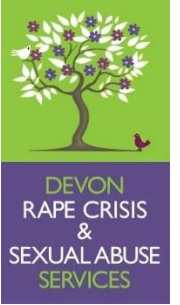


# **Devon Rape Crisis and Sexual Abuse Services**

**Anna Janota  
Service Manager**

**East & Mid Devon CSP Annual Conference  
11<sup>th</sup> April 2018**



# **Devon Rape Crisis and Sexual Abuse Services**

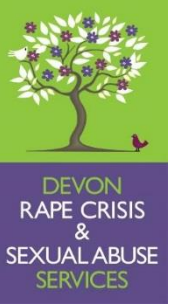
**Specialist one to one support for women and young men who have experienced any type of sexual violence at any point in their lives**

# Definition

**Sexual violence and abuse is any behaviour of a sexual nature which is unwanted and takes place without consent or understanding.**

**Includes:**

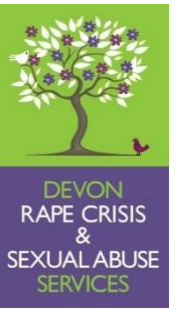
**Rape, sexual assault, childhood sexual abuse, female genital mutilation, sex trafficking, forced child marriage**



# Devon Rape Crisis & Sexual Abuse Services

Supporting vulnerable people  
in our community

# Though our aims

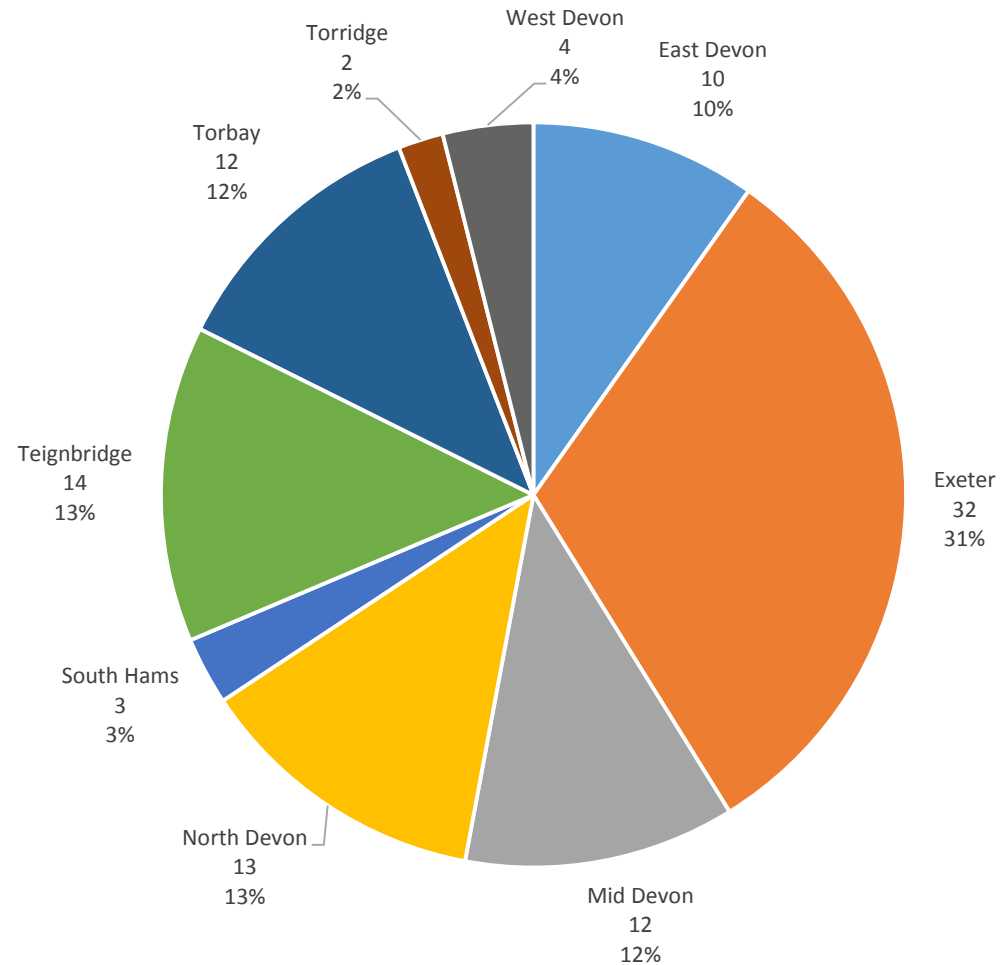


- **Protect the health and relieve distress and trauma of people who have experienced sexual violence**
- **Support partners, friends and relatives of survivors**
- **Raise awareness and educate to ensure better provision, prevention and protection**

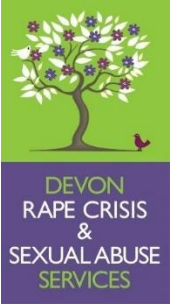
# Who?



# Those waiting for support:



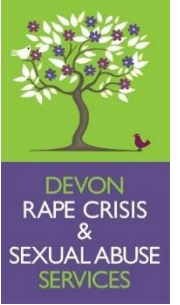
# National Statistics



- **24% of women will experience sexual violence in adulthood**
- **21% of girls and 11% of boys experience Childhood Sexual Abuse**
- **Only 10% of perpetrators are strangers**
- **Family members are most common perpetrators of CSA; acquaintances for adult sexual assault or rape**
- **Only around 15% of sexual violence is ever reported to the police**

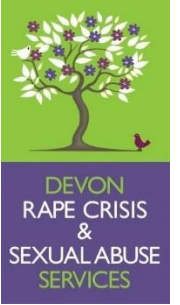


# Sexual violence and mental health



- The risk of CSA survivors attempting suicide are six times higher than general population (McCarthy-Jones 2014)
- People with a history of CSA have a greater number of GP appointments than others – 20% higher (Kamiya (2016)
- 57% of people who've experienced CSA develop depression – Maniglio (2009)
- The risk of developing PTSD for an adult rape survivor is 49% (Breslau et al 1998)

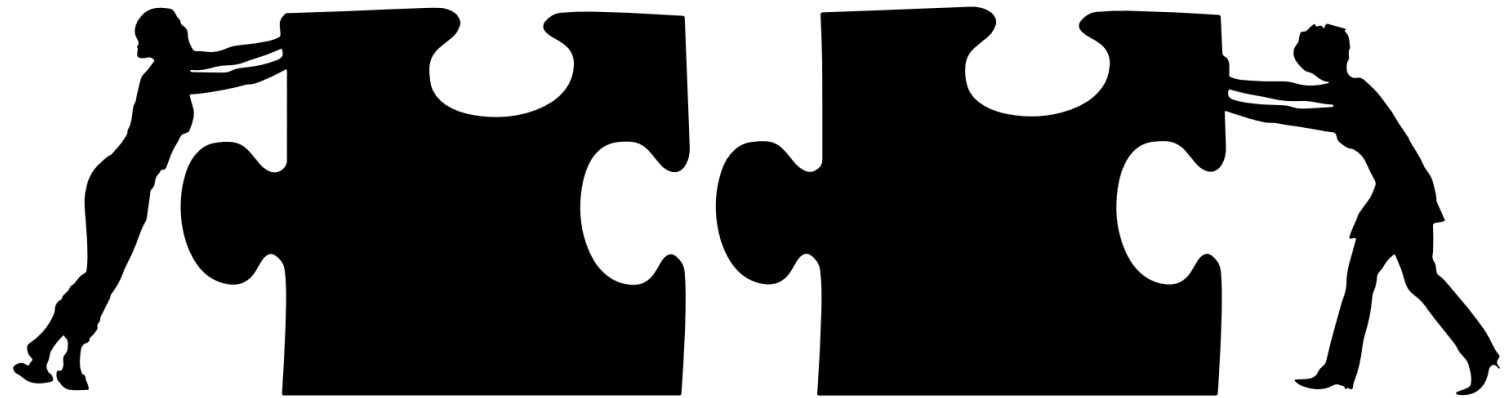
# Risk of PTSD across specific traumas

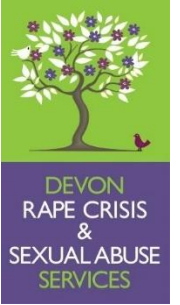


Trauma type	% PTSD
Held captive/tortured/kidnapped	53.8
Rape	49.0
Badly beaten up	31.9
Sexual assault (other)	23.7
Shot/stabbed	14.3
Child's life threatening illness	8.0
Witness killing/serious injury	3.8
Natural disaster	2.3

Breslau et al 1998

# How?



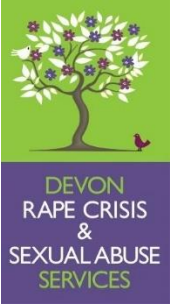


# Trauma sensitive services

**“The core values identified for trauma sensitive services are: ensuring physical and emotional safety, maximising trust through consistency, being honest and providing clear boundaries, maximising choice and control, collaborating and sharing power, and empowering survivors”**

Harris, M and Fallot, R.D (2001) *Using Trauma Theory to Design Service Systems*

# DRCASAS Services



## Method

Anonymous helpline, anonymous email service, direct needs-led 1-1 support

## Types of support

Counselling, advocacy, specialist trauma support, Information, psychoeducation, practical support, Eye Movement Desensitisation and Reprocessing (EMDR),

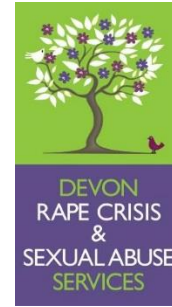
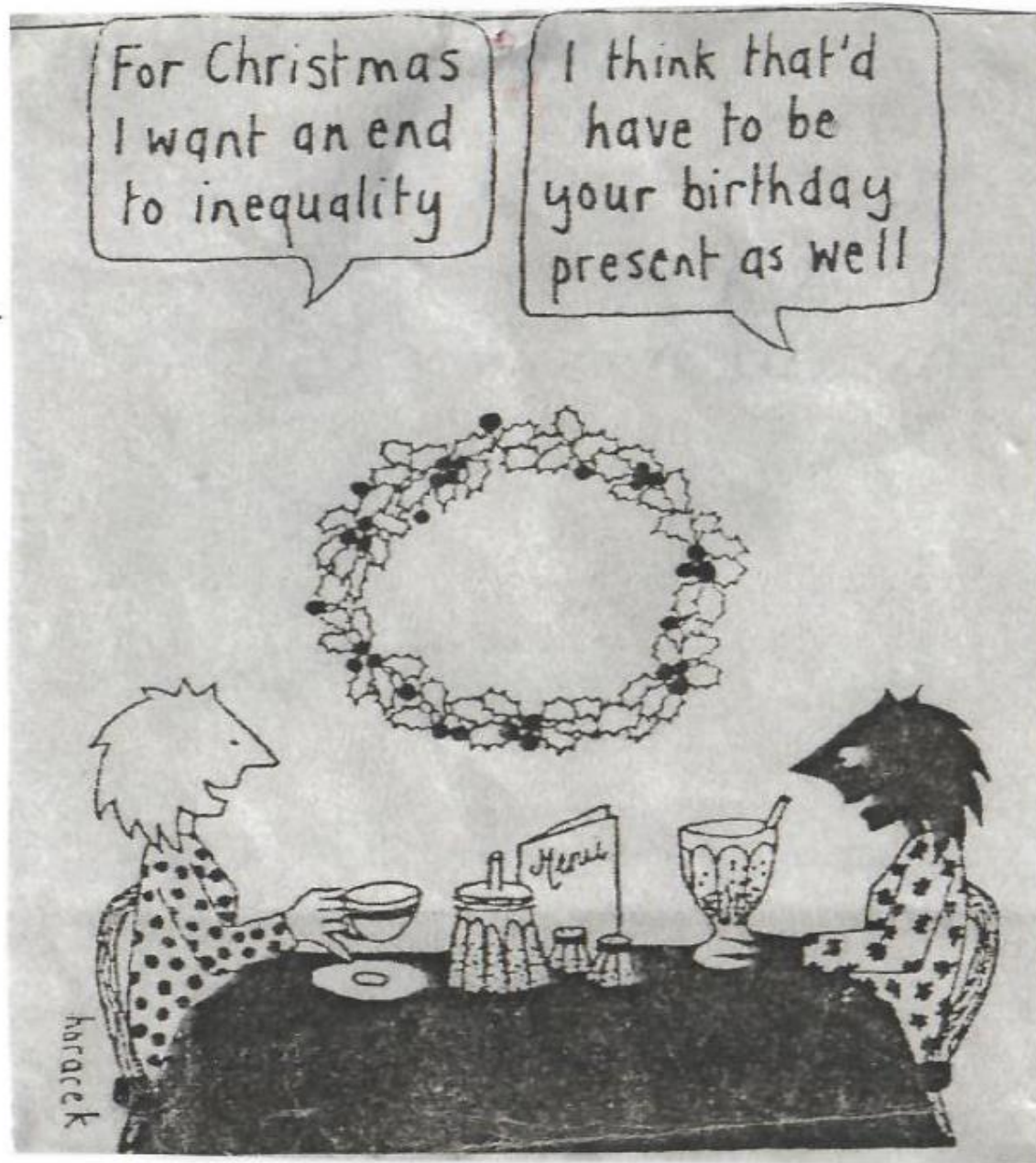
# What does reducing vulnerability feel like?

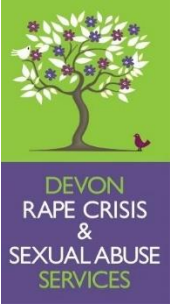
"Feeling more positive! Able to control my reactions to night terrors/triggering situations. Able to confront situations I would have shied away from in the past".

"I have felt a huge sense of empowerment throughout the process. It has made me more comfortable and confident/less ashamed of my experiences".

"Clearing space in my head to be able to work towards things in the future like training and work and learning to drive. Not letting past experience define who I am".

"I feel like I have a much calmer outlook in how I deal with difficult emotions. It has given me a space to process my experiences safely".





# Contact details

**Helpline (for service users): 01392 204174**

**Mon & Fri 6-9pm and Wed 10am-1pm**

**Referrals: 01392 208756**

**Email support:**

**[support@devonrapecrisis.org.uk](mailto:support@devonrapecrisis.org.uk)**

**Website: [www.devonrapecrisis.org.uk](http://www.devonrapecrisis.org.uk)**