellors and Social Workers. A reference group of adult survivors of child sexual abuse ensures that the survivors' point of view is always pivotal and remains at the core of what is delivered. The Butterfly Programme is also accountable to an Advisory Board made up of relative professionals and adheres to relevant policies and procedures and governance.
- 3.5 The Butterfly Programme draws its therapeutic methods from such theories as Transactional Analysis, Cognitive Behavioural Therapy, Strengths Based Theory, Systemic Therapies, Brief Therapy and Positivism. The main aims of the programme are:
- To assist survivors to cope better and recover from the effects of CSA
  - To reduce the cycle of abuse that exists in some families
  - To increase self-esteem and productivity (specifically increasing confidence, aspiration into education / employment)
  - To improve parenting skills (early intervention)
  - To reduce the vast and varied effects that adult survivors commonly encounter.
- 3.6 The programme aims to provide long term, sustainable support for adult survivors through the development of a user network run by volunteers, which will continue to meet and offer support to attendees and other survivors after the individual programmes are completed.
- 3.7 The Butterfly Programme was supported by the PCC in 2014/15 through the Ministry Justice Competed Fund and delivered 4 group programmes to 21 women and 7 men. Overall outcomes showed that 85% of attendees experienced an increase in self-esteem and 18% entered into employment/education as a result of increased confidence after attending the group. Evaluation also showed the positive impact of the programme on self-harm (a 75% reduction), eating disorders (78% reduction), suicidal thoughts (71% reduction) and feelings of depression and panic attacks (a 64% reduction for both).
- 3.8 There is currently a waiting list of 31 women for the Butterfly programme. All have completed some preparatory work or counselling and have been referred onto the programme for further, intensive support. All of these referrals have been waiting at least 10 weeks, with the longest waiting for 6 months.

#### **4 OUTPUTS/OUTCOMES**

- 4.1 This grant award is made on the basis of financial and activity data being made available on a regular basis with a final report submitted to the PCC by 31 May 2016.
- 4.2 The following outputs and outcomes will be reported on:
- Delivery of 4 programmes for up to 32 clients.
  - Detail of where referrals were received from.

- Number of clients who had presented to the police (prior to the programme/as a result of the programme).
- Client satisfaction/perception of the support provided and impact the programme had.

To indicate an increase in self-esteem and productivity the following will be measured:

- Average increase in self-esteem.
- Proportion entering employment/education.

To indicate a reduction in the vast and varied effects that adult survivors commonly encounter and to assist survivors to cope better and recover from the effects of CSA the following will be measured:

- Reduction in eating disorders.
- Reduction in self-harming / risk taking.
- Reduction in suicidal thoughts and feelings.
- Reduction in nightmares / flashbacks.
- Reduction in feelings of depression / hopelessness.
- Reduction in agoraphobia.
- Reduction in panic attacks.

To indicate an improvement in parenting skills the proportion of attendees who feel they are better parents and can keep their children safer will be measured.

4.3 The programme utilises a mix of evaluation methodology to measure success including:

- Rosenberg Self Esteem scores taken at the beginning and end of the programme to measure increase / decrease in self-esteem.
- Department of Health wellbeing questionnaire completed at beginning and end of programme to measure depression, anxiety, likelihood to harm self and others.
- Self completion questionnaire pertaining to parenting, medication and effects.

## **5 MISCELLANEOUS CONDITIONS OF AWARD**

- 5.1 Full 'Conditions of Award' including conditions relating to transfer of funds, monitoring, and publicity and marketing are specified separately.
- 5.2 This award is a one-off award and outputs/outcomes should be delivered in the period to 31 April 2016.
- 5.3 The grant recipient may not use the award for any activities other than those set out in the Decision Paper or as approved in writing by the PCC.
- 5.4 The grant recipient must be able to demonstrate that they are managing the grant in an efficient and effective manner, and are actively seeking to minimise bureaucracy and streamline processes in order to deliver the best possible outcomes.
- 5.5 Payment will be made within 21 working days of the receipt of a payment request and must be accompanied by the appropriate monitoring information.
- 5.6 The PCC will not pay in advance of need. If the PCC reasonably believes that payment is being made in advance of need, the PCC may change the timing and/or the amount of any payments.
- 5.7 The grant recipient will provide a final report including financial expenditure and outputs/outcomes to the PCC by 31 May 2016.

- 5.8 The grant recipient must notify the PCC as soon as reasonably practicable if the organisation ceases operation, the project does not go ahead, or if an underspend is forecast. Any underspend must be returned to the PCC.
- 5.9 By accepting the award from the PCC the grant recipient makes a commitment to acknowledge the PCC's support publicly and must acknowledge their funding from the PCC in all promotional work. Any recipients of funding must display the PCC's logo in all publicity for the life of the initiative. Logo artwork can be provided upon request. Any exceptions must be agreed with the PCC.
- 5.10 The grant recipient will liaise with the PCC's Communications Manager to agree a communications plan.
- 5.11 The grant recipient must be able to evidence appropriate safeguarding procedures for those using their services and have due regard for the Local Children Safeguarding Board policies and guidance. The grant recipient must ensure that its services, policies, training, recruitment, vetting and referral processes appropriately safeguard children and vulnerable adults.
- 5.12 Where the grant recipient provides services to victims of domestic abuse (who could also be victims of serious sexual offences), they would be expected to contribute to the countywide review of domestic abuse (and mapping).
- 5.13 The grant recipient shall ensure that third party recipients have adequate insurance coverage (including but not limited to public liability insurance) in place and shall provide evidence of such insurance to the PCC on request.
- 5.14 The PCC accepts no liability to the grant recipient or any third party recipients for any costs, claims, damage or losses, however they are incurred, except for to the extent that they arise from personal injury or death which is caused by the PCC's negligence.
- 5.15 The grant recipient agrees to indemnify the PCC for any costs, claims, damages or losses which arise as a result of negligence by the grant recipient or out of any breach of any of the conditions of award.

## **6 SERVICE AND FINANCIAL IMPLICATIONS**

- 6.1 Research indicates that a good service response not only helps survivors cope and recover more quickly but also helps to reduce demand on resources over the longer term.
- 6.2 The overall amount requested to deliver four programmes is £19,040. Each Butterfly Programme costs £4,760 to deliver and includes the cost of two experienced and qualified facilitators, venue, refreshments and comprehensive materials for up to eight individuals, equating to £595 per client.

## **7 RISKS**

- 7.1 There are no risks flowing from the consideration of this report.
- 7.2 An assessment of risk in delivery of the service has been undertaken. This assessment has considered the value of the grant sought, the duration of delivery and the grant recipient's history of delivery and ability to deliver. The monitoring arrangements outlined in the conditions of award reflect the fact that Butterfly CIC have previously delivered the programme and provided satisfactory monitoring

information. Should there be any risk to the service being delivered, the grant recipient is required to notify the PCC.

**8 RECOMMENDATIONS**


8.1 It is recommended that the PCC approves a grant of £19,040 to Butterfly CIC to provide therapy and counselling programmes for adult survivors of childhood sexual abuse.

ORIGINATOR CHECKLIST (MUST BE COMPLETED)	PLEASE STATE 'YES' OR 'NO'
Has legal advice been sought on this submission?	YES
Has the PCC's Chief Finance Officer been consulted?	YES
Have equality, diversity and human rights implications been considered including equality analysis, as appropriate?	YES
Have human resource implications been considered?	YES
Is the recommendation consistent with the objectives in the Police and Crime Plan?	YES
Has consultation been undertaken with people or agencies likely to be affected by the recommendation?	YES
Has communications advice been sought on areas of likely media interest and how they might be managed?	YES
In relation to the above, have all relevant issues been highlighted in the 'other implications and risks' section of the submission?	YES
Have all relevant ethical factors been taken into consideration in developing this submission?	YES

**APPROVAL TO SUBMIT TO THE DECISION-MAKER**

**Chief Executive**

I am satisfied that relevant advice has been taken into account in the preparation of the report and that this is an appropriate request to be submitted to the Police and Crime Commissioner.

**Signature:**  **Date** 27 January 2016.