



SUPPORTING SURVIVORS OF SEXUAL VIOLENCE

SANDIE BARTON
RAPE CRISIS SCOTLAND

WWW.RAPECRISISSCOTLAND.ORG.UK



Rape Crisis Scotland

**Rape Crisis first set up in Scotland in 1976. Now 17 Centres.
National Office set up in 2003**

- To support & develop Rape Crisis provision in Scotland.
- To work with member centres to ensure survivors are offered consistent, high quality support.
- To provide a national helpline to offer support to survivors of sexual violence across Scotland.
- To raise awareness about the extent and reality of sexual violence
- To work to challenge prejudicial attitudes towards survivors of sexual violence and improve legislative, organisational and societal responses.
- To prevent sexual violence in all its forms.

Best Practice Model

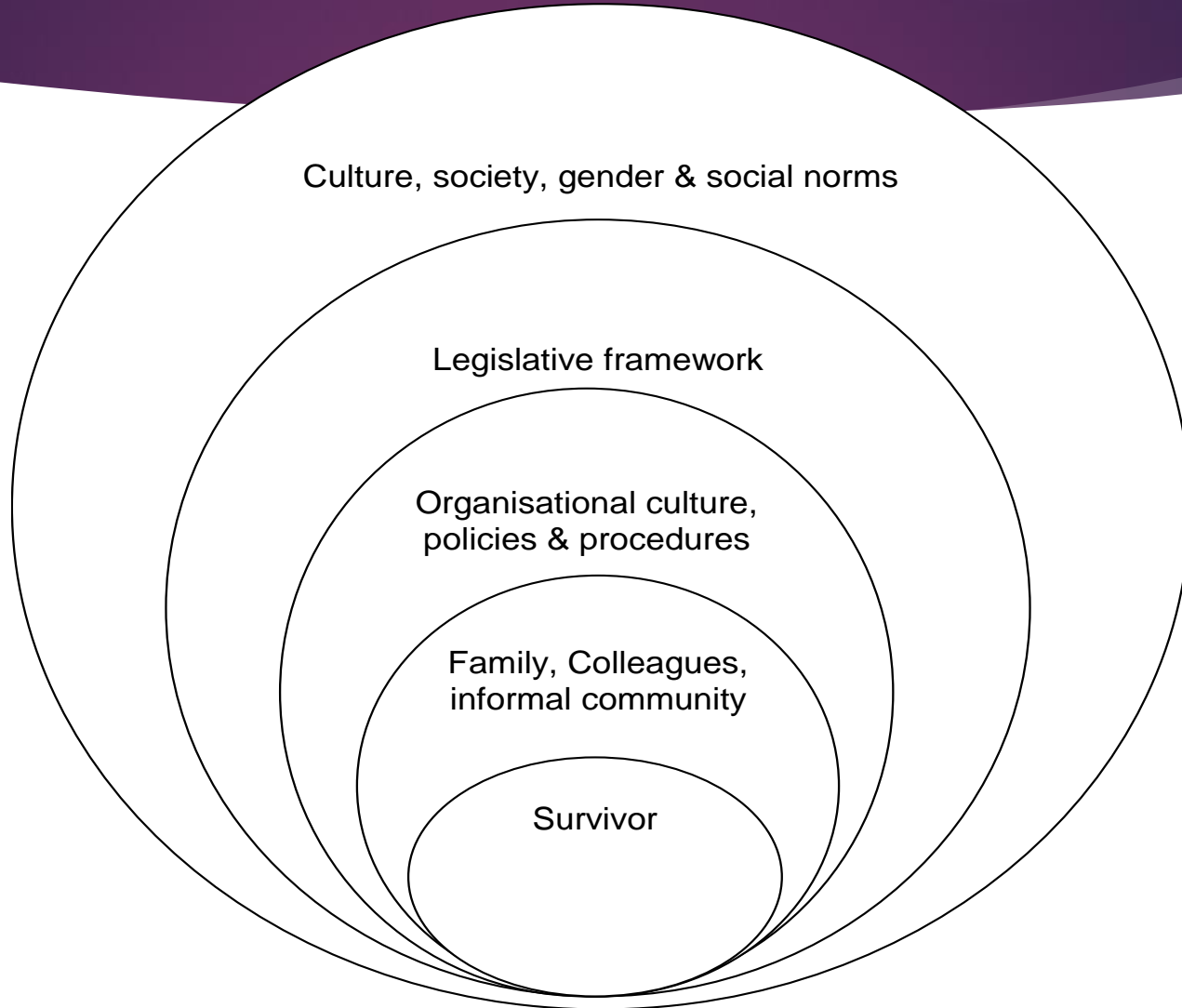
Founding Principles

- ▶ Feminism – gendered analysis & gender informed
- ▶ Equality
- ▶ Human Rights

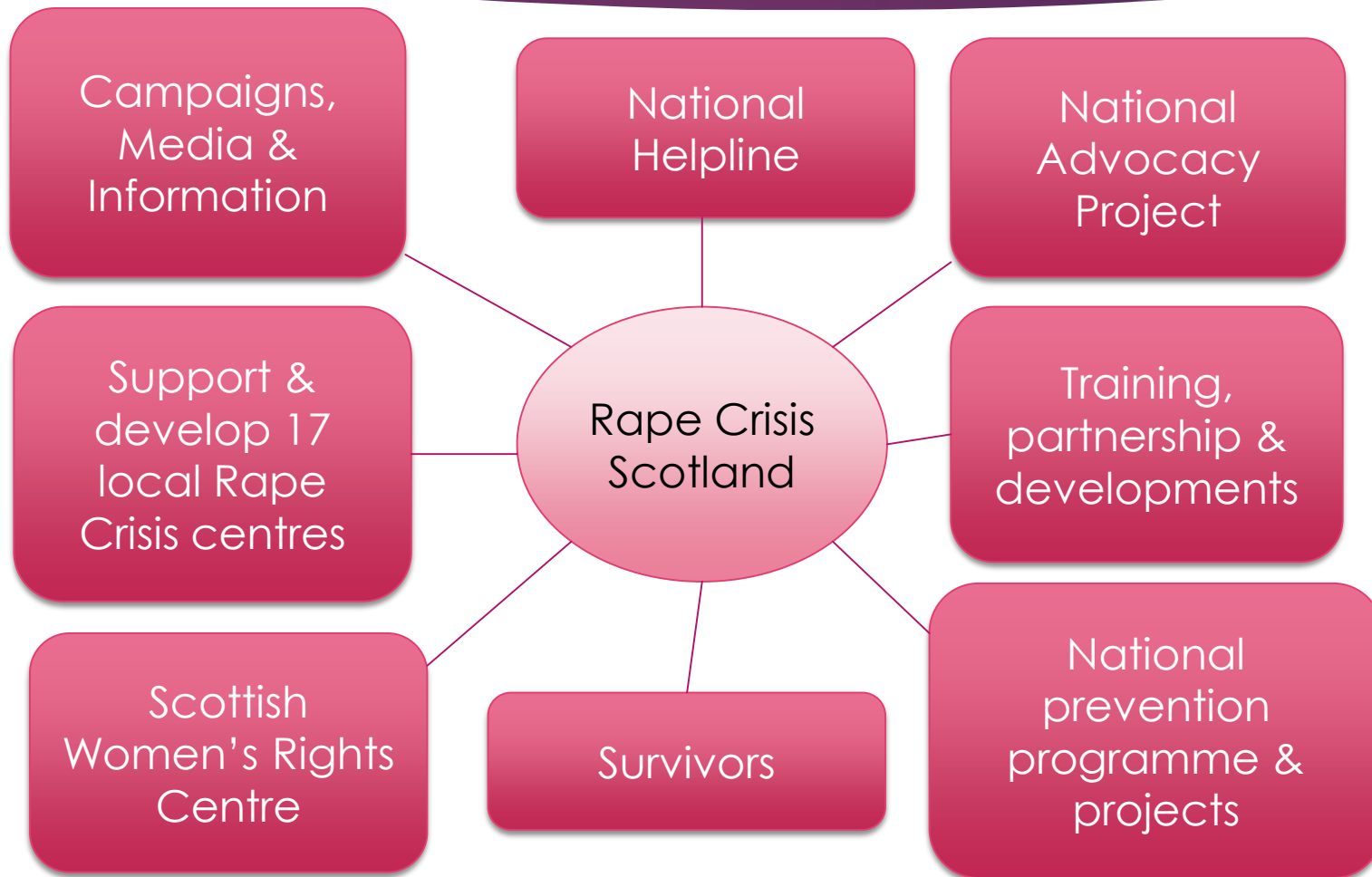
Operational Principles

- ▶ Survivor Centred
- ▶ Trauma Informed
- ▶ Reduced Power analysis – Intersectional & Proactively accessible
- ▶ Hold Perpetrators Accountable

Multi layered



Rape Crisis Scotland



RECENT CAMPAIGN: #I JUST FROZE



Images and videos available from our website – please help us share them across your organisation, platforms & networks.



Embed the **#ijustfroze** campaign videos on your own pages, sites and social media platforms

Staged Approach

“The core experiences of psychological trauma are *disempowerment* and *disconnection* from others. Recovery, therefore, is based on the empowerment of the survivors and the creations of new connections.”

- ▶ Stage 1 – Safety & Stabilisation
- ▶ Stage 2 – Mourning & Remembering
- ▶ Stage 3 – Reconnection & Moving On

Judith Herman – Trauma & Recovery

Stage 1 – Safety & Stabilisation

- ▶ Building trust & relationship with service & worker
- ▶ Validation, instilling hope & worth
- ▶ Basic needs – housing, finance, immigration
- ▶ Responding to crisis - Safety & risk
- ▶ Advocacy re possible engagement with justice process
- ▶ Making sense of trauma symptoms – understanding & psychoeducation
- ▶ Developing safer coping strategies & self care
- ▶ Reviewing & building support network
- ▶ Identifying needs and priorities

National Helpline

- ▶ Funded by the Scottish Government
- ▶ Any form of sexual violence, both recent & historic
- ▶ Survivors aged 13+, plus friends, family & workers
- ▶ Supports all genders
- ▶ Open 6pm to midnight daily – collaborates with local Centres
- ▶ Phone, email & text
- ▶ Language & Sign Language Interpreting

Police Referral process – offered to all victims of serious sexual crime aged 16+.

- ▶ Referral enables early support, information, link to face to face support
- ▶ Feedback on Police and forensic health care experience

Stage 2 – Mourning & Remembering

- ▶ Telling the story – being heard , believed, not judged & validated
- ▶ Processing and acknowledging losses
- ▶ Reviewing and reframing experience & meaning
- ▶ Shifting the blame
- ▶ Recognising & building creativity, strength, resilience & skills
- ▶ Pacing – revisiting and reviewing Stage 1

Stage 3 – Reconnection & Moving On

- ▶ Reclaiming & Building Identity - From survivor to thriver
- ▶ Community & informal networks
- ▶ Widening the horizon
- ▶ Family, relationships, community
- ▶ Activism – using your voice and experience for change
- ▶ Endings

Not linear, revisiting stages 1 & 2.

Flexible service model

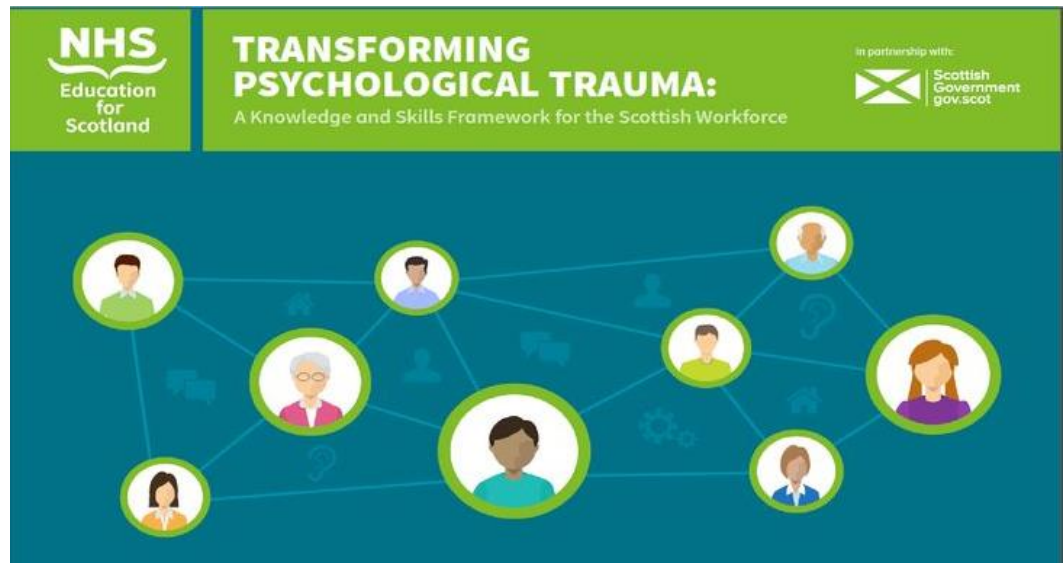
- ▶ Crisis access – Helpline – multichannel support – email, online, text, Drop in service
- ▶ 1:1 – emotional support & counselling
- ▶ Advocacy support
- ▶ Group programmes – trauma focused, creative and connecting
- ▶ Support resources – online, print & film
- ▶ Target group specific e.g. young people, asylum seekers/refugees, women involved in prostitution,
- ▶ Accessible – Sign Language & language interpreting

Trauma Informed Approach

Drive by Scottish Government to ensure Trauma Informed Workforce
“Trauma is everyone’s business”

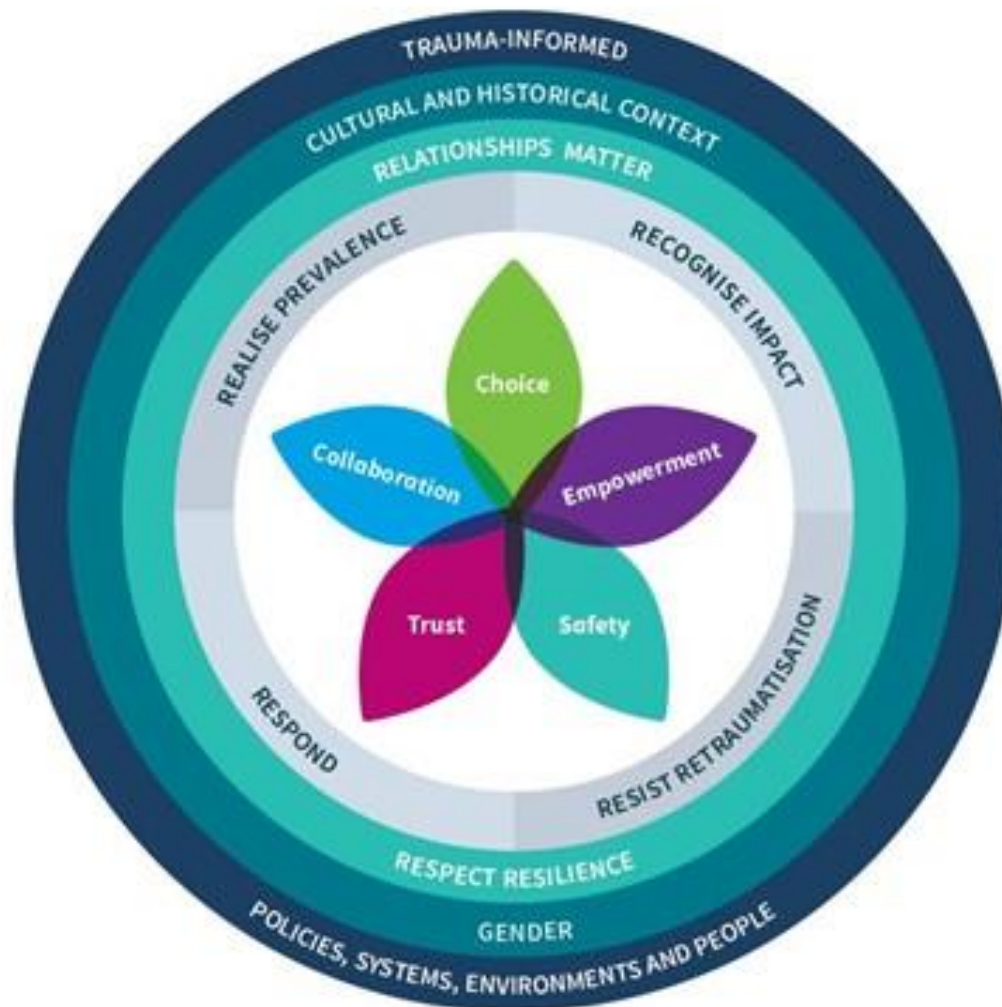
Trauma-informed organisations are those that integrate the principles of:

- ▶ **Safety**
- ▶ **Trustworthiness**
- ▶ **Choice**
- ▶ **Collaboration**
- ▶ **Empowerment**



into leadership, training, service delivery, policies and systems and physical environments

TRAUMA-INFORMED ORGANISATIONS



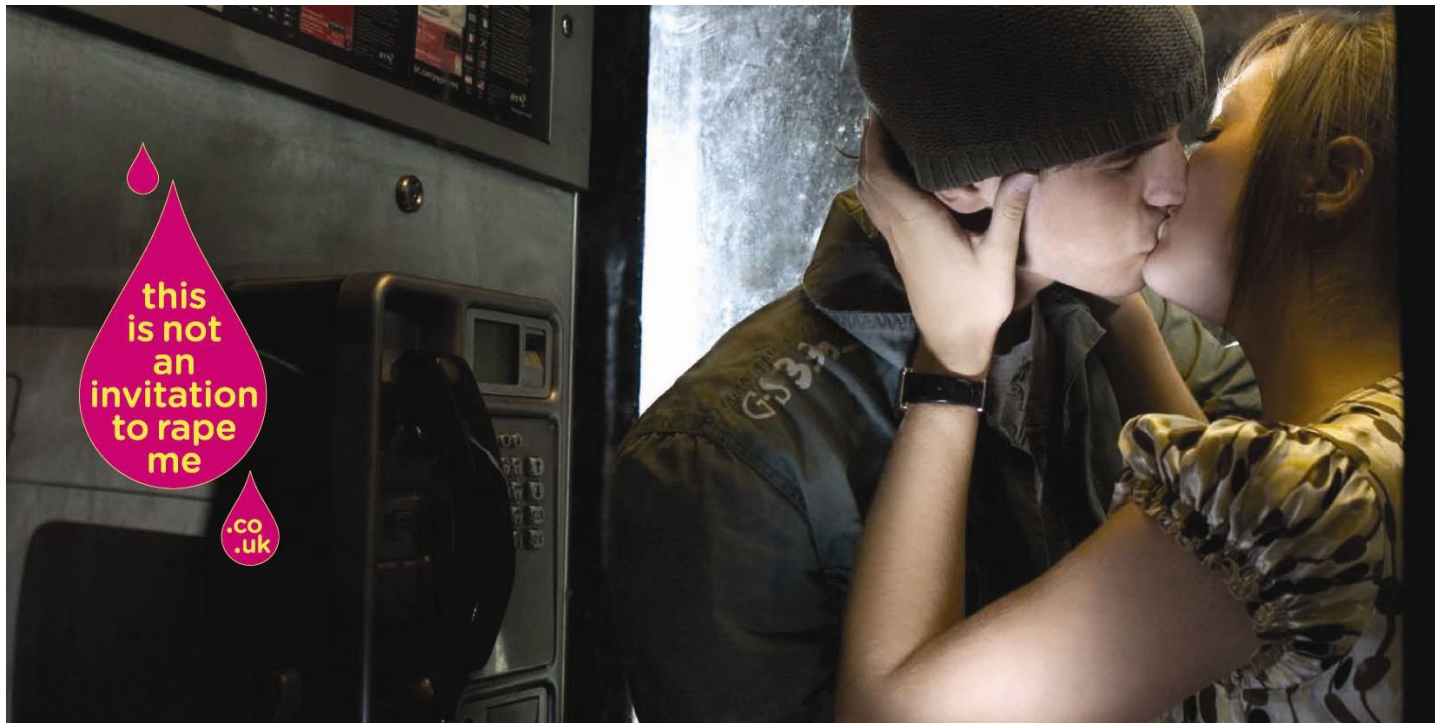
Vicarious Trauma & Self Care

- ▶ Building awareness and self monitoring
- ▶ Cumulative
- ▶ Support & supervision
- ▶ Learning, flexible, supportive culture
- ▶ Balance
- ▶ Recognising vicarious resilience -

Campaigns



This is Not an Invitation to Rape Me



Challenging key Victim Blaming Beliefs



Alcohol, Dress, Relationships, Consent

