

THE DUBLIN RAPE CRISIS CENTRE  
**ANNUAL REPORT 2009**



RCC

30  
1979-2009  
YEARS



## THE SPIRAL - SYMBOL OF THE DRCC

The single spiral is one of the oldest and most recorded geometric motifs prominent in Celtic artwork, and can be seen, for example, in the highly decorated stone carvings of Newgrange burial mound, whose burial chamber each year is illuminated by a single shaft of light during the winter solstice.

For many cultures, including the Celts, the single spiral symbolised the sun, and concepts of growth, expansion and cosmic energy. In our logo, its broken circularity mirrors the client's often difficult and indirect journey of growth towards a fuller, more satisfying life.

**“Preventing and healing the trauma of rape and sexual abuse”** - The spiral is the symbolic expression of our mission statement, and of our clients’ unfolding individual journey from the darkness of sexual violence and abuse into the light, freedom and energy of healing.

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EIBHLÍN BYRNE  
*Chairperson of the Board*

WHEN U.S. CONGRESSWOMAN Nancy Pelosi became Leader of the House of Representatives, she interestingly said “We’ve made the history, now let’s make progress.” Reflecting not just on a year’s work but on thirty years of service, the Dublin Rape Crisis Centre certainly has made history. Thanks to a dedicated team of professional staff throughout the years much has been done to ease the pain and loneliness associated with rape and sexual assault. From 76 calls in 1979, the numbers of counselling calls stood at 10,914 for 2009. It is not the statistics which are important but the individual story which lies behind every man or woman who, having suffered the trauma of sexual abuse, summons from within the strength to begin the slow road to recovery, which very often begins with that first call. It is to the courage and resilience of these incredible people that our admiration must go in the first instance. They truly evidence the tenacity of the human spirit and its capacity to make of a vile act of violence a “new beginning”. In 2009, there was a remarkable 42% increase in those courageous people who made the tentative step towards recovery by making that first call.

It takes a special person to work in a service like Dublin Rape Crisis Centre. Those looking towards the Centre for healing can feel safe in the professional competency and the strong dedication to DRCC’s mission by everybody working at the Centre. Simply put those seeking support towards recovery must know that they are placing their very fragile spirit in hands which have the training to direct them towards a pathway to recovery while having the humanity to understand every person’s need to make that path their own. It is the commitment and compassion of each member of staff at DRCC which underpins the successful journey to recovery of so many who engage with the Centre. On behalf of thousands of men and women, I express both gratitude and the acknowledgement of a service done which is both professional and compassionate.

For myself, it is a privilege to find myself, by a circuitous route back at Dublin Rape Crisis Centre during a period when the Centre is marking thirty years of service. I would like to take this opportunity to thank those many volunteers who selflessly over the years have put personal and professional commitments on hold to be present for men and women going through that most awful of violations which is rape and sexual assault. The contribution made by volunteers has allowed the Centre to provide services and support to countless thousands of men and women at the loneliest of times and always in a spirit of respect for the dignity and privacy of the individual. Much has changed since I joined the ranks of volunteers at the SATU (Sexual Assault Treatment Unit) in the Rotunda Hospital and yet sadly too many wrongs still remain unrighted. We’ve made the history but where’s the progress?

Dublin in 2010 is a very different city to that in which the DRCC was founded. There have certainly been improvements to the fabric of the city. Signature buildings dotted across the skyline bear testimony to better economic times. In reality, however, the true value of any time in history lies not in the great edifices created but in how it valued its people. We have had many opportunities for self reflection over the past thirty years. There have been many turns along the legislative and social path that we have chosen to take. Thousands do not choose to be raped or sexually assaulted but millions can take the choice to support them. Sadly, we have not always chosen in the last thirty years to put such choices at the core of our society.

Why do we still find ourselves facing many of the prejudices challenged thirty years ago? Why have we still not learnt how to hear what those who have suffered abuse are telling us and, more importantly, why do we continue to fail in our responses to them?

Today, as thirty years ago, there are many needs to be met. Some remain the same but some reflect a changing Ireland. There is the constant need to be there for, to hear and to acknowledge the pain of those who have suffered sexual assault. For some from new communities there is the need to understand the particular challenges posed by different cultures and attitudes. For all, there is the need to be a voice that is loud in its condemnation of sexual violence and strong in its demands for changes in legislation.

I would like to pay tribute to the strong leadership of Ellen O'Malley-Dunlop, our CEO, and her unwavering commitment to being that voice for both victims and those working with survivors. Under her tutelage, I am confident that the successes of history will become the progress of the future for DRCC. I would like to acknowledge the sterling work done by my predecessor, Brendan Spring, as Chairman. In particular, I would like to acknowledge the sound business planning which is his legacy to the Centre. I would like to thank Brendan and other Board members for their ongoing support for the Centre and for me personally in my new role.

They say that the path is never easy to a place worth going. While our clients continue to struggle on their path to recovery, my commitment to them is that “you will not be alone on any step of that path”.

EIBHLIN BYRNE  
*Chairperson of the Board*

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CURRENT BOARD OF DIRECTORS OF THE DRCC:

Eibhlin Byrne (Chairperson), Graham Crisp, Eugene Davy, Tom Doherty, Malinda Dolan, Frances Gardiner, Maud McKee, Yvonne Pim, Brendan Spring.



ELLEN O'MALLEY-DUNLOP  
*Chief Executive*

### HISTORY: DRCC'S 30 YEARS OF SERVICE

For 30 years, the Dublin Rape Crisis Centre has offered its services to the victims of rape and sexual abuse in Ireland. It opened its doors in 1979 and received 76 calls to its helpline in its first year. The Centre came into being as a result of the courage and commitment of a group of pioneering women, who came together after the Reclaim the Night march in October 1978.

The catalyst for this march was the story of a 16 year old girl, who was abducted by a gang of eight men and repeatedly raped and violated. In the press release announcing the march the women said, "We are told that we provoke attack by behaviour such as walking alone at night or wearing certain types of dress. The implication is that if women severely curtailed their freedom as individuals, they would be safe from attack."

Unfortunately, in 2009 we saw on our television screens and read in our papers, the support given to a convicted sex offender by the local community in open court, and the subsequent damaging effect on the victim. One would have to ask the question: has anything changed in Ireland in 30 years? How can these attitudes still abide in our society today?

30 years on, however, these attitudes – in particular the attitude that victims are to blame and that victims are "asking for it" – are being challenged, but they need to be continually challenged through awareness-raising, education, and through reforms in our criminal justice system.

### RAPE LAW: VICTIMS ON TRIAL?

#### A conference marking 30 years of service of the Dublin Rape Crisis Centre

To mark Dublin Rape Crisis Centre's 30 years of service, in collaboration with the School of Law, Trinity College Dublin, a conference was hosted in Dublin Castle entitled, "Rape Law: Victims on Trial?". In her opening address at the conference, President Mary McAleese referred to the "long shelf life" of attitudes towards sexual crime in Ireland, and even though there is plenty of evidence that violent sexual assaults were far

from rare in the past also, victims were too often shamed into silence and non-reporting. She commended the courage of those victims who reported the crimes and who stayed the course from reporting to conviction. She said they deserve support, respect and gratitude from the public.... "for theirs is not just a personal service or a personal crusade, but a crucial public service... Victims who take on their attackers through the courts, not only vindicate their own trauma and take back control over their lives, but help to seriously limit the freedom of would-be rapists to continue their violent behaviour."

The remit of the conference was to ask the question: in the context of rape law in Ireland, are victims on trial? There was a very poignant moment in the course of the conference when a victim stood up, and with great dignity and courage, answered the question by saying that even though in her case she got a conviction, she still felt she was the one on trial and not the accused.

We still have some way to go to making the court process more victim/complainant friendly, while, at the same time, making sure the process remains fair to all parties, including the accused.

### THE RYAN AND THE MURPHY REPORTS

Over the 30 years of the life of the DRCC, thousands of survivors of rape and childhood sexual abuse have come through the doors of the Centre, where they have told their stories and had them believed. Through the therapy and counselling they received, they were able, over time, to be healed and get on with their lives. Their stories were harrowing and are harrowing. As a society, we were very slow to acknowledge these atrocities were happening in our midst, and far too often the victims of these crimes were treated as outcasts and as troublemakers.

With the publication of the Ryan and the Murphy Reports in 2009, their stories were validated publicly for the first time. Irish society will never be the same after these reports. There can be no doubt in any of our minds that our society had not been "cherishing all the children of the nation equally" (1916 Proclamation), and we have a big task ahead of us to make sure that we educate ourselves appropriately, have adequate laws in place, and work towards making absolutely sure that what happened in 20th century Ireland to our children will never be repeated. The all-party committee on the Constitutional Amendment on Children was given the task, under Deputy Mary O'Rourke's chairmanship, to come up with a consensus on the wording for a constitutional change to include the rights of the child in

the constitution. On many occasions, speaking of the work of the committee, Deputy O'Rourke said this was the most important task of her political life. With the committee, she has delivered on the task of getting an all-party consensus on the wording for a constitutional change. This was a mammoth task and we now need to have it followed through by having this all-important referendum.

If we are serious about keeping our children safe and cherishing our children today and into the future, we need our government to be totally committed to ensuring that Child Protection Policies and Procedures are put on a statutory basis, and that the rights of the Child are enshrined in our constitution.

## COLLABORATION

As you will read in our clinical report, never have our services been in such demand as in 2009. The shock waves that ran through all sections of our society were unprecedented as a result of the contents of the Ryan and Murphy reports. In the immediate aftermath of the launch of the Murphy Report, the DRCC partnered the HSE's National Counselling Service and Faoiseamh. We worked together, making sure that survivors had access on a 24 hour basis to support from our own National 24 Hour Helpline 1 800 77 88 88, and from both HSE helplines and the Faoiseamh helpline. Through the collaboration, we covered every possibility to make sure survivors were being responded to appropriately and promptly.

The DRCC also joined with Barnardos, One in Four, CARI, RCNI, the Children's Rights Alliance and the ISPCC, to lobby Government for the necessary legislative and constitutional changes. This collaboration of major child protection charities and frontline services for survivors, is a very positive step, and demonstrates the importance and total commitment of all the agencies to making the changes that are so necessary.

The DRCC continues its collaborative work with the HSE, the Department of Justice and the Department of Education through its participation on the National Steering Committee on Violence Against Women, the Cosc Office, and the Eastern Regional Advisory Committee. We also work closely with the various departments in an advisory capacity on a variety of strategy committees. We are grateful to the Cosc Office for their continued support of Awareness Raising Campaigns and Education Programmes of the DRCC, and to the Commission for the Support of Victims of Crimes for our court accompaniment and SATU (Sexual Assault Treatment Unit) services.

## THE SAVI REPORT

The SAVI (Sexual Abuse and Violence in Ireland) Report which was conducted in 2001 and published in 2002, is the most comprehensive piece of research that we have in Ireland on the experiences, beliefs and attitudes concerning sexual violence in Ireland. The SAVI Report was cited over and over again throughout 2009 in the reporting and discussions that followed the publications of Ryan and Murphy. We need to have a second SAVI now so as not to lose the impact of SAVI 1, and to have a comparative piece of research to inform policies and ensure that we are responding properly and appropriately to the crimes of rape and sexual violence in our laws, in our education systems and in our services to the victims.

We would urge the Government and its agencies to support this very important research.

## CONCLUSION

I would like to express my thanks to the outgoing Chairman of the Board, Brendan Spring, who has given generously of his time over the past 10 years, and who, for the past four years, has led the Board in the strategic direction of the overall work of the Dublin Rape Crisis Centre. He has handed over the baton to the capable hands of Eibhlin Byrne, and we look forward to working with her in continuing the good work that has been done to date.

I would like to thank the management team and the staff who have worked tirelessly and generously in a climate of cut backs and financial restraints, and in a climate of ever-increasing demands on their professional and caring skills. The grant received by DRCC from the HSE was cut in 2009 on top of a grant freeze for the previous four years. I would like to pay tribute to our Fundraising Department and to all the supporters of the Dublin Rape Crisis Centre, who year after year give financial support to the Centre, without which we could not operate. Asking people for money in the current economic climate is very difficult and giving it is very difficult, but more than ever we need this support.

And last, but not least, a very big thank you to the Volunteer Cohort without whom the survivors and victims of sexual violence would not have the 24 hour access to the services they need.

ELLEN O'MALLEY DUNLOP  
*Chief Executive*

## OVERVIEW OF CLINICAL SERVICES 2009

2009 WILL FOREVER remain an unforgettable year for all those who suffered childhood sexual abuse, particularly in the context of institutional abuse or clerical abuse, and for the frontline services who dealt with a huge volume of disclosures from victims, many speaking for the first time.

It was the year of the Ryan Report, which was published in May 2009 followed by the Murphy Report in November. Both reports unleashed a nationwide tsunami of shock, horror, disbelief, anger, sadness, and outrage, as the full extent and the scandalous details of the past abuse of children in Ireland were revealed. There was public outcry, demands for reform, and leaders of survivors groups led the way in terms of expressing public outrage and desire for change.

Behind the scenes, helplines such as the DRCC's National 24 hour Helpline, were inundated with calls, with many callers disclosing sexual abuse for the first time. Even the most experienced telephone counsellors could not but be deeply touched by the depth and scale of the trauma. Firstly, there was the impact of the Ryan Report on institutional abuse, with traumatic childhood experiences revealed by men and women on the Helpline, so many of them speaking for the very first time. The scale and degradation of the many types of abuse and neglect experienced by these callers as little children over many years spent in dehumanising and depersonalising conditions, would break the heart of the most hardened, and we struggled to maintain a service that was adequate to the needs of callers. Extra staff and volunteers were called in to respond on a scale not previously experienced.

We learned a lot from the aftermath of the Ryan Report, as did other agencies, and by the time the Murphy Report was published with its own particular wounding of victims of clerical abuse, all the agencies in the sector were pulling together to provide a cohesive and co-ordinated service for the benefit of survivors. It was our privilege to listen, support and to simply be there for those who called us in the dark periods following those reports. It is still ongoing, and *we will not forget*.

The DRCC statistics for 2009 bear witness to the numbers calling in distress and grief for the first time following these reports.

4,188 first-time callers contacted the DRCC Helpline, an increase of 42% on the figures for 2008. The greatest increase in calls happened in the month of May 2009 in the aftermath of the Ryan Report. The number of first time calls (N=549) was double that of the same month in 2008 (N=270).

November and December showed a huge jump in calls following the Murphy Report, with 495 first-time calls in November and 432 in December, compared to 270 and 222 corresponding calls in 2008.

Similarly, the demand for counselling services increased, and the therapy teams struggled to meet the needs of service users, in an effort to keep our waiting lists at acceptable levels. They offered 5,367 individual appointments, an increase of 9% on the previous year.

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### Increased Cultural Diversity of Callers to the 24 Hour Helpline

In 2008 and 2009, the DRCC's nationwide Awareness Raising Campaign, launched by our CEO, Ellen O'Malley Dunlop, and funded by Cosc, greatly increased awareness of our National 24 Hour Helpline. A specific outreach project was funded by Pobal in 2007 and 2008 to create awareness of our services among new immigrant communities. This led to an increased uptake of our services by non-Irish nationals in 2008.

In 2009, the percentage of non-Irish nationals accessing the Helpline fell from 8% in the previous year to just under 1%. The greatest reduction was in the number of asylum-seekers ringing the Helpline. In 2008, 4.19% of asylum-seekers contacted the Helpline; in 2009 the figure was 0.18%.

Despite this decrease, an analysis of nationalities of callers to the Helpline in 2009 (where known) showed that, while the greatest numbers were from Ireland and the U.K, calls were received from people of 56 different nationalities, (compared to 51 in 2008 and 31 nationalities in 2007). In 2009, callers' countries of origin included 18 of the 27 EU member states, five non-member European countries, 19 African countries (up from 13 in 2008 and 5 in 2007) as well as Australia, Canada, New Zealand, USA, China and other Asian countries, and South America.

## Increased Cultural Diversity of DRCC Clients

In terms of clients attending for counselling and psychotherapy in the Centre in 2009 whose nationality was known (N=523), there was a great diversity of nationalities. Clients were of 39 nationalities, as in 2008, versus 28 nationalities in 2007, an increase of 39%. While 441 of the 523 clients were Irish in origin, 26 clients were from 12 European countries including the UK, 44 were from 17 African countries (compared to 31 clients seen from eight African countries in 2007). 12 were from Asia (including China), Australia, U.S.A, Canada, Russia, and South America.

DRCC therapists have been trained in multi-cultural issues, and have expanded their skills and understanding to work sensitively with people from diverse backgrounds. These include foreign nationals who are tourists, students, workers, immigrants, asylum-seekers or refugees.

In 2009, the Centre provided counselling through English and French, and employed interpreters for non-English speaking clients. Therapists worked through interpreters as required, including sign-language interpreters for hearing impaired clients.

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## Range of Clients Accessing our Service by County, where known

An analysis of clients by county where known (N=521) shows that 412 (79%) who attended for counselling at the DRCC resided in the greater Dublin area, while 109 clients (21%) attended from 18 other counties.

82 clients (16%) came from the counties accessible to our outreach counselling services in Coolock and Tallaght. These were Kildare (28), Meath (28), Wicklow (21) and Louth (5), with a further eight attending from the midland counties of Laois and Westmeath. We are aware that clients often seek the anonymity of the city for counselling, and a further 19 clients came from 12 other counties.

## National 24 Hour Helpline

Our Helpline (1800 778888) operates 24 hours a day, seven days a week, 365 days a year. *There is always a counsellor at the other end of the line.*

In 2009, the Helpline dealt with 14,289 calls, a 12% increase on total calls for 2008 (N=12,741). 6,735 of these calls were handled by staff telephone counsellors. Our team of 50 trained volunteer telephone counsellors handled 7,554 calls outside of office hours, supervised and supported by three Volunteer Co-ordinators.

- 82% of callers were female and 18% were male (compared to 14% males in 2008).
- 10,914 of the calls in 2009 were genuine counselling calls. This was an increase of 15% on 2008 figures (N=9,487)
- 4,188 of these calls were from first-time callers. This was a major increase of 41.5% on first-time calls for 2008 (N=2,959)
- In addition, 3,584 repeat calls were received in this period, and increase of 5.8% on 2008 figures (N=3,386).

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## Increase in calls relating to Childhood Sexual Abuse

- 53% of the calls received related to childhood sexual abuse, compared to 45% in 2008. This represents an 8% increase in calls relating to CSA.
- 38.33% of calls to the DRCC's 24 Hour National Helpline related to adult rape, and 6.85% related to adult sexual assault, showing 45.18% of calls related to rape and adult sexual assault.
- Including statistics for sexual harassment (1.24%) and drug rape (0.53%), 47% of calls related to adult sexual violence, while 53% of the calls related to childhood sexual abuse.
- *This is a reversal of the pattern in 2008, where 55% of calls related to adult sexual violence, 45% related to childhood sexual abuse, and clearly reflects the impact of the Ryan and Murphy reports on the Helpline service.*

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The Centre's trained SATU volunteers accompany and support victims of sexual violence at the Sexual Assault Treatment Unit in the Rotunda Hospital. In 2009 trained volunteers from the DRCC carried out 286 such accompaniments.

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### Counselling and Therapy Services

In 2009, 12 therapists offered crisis counselling and long-term therapy at the DRCC in Leeson Street in central Dublin, with outreach services in Coolock Civic Centre, Tallaght Hospital, Tallaght Rehabilitation Project, (TRP) in Jobstown and the Dóchas Centre for female offenders.

A total of 5,367 individual appointments were made available by the Therapy Team in 2009, an increase of 8.9% on 2008. Of these, 4,016 individual client sessions were delivered, an increase of 8.4% on 2008. Allowing for cancellations and 'no-shows' this represents a take-up rate of 75%.

579 clients were seen for face-to-face counselling in 2009. Of these, 87.9% were female and 12.1 % were males. Of the 4,016 completed sessions delivered in 2009, 33% (1,331) were crisis appointments for men and women who had experienced a recent rape or sexual assault (i.e. within the previous 12 months). 67% (2,679) were assessment appointments for past rape, sexual assault and *past* childhood sexual abuse which occurred outside the previous 12-month period. Six supportive sessions were offered to partners or family members of clients, with the clients' permission.

In addition to the 4,016 individual therapy sessions, usually of one hour's duration, 514 hours of group therapy client hours were delivered in 2009, totalling 4,530 individual and group client hours delivered in 2009.

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### Group Therapy and Workshops

Participation in group therapy or workshops is offered to clients who have been in one-to-one counselling for some time. Groups and workshops are always facilitated by two staff therapists. Six therapists facilitated groups and workshops in 2009.

Group therapy was offered to clients, male and female. Two groups were run in 2009. A 10-week mixed group for men and women who had experienced childhood sexual abuse, provided a safe and healing environment where clients of both sexes could safely share their experiences for the first time with a person of the opposite sex.

A rape recovery group for female victims of rape or sexual assault ran for eight weeks. It provided a safe environment in which participants could learn to expand their trust beyond the one-to-one sessions with their therapists. Facilitated by two therapists, each shared their experiences of hurt and healing with other survivors.

Two one-day workshops were also provided in relation to Family Systems, facilitated by two therapists. These workshops provide an opportunity for clients to explore their often fractured and painful relationships with their families in the wake of their disclosure of abuse in the family, or rape in their local community. 514 client group therapy and workshop hours were completed in 2009.

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### DRCC Outreach Counselling Services to Local Communities

The DRCC has shown its commitment to outreaching to local communities through the establishment of its outreach services in Coolock, Tallaght and in the Dóchas Women's prison.

In September 2007 we opened a new outreach counselling service in Tallaght on Saturdays. The take-up in 2008 has shown it meets a need in the Tallaght area, but also for people in surrounding communities and counties. 18% of clients in 2009 came from the counties within easy access of our outreach counselling services in Coolock and Tallaght. These were Kildare, Meath, Wicklow, Louth, Westmeath and Laois.

### DRCC Outreach in the Dóchas Centre

The Counselling and Psychotherapy Services section of the DRCC started a counselling service in 2005 in the Dóchas Centre, a medium security prison unit

located in Mountjoy, in response to a request by Kathleen McMahon, Governor of Dóchas Centre. A half-day counselling service is offered weekly by one of our experienced Therapy Team Leaders.

In 2009, 126 sessions were completed compared to 76 in 2008, an increase of 66% on 2008 figures. Our sincere thanks to Governor McMahon and her staff for their support of our service within the Dóchas Centre.

### **DRCC Outreach in Coolock Civic Centre**

The DRCC's Outreach Service in Coolock moved premises to the Northside Civic Centre in Bunnary Road in 2005. We expanded the service between then and 2008 and increased its staffing levels to meet demand, recognising how essential it is to provide services that reach out to local communities emphasising user-friendliness and easy accessibility.

In 2009, we had four therapists providing this service three days a week, on Tuesdays, Thursdays and Fridays.

The take-up has been very encouraging. 586 sessions were offered in 2009, of which 442 were completed, a take-up rate of 75.4%. This represents an increase of 2.6% on completed sessions in 2009, compared to 2008 figures. The service is used by clients from north Dublin, but also from adjoining counties such as Kildare, Louth, and Meath.

*The DRCC would like to thank the manager of the Civic Centre and the staff at reception who provide unobtrusive and sensitive support to this confidential service.*

### **Tallaght Outreach Counselling Service**

On 28th July 2007, the DRCC opened an Outreach counselling service in Tallaght Hospital. The take-up was very encouraging as the fledgling service took off and began to be known. By the end of December 2007, 86 appointments were offered and 60 completed, a take-up rate of 70%.

In 2008, the number of staff involved was increased to three therapists who worked on a rota to ensure eight sessions were available on Saturday each week. In 2009, 238 sessions were offered of which 196 were delivered, representing an increase of 22.5% on 2008 figures.

Overall, this represents a take-up rate for 2009 of 82.4%, compared to 76% in 2008. Local organisations have warmly welcomed the service, and we are confident it will further expand to meet local needs.

*The DRCC would like to thank the administrator and staff of Tallaght Hospital for providing us with rooms, a warm welcome, ongoing support and back-up.*

### **Pilot Outreach Project in Tallaght Rehabilitation Project (TRP)**

A pilot project to establish a DRCC outreach for people stabilised on methadone, in partnership with Tallaght Rehabilitation Project (TRP) in Kiltalaun House, Jobstown, Tallaght, was initiated in 2008 and opened in the summer of 2009. This followed meetings between relevant managers of both agencies and a process over a number of months of each agency having an opportunity to visit the other on-site. This facilitated understanding of the work and ethos of the other agency, presentations to clinical staff about their work, and the opportunity to have a number of focused conversations about how best to set up the pilot project.

A contract was formulated in relation to TRP and DRCC, providing a client focused specialised counselling service to participants of Tallaght Rehabilitation Project. The purpose of this contract was to highlight the importance of pro-active inter-agency cohesion to ensure best practice in response to the needs of the client group, and for the smooth delivery and quality of care to support participants' progression and quality of life.

Over a six month period, one DRCC therapist provided counselling for a number of clients on-site in Kiltalaun House. The pilot project was evaluated in February 2009 and deemed to be working satisfactorily, with some slight adjustments. Currently one DRCC therapist offers a full day of counselling on-site in Kiltalaun House.

The DRCC is open to exploring a similar service to other agencies in 2010, using a similar model and framework.

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## Conclusion

At the conclusion of a year which was unprecedented in terms of the scale of disclosures of childhood sexual abuse, I would like to say a special thanks to all our dedicated staff involved in the provision of clinical services, both directly and indirectly.

In this year of record numbers of responses to two historic reports, all involved proved willing to 'go the extra mile', in the service of callers and clients. In particular, I want to acknowledge the reception staff, staff telephone counsellors, and telephone volunteers who together provided additional services at the peak times of increased demands on the Helpline, following publication of the reports.

I wish to acknowledge the work of our therapists who provided individual and group counselling services in Leeson Street and in Outreach services, and offered increased appointments in this very

busy year. I would also like to thank the volunteers who provide Helpline services, SATU and Court Accompaniment, and Outreach talks to schools and community groups, and to their co-ordinators in the Volunteer Services Department who manage and carefully supervise all these activities. Together, in 2009, we have worked with renewed passion, energy and commitment to implement our mission statement: *"Preventing and healing the trauma of rape and sexual abuse"*.

**Angela McCarthy**

Head of Clinical Services



## KEY SERVICES PROVIDED BY THE DRCC

- A 24 hour National Helpline (1800 77 88 88)
- A Crisis Counselling Service for recent victims of rape and sexual assault
- Long-term therapy for adult victims of childhood sexual abuse and past sexual violence
- Coolock Outreach Counselling Service
- Dóchas Centre Counselling Service
- Tallaght Outreach Counselling Service
- Medical Accompaniment to the Sexual Assault Treatment Unit
- Court Accompaniment
- Outreach Talks to Schools and Community Groups
- Training of professionals who work with victims of rape, sexual assault and sexual abuse in Ireland
- Training programmes on preventing and dealing with bullying, harassment and sexual harassment in the workplace
- Legal Service
- Advocacy
- Campaigning, Lobbying and Awareness Raising
- Research and Statistics

# VOLUNTEER SERVICES DEPARTMENT REPORT

## Introduction

The Volunteer Services Department co-ordinates and manages the recruitment, training, assessment and supervision of 75 volunteers who cover four services:

- the National 24 Hour Helpline 1800 77 88 88, outside office hours, complementing the work of staff telephone counsellors to ensure a 24 hour service
- accompaniment to the Rotunda Hospital Sexual Assault Treatment Unit (SATU)
- court accompaniment
- outreach talks

The staff of the department comprises one full-time manager and two part-time volunteer co-ordinators. The staff, through 'on-call' rotation provide a 24 hour support and back-up service to all volunteers.

2009 was an extremely busy year for the department. Our advertising campaign to recruit new volunteers started in December 2008, and we were delighted with the huge response from the public. We put the success of the campaign down mainly to two factors. Firstly, the DRCC's public Awareness Raising Campaign, which highlighted the good work carried out by the Centre. Secondly, the team's efficiency in sourcing free advertising from national and local newspapers and Dublin and Wicklow radio stations.

Group interviews were held in January 2009, and training of those selected began on the first weekend in February. Our volunteers' training programme is both intensive and comprehensive. We received in excess of 300 enquiries, which culminated in over 120 requests for application forms. The process of selecting trainee volunteers began with eight group interviews held in mid and late January, and 70 individual interviews in the following week. From this process 58 candidates emerged and progressed to training.

On 6th February training began. 41 volunteers successfully completed their training and assessment period. On 30th March, they attended their first

volunteer support/supervision meeting and were given their first shift on the rota. In previous years a volunteer on completion of training would decide whether they would take telephone Helpline shifts or SATU shifts.

For the first time, the volunteers are taking both telephone and Sexual Assault Treatment Unit (SATU) shifts. In this way we maximise the training and experience of each volunteer, and utilise these resources as effectively as possible to cover all duties.

In 2009, we had two graduation ceremonies for our volunteers; on 11th May and 17th December. Graduation ceremonies are for those volunteers who have completed their two years commitment with us. We take this opportunity to express our gratitude, and celebrate their achievement by presenting them with a graduation certificate and a brooch or pendent incorporating the spiral symbol of the DRCC.

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## The National 24 Hour Helpline 1800 77 88 88

Our telephone volunteers offer a listening service outside office hours, complementing the work of staff telephone counsellors to ensure a 24 hour service. Ready to listen, support and offer information, they receive calls from a wide range of people; those who have personal experience of sexual violence, those family members who are supporting a victim, and from professionals looking for specific information and support in their contact with victims.

In 2009, our telephone volunteers played a key role in handling the greatly increased number of calls, particularly from first-time callers following the release of the Ryan and the Murphy reports. While the experiences of the victims who contacted the Helpline were distressing and harrowing, the volunteers felt privileged to be part of the DRCC's frontline response to those who needed our confidential listening and support services at this crucial time.

*continued on page 12*

## SATU Support Personnel

24 hours a day, 365 days a year, our volunteers provide a support service to any victim of sexual violence attending the Sexual Assault Treatment Unit (SATU) in the Rotunda Hospital.

When a victim of rape or sexual assault is brought to the SATU for forensic testing, the volunteer 'on-call' will be there to assist, listen, support, give information and create a link to the services of the DRCC. The volunteer is 'on-call' for a period of 12 hours.

In 2009, our volunteers attended 286 callouts to the SATU. The feedback from volunteers attending the SATU this year consistently highlights an increase in the level of violence experienced by victims.

## Court Accompaniment

The Volunteer Services Department provides court accompaniment to any member of the general public who has been a victim of sexual violence and is attending court in relation to this crime. We also provide a similar service when requested by a victim making a statement to the Gardaí or accessing other relevant services.

In 2009 there were 21 court accompaniments, four tribunal appeal accompaniments, and three Garda station accompaniments. On 6th June, 10 volunteers received court accompaniment training by La Touche Bond at the Four Courts.

**Mairead Mallon**

Manager of Volunteer Services

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## Outreach Speakers

During the year, 60 talks were given by outreach volunteers. 40 of these were to schools and 20 to various groups including community groups, colleges, public health nurses and NGOs.

## DRCC Awareness Raising Campaign 2009



Samples of posters and a Dublin Bus superside panel from DRCC Awareness Raising Campaign 2009.



# LEGAL SERVICE

## Establishment of the Service

In October 2009 the DRCC's first legal service was established to provide legal information to clients. DRCC clinical staff were involved in the promotion of the service.

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## AIM

The initial aim of the service was to provide a referral route for legal queries arising in client therapy sessions, and to promote awareness and understanding in the DRCC and amongst its clients of the civil legal rights of victims of sexual crime. The service has expanded to now offer a comprehensive stand-alone legal advocacy and information service to both clients in therapy and those who contact the National 24 Hour Helpline.

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## Information & Assistance provided

The nature of the queries ranged from explanations of the civil and criminal justice systems generally to particular queries – evidential requirements such as statement-taking, burden and standard of proof required – to time limits for taking civil actions; immigration (refugee and asylum issues, visas) and victims' rights, including welfare rights (court support and accompaniment); procedural rights (in-camera rule, limitations on questions about previous sexual history); "special measures", participation rights, victim impact statement, and the right to separate legal representation.

Other related issues arising in connection with the complaint included requests for information regarding child protection, freedom of information applications, defamation and succession rights.

The legal service assisted clients by:

- accompaniment to consultations with solicitors to seek advice in pursuing civil actions, including follow-up support for clients who go on to take civil proceedings

- contacting Gardaí to arrange for clients to make a statement and seeking updates as to progress of cases
- making submissions to the Office of the Director of Public Prosecutions to review their decision in non-prosecutions
- drafting complaints to the Garda Ombudsman
- contacting HSE in relation to child protection concerns

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## Development

Another feature of the development of the legal service has been capacity building by forging links with other NGOs and interested stakeholders, most notably other victims' groups, and establishing contacts within An Garda Síochána, specifically the Domestic Violence and Sexual Assault Investigation Unit (DVSAIU).

Internal legal assistance was provided to the staff and CEO of the DRCC. For example, assistance in critiquing the draft proposal for the constitutional amendment on children's rights; internal presentations to staff, and submissions and recommendations to a new legal guide for victims which is being developed by the DRCC and its solicitors.

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## Benefits of the Legal Service

Unlike the vast majority of defendants in rape cases who will be granted full free legal aid, by contrast, rape complainants (other than within a narrow band of those granted separate legal representation), have no statutory entitlement to legal advice or assistance. They are expected to navigate the complex legal system alone, with little or no legal information or support as to their rights. The legal information service is free and is a vital tool in the DRCC's mission to provide holistic support to victims of rape, sexual assault and childhood sexual abuse.

**Ciara Hanley** Legal Service

## EDUCATION AND TRAINING DEPARTMENT REPORT

**T**HE EDUCATION AND TRAINING DEPARTMENT, serves the mission of DRCC – *preventing and healing the trauma of rape and sexual abuse* – through supporting and enhancing the capacities of those providing support and services to people who have experienced sexual violence by providing them with professional training, and through providing awareness and prevention programmes in schools and other arenas so as to prevent the occurrence of sexual violence.

The Education and Training Department provides a wide range of training programmes to professionals and volunteers. These are designed to enhance and develop the knowledge and skills of participants, and to promote, develop and support best practice in the delivery of services.

Training programmes are provided for staff and volunteers in many roles: teachers, counsellors and psychotherapists, psychologists, psychiatrists, youth workers, addiction services providers, residential child care workers, nurses, psychiatric nurses, Gardaí, prison officers, rape crisis workers, social workers, workers with homelessness, workers with domestic violence, social researchers, and many more.

2009 was a year of increased need and of demand for training and support from staff of many organisations. The Ryan and Murphy reports, and consequent media coverage, led abuse victims to speak to staff and volunteers of the various organisations about their experiences, sometimes for the first time, and also triggered heightened post-traumatic symptoms in some victims.

It was also a year of greatly decreased resources as many organisations found their training budgets reduced, or even eliminated. As the Education and Training Department does not receive any core state funding, it relies on income from training, and so it was in this difficult climate of increased need and diminished resources that DRCC continued to provide its education and training service.

### **Post-Graduate Certificate 12-day Course: Issues of Sexual Violence, the Counselling Process**

This well-established, in-depth training programme for psychotherapists and counsellors takes place once a year in Autumn. The course explores issues arising in working as a psychotherapist/counsellor with adolescent and adult clients who have experienced child sexual abuse, rape, sexual assault or sexual harassment. It is designed to enhance and develop the understanding and skills of participants when working with these clients. The learning is also relevant to clients who have experienced other traumas.

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### ***BodyRight* A Sexual Violence Awareness and Prevention programme for Young People**

*BodyRight* is a programme which has been developed by DRCC with funding provided by Cosc, The National Office for the Prevention of Domestic, Sexual and Gender-based Violence, for use with young people in schools and alternative educational settings. It is delivered by staff of the school or other setting who have received training from DRCC in the facilitation of the programme.

*BodyRight* raises awareness among young people as to what constitutes sexual violence, and educates them concerning the facts, the law, the meaning and legal implications of consent, and the impact of sexual violence. It provides an opportunity for young people to explore and examine, in a non-threatening environment, their own and others' attitudes and behaviours with regard to sexual violence, and how these attitudes affect the person who experiences sexual violence.

The programme aims to empower young people to stay safer, by increasing their awareness and understanding, and by allowing them to develop skills to help them make their own decisions and to withstand coercion. It offers them information on supports available to any young person who has experienced any form of sexual violence. The issues

raised and skills learned are relevant to other issues and situations young people may also have to deal with.

DRCC offers a three day training programme to school staff, and staff of Youthreach Centres and other alternative educational settings to introduce them to the *BodyRight* programme and equip them to facilitate it. This training was provided in September and again in December to a total of 26 facilitators from a variety of settings, including Youthreach, Community Training Centres, secondary schools, staff working with young people with intellectual disability, and staff of Trinity House School.

DRCC continues to develop new resources for this programme. In 2009, this included making a DVD of a situation where a young person discloses abuse to a friend, to be used in the programme to raise important issues about how to support and where to look for help. This DVD was professionally produced on a voluntary basis by Bill Felton with voluntary participation by the crew and the actors. We would like to thank Bill and the whole crew for their generosity. We are grateful also to Joe Murphy of specialist AV who provided multiple copies of the DVD free of charge.

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## **The European Refugee Fund: Working sensitively with refugees and asylum seekers who have experienced sexual violence and other trauma**

Dublin Rape Crisis Centre received funding from the European Refugee Fund, which was administered through Pobal, to develop, and deliver a two day training programme on a pilot basis. Entitled, “Working sensitively with refugees and asylum seekers who have experienced sexual violence and other trauma”, it is aimed at staff of any organisation providing a service which is accessed by refugees and asylum seekers.

The training programme supports staff in recognising and working with the impact of sexual violence and other trauma, and in planning and

providing their services in ways which are compatible with them being accessible and appropriate for asylum seekers and refugees who have been traumatised in this way.

This training programme was delivered on six occasions during 2009, three times in Dublin, once in Cork, once in Kerry and once in Sligo, to a total of 84 participants from 44 organisations. DRCC is grateful to Kerry Rape and Sexual Abuse Centre, the Sexual Violence Centre, Cork and Sligo Rape Crisis Centre for their support with this project.

DRCC was invited to apply to the European Refugee Fund for an extension to this project, and we have received funding to continue and develop this programme for the first six months of 2010. This will involve developing 3 further training programmes; a programme specifically for those working in one-to-one support roles with asylum seekers and refugees; a training programme specifically for community language interpreters; and a programme for primary school teachers and others working with young children.

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## **Training of student Gardaí**

We were very pleased to continue our input into the training programme for Garda recruits in the Garda Training College. DRCC trainers provided seminars for every intake of student Gardaí, offering them an opportunity to develop their understanding of the issues that will arise in working with those who have experienced sexual violence. This involved five visits to the college by our trainers. In the seminars, the students are offered an opportunity to consider the beliefs and attitudes in society and within themselves around sexual violence, and how these might affect a person who has had this experience. They are provided with information on the impact of sexual violence; guidelines are offered on how to work in a way that is supportive of the victim of sexual violence throughout their contact with the policing and legal process. Students are also informed about the impact of vicarious traumatisation, and are offered guidelines towards preventing and dealing with this and towards self care to maintain their own well-being.

*continued on page 16*

## Training seminars at DRCC

Throughout 2009, DRCC provided training seminars for individuals and organisations to develop their understanding and skills in working with those who have experienced sexual violence. In February, we provided a four-day intensive in-service course for counsellors and psychotherapists, entitled, “Child Sexual Abuse: the Counselling Process”. Our training programme also includes introductory one-day workshops on issues of child sexual abuse, rape and sexual assault, which are held regularly throughout the year. Information about our training programme is available on our website.

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## Training for organisations

DRCC provides training programmes in response to requests from an individual organisation, or a group of organisations, for training specific to their needs. We have provided training for many community and voluntary organisations, and for many agencies in the state health sector throughout Ireland. In 2009 this included training for a number of counselling/psychotherapy training courses, a programme for helpline volunteers for The Rape Crisis & Sexual Abuse Centre (N.E), and training for rape crisis volunteers with Tullamore Rape Crisis Centre, who offer support in the new Sexual Assault Treatment Unit in Mullingar.

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## Good Practice Guidelines for Working with Vulnerable Adults

DRCC assisted a religious congregation in developing Good Practice Guidelines for Working with Vulnerable Adults, and provided a national training programme for volunteers working with this congregation, to introduce them to these guidelines.

## Teenage Health Initiative

We are very glad to have an on-going involvement over many years with the Teenage Health Initiative training programme, which is provided by the Health Service Executive Dublin North East. DRCC provides an input on child sexual abuse, rape and vicarious traumatisation, and self care in the programme which trains facilitators. The Teenage Health Initiative is a personal development and sex education programme aimed at delaying the onset of early sexual activity among teenagers, and is operated by Foróige in partnership with local Health Boards. It is delivered, in the main, in an out-of-school setting.

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## Approach to Training

Our training is provided within an ethos of non-violence and care for participants, and with respect for the existing knowledge and expertise of those who attend the training. We are aware that no matter how experienced the participant in training, the issues on which we provide training are powerful and sensitive and can resonate quite deeply. Our approach is participative and experiential, but invitational and without pressure, and participants are encouraged and supported to take care towards themselves. This mirrors the approach to working with victims of trauma which we advocate in our training.

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## Preventing and Dealing with Bullying, Harassment and Sexual Harassment in the Workplace

DRCC has provided training since 1988 on preventing and dealing with bullying, harassment and sexual harassment. We provide a variety of seminars on these themes, and worked with a number of state and voluntary agencies on these issues during 2009. Seminars are provided for businesses, the state sector and community and voluntary organisations. Training is provided for staff, managers, human resources staff, equality officers, support contact people, and those who will investigate a complaint.

Seminars are held at DRCC which individuals can attend, and also for individual organisations, for management and staff, or those in specific key roles. This work takes us all over the country, into businesses, factories, local authorities, state organizations and NGOs.

In 2009 DRCC provided a series of seminars, which will continue in 2010, for the National Federation of Voluntary Bodies, training staff of affiliated organisations to take on the role of Support Contact Person within their organisation. DRCC has a particular specialism in training for this role of Support Contact Person under Dignity at Work/Bullying and Harassment policies.

## Consultancy service

We also offer a consultancy service for organisations to develop policies and procedures. This includes Child Protection policies, Good Practice Guidelines, and Harassment and Bullying and Dignity at Work policies.

**Leonie O'Dowd**

Head of Education and Training



DRCC staff at HSE Child Protection Training Course, October 2009

## CONFERENCE “RAPE LAW: VICTIMS ON TRIAL?”



Conference speakers, l-r: Tom O'Malley, Senior Lecturer in Law, NUI Galway; Senator Ivana Bacik, Prof. Liz Kelly, London Metropolitan University; The Honourable Mr. Justice Paul Carney, (Chairman of Conference); Ellen O'Malley-Dunlop, CEO of DRCC, Mary McAleese, President of Ireland, Brendan Spring, DRCC Board Member, James Hamilton, Director of Public Prosecutions; Dr. Paul O'Mahony, Criminologist, TCD

**I**N MARKING the Dublin Rape Crisis Centre's 30th Anniversary, the DRCC and School of Law, Trinity College, embarked on a research project which was presented at the conference, 'Rape Law: Victims on Trial?' in Dublin Castle.

The conference was launched by President Mary McAleese who gave an impassioned speech about the position of victims of sexual abuse, and the debt owed by society to those who report their experiences. President McAleese appealed to communities to support victims of rape and sexual assault, and warned that not doing so would “utterly compromise” the common good.

The Director of Public Prosecutions, Mr. James Hamilton, discussed some of the factors contributing to the high rate of attrition and low rate of convictions in rape cases. In response to comments made by a rape victim in the audience, Mr. Hamilton said there is a “huge problem with attitudes in society”, and there is a limit to what the criminal justice system can do.

Senator Ivana Bacik presented detailed research on the use of past sexual history evidence in rape trials before the Central Criminal Court since 2003. Senator Bacik said the reasons given by the defence for seeking such evidence showed a persistence of rape myths such as, the complainant was generally ‘promiscuous’.

Inputs from a panel of other distinguished speakers including Tom O'Malley B.L. (NUI Galway), Professor Paul O'Mahony (TCD) and Professor Liz Kelly (London Metropolitan University), concentrated on various issues of the criminal trial process as it relates to rape cases, including perspectives of victims, the international experience and sentencing.

The conference was chaired by the Honourable Mr. Justice Paul Carney and attended by 250 guests representing a broad sector of criminal justice representatives, academics, lawyers, NGOs, and survivors.



President of Ireland, Mary McAleese, launching the Conference

## Research on Separate Legal Representation in Rape Trials Presented at the Conference

Senator Ivana Bacik presented the findings of her joint research project with the DRCC to establish the effectiveness of the provisions in section 4A of the Criminal Law (Rape) Act 1981, inserted by section 34 of the Sex Offenders Act 2001. This allows for separate legal representation where an accused applies for leave to adduce evidence of the complainant's prior sexual history.

It was the first empirical research conducted in Ireland, specifically aimed at establishing how often past sexual history evidence is introduced in court in practice, although some more general studies on rape trials made findings that are relevant.

As part of the research project, the Policy Unit of the Office of the Director of Public Prosecutions (DPP) undertook a detailed review of all 59 rape cases from 2003-2009, where notice of such an application was made, and where the complainant availed of the entitlement to be legally represented by lawyers appointed by the Civil Legal Aid Board.

Of the 59 cases reviewed, 40 reached trial at the Central Criminal Court with guilty pleas entered in respect of 10 cases. The remaining cases have yet to go to trial, but the application to cross-examine the witness on her past sexual history was made. Judges granted defence applications to introduce evidence about past sexual history in 70% of the cases reviewed.

A common feature in the majority of the 59 cases reviewed to date was that notice of intention to make an application under section 3 was issued to the prosecution by the defence before the commencement of the trial. This was done in accordance with the procedure set out in section 4A. It appears, however, that late notice of intention to apply for leave and/or a delay in making the application on the part of the defence, will not automatically preclude the possibility of the trial judge hearing the section 3 application. It is particularly noteworthy that notice of intention was generally issued, regardless of whether the intended section 3 was actually made at trial.

The research also tells us in very revealing terms about the highly prejudicial nature of reasons that may be offered by the defence to adduce section 3 evidence. It also details the unpleasant prevalence of rape myths underlying the arguments often used to justify the inclusion of this evidence. For example, that the complainant was generally 'promiscuous', and, therefore, somehow more likely to have consented to sex with the accused.

Particular concerns must arise from the frequency with which section 3 applications are being granted, even where separate legal representation has been afforded to the complainant, and even where consent is not an issue.

In all future cases, the DPP will record the basis on which applications are made to cross-examine complainants about their past sexual history.

# FUNDRAISING

**T**HE SHORTFALL between our statutory funding and our outgoings will remain for the foreseeable future and we must continue to actively protect our service by fundraising. The Fundraising Department has grown and developed and is an integral part of the Dublin Rape Crisis Centre.

We depend on the public to support our fundraising activities and we deeply appreciate the consistent generosity of our benefactors.

Most of our fundraising events are annual dates on the calendar. These are very successful, thanks to the work of our fundraising volunteer committees that help us to organise each event.

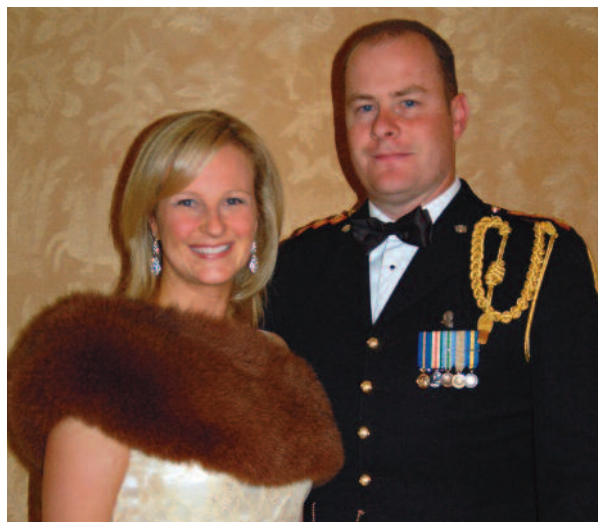
Our fundraising volunteers give freely of their time and receive no payment.

**Annie Gallagher, Colette Schütz**  
Fundraising Department

## FRIENDS OF THE DUBLIN RAPE CRISIS CENTRE

**The Friends of the Dublin Rape Crisis Centre is a group of committed people, dedicated to supporting our Fundraising Department.**

**Join the Friends of the Dublin Rape Crisis Centre to help organise our annual fundraising activities and explore new ideas and events.**



Elena Keany-O'Brien and Capt. Ruairi O'Brien enjoying the Wilde Ball (October 2009)

## ANNUAL FUNDRAISING EVENTS

### CORPORATE QUIZ CHALLENGE

**March**

This event is supported by the corporate sector and involves up to 40 teams, with RTÉ broadcaster Pat Kenny hosting the event.

### FLORA WOMEN'S MINI MARATHON

**June**

This 10k run/walk takes place in Dublin on the June Public Holiday Monday and has support from all over the country. The Dublin Rape Crisis Centre is well represented and our participants raise money through sponsorship.

### GOLF CLASSIC

**June**

Powerscourt Golf Club is the home of our annual golf classic. This is a popular event and golfers compete for the Perpetual Joe Carr Trophy.

### SUMMER LUNCH

**July**

Hosted by Joe Supple, aka Miss Candy, this lunch takes place in summer and is a spectacular afternoon of food, fashion and fun.

### FLAG DAY COLLECTION

**October**

Held over three days, this fundraiser gives everyone the opportunity to support our work either by giving or volunteering to collect on our behalf.

### THE WILDE BALL

**October**

This glamorous black tie ball, with champagne reception, dinner and dancing, is supported by 250 people each year.

### LET'S DO LUNCH

**December**

Let's do Lunch is a fundraising event that takes place during the month of December and involves lunching with friends and everyone making a donation.

## BECOME A VOLUNTEER

Join one of our Volunteer Teams – we recruit annually. You can phone or email us for further information.

Give us a call at **01 661 4911**

or email us at: **volunteerservices@rcc.ie**

## SUPPORT THE DRCC

Join the Friends of the Rape Crisis Centre to help us organise our regular fundraising activities and explore new ideas and events. We are always looking for new and innovative ideas.

Make a donation, whether that's a one-off contribution or you prefer to set up a monthly standing order with your bank.

Support one of our regular events with some friends. Maybe some of the current fund-raising events appeal to you as corporate entertainment?

Give us a call at: **01 661 4911**

or email us at: **fundraising@rcc.ie**

Your help will make a difference  
to those who seek our services.

# STATISTICS 2009

## A NOTE ON THE STATISTICS FOR 2009

Due to the nature of our work, detailed information was not gathered for all individuals who contacted the DRCC. The primary concern of the Centre is to help callers and clients and in many cases some or all of the detailed information on callers or clients was unavailable. The statistics below refer to the 12 month period from 1st January 2009 to 31st December 2009.

## 1. Contacts with the National 24 Hour Helpline, Jan 2009 - Dec 2009

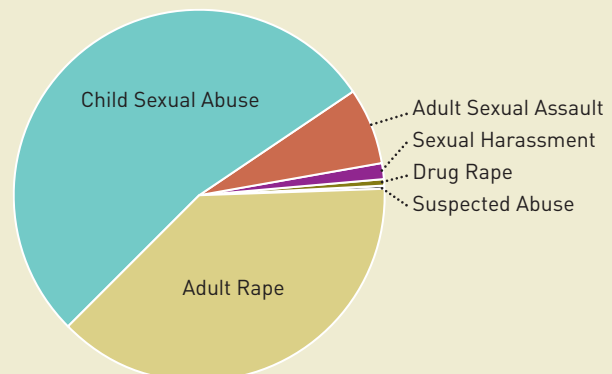
DESCRIPTION	2009
Total Counselling Calls	14,289
*Total Genuine Counselling Calls	10,914
First Time Callers	4,188
Repeat Calls	3,584
Information Calls	2,190
Calls with Details Undisclosed	873
Unrelated Counselling Calls	79

\* Total genuine counselling calls refers to the number of calls when hoax, hang-up, silent and obscene calls are subtracted from the total number of calls.

## 2. Contacts with the National 24 Hour Helpline, Jan 2009 - Dec 2009

### BREAKDOWN BY TYPE OF ABUSE (WHERE KNOWN)

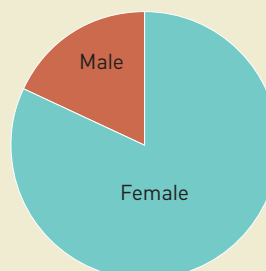
TYPE OF ABUSE	% OF CALLS
Adult Rape	38.33%
Child Sexual Abuse	52.82%
Adult Sexual Assault	6.85%
Sexual Harassment	1.24%
Drug Rape	0.53%
Ritual Abuse	0.04%
Suspected Abuse	0.19%



This table shows for all calls (first time and repeat calls) the type of abuse the caller experienced. 142 of the callers disclosed the fact that they experienced more than one type of abuse in their lives.

### GENDER OF CALLER (WHERE KNOWN)

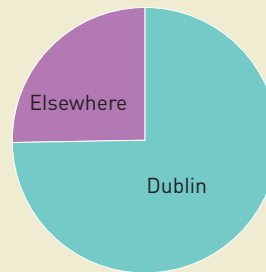
GENDER	% OF CALLS
Female	82%
Male	18%



3. Contacts with the National 24 Hour Helpline, Jan 2009 - Dec 2009

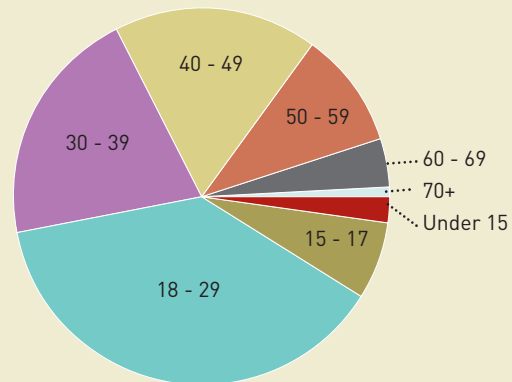
**BREAKDOWN BY GEOGRAPHIC LOCATION** (WHERE KNOWN)

GEOGRAPHIC LOCATION	% OF CALLS
Dublin	74.8%
Elsewhere	25.2%



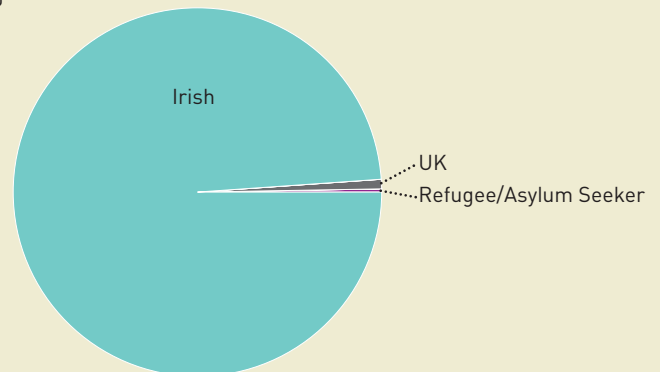
**BREAKDOWN BY AGE** (WHERE KNOWN)

AGE OF VICTIM	% OF CALLS
Under 15	2.49%
15 - 17	6.61%
18 - 29	37.93%
30 - 39	20.59%
40 - 49	17.57%
50 - 59	10.02%
60 - 69	3.97%
70+	0.82%



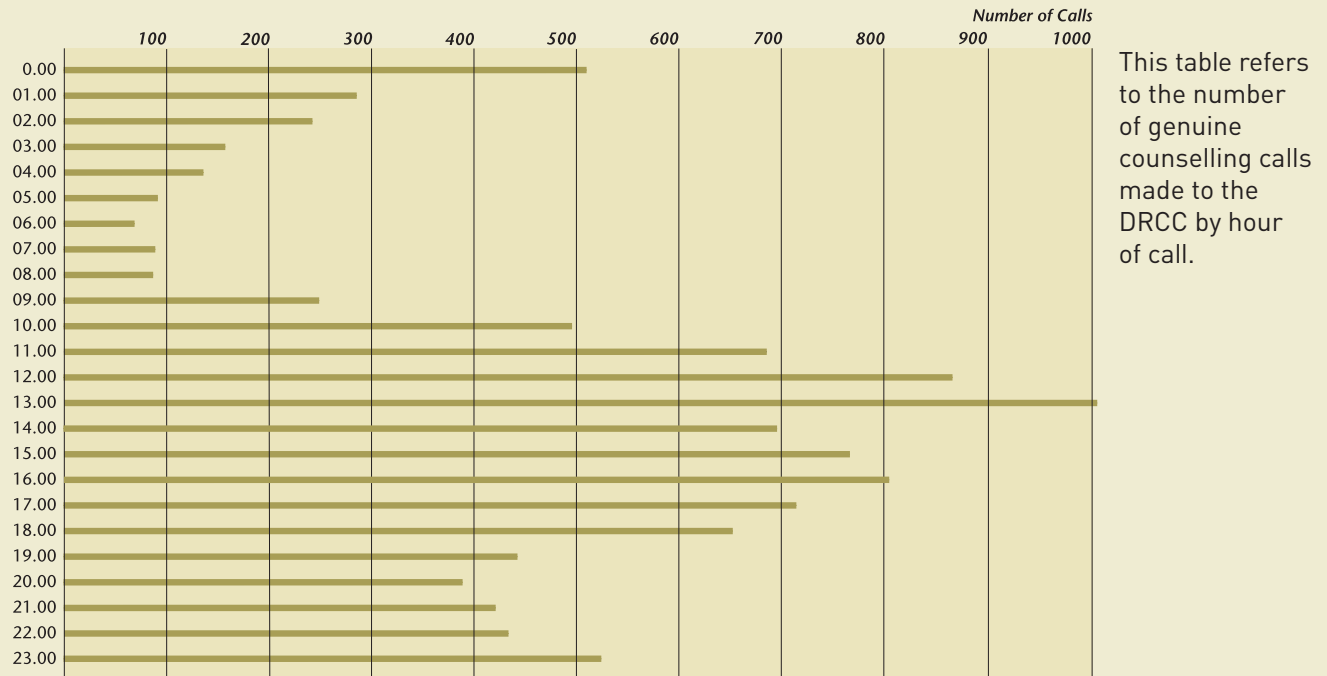
**BREAKDOWN BY ETHNIC ORIGIN** (WHERE KNOWN)

ORIGIN	% OF CALLS
Irish	99.07%
European Union	0.03%
UK	0.65%
Traveller	0%
Refugee/Asylum Seeker	0.18%
Others	0.07%



## 4. Contacts with the National 24 Hour Helpline, Jan 2009 - Dec 2009

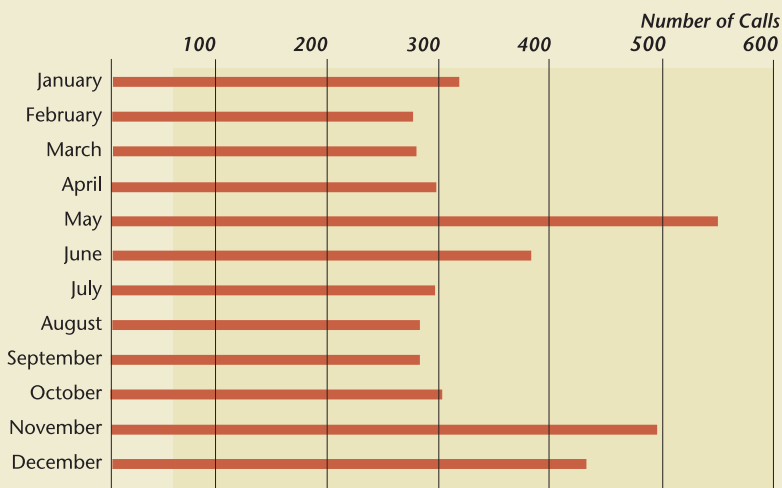
### TIME OF CALL (CALLS MADE IN PREVIOUS HOUR)



## 5. Contacts with the National 24 Hour Helpline, Jan 2009 - Dec 2009

### MONTH OF CALL

This graph shows the number of **first time calls** made to the DRCC by month.



## 6. Volunteer Services

### ACCOMPANIMENT TO SEXUAL ASSAULT TREATMENT UNIT

In this period, our trained volunteers attended the Sexual Assault Treatment Unit with 286 victims. In addition, our volunteers carried out 21 court accompaniments with victims of sexual violence or abuse, and 7 other accompaniments (e.g. to Tribunals, or Garda Stations) during that period.

### OUTREACH AWARENESS TALKS

Our trained outreach volunteers delivered 60 outreach awareness talks, 40 in second level schools and 20 to a variety of adult groups.

## 7. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

In 2009, twelve therapists, working as two teams, offered a six-day counselling service from Monday to Saturday, in the DRCC on Leeson Street. In addition, four of the therapists, working on Tuesday, Thursday and Friday, offered 18 sessions per week, in the Outreach Counselling Service in Coolock. A half-day service per week was also provided by one therapist at the Dóchas Centre, the national women’s prison. Three therapists worked in the DRCC Outreach service in Tallaght on Saturdays, while one therapist worked in Tallaght Rehabilitation Project, once a fortnight. In all, eight therapists worked in four Outreach services in 2009.

### (A) CLIENT APPOINTMENTS SUMMARY

- A total of 5,367 individual appointments were made available by the Therapy Team in 2009.
- Of these, 4,016 individual client sessions were delivered in 2009. Allowing for cancellations and ‘no-shows’ deducted, this represents a take-up rate of 75%.
- Of the 4,016 completed sessions, 1,331 (33%) were crisis appointments for men and women who had experienced a recent rape or sexual assault, i.e. within the previous 12 months.
- 2,679 (67%) were assessment appointments for past rape, sexual assault and past childhood sexual abuse, i.e. which occurred outside the previous 12-month period.
- In addition to the 4,016 individual therapy sessions, usually of one hour’s duration, 514 hours of group therapy client hours were delivered in 2009.

Thus, a total of 4,530 individual and group client hours were delivered in 2009.

### (B) GROUP THERAPY SUMMARY

Participation in group therapy or workshops is offered to clients who have been in one-to-one counselling for some time. Groups and workshops are always facilitated by two staff therapists. Six therapists facilitated groups and workshops in 2009.

TYPE OF GROUP	HOURS PER SESSION	DURATION	PARTICIPANTS	TOTAL CLIENT GROUP THERAPY HOURS
CSA Mixed Process Group	2.5 hours	10 weeks	10 clients	250
Rape Recovery Group	2 hours	8 weeks	6 clients	96
Family Systems Workshops (2)	6 hours	2 days	14 clients	168

Total: 514

514 client group therapy hours were completed in 2009.

# STATISTICS 2009

## 8. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

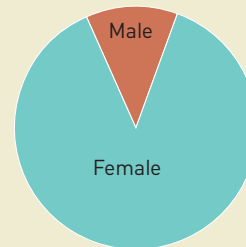
### CLIENTS SEEN IN THE DRCC

(INCLUDING CRISIS AND LONG TERM SERVICES)

DESCRIPTION	NUMBER
Number of Clients Seen	579

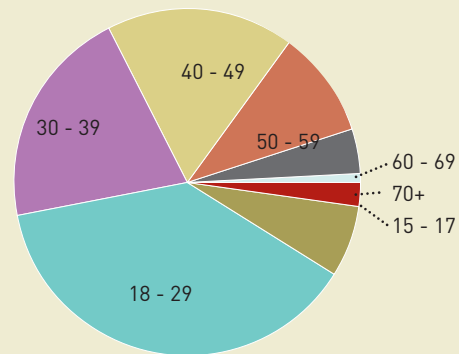
### GENDER OF CLIENT USING THE COUNSELLING SERVICE

GENDER	% OF CALLS
Female	87.92%
Male	12.08%



### AGE OF CLIENT USING THE SERVICE (WHERE KNOWN)

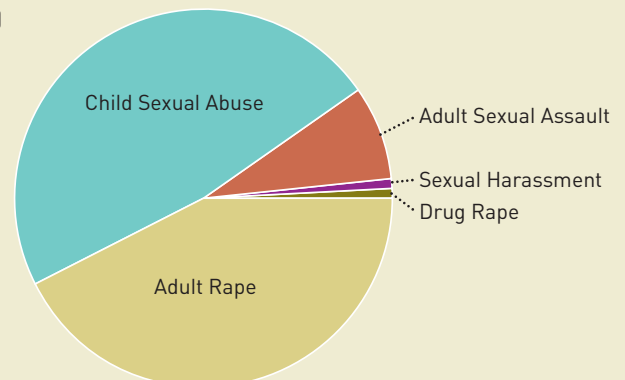
AGE OF VICTIM	% OF CALLS
15 - 17	1.4%
18 - 29	44.8%
30 - 39	25.8%
40 - 49	17.2%
50 - 59	7.4%
60 - 69	3.2%
70+	0.2%



## 9. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

### BREAKDOWN BY TYPE OF ABUSE (WHERE KNOWN)

TYPE OF ABUSE	% OF CALLS
Adult Rape	42.69%
Child Sexual Abuse	47.73%
Adult Sexual Assault	8.07%
Sexual Harassment	0.84%
Drug Rape	0.67%
Ritual Abuse	0%

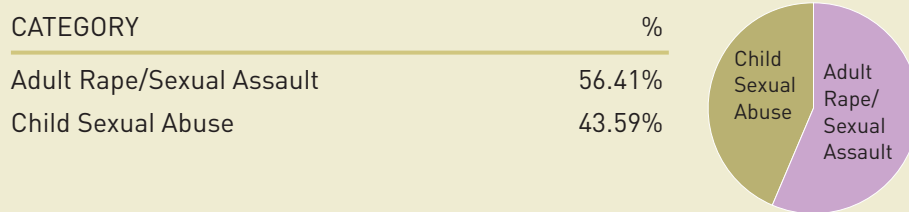


8% clients disclosed that they experienced both adult rape and past child sexual abuse.

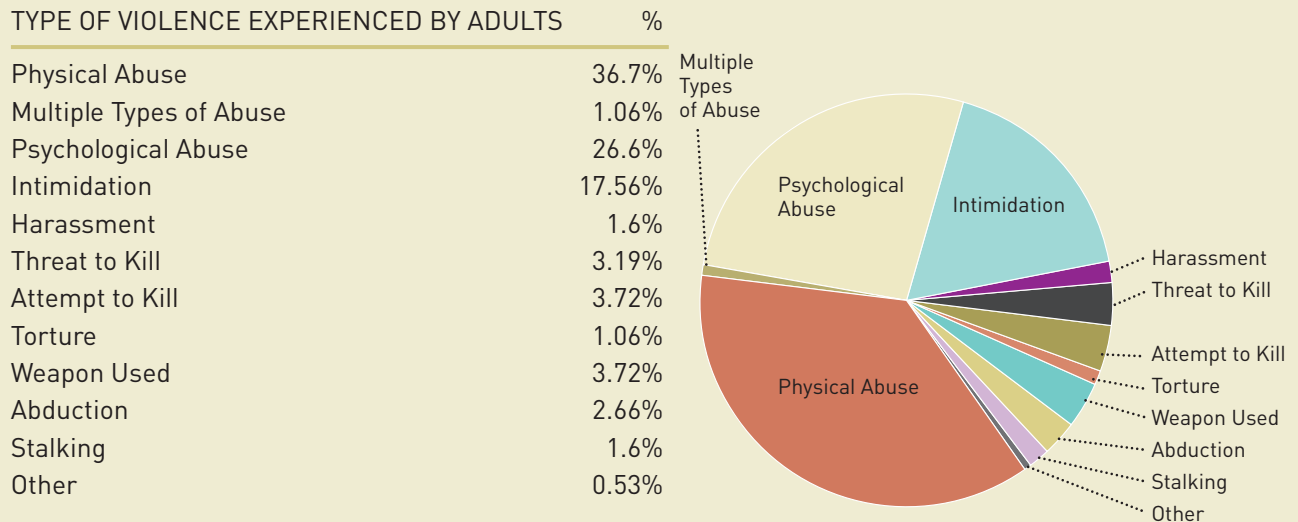
10. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

**ANALYSIS OF ADDITIONAL TYPES OF VIOLENCE AND ABUSE EXPERIENCED BY CLIENTS, ALONG WITH RAPE, SEXUAL ASSAULT OR CHILD SEXUAL ABUSE**

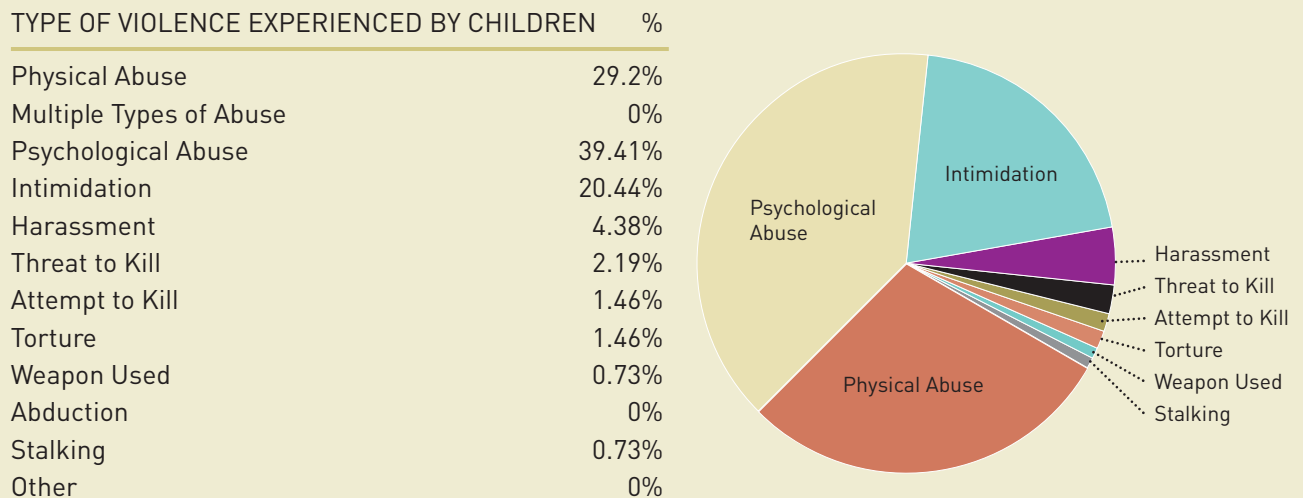
36.25% of clients reported experiencing other types of violence along with the main type of abuse.



**VIOLENT INCIDENTS REPORTED BY CLIENTS WHO ALSO EXPERIENCED ADULT RAPE/SEXUAL ASSAULT** WHERE KNOWN, THE TYPES OF VIOLENCE EXPERIENCED WERE:



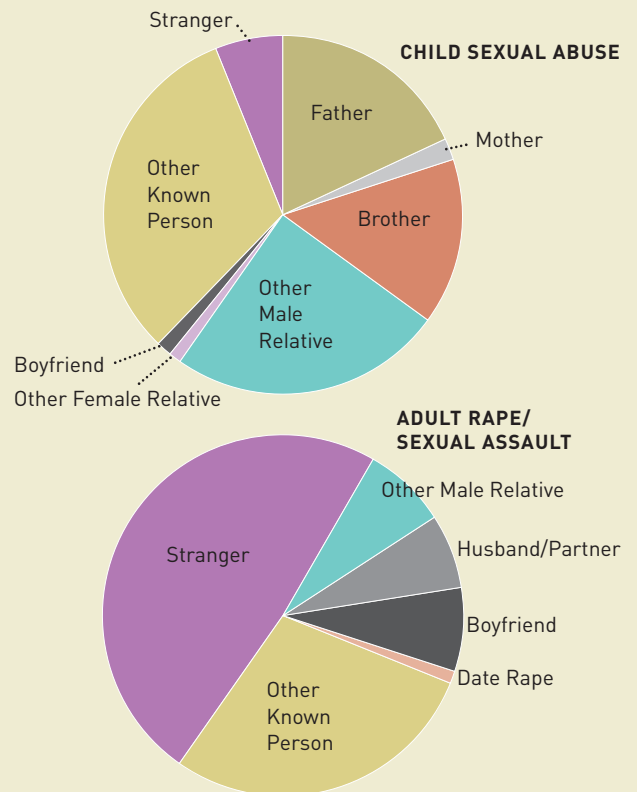
**VIOLENT INCIDENTS REPORTED BY CLIENTS WHO ALSO EXPERIENCED CHILD SEXUAL ABUSE** WHERE KNOWN, THE TYPES OF VIOLENCE EXPERIENCED WERE:



## 11. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

### RELATIONSHIP BETWEEN THE VICTIM AND THE OFFENDER (WHERE KNOWN)

RELATIONSHIP	CHILD SEXUAL ABUSE	ADULT RAPE/ SEXUAL ASSAULT
Father	18.25%	0%
Mother	1.83%	0%
Brother	14.96%	0%
Other Male Relative	24.82%	7.64%
Other Female Relative	1.09%	0%
Husband/Partner	0%	6.6%
Boyfriend	1.46%	7.64%
Date Rape	0%	1.04%
Other Known Person	31.75%	28.47%
Stranger	5.84%	48.61%



## 12. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

### PREGNANCY

306 female clients said they were at risk of pregnancy after rape/sexual assault and 24 (7.84%) said they became pregnant.

OUTCOME OF PREGNANCIES	NUMBER
Became Pregnant, Baby Kept	6
Became Pregnant, Baby Fostered	0
Became Pregnant, Baby Adopted	0
Became Pregnant, Pregnancy Terminated	10
Became Pregnant, Miscarried	7
Became Pregnant, Outcome Unknown	1

It is worth noting that many clients were not at risk of pregnancy for various reasons, including use of contraceptives, being beyond risk of pregnancy due to age, or being male, for example.

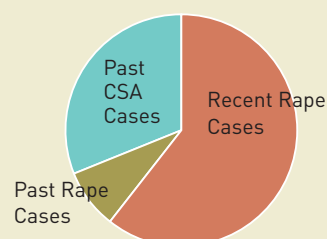
### 13. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

Statistics provided in this section relate to 289 clients who commenced therapy in the DRCC in 2009, where the reporting status was known. It is worth noting that reporting and convictions in this context refer to clients seen by our service in the year 2009, although the reports and convictions may have occurred in the previous years.

#### REPORTING TO GARDAÍ

Of the 289 cases where the reporting status was known, 84 cases were reported to the Gardaí, a reporting rate of 29.1%. Of these 84 cases, 7 cases (8.3%) were tried, resulting in 7 convictions or guilty pleas.

CASES REPORTED	% OF TOTAL CASES REPORTED
Recent Rape Cases Reported	60.71%
Past Rape Cases Reported	8.33%
Past CSA Cases Reported	30.96%



Recent or past rape accounted for 69.04% of the 84 cases reported to the Gardaí, while childhood sexual abuse cases accounted for 30.96% of reports.

#### OUTCOME

Outcome information was known for 54 (64.28%) of the 84 cases reported.

OUTCOME	TOTAL
Dropped Charge (by Client or DPP)	17
Pending Charge	30
Went to Trial	7

Percentage of All* Cases Reported to Gardaí	29.1%
Percentage of Total* CSA Cases Reported	22.6%
Percentage of Total* Rape/Sexual Assaults Reported	33.3%

\* Refers to the 289 cases where reporting status was known, 115 of which related to childhood sexual abuse and 174 to adult rape and sexual assault.

Clients who experienced adult rape/sexual assault were more likely to report to the Gardaí than clients who had experienced childhood sexual abuse.

#### FACTORS AFFECTING RAPE REPORTING

TIME INTERVAL	%
Recent Rape/Sexual Assault Reported	60.7%
Past Rape/Sexual Assault Reported	8.3%

Clients who sought help for recent rape or sexual assault were 7 times more likely to report to the Gardaí, than clients who had experienced past rape or sexual assault.

# STATISTICS 2009

## VICTIM/OFFENDER RELATIONSHIP

Of the 84 cases that were reported to the Gardaí, 26 of them related to childhood sexual abuse. Of the 58 clients who reported rape or sexual assault (both recent and past) 67.2% had been raped or sexually assaulted by a stranger, while 32.8% had been raped or sexually assaulted by someone they knew.

In past reports, we have noted that clients were more likely to report rape or sexual assault to the Gardaí, if the assailant was a stranger, rather than someone known to them. In 2008, we observed a change in that pattern. In 2009, however, clients who reported rape and sexual assault were twice as likely to report where the assailant was a stranger.

### RECENT RAPE / SEXUAL ASSAULT (WITHIN THE PREVIOUS TWELVE MONTHS)

58.62% of cases were reported where the assailant was a stranger to the client

29.31% of cases were reported where the client knew the assailant.

### PAST RAPE / SEXUAL ASSAULT

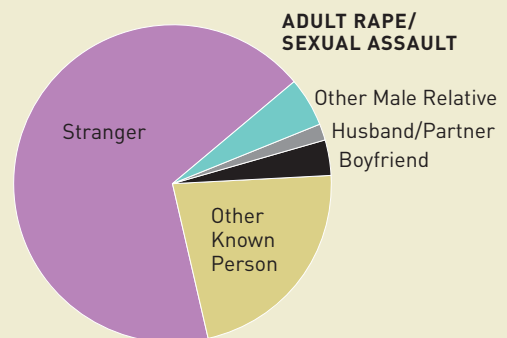
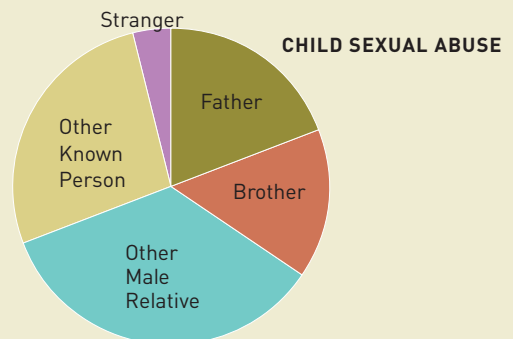
8.62% of cases were reported where the assailant was a stranger to the client.

3.45% of cases were reported where the assailant was known to the client.

## 14. Counselling and Psychotherapy Service Provision, Jan 2009 - Dec 2009

### IN CASES REPORTED TO THE GARDAÍ, RELATIONSHIP BETWEEN THE VICTIM AND THE OFFENDER (WHERE KNOWN)

RELATIONSHIP	CHILD SEXUAL ABUSE	ADULT RAPE/ SEXUAL ASSAULT
Father	19.23%	0%
Mother	0%	0%
Brother	15.38%	0%
Other Male Relative	34.62%	5.17%
Other Female Relative	0%	0%
Husband/partner	0%	1.72%
Boyfriend	0%	3.45%
Date Rape	0%	0%
Other Known Person	26.92%	22.42%
Stranger	3.85%	67.24%



## DUBLIN RAPE CRISIS CENTRE LIMITED

A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

### Profit and Loss Account for the year ended 31<sup>st</sup> December 2009

	2009 €	2008 €
INCOME	2,001,152	2,011,803
OVERHEADS	2,074,374	2,195,936
DEFICIT FOR THE YEAR	-73,222	-184,133
GOVERNMENT GRANTS AMORTISED	16,012	16,012
	-57,210	-168,121
EXTRAORDINARY ITEM	119,000	-
SURPLUS/-DEFICIT AFTER EXTRAORDINARY ITEM	61,790	-168,121
BALANCE FORWARD AT BEGINNING OF YEAR	629,486	797,607
BALANCE FORWARD AT END OF YEAR	691,276	629,486

### Balance Sheet as at 31<sup>st</sup> December 2009

	2009 €	2008 €
ASSETS EMPLOYED		
FIXED ASSETS		
Tangible assets	359,598	298,351
CURRENT ASSETS		
Building account	997,555	958,374
Cash at bank	269,465	510,794
Sundry receivables	7,500	-
	1,274,520	1,469,168
CREDITORS & PROVISIONS (Amounts falling due within 1 year)	-325,100	-504,279
NET CURRENT ASSETS	949,420	964,889
TOTAL ASSETS LESS LIABILITIES	1,309,018	1,263,240
REPRESENTED BY:		
CONTRIBUTION TO BUILDING FUND	470,934	470,934
GOVERNMENT GRANTS	146,808	162,820
SURPLUS ON PROFIT AND LOSS ACCOUNT	691,276	629,486
	1,309,018	1,263,240

# FINANCIAL SUMMARY 2009

## DUBLIN RAPE CRISIS CENTRE LIMITED

A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

### Statement of Sources and Applications of Funds

for the year ended 31<sup>st</sup> December 2009

SOURCES/APPLICATIONS OF FUNDS	2009 €	2008 €
FUNDING OF ACTIVITIES		
Surplus / - Deficit for the year	61,790	-168,121
Add back: Items not involving the use of funds:-		
Depreciation	39,257	32,971
Government grant amortised	-16,012	-16,012
	85,035	-151,162
PURCHASE OF FIXED ASSETS		
Government grant received	-	-6,988
NET MOVEMENT IN FUNDS	-15,469	-248,395
FINANCED/APPLIED AS FOLLOWS:-		
MOVEMENTS IN WORKING CAPITAL		
Movement in receivables	7,500	-
Movement in cash at bank	-202,148	276,952
Movement in creditors	179,179	-54,413
Building Fund		-470,934
	-15,469	-248,395

Brendan Spring, Director  
Malinda Dolan, Director  
18<sup>th</sup> May 2010

### Auditor's Report to the Members

I have audited the financial statements above and opposite in accordance with Auditing Standards.

In my opinion, the financial statements give a true and fair view of the statement of the company's affairs at 31<sup>st</sup> December 2009, and of its results and state of affairs for the year then ended, and give in the requisite manner the information required by the Companies Acts 1963 to 2009. I have obtained all the information and explanations considered necessary for the purposes of my audit. In my opinion proper books of account have been kept by the company. The financial statements are in agreement with the books of account.

Dermot J Keogh FCA  
REGISTERED AUDITOR  
18<sup>th</sup> May 2010





# RCC

Preventing and healing the trauma  
of rape and sexual abuse

**National 24 Hour Helpline**  
**1800 77 88 88**

**A new beginning at the end of the line**

**Dublin Rape Crisis Centre**  
**70 Lower Leeson Street, Dublin 2**

**Telephone: 01 661 4911**

**Facsimile: 01 661 0873**

**E-mail: [rcc@indigo.ie](mailto:rcc@indigo.ie)**

**Web: [www.drcc.ie](http://www.drcc.ie)**