



RCC

The Dublin Rape Crisis Centre

ANNUAL REPORT 2015

*Preventing and healing the trauma
of rape and sexual abuse*

KEY SERVICES PROVIDED BY THE DRCC

- National 24-Hour Helpline 1800 77 88 88
- 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 Outreach Counselling Service
- Tallaght Outreach Counselling Service
- 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
- Campaigning, lobbying and awareness raising
- Research and statistics

2015

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Chairperson's Report



Ann Marie Gill
Chairperson

THE PUBLICATION of the Dublin Rape Crisis Centre's (DRCC) annual report for 2015 gives me, as Chairperson of the Board, an opportunity to reflect on our accomplishments during the year.

It is heartening to see the Centre has maintained its strong record of providing essential services to the victims of rape and sexual violence. It is also important to record, as we do in this report, our work to prevent the harm of rape in the first place, and to bring our voice and our experience to the table when policy makers and politicians are making decisions about rape and sexual abuse in the justice and health systems.

We deal with those in crisis. While many who contact us are shocked and traumatised by a recent incident, crisis can happen at any time, often long after the harmful event. As our 2015 report shows, almost half of those who attended for therapy had experienced sexual abuse as children. Our National 24-hour Helpline has a similar contact profile. Adult victims of childhood sexual abuse can carry years of suffering, often never recognised until they contact us.

It is important we not only work with victims, but work to eliminate the harm of childhood sexual abuse in our society. In 2015, the DRCC welcomed the introduction of the Criminal Law (Sexual Offences) Bill and the broad outline of a Victims of Crime Bill. The Sexual Offences Bill contains important provisions to criminalise harm currently perpetrated against children, particularly through information technology. Unfortunately, neither of these important pieces of legislation was passed by the end of 2015. The Centre will continue to work to highlight the urgent necessity for the new legislation. We will also continue to highlight the importance of the need for consent within sexual activity, of which the online #AskConsent campaign was a large part of our work in 2015.

The staff and volunteers of the DRCC continued to do magnificent, expert work under pressure throughout the year, and I want to thank them most sincerely for that. 2015 was the year where our long standing Chief Executive, Ellen O'Malley-Dunlop, announced her intention to resign in 2016. On behalf of the Board and all those who support and are associated with the DRCC, I want to thank Ellen most sincerely for her magnificent leadership of the Centre. She has been an untiring and effective champion of the victims of rape and sexual abuse throughout her decade as Chief Executive. She capably and calmly led the organisation in spite of the challenges of the recession and the many complexities we dealt with over the last decade, while advancing the understanding of the right to justice of the victims of rape and sexual abuse. On behalf of the Board, I would like to welcome Noeline Blackwell as CEO in 2016, and am confident that her knowledge and expertise will continue to deliver on the aims of the DRCC.

Financially, 2015 was not an easy year. After seven years of incremental cuts to the funding for services, we were glad that 2015 brought no further cuts in statutory funding. We are grateful for the substantial funding we receive from Tús, the Child and Family Agency, as well as contributions from the Department of Justice and Equality, but we have to continue to point out that resources are inadequate to provide the necessary services for victims, with unfortunate consequences such as waiting lists for therapy. I also sincerely thank all those who support us as individuals, corporations or trusts. We simply could not manage to continue the work without that funding, which, in turn, would impact on our capacity to advance our mission of preventing the harm and healing the trauma of rape and sexual assault.

Finally, I would like to thank my committed fellow Board members who have provided such expert and strong support to me and to the work of the Centre.

Ann Marie Gill

CHAIRPERSON OF THE BOARD

MEMBERS OF THE BOARD OF DIRECTORS, IN 2015:

Ann Marie Gill (Chairperson), Caroline Crowley, Keith Herman, Helen Jones, Neasa Kane-Fine, Aibhlín McCrann, Cillian De Gascun (to Feb. 2015), David O'Brien (to Sept. 2015), Grace O'Malley, Simon Pratt

Chief Executive's Report



Noeline Blackwell
CEO

BECAUSE OF THE INEVITABLE time lag between the year end and the publication of an annual report, I write this as CEO of the Dublin Rape Crisis Centre (DRCC), although I was not at the helm in 2015, replacing, in March 2016, the highly capable and effective CEO, Ellen O'Malley-Dunlop, who announced her retirement in the year prior. I wish to start by paying tribute to Ellen, whose work I had already admired; an admiration which has grown enormously since I began to work at the Centre. Like everyone here, I wish her very well as she moves forward in her life and career.

I would like to thank Chairperson Ann Marie Gill and the Board of the DRCC for the opportunity to take over from Ellen, and to continue the marvellous work she and her great team have accomplished in 2015.

This work focuses mainly on contact with the victims of rape and sexual abuse and their supporters. We run the National 24-hour Helpline which, as the report says, provides a confidential listening service, counselling, support and information, accessed by approximately 1,000 people a month in 2015. These include victims; but it is also used by teachers, parents, partners, social workers and friends seeking information and help for those they love or support.

No matter how many people we meet, this one organisation can never reach everyone who needs help, which is why we focus on education and training. Our team trained 1,300 frontline service providers in 2015 alone. We also invest our time in networks and collaborations, knowing that by doing so we can cast a longer shadow than when we work alone. As a consequence, 2015 saw valuable partnerships with other rape crisis centres, with organisations working against violence against women and for victims; with organisations working to protect the rights of children and other vulnerable groups. Equally, there was constructive dialogue with policy makers, politicians and those who implement the laws and systems that exist to vindicate the rights of victims of heinous crimes of rape and sexual violence.

These partnerships will hopefully continue under my stewardship as much remains to be done. Legislation begun in 2015 on sexual offences and to protect the victims of crime needs to be enacted. Better legislative protection for victims of domestic violence, often subject to sexual violence, must be advanced. In addition, we will continue to contribute to the essential debate in our society about what constitutes consent because sexual activity without consent is sexual assault, up to and including rape. Through volunteers, the Centre provides support for victims who are dealing with the justice system through court or Garda station accompaniment. We must work to ensure the justice system itself does not traumatise victims.

New callers made up half of the calls to the National 24-hour Helpline. Two thirds of clients seen by therapists in 2015 were new clients. Despite all the Centre's efforts, we cannot meet the current demands being made on us. Cuts over seven years – thankfully stopped in 2015 – have resulted in reduced capacity.

As a result, while those in immediate crisis are seen quickly, there is an entirely unacceptable list of people waiting for therapy in relation to more historic rape or sexual abuse. Part of the problem is other services that might help are themselves overstretched. We will continue to focus on solving this issue, noting that the recently formed Túsla, which is now our main service delivery funder, is itself aiming to provide services in a modern, coherent, appropriate way, based on people's need.

A third of the Centre's budget comes from the donations of supporters outside of the statutory sector. I am struck by the energy and passion of these donors and by their recognition of the value of the work being done by the Centre. This funding is essential. Sadly, cuts over the past seven years have not only resulted in reduced staffing, but also meant no money at all to invest in the infrastructure needed. Therefore, our focus on providing a stable and sustainable funding base must continue.

While money is important, people are more important. The DRCC is privileged to have a deeply committed and expert staff, supplemented by a highly trained band of volunteers who staff the National 24-Hour Helpline out of normal office hours, as well as providing other support. It is a pleasure and privilege to work with them as well as with the Board and the rest of our supporters in achieving our mission of preventing and healing the trauma of rape and sexual abuse.

Noeline Blackwell

CHIEF EXECUTIVE OFFICER

Key Figures JAN-DEC 2015

12,615

**CONTACTS WITH DRCC
SERVICES IN 2015**

These contacts, whether by phone, email, text or through social media were supported by our **33 staff** and **107 volunteers**.

**HELPLINE
11,789
CONTACTS**

**ACCOMPANI-
MENTS
327**

**APPOINTMENTS
DELIVERED
3,536**

**CLIENTS
499**

**VISITS TO
WEBSITE
83,478**

**MEDIA
CONTACTS
253**

**ATTENDED
TRAINING
1,300**

Clinical Services Overview

The Dublin Rape Crisis Centre's (DRCC) Clinical Services department comprises three teams – counselling, telephone counselling, and therapy and volunteer services, reporting to the head of the department.

The telephone team, comprising a full-time and five part-time telephone counsellors, operates the National 24-hour Helpline from 8am to 7pm and also manages waiting lists, organisation of appointments, and carries out a wide variety of administrative tasks, including data collection and inputting to the Centre's annual report.

The therapy team provides a crisis counselling service for recent victims of sexual violence (within the past six months), and also individual therapy for victims of past rape and childhood sexual abuse. Ten part-time therapists provide a Monday to Saturday service at the DRCC in Leeson Street, and at three outreach services in Coolock, Tallaght and the Dóchas women's prison.

The volunteer services team, comprising a full-time manager and two part-time volunteer co-ordinators, manages the recruitment, training, assessment and supervision of a cohort of 70 volunteers. They organise and oversee the provision of support at the Sexual Assault Treatment Unit (SATU), court and Garda station accompaniment, and outreach talks by trained volunteers. They also operate a 24 hour back up service to volunteers, providing real time support and guidance to them while they in turn support callers.

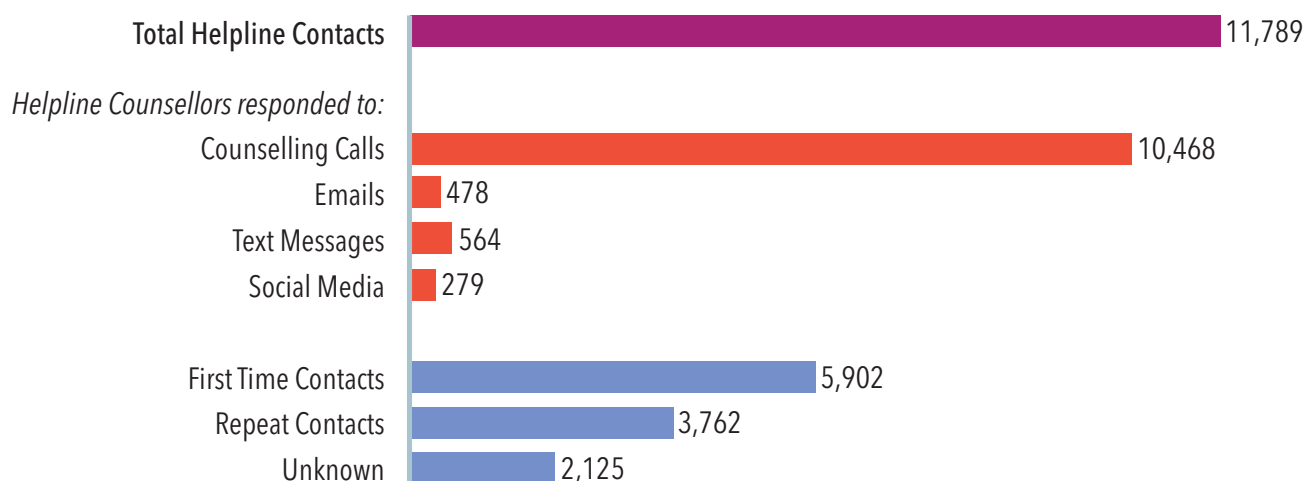
In 2015, as described in the teams' reports, a suite of comprehensive and interlinked services was provided to victims of sexual violence and childhood sexual abuse. The following aims to provide an overview and comparative analysis of the key statistics and trends.

A total of 11,789 counselling contacts were responded to by Helpline staff, comprising 10,468 Helpline calls and 1,321 contacts via emails, text and social media. 5,902 were first-time callers, an increase of 16.25% compared with 5,077 first time callers in 2014, and a huge increase of 50.25% compared with 3,928 first-time calls in 2013.

Combining calls relating to rape, sexual assault and sexual harassment, 3,736 or 51.50% related to sexual violence in adulthood in 2015. Compared with 4,163 such calls in 2014, there was an overall decrease of 10.26% in calls relating to adult sexual violence in 2015. There was also a decrease of 16.30% in calls relating specifically to adult rape in 2015, a total of 2,876, compared with the 2014 figure of 3,436.

3,519 or 48.50% of calls in 2015 related to childhood sexual abuse (CSA) and ritual abuse. Compared with 3,245 calls in 2014, this represents an increase of 8.44% in 2015, and an increase of

CONTACTS WITH NATIONAL 24-HOUR HELPLINE



Clinical Services Overview

10.48% compared with 2013 figures of 3,150. Overall, the Helpline calls in 2015 showed the following trend: A ratio of calls of almost 50:50 between issues relating to adult sexual violence and CSA, with a decrease in calls relating to adult sexual violence balanced by a substantial increase in calls relating to CSA.

16% increase in the number of first-time calls

The 16% increase in the number of first-time calls to the Helpline in 2015 translated into an increased demand for new face to face appointments for men and women who had experienced sexual violence and childhood sexual abuse. New clients comprised almost two thirds (64%) of all clients seen for therapy in 2015, i.e. 318 of the total of 499 clients. This is an increase, compared with 293 out of a total of 493 total clients in 2014, (59%) and 286 new clients in 2013 (55.47%). Overall, there was an increase of 11.19% in the number of new clients in 2015 compared with 2013. Clients represented 33 different nationalities, including 11 European countries, 10 African countries, USA, South America, Cuba, Middle East, China, Australia, Hong Kong, and Malaysia, with therapists working with interpreters, and sign language interpreters when necessary.

An overall increase of 5.81% in the 3,536 appointments delivered, compared with 3,341 in

2014, reflected, not only the increased demand, but also the huge commitment of the ten part-time therapists to meet client needs. 39%, or 1,377, of appointments delivered were crisis appointments for victims of recent rape or sexual assault. 61%, or 2,159, were assessment appointments for victims of past rape or sexual assault, and victims of CSA. This represents a ratio of 2:3 between appointments delivered to victims of recent rape/sexual assault and victims of past sexual violence and CSA.

51% of all incidents disclosed in therapy related to rape, sexual assault or sexual harassment in adulthood, while 49% of incidents related to issues of CSA. This represented a decrease in the number of incidents of adult sexual violence compared with 2014, and an increase in the number of incidents of CSA compared with 2014.

What is clear from this analysis is, while a huge demand for all the services of the DRCC existed in 2015, we experienced a resurgence of CSA as an issue both on the Helpline and in therapy. It is vital that sufficient resources are made available to meet the needs of so many adults who are seeking help now in relation to the complex trauma of sexual abuse they experienced in childhood.

... a huge demand for all the services of the DRCC existed in 2015

CLIENT APPOINTMENTS SUMMARY

4,555
INDIVIDUAL
APPOINTMENTS
made available by
THERAPY TEAM
in 2015

- A total of 4,555 individual appointments were made available by the Therapy Team in 2015.
- Of these, 3,536 individual client sessions were delivered in 2015. Allowing for cancellations and 'no-shows' deducted, this represents a take-up rate of 77.63%.
- Of the 3,536 completed sessions, 38.94% (N=1,377) were crisis appointments for men and women who had experienced a recent rape or sexual assault.
- 61.06% (N=2,159) were assessment appointments for past rape, sexual assault and past child sexual abuse.



Some Clinical Staff 2015.

COUNSELLING AND PSYCHOTHERAPY SERVICE PROVISION

Breakdown by type of abuse

ADULT SEXUAL VIOLENCE

Type of abuse experienced by our clients as adults:

Rape	34.89%
Sexual Assault	10.71%
Marital Rape	2.94%
Sexual Harassment	1.21%
Aggravated Sexual Assault	0.86%
Suspected Drug Rape	0.34%
TOTAL	50.95%

CHILD SEXUAL ABUSE

Type of abuse experienced by our clients as children:

Rape	48.37%
Sexual Assault	0.34%
Ritual Abuse	0.34%
TOTAL	49.05%

- 6.41% of clients disclosed that they experienced both adult rape and past child sexual abuse.

Angela McCarthy
HEAD OF CLINICAL SERVICES

Telephone Counselling

The Telephone Team operates the National 24-Hour Helpline from 8am to 7pm, Monday to Friday, providing a confidential listening service, counselling, support and information. This puts us on the frontline, dealing with very upset and traumatised people, often speaking for the first time about their experience. Although it can be challenging, the bravery of our callers sustain us.

We are aware of how difficult it can be to pick up the phone and ask for support. Our callers frequently express a fear of not being believed, or of feeling so overwhelmed that they do not know where to start. At times they describe being persuaded by their abuser that they somehow deserve this abuse, or that this is not really abuse at all but a normal relationship. They may have reservations related to their concept of consent, as to what may or may not be considered abuse, and fear the isolation or retribution that may be directed towards them as a result of reporting.

Some callers feel they have carried their emotional burden for so long, it seems impossible to put it down safely. Ultimately, people may choose to remain silent or hang up the phone, prolonging the secretive nature of this crime because of the perceived power of the abuser and their own feelings of intimidation, shame or fear. Against this background we are privileged to speak with people

*... homeless ...
vulnerability
made them targets
for increased
violence and rape*

who have gathered their strength and courage and broken the silence.

During 2015, two distressing trends became apparent. There was a marked increase in calls from people who had been rendered homeless and the resulting vulnerability made them targets for increased violence and rape. They described feelings

of being weighed down by the chaos and uncertainty they were faced with, oftentimes being unable to commit to counselling or any intervention because they were just trying to survive.

We also experienced many calls from people struggling to maintain their mental health against a background where their support services had been withdrawn. Often these callers are experiencing psychiatric symptoms and feel rejected by the system, resulting in anger, frustration, isolation and suicidal ideation. As a telephone counsellor, these calls have a profound impact while we attempt to support a caller whose needs are multi-layered, against a background where all resources are depleted.

*... many calls
from people
struggling to
maintain their
mental health*

In responding to calls, we strive to provide a confidential and compassionate space where it feels safe to express emotions and explore how the abuse may have impacted on the caller's life. Our service is client centred, focused on helping them make their own decisions according to what they perceive to be the best path to their recovery. There is no judgement and the caller always retains the power to direct the call at a pace that is comfortable for them. By holding this space we hope to empower our callers to move past the hurt that has been inflicted upon them.

*Thank you, you have
made a very difficult
call easy.*

CALLER DECEMBER 2015

National 24-Hour Helpline

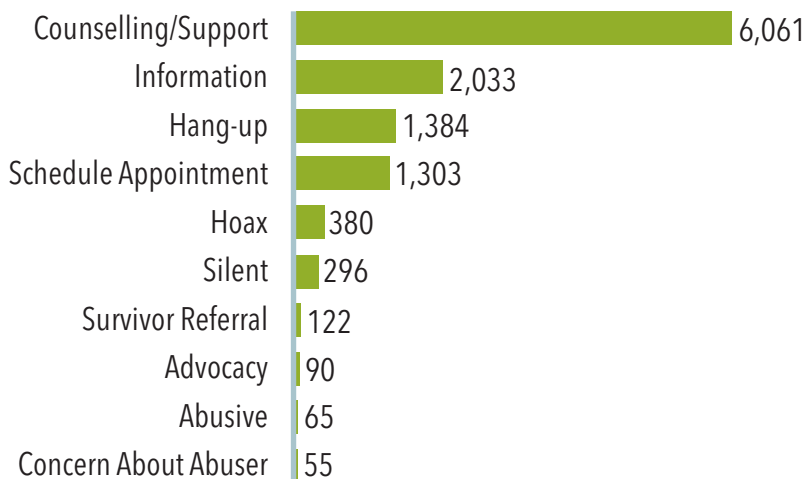
1800 77 88 88

DRCC Text Service for the Deaf

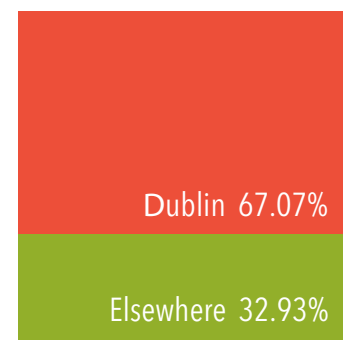
086 823 8443

8am - 7pm Monday to Friday

BREAKDOWN OF HELPLINE CONTACTS (BY TYPE)



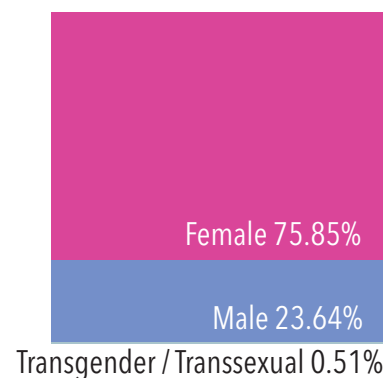
BREAKDOWN BY GEOGRAPHIC LOCATION (WHERE KNOWN)



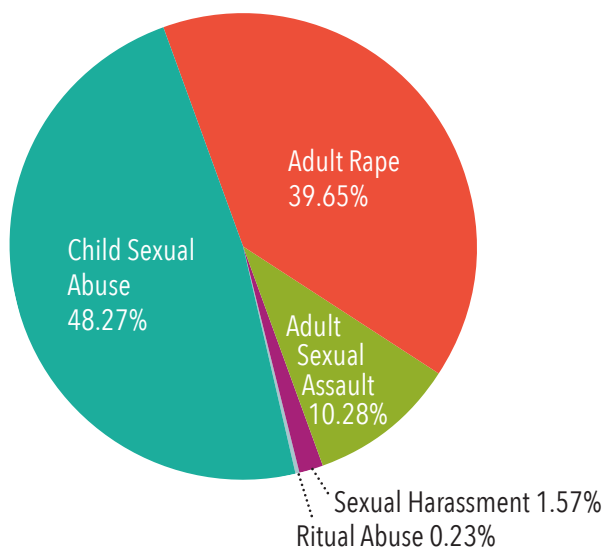
BREAKDOWN BY NATIONALITY (WHERE KNOWN)

ORIGIN	% OF CALLS
Irish	94.86%
European Union	2.05%
United Kingdom	1.44%
USA & Canada	0.55%
Africa	0.53%
Asia	0.42%
South America	0.10%
Australia & New Zealand	0.05%

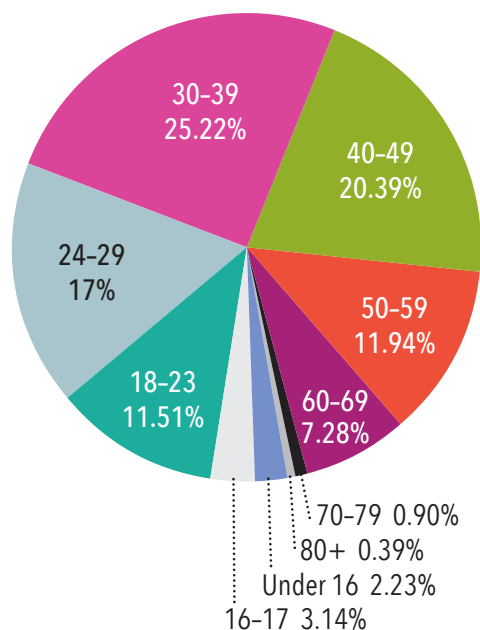
GENDER OF CALLER (WHERE KNOWN)



BREAKDOWN BY TYPE OF ABUSE (WHERE KNOWN)



BREAKDOWN BY AGE (WHERE KNOWN)



Michelle Grehan
TEAM LEADER

Volunteer Services

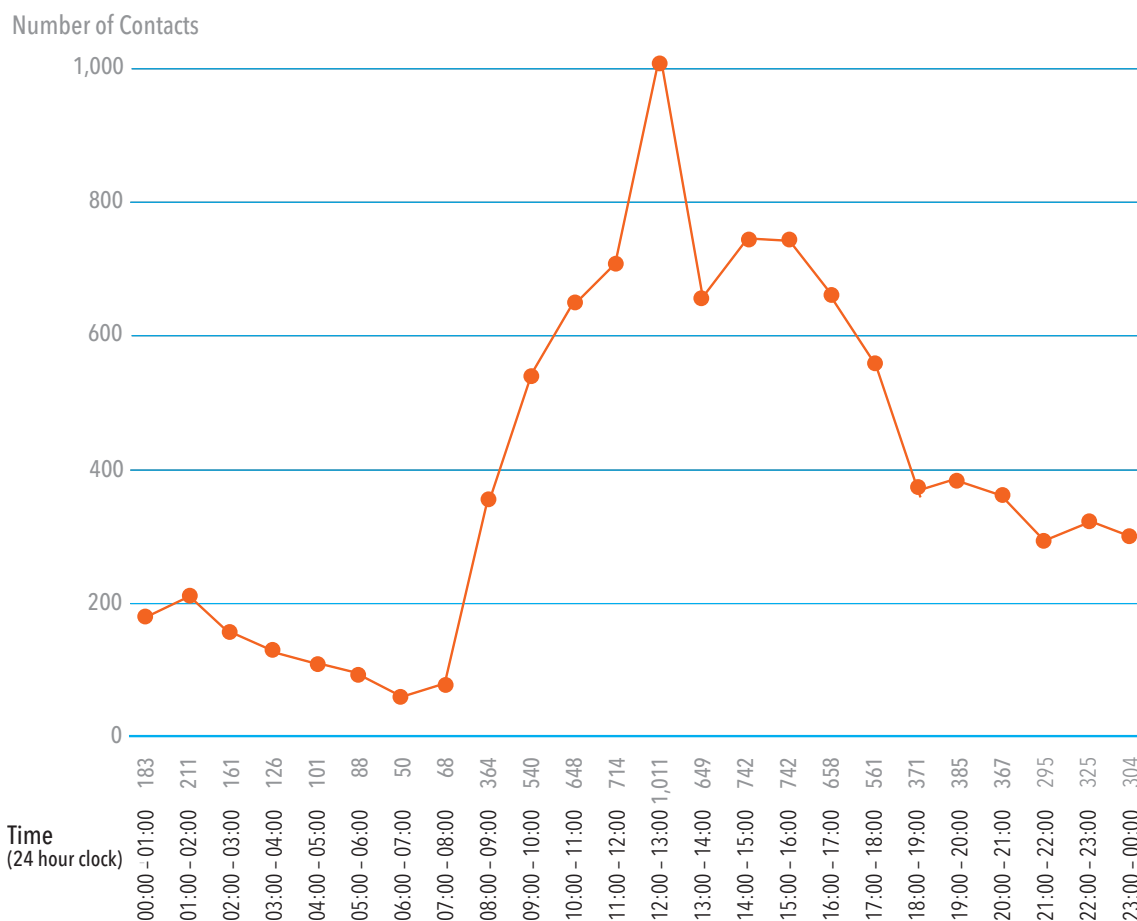
The Volunteer Services department co-ordinates and manages recruitment, training, assessment and supervision of all volunteers. At any one time, there are approximately 107 volunteers involved in the work of the Dublin Rape Crisis Centre (DRCC), with 60 new recruits trained in 2015. All volunteers commit to supporting victims of rape and sexual abuse in a variety of ways, including giving their time to the work, to the intensive training they receive, ongoing supervision, and regular debriefing when they work with victims.

THE NATIONAL 24-HOUR HELPLINE 1800 77 88 88 (OUT OF HOURS SERVICE)

Helpline volunteers staff the National 24-Hour Helpline outside office hours and at weekends and bank holidays, ready to listen, support and offer information to callers. Like the staff providing this service during the working day, our trained volunteers receive calls from a wide range of people throughout the country.

In 2015, volunteers handled 5,346 of all Helpline calls and, while each call is treated confidentially, they identified a number of themes which they fed back in debriefing and supervision sessions. Noticeable was an increase in the level of hopelessness among callers, often due to difficult financial situations with homelessness and the fear of becoming homeless. Many callers felt they had fewer options to improve their situation, or were unable to access the psychological support they needed. Others expressed anxiety about the lack of mental health services and being on long waiting lists.

HELPLINE CONTACTS MADE TO THE DRCC BY HOUR OF CONTACT





Some of DRCC's Volunteers graduating after 2 years of service, December 2015.

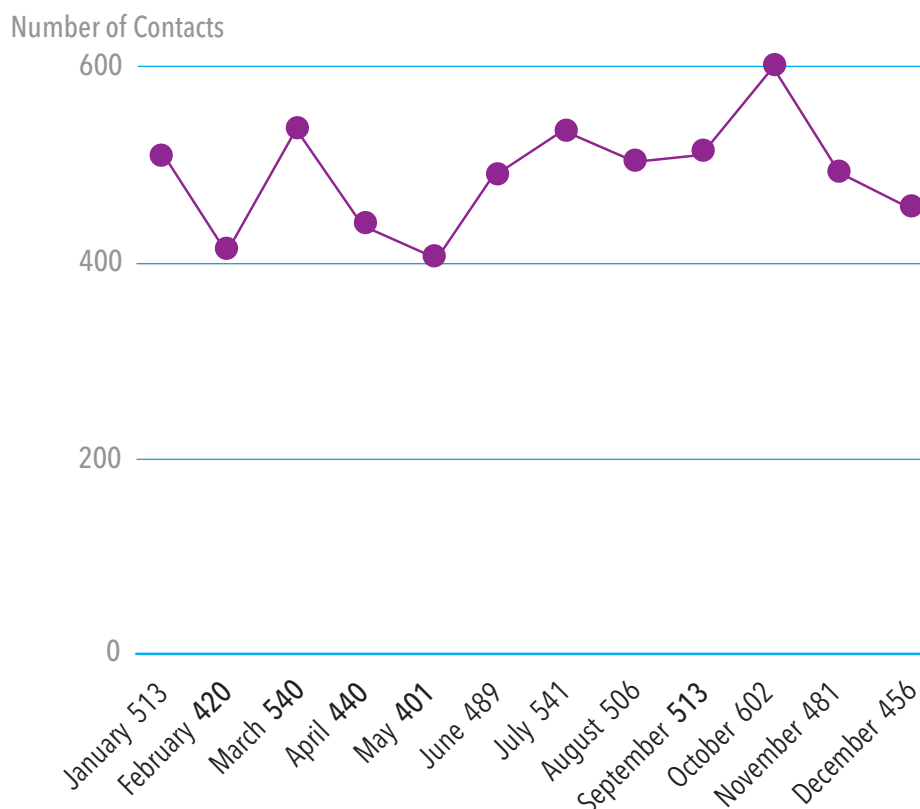
As a volunteer with the DRCC, I had to complete what I can only describe as an amazing training programme, which covered every angle of what I was about to undertake. The DRCC also provides a phone back-up service to volunteers available 24/7, which is invaluable. The DRCC Helpline is a wonderful resource and clients regularly acknowledge this fact.

Mary Caffrey
HELPLINE VOLUNTEER



DRCC Volunteers 2015.

FIRST TIME CONTACTS MADE TO THE DRCC BY MONTH OF CONTACT



Volunteer Services

I cannot express how rewarding it is to be a volunteer for DRCC, to be there for a service user when they need us. The training really was comprehensive. I've met wonderful fellow volunteers and feel I am part of a team. For a very fulfilling volunteering opportunity, I cannot recommend the DRCC strongly enough.

Celine Gavin
HELPLINE AND SATU VOLUNTEER

SEXUAL ASSAULT TREATMENT UNIT SUPPORT

Our volunteers offer support to any victim of sexual violence attending the Sexual Assault Treatment Unit (SATU) in the Rotunda Hospital, Dublin, a service which is available 24 hours a day, 365 days a year.

In 2015, volunteers were contacted on 284 occasions to provide accompaniment of victims at the SATU. After this initial contact, victims will often go on to make contact with the National 24-Hour Helpline for further support, and may then access crisis counselling.

OUTREACH SPEAKERS

During 2015, outreach volunteers gave 46 talks, mainly to schools. Secondary school teachers report that it can be difficult to discuss the meaning of consent with students, and find these talks help to bring clarity and awareness to it. Volunteers often comment on the high volume of questions that boys in particular ask around this issue.

COURT AND OTHER ACCOMPANIMENT

Centre volunteers are also available to accompany anyone who has been a victim of a sexual violence crime and is attending court in relation to this. Where possible, the volunteer will stay with their client for the duration of the trial, and also help to orientate and familiarise victims with the court building and process in advance of the trial date.

Volunteers also accompany victims who are making a statement to the Gardaí.

IN 2015, THERE WERE:

- 61 days spent in court accompanying survivors.
- 8 Garda station accompaniments.
- 12 additional survivors who were supported through their court case by phone, text and email.

GRADUATION

In May and December 2015, we held graduation ceremonies for volunteers who had completed their two year commitment to working on the Helpline, many of whom later continue to work with the Centre in other capacities. Their achievement was marked by a presentation by the DRCC's CEO and with a celebration party organised by the Volunteer Services staff for the graduates and all current volunteers.

OVERSEAS ACTIVITY

Following Volunteer Services Manager, Mairead Mallon's mentoring of Sara McIntosh in setting up the new rape crisis centre on the island of Jersey, and her attendance at its official opening in January 2015, Mairead returned to Jersey to train 14 volunteers for Jersey Action Against Rape, a service for survivors of rape and sexual abuse.

Mairead Mallon

MANAGER VOLUNTEER SERVICES

Client Therapy

Every day in the Dublin Rape Crisis Centre (DRCC), we, as therapists, meet and begin with new clients, we see our ongoing clients who have managed to stay and engage with the therapy, and we say farewell to those who have reached their goals and can function more healthily in the world, engaging in society, in careers, in families and relationships.

We know the impact of child abuse/rape affects both the person and the wider society of which they are part. The work for us is demanding, rewarding, challenging and, at times, frustrating, while utilising all our skills and experience, as no two clients are the same and there is no 'one size fits all' template for their therapeutic work. Every person is unique and deserves the time, space and best method of healing for their past hurts. As therapists here in the DRCC, we provide the environment and expertise to guide, follow, encourage and lead, to challenge and comfort, to meet both the adult in the room with us and also the child living somewhere inside them. There are many resulting affects in both body and mind from early trauma, with clients suffering from mental health issues as well as physical health issues because systems which make up the human being are carrying damage inflicted in childhood.

We know healing from the wounds of childhood trauma is possible, and just as we can heal from the more obvious physical injuries in our lives, we can heal from the inner wounds of childhood abuse.

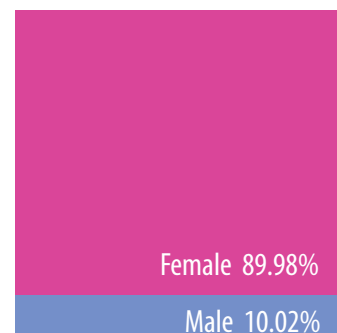
499
CLIENTS SEEN
BY THERAPISTS
AT DRCC
(including crisis and
long term)
in 2015

Both need the right environment and appropriate professional attention and, as therapists, we are privileged to witness this with our many clients, seeing them grow to lead fuller and more fulfilling lives.

The belief and hope, based on reality for change and health, is a wonderful part of the DRCC's work.

In 2015, we noticed an increase in extremely vulnerable clients coming to us from other services where they may have spent years struggling to be listened to, believed and understood. These clients are referred to the DRCC from psychiatric services, addiction services, homeless services, suicide prevention services and other agencies. The work with these clients can be slow and requires great care and patience. We see clients here in the DRCC, in our outreach centres in Tallaght and Coolock, and in the Dóchas Centre at Mountjoy Women's Prison. This work is hard but rewarding, and we strive every day to give the best possible service to those in our society who have been so badly let down as children and as adults.

GENDER OF CLIENTS USING THE COUNSELLING SERVICE

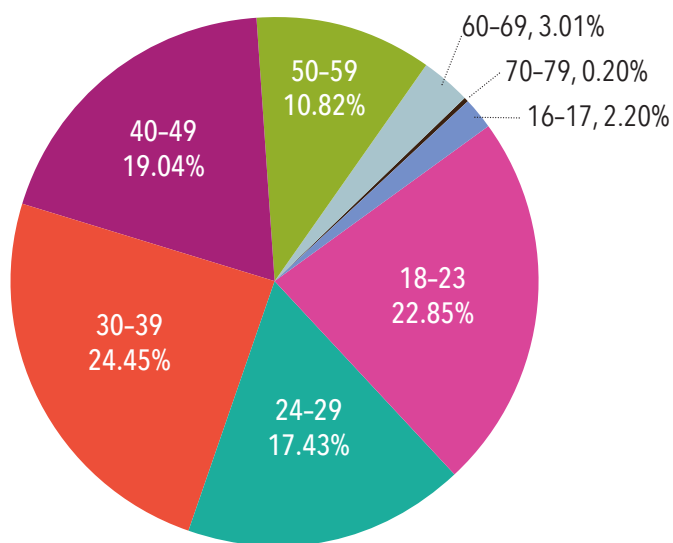


In the words of one client:

The therapist's role in my recovery is the one constant that I cling to. They provided me with a platform to speak about the litany of depravity showered on me by my abuser. At the DRCC there is no judgement, just kindness, support and guidance. With the passing of time I learned survival skills and methods to cope with the demons that visit at four in the morning when blessed sleep is lost and I feel raw emotion. It taught me how to live day to day and not to blame myself. I have bridged that gap of fear with an extraordinary pathway of truth. I found healing for my battered mind and soul. It's been a big journey through the mists of time for that little girl to the woman I am today. The staff of the DRCC are saviours.

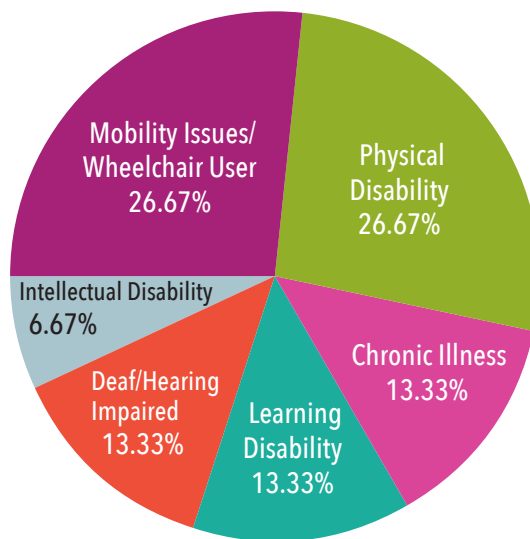
Client Therapy

AGE OF CLIENT USING THE SERVICE



CLIENTS WITH A DISABILITY

Of the clients attending our service in 2015, 3% had a disability.



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

The 318 clients who commenced therapy in 2015 disclosed 364 abuse incidents. 111 of them reported experiencing other forms of violence in addition to the main abuse. Collectively these 111 clients reported 166 incidents (45.60%) which included other forms of violence.

INCIDENTS WITH ADDITIONAL VIOLENCE

- Adult Rape/Sexual Assault: 24.45%
- Child Sexual Abuse: 21.15%

PREGNANCY

Female clients disclosed 5 pregnancies

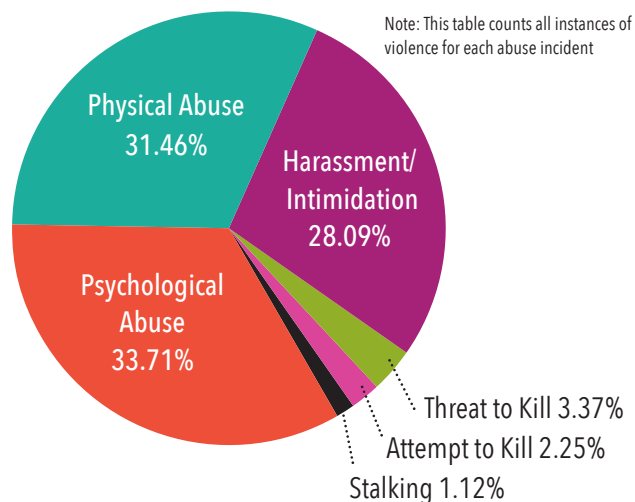
OUTCOME OF PREGNANCIES

- Became Pregnant, Miscarried: 3
- Became Pregnant, Parenting: 2

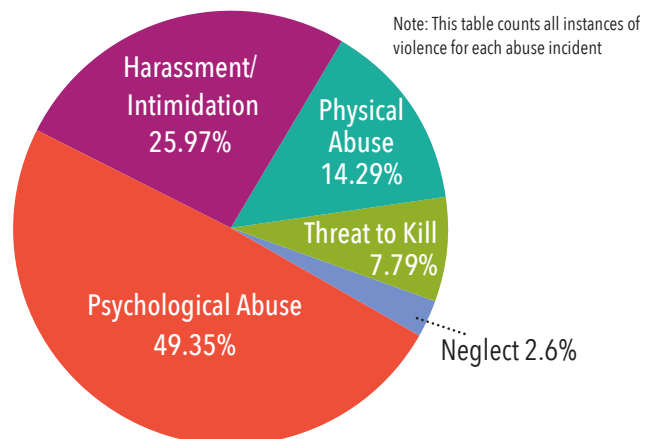
It is worth noting that many clients were not at risk of pregnancy for various reasons, including use of contraceptives, age or gender.

VIOLENT INCIDENTS REPORTED BY CLIENTS

1. Adult Rape / Sexual Abuse

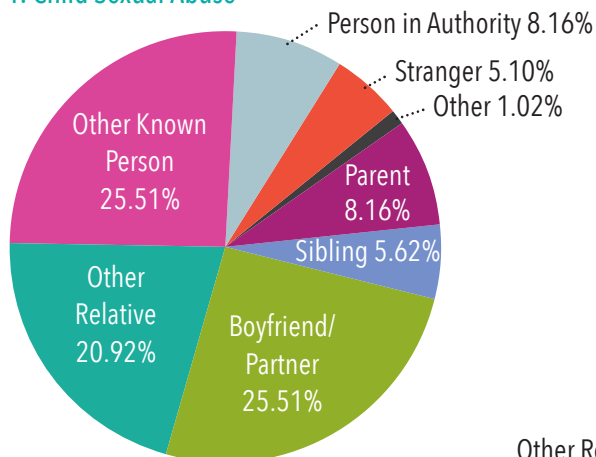


2. Child Sexual Abuse

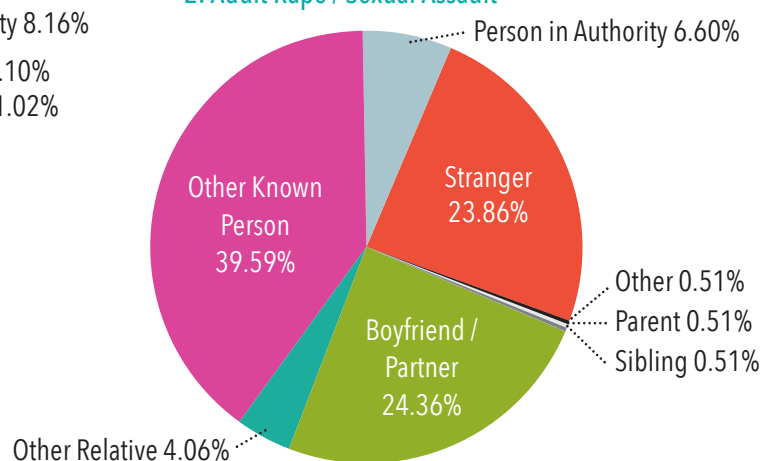


RELATIONSHIP BETWEEN THE VICTIM AND THE OFFENDER

1. Child Sexual Abuse



2. Adult Rape / Sexual Assault



REPORTING TO GARDAÍ

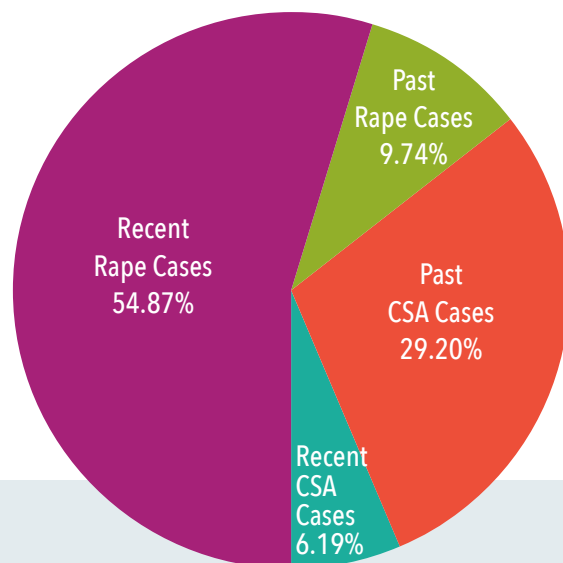
Statistics provided in this section relate to 318 clients who commenced therapy in the DRCC in 2015, where the reporting status was known. It is worth noting that reporting and convictions in this context refer to clients seen by our service in the year 2015, although the reports and convictions may have occurred in the previous years.

Of the 318 cases where the reporting status was known, 113 cases were reported to the Gardaí, a reporting rate of 35.53%. Of these 113 cases, 1 case was tried, resulting in 1 conviction / guilty plea.

Recent or past rape accounted for 64.61% of the 113 cases reported to the Gardaí, while childhood sexual abuse cases accounted for 35.39% of reports.

In 2015 we have observed that clients who experienced childhood sexual abuse were just as likely to report to the Gardaí, as clients who had experienced adult rape/sexual assault.

CASES REPORTED TO GARDAÍ



OUTCOME INFORMATION WAS KNOWN FOR 25 (22.12%) OF THE 113 CASES REPORTED

- Pending charge: 24
- Went to trial: 1

REPORTING OF ADULT RAPE/SEXUAL ASSAULT COMPARED WITH REPORTING OF CSA

- Percentage of All* cases reported to Gardaí: 35.53%
- Percentage of Total* CSA Cases Reported: 33.61%
- Percentage of Total* Rape/Sexual Assaults Reported: 36.68%

* Refers to the 318 cases where reporting status was known, 119 of which related to childhood sexual abuse and 199 to adult rape and sexual assault.

Client Therapy

FACTORS AFFECTING RAPE REPORTING

Clients who sought help for recent rape or sexual assault were 6 times more likely to report to the Gardaí, than clients who had experienced past rape or sexual assault.

TIME INTERVAL

- Recent Rape/Sexual Assault Reported: 54.87%
- Past Rape/Sexual Assault Reported: 9.74%

VICTIM/OFFENDER RELATIONSHIP

Of the 113 cases that were reported to the Gardaí, 40 of them related to childhood sexual abuse. Of the 73 clients who reported rape or sexual assault (both recent and past) 32.87% had been raped or sexually assaulted by a stranger, while 67.13% had been raped or sexually assaulted by someone they knew. In past reports, we had noted that clients were more likely to report rape and sexual assault to the Gardaí if the assailant was a stranger rather than someone known to them. Similar to 2014, it is noticeable again this year that for victims of recent and past rape, there is a greater willingness to report persons known to them than was the case in previous years.

RECENT RAPE/SEXUAL ASSAULT

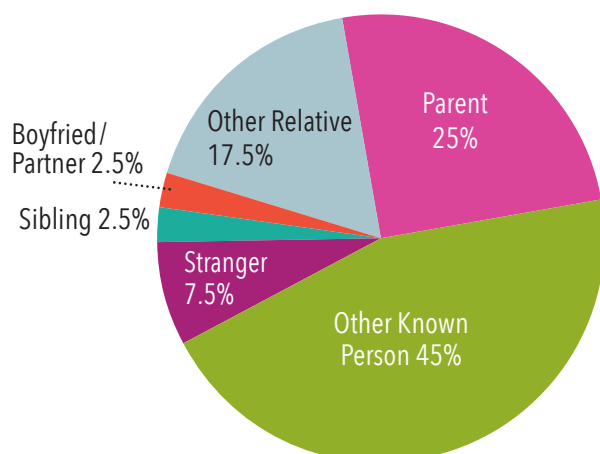
- 30.13% of cases were reported where the assailant was a stranger to the client
- 54.80% of cases were reported where the client knew the assailant

PAST RAPE/SEXUAL ASSAULT

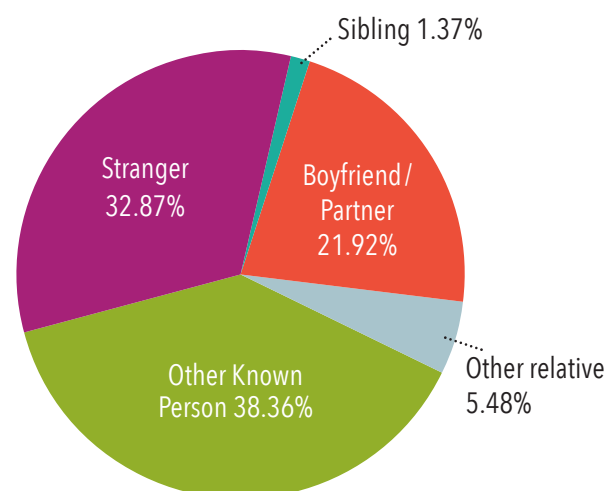
- 2.74% of cases were reported where the assailant was a stranger to the client.
- 12.33% of cases were reported where the client knew the assailant.

RELATIONSHIP BETWEEN THE VICTIM AND THE OFFENDER (IN CASES REPORTED TO THE GARDAÍ)

1. Child Sexual Abuse



2. Adult Rape / Sexual Assault



Anne Marie Homan /Ruth Haire
THERAPY TEAM LEADERS

Bernie's Story

JUST WHEN I NEEDED THEM MOST!

JUST WHEN I NEEDED THEM the most they were there for me and spent so much time supporting me. Now we all have scattered to the different ports of our lives to continue helping others in our own way.

When we are passing through very hard patches in our lives, we meet and are helped by some amazing people. These people are so warm-hearted and kind that they do their work without looking for praise or thanks. I met some of these awesome people in the Rotunda Hospital Sexual Assault Treatment Unit (SATU) in Dublin the day after I was raped. Also, the Gardaí in Arklow who took my statement and brought me to the clinic were very understanding, respectful and kind.



Being raped was hard but it was made even harder because my rapist was my husband. But by that stage our marriage, which had only lasted a few weeks, was over. You see, lack of education leads a person to think they are holding something of importance in their hands and they lash out in anger when their plan doesn't work in their time frame.

Rape is a horrific crime against a person; it invades not only your body but your very being. This brutal act can resurrect its ugly head at the least expected moments and places. Being raped was hard, being examined was like a second rape.

Counselling is very important after any traumatic experience. The Dublin Rape Crisis Centre has wonderful people to help us through the waves of emotional turmoil and feelings of self-worthlessness. I used this service until I was ready to start making rational decisions about my future.

When I attended the crisis centre, I met wonderful, understanding people who formed friendships with me for that stage of my life. Each visit brought me nearer recovery, and at the end of each session, as the days grew warmer, I'd walk in to Grafton Street. Spring turned to summer and new hope.

But when I thought I was recovered, something like a loud bang or an angry voice would pull me back down the tunnel, away from the bright lights to a bottomless pit of fear. Shame was my blanket because I blamed myself for not jamming my room door that night as I did every other night. I used to walk for miles and hours replaying the night and its various versions: the reality of a rape and then the, 'if only I'd done things differently' version.

Even still, there are things I can't abide: people standing in my space or coming up behind me very quietly. Clothes are not to blame for rape – that's for sure – because my pjs were not sexy or sassy but warm and practical, or, as we say, passion killers. Rapists are the blame for rape, not people and the clothes they wear.

Bernie Adufe D'Arcy

First published in the author's personal blog on 29th January 2016, and reprinted here with her kind permission.

Education and Training

In 2015, over 1,300 people attended training provided by the Dublin Rape Crisis Centre's (DRCC) Education and Training team. This ranged from inputs in college training programmes, through one day workshops, to in-depth intensive courses over 12 days for those working as counsellors and psychotherapists.

As people live with the impact of sexual violence and other trauma and recover from it, they interact with, rely upon, and draw support from a very wide variety of services. We provide training to staff to enhance their capacity to provide those services and supports sensitively and effectively to victims of sexual violence.

In addition, we provide training on request to organisations, designed to meet their specific needs, including for example training to organisations providing relationship counselling, residential services for people with intellectual disability, and suicide bereavement support. We continue to provide training for British consular staff stationed throughout Europe, and to Irish consular staff prior to posting abroad.

ASYLUM SEEKERS AND REFUGEES

Asylum seekers and refugees are a very vulnerable group, many of whom have experienced severe trauma, sometimes including sexual violence. Having been involved in the working group which drew up the Domestic Sexual and Gender Based Violence Policy for Direct Provision centres, run by the Reception and Integration Agency, we, in collaboration with Women's Aid, developed and delivered a two day training programme for staff taking on the role of Reporting Officer under this policy. This training was delivered five times to a total of 86 key staff from 34 Direct Provision centres.

With funding from the European Refugee Fund (ERF), administered through Pobal, we have provided in depth training for staff working in a wide variety of roles with refugees and asylum seekers who have experienced sexual violence and other trauma for a number of years. This funding continued into the first half of 2015, where our focus was on equipping staff in services for those experiencing homelessness, to work sensitively and effectively with clients from this group. We were honoured to be invited to represent Irish projects funded by the ERF at a European Commission conference in Brussels, *Investing in an Open and Secure Europe*.

BODYRIGHT PREVENTION PROGRAMME WITH YOUNG PEOPLE

Prevention of sexual violence is a crucial concern for the DRCC. A key part of our strategy is our work in raising awareness among young people, which led to

the development in 2008 of the BodyRight programme, a sexual violence awareness and prevention programme for this group.

With the support of funding from Cosc in 2015, we continued to update and develop the programme and to train school staff, youth workers, Youthreach staff and others working with young people, to equip them to facilitate the BodyRight programme. Four training programmes were delivered during the year, and 50 additional staff working with young people are now in a position to use the BodyRight programme.

TRAINING FOR GARDA RECRUITS

As An Garda Síochána began recruiting again, we were very pleased in 2015 to resume our involvement with the Garda Training College, providing workshops to new recruits. It is vital that Gardaí have an understanding of the impact and sensitivities of sexual violence so they can respond appropriately. This adds to the possibility of victims being able to continue in the criminal justice process and achieve justice.

COLLABORATION WITH JUSTISIGNS AND EFSLI

June 2015 saw us collaborate with the Centre for Deaf Studies at Trinity College Dublin Justisigns project to deliver training for Irish Sign Language interpreters, including deaf interpreters. People who are deaf experience significant additional barriers in interacting with the justice system, and we were very pleased to be involved in this invaluable project. In September, we provided a weekend workshop in collaboration with the TCD Centre for



Leonie O'Dowd and Jane Baird, DRCC Education Department with Sign Language Interpreter Participants at the training *Interpreting Sensitive and Effectively for Victims of Sexual Violence and other Trauma in the Legal Process* for the Centre for Deaf Studies TCD JUSTISIGNS transnational project, June 2015.



Above: Sign Language Interpreters from all over Europe attended the DRCC three day workshop *Interpreting Sensitive and Effectively with Victims of Sexual Violence* for the European Forum of Sign Language Interpreters, November 2015.

Right: Jane Baird, DRCC Education Department, at the European Commission Conference *Investing in an Open and Secure Europe* where DRCC represented Irish Projects funded by the European Refugee Fund, September 2015.



Deaf Studies for the European Forum of Sign Language Interpreters, where a number of European sign languages and International Sign were in use.

TRAINING FOR STAFF OF THE IRISH PRISON SERVICE

The DRCC has an ongoing commitment to those in prison who have experienced childhood sexual abuse, and rape and sexual assault in their adult lives, and provides counselling on site in the Dóchas Centre, at Mountjoy Women's Prison. This year we began a project with the Irish Prison Service which has seen us develop a training programme for those working in a variety of roles with women prisoners. Begun in September 2015, it will see us providing a two day training over two years for all those working in women's prisons in Dublin and Limerick.

DIGNITY AT WORK

Since 1988, we have provided training on Dignity at Work: Preventing and Dealing with Bullying, Harassment and Sexual Harassment in the Workplace, and 2015 saw us continue this important work. These experiences can have a devastating effect on a person and can be life threatening, leading, as they sometimes do, to suicidal thinking and attempts. We provide a range of training programmes including a one day training for managers, human resources personnel and others in key roles, and a two day training for those taking on the role of Support Contact Person, which individual delegates can attend. We also provide these and other trainings for organisations, on request, tailored to individual needs.

Leonie O'Dowd
HEAD OF EDUCATION AND TRAINING

Policy & Communications

Much of the Dublin Rape Crisis Centre's (DRCC) policy and communications work in 2015 centred on efforts to improve the situation of victims of sexual violence who engage with the criminal justice system. This was done by direct submissions to government, policy makers and Oireachtas members, and through the Centre's participation in a number of networks and membership organisations.

In 2015, two important pieces of legislation were published, which, if enacted into law, have the potential to improve the situation of victims of crime within the criminal justice system. These were the Criminal Justice (Victims of Crime Bill) 2015 and the Criminal Law (Sexual Offences) Bill 2015. The DRCC took a keen interest in both pieces of draft legislation and made submissions to government and opposition parties, focussing on how these Bills could reduce the barriers faced by women and men who engage with the criminal justice system after experiencing sexual offence crimes, and how the Bills could better recognise the rights of victims to fully participate in the justice system.

The first of these Bills aims to bring the provisions of EU Directive 2012/29/EU, which establishes minimum standards on the rights, support and protection of victims of crime, into national law. When, and if, enacted, it will introduce statutory rights for victims of crime for the first time and clarifies that victims will have a right to receive information on the criminal justice system, on their role in it and on the range of services and entitlements they can expect to access from their first contact with An Garda Síochána, along with the right to be informed of any decision not to institute a prosecution and the right to request a review of that decision.

On foot of submissions made in August 2015, the DRCC was invited to appear before the Oireachtas Joint Committee on Justice, Defence and Equality in October 2015, providing the opportunity to highlight key issues which are of particular importance to our clients and callers. Where a victim of sexual violence is assessed as particularly vulnerable, they may be permitted special protection measures such as giving evidence in court from behind a screen or through an intermediary. One of our recommendations was to place a positive obligation on prosecutors to request these special measures pre-trial for all victims of sexual violence, as many of our victims have reported feeling further victimised by the criminal justice system.

We made the point that acknowledging victims' rights does not mean an erosion of the rights of the accused, and noted that for this Bill to be implemented effectively, and to have lasting transformative effect for all victims of crime, government must be committed to providing the resources necessary to implement these new laws.

Irish legislation to implement the directive at a national level should have been in place by 16th November 2015. To mark its absence on the due date, the DRCC, as an active member of the Victims Rights Alliance, participated in a seminar to highlight the need for the legislation to protect the rights of victims.

The second significant piece of draft legislation published was the Criminal Law (Sexual Offences) Bill 2015. The DRCC recognises the importance of this legislation which proposes wide ranging reforms, including new offences and stronger sanctions aimed at protecting children from sexual exploitation, child pornography and online grooming.

The DRCC was pleased to note that the draft legislation also contains a provision which will clarify when a victim's counselling or therapy notes may be used as evidence in a criminal trial, balancing the rights of a defendant to a fair trial with a victim's right to privacy, something for which we have advocated a long time.

Some other proposed court rule changes for children, around giving evidence and cross examination, are welcome, but should be extended to all victims of sexual crime where the court confrontation between the perpetrator and the victim of the crime can be deeply upsetting and traumatic.

As a member of the Turn Off the Red Light campaign, the DRCC actively engaged in raising awareness of the aims of the campaign, highlighting the devastation caused by trafficking and the exploitation of vulnerable women and men through prostitution.

The proposed age of consent remains at 17 years of age, and while we were disappointed not to see a definition of consent, the Bill does incorporate a



Photocall with our Turn Off The Red Light Campaign partners to highlight the Sexual Offences Bill, May 2015.

provision for recognising that younger teenagers may engage in consensual sexual activity and does not look to criminalise them. Consent is central to the crime of rape. Sexual intercourse without consent is sexual assault, and may be rape. Given the difficulties in proving the presence or absence of consent in sexual offence cases, our submission to the Department of Justice and Equality set out how

a positive definition would go some way towards clarifying the uncertainties in this area. But while we wait for that definition, the DRCC started its own conversation about consent through our #Ask Consent campaign, where we encouraged everyone to think about, and have that all important conversation on what consent in a sexual context actually means.

Shirley Scott
POLICY OFFICER

DRCC ONLINE

WEBSITE

We had
83,478
visits to the
website in 2015

SOCIAL MEDIA



Facebook:

Fanbase increased from 5,800 to 6,860 'likes' in 2015.

Twitter:

Followers of @DublinRCC increased from 2,730 to 3,850 in 2015.

Policy & Communications

#AskConsent CAMPAIGN

The topic of consent is brought up routinely by those who contact the DRCC, where there still seems to be a lot of confusion, especially among young people. Student surveys indicate that

... students have unwanted sexual contact, but don't know what to do when that happens ...

students have unwanted sexual contact, but don't know what to do when that happens, or how to avoid it. Traditionally, people have been reluctant to report unwanted sexual contact for a number of reasons.

Despite the reality that some rapes and sexual assaults are carried out by strangers, most are perpetrated by a partner, acquaintance, friend or date. In these cases it can be harder to prove there was no consent.

At the DRCC, we recognised it was necessary to raise the profile of the need for consent with a clear message; that consent is necessary before sexual activity takes place, and that sex without consent is rape. With the aim of spreading awareness, the campaign had to get people thinking, talking, and most importantly, asking.

In September 2015 the DRCC teamed up with the Union of Students Ireland (USI) and the White Ribbon Campaign, to launch the #AskConsent national awareness raising campaign with the Minister for Justice and Equality, Frances Fitzgerald TD. It started as a three week long national public awareness raising effort funded by Cosc, The National Office for the Prevention of Domestic,



Above: Launch of the Ask Consent Campaign with Tom Meagher, White Ribbon Campaign Ireland, Ellen O'Malley Dunlop, DRCC CEO, and Minister for Justice & Equality Frances Fitzgerald TD, September 2015.



Right, both photos: #AskConsent Campaign Launch with the Student Union of Ireland (USI), September 2015.



Sexual and Gender-based Violence. This was an educational campaign, and we wanted to get people talking and asking the very important question, 'Have you asked him/ her if they wanted to have sex?' The eye catching campaign artwork and body language quiz has led to a lot of interesting online and off line discussions on what sexual consent means. Analytics show the body language quiz performed very strongly with 9,290 direct engagements via Twitter. Also, the fact we could direct students to our consent page* on the DRCC website, meant they could access further information and support services when needed.

Hits to the website in the first month of the campaign showed a 25% increase on the same month in the previous year, with the main group of users aged 18 to 24. Engagement with the Union of

Students Ireland (USI) led to our #AskConsent hash tag trending on Twitter, and the campaign being used as part of USI's Sexual Health Awareness & Guidance weeks (SHAG). The DRCC visited several college campuses and spoke with many students directly about consent. As a result of the campaign, students' unions in Dublin will be working with the DRCC's education team to ensure their student welfare officers and college advisers have access to specialised training as part of the consent campaign.

Many students' unions plan to roll-out consent workshops for first year students. In addition, students who participated in the campaign highlighted the need for more discussion on the topic of consent, particularly as part of the Social, Personal & Health Education (SPHE) module at second level education.

* Link in to the #AskConsent Campaign at <http://www.drcc.ie/media1/consent-page/>



Jennifer Gavin
SOCIAL MEDIA COORDINATOR

Funding

The Dublin Rape Crisis Centre's (DRCC) financial year runs from 1 January to 31 December, with its accounts audited annually by Dermot J Keogh & Company. A summary of the finances of the organisation in 2015 is shown on page 26 of this report.

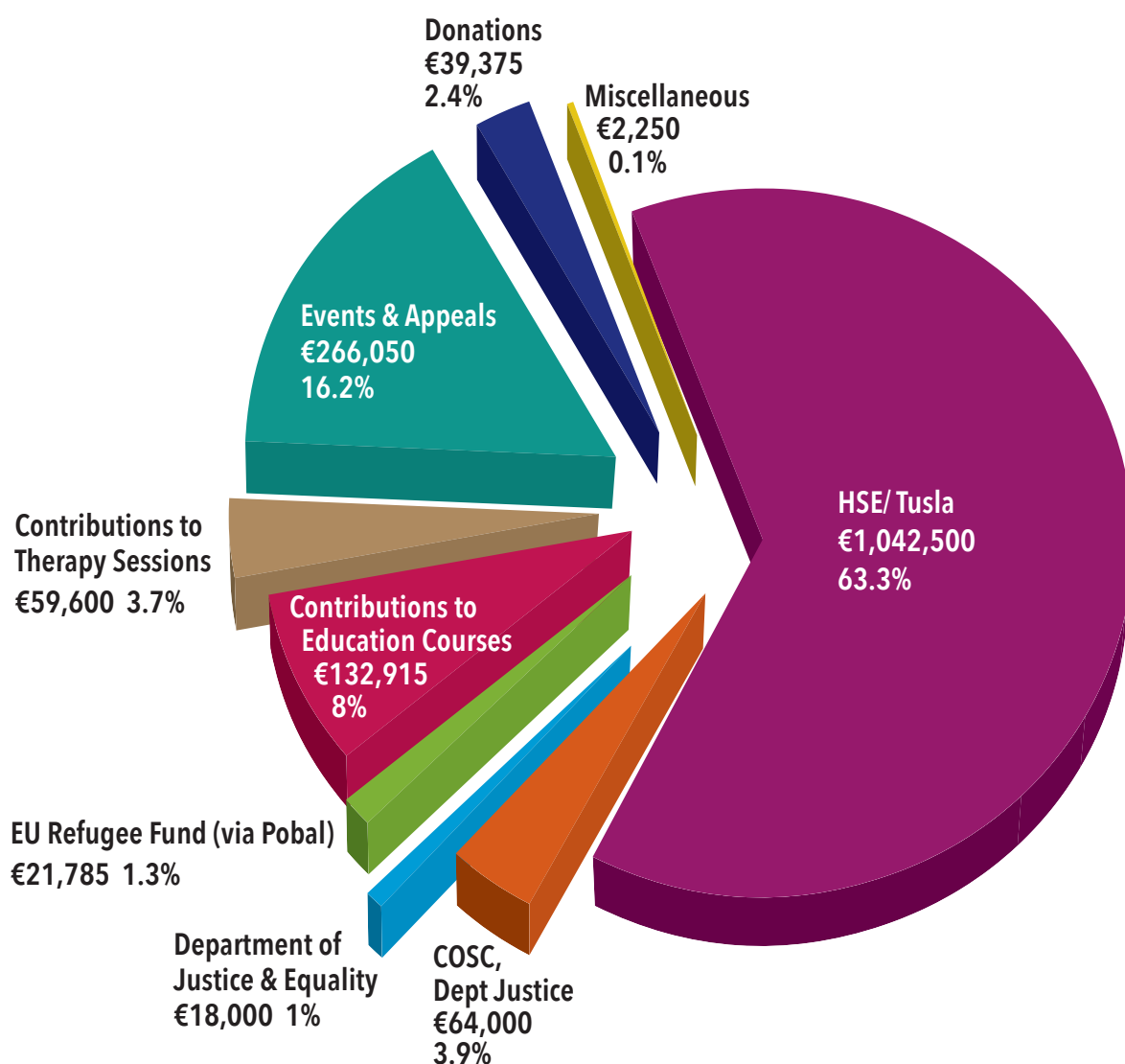
While government grants substantially support the services supplied by the Centre, the cost is supplemented by private funders and supporters, and by those who attend for therapy and education sessions making contributions towards the cost of these services.

DRCC appreciates that the work it does to prevent the harm and to heal the trauma of rape

and sexual abuse would not be possible without our donors. We are very grateful to the wide range of people who support and invest in the work of the Centre. We also thank all the volunteers who are so helpful to our fundraising team in organising and assisting in various fundraising events.

The Centre was sad to learn of the death of a long term friend and funder, Brendan McGonnell. It was, however, very honoured to learn in 2015 that a legacy to be made under his will should, hopefully, allow the Centre to own its premises, so in future there will always be a safe space to continue its work.

INCOME SOURCES AMOUNT (TO NEAREST 000) PERCENTAGE OF OVERALL INCOME



Statutory funding was provided by, Túsla, the Department of Justice and Equality, and from COSC and the European Refugee Fund, the latter being administered through Pobal.

Grants were received from Irish trusts, and donations were made by members of the general

public through participation in events organised by, or through, the Dublin Rape Crisis Centre, events organised by community groups working on their own initiative, regular giving by direct debit, and by once off donations.

MAIN EVENTS

- Corporate Quiz – February
- WomanKind Lunch – March (sponsored by Pluto Event & Marketing Solutions)
- Golf Classic – May (sponsored by Avalon)
- VHI Women's Mini Marathon – June
- International Fashion Lunch – September
- Royal Tara Golf Day – September (organised by Maire Tehan)
- Annual Bucket Collection – October
- Let's Do Lunch Campaign – December
- Fern House Café Dinner – December (sponsored by Avoca)



Above: DRCC's *WomanKind* Fashion Show.

Left: Broadcaster Claire Byrne hosting the DRCC's *WomanKind* Fashion Show and Lunch Fundraiser, March 2015.

Financial Summary

DUBLIN RAPE CRISIS CENTRE LIMITED

A company limited by guarantee not having a share capital

Income and Expenditure for the year ended 31st December 2015

	2015 €	2014 €
Income	1,634,048	1,678,084
Expenditure	(1,763,028)	(1,749,242)
Deficit for the year from operating activities	(128,980)	(71,158)
Government grants amortised	15,960	18,918
Deficit for year before interest and taxation	(113,020)	(52,240)
Interest receivable	2,251	8,986
Interest payable	(1,107)	—
Deficit for year	(111,876)	(43,254)

Balance Sheet as at 31st December 2015

	2015 €	2014 €
Fixed Assets:		
Tangible assets	1,369,219	183,972
Current Assets:		
Cash at bank / Building fund	222,114	1,071,983
Other receivables	16,367	22,722
	238,481	1,094,705
Creditors: amounts falling due within one year	(149,790)	(118,455)
Net current assets	88,691	976,250
Total assets less current liabilities	1,457,910	1,160,222
Creditors: amounts falling due after more than one year	(425,524)	—
Total net assets	1,032,386	1,160,222
Represented by:		
Building fund	—	470,934
Government grants	51,050	67,010
Surplus on income and expenditure account	981,336	622,278
	1,032,386	1,160,222

Employees Salary Range

A total of 2 employees earned remuneration in excess of €70,000 per annum as follows:

Number of employees	2015	2014
€95,000 to €105,000	1	1
€70,000 to €80,000	1	1

Remuneration includes salaries, but excludes employer pension contributions to the company's defined contribution pension scheme. These contributions are 7% of gross salaries.

Remuneration of Board Members

Board members are not remunerated for their services to the company nor are any expenses reimbursed for travelling to/from board meetings.

Caroline Crowley DIRECTOR

Keith Herman DIRECTOR

18 July 2016

Abridged Auditors' Report to the Members

I have audited the financial statements above and opposite in accordance with Auditing Standards. In my opinion, the financial statements give a true and fair view of the statement of the company's affairs at 31 December 2015, 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 Act 2014. I have obtained all the information and explanations considered necessary for the purposes of my audit. In my opinion, proper books of account have been kept by the company. The financial statements are in agreement with the books of account.

Dermot J Keogh FCA REGISTERED AUDITOR

18 July 2016

Governance

STATEMENT OF GUIDING PRINCIPLES FOR FUNDRAISING

The Dublin Rape Crisis Centre (DRCC) is compliant with the standards contained in the Statement which was developed by the Irish Charities Tax Reform (ICTR) Group to provide charities in Ireland with a fundraising code of best practice, and is committed to:

- Maintaining the highest standards of fundraising practice
- Providing accountability to our donors and the public
- Providing clarity and assurances about our organisation

THE GOVERNANCE CODE

DRCC has adopted the Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland (The Governance Code). The Code consists of five key principles:

- Leading your organisation
- Exercising control over your organisation
- Transparency and accountability
- Working effectively
- Behaving with integrity

The DRCC is committed to implementation of the Code throughout its work.

DRCC is registered on the Register of Charities with the Charities Regulatory Authority. CHY No. 20021078.

DRCC is registered as a lobbying organisation on the register of lobbying.ie.



The Spiral - Symbol of the DRCC

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

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

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



Dublin Rape Crisis Centre

70 Lower Leeson Street, Dublin 2

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FAX 01 661 0873

EMAIL info@rcc.ie

WEB www.drcc.ie



www.facebook.com/dublinrapecrisiscentre



[@DublinRCC](https://twitter.com/DublinRCC)



www.youtube.com/user/DublinRapeCrisis