

THE DUBLIN RAPE CRISIS CENTRE  
**ANNUAL REPORT 2008**



RCC



## 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.

<b>Chairman's Report</b>	<b>2 – 3</b>
<b>Chief Executive's Report</b>	<b>4 – 7</b>
<b>Overview of Clinical Services 2008</b>	<b>8 – 11</b>
<b>DRCC Outreach, Coolock</b>	<b>12</b>
<b>DRCC Awareness Raising Campaign 2008</b>	<b>13</b>
<b>Education and Training Department Report</b>	<b>14 – 17</b>
<b>Volunteer Services Department Report</b>	<b>18 – 19</b>
<b>Statistics</b>	<b>20 – 29</b>
<b>Support the DRCC</b>	<b>30</b>
<b>Financial Summary 2008</b>	<b>31 – 32</b>



BRENDAN SPRING  
*Chairman of the Board*

I'M VERY PLEASED to present the Dublin Rape Crisis Centre's Annual Report for 2008. A big part of this launch is our statistics and once again Angela McCarthy (Head of Clinical Services) has included a complete and thorough analysis of our compiled figures and numbers. And once again the analysis and commentary makes for grim reading. The trends and comparisons underlying the statistics are also set out under the various categories within this report.

Although I'm not summarising the details here, I have to paraphrase one portion of the Clinical Services Report which is most disturbing; it states that 38% of clients attending the Dublin Rape Crisis Centre told our therapists, that in addition to sexual violence, they had experienced various other types of abuse including physical violence, attempts to kill, and torture. The extent of the increasing violence being experienced is also borne out by our volunteers who accompany victims to the Sexual Assault Treatment Unit in the Rotunda Hospital. These experienced and trained people have been shocked by the harrowing tales and the extent of injuries of the victims they have accompanied. And this horrific violence is on the increase – almost 20% up on last year's figure.

Part of our mission is to reach as wide an audience as possible. In 2008 this process was accelerated through our awareness raising campaign, supported by Cosc. This campaign has worked well, as our analysis shows that the nationality of callers to the helpline represented 51 different countries – an increase of 65% in nationalities over 2007. Prior to our reaching out to these communities, we had to upskill our own people so that we could properly communicate sensitively with these victims from diverse backgrounds and cultures. Our awareness raising campaign was also used to highlight our Outreach capabilities, and as a consequence we were able to assist victims not just from Dublin but from all the neighbouring counties also.

The second half of 2008 saw the beginning of the credit crunch leading on to a recession. We must somehow continue to find the financial resources necessary to keep our doors open, and be available 24 hours a day, 7 days a week, for those victims in need of our services. No stone is being left unturned in our quest to fund our ever-expanding range of activities through our own fundraising efforts. Whilst we welcome and acknowledge the financial support we receive from the HSE and through Cosc, and others, our mission - preventing and healing the trauma of rape and sexual abuse - could not fully succeed, were it not for our generous benefactors and friends.

The Dublin Rape Crisis Centre is absolutely committed to its mission. We will continue to work tirelessly and ceaselessly for our clients, all of whom are victims. We will do this in the face of ever-increasing odds and obstacles, as victim numbers grow and financial resources diminish. I can say this with absolute confidence as I look at all of the focussed people who are associated with the Centre - from Staff at every level, to voluntary workers at every level.

I would therefore like to extend my sincere thanks to the board, to our CEO, Ellen and her management team, and to all the staff and volunteers for their combined efforts and dedication in delivering an outstanding performance for the Centre in extremely difficult circumstances. Their commitment and ability gives me confidence that the Dublin Rape Crisis Centre will continue to make a difference to the lives of the victims who come to us to ask for help.

BRENDAN SPRING  
*Chairman of the Board*



ELLEN O'MALLEY-DUNLOP  
Chief Executive

2008 HAS BEEN a very busy year at the Centre. We started in January with a sharp rise in the number of people using the 24 hour national helpline. There was also a doubling of the number of people from the previous Christmas period, who had been raped and/or sexually abused over the December/January period and who were accompanied by our dedicated volunteers to the sexual assault treatment unit at the Rotunda Hospital. From our statistics we see that while the levels of reporting of the crime have increased as is also the case in other European countries, the numbers actually getting to court and the levels of convictions, have dropped.

For far too long we have experienced the under reporting of the crimes of rape and sexual abuse in Ireland. We know from the SAVI Report (*Sexual Abuse and Violence in Ireland 2002*; Prof. Hannah McGee et al) that only 1 in 10 report the crime. We now know from our own experience at the Centre and also from international research, that while reporting rates are going up, there is a much higher fall-out from reporting to getting to court and conviction. We believe that the increase in reporting is due to a number of the recommendations of the SAVI Report being implemented. One of the recommendations was raising awareness of the crime and of the services. This has been growing steadily over the past few years and coupled with a growth in the knowledge of victims that they will be believed has given them the confidence to come forward and to report these crimes. We also know from SAVI that in the majority of cases the perpetrator was known to the victim and while this has been a deterrent to reporting in the past we may be seeing a change in this pattern as is demonstrated in our current statistics.

While we are seeing some change in the rise in the reporting rates, unfortunately our criminal justice system is not changing at the same rate. It is not holding people in the justice system and it does not generate the confidence that complainants, in particular, will get justice. Surely we need to adapt our justice systems so that everyone in the system is treated fairly and justice is done. Having been given the privilege of observing a case in 2008, I was absolutely shocked at how the system is stacked against the complainant. Even the right to anonymity that the complainant is afforded, can be eroded. It is time that this system is brought into balance and that there is some room for separate legal representation for the complainants in cases of rape and sexual assault.

## THE SAVI REPORT

SAVI is the most comprehensive piece of research done on the experience, beliefs and attitudes concerning sexual violence in Ireland. It was commissioned by the DRCC in 2001 and the Research was led by Professor Hannah McGee of the Royal College of Surgeons and funded by Atlantic Philanthropy, the Department of Health and Children and the Department of Justice, Equality and Law Reform. Here is a brief example of some of the findings of SAVI: One in five women reported experiencing contact sexual abuse in childhood and one quarter of these (5.6% of all girls) reported to having been raped in childhood. One in six men (16.2%) reported experiencing contact sexual abuse in childhood and 2.7% of all boys reported having been raped in childhood.

These findings are very stark and have, over and over again, been confirmed by subsequent reports. It is now time to revisit SAVI and to embark on SAVI 2, so that we can have a clearer picture, with properly researched comparative data, to continue to inform policy and to provide the necessary responses to these crimes. We are urging Government and any other agencies, for example Church bodies and congregations, to support this research and to see it as an imperative to making sure that we have the appropriate responses in place to combat this crime in our society. SAVI 2 needs to begin its work starting in 2010.

## SUBMISSIONS

In 2008 the DRCC made many submissions to Government, the Gardaí, opposition and other relevant bodies on the need for various policy changes. One of the submissions was to the Director of Public Prosecutions (DPP). The DPP invited the DRCC to make a submission on his proposed policy change of giving reasons for his decisions in certain circumstances. We took part in a very productive process managed by the DPP and his office. As part of the process a seminar was organised in Dublin Castle where presentations were made by representatives from other jurisdictions on the subject. There was time for discussion and further exploration of the subject. While we were very pleased that the DPP decided at the end of the process to pilot giving reasons in the case of fatalities, we were disappointed that he did not include rape and sexual offences in this

pilot project. However at the time he did say that he hoped to extend the policy to include rape and sexual offences subject to resources and a satisfactory evaluation of the pilot process.

Two submissions were made by the Centre on Victims Rights. One was to Fine Gael on a Bill they were proposing on Victims Rights. This Bill was not successful and the Minister for Justice, Equality and Law Reform, Mr. Dermot Ahern, presented his *Justice for Victims Initiative*. The DRCC took part in the consultative forum and met with Mr. Greg Heylin, the Director of the new *Victims of Crime Office* who works alongside the new Commission for the Support of Victims of Crime.

## Cosc

In May 2008, Cosc, The National Office for the Prevention of Domestic Sexual and Gender based Violence, held its first Conference on Domestic Violence at the Institute of Technology in Waterford. This was a very good conference, with excellent speakers and information and excellently run by Éimear Fisher and her team from the Cosc office. While Cosc concentrated on Domestic Violence as its first big project, it is committed to following up with a conference on Sexual Violence. The DRCC, in the meantime have been supported by Cosc in running its awareness raising campaign and in 2008 was able to extend the poster campaign nationwide. Cosc has also been supportive of the Education and Training Department of the DRCC and its work.

Another major event hosted by the Cosc office in 2008 was the President's Forum at Áras an Uachtaráin. This forum afforded those of us working in the area of domestic and sexual violence to present our work and to raise our concerns to each other and to the President.

## FUNDING

One of the major concerns facing the DRCC in 2008 was the cut in our grant from the HSE in June, on top of a freeze on that grant for the previous three years. While it was possible to make up some of the deficit through fundraising before 2008 this was not



possible as the onset of the recession began to bite. While the services have never been more in demand, we found ourselves very quickly, moving into serious deficit territory. This cannot be sustained and we have been making huge efforts to find new ways of fundraising. We have been trying to ensure that our funding from Government is maintained, if not increased. It is imperative that we are in a position to respond to the needs of the current clients and to the potential clients we envisage will be availing of our services after the Ryan Report on the Commission to Inquire into Child Abuse and the Report from the Archdiocese of Dublin on Child Abuse, are published.

### **STRATEGIC PLAN 2008-2014**

In 2008 we worked on and delivered the major work on the 2009-2014 Strategic Plan for the DRCC. One of the exciting aspects of this plan is that it has been proofed from a Human Rights perspective and in its delivery we will be holding to our mission statement of “Preventing and Healing the Trauma of Rape and Sexual Abuse” in Ireland.

### **CONCLUSION**

I would like to express my sincere thanks to our Chairman, Brendan Spring and to the Board of the DRCC for their commitment and generosity during 2008 to the work of the Centre. I would also like to thank most sincerely the management, staff and volunteers of the centre who continually give an exceptional professional and caring service to the clients of the centre.

I would like to pay tribute to the other organisations in the community with whom we work and share our expertise, in particular, our colleagues on the National Steering Committee on Violence Against Women, our colleagues in the Irish Observatory on Violence Against Women, our colleagues in the Children’s Rights Alliance, Barnardos, CARI, One in Four, ISPCC, the other RCCs around the country and the Rape Crisis Network of Ireland (RCNI).

ELLEN O’MALLEY DUNLOP  
*Chief Executive*

## OVERVIEW OF CLINICAL SERVICES 2008

**R**APE, SEXUAL ASSAULT and childhood sexual abuse are all forms of sexual violence. These are appalling and life-changing experiences, which the SAVI Report (2002) revealed were far more prevalent in Ireland, than had hitherto been believed. Unfortunately, for many victims, whether in childhood or adulthood, their experience is further exacerbated by simultaneously being exposed to other forms of abuse and violence from the perpetrators. In 2007, for the first time, the DRCC was in a position to publish collected data relating to *additional forms of violence and abuse* disclosed by callers to our Helpline and by DRCC clients, who had experienced rape, sexual assault or childhood sexual abuse. In 2008 we provide further statistics documenting the physical, emotional and life-threatening abusive experiences of callers to our Helpline and clients of the DRCC, which were an aggravating element of their experience of sexual violence and abuse.

In 2008, 38% of clients attending the DRCC told their therapists that they had experienced various other types of abuse, compared to 32% in 2007. In addition to sexual violence in adulthood or childhood, they also experienced physical violence, psychological abuse, intimidation, harassment, threats to kill, attempts to kill, torture and other forms of abuse. The extent of the increasing violence being experienced is also borne out by our trained SATU volunteers, who accompany victims at the Sexual Assault Treatment Unit in the Rotunda Hospital. They have been shocked by the harrowing tales and the extent of injuries of the victims they have accompanied in 2008. In 2008, trained volunteers from the DRCC carried out 284 such accompaniments.

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

In 2008, the DRCC's nationwide awareness raising campaign, launched by CEO, Ellen O'Malley-Dunlop, and funded by Cosc, greatly increased awareness of our National 24 Hour Helpline. A specific project was funded by Pobal from 2007-2008 to enable the DRCC to outreach to new immigrant

communities and to create awareness of our services among them. These two initiatives have led to an increased uptake of our services by non-Irish nationals in 2008. An analysis of the nationality of callers to the Helpline, (where known) in 2008 showed that, while the greatest numbers were from Ireland and the UK, calls were received from people of 51 different nationalities, (compared to 31 nationalities in 2007), an increase of 64.5% in nationalities. In 2008, callers' countries of origin included 21 European countries, 13 African countries (versus 5 African countries in 2007) Australia, New Zealand, USA, Canada, South America, Asia and China. We welcome this increase in the use of our Helpline by callers of many different nationalities, reflecting as it does the increased cultural complexity of the population in Ireland over the last decade.

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### Increased Cultural Diversity of DRCC Clients

In terms of clients attending for counselling and psychotherapy in the Centre whose nationality was known (N=550) in 2008, there was a great increase in the diversity of nationalities i.e., clients were from 39 nationalities versus 28 nationalities in 2007, an increase of 39%. While 462 of the 550 clients were Irish in origin, 28 clients were from 16 European countries including the UK, 49 were from 14 African countries (versus 31 seen from 8 African countries in 2007), 6 were from the USA, Canada and South America and 5 were from Asia.

DRCC therapists have had training in multi-cultural issues and have expanded their skills and understanding to work sensitively with people from diverse backgrounds, which include foreign nationals who are tourists, students, workers, immigrants, asylum-seekers or refugees. The Centre in 2008 provided counselling through English, French and Spanish, (and also offered German) and employed interpreters for non English speaking clients. Therapists worked through interpreters, as required, including sign-language interpreters, if needed, in working with members of the deaf community.

## Range of Clients Accessing Our Service by County

An analysis of clients by county where known (N=546) shows that, while 444 (81.3%) of clients who attended for counselling in the DRCC resided in the greater Dublin area, 102 clients (18.7%) attended from 16 other counties.

78 clients (15%) came from the counties accessible to our outreach counselling services in Coolock and Tallaght, i.e., Kildare (31), Meath (20), Wicklow (20) and Louth (7). We are aware that clients often seek the anonymity of the city for counselling and a further 24 clients came from twelve other counties. In summary, 546 clients attended from 17 out of the 26 counties i.e., 65% of the 26 counties.

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## 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 2008, the Helpline dealt with 12,741 calls. From 8 a.m. to 7 p.m., Monday to Friday, calls are responded to by a dedicated team of staff telephone counsellors. In 2008, 5,854 calls were handled by the Telephone Counselling Team. In addition, our team of 50 trained volunteer telephone counsellors handled 6,887 calls, after hours and at week-ends and Bank holidays, supervised and supported by three Volunteer Co-ordinators.

- 9,487 of the calls in 2008 were genuine counselling calls.
- 2,959 of these calls were from first time callers.
- In addition, 3,386 repeat calls were received in this period.
- 86% of callers were female and 14% were male.

45% of calls to the DRCC's 24-hour National Helpline related to adult rape and 45% related to childhood sexual abuse. A further 7.34% related to adult sexual assault. Including statistics for sexual

harassment (0.58%) and drug rape (1.72%), 55% of calls related to adult sexual violence, while 45% related to childhood sexual abuse.

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## Increase in Clients Attending for Childhood Sexual Abuse (CSA)

Overall, the number of clients attending the DRCC for CSA has increased by 20% in the five-year period since 2003. In 2008, the ratio of clients dealing with CSA versus adult sexual violence was 9:11. In 2003, it was 7:13 or almost 1:2. The gap has narrowed from 2003 when there were almost twice as many clients dealing with adult sexual violence as CSA to 2008 when the ratio has narrowed to 1:1.2.

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## Counselling and Therapy Services

In 2008, twelve therapists offered crisis counselling and long-term therapy in the DRCC in Leeson Street in central Dublin, with outreach services in Coolock Civic Centre, Tallaght Hospital and the Dóchas Centre for female offenders. A twelfth therapist was employed in late 2007 to help cater for the demand for Saturday appointments.

580 clients were seen for face-to-face counselling in 2008. Of these 87.23% were female and 12.77% were males, (compared with 10.81% males in 2007). A total of 4,928 individual appointments were made available by the Therapy Team in 2008. Of these, 3,704 individual client sessions were delivered in 2008. Allowing for cancellations and 'no-shows' deducted, this represents a take-up rate of 75%.

Of the 3,704 completed sessions, 31.7% (1,174) were crisis appointments for men and women who had experienced a recent rape or sexual assault i.e., within the previous 12 months. 68.3% (2,530) were assessment appointments for past rape and sexual assault and past childhood sexual abuse i.e., which occurred outside the previous 12-month period. 19 supportive sessions were offered to partners or family members of clients, with the clients' permission.

In addition to the 3,704 individual therapy sessions, usually of one hour's duration, 648 hours of group therapy client hours were delivered in 2008. Thus, a total of 4,352 individual and group client hours were delivered in 2008.

## Group Therapy

Group therapy was offered to clients male and female. Three groups were run in 2008, two mixed groups for men and women who had experienced childhood sexual abuse and a rape recovery group for female victims of rape or sexual assault facilitated by two therapists, which ran for six weeks. A total of 648 group counselling hours were delivered, an increase of 20% on the 2007 figures of 540 group counselling hours.

While in 2007, two groups were run specifically for male clients, in 2008 the Clinical Services Department decided to offer a mixed group for male and female clients of the DRCC. Therapists felt that there would be great potential for healing for clients of each gender in a well facilitated group for men and women, who had experienced childhood sexual abuse.

And so it proved. The groups were co-facilitated by a male and female therapist of the DRCC. The first group ran for eight weeks and was deemed to be very useful and helpful for the clients' healing. A second group was run for ten weeks. For many clients, it was the first time they could safely share their experiences with a person of the opposite sex in a safe and increasingly trusting environment, well managed by the co-facilitators. The mixed groups have been a great success and have continued in 2009.

## 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 and in the Dóchas Women's prison. In September 2007 we opened a new outreach counselling service in Tallaght, on Saturdays.

The take-up of this service in 2008 has shown that it meets a need, in the Tallaght area, but also for people in surrounding communities and counties. 15% of clients in 2008 came from the counties within easy access to our outreach counselling services in Coolock and Tallaght i.e., Kildare, Meath, Wicklow and Louth. A pilot project to establish a DRCC outreach for people stabilised on methadone, in partnership with Tallaght Rehabilitation Project (TRP), was set in motion in 2008 and is due to open in the summer of 2009.

### 1. DRCC Outreach in the Dóchas Centre

The Counselling and Psychotherapy Services section of the DRCC started a counselling service in the Dóchas Centre, a medium security prison unit located in Mountjoy, in 2005. The initiative was taken at the request of Kathleen McMahon, Governor of Dóchas Centre. A half day counselling service is offered once a week by one of our experienced Therapy Team Leaders. In 2008, 76 sessions were offered, of which 68 were completed. This represents a remarkable take-up rate of 90%, similar to 2007, compared to a take-up rate of 71% in 2006. Our thanks to Governor McMahon and her staff for their ongoing support of our counselling service, within the Dóchas Centre.

### 2. DRCC Outreach in Coolock Civic Centre

The DRCC's Outreach Service in Coolock moved premises to the Northside Civic Centre in Bunratty Road in 2005. We also expanded the service at the time from one to two therapists, and in 2008 we have further expanded during the latter part of the year, with four therapists providing a service three days a week – Tuesday, Thursday and Friday. The DRCC has increased its staffing levels to meet demand for the local northside service, recognising that it is essential that services reach out to local communities and provide a user-friendly and easily accessible service.

The take-up has been very encouraging. 543 sessions were offered in 2008, of which 431 were completed, a take-up rate of 79%. This represents an increase of 3.35% on completed sessions compared to 2007 figures, and an increase of 26.8% compared to figures for 2005, when the service first moved to the Civic

Centre in Coolock. 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.*

### 3. Tallaght Outreach Counselling Service

On July 28th 2007, the DRCC opened an Outreach counselling service in Tallaght Hospital. The take-up has been 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: three therapists worked on a rota to ensure eight sessions are available on Saturdays each week. 211 sessions were offered of which, allowing for “no shows” and cancellations, 160 were delivered. This represents a take-up rate for 2008 of 76%. 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 backup.*

## Conclusion

I would like to thank all our dedicated staff involved in the provision of Clinical Services, both directly and indirectly. These include our reception staff who welcome and tend to our clients, the volunteers and staff telephone counsellors who operate the Helpline, the volunteers who offer SATU and Court Accompaniment, and Outreach talks to schools and community groups, under the careful supervision of the Volunteers Services Department and our therapists who provide face to face and group counselling services in Leeson St. and in Outreach services. Together, in 2008, we have worked, with belief, 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
- Research and Statistics
- Campaigning and Advocacy



### COOLOCK OUTREACH Personal testimonies

Northsiders affected by rape, sexual abuse or sexual harassment can now avail of a local centre to help them recover from the devastating trauma.

The Dublin Rape Crisis Centre (DRCC) which has been based in Leeson Street in Dublin 2, for several years has an Outreach service in Coolock, providing counselling services for victims.

One of the four trained therapists who work at the Northside centre said the head office in Leeson Street had proved difficult for Northside locals to access which sometimes meant prolonging the pain of their suffering.

“I think it’s amazing the service is reaching out to people,” she said. “It’s a centre of hope and it is crucial this service is out here.

The DRCC recently released its annual report for 2007 and it revealed a shocking increase in reported crimes of a sexual nature to their office.

Of the total calls received last year 47 per cent were survivors of child sexual abuse and 43 per cent of adult rape. Sexual assaults, harassment, drug rape and ritual abuse made up the other 10 per cent of calls.

However, less than five per cent of reported sex crimes to the Gardaí make it to court, and this can deter some victims from reporting incidents.

The DRCC is providing a non-judgemental service to callers lending a sensitive and understanding ear to anyone who contacts them.

For victims, sexual assault or rape is a terrifying experience, so much so that survivors of attacks keep intimate details to themselves instead of dealing with this abuse.

Carrying the burden of someone else’s crime can have detrimental effects on the lives of sufferers as many, including children, are threatened to keep it a secret.

The secret is often carried into adult life and imposes a severe strain on close relationships, including marital, family and friendships. The isolation this causes can be scary to innocent victims.

The myth of sexual abuse or rape as being a violent attack down a dark alley is not true for the vast majority of victims. Many sufferers of abuse are married, co-habiting or simply in the wrong place at the wrong time.

Figures indicate a rise in reported sexual crimes around the country on nights of high profile football matches and around the festive season.

A 31-year-old Northsider who is a survivor of a rape and is currently attending the counselling service shared her experience with Northside People.

Remaining anonymous for confidential reasons, her name will not be disclosed.

“I was greeted by one of the counsellors when I had to attend the Rotunda Hospital for the forensic examination the day after it happened; it was soothing to have support there that understood some of the confusion I had just been exposed to” she said.

“It took me a while to avail of the counselling that was offered to me but eventually I reached out and I have been attending since and am happy to say that without this help I would have been lost; I have been

## DRCC AWARENESS RAISING CAMPAIGN 2008

given the tools to build my life and trust back up and will be forever grateful for this”

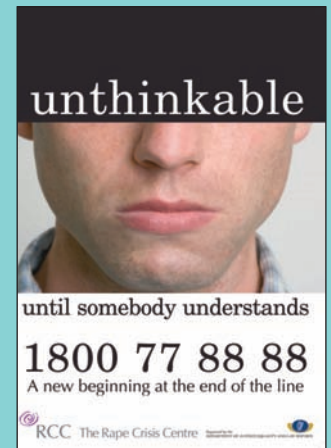
Another survivor of child sexual abuse, a 22-year-old woman, contacted the centre after it began taking its toll on her as she entered adulthood. Again, remaining anonymous, this girl had endured a childhood of isolation and secrecy due to the fear instilled in her by her attacker and his threats. “I was absolutely terrified; I carried this with me since I was eight-years-old and I couldn’t take anymore,” she said. “I actually felt suicidal”.

“I phoned the DRCC and was comforted for over an hour by a friendly voice. Since then I have been attending the centre and don’t know where I would be if I never made the call. I now realise it wasn’t my fault and I’m working through my pain but without the help of the DRCC I wouldn’t have been able to do this.”

Services offered by the DRCC include crisis counselling for recent victims of rape, sexual abuse or harassment. Long term therapy for adult victims of child sexual abuse and sexual violence is also available.

Counselling and therapy for both men and women with interpreters provided for non-English speakers and a 24-hour National helpline are other services provided.

*Article published in the Northside People Newspaper.*



Samples of posters  
and a Dublin Bus  
superside panel  
from DRCC  
Awareness Raising  
Campaign 2008.



# EDUCATION AND TRAINING DEPARTMENT REPORT

THE EDUCATION AND TRAINING DEPARTMENT, through providing Education and Training Programmes, sets out to raise awareness about and prevent the occurrence of sexual violence and to support those who in the course of their work are providing services to people who have experienced rape, sexual assault, child sexual abuse or sexual harassment. Through the development of a prevention and awareness raising programme for young people and the training of staff in educational settings to deliver this, we aim to increase awareness among young people as well as their capacity to protect themselves. Through our training programmes for volunteers and professionals, we aim to enhance their capacity to support people who have experienced sexual violence. Professionals who access DRCC training include counsellors, psychotherapists, psychologists, medical staff, staff and volunteers of Rape Crisis Centres, Gardaí, prison officers, mental health professionals, teachers, guidance counsellors, those working in addiction, homelessness, domestic violence and many others.

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## Submission to Garda Training Review

DRCC responded with a detailed submission to the invitation for submissions on future Garda Training issued by An Garda Síochána in Spring 2008. The DRCC submission outlined our recommendations on training for Gardaí, on working with victims of sexual violence, at every level, from probationer level to senior management, and at every stage of Continuing Professional Development. In this submission DRCC also recommended training for Gardaí on working with trauma and on vicarious traumatisation and self care.

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## Training of Student Gardaí in the Garda Training College

In 2008 DRCC trainers met with every intake of student Gardaí in the Garda Training College in Templemore, to offer them an opportunity to develop their understanding of the issues that will be involved

as they work with those who have experienced sexual violence. DRCC meets the students during Phase Three of their training programme, and offers the students an opportunity to consider the issues that may arise for them in this aspect of their work. Suggestions are offered as to how to work in a way that is supportive of the victim of sexual violence throughout his or her contact with the policing and legal process. The training is greatly enhanced by the use of video footage of interviews with former clients of DRCC, which was developed by DRCC specifically for this training.

In 2008 approximately 1,120 student Gardaí attended seminars provided by DRCC in the Garda Training College. Students are provided with a booklet, *Working Sensitively with Victims of Sexual Violence*, developed, in collaboration with the Garda Continuing Professional Development Unit, especially for Gardaí. The booklet provides information about sexual violence, its incidence and impact, and detailed suggestions to support Gardaí in working effectively and sensitively with victims of sexual violence. The booklet is continuously updated and reviewed, for example with the insertion of information about working through an interpreter which emerged from the DRCC training programme with community language interpreters.

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## Sexual Assault Forensic Training

In a very important new development, the first Graduate Certificate in Medicine (Sexual Assault Forensic) commenced in UCD, and we were very pleased to have the opportunity to provide two inputs to the students on the course. The course provides training for doctors to undertake sexual assault forensic examinations. It provides the skills to undertake these examinations and present the clinical findings to the courts.

DRCC also provided an input on the *Higher Diploma in Nursing (Sexual Assault Forensic Examination)*, another very significant new development in the Royal College of Surgeons.



## Prevention and Awareness Among Young People

The findings of The *SAVI Report: Sexual Abuse and Violence in Ireland* 2002 showed that 32% of girls and 23% of boys in Ireland have had an unwanted sexual experience before the age of 18.

Statistics from the Sexual Assault Treatment Unit at the Rotunda Hospital show that in 2006 the 16-19 year old age group accounted for 19% of those being forensically examined following a sexual assault and that 12% of those attending the unit were under 16.

Thus research shows us that more than 25% of children in Ireland have experienced some form of sexual abuse by the time they reach 18. From this we can deduce, although perhaps struggle to believe, that in a mixed school of 600 students, it is probable that over 100 of the students have experienced contact sexual abuse by the time they leave school. These figures, particularly for boys, are significantly higher than in other Western countries from which we have reliable data. We do not have similar research on the incidence of other types of abuse or trauma which children may also have experienced.

In 2007 DRCC developed *BodyRight: A Sexual Violence, Awareness and Prevention Programme for Young People*. With funding received from Cosc (The National Office for the Prevention of Domestic, Sexual and Gender-based Violence), DRCC was in a position in 2008 to continue to deliver and develop this programme, and to develop and provide a training programme for key school staff and for staff in alternative educational settings to equip them to directly deliver the *BodyRight* programme to young people.

*BodyRight* is designed to be relevant to young people, to stimulate discussion, to encourage them to examine their own attitudes and the impact of these attitudes on the person who experiences sexual violence, in whatever form, and to provide important information.

The aims of the programme are to increase awareness of the need for respect for all people, to increase awareness of the nature of sexual violence and of the impact of sexual violence on young people, to increase the young person's ability to protect him or herself, to develop an understanding of behaviours that might constitute sexual violence, harassment and bullying, to begin to change attitudes and behaviours that lead to violence through increased awareness and self questioning and to encourage those who might think of harming another to look for help.

Young people have an opportunity to consider their own behaviours and the impact of these behaviours on others and to consider attitudes and societal beliefs about sexual violence and the impact of these on a personal, family, school, community and societal scale. They have an opportunity to achieve a greater understanding of the need for personal boundary setting and develop a capacity to set such personal boundaries and to be provided with information and definitions of different forms of sexual violence and on the law on sexual violence and the issue of consent in legal and real life contexts. The programme offers information about accessing help and support and young people are encouraged to develop the capacity to pause and reflect on how they are, as an introduction to the concept of a 'pause' between the impulse to act and the action.

The training programme for facilitators includes a background training, to assist in understanding the issues with regard to child sexual abuse, rape, sexual assault and trauma, guidelines for staff on how to support pupils who have experienced sexual violence or trauma (of any kind) and training in the delivery of the *BodyRight* programme.

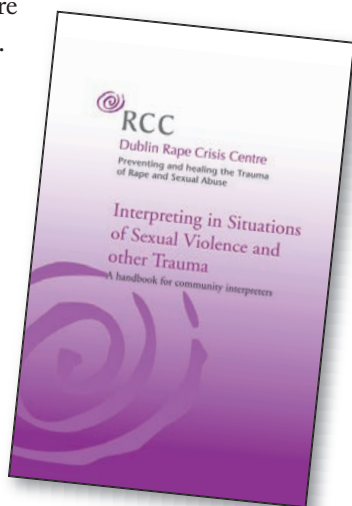
In December DRCC provided this training for the first time to a group of staff from Youthreach centres and other settings.

## Training for Community Language Interpreters

With support from the *Fund to Support Legally Resident Immigrants*, administered through Pobal, Dublin Rape Crisis Centre developed and delivered a training programme and a handbook for community interpreters *Interpreting in Situations of Sexual Violence and Other Trauma*.

This was a pilot project during which we consulted with interpreters, interpreting agencies, those training interpreters, and those providing services to people who have experienced sexual violence and other trauma, and based on this consultation process designed and delivered a training programme for interpreters. In 2008 this programme was delivered by DRCC in both Cork and Galway, with the programme being evaluated and revised after each delivery. At the end of the project we have a fully developed two day training seminar which we will continue to provide to interpreters into the future.

This project also led to the publication by DRCC of a comprehensive Handbook for interpreters on *Interpreting in Situations of Sexual Violence and Other Trauma*, which was launched at DRCC in May by Mary White, TD, at very well attended event. This handbook has been distributed widely throughout Ireland, and is available to download free of charge from the DRCC website. Hard copies of the Handbook are available from DRCC. A comprehensive evaluation report was completed on this project.



## New Training Programme: 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* to develop and deliver on a pilot basis a two day training programme *Working sensitively with refugees and asylum seekers who have experienced sexual violence and other trauma* to be provided for staff of any organisation providing a service which is accessed by refugees and asylum seekers. In 2008 we consulted widely and researched and developed this training programme which will be delivered throughout Ireland in 2009.

The project will develop, deliver on a pilot basis and record for use into the future a training programme that will support and enhance the capacity of service providers to work with and deliver services to refugees and asylum seekers who have experienced sexual violence.

The delivery of the programme during the time period of this project will have a stand alone value, and also, as a series of pilots, will allow for the refinement and development of a final programme to be provided long term into the future. It will lead to the production of a training programme, training materials and training manual to be used in training in future years at local, regional and national level.

The training programme is designed to support existing services and add to their availability and accessibility to refugees and asylum seekers through adding to the expertise of staff in recognising and working with the impact of sexual violence as is appropriate to their role. This will support staff in their work with refugees and asylum seekers who have experienced sexual violence, and in planning to provide their services in ways which are accessible and appropriate for people who have been traumatised in this way.

## Training Seminars at DRCC

Throughout 2008, DRCC provided training seminars for individuals and organisations who want to develop their understanding and skills in the area of working with those who have experienced sexual violence. These range from introductory one day workshops on issues of child sexual abuse, rape and sexual assault, to a twelve day training programme specifically for those in the role of counsellor or psychotherapist, which looks at working with the impact of all types of sexual violence.

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## Training for Organisations

DRCC provides training programmes in response to requests from individual organisations 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.

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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 issues which 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 are advocating in our training.

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

DRCC has been providing training on preventing and dealing with bullying, harassment and sexual harassment in the workplace since 1988. We provide a variety of seminars on the theme of Bullying, Harassment and Sexual Harassment in the Workplace, and worked with a number of state agencies on these issues during 2008. These 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.

DRCC has a particular specialism in training for Support Contact Persons under Dignity at Work/ Bullying and Harassment policies. We also offer a consultancy service for organisations developing policies and procedures. Seminars are held at DRCC which individuals can attend, and also for individual organisations, for management, staff or those in specific key roles. This work takes us all over the country, into businesses, factories, local authorities, state organisations and NGOs.

# VOLUNTEER SERVICES DEPARTMENT REPORT

## Introduction

Volunteer Services provide 4 different facilities, namely;

- National 24 Hour Helpline
- Support personnel to the Sexual Assault Treatment Unit (SATU)
- Court Accompaniment
- Outreach Speakers

The Volunteer Services Department co-ordinates and manages the recruitment, training, assessment and supervision of all the volunteers who cover the four services. The staff of the department comprise of 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 of the volunteers

2008 was again a busy year for the department. Our volunteer intake programme started in earnest in January with the team giving live radio interviews about the services and volunteering in the DRCC. The following weeks were dedicated to targeted advertising in National and local newspapers, radio stations, internet sites and community notice boards. As we have no budget for advertising we feel huge gratitude to all of those agencies who gave us free print advertisements and airtime. This advertising was to reap dividends when we received in excess of 250 enquiries which culminated in over 80 applications. The process of selecting trainee volunteers began with eight group interviews held in late January and 55 individual interviews in the following days. From this process 42 candidates emerged and progressed to training.

On 1st February 2008 training began. A cosmopolitan flavour was added to the newly formed group with nine of the new recruits coming from new communities and the consequent access to an abundance of language competencies and cultural insights which is extremely impressive and very welcome.

38 volunteers successfully completed their training and assessment period. In mid March they attended their first volunteer support/supervision meeting and were given their shift rota.

Garda Vetting is now fully in place and each volunteer we take on is processed through the Dublin City South Volunteer Centre.

Our Volunteer Graduation in May presented us with an opportunity to highlight and thank our volunteers for the unquantifiable contribution they make to the lives of those touched by sexual violence. It is their willingness as a team, to reach out and be there - for every minute of every day, that supports hope and light in very dark experiences. On completion of their two year commitment 15 volunteers graduated and were presented with their certificates and a brooch/pendant as a small token of their time in the DRCC. During 2008 we had an average of 67 volunteers covering our four services.

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## The National 24 Hour Helpline 1800 77 88 88

Our volunteers offer a listening service outside office hours. They are there when others aren't or can't be, whether its 3am on a Monday morning or 2pm on Christmas day. They are at the end of the line ready to listen, support and offer information to callers who use the service. They receive calls from a wide range of user categories e.g., from those who have personal experience of sexual violence, to those family members who are supporting a victim, to professionals who are looking for specific information and support in their contact with victims.

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## 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, to



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 2008 the volunteers attended 284 callouts to the SATU. There were some shifts in which a volunteer was called to the SATU up to 3 times in the 12 hours. August saw the highest rate at 40 callouts for the month – more than one a day. March had the lowest with 11 callouts.

The feedback from volunteers attending the SATU this year consistently highlights an increase in the level of violence used in these attacks.

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## Outreach Speakers

Outreach training took place in September over a 3 day period. 10 places were offered to volunteers who had completed at least a year's volunteering with DRCC.

77 talks were given in 2008 by outreach volunteers. This is a dramatic increase in the number from last year's total of 44. Outreach talks were given to 62 schools and a further 15 to various groups including community groups, local district nurses who wanted to upgrade their knowledge of the centre and its services, a playwright who wanted to deepen her insight into the world of sexual violence, and a gender affairs group in the Psychology Dept in TCD. The talk given in TCD took place in February during rape awareness week and our volunteer was invited to join a panel of speakers which included two representatives from a Scottish Rape Crisis Centre.

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## 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 a victim is making a statement to the Gardaí, or is accessing other relevant services.

In 2008 there were:

- 25 court accompaniments
- 2 tribunal accompaniments
- 1 Garda station accompaniment
- 1 accompaniment while attending a psychiatrist

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## Project of Outreach to Migrant Communities

Unfortunately June 2008 saw the winding down of the New Communities Outreach Programme due to a lack of funding. Funding had been sought and granted from Pobal in 2006 but ceased in 2008 for this project. It's aim was to help raise awareness among the migrant communities about the issues of sexual violence and abuse, and appropriate access to referral information and resources.

In May 2008, multilingual information leaflets were officially launched by Mary White, T.D. in tandem with a booklet for interpreters produced by the DRCC's education and training department. The Information leaflets were translated and printed into six languages, Arabic, Chinese, French, Romanian, Polish and Russian. Presentations were made to numerous community groups, other NGO's, hospitals, partnerships, health centres and all of the Rape Crisis Centres nationally to spread awareness.



Some DRCC staff and volunteers on a weekend away in Dunderry Park, Navan.

# STATISTICS 2008

## A NOTE ON THE STATISTICS FOR 2008

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 2008 to 31st December 2008.

## 1. Contacts with the 24 Hour Helpline, Jan 2008 - Dec 2008

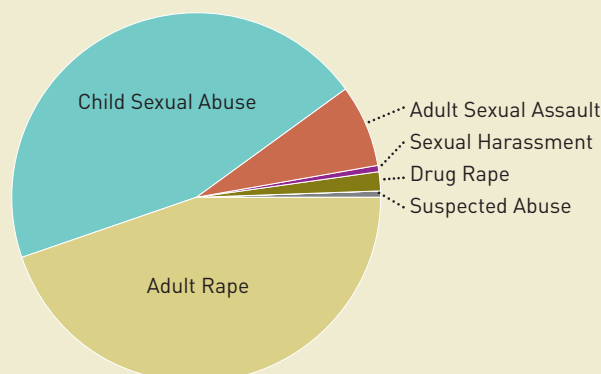
DESCRIPTION	2008
Total Counselling Calls	12,741
*Total Genuine Counselling Calls	9,487
First Time Callers	2,959
Repeat Calls	3,386
Information Calls	2,182
Calls with Details Undisclosed	651
Unrelated Counselling Calls	309

\* 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 Helpline, Jan 2008 - Dec 2008

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

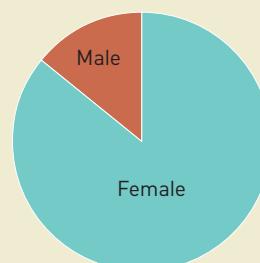
TYPE OF ABUSE	% OF CALLS
Adult Rape	44.95%
Child Sexual Abuse	45.06%
Adult Sexual Assault	7.34%
Sexual Harassment	0.58%
Drug Rape	1.72%
Ritual Abuse	0.05%
Suspected Abuse	0.3%



This table shows for all calls (first time and repeat calls) the type of abuse the caller experienced. 318 of the callers disclosed the fact that they experienced more than one type of abuse in their lives.

### GENDER OF CALLER (WHERE KNOWN)

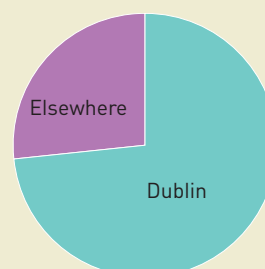
GENDER	% OF CALLS
Female	86%
Male	14%



## 3. Contacts with the 24 Hour Helpline, Jan 2008 - Dec 2008

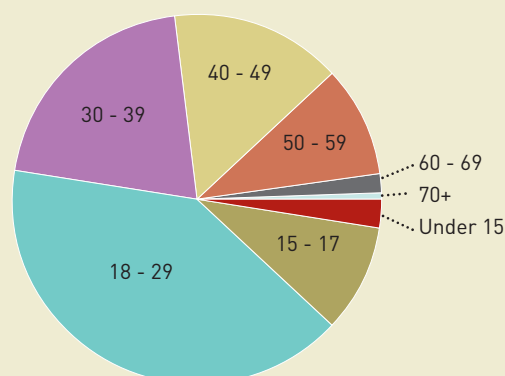
### BREAKDOWN BY GEOGRAPHIC LOCATION (WHERE KNOWN)

GEOGRAPHIC LOCATION	% OF CALLS
Dublin	73.34%
Elsewhere	26.66%



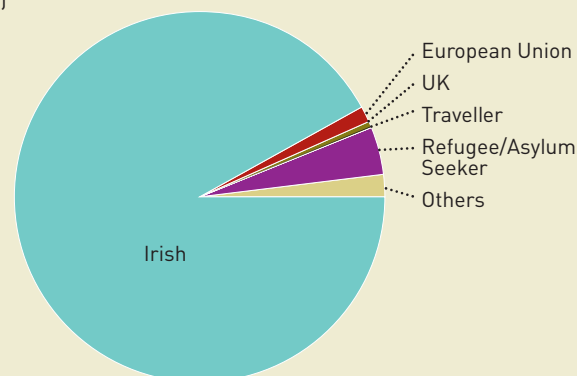
### BREAKDOWN BY AGE (WHERE KNOWN)

AGE OF VICTIM	% OF CALLS
Under 15	2.51%
15 - 17	9.59%
18 - 29	40.59%
30 - 39	20.56%
40 - 49	14.97%
50 - 59	9.71%
60 - 69	1.53%
70+	0.54%



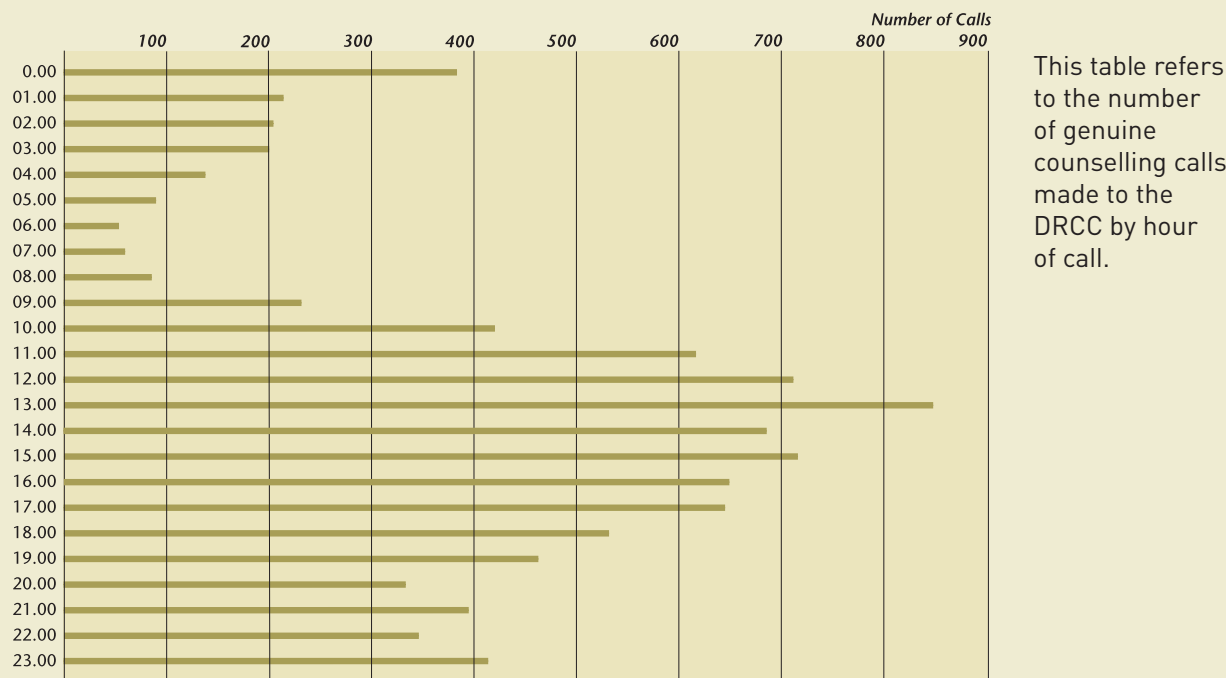
### BREAKDOWN BY ETHNIC ORIGIN (WHERE KNOWN)

ORIGIN	% OF CALLS
Irish	92.0%
European Union	1.36%
UK	0.56%
Traveller	0.19%
Refugee/Asylum Seeker	4.19%
Others	1.7%



4. Contacts with the 24 Hour Helpline, Jan 2008 - Dec 2008

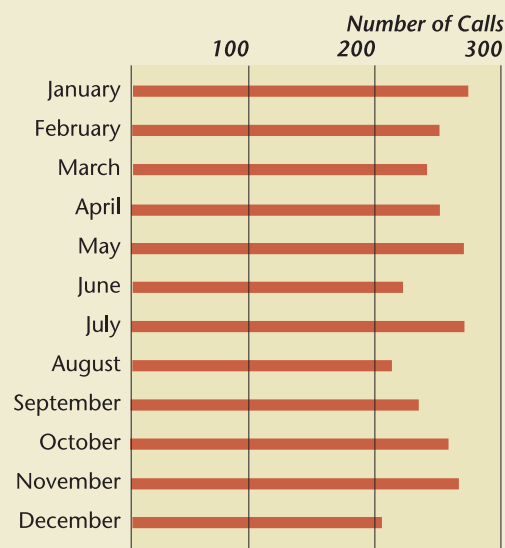
TIME OF CALL (CALLS MADE IN PREVIOUS HOUR)



5. Contacts with the 24 Hour Helpline, Jan 2008 - Dec 2008

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 284 victims. In addition, our volunteers carried out 25 court accompaniments with victims of sexual violence or abuse, and 4 other accompaniments (e.g., to Tribunal, or Garda Stations during that period.)

OUTREACH AWARENESS TALKS

Our trained outreach volunteers delivered 77 outreach awareness talks, 62 in second level schools and 15 to a variety of adult groups.

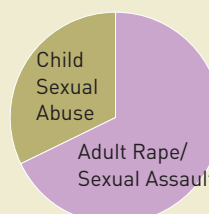


## 7. Analysis of Violence/Abuse Experienced by Callers in Addition to Rape or Childhood Sexual Abuse

512 (5.4%) from the total of genuine callers (9,487) reported experiencing other types of violence along with the main type of abuse.

This breaks down as:

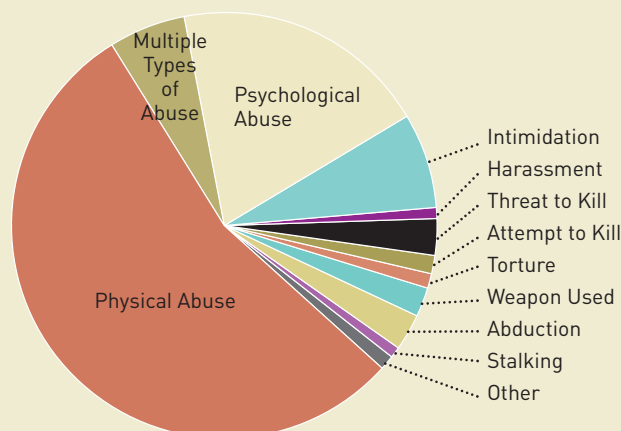
CATEGORY	%
Adult Rape/Sexual Assault	67.97%
Child Sexual Abuse	32.03%



### Violent incidents reported by callers who also experienced adult rape/sexual assault

Where known, the types of violence experienced by adults were:

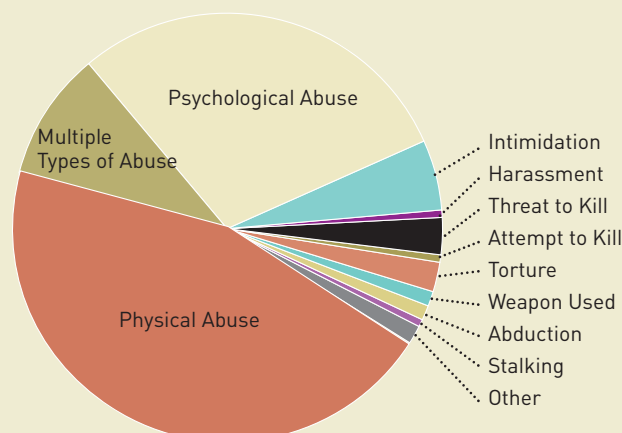
TYPE OF VIOLENCE EXPERIENCED BY ADULTS	%
Physical Abuse	54.7%
Multiple Types of Abuse	5.63%
Psychological Abuse	19.48%
Intimidation	7.28%
Harassment	0.7%
Threat to Kill	2.82%
Attempt to Kill	1.41%
Torture	1.17%
Weapon Used	2.11%
Abduction	2.82%
Stalking	0.94%
Other	0.94%



### Violent incidents reported by callers who also experienced child sexual abuse

Where known, the types of violence experienced in child abuse cases were:

TYPE OF VIOLENCE EXPERIENCED BY CHILDREN	%
Physical Abuse	45.11%
Multiple Types of Abuse	9.78%
Psychological Abuse	29.35%
Intimidation	5.44%
Harassment	0.54%
Threat to Kill	2.72%
Attempt to Kill	0.54%
Torture	2.17%
Weapon Used	1.09%
Abduction	1.09%
Stalking	0.54%
Other	1.63%



## 8. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

In 2008, 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.

### (A) CLIENT APPOINTMENTS SUMMARY

- A total of 4,928 individual appointments were made available by the Therapy Team in 2008.
- Of these, 3,704 individual client sessions were delivered in 2008. Allowing for cancellations and 'no-shows' deducted, this represents a take-up rate of 75.16%
- Of the 3,704 completed sessions, 31.7% (1,174) were crisis appointments for men and women who had experienced a recent rape or sexual assault i.e., within the previous 12 months.
- 68.3% (2,530) were assessment appointments for past rape and sexual assault, and past childhood sexual abuse i.e., which occurred outside the previous 12-month period.
- In addition to the 3,704 individual therapy sessions, usually of one hour's duration, 648 hours of group therapy client hours were delivered in 2008.

Thus, a total of 4,352 individual and group client hours were delivered in 2008.

### (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 facilitated by two staff therapists. Six therapists facilitated groups in 2008 and two others took part in an offender rehabilitation programme in Arbour Hill.

TYPE OF GROUP	HOURS PER SESSION	DURATION	PARTICIPANTS	TOTAL CLIENT GROUP THERAPY HOURS
CSA Mixed Process Group (1)	3 hours	12 weeks	10 clients	360
CSA Mixed Group (2)	3 hours	8 weeks	8 clients	192
Rape Recovery Group	2 hours	8 weeks	6 clients	96
				Total: 648

648 client group therapy hours were completed in 2008. In addition, two therapists provided a half-day input on a Sex Offender Programme in Arbour Hill Prison in 2008, for 10 participants.

## 9. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

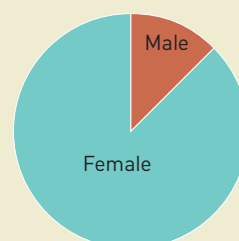
### CLIENTS SEEN IN THE DRCC

(INCLUDING LONG TERM AND CRISIS SERVICE)

DESCRIPTION	NUMBER
Number of Clients Seen	580

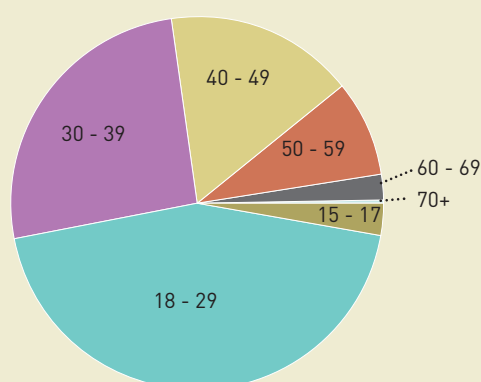
### GENDER OF CLIENT USING THE COUNSELLING SERVICE

GENDER	% OF CALLS
Female	87.23%
Male	12.77%



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

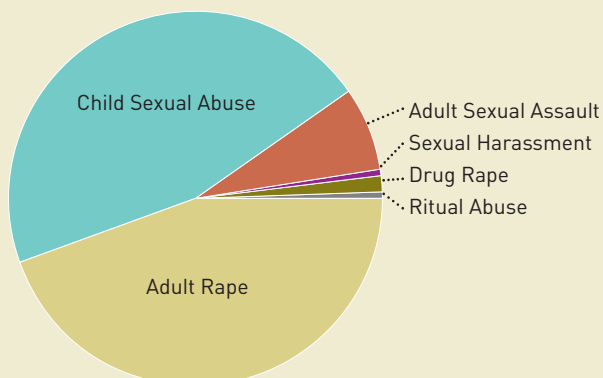
AGE OF VICTIM	% OF CALLS
Under 15	0%
15 - 17	3%
18 - 29	44%
30 - 39	25.8%
40 - 49	16.4%
50 - 59	8.4%
60 - 69	2.2%
70+	0.2%



## 10. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

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

TYPE OF ABUSE	% OF CALLS
Adult Rape	44.72%
Child Sexual Abuse	45.65%
Adult Sexual Assault	7.3%
Sexual Harassment	0.62%
Drug Rape	1.4%
Ritual Abuse	0.31%



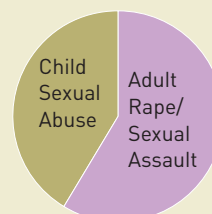
9.67% clients disclosed that they experienced both adult rape and past child sexual abuse.

## 11. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

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

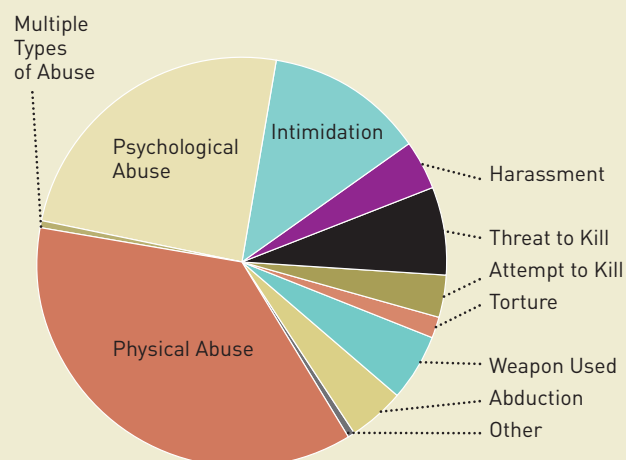
38.14% of clients reported experiencing other types of violence along with the main type of abuse.

CATEGORY	%
Adult Rape/Sexual Assault	58.85%
Child Sexual Abuse	41.15%



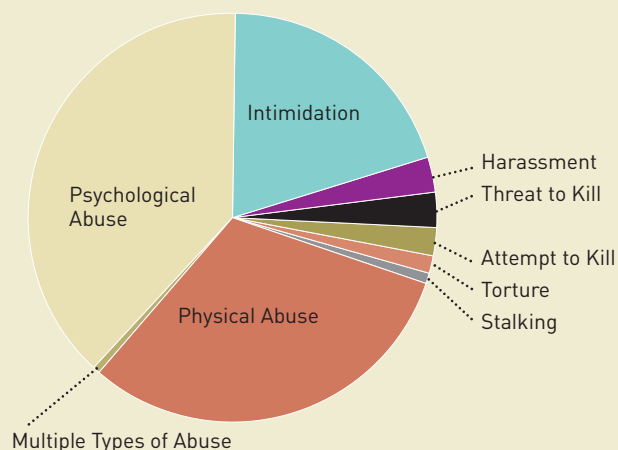
### VIOLENT INCIDENTS REPORTED BY CLIENTS WHO ALSO EXPERIENCED ADULT RAPE/SEXUAL ASSAULT WHERE KNOWN, THE TYPES OF VIOLENCE EXPERIENCED WERE:

TYPE OF VIOLENCE EXPERIENCED BY	ADULTS %
Physical Abuse	36.59%
Multiple Types of Abuse	0.49%
Psychological Abuse	24.39%
Intimidation	12.68%
Harassment	3.9%
Threat to Kill	6.83%
Attempt to Kill	3.41%
Torture	1.46%
Weapon Used	5.37%
Abduction	4.39%
Stalking	0.0%
Other	0.49%



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

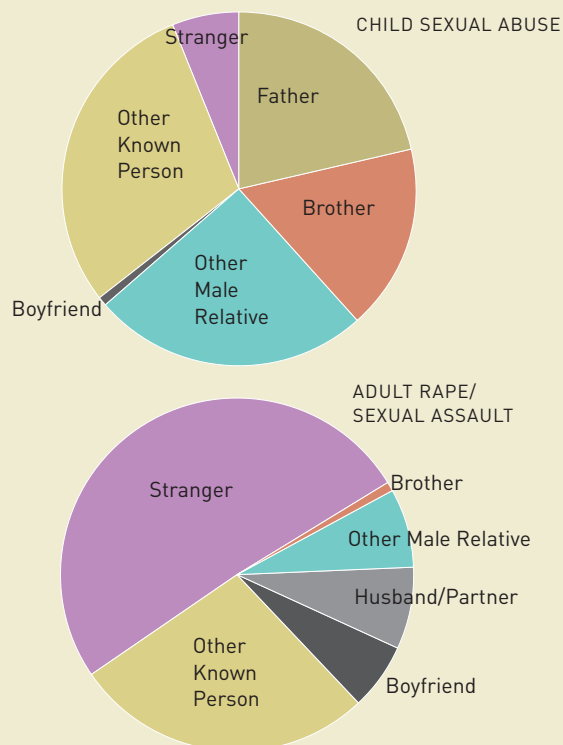
TYPE OF VIOLENCE EXPERIENCED BY CHILDREN	%
Physical Abuse	31.21%
Multiple Types of Abuse	0.71%
Psychological Abuse	38.3%
Intimidation	19.86%
Harassment	2.83%
Threat to Kill	2.83%
Attempt to Kill	2.13%
Torture	1.42%
Weapon Used	0.0%
Abduction	0.0%
Stalking	0.71%
Other	0.0%



## 12. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

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

RELATIONSHIP	CHILD SEXUAL ABUSE	ADULT RAPE/ SEXUAL ASSAULT
Father	21.48%	0.0%
Mother	0.0%	0.0%
Brother	17.04%	0.87%
Other Male Relative	25.19%	7.42%
Other Female Relative	0.0%	0.0%
Husband/Partner	0.0%	7.42%
Boyfriend	0.74%	6.11%
Date Rape	0.0%	0.0%
Other Known Person	29.63%	27.52%
Stranger	5.92%	50.66%



## 13. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

### 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	11
Became Pregnant, Baby Fostered	0
Became Pregnant, Baby Adopted	0
Became Pregnant, Pregnancy Terminated	7
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.

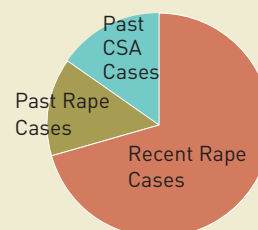
## 14. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

Statistics provided in this section relate to 329 clients who commenced therapy in the DRCC in 2008, 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 2008, although the reports and convictions may have occurred in the previous years.

### REPORTING TO GARDAÍ

Of the 329 cases where the reporting status was known, 92 cases were reported to the Gardaí, a reporting rate of 27.96%. Of these 92 cases, 4 cases (1.22%) were tried, resulting in 4 convictions or guilty plea.

CASES REPORTED	% OF TOTAL CASES REPORTED
Recent Rape Cases Reported	70.65%
Past Rape Cases Reported	14.13%
Past CSA Cases Reported	15.22%



Recent or past rape accounted for 84.78% of the 92 cases reported to the Gardaí, while childhood sexual abuse cases accounted for 15.22% of reports.

### OUTCOME

Outcome information was known for 46 (50 %) of the 92 cases reported, as in the diagram.

OUTCOME	TOTAL
Dropped Charge (by Client or DPP)	10
Pending Charge	32
Went to Trial	4

Percentage of All* Cases Reported to Gardaí	28%
Percentage of Total* CSA Cases Reported	11.76%
Percentage of Total* Rape/Sexual Assaults Reported	37.14%

\* Refers to the 329 cases where reporting status was known, 119 of which related to childhood sexual abuse and 210 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	70.7%
Past Rape/Sexual Assault Reported	14.1%

Clients who sought help for recent rape or sexual assault were 5 times more likely to report to the Gardaí, than clients who had experienced past rape or sexual assault.

## VICTIM/OFFENDER RELATIONSHIP

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. However in 2008, we observed a change in this pattern. Of the 92 cases that were reported to the Gardaí, 14 of them related to child sexual abuse. For the 78 who reported rape or sexual assault, (both recent and past), 52.6% had been raped or sexually assaulted by a stranger while 47.4% had been raped or sexually assaulted by someone they knew.

It is particularly noticeable that for victims of recent rape there is a greater willingness to report rape by persons known to them than was the case in previous years, whereas in cases of past rape, victims were more likely to report a rape by a stranger.

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

39.74% of cases were reported where the assailant was a stranger to the victim.

43.6% of cases were reported where the assailant was known to the victim.

### PAST RAPE / SEXUAL ASSAULT

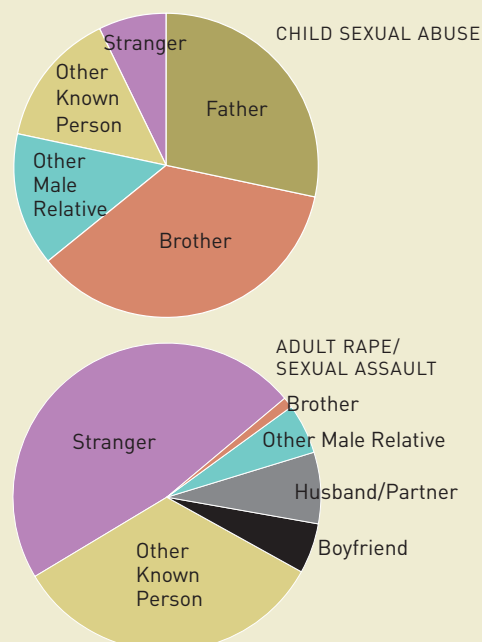
12.82% of cases were reported where the assailant was a stranger to the victim.

3.84% of cases were reported where the assailant was known to the victim.

## 15. Counselling and Psychotherapy Service Provision, Jan 2008 - Dec 2008

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

RELATIONSHIP	CHILD SEXUAL ABUSE	ADULT RAPE/ SEXUAL ASSAULT
Father	28.57%	0.0%
Mother	0.0%	0.0%
Brother	35.72%	1.28%
Other Male Relative	14.28%	5.13%
Other Female Relative	0.0%	0.0%
Husband/partner	0.0%	7.69%
Boyfriend	0%	5.13%
Date Rape	0.0%	0.0%
Other Known Person	14.28%	33.33%
Stranger	7.15%	47.44%



## 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.



## 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 2008

	2008 €	2007 €
INCOME	2,011,803	2,106,297
OVERHEADS	2,195,936	1,992,414
SURPLUS/ - DEFICIT FOR THE YEAR	-184,133	113,883
GOVERNMENT GRANTS AMORTISED	16,012	16,012
	-168,121	129,895
BALANCE FORWARD AT BEGINNING OF YEAR	797,607	667,712
BALANCE FORWARD AT END OF YEAR	629,486	797,607

Anne Conlon, Director  
 Brendan Spring, Director  
 23<sup>rd</sup> April, 2009

### Balance Sheet as at 31<sup>st</sup> December 2008

	2008 €	2007 €
ASSETS EMPLOYED		
FIXED ASSETS		
Tangible assets	298,351	241,077
CURRENT ASSETS		
Prepaid expenses and receivables		-
Building account	958,374	850,000
Cash at bank	510,794	342,216
	1,469,168	1,192,216
CREDITORS		
(Amounts falling due within 1 year)	-504,279	-449,866
NET CURRENT ASSETS	964,889	742,350
TOTAL ASSETS LESS LIABILITIES	1,263,240	983,427
REPRESENTED BY CONTRIBUTION TO BUILDING FUND	470,934	-
REPRESENTED BY:-		
GOVERNMENT GRANTS	162,820	185,820
SURPLUS ON PROFIT AND LOSS ACCOUNT	629,486	797,607
	1,263,240	983,427

Anne Conlon, Director  
 Brendan Spring, Director  
 23<sup>rd</sup> April, 2009

# FINANCIAL SUMMARY 2008

## 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 2008

SOURCES/APPLICATIONS OF FUNDS	2008 €	2007 €
FUNDING OF ACTIVITIES		
Surplus / - Deficit for the year	-168,121	129,895
Add back: Items not involving the use of funds:-		
Depreciation	32,971	27,168
Government grant amortised	-16,012	-16,012
	-151,162	141,051
PURCHASE OF FIXED ASSETS	-90,245	-18,802
Government grant received	-6,988	6,986
NET MOVEMENT IN FUNDS	-248,395	129,235
FINANCED/APPLIED AS FOLLOWS:-		
MOVEMENTS IN WORKING CAPITAL		
Movement in receivables	-	-1,125
Movement in cash at bank	276,952	247,833
Movement in creditors	-54,413	-117,473
Building Fund	-470,934	
	-248,395	129,235

Anne Conlon, Director  
Brendan Spring, Director  
23<sup>rd</sup> April, 2009

### 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 2008, 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  
23<sup>rd</sup> April, 2009

70





# RCC

Preventing and healing the trauma  
of rape and sexual abuse

**National 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)**