



## **HAIFA RAPE CRISIS CENTER Annual Report for the Year 2011**

During 2011 the Haifa Rape Crisis Center volunteers supported more than 900 sexually abused children, youth, women and men, their families, friends and professionals. We facilitated educational activities with more than 9500 children, youth, adults, and professionals in the area of social welfare, education and health. These workshops focused on the phenomenon of sexual abuse, its affect on survivors and society, its identification, treatment and prevention.

This year there was an emphasis on training professionals. In January the Haifa Rape Crisis Center together with Multi Disciplinary Center for the Treatment of Survivors of Sexual Abuse - B'nai Zion Medical Center initiated, for the first time ever, a two year course (including lectures and practicum) training professionals in the treatment of sexual abuse survivors. In addition, we facilitated a course with educational professionals on the sexual abuse of children and the role of the education system in its prevention and supporting survivors. We organized two conferences in the area of the criminal justice process, one with prosecutors and the other with judicial assistants. The conferences focused on legal issues related to the testimony of survivors of sexual abuse, repressed memories, delayed exposure of the abuse, and their relationship to police investigation and court testimony.

During the last year there was a significant increase in the area of "community intervention" after a case of sexual abuse has been reported. Due to the Haifa Rape Crisis Center's past training of "community sexual harassment specialists", there has been an increase in the reporting of cases of sexual abuse in these communities and in requests for the Haifa Rape Crisis Center's intervention on a systemic level. Our intervention includes supporting the survivors, their families and their communities and working in the area of prevention with youth, parents and community leaders and professionals.

Due to financial constraints and to our great dismay, we had to reduce the number of support groups. Similarly, we had to reduce our educational outreach activity in the Galilee area of northern Israel. The Haifa Rape Crisis Center made these difficult strategic decisions in order to ensure fiscal responsibility and accountability. We begin 2012 fiscally sound and ready to meet the challenges that face us.

During the last quarter of 2011, we initiated two projects evaluating our organizational management and achievements with the aim of improving them and the services we provide. The first project focuses on the process of training and supervising our volunteers. The second project focuses on evaluation of the effectiveness of our educational outreach activities and their affect on different communities who receive our services. This project will accompany us throughout 2012 and into the future.

### **Plans for 2012**

In addition to our ongoing and expanding activities, the year 2012 will be dedicated to planning long-term organizational development, planning objectives in the area of survivor support and social change and building the organizational, structural and fiscal foundations that will enable the implementation of these objectives.



## **Background Information**

One in four women and one in eight men are sexually abused during their lifetime. The long-term consequences of such abuse can include depression, anxiety, posttraumatic stress disorder, substance abuse, suicidal behavior, eating disorders, difficulty establishing healthy interpersonal relationships, and withdrawn or violent behavior. The majority of survivors of sexual abuse never report the abuse because they feel too ashamed or they are afraid of being blamed, of being hurt or someone they love being hurt, or of not being believed. However, survivors' ability to recover from their trauma is significantly related to the social support they receive.

Most survivors have nowhere to turn for support and are not aware of the options available to them in the aftermath of an attack, in terms of medical attention, police involvement, and mental health services. Similarly, family and friends who wish to help the survivor may not know how or they may need help with their own reaction to the abuse. Finally, community professionals in contact with survivors are frequently not trained on the subject of sexual violence trauma and need a resource for consultation to prevent the re-victimization of the survivor when accessing services.

The Haifa Rape Crisis Center (HRCC) is a tax-exempt, non-profit organization dedicated to opposing sexual violence. The HRCC is apolitical and provides services regardless of gender, religion, ethnicity or socio-economic status. Established in 1979, the Haifa Rape Crisis Center is responsible for providing services to a region in northern Israel (from Hadera up to the Upper Galilee) which includes over one million people. Our organization's goals are to support survivors of sexual violence and their families, to raise the awareness of sexual violence and its prevention, to train professionals in the subject of sexual violence and survivors' trauma, and to protect survivors' rights. The HRCC operates a 24-hour crisis intervention hotline for survivors of rape, sexual assault, incest and sexual harassment. Crisis intervention services are provided by trained volunteers. We provide survivors with on-going support, face-to-face counseling, and accompaniment to the hospital, police, district attorney and courts, and we facilitate support groups with survivors. The HRCC works to end sexual violence through extensive community outreach and educational programs. In addition, the HRCC is active in training professionals to respond to sexual violence survivors and address sexual assault in a knowledgeable and sensitive manner. The HRCC is involved in the national advocacy efforts and campaigns of the Association of Rape Crisis Centers in Israel to influence legislation and advance the cause of eliminating sexual violence.

## **Statement on Philosophy**

The HRCC believes in a multi-faceted approach to addressing sexual violence and works to empower survivors to make their own decisions by providing resources and services in a sensitive and appropriate manner. As part of this empowerment process, the HRCC uses the term "survivor" instead of "victim" in order to fully recognize the trauma a person who has been sexually abused went through and to value and appreciate the strength and courage it took to survive.



## **HRCC Activities during 2011**

### **Survivor Support**

#### **Hotline and Community Service Accompaniment**

The HRCC provides around-the-clock **crisis intervention and support** to survivors of rape, assault, incest and sexual harassment, assistance to their families, and advice to the community professionals in contact with survivors. Trained volunteers provide telephone and face-to-face counseling, as well as accompaniment to the police, legal system and hospitals. The Haifa Rape Crisis Center also organizes support groups for survivors of sexual violence led by community professionals.

In 2011, the Hotline received 3144 calls, including 910 first-time calls from survivors, their families and friends, and community professionals in contact with survivors, and 1861 calls of an ongoing nature (callers that contact the HRCC for support more than once). A total of 200 calls were requests for information about sexual violence and its prevention, and about the services the Haifa Rape Crisis Center provides to the community. In addition, 173 were requests for help not related to sexual violence in which the callers were referred to the appropriated services in the community. Volunteers met with survivors in 76 face-to-face counseling sessions and 61 accompaniments to the hospital, police, the district attorney and the courts.

#### **Highlights:**

Of the first-time calls with identifying information:

⇒ 31% of calls in which the caller reported when the abuse occurred, were made within a month of the sexual attack, and 33% were made after 5 years or more.

⇒ 32% of calls were in reference to abused children age 12 and younger, 34% were in reference to youth age 13 – 18.

⇒ 51% of the calls were made by the survivors themselves, 13% from a parent, 7% from another family member

⇒ 36% of calls were related to sexual violence within the family, including fathers/stepfathers, brothers, husbands and boyfriends and ex-partners

⇒ 90% of calls were in reference to abuse where the attacker was known to the victim.

⇒ 33 (5.5%) calls were related to gang rape/sexual assault.

#### **Support Groups**

Support groups allow for the breaking of the secrecy, isolation and stigma resulting from sexual abuse and foster exploration and resolution of the trauma and its aftermath. Clients can start re-experiencing themselves as being useful to other people within the context of the group. The support group approach aims to provide a safe and confidential environment in which women can share their experiences and begin to address the impact that living with violence and abuse has had on their lives. Group treatment is time-limited within a structured format (each week a different pre-determined subject is explored by the group). The Haifa Rape Crisis Center support groups are led by two trained



facilitators. Unfortunately, due to a reduction in donations to support groups, we were only able to organize two support groups in 2011, both in the Valley area.

**Support Group for Survivors of Sexual Violence in the Valley Communities:** This group focused on processing the abuse, building self-confidence, improving body image and encouraging the participants to engage in mutually respectful relationships. The emphasis was on coping with past abuse and preventing future abuse. During the last ten sessions, the group also focused on the impact of the abuse on the participants' parenting. The group began meeting in August 2010 and ended in March 2011 for a total of 30 two-hour sessions.

### **Evaluation:**

The group therapist gave the participants a questionnaire before they began the group and after 20 sessions and then interviewed them after 30 sessions. These are the results:

To the following questions there was a significant change between the pre and post-group questionnaire:

The participants felt less helpless and despair after participating in the group.

The participants felt less fear in relation to talking about their sexual abuse after participating in the group.

The participants felt better able to control their anger and had fewer outbursts after participating in the group.

The participants stopped loathing their bodies after participating in the group.

The participants were better able to share with the group details of their sexual abuse about which they had never spoken about before.

In the interviews participants said the following:

One participant abused street drugs in the past. At the end of the group she reported to the group therapists that when she started the group she was taking psychiatric medication without a prescription but by the end of the group she completely stopped and is trying to deal with her issues by herself without self medicating.

One participant said that since she started the group she has not been in any relationship because now she is able to say no. In the past, she would agree to be with any man that asked.

One participant said that "the abuse is abusive". That the abuse occupies her in so many ways, that only after she started the group did she begin to realize its full impact. What she tries to do now, after participating in the group, is not to let the abuse direct her life as it had in the past.

Another participant said the abuse hurt her parental functioning, especially with her sons and after participating in the group, she finally understands her behavior including post traumatic flashbacks and a suicide attempt.



**Support Group for Survivors of Sexual Violence in the Valley Communities:** A second support group in the Valley communities opened in November and continues through 2012.

### **Helping Survivors Survive the Criminal Justice Process**

This project supports survivors of sexual violence who chose to report their abuse to the police and wish to see their assailant brought to justice. In addition, the HRCC trains police investigators and prosecutors to respond to sexual violence survivors and address sexual assault in a knowledgeable and sensitive manner. The project works towards making the criminal justice system more "user friendly" so that survivors are empowered by reporting their abuse, rather than being further traumatized by the experience.

In 2011, 98 survivors were supported through the project. Four appeals were filed by volunteer lawyers working with the project. The project organized two seven hour conference days: 1) "All for One: The Emotional and Legal Treatment of Survivors of Sexual Abuse". Forty-three judicial assistants attended the conference day; 2) "Emotional, Personal, and Social Aspects of Sexual Assault – View on the Phenomenon of Sexual Assault". Fifty Haifa district prosecutors attended the conference day. The project coordinator facilitated seven lectures on the subject of the legal issues involved in sexual violence and harassment to 152 educational, medical, legal and therapeutic professionals.

Three groups of volunteers participated in a five-session course on the criminal justice process. This course focuses in depth on the criminal justice process from the initial filing of a complaint with the police, through the investigation and the court procedures and on the skills needed by volunteers in supporting survivors through the process. One course began in 2010 and continued in 2011, one course was in 2011, and one course began in 2011 and will continue into 2012. A total of 33 volunteers were trained in the courses.

### **Volunteers**

New Volunteer Training. In 2011, two groups of women participated in new volunteer training courses. One group began in December 2010 and ended in July 2011, the second group began meeting October 2011 and will end in March 2011. These women attend the training course in order to become HRCC volunteers to provide survivors of sexual violence, their families, their friends and the professionals with whom they are in contact, empathic and knowledgeable crisis intervention services 24 hours a day, free of charge. The training focuses on sexual violence, the survivor and her trauma, the volunteers' experience with sexual violence, as well as the skills volunteers needed to provide crisis intervention services (empathy, acceptance, boundaries and basic referral knowledge). In addition to practical information, the course also prepares the volunteers to provide emotional support to survivors through the use of films, discussions and role-play scenarios.

On-going Volunteer Training. In addition, volunteers participated in 100 supervision meetings and lectures in which they discussed issues related to hotline calls and received social and emotional group support for their difficult and challenging volunteer work.



Written by a volunteer:

I joined the Haifa Rape Crisis Center when I retired. It was my desire to utilize my retirement to contribute to my family, to society and to myself. And so I signed up for the volunteer training course. The course was educational, moving and experiential and ever since it ended I have been coming to my shift every week. During the year in which I have been a volunteer I spoken to women who have been abused and who search for sensitive and emotional support and for information about filing a complaint. As a volunteer I have had experiences that have shaken me up in a storm of emotions. This has only strengthened my desire to continue as a volunteer, especially with the professional support of the staff that is always there to help me so that I can help others.

### Community Outreach and Educational Programs

The Center's resolute commitment to raising awareness about the issue of sexual violence is reflected in its extensive and productive community outreach and educational programs. The focus of the programs is **intervention and prevention**. In terms of **intervention** these projects reach out to program participants who are survivors of sexual abuse who have not told anyone of their trauma and do not know to whom to turn. The workshops help them to understand that they are not to be blamed and they do not have to keep the abuse a secret. They have the opportunity to approach the facilitators after the workshops and/or they are given the "1202" twenty-four hour a day hotline number that they can contact later privately. In terms of **prevention** these programs focus on developing mutual respect by promoting assertiveness in potential victims, and teaching potential abusers how not to abuse. Ninety percent of all sexual violence is perpetrated by those familiar to us (family, partners, friends, professionals, community members etc.). Potential victims need to know how to identify potential abusers and how to protect themselves from them. The idea behind these programs is that if you invest \$1 in prevention you will save \$10 in therapy and rehabilitation in the future.

In 2011, the HRCC facilitated:

- ⇒ 547 workshops with 4881 school students from 3<sup>rd</sup> to 12<sup>th</sup> grade
- ⇒ 414 workshops with 2046 youth at risk
- ⇒ 60 workshops with 458 parents
- ⇒ 14 workshops with 259 members of the general public (university students, military, adults)

### Professional Training

The goal of this project is to train professionals in the identification, prevention and treatment of sexual violence. It trains teachers, school counselors, social workers, therapists and other professionals working with youth to be community based advocates, supporting survivors and preventing sexual abuse. In cases where children are being abused within the family (approximately 35% of all cases reported to the Haifa Rape Crisis Center), it is very important that they have someone in the community they can turn to and trust to help them.

This project also trains professionals in the criminal justice process (police, investigators, lawyers) to respond to sexual violence survivors and address sexual assault in a knowledgeable and sensitive



manner. Training includes confronting many commonly held myths such as: women are raped because they dress provocatively and tease. Criminal justice professionals, who believe such myths, are unable to respond empathically and knowledgeably to survivors with whom they come in contact. Furthermore, professionals in the criminal justice system need to understand the short and long term effects of sexual violence victimization. For example, when a woman reports having been sexually abused and she expresses little to no emotion, or she doesn't always remember all the details, it should not be taken as evidence that she is "making it up". Rather, criminal justice professionals need to learn that it means that she has detached herself from certain emotions and memories as a way of coping with the abuse. In addition, it is important that the Haifa Rape Crisis Center build a mutually cooperative relationship with professionals at all levels of the criminal justice system so that we can effectively serve as liaison between the survivor and the criminal justice system and that members of the criminal justice system will refer survivors to our support services and will consult with us on an ongoing basis.

In 2011 the HRCC facilitated:

- ⇒ 50 workshops with 413 professionals working with youth
- ⇒ 56 workshops with 260 professionals working with youth at risk
- ⇒ 2 56-academic hour courses at Gordon College on "Sexual Abuse: Treatment and Prevention. The Dynamics of Violent Relationships on the Life Cycle". The courses were attended by 47 kindergarten and school teachers
- ⇒ 1 five and a half hour conference day on "The Relationship Between Sexual Abuse and Substance Abuse" together with the Multi Disciplinary Center for the Treatment of Survivors of Sexual Abuse - B'nai Zion Medical Center The conference day was attended by 250 professionals
- ⇒ 1 two year course, 75 academic hours plus practicum, "The Treatment of Survivors of Sexual Abuse" attended by 12 therapeutic professionals (continues into 2012)
- ⇒ 1 50 -hour training course with 13 new HRCC workshop facilitators
- ⇒ 22 hours of on-going training and supervision of veteran workshop facilitators
- ⇒ 2 supervision meetings with 13 kibbutz sexual harassment specialists

### **The Staff (2011)**

**Laliv Agozi:** Executive Director since February 2009. Earned a B.Sc in Food Engineering and Biotechnology degree from the Technion in 1995, MBA from Derby University 2000 and MA in social psychology from Haifa University in 2009. Worked as a food technologist in R&D from 1994 till 2000. HRCC volunteer from 2003-2006 and again in 2008. Previous member of HRCC board of directors.

**Dr. Shira Sanders:** Resource Coordinator. Dr. Sanders is responsible for fundraising, program development and public relations in English. She earned a BA in psychology from Brandeis University, and a MA and PhD in Clinical Psychology from Emory University. She is also employed as a group therapist for adolescent sex offenders. Dr. Sanders began as a volunteer at the HRCC in January 2000, and began working as the Center's resource coordinator in July 2000.



**Liz Halevy-Berger:** Counseling Coordinator since 1997. Ms. Halevy-Berger is responsible for coordinating services between community professionals (social workers, psychologists, therapists, hospitals etc.) and survivors who call the hotline, and organizes all of the Center's support groups. She earned a diploma in business and languages from Manchester College of Commerce. She began as a HRCC volunteer in 1987.

**Dr. Meira Sternfeld:** Volunteer Coordinator since April 2011. Dr. Sternfeld is responsible for coordinating volunteer training and supervision, social and educational activities for volunteers, and for staffing the crisis hotline. She earned a BSc in biology and chemistry and a PhD in molecular biology from Hebrew University. She is also employed as an adjunct lecturer in the Department of Biotechnology Engineering at the Ort Braude Academic College. She began as a HRCC volunteer in 2006.

**Shiran Carmeli, Esq.:** Coordinator of "Helping Survivors Survive the Criminal Justice" project since November 2007. Ms. Carmeli is responsible for coordinating the support of survivors of sexual violence who are considering whether or not to report their abuse to the police and those who wish to see their assailant brought to justice. She also facilitates workshops to train police officers, police investigators and attorneys to respond to sexual violence survivors and address sexual assault in a knowledgeable and sensitive manner. She is a lawyer who graduated from the Haifa University Law Department in 2002 and earned her MA in Gender Studies from Bar Ilan University.

**Iris Oren:** Education Project Coordinator since November 2005. Ms. Oren is responsible for training facilitators, designing the project's workshop curriculum, and supervising facilitators. She facilitates workshops with professionals, youth at risk and the disabled. She earned her BA in Behavioral Sciences from Emek Yizrael Academic College, and she completed her training in adult group facilitation at Oranim College. She began as a HRCC volunteer in 2001.

**Sigal Apfeld:** Haifa Rape Crisis Center's Outreach Coordinator since July 2008. Previously served as the HRCC's volunteer coordinator between July 2005 and January 2008. Ms. Apfeld is responsible for coordinating and marketing the HRCC outreach and education programs. She earned a BSW from Ben Gurion University and a MBA from Ono Academic College specializing in Human Resource Administration. She completed group facilitation training at Haifa University. She has been a HRCC volunteer since October 2004. Maternity leave October 2010.

**Sari Bru:** Haifa Rape Crisis Center's Acting Outreach Coordinator between October 2010 – September 2011. Previously served as Haifa Rape Crisis Center education and outreach facilitator from September 2005 – March 2009. During her employment at the HRCC, Ms. Bru was responsible for coordinating and marketing the HRCC outreach and education programs. She earned a BA in Behavioral Psychology Sciences from, Emek Yisrael College. She completed group facilitation training at Haifa University. She earned her certification in teaching psychology at Oranim College. She is a MA student in educational counseling at Oranim College. She began as a HRCC volunteer in March 2005.

**Anat Horowitz:** Valley Communities Outreach and Support Coordinator since February 2005. Ms. Horowitz is responsible for designing the educational programs, marketing the project, training and supervising volunteers and facilitating workshops and lectures. Ms. Horowitz earned her BA in Behavioral Sciences from Ben Gurion University. She earned her MA in the Research of the Developmental Aspects of Life Span Development with a focus on Preschool Children, from Haifa University. She completed career-retraining studies for students who have already earned a MA, in Educational Counseling from Oranim College. Currently earning a MSW in clinical social work from Haifa University.



**Iris Klor:** Bookkeeper since August 2009. Ms Klor is responsible for the Center's bookkeeping. She earned a level three certificate in bookkeeping from the College of Management.

### **Haifa Rape Crisis Center Board of Directors 2011**

According to our organization's by-laws, the board of directors must consist of volunteers.

**Naomi Baram:** Chairperson since June 2010. Served 25 years in the Israeli Defense Forces. Her last military position was serving as the Military Court Officer in Haifa. For the past 12 years she has been employed as an exam proctor at Haifa University. HRCC volunteer since 2005.

**Gali Erlichman:** BA, Psychology, Haifa University. HRCC volunteer since 2006.

**Noa Shalem:** MA, Geography, Tel Aviv University. Studying towards MSW, Haifa University. Works in rehabilitation of people with mental and emotional challenges. HRCC volunteer since 2009.

**Gili Beskin:** BA, Mathematics, Technion University. Science Teaching Certificate, Technion University. MA in Education Administration, Derby University, Haifa Branch. Doctoral Candidate in Education Administration Derby University. Self-employed in the area of coaching and workshop facilitation. HRCC volunteer since 2008.

**Nava Sagi:** Retired. Member of Kibbutz Ramat Yochanon. Previously employed on the kibbutz in work with the elderly and ulpan house mother for 27 groups. HRCC volunteer since 2011.

**Iris Zamir:** BA, Social Sciences, Ben Gurion University. MA, Research Sociology, Haifa University. Investigator for the "Building a measure of security for women" project of Isha L'Isha Feminist Women's Center. HRCC volunteer since 2011.

**Michal Granot:** BA, Nursing, Hebrew University. MA, PhD. Medical Sciences Technion, Institute of Technology, Faculty of Medicine. Associate Professor, University of Haifa, Faculty of Social Welfare and Health Sciences, Department of Nursing. HRCC volunteer since 2009.



### **Contributions:**

The Haifa Rape Crisis Center receives only partial funding from local municipalities and government offices. Most financial support is provided by foundations, private donors, and businesses whose generosity enables the operation of the Center.

#### **1) Donations can be sent directly to:**

Haifa Rape Crisis Center  
P.O. Box 44628, Haifa Israel 31445  
Tel: 972 4 8641278 Fax: 972 4 8641279  
E-mail: [hrcfund@netvision.net.il](mailto:hrcfund@netvision.net.il)  
Website: <http://hrcc.1202.org.il/English>

#### **2) Donations can be sent by bank transfer to:**

Bank: The First International Bank of Israel  
Bank Number: 031  
Branch Number: Hadar-Haifa 007  
Branch Address: 20 Hertzl Street  
Account Number: 105-493422  
Account Name: Haifa Rape Crisis Center  
SWIFT/BIC: FIRBILITXX  
IBAN:IL200310070000000493422

#### **3) Tax deductible donations can be sent by secure credit card internet payment at the following site:**

Israel Gives: <http://www.israelgives.org/amuta/580005767>

#### **4) Donor-advised, U.S. tax-exempt contributions to the Haifa Rape Crisis Center can be transferred through:**

P.E.F. Israel Endowment Fund  
317 Madison Avenue, Suite 607  
New York, N.Y. 10017  
Tel: (212) 599-1260 Fax: (212) 599-5981 Email: [pefisrael@aol.com](mailto:pefisrael@aol.com)  
Please send a copy of your donor-advised contribution letter to the **Haifa Rape Crisis Center**.

Bequests are also welcomed.



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HAIFA RAPE CRISIS CENTER

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to our 2011 supporters and partners**

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