

25

Years On

Anniversary Report 2005





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.

*“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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I AM VERY PLEASED TO PRESENT DRCC 25 YEARS ON, the 2005 Anniversary Report of the Dublin Rape Crisis Centre. 2005 represents a milestone for the DRCC as we pause to look back on our first 25 years in existence.

The Centre was set up in 1979 following a march “Reclaim the Night” to protest about rape. The protest then, was, among other things, about Ireland’s political and judicial approach to the whole issue of rape. Over 25 years later, in the summer of 2006, it is very disappointing that we still have to have protest meetings and marches about the exact same issues.

The demonstrations this year surrounding the issue of statutory rape illustrate very clearly that – in Ireland in 2006 just as in the late 1970s – the question of rape and sexual abuse stirs the passion of the women and men of this country in huge numbers.

The passionate protests and street demonstrations have sent out a clear signal that the law-abiding people of Ireland will continue to demand solutions to these issues from our law makers. It is something on which the Dublin Rape Crisis Centre will continue to work assiduously, for the benefit of all.

Over our 25 years in existence, we in the DRCC have known that there was an ever-increasing demand for our services. Yet for many years we were unable to identify with any degree of accuracy whether the problem of sexual violence was increasing or decreasing in society. In 1999, we commissioned a study on the incidence of rape and sexual violence in Ireland, in association with the Royal College of Surgeons in Ireland, and three years of intensive research brought this important work to fruition in the 2002 SAVI report, *Sexual Abuse and Violence in Ireland*. This report has been extremely useful, not just for us, but for the other rape crisis centres around the country, in developing relevant services to provide efficient help to as many people as possible.

It was important that SAVI was not just a once-off study. In 2004 the research team in the College of Surgeons completed a three year follow-up study to the SAVI Report, examining its impact on participants. The results of *SAVI Revisited 2005* were very encouraging with regard to future research in this area.

Another major piece of research we initiated was *The Legal Process and Victims of Rape – The Findings*, an in-depth study conducted jointly by the DRCC and the School of Law in Trinity College Dublin. This 400-page book, published in 1998, reviewed the laws and procedures on rape throughout the then 15 members of the European Union, and sought to assess the impact of the different laws upon the victims of rape themselves. The report also gave the victims a voice, and a means of expressing their views on the laws and procedures of which they had direct experience.

The overall function of the Dublin Rape Crisis Centre is a four-way balancing act:

- First and foremost, we are there to listen to victims and provide therapy and counselling to heal the trauma of rape and sexual abuse.
- Secondly, we use the information and research we gather to design policy and strategy to make our work more effective as we move forward, while simultaneously using that information and our experiences to lobby for policy change in the legal system.
- Thirdly, we continue to educate and train our own staff and volunteers, as well as other agencies and communities who provide therapeutic and support services in similar fields.
- The fourth part is raising and managing finance. The 25-year history of the Centre is one of constant struggle with funding. While we have to be prudent – even frugal – on our expenditures, all of what we do costs money. Looking at the statistics contained within this report, you can see the huge volume of calls, counselling and other activities we address. Dealing with these and our other duties is expensive.

I'm very pleased to acknowledge the support and the funding of the Health Service Executive (HSE) not just for 2005, but down through the years. Naomi Patton, our accounts officer, has worked closely with the HSE on behalf of the DRCC for nearly 20 years. In 2001 the HSE and DRCC signed a new Service Level Agreement, which has enabled the DRCC to move on to another level of professionalism. Even with the financial support of the HSE, we would be unable to fully function were it not for the efforts of our friends and benefactors who remain committed to the efforts of the fundraising department within the DRCC.

In conclusion, I would like to sincerely thank the Board, management, staff and volunteers for their hard work and dedication. Their commitment and ability is a vital element in the success of the Centre, and gives me confidence, as we press on from our 25th anniversary year, that the Dublin Rape Crisis Centre will, indeed, continue to make a difference.

BRENDAN SPRING
Chairman of the Board

THE BOARD OF DIRECTORS OF THE DRCC

Dublin Rape Crisis Centre is supported by a dedicated Board of Directors which provides ongoing support in the Centre's efforts. The Board includes Brendan Spring, *Chair*, Anne Conlon, *Vice Chair*, Audrey Conlon, Eugene Davy, Graham Crisp, Maud McKee and Germaine Morrissey.



WE AT THE DUBLIN RAPE CRISIS CENTRE ARE VERY PROUD of having provided a service to Irish society that has been healing and enhancing to the individuals who have crossed our threshold for 25 years.

This is very early days in my tenure as Chief Executive, but I feel privileged to be here and I look forward to continuing the excellent work of the DRCC.

Unfortunately, after 25 years, the needs are greater than ever. Rape and sexual abuse are still very much a part of our society, and the work of the Centre is as necessary and challenging as ever. The evidence is reflected starkly in our most recent statistics. On the plus side, people are availing of our services more and more: there were 76 calls to our helpline in 1979; in 2005, there were more than 12,000 genuine counselling calls.

This does not necessarily mean that rape and sexual violence are on the increase, but it does mean that the silence of old is no longer as powerful as it was. It is losing its ferocious grip on society. Yet, our statistics are a stark reminder that rape and sexual violence are still terribly prevalent.

One of the key services of the DRCC is our 24-hour Freephone Helpline, which offers a personal response to people in need of immediate help, seven days a week and 365 days a year. This is a unique service, availed of, not only by people in Dublin and the greater Dublin area, but by people from all over the country. We also provide a much needed service accompanying people to court and to the Sexual Assault Treatment Unit in Dublin. Our volunteers give generously of their time to offer this crucial support service.

At a broader level, the DRCC continues to develop its education and training service, recently expanded from two to three staff, as a move towards building the foundations needed to prevent and eradicate rape and sexual violence in society. Unfortunately, the Education and Training Department is not viewed as a core service and, as such, gets no funding support from the Health Service Executive. This is one of the areas we hope to redress in the future.

25 years is a long time in the life of any organisation and, while we have excelled in responding to the needs of our clients, we had difficult periods, as any organisation does. Yet, 25 years on, we are all – staff, management and Board – working as one and looking forward to working creatively for the benefit of our clientele, in particular, and Irish society as a whole.

The importance of working with other organisations with common goals was illustrated again recently by the crisis in the Irish legal system, when the Supreme Court struck down the law on statutory rape. In that instance, we demonstrated the latest phase in our development, working with each other and partner organisations with similar aims to respond appropriately and shape a model for a more cooperative way of working.

We did that, by participating in the White Flower March on the Dáil, issuing press releases and giving media interviews. We initiated a Round Table Discussion and, with One in Four, CARI and the Sexual Violence Centre Cork, we met Minister for Justice, Equality and Law Reform, Michael

McDowell, to express our particular and shared concerns. We were subsequently joined by RCNI (Rape Crisis Network Ireland). We welcomed the establishment of the All-Party Committee on Child Protection. We urged that this committee should undertake an appropriately broad examination of child protection legislation and policy, and should fully consider not only the development of legislation and policy, but, crucially, its implementation and practice.

The DRCC will continue to work with other parties and organisations concerned with tackling sexual violence and rape. While we will be making our own submission to the All-Party Committee, we will be supporting each others' perspectives and respecting our differences.

The Board, staff, volunteers and friends of the DRCC expend enormous energy in living up to our Mission Statement commitment to providing an immediate and comprehensive counselling service, to the highest standards, for adult victims (female and male) of rape and sexual abuse. In doing so, we continue to make sure that our therapy staff are properly accredited and assist them in their ongoing professional development.

Another key aspect of our work is advocacy and training to raise awareness and understanding on issues relating to sexual abuse, with the objective of both preventing abuse and improving conditions and services for victims in Ireland.

Unfortunately the numbers coming to the DRCC at Leeson Street and to our outreach centres have not decreased as we would have liked, but change is a slow process and not an event. It has taken 25 years for the enormity of the heinous crime that is rape and sexual violence in our society to be realised and understood.

The SAVI Report, *Sexual Abuse and Violence in Ireland*, commissioned by the DRCC, gave us the numbers and highlighted, through its rigorous research, what we knew was happening on the ground. SAVI remains one of the most important pieces of research in the field both at home and internationally. We continue to support research and are participating in the current study commissioned by RCNI and carried out by NUI Galway. The aim of the study is to find out what factors influence people's decisions to report, or not report, to the Gardaí when they experience sex against their will, and what response those who do report get from the criminal justice system.

I look forward to continuing and improving our core services, and working with the team on a new strategic plan to see us continue to respond to the changing needs of society in an appropriate, flexible and reflective way.

The future looks promising in relation to new changes in the law. Hopefully, along with other organisations with experience like our own, we will go a long way towards informing the implementation and practice of the new legislation and policy. This should facilitate more cases getting to court and more perpetrators getting appropriate sentences, which, in turn, should help to slowly eradicate this heinous crime from our society.

ELLEN O'MALLEY-DUNLOP
Chief Executive

25th Anniversary Events

On an October evening in 1978, some 5,000 Irish women marched through the centre of Dublin to protest about rape and “Reclaim the Night”. Inspired by the ideals of the broader women’s movement, this landmark event led, in 1979, to the establishment of the Dublin Rape Crisis Centre. Fiercely opposed, it stood then as a lone beacon in an era when rape was still a taboo topic and Irish society was in complete denial regarding the prevalence of childhood sexual abuse in its midst.

In 2005, the DRCC marked 25 years in operation – a powerful testimony to its continuing commitment to healing the trauma of rape and sexual abuse, but also, sadly, to the continued need for its services in Ireland today.

A series of activities and events were held to mark the anniversary, including a major conference on ‘Sexual Abuse and Violence – Responding to Change’ in October, the launch of a history of the DRCC, *Without Fear – 25 Years of the Dublin Rape Crisis Centre*, and the launch of a major research paper, *SAVI Revisited*, into the current situation in relation to sexual abuse and violence in Ireland.



DRCC Conference 10th October 2005, left to right: Breda Allen, Angela McCarty, Gemma Hussey, Susan McKay, Lara Marlowe.

Anniversary Conference

‘Sexual Abuse and Violence – Responding to Change’, a conference to mark the 25th Anniversary, took place in the National College of Ireland, Dublin, on 10th October. Rape as a weapon of war was a key topic, with Irish and international speakers addressing this issue from legal, journalistic and therapeutic perspectives.

The conference charted the responses of the DRCC to the challenges posed by sexual abuse and violence, from 1979 to the present, and explored the challenges facing the DRCC in a multi-cultural society.

Speakers addressed the issues of sexual abuse and violence in a global, as well as a national context, and established some of the linkages between them – such as the needs of an increasing number of refugees and asylum-seekers seeking the Centre’s help to cope with their experiences of sexual violence.

Judge Maureen Harding Clark of the International Criminal Court (ICC) spoke about rape as a crime against humanity, drawing on her enormous experience and expertise as a judge at the International Criminal Tribunal for the former Yugoslavia, while award-winning journalist Lara Marlowe addressed the issue of rape as a weapon of war from her perspective as a foreign correspondent.

Angela McCarthy, Head of Clinical Services at DRCC, explored the Centre’s role in responding to sexual violence in an international context. Following reports of mass rape in the former Yugoslavia in the 1980s, the DRCC provided badly needed training programmes for community-based workers there from 1993 to 1998, and similar programmes in Kosovo from 1999 to 2002.

An Tánaiste, Mary Harney formally launched the new research findings of *SAVI Revisited*, a three-year follow-up study to the 2002 report, *Sexual Abuse and Violence in Ireland*, commissioned by the DRCC and delivered by the Royal College of Surgeons of Ireland, at the conference.

Other key speakers included journalist Susan McKay, author of the history of the Centre, *Without Fear - 25 Years of the Dublin Rape Crisis Centre*, launched immediately after the conference.

The conference provided an opportunity to reflect both on the past achievements of the DRCC and the challenges it faces in the future. In particular, it underlined the current and future challenge for the DRCC to provide a culturally appropriate service for the increasing numbers of non-nationals, including migrant workers, refugees and asylum-seekers who seek help for their experiences of sexual violence.

At present, the DRCC provides counselling for persons who speak English or French. For those who speak other languages, lack of funding for interpreters currently means the Centre cannot provide a suitable service.

Research Update on Sexual Abuse and Violence in Ireland

The report on a three-year research study on the long-term effects of disclosure of sexual abuse in a confidential research interview, entitled *SAVI Revisited*, was launched at the October conference. Commissioned by the DRCC and carried out by the Royal College of Surgeons in Ireland, it followed up on the landmark SAVI report in 2002, a national study of Irish experiences, beliefs and attitudes concerning sexual violence for the DRCC.

Right: DRCC Conference 10th October 2005, Prof. Hannah McGee (left) and Breda Allen (Former Chair), DRCC.

Below: Some of the Volunteers of DRCC meeting An Taoiseach, Bertie Ahern, during his visit to the Centre on 19th May 2005. Left to right: Nichola Feeley, Jenny Tomlin, Mel Connors, Leesha Duffly, Bertie Ahern (An Taoiseach), Karen Cunningham, Mairead Mallon (Staff), Rachel Matthews McKay, Lucy Stanley.

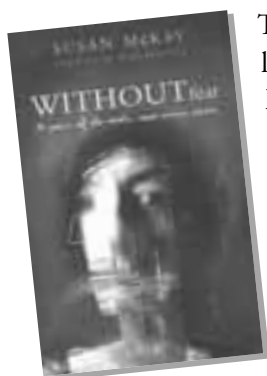
As a service provider first and foremost, the Dublin Rape Crisis Centre was concerned about the possible immediate or long-term impact of taking part in a sensitive interview about personal experience of sexual violence. “We found no long-term detrimental effects of participation in SAVI,” said Professor Hannah McGee, presenting the findings. “While a minority reported finding participation to be more difficult than they had anticipated, they reported no long-term effects and were glad to have participated.”

SAVI Revisited concluded that the very difficult subject of sexual abuse can be discussed safely in the specific context of a research interview. With appropriate safeguards, there can be much benefit for participants with some but not long-lasting upset for a significant minority of those taking part. The report provides significant reassurance to those providing services to those who have been sexually abused – that their wish to learn more about sexual abuse to assist in preventive efforts, in treatment and in raising awareness and resources is not being achieved in a way that further traumatises those they seek to serve. Hopefully the study will also inform ethical review committees in making decisions about future research studies.

Copies of the report are available on the Dublin Rape Crisis Centre website, www.drcc.ie



Capturing the History of the DRCC



To mark the 25th Anniversary, a book outlining the history of the DRCC was launched at the October conference. *Without Fear – 25 Years of the Dublin Rape Crisis Centre*, written by journalist Susan McKay, describes the challenges facing the fledgling Rape Crisis Centre, as awareness grew among its voluntary workers of the hitherto hidden prevalence of rape and sexual abuse in Ireland, in a cultural setting of sexual repression, denial and silence. A catalyst for social change, the Rape Crisis Centre found its very existence threatened, its fearless stance leaving it marginalised and vilified in responding to the issues of sexual abuse and violence.

“The story of the Dublin Rape Crisis Centre is one of struggle and great courage,” said Susan McKay, author of *Without Fear*, in launching the book at the 25th anniversary conference. “Twenty five years on, the Centre’s staff and volunteers have helped thousands of women and men to overcome the trauma of having been raped. They’ve saved lives. They’ve changed laws and they’ve changed minds. This is a proud history.”

The first full account of the history of the DRCC, *Without Fear* (New Island) is available from all leading Irish bookshops.

An Taoiseach Acknowledges the DRCC’s work

An Taoiseach, Bertie Ahern, paid a visit to the DRCC offices in Lower Leeson Street, Dublin 2, on 19th May 2005 to acknowledge the professional service the Centre has provided for a quarter of a century.

“In coming here,” the Taoiseach stated, “I want to express my appreciation for the work that the Rape Crisis Centre has done since it was founded in 1979. From very modest beginnings you have ensured that victims of sexual assault and rape are encouraged, enabled and empowered to seek practical help for themselves as well as to seek justice for the serious crime that has been committed against them”

Lord Mayor Marks DRCC Anniversary

On 23rd November 2005, then Lord Mayor of Dublin Catherine Byrne visited the Centre to meet staff and volunteers, and to formally launch the Centre’s revamped website, www.drcc.ie

“I congratulate the Dublin Rape Crisis Centre on 25 years of service to the public,” said Lord Mayor Byrne. “Over all these years, they have been there for the many men and women who have experienced sexual abuse and rape. The new website will help people make that first contact with the Centre, which is so important”.



Above: Lord Mayor of Dublin, Catherine Byrne visiting DRCC, November 2005 with Breda Allen and Angela McCarthy.



Right: An Taoiseach, Bertie Ahern meeting with Naomi Patton and Annie Gallagher on steps of Centre during his visit on 19th May 2005.

Overview of Clinical Services 2005

2005 was the 25th anniversary year of the DRCC, which grew from humble beginnings in 1979 as a group of committed women, using a private phone line, offered telephone counselling, on a voluntary basis, to women who had experienced rape. They did not expect that they would also begin to hear about experiences of childhood sexual abuse, nor that they would also get calls from men. In that first year they received 76 calls.

The Centre has expanded its clinical services enormously but, 25 years on, there is no room for complacency. On the contrary, the increase in numbers accessing our service – **12,244 genuine counselling calls in 2005** – reflects frightening levels of sexual violence and abuse in our society.

The publication of the *Ferns Report* in October 2005 brought home the reality of childhood sexual abuse in a very graphic manner and caused an avalanche of calls to the Centre, from men and women from all over the country, many elderly, many ringing for the first time.

In 2005, the Centre's telephone counselling team, its volunteer corps, led by three volunteer co-ordinators, and its team of 11 therapists strove to rise to the challenge of the DRCC mission statement, which is focused on "healing the trauma of rape and sexual abuse".

It seems fitting that our 25th anniversary year included a high level of productivity and innovation, as we tried to reach out, in various ways, to make our service more accessible to the one in four men and one in three women in our society who have experienced some form of rape, sexual violence or abuse in their lives.

24 hour Crisis Helpline

Our Freephone Helpline (1800 77 88 88) 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.** During the day, our dedicated telephone counselling team respond to callers. At night, three volunteer co-ordinators supervise the service provided by some 50 trained telephone volunteers.

In 2005, The Helpline dealt with 16,331 calls, almost 2,000 more than in 2004. This is the highest figure the Centre has recorded in its history to date, and represents an increase of 13% on 2004 figures.

- 12,244 of the calls in 2005 were genuine counselling calls. This represented a 11% increase on 2004.
- 3,849 of these calls were from **first-time callers**, up by 11% from 2004.
- 3,821 repeat calls were received, up 13% on 2004.

There was a **dramatic increase in calls in October 2005**, following the release of the *Ferns Report* into child sexual abuse by clerics in the Diocese of Ferns, in the southeast. While there were an average 316 calls per month in 2005, 445 calls were received in October, an increase of 40% on the average monthly rate. The number of calls remained high in November at 363, 14% up on the monthly average for 2005.

Calls from outside the Dublin area showed a dramatic increase in 2005, when there were 23.8% from outside the Dublin area, compared to 10% in 2004 and 14% in 2003.

It was clear, in relation to calls in October relating to the *Ferns Report*, that callers came not only from the Ferns diocesan area (covering most of Wexford and part of Wicklow), but from all over the country. Referrals to the DRCC helpline from other Rape Crisis Centres and other services may also have influenced the increase in calls from around the country.

The Volunteer Services Department saw a shocking increase in the number of **accompaniments** to the Sexual Assault Treatment Unit in 2005. The Centre's trained SATU volunteers accompany and support victims of sexual violence at the Sexual Assault Treatment Unit in The Rotunda Hospital. There was a sharp increase in the number of such accompaniments from 205 in 2004 to 263 in 2005, an increase of 28%.

Counselling and Therapy Services

Eleven therapists offer crisis counselling and long-term therapy in the DRCC in Leeson Street in central Dublin, with outreach services in Coolock Civic Centre and the Dóchas Centre for female offenders.

In face to face counselling, 3,529 individual client sessions were completed in 2005, at an average length of one hour. This represented an increase of 6% on 2004 figures.

1,185, or one-third of these counselling sessions, **were crisis appointments** for men and women who had experienced rape or sexual assault within the previous 12 months.

New Initiatives

New Service in Dóchas Centre

The Counselling and Therapy Services section of the DRCC started a counselling service in the Dóchas Centre, a medium security women's prison unit located in Mountjoy, as a pilot project in 2005, following a year's preparation. The initiative was taken as a result of a request from Kathleen McMahon, Governor of Dóchas Centre.

Expansion of Coolock Services

The DRCC's Outreach Service in Coolock moved premises to the Northside Civic Centre on Bunratty Road in 2005. We also expanded the service, and now have two therapists working together two days a week. The take-up has been considerable, with 340 client sessions completed in 2005.

Start of Men's Group

14% of callers to the Freephone Helpline and 10.4% of DRCC clients in 2005 were men. Following a conference in Galway in September 2004, organised by the Male Abuse Survivors Centre (MASC), in which the value of group work for men was clearly explained, the DRCC started a men's group in 2005 co-facilitated by a male and female therapist.

Statistics, though useful as a record of activity and as an indication of the extent of the challenge we face, cannot give the full flavour of a human being's experience of a counselling service. We are grateful to the many clients who took the trouble to write comments and accounts of their experience of counselling in the DRCC, and gave permission for these to be quoted in our anniversary report.

Each man and woman bears witness in their own unique way to the amazing ability of the human spirit to survive and overcome, with appropriate help, the painful trauma of sexual violence and abuse.

The courage and determination of callers and clients to the DRCC continues to inspire us – the staff and volunteers of the Centre.

ANGELA MCCARTHY

Head of Clinical Services



Key Services provided by the DRCC

- A 24-hour Freephone 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
- 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
- Research and Statistics
- Campaigning and Advocacy

A Welcoming Environment at the DRCC

“The clients are amazing. They are so courageous. Working here really makes you believe in the human spirit. So many clients over the years have told me how safe they feel here. They sense an atmosphere of calm when they come in the door.”

- RECEPTIONIST

As reception staff, it is our role to welcome all clients to the Centre. We recognise that many people find it very difficult to come into the building, particularly for their first appointment.

As the first point of contact with clients, we are aware that being greeted in a warm and friendly manner helps put them more at ease. Clients have frequently commented positively on the importance of that welcoming attitude. Our role also involves

managing the waiting area, making it clean and tidy, offering tea or coffee, and making sure clients are as comfortable as they can be.

We are conscious, however, of respecting the clients' boundaries and not intruding on their space. It is important, too, that clients are aware that we – like all the other staff at the Centre – maintain confidentiality regarding the clients' attendance at the DRCC.

Regular clients become familiar with our faces at reception, and as the first and last point of contact on each visit, clients seem to appreciate our brief but friendly interactions.

“Working in reception, you can get to know clients quite well over the course of their visits to the Centre, and it's a terrific feeling when a client comes to you to say they have had their last session and to see the total difference in them. They seem to leave the Centre stronger people with hope in their hearts once again. When you're told that they'll miss coming to the Centre, it makes it all worthwhile.”

- RECEPTIONIST

Details of Clinical Services

12,244 genuine counselling calls were made to the DRCC Helpline in 2005

In the Telephone Room, staff and volunteers are acutely aware that not all callers will become clients of the DRCC. For some callers, the 24-hour Freephone Helpline is the only support they will ever access. It can be very emotional for those who work in the Telephone Room when they talk to people who are living with the effects of rape and sexual abuse.

Many of those who call the Helpline are disclosing their troubles for the first time because of something reported in the media. This was never more evident than during October 2005, following the publication of the *Ferns Report* into clerical sexual abuse of children in the Ferns Diocese.

It was a time of huge sadness for all of our callers, especially for older male callers who chose to use the Helpline for that one call, because media coverage had triggered buried memories. Many of them said this would be the only occasion they would speak about their abuse, believing that it would be inappropriate for them to burden their families with a past hurt that had been concealed for so long.

For giving me hope when I thought there was none, for helping me to love myself when I thought I was totally unlovable – thank you very much.

- CLIENT

Another distressing factor among callers who had disclosed their abuse was the manner in which they had been treated. Rather than receiving support following their traumatic experiences, they were frequently accused of lying. Many members of the general public rang to voice their sense of outrage, disgust and betrayal by the Catholic Church.

“Making the decision to come home from my travels was one of the hardest and scariest decisions I ever had to make. I knew I had to deal with the fact I was raped when I was 15. If not I was going to crack up. The day I got home, I rang the Centre and it was the best phone call I’ve ever made. Never in my life did I dream I’d end up feeling so free, so happy and able to live my life plan. I look forward to my future. I accept I was raped and that it wasn’t my fault, and not to let it haunt me forever. Thanks to the great work, listening and support and friendship I’ve received from the Dublin Rape Crisis Centre.

- CLIENT

In the days that followed the report’s publication, there was a profound sense of camaraderie and solidarity among staff and volunteers on the Helpline, and in the DRCC more widely. This epitomised the true ethos of the Centre, with everyone pulling together and offering the time to ensure that each and every caller was heard.

24-hour Freephone Helpline
1800 77 88 88

Individual Therapy

DRCC’s Counselling and Therapy Team delivered 3,529 individual client sessions in 2005

The Dublin Rape Crisis Centre offers individual therapy and support to adult survivors, male and female, of child sexual abuse, rape, sexual harassment and sexual assault. We also offer a limited number of support sessions to a client’s significant other, be it parent, partner, sibling or friend.

DRCC offers a *crisis counselling service* that can be accessed by ringing the Freephone Helpline. Crisis Counselling is usually available without delay, within a few days of the initial call. Six free sessions are offered to clients who have experienced *recent* rape or sexual assault – where the incident happened within the previous 12 months. Further sessions are offered to clients if required, following an assessment, when the initial six sessions have been completed.

“It’s been over three years since I was a client of the Dublin Rape Crisis Centre and every day that passes pays testimony to the dedication and commitment of the staff and volunteers who work there. Through two years of therapy, I gained the ability to not only come to terms with my abuse, but to learn to like myself and dispose of my self-destructive behaviour, which I had clung to for nearly six years. The Centre helped me get my life back on track and now I am living proof of the benefit of having such a facility available to those people affected by childhood sexual abuse. Every now and again I have to take a step back and remember how far I’ve come on this healing journey. The reality is that I can never change what happened to me as a child, but I can copy with it as an adult and learn from the many positive experiences which have happened in my life.”

- CLIENT

Counselling with Multicultural Clients

Since it started, Dublin Rape Crisis Centre has welcomed people of all nationalities to use its services. In recent years there has been a notable increase in the number of refugees, asylum seekers, economic migrants and people who have otherwise come to Ireland to work. The Centre’s client base is becoming much more diverse.

Many refugees and asylum seekers have come from war-torn countries where they have experienced and/or witnessed multiple forms of abuse, including systematic rape, which is often used as a weapon of war. Such clients are often deeply traumatised and in need of long-term therapy to help them heal the trauma.

“Thank you for sharing my pain and helping me on this journey from the darkness towards the light.”

- CLIENT

The Centre also provides *long-term therapy* to survivors of childhood sexual abuse or any form of *past* sexual violence – rape, sexual assault or sexual harassment that happened outside of the previous 12 months. Appointments are arranged through contacting the Freephone Helpline. The nature of the counselling service is explained clearly and, depending on demand for the service at any given time, there may be a waiting list. The initial sessions will involve a detailed assessment.

From the moment of contact with the DRCC, a client is treated in a warm, non-judgmental, empathic, respectful and professional manner. Clients in individual therapy often experience feelings of isolation, powerlessness and trauma as a result of their experiences. The Centre’s therapists offer a safe and holding environment in which they can explore their issues.

The service is open to all.

Important as that is, it is not only therapeutic work that the Centre undertakes with these clients: we also provide support and advocacy services, as we endeavour to link them up with other relevant agencies.

The therapeutic work can be particularly difficult for clients who are going through the asylum process because they also have ongoing issues to deal with, such as:

- Uncertainty about the future
- Poverty
- Loneliness
- Isolation
- Prejudice
- Language barriers
- Fear of being deported to their country of origin.

In some cases, clients’ preoccupation with these issues can be a barrier that prevents them from dealing with the trauma. In such circumstances, it is vital to recognise that these other issues exist and to work with the client to try to address them.

Group Therapy

898 hours of group therapy client hours were completed in 2005

Dublin Rape Crisis Centre provides group therapy for clients who have experienced rape, sexual assault or childhood sexual abuse. Groups are usually facilitated by two therapists and can run for six to 12 weeks, depending on the type of group. The Centre also facilitates groups for men who have experienced sexual violence.

Abuse often takes place in isolation, so group work is seen as an invaluable experience, offering clients a unique opportunity to make contact with others who have experienced similar difficulties and learn that they are not alone. The aim of the group is to create a safe, supportive environment where clients share together the impact of their experience, how they are currently coping and how they might move forward.

*I thought I would never reach the age of 30.
Now I can see a future ahead of me.*

- CLIENT

When used in conjunction with individual counselling, group counselling can be extremely effective for survivors of childhood sexual abuse or rape. It can help reduce feelings of isolation, stigma and shame, increase feelings of self-esteem and awareness, develop trust in others, build interpersonal skills and accelerate the process of healing.

DRCC therapists describe it as a privilege to have witnessed the growth and healing that took place in groups they worked with in 2005.

FIRST MIXED GROUP IN THE DRCC EXPLORES FAMILY ISSUES

Family Systems Group

Family Systems groups are offered to clients of the DRCC, to provide a safe space and a special process to work on family issues. This group is open to male and female clients, and has been one of the first mixed groups the Centre has offered.

These workshops, drawing on Bert Hellinger's family systems therapy, offer the opportunity to explore personal issues and learn about how we are influenced by unseen forces operating within our families. Hellinger calls these hidden forces, which profoundly affect our lives, "Orders of Love".

The tool used to bring to life these unseen forces is the "family constellation", which uses members of the group as representatives for family members. The representatives know nothing of the people they represent except the bare facts: early deaths, accidents, illness, suicides, divorces, abortions, etc.

Carefully facilitated by two experienced therapists, this can be a very powerful and healing process. Through this work we can learn how our actions and their consequences affect our children and grandchildren, nieces and nephews, just as we are affected by the fate and actions of our parents, grandparents, aunts and uncles.

Hellinger has discovered a disarmingly simple truth about intimate family relationships: "If you want love to flourish, you need to do what love demands and to refrain from doing what harms it."



MEN'S GROUP MEETS THE DEMAND FOR CONTACT AND SUPPORT

In September 2004, I attended the Male Abuse Survivors Centre (MASC) conference in Galway. The guest speaker was the well-known American therapist Mike Lew, who has worked with and written extensively about men being abused. On the Saturday afternoon he hosted a workshop with an open agenda: what did people want to talk and learn about, he asked?

Slowly it emerged that group work with men was what interested delegates most, but also seemed to scare them most. As I recall, the most frequently asked question by the therapists in attendance was "what do I do?" "Give them the space and they will do the work", Lew replied. "I'm going to start a Men's Group", I decided on the drive back to Dublin, guided by the encouragement and clarity of Lew's simple directive.

Finding a male co-facilitator was harder than I had imagined, but the person I found was worth the wait. A therapist working in private practice, he came highly recommended and I knew immediately and instinctively when we met that I had found the right man for the job. He is professional, extremely skilled, humorous, and has an unsurpassed generosity of spirit, but above all his commitment to the group went way beyond the call of duty.

Almost a year to the day after the MASC conference in Galway, we held the first session of the first Men's Group to be held in the Centre in six years. Other therapists had told us that their male clients were "hungry" for contact with and support from other men. Their feedback was absolutely correct: we started with eight men and, 12 weeks later, finished with the same eight men. Not only did they show their commitment to that group, they also requested another.

In early 2006 we co-facilitated the second Men's Group, with six members from the original group and three new clients. Once again, they proved their commitment – through some testing times for all involved – by continuing to attend every Wednesday night, and again requesting more in the future.

Perhaps the most eloquent testimony about the power of group work, and this group in particular, comes from one of the men themselves, who wrote in his feedback:

"I have got support, I have really been given hope for the future knowing that I can face up to my abuse with the support of the lads, whose honesty is second to none. Since I have started in this group I have been able to gain a much better perspective on life, knowing that I can talk about my abuse without having to feel the shame and guilt that I carried since childhood. I have also got a place where I can go and heal my past in safety, and not be judged".

The work done by all the men, and their commitment and dedication, has put the Men's Group on the map of the services that are offered in the Centre. They have claimed their rightful place, and paved the way for other men to follow.

Mike Lew said at that conference in Galway that while "abuse happens in isolation, healing cannot happen in isolation". Through their honesty, awe-inspiring courage and sometimes wicked humour, these male clients formed a community of men – strong men, who were not willing to sit in silence or isolation any more, but who requested, and got, a safe place in which to tell their stories among their peers.

It has been a privilege to work with them.

THERAPIST

Outreach Services

DRCC Expands its Outreach Counselling Service in Coolock

The DRCC Coolock Outreach Counselling Service was opened in autumn 1998 as the Centre decided to expand its services, making them more accessible to the wider community on the northside of Dublin. It made sense to offer a service locally, so that clients did not have to travel into the city centre, with added inconvenience and expense.

From 1998 to 2004, the DRCC shared premises with the Well Woman Centre in the Northside Shopping Centre. The inter-agency cooperation with the Well Woman Centre, over a period of six years, was excellent and the counselling service became well established. The location offered a safe and user-friendly environment for the service and its clients.

In 2004, it was decided to further expand the service by having two therapists working together as a team on Thursdays and Fridays. This required moving to a premises that could offer two adjacent rooms in a suitable environment. Luckily, rooms were available in a pleasant and safe environment just a short distance away.

Since 2004, the outreach counselling service has been based in the Northside Civic Centre on Bunratty Road, where the cooperative and tactful approach of the staff ensured a smooth transition, and a safe and confidential service for clients.

Appointments are made through the **DRCC Helpline at 1800 77 88 88**. The DRCC's outreach counselling service complements the services already being provided in the Civic Centre (MABS – Money Advice and Budgeting Services, and Free Legal Aid, for example) and the DRCC clients can easily access these services, if appropriate, within the same premises.

The benefit of this location for the DRCC Outreach Service is that it is just off the M50, has free safe car parking and has the No. 27 bus route stop outside. The centre is wheelchair accessible and family-friendly (with a coffee dock and internet café), and is within walking distance of the Northside Shopping Centre.

340 client sessions were delivered by the DRCC's Coolock Outreach Counselling Service in 2005

Both therapists are from the northside and welcome the opportunity of being involved in bringing the DRCC to the people of the northside and surrounding areas. On average, 14 sessions are offered by the service each week. The outreach service operates from 9.30am to 3.30pm on Thursdays and from 9.30am to 1.15pm on Fridays.

The counselling service covers Coolock and the surrounding areas but, two years down the line, clients are also accessing the service from Meath, Kildare, Cavan, Monaghan and Louth.

The service is open to all.

DRCC Opens New Counselling Service in Dóchas Centre

In April 2005, the DRCC started a counselling service in the Dóchas Centre, the national women's prison. The service was put in place at the request of Kathleen McMahon, Governor of the Dóchas Centre, who felt that many of the clients in her care had experienced sexual violence and believed these women could benefit from the support and listening skills of DRCC therapists.

The service was initially started as a six-month pilot project, with two therapists from the DRCC attending Dóchas two mornings a week, on Mondays and Thursdays. Referrals were made through the Health Care Team, which meets weekly in Dóchas, and clients were seen in the Health Care Unit. The service was welcomed both by the clients and by prison staff, who reported seeing the benefits to those clients attending the service.

When Governor McMahon and Angela McCarthy, Head of Clinical Services at the DRCC, reviewed the pilot after its six months, it was agreed to continue the service for a half-day per week with one therapist. DRCC therapists have seen 35 clients since the project started, many of whom attended for crisis counselling for issues in relation to childhood sexual abuse and/or recent or past rape, or recent or past sexual assault. Some clients went on to undertake more extensive therapy, which usually lasted for the duration of their stay in the Dóchas Centre.

While this work has sometimes been challenging for DRCC therapists and the clients involved, it continues to be deeply rewarding. The DRCC welcomes the opportunity to work with some of the most marginalised women in Irish society, who previously may not have had the opportunity to access counselling services. It is deeply indebted to the prison staff in general and the dedicated staff of the Health Care Unit, in particular, who have been extremely supportive of the service and have gone out of their way to be caring with their clients and helpful to DRCC therapists.

The attitude of respect for all that permeates the Dóchas Centre reflects its vision statement and belief that women who end up in its care have suffered enough through their life experiences. The Centre's policy is to offer a place of safety and potential healing for its clients, and the DRCC is privileged to play a small part in this process.

The counselling service skilfully offered by the staff of the Dublin Rape Crisis Centre during the last number of years has been vital to many of the women in our care. The non-judgemental, empathetic and compassionate way that the staff of the DRCC deal with the most vulnerable women has been most impressive, and we look forward to strengthening this crucial link in the future.

GOVERNOR KATHLEEN MCMAHON *Dóchas Centre*

DRCC Therapists Participate in Arbour Hill Programme for Sex Offenders

For many years, the DRCC has been invited to give an input to the Victim Empathy Module of the Sex Offenders Programme, jointly run in Arbour Hill prison by the Psychology and Probation and Welfare Services.

We are invited to do this when the Sex Offender Programme team deems the participants open to understanding/taking responsibility for the impact of their actions on their victims. Our input comprises of a half-day where two therapists represent the voice of the victims of adult rape/sexual assault.

Although a small part of a much larger programme, the feedback from the Sex Offender Programme team regarding the DRCC input is that it is seen as essential. It is recognised as being very effective in increasing the participants' awareness of the very serious and long-term effects of their crime on the victims.

The Sex Offender Programme team has always been aware of the profound effect that this input has on the participants. They invariably connect at a deep level with the content and process of this input. Participants have often referred to it as a very significant time in their journey through the programme. They have spoken of the professionalism and respectfulness with which this input is delivered. This has enabled participants to safely move towards a greater awareness of the harm caused by their offending and increased empathy for their victims."

DR ESTHER LONERGAN *Senior Clinical Psychologist*

Administration

The Administration Department plays an important role in the day to day running of the Centre. We provide secretarial back-up to the Board, Chief Executive, Counselling and Education departments. In addition we handle a large amount of information requests including media and email enquiries.

We have also been responsible for the organisation of all the functions and conferences which have taken place over the years. A very interesting part of our work has been our administrative involvement in the production of the various pieces of research which the Centre has published.

One of the most important aspects of our work is looking after the maintenance of our large Georgian building to ensure it is a safe, inviting and pleasant environment for our many clients, visitors, staff and volunteers.

Volunteer Services

Our volunteer services include a **24-hour Freephone Helpline 1800 77 88 88**, provision of support personnel to the Sexual Assault Treatment Unit based at the Rotunda Hospital on Parnell Square, court accompaniment, and outreach talks to various sections of the community.

The 24-hour Freephone Helpline provides a “lifeline” for victims of rape and sexual abuse. This line also provides information and support to anybody whose life has been affected by sexual violence and needs to talk to someone who cares. Our telephone volunteers are trained to listen, support and offer information to all callers who use the line. Volunteers offer their time and energy to the Dublin Rape Crisis Centre for a period of two years. Volunteers cover this line outside office hours (between 7pm and 8am on weekdays), and provide a 24 hour service weekends and Bank Holidays.

Sexual Assault Treatment Unit

Volunteers are also there to support victims of sexual violence who are attending the Sexual Assault Treatment Unit at the Rotunda Hospital. When a person has been raped or sexually assaulted and has decided to report this crime to the Gardaí, they will be taken to the unit for forensic examination. Our volunteers assist by being there, listening and giving information to both the person attending the Unit and their supporters, and thereby establishing a link with the services of the Dublin Rape Crisis Centre. This 24-hour service is covered entirely by volunteers.

Court Accompaniment

Our volunteers are available to accompany anybody attending court hearings as a result of sexual violence. The legal process can be a daunting one and court hearings are often difficult and confusing; DRCC volunteers offer support and information to those who are going through the process.

Outreach Talks

Our volunteers are trained to provide outreach talks to schools and community groups. These sessions are designed to heighten awareness and provide information around sexual violence.

Our volunteers tell us they benefit personally from the work and enjoy the experience of being part of a team that contributes in such a worthwhile way to their community.

Are You Ready to Make a Real Difference?

Some comments from volunteers on finishing their two-year commitments:

This has been a life-changing experience. I will always support the DRCC.

I feel more fulfilled in my life after the experience of being a volunteer.

I never realised there could be so much help at the other end of a phone line.

It has been a privilege to have been a part of such a genuine and caring team.

Having been a victim of sexual violence myself, I wish the Helpline had been there for me.

It's sacred work we do.

Interested in becoming a volunteer?

The DRCC recruits for its volunteer teams twice a year.

Phone us at **01 6614911** or
email: **rcc@indigo.ie**

or get more information at:
www.drcc.ie/about/volunteer.htm

Education and Training

Those who live in Irish society and whose lives have been affected by sexual violence may, at times, seek support or services from state and voluntary agencies. DRCC sees supporting these agencies to respond sensitively and effectively, through the training it offers, as an important aspect of its work.

Education is crucial to developing and changing attitudes and behaviours so that sexual violence is no longer tolerated in our society. Attitudes that collude with sexual violence by blaming the victim rather than placing responsibility on the perpetrator must be challenged and changed. These attitudes add greatly to the impact on the victim, and feed into our maintaining a legal system and a system of providing services that respond very inadequately to those who have experienced sexual violence.

The Education and Training Department of the DRCC has been providing training for professionals and volunteers on issues related to sexual violence for almost 20 years. This training is designed to promote, develop and support best practice in the delivery of services.

Participants in our training sessions include counsellors and psychotherapists, psychologists, teachers, psychiatric nurses, youth workers, addiction workers, prison staff, doctors, helpline volunteers, nurses, Gardaí, refuge workers and many others who encounter issues of sexual violence in their work.



Education Team at Garda Training College, Templemore. Left to right: Caroline Kennedy, Mary de Courcey, Ann Kirwan, Maria O'Loughlin, Aileen Kilgallen, Leonie O'Dowd.

Approach to Training

DRCC's training is provided within a non-violent and careful ethos, and with respect for the existing knowledge and expertise of those who attend the training.

The Centre is very aware that, no matter how experienced the participant in training, these are powerful and sensitive issues that can resonate deeply. The DRCC's 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 that we advocate in our training.

When I sit in front of you,
Do not look for my wound
Do not scratch around
Creating new rawness.
Notice rather how I avert my eyes,
When it is that I tighten,
When I shift in my chair;
Notice how I open and expand
When laughter bubbles.
Work with that
And you touch my wounded-ness
But gently.

Workshops at DRCC

The DRCC holds workshops in its training rooms that are open to individuals in various roles who want to develop their understanding and skills in working with those who have experienced sexual violence. These range from introductory one-day sessions on issues of child sexual abuse, rape and sexual assault, and harassment and bullying, to a 12-day course specifically for those in a counselling role, which looks at working with the impact of all types of sexual violence.

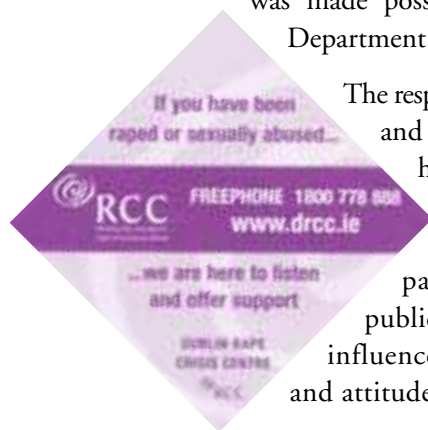
Training for Organisations

Most of the Centre's training is provided in response to requests from individual organisations or groups of organisations for training specific to their needs. The DRCC has provided training for many community

and voluntary organisations, and for many agencies in the state health sector. Providing this service has involved staff from the Education and Training Department travelling throughout Ireland, and linking with many service providers.

New Campaign to Raise Awareness Among Young People

Research has shown that many young people do not know where they can go to get support in the aftermath of sexual violence. In December 2005, the DRCC launched a campaign to raise awareness of its services among young people. This has involved placing notices publicising DRCC services in venues where young people gather, such as pubs and nightclubs, and in colleges and training centres. This initiative was made possible by a grant from the Department of Justice.



The response from owners, managers and staff at pubs and clubs we have visited has been very positive and supportive. This is an ongoing campaign, which will include publicising messages intended to influence and change behaviour and attitudes.

As part of this project, training is being offered to Students Union Officers, who may be the first point of contact for a young person who has experienced sexual violence. Each summer, DRCC also circulates Student Welfare Officers with suggestions as to what they might include in student manuals concerning sexual violence.

Garda Training

DRCC trainers meet with every intake of student Gardaí in the Garda Training College in Templemore, Co. Tipperary, to offer them an opportunity to develop their understanding of the issues involved when their work brings them in contact with those who have experienced sexual violence.

This work involves a team of six trainers going to the Garda Training College four times a year for two days. The students have an opportunity to consider the beliefs and attitudes in society around sexual violence, and how these might affect a person on the

receiving end of such violence. Guidelines are offered as to how best to support a victim through their contact with the police and legal process.

National Garda Training Module

In 2005, as part of a project with the Rape Crisis Network Ireland, DRCC devised a training module that has been included in the in-service training programme to be delivered by Garda Trainers to all members of the Garda Síochána nationally in 2006.

In October 2005, Leonie O'Dowd, Head of Education and Training, addressed the Annual Conference of Garda Trainers in Nenagh to introduce this training module. This was followed up by three days training in which Leonie went through the module in detail with the Garda Trainers who will be delivering it on the ground.

A booklet written to complement this training is given to all Gardaí. The booklet offers background information about the incidence, impact and dynamics of sexual violence; suggestions for the individual Garda in how to sensitively support the victim; information about the possible impact of this aspect of his or her work on the Garda; and detailed suggestions as to how to deal with this impact.

Bullying, Harassment and Sexual Harassment in the Workplace

The Centre provides a variety of seminars on the theme of preventing and dealing with 'Bullying, Harassment and Sexual Harassment in the Workplace' 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.

Dublin Rape Crisis Centre also offers a consultancy service for organisations developing policies and procedures in this area.

This work takes DRCC education and training staff all over the country, into businesses, factories, local authorities, state organisations and NGOs.

Fundraising

The demands on the DRCC's services mean that the gap between our statutory contribution and our outgoings will remain for the foreseeable future. We depend to a great extent on the public to support our fundraising activities and we deeply appreciate the consistent generosity of our benefactors.

The fundraising department has developed and grown over the years, and most of our events are now annual dates on the fundraising calendar. These are very successful thanks, in large part, to the work of voluntary committees that help us organise each event.

For all our fundraising events, volunteers give freely of their time and do not receive any payment.

Other Events – We organise various fund-raising activities, such as film premieres and some smaller events, throughout the year.

Friends of the Rape Crisis Centre

The Friends of the Rape Crisis Centre, under the chairmanship of Graham Crisp, is a group of committed people dedicated to raising funds.

Join the Friends of the Rape Crisis Centre to help us organise our regular fundraising activities or explore new ideas and events.



Visit to An Áras 2005, Fundraisers and Friends with President Mary McAleese.

Corporate Quiz Challenge

MARCH

This event, mainly supported by the corporate sector, involves up to 50 teams, with RTE broadcaster Pat Kenny acting as quiz master.

Women's Mini Marathon

JUNE

This 10k walk/run takes place in Dublin on the June 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 classic. This event is very popular and teams compete for the perpetual Joe Carr Trophy.

Summer Lunch

JULY

Hosted by Joe Supple, alias Ms Candy, at Browne's Brasserie on St Stephen's Green in the heart of Dublin, this is a spectacular afternoon of fashion, food and fun.

Sponsored Walk

SEPTEMBER

A group of people raise sponsorship and participate in a sponsored walk in Ireland.

Flag Days

OCTOBER

Held over three days, these offer everyone the opportunity to support our work.

Wilde October Ball

OCTOBER

This glamorous black-tie ball, with a champagne reception, dinner and dancing, is supported by over 300 people each year.

Let's do Lunch

DECEMBER

Let's do Lunch is a fundraising event that involves having a lunch with friends either at home or out, and asking them to make a donation.

2005 **WITHOUT FEAR: 25 YEARS OF THE DUBLIN RAPE CRISIS CENTRE**

Without Fear is the first full account of the history of Dublin Rape Crisis Centre. The Centre commissioned journalist and author Susan McKay to record the history of the DRCC's struggle: a struggle to effect changes in public attitudes and beliefs through education, training and media work; to respond to the needs of victims of sexual abuse and violence by developing appropriate therapeutic services; and to campaign for changes in legislation and the legal system.

AVAILABLE FROM ALL LEADING IRISH BOOKSHOPS

2005 **SAVI REVISITED**

SAVI Revisited is a three-year follow-up study to the SAVI Report (2002). It considers the long-term implications of research on sensitive issues, such as sexual abuse, for participants.

AVAILABLE ON www.drcc.ie/about/publications.htm

2002 **SEXUAL ABUSE AND VIOLENCE IN IRELAND - A NATIONAL STUDY OF IRISH EXPERIENCES, BELIEFS AND ATTITUDES CONCERNING SEXUAL VIOLENCE**

The SAVI Report, commissioned by the Dublin Rape Crisis Centre and carried out by the Royal College of Surgeons in Ireland, is a landmark national study that provided, for the first time, reliable statistics on the extent and nature of sexual abuse and violence in Ireland.

AVAILABLE ON www.drcc.ie/about/publications.htm

1998 **THE LEGAL PROCESS AND VICTIMS OF RAPE**

A comparative analysis of the laws and legal procedures relating to rape, and their impact upon victims of rape, in the member states of the European Union

AVAILABLE ON rcc@indigo.ie

Volunteers



Staff

A NOTE ON THE STATISTICS FOR 2005

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 refers to the 12 month period from 1st January 2005 to 31st December 2005.

1

Contacts with the
24 hour Crisis Line
Jan 2005 – Dec 2005

Description of Calls

DESCRIPTION	2005
Total Counselling calls	16,331
*Total genuine counselling calls	12,244
First Time Callers	3,849
Repeat Calls	3,821
Information Calls	3,524
Calls with Details Undisclosed	820
Unrelated Counselling Calls	230

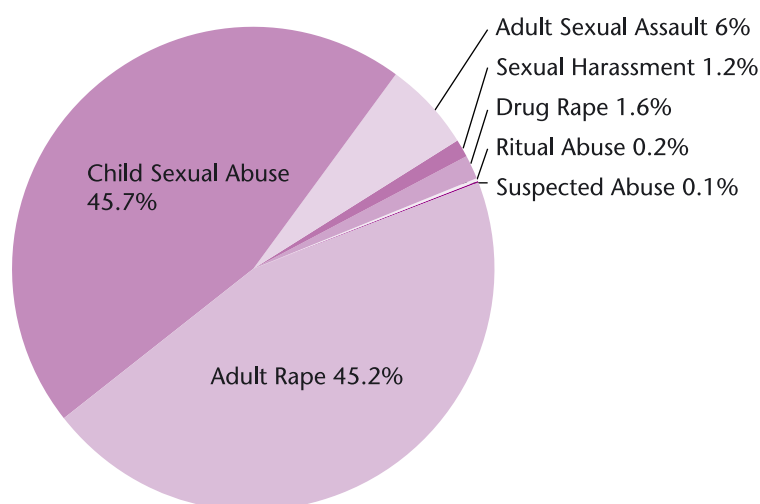
Total number of calls including education and training calls: 37,189

* *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

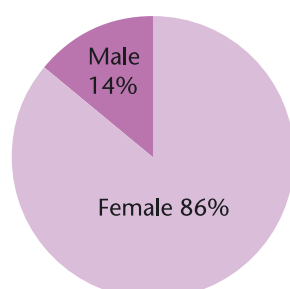
Contacts with the
24 hour Crisis Line
Jan 2005 – Dec 2005

Breakdown by Type of Abuse, where known



This table shows for all calls (first time and repeat calls) the type of abuse the caller experienced. 520 of the callers disclosed the fact that they experienced more than one type of abuse in their lives.

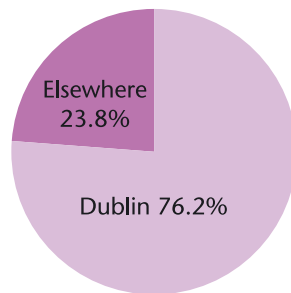
Gender of Caller, where known



3

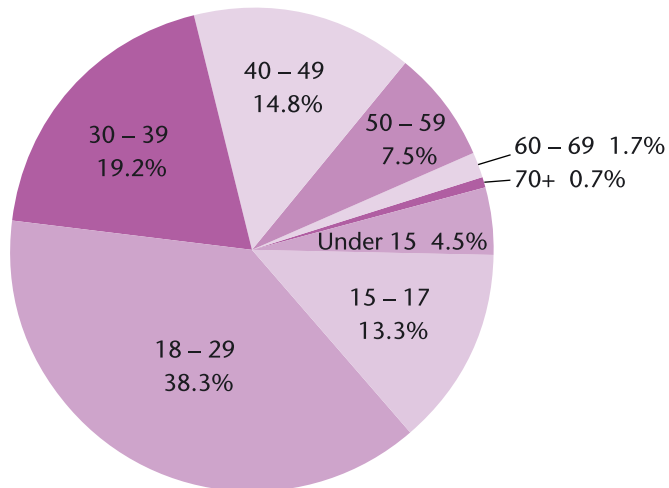
Contacts with the
24 hour Crisis Line
Jan 2005 – Dec 2005

**Breakdown by
Geographic Location**



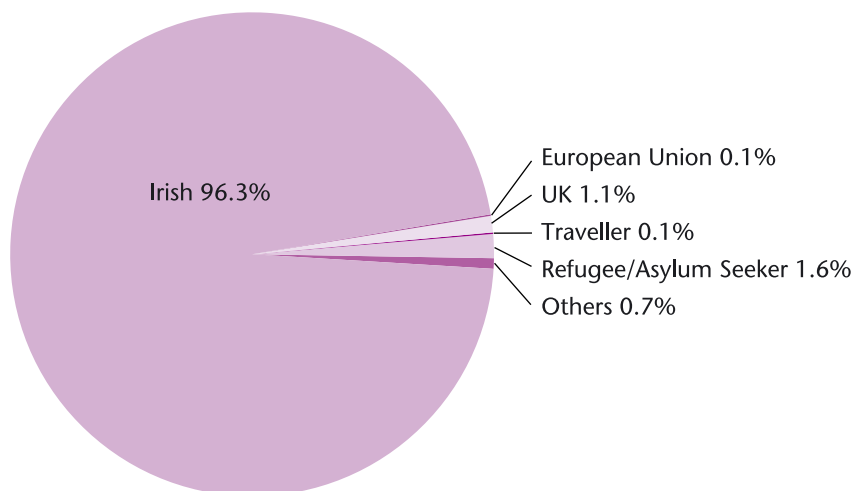
Note that in many cases, the location of the caller was not known.

**Breakdown by Age,
of victim**



Note that in many cases, the age of the caller was not known.

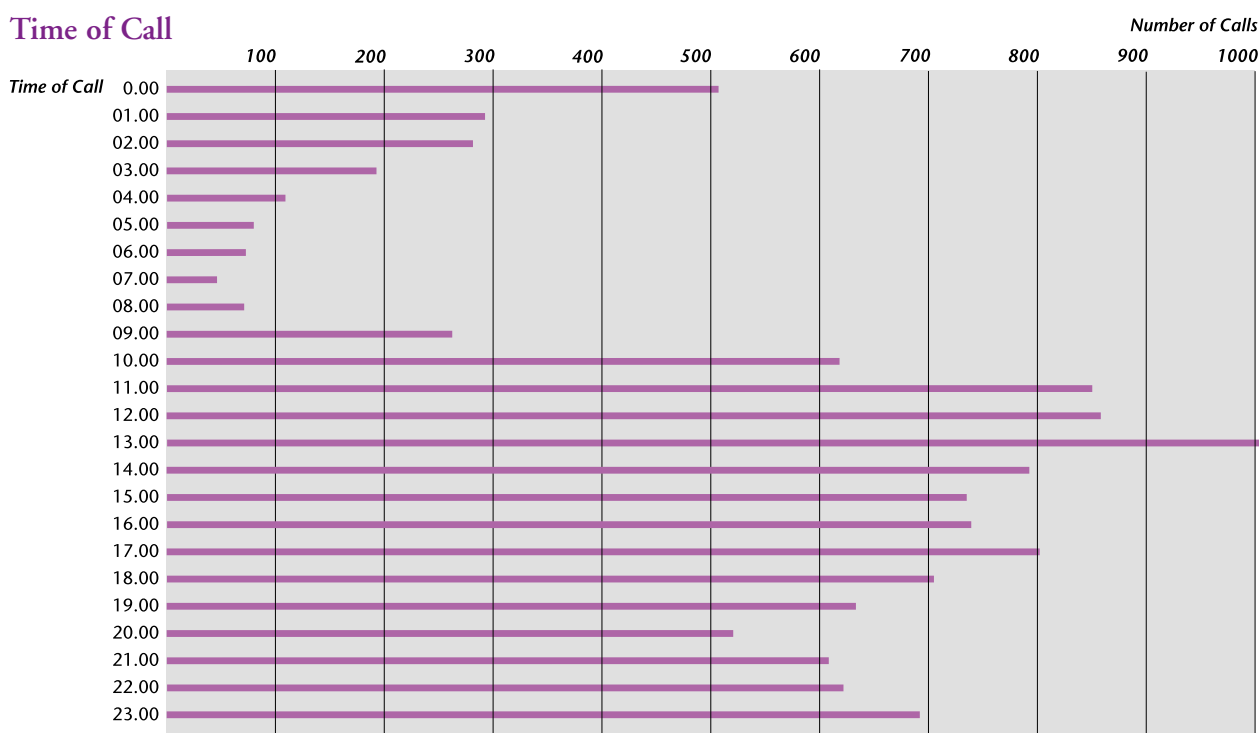
**Breakdown by Ethnic
Origin, where known**



4

Contacts with the 24 hour Crisis Line Jan 2005 – Dec 2005

Time of Call



This table refers to the number of genuine counselling calls made to the DRCC by hour of call.

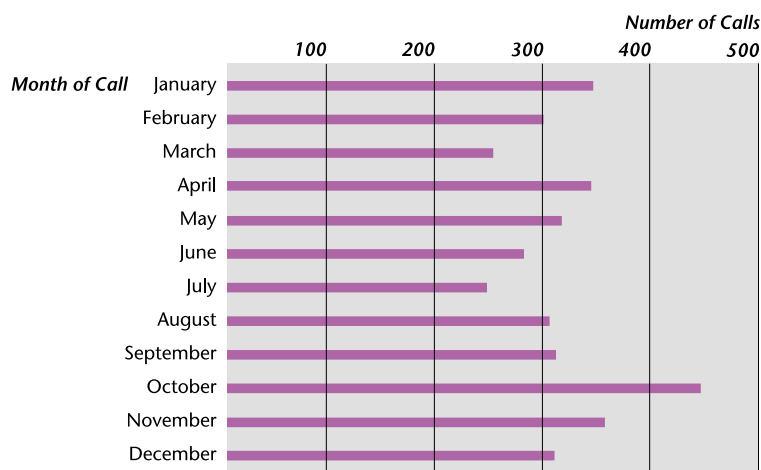
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Contacts with the 24 hour Crisis Line

Jan 2005 – Dec 2005

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

Our trained volunteers attended at the Sexual Assault Treatment Unit in The Rotunda Hospital with **263** victims from January 2005 to December 2005. In addition, our volunteers carried out six court accompaniments, and four other accompaniments during that period.

Outreach Awareness Talks

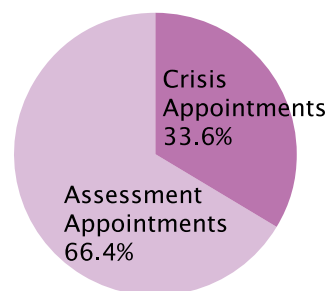
Our trained Outreach volunteers delivered 60 Outreach awareness talks, 42 in second level schools and 18 to community groups.

Counselling and Psychotherapy Service Jan 2005 – Dec 2005

Client Appointments Summary

Eleven therapists, working as two teams, offer a six-day counselling service from Monday to Saturday, in DRCC Leeson Street. In addition, two therapists offer 14 sessions per week in the Outreach Counselling Service in Coolock. A half-day service per week is also provided to the Dóchas Centre, the national women's prison.

- A total of **4,611 individual appointments** were made available by the Therapy Team in 2005.
- **Of these, 3,529 individual client sessions were delivered** in 2005. Allowing for cancellations and "no shows" deducted, this represents a take-up rate of 77%
- Of the 3,529 completed sessions, **33.6% (1,185) were crisis appointments for men and women** who had experience recent rape or sexual assault i.e. within the previous 12 months.
- **66.4% (2,344) were assessment appointments** for past* rape and sexual assault
*Which occurred outside the previous 12 month period
- In addition to the 3,529 individual therapy sessions, usually of one hour's duration, a total of 898 hours of group therapy client hours was delivered in 2005.

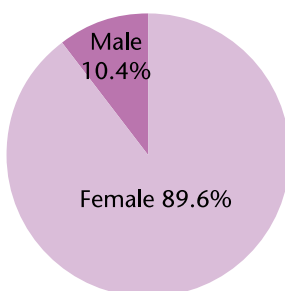


A total of 4,427 individual and group client hours were delivered in 2005.

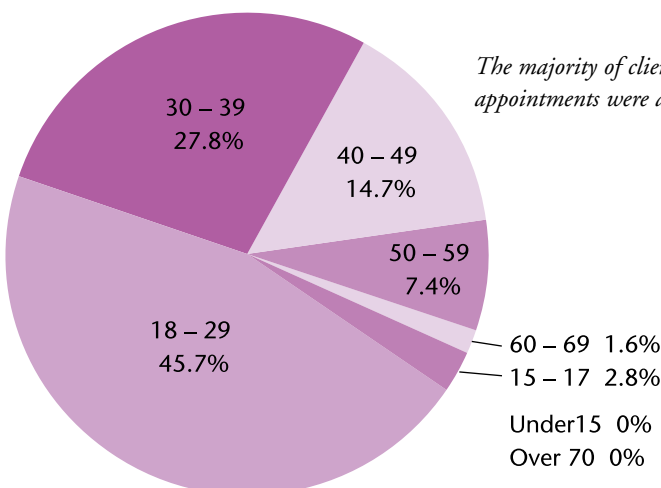
Number of Clients Seen in the DRCC (including long term and crisis service)

CLIENTS	NUMBER
Number of clients seen	601

Gender of Client Using the Counselling Service



Age of Client using the counselling service, where known



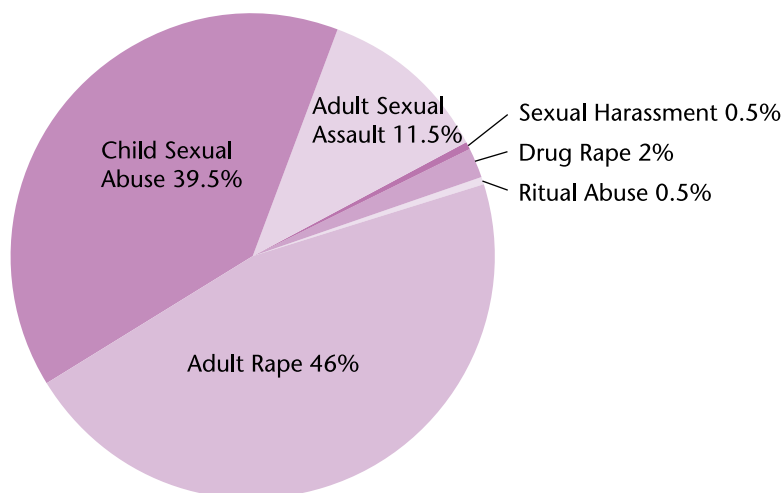
The majority of clients (76.3%) who took appointments were aged between 18 and 39.

8

Counselling and Psychotherapy Service

Jan 2005 – Dec 2005

Breakdown by Type of Abuse, where known



7.8% of clients disclosed they experienced both adult rape and past child sexual abuse.

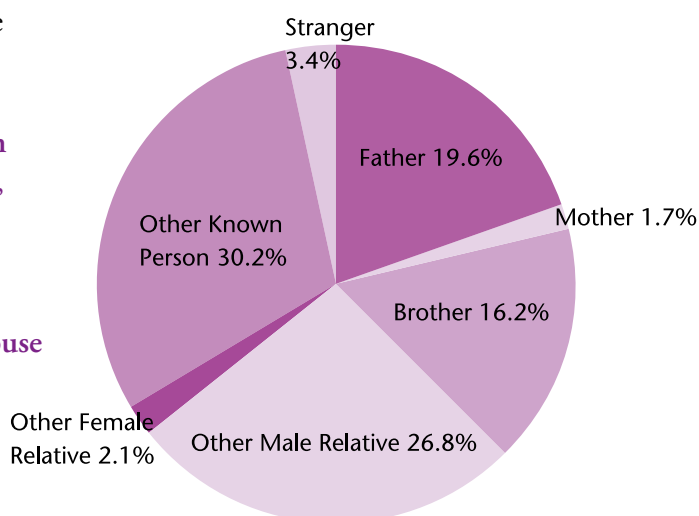
9

Counselling and Psychotherapy Service

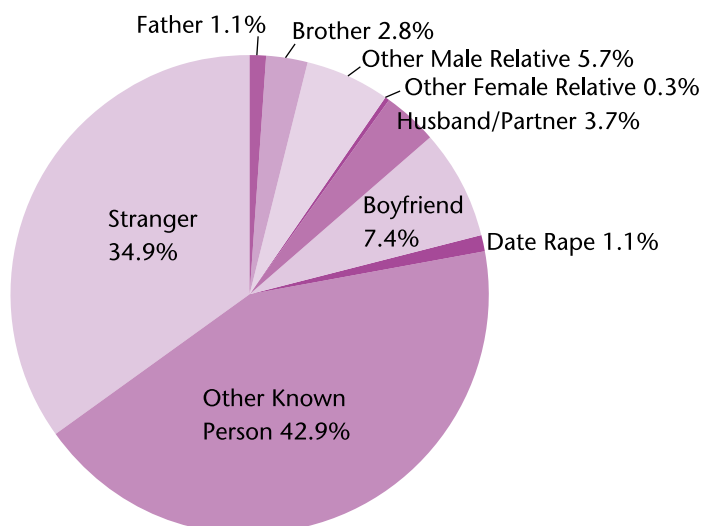
Jan 2005 – Dec 2005

Relationship Between Victim and Offender, where known

Childhood Sexual Abuse



Adult Rape /Sexual Abuse



9 continued

Counselling and
Psychotherapy Service
Jan 2005 – Dec 2005

**Relationship Between
Victim and Offender,
*where known***

SUMMARY CONCLUSIONS FOR 2005

Child Sexual Abuse

35.8% of child sexual abuse cases took place at the hands of fathers and brothers, while another 26.8% were perpetrated by other male relatives. 3.8% was carried out by female relatives. In addition, the majority of remaining child sexual abuse (30.2%) was perpetrated by other known persons, while the figure for strangers was 3.4%.

Adult Rape/Sexual Assault

34.9% of clients were raped or sexually assaulted by a stranger.

Husband, boyfriend or cohabiting partner accounted for 11.1% of these adult assaults. An additional 1.1% experienced date rape.

42.9% of clients were raped or sexually assaulted by other known persons.

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Counselling and
Psychotherapy Service
Jan 2005 – Dec 2005

Pregnancy

Of the 241 female clients who were at risk of pregnancy after rape/sexual assault, 18 said they became pregnant.

OUTCOME OF PREGNANCIES	NUMBER
Became pregnant, baby kept	8
Became pregnant, baby fostered	0
Became pregnant, baby adopted	0
Became pregnant, pregnancy terminated	4
Became pregnant, miscarried	4
Became pregnant, outcome unknown	2

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.

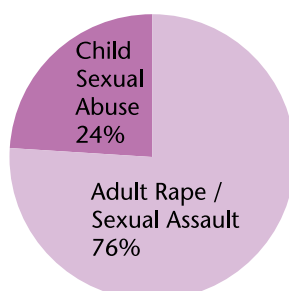
Counselling and Psychotherapy Service Jan 2005 – Dec 2005

Statistics provided in this section relate to 335 clients who commenced therapy in the DRCC in 2005, 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 2005, although the reports and convictions may have occurred in previous years.

Reporting to Gardaí

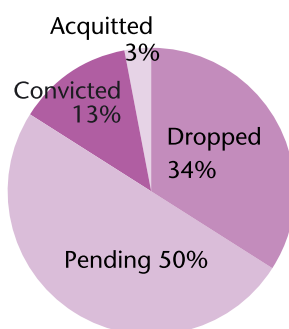
Of 335 cases where the reporting status was known, 95 cases were reported to the Gardaí. Five cases were tried, resulting in four convictions and one acquittal.

Cases Reported



Adult rape/sexual assault accounted for 76% of the 95 cases reported to the Gardaí, while child sexual abuse cases accounted for 24% of reports.

Outcome



Outcome information was known for 32 of the 95 cases reported, as in diagram.

Percentage of all* cases reported to Gardaí: 28% or 1 in 4

Percentage of total* CSA cases reported: 20% or 1 in 5

Percentage of total* rape/sexual assault cases reported: 33% or 1 in 3

**Refers to the 335 where reporting status known, 115 of which related to childhood sexual abuse, and 220 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 cases reported	46%
Past rape/sexual assault reported	19%

*Clients who sought help for **recent** rape or sexual assault were more than twice as likely to report to the Gardaí, than clients who had experienced **past** rape or sexual assault*

Victim / Offender relationship

Clients were five times more likely to report rape or sexual assault to the Gardaí if the assailant was a stranger rather than a relative.

Over **1 in 4, (28%)** of clients raped or sexually assaulted by strangers reported to the Gardaí, while only **1 in 20 (5%)** of those raped or sexually assaulted by relatives reported.

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Counselling and
Psychotherapy Service*Jan 2005 – Dec 2005***Group Therapy**

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 normally facilitated by two staff therapists.

TYPE OF GROUP/ FACILITATOR	HOURS PER SESSION	DURATION	PARTICIPANTS	TOTAL CLIENT GROUP THERAPY HOURS
Rape Recovery Group (1)	2.5 hours	10 weeks	5 clients	125
Rape Recovery Group (2)	2.5 hours	8 weeks	4 clients	80
CSA Process Group (1)	2.75 hours	10 weeks	7 clients	192.5
CSA Process Group (2)	2.75 hours	10 weeks	7 clients	192.5
Family Systems Workshop	6 hours	1 day	15 clients	90
Men's Workshop	6 hours	1 day	3 clients	18
Men's Group	2.5 hours	10 sessions	8 clients	200

Total 2005: 898 client group therapy hours

A total of **898 hours of group therapy** was offered to 49 clients of the DRCC in 2005. In addition, two therapists provided one half-day input on a Sex Offender Programme in Arbour Hill Prison in 2005 for eight participants.

DUBLIN RAPE CRISIS CENTRE LIMITED

A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

Profit and Loss Account

for the year ended 31st December 2005

	2005 €	2004 €
INCOME	1,700,325	1,329,808
OVERHEADS	1,806,543	1,407,368
SURPLUS/ -DEFICIT FOR THE YEAR	-106,219	-77,560
GOVERNMENT GRANTS AMORTISED	16,012	16,012
	-90,207	-61,548
BALANCE FORWARD AT BEGINNING OF YEAR	592,124	653,672
BALANCE FORWARD AT END OF YEAR	509,917	592,124

Anne Conlon, Director
 Brendan Spring, Director
 3rd April 2006

Balance Sheet

as at 31st December 2005

	2005 €	2004 €
ASSETS EMPLOYED		
FIXED ASSETS		
Tangible assets	261,096	279,867
CURRENT ASSETS		
Prepaid expenses and receivables	1,125	1,125
Cash at bank	747,181	662,002
	748,306	663,127
CREDITORS		
(Amounts falling due within 1 year)	-296,627	-124,000
NET CURRENT ASSETS	451,679	539,127
TOTAL ASSETS LESS LIABILITIES	712,775	818,994
REPRESENTED BY:-		
GOVERNMENT GRANTS	210,858	226,870
SURPLUS ON PROFIT AND LOSS ACCOUNT	509,917	592,124
	712,775	818,994

Anne Conlon, Director
 Brendan Spring, Director
 3rd April 2006

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 31st December 2005

SOURCES / APPLICATIONS OF FUNDS	2005 €	2004 €
FUNDING OF ACTIVITIES		
Deficit for the year	-90,207	-61,548
Add back: Items not involving the use of funds:-		
Depreciation	27,165	24,933
Government grant	-16,012	-16,012
	-79,054	-52,627
PURCHASE OF FIXED ASSETS	-8,394	-20,705
NET MOVEMENT IN FUNDS	-87,448	-73,332
APPLIED AS FOLLOWS:-		
MOVEMENTS IN WORKING CAPITAL		
Movement in prepaid expenses & grants receivable	—	-149,062
Movement in cash at bank	85,179	161,449
Movement in creditors	-172,627	-85,719
	-87,448	-73,332

Anne Conlon, Director
 Brendan Spring, Director
 3rd April 2006

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 31st December 2005, 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 1990. 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
 3rd April 2006

SUPPORT THE DRCC

Join one of our Volunteer Teams. We usually recruit for our volunteer teams twice a year. You can phone or email us for further information.

• • •

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

• • •

*We are here to listen –
Your help will make a difference to those who seek our services.*



The Dublin Rape Crisis Centre

70 Lower Leeson Street, Dublin 2

Telephone 01 661 4911

Facsimile 01 661 0873

email rcc@indigo.ie

www.drcc.ie

Freephone 1800 77 88 88

