

**SOUTH EASTERN CENTRE
AGAINST SEXUAL
ASSUALT**

**ANNUAL REPORT
2001-2002**

Coordinator's Review

During 2001/2002 SECASA continued to expand the range of services it provides and increase accessibility for clients. And workers continued to demonstrate their commitment to victims by offering an increasing range of specialist services.

When I started work at the Centre some ten years ago it occupied offices in the Social Work Department of Monash Medical Centre at Clayton. The clientèle were predominantly women and a few children.

Since that time the service has moved into a house in the community in East Bentleigh and has set up offices in Pakenham, Cranbourne, Dandenong, Rosebud and Frankston. It has improved its accessibility to a range of marginalised groups such as people with an intellectual or psychiatric disability, indigenous groups, adolescents, men and older women.

In addition, the types of services offered has increased with many groups being run and creative therapies conducted in addition to one-on-one talk therapy.

This year there have been staff changes brought about by two workers taking maternity leave, one of the Office Managers utilising her long service leave and two counsellor/advocates moving onto other positions.

The Southern Sexual Abuse Counselling Prevention Program, the STEP Program and The Angela Taylor Child Protection Unit were officially launched. Senior Constable Dianne Bush was successfully nominated for The Excellence in Policing Awards and SECASA received an award in the 2001 Victorian Celebration of Ability Awards for the Sexual Assault and Intellectual Disability Kit.

Throughout all the changes and hard work everyone at SECASA continued to create an enjoyable working environment with a great deal of support and good humour. I should like to thank all the counsellors and the two Office Managers for their contribution to the smooth running of the service and their untiring efforts to deal with all the needs of numerous staff and locations.

Services

Service History

The Sexual Assault Centre was originally set up at the Queen Victoria Medical Centre, Lonsdale Street, Melbourne, in 1977. This was the first Centre to provide services to victim/survivors of sexual assault in Melbourne. In 1987 the Centre moved with the Queen Victoria Medical Centre to the new premises of Monash Medical Centre in Clayton.

From 1987 until 1993 the Centre was known as the Monash Sexual Assault Centre and was situated within the Social Work Department at Monash Medical Centre, Clayton. In February 1993 it moved to separate premises adjoining Monash Medical Centre's Moorabbin Campus and changed its name to the South Eastern Centre Against Sexual Assault (SECASA). The then Minister for Health, the Honourable Mrs. Marie Tehan, officially opened the new premises on October 8th, 1993.

Whilst having the administrative centre on the Moorabbin Campus of MMC, the Centre operates out of 7 other permanent locations and provides a visiting service in several others.

Services Provided

SECASA provides services within the Southern Metropolitan Region to children and adults, both female and male, who have been sexually assaulted. The Centre also works with non-offending family members, partners, caregivers and support workers. The Southern Sexual Abuse and Counselling Prevention Program is a service for adolescent sex offenders and their families which commenced in 2001 as part of SECASA's preventative work. The Department of Human Services Protective Services refer their clientele for a range of specialist services including assessment and treatment. Finally, SECASA provides an after hours service for victims of family violence to discuss their options with a counsellor.

The Southern Metropolitan Region encompasses the south-east suburbs of Melbourne and covers the Mornington Peninsula, Westernport and the Dandenong, Berwick, Cranbourne and Pakenham growth corridors.

The Angela Taylor Child Protection Unit operates with wider boundaries than the Southern Metropolitan Region providing a service for all children who live south of the Yarra. Children living north of the Yarra attend the Royal Children's Hospital Gatehouse Centre.

There is a joint legal service provided by the Springvale Monash Legal Service and SECASA for clients who live within the region.

Location

SECASA is auspiced by Southern Health. Counselling is provided in a variety of settings. The Centre's administration and some counseling services are based in a house on the grounds of the Moorabbin Campus of Monash Medical Centre in Centre Road, East Bentleigh. Workers also operate in permanent locations in Rosebud, Frankston, Dandenong, Cranbourne, Pakenham, Clayton and St Kilda.

The Rosebud service is co-located with the Rosebud Community Information and Support Service. The Frankston service works out of a house close to the main shopping centre in Frankston and is co-located with the Westernport Accommodation and Youth Support Centre domestic violence outreach service. Dandenong has five workers located at the Visy Cares Centre. The Cranbourne workers are located at the Cranbourne Integrated Care Centre whilst the Pakenham service is situated in the Cardinia Shire youth service premises, the Y Zone. One evening a week a worker provides counseling for sex workers in premises managed by the Inner South Community Health Centre and known as Resourcing Health and Education in the Sex Industry (RheD). Other outreach services are provided at Winja Ulupna and Galliamble in St Kilda, Victorian Aids Council, Y Stop in Carnegie and Sacred Heart Mission in St Kilda.

SECASA is committed to providing an accessible service. The service will continue to locate workers out in the region with Moorabbin serving as an administrative base.

The range of services provided by SECASA encompasses:

- 24 hour crisis counselling and medical care
- Crisis counselling (short-term)
- Supportive counselling (medium term/long term)
- Movement therapy
- After Hours Family Violence Counselling Service
- Sexually aggressive adolescent treatment program
- Medical follow-up
- Groups for adult survivors, children, adolescents and non-offending parents, partners and caregivers
- Psychological assessments for criminal injuries claims
- Legal service for criminal injuries claims
- Legal advocacy
- Reports for courts and tribunals
- Interpreter services
- Secondary consultation
- Community education
- Professional training
- Student supervision
- Research

Aims

SECASA aims to provide

- A comprehensive service which responds to the needs of those who have been sexually assaulted, including crisis care, counselling, medical care and advocacy.
- Information and education to raise community awareness of the nature and incidence of sexual assault.
- Awareness and prevention focussed programs

Crisis Service After Hours Sexual Assault

SECASA provides a 24-hour crisis care service from the Crisis Care Unit within the Emergency Department at Monash Medical Centre, Clayton. This service helps victim/survivors during the initial crisis following a recent sexual assault. Counsellors provide support, information and advocacy enabling those using the service to make informed choices in relation to reporting to Police, legal action and medical care. Follow-up counselling is offered at a convenient site either at Moorabbin, Frankston, Dandenong, Cranbourne, Pakenham, Rosebud, Clayton or St Kilda as well as a number of locations catering for clients with special needs.

From 1st July 2001 to 30th June 2002 242 people aged seventeen years and over attended the Crisis Care Unit. Under seventeen-year-olds were seen in The Angela Taylor Crisis Care Unit.

After Hours Family Violence

From 1st February 1999 SECASA was funded to provide an enhanced after hours service for victims of family violence. This service is provided to single women, women with children and same sex couples. Two services cooperate to provide this service SECASA and Hanover South Eastern Crisis Accommodation Service. SECASA provides the after hours counseling and referral. Hanover South Eastern Crisis Accommodation Service provides motel accommodation for people needing emergency accommodation overnight and assists with a range of support services at 9.00 a.m. the next day. Follow-up counselling is not provided by SECASA.

From 1st July 2001 to 30th June 2002 38 women and their children attended for after hours assistance.

The Angela Taylor Child Protection Unit

The Angela Taylor Child Protection Unit provides a medical service for all physically and sexually abused children who live south of the Yarra. The other half of the state has a service provided by the Gatehouse Centre at the Royal Children's Hospital. During business hours paediatric forensic medicals are conducted in sessions run by paediatricians and the Victorian Institute of Forensic Medicine. After hours medicals are provided either by the after-hours Doctors' roster for sexual assault cases or the Emergency Department Paediatric Registrar for physical abuse cases.

A half-time social work position is attached to the Unit providing counselling and coordination of the service. After hours the initial telephone contact is undertaken by the After Hours Telephone Service Against Sexual Assault and the SECASA on-call worker.

The Unit has provided training for post-graduate nursing students, fifth year medical students and each year's intake of paediatric registrars at Monash Medical Centre.

The Victoria Police Blue Ribbon Foundation has continued to support the Unit both financially and in spirit. The Unit was officially opened by the Police Commissioner Christine Nixon on 20th December 2001 with Arthur and Marion Taylor, Angela Taylor's parents, in attendance.

From 1st July 2001 to 30th June 2002 276 children were seen in the Unit.

Counselling

SECASA provides free, medium to long-term, confidential counselling to adults/children, male and female victims of both recent and past sexual assault. Counselling and support is also available to non-offending parents, partners, caregivers and support workers. Some home visits are undertaken and residents of the Queen Elizabeth Residential Complex and Westernport Drug and Alcohol Residential Unit receive a twenty-four hour response to a request for counselling.

Male clients are able to choose either a female or a male counsellor.

From 1st July 2001 to 30th June 2002 there were 7073 counselling sessions. There were 2803 new contacts with the agency. Of the new registrations 1911 were adult females and 199 were females under 18. 508 adult males were seen and 105 under 18.

Telephone Counselling And Information Service

A worker is on Duty from 9.00 a.m. - 5.30 p.m. each weekday to provide telephone counselling, case consultation and an information and referral service for victim/survivors, their partners, close friends, family members and other agencies.

After hours, at weekends and on Public Holidays service is provided by the statewide After Hours Telephone Service Against Sexual Assault.

From 1st July 2001 to 30th June 2002 there were 4222 calls dealt with by the Duty Workers. There were also 710 secondary consultations with regional agencies, professionals and the Department of Human Services.

Southern Sexual Abuse Counselling And Prevention Program

The Southern Sexual Abuse Counselling and Prevention Program (SSACPP) was a joint initiative between The Children's Protection Society and SECASA. It commenced operation on June 12, 2001 at the Visy Cares Centre in Dandenong and was officially launched on 26th February 2002 by Tony Barber at the Visy Cares Centre.

This service is available for young people between the ages of 10-17 who exhibit sexually abusive behaviours and reside in the Southern Metropolitan Region of Melbourne. The aim of the program is to assist these young people to take responsibility for and to learn to manage their sexually abusive behaviours.

Services provided include:

- Individual risk assessment
- Individual counselling
- Group work
- Family counselling and reconstruction
- Secondary consultations
- Community and professional education

This program provided training for over 300 Department of Human Services and residential care staff in the Southern Metropolitan Region in workshops entitled "Understanding Sexual Behaviours. What's Normal, Concerning or Abusive".

Group Work

In 2001/2002 SECASA facilitated a wide variety of groups. These included several creative arts groups.

- Mosaic Groups
- Dance Therapy Workshops
- Sexuality Workshops
- Creative Art Therapy Group for Female Survivors of Childhood Sexual Assault
- Creative Art Therapy Workshops
- Women In A Long-Term Relationship With An Offender
- Young Women's Group
- Partners Group
- Open Ended Adult Female Survivors of Childhood Sexual Assault
- Adult Female Survivors of Childhood Sexual Assault
- Adult Male Survivors of Childhood Sexual Assault
- On-going Group for Young Men Who Exhibit Sexually Abusive Behaviours

Work In Schools

Secondary Schools Anti Violence Workshops - Respect, Protect, Connect

This program is a joint venture between Women's Health in the South East (WHISE) and SECASA. It has been funded for the past six years by the Department of Human Services. The project provided 172 workshops to schools in the Southern Region with 2882 participants in years 7-12. These workshops were conducted as single sex sessions using peer educators and an adult facilitator.

Some highlights of the year were our work with Yeshivah College, the 6-week intensive program conducted at Sandringham and Hampton Park Secondary Colleges and the highly positive responses to our workshops by Eumemmering and Monterey Secondary Colleges.

The 2002 school year has seen some major changes and achievements by the program. Kiri Bear has enthusiastically taken over the position of the Coordinator of the young women at WHISE. Twenty-five male and female peer educators have been trained and begun facilitating workshops. The resources for Respect, Protect, Connect have been updated. Finally, Suzanne Pollard, an Honours Student from Swinburne University, is evaluating the young men's program.

Primary Schools Protective Behaviours Workshops - Feeling Safe Together

The Feeling Safe Together program utilizes the successful skills for safety from protective education programs that were in existence in the 1980's, both in Australia and overseas. SECASA has enhanced these with material strategic to the current needs and personal/social difficulties facing Victorian children, their families and teachers today.

The City of Casey funded the upgrading of the Feeling Safe Together Training Manual and some peer educator training.

Professional Education

Professional education is an important activity for SECASA. During 2001/2002 the agency maintained its commitment to this activity and provided training and information within the hospital and region.

Regular talks were given to the Emergency Department nurses, residents and paediatric registrars at Monash Medical Centre, Clayton and Emergency Department nurses at Frankston and Dandenong Hospitals. SECASA participated in the Sexual Offences and Child Abuse Units training courses at the Police Academy and provided secondary consultations to a wide range of local agencies.

Information and education were provided at workshops for the following organisations:-

- Barton TAFE Staff
- Dandenong/Springvale Secondary College Teachers
- Pakenham Secondary College Teachers
- Lighthouse Foundation Workers
- RheD Workers
- Southern Metropolitan Region Out of Home Carers
- Community Residential Unit House Supervisors
- Box Hill Sexual Offences and Child Abuse Squad and Criminal Investigative Workers
- Department of Human Services Head Office - Protective Staff
- Southern Metropolitan Region Residential Care Workers
- Victims Services Course, Melbourne University
- Turning Point - Drug and Alcohol Workers
- Southern Metropolitan Region Foster Care Workers
- Lyndale Secondary College Teachers
- Queen Elizabeth Centre Staff
- Department of Human Services, Head Office - Sexually Abusive Behaviours Workshop
- Anglicare Frankston
- Galliamble Workers
- Victoria Police - Port Melbourne and Altona
- Inner South Community Health Centre
- Monash University Social Work Students
- Victorian Family Planning Staff
- Day Chemotherapy Unit - Monash Medical Centre
- Barwon CASA
- South Eastern Private Hospital Midwives
- Peninsula School Welfare Officers
- Victims Assistance Program
- Magic Wand Wishful Thinking Workshop Presentations
- Women's Health Connections. Forum on "Why Women's Health"

Community Education

Community Information Sessions are run regularly at Moorabbin, Frankston, Cranbourne and Dandenong. Biannual information sessions continue to be conducted for the Frankston, Dandenong, Cheltenham and Box Hill offices of the Department of Human Services and the Frankston, Dandenong, Moorabbin, Blackburn and Knox offices of the Sexual Offences and Child Abuse Units.

The Centre was also involved in Community Safety Week, the Gay Pride March and the Midsumma Festival.

During 2001/2002 the agency was involved in public education forums and information days for

- Hampton Park Secondary College Health Expo
- Westernport Drug and Alcohol Services
- Pakenham Secondary College
- Westall Secondary College
- Glen Eira Youth Services Network
- Greater Dandenong Men's Health Day
- Endeavour Hills Secondary College
- Women's Circus - 5 nights
- Swinburne University Women's Forum
- Young Men's Health Day - Parkdale Secondary College
- International Women's Day Displays - Moorabbin/Cranbourne
- Week Against Violence Forum Display
- Knox Park Primary School Parents and Teachers
- Emerald Secondary College
- Noble Park Secondary College
- Northern Centre Against Sexual Assault Young Women's Group
- Bayside Festival Stall
- Casey Youth Services Network
- Bayside Young Men's Health Day
- Oakleigh Integrated Youth Services Staff
- Y-Stop Explore Program
- Joy FM Radio
- South Gippsland Youth Workers and Agencies Network
- Anti-Violence Project of Victoria Inc. Committee of Management
- Men's Health Expo Frankston
- ATSIC Expo
- Bentleigh Secondary College
- Glen Eira Agencies Network Expo
- "Better Than This" Play Panel Discussion

Projects

The Step Program

The program is investigating strategies that help children and their families, who have suffered the effects of abuse, cope more effectively. Children aged between 8-12 years and their non-offending caregivers are being recruited from SECASA's general clientele for this research.

This program is run by a Doctoral psychology student and two SECASA workers. The program offers weekly education and support groups for children structured upon relapse prevention techniques. Caregivers are involved in a concurrent group.

The main aims of the project are:

- To develop a treatment that more effectively and efficiently promotes the recovery of children who have been abused and are suffering from Post Traumatic Stress Symptomatology
- To compare the effectiveness of the newly designed treatment program for children relative to the best existing interventions for abused children
- To determine the interpersonal, intra-personal, and contextual cues that maintain symptoms in children who have suffered abuse
- To reduce the debilitating psychological effects, and associated personal and social costs that have been shown to occur more commonly in abused than non-abused children
- Dissemination of the treatment program to promote the most effective treatment of abused children, and their families, by other community service agencies
- Promoting the health and welfare of children and families Australia-wide by creating a network of providers trained to offer effective treatment to abused children and their families

This program was officially launched on 31st July 2002 by Tony Barber at Monash Medical Centre, Clayton Campus.

Dance Therapy Program

SECASA has been running dance therapy groups and offering individual sessions for women survivors of sexual assault since 1997. The original dance therapy group programs were named 'Moving On', which was an introductory series, and 'Continuing On', which was offered to women who had completed one of the 'Moving On' series.

Over the past twelve months SECASA conducted two one-day dance therapy workshops. The dance therapy workshops were "Body Enjoyment" facilitated by Louise Barnfield and Sarah McGregor and "Body Celebration" facilitated by Sue Mullane and Sarah McGregor.

The one-day workshops provide the opportunity for women to explore a specific theme intensively. Activities incorporate a creative arts exploration of the topic and use dance/expressive movement as the primary means of expression.

Art Therapy Program

Funded by the Women's Trust a one-day Art Therapy workshop "Dedication To Healing" was held at the Rosebud Community Information and Referral Centre. The workshop encouraged women to utilize creative mediums to assist in their healing journey.

The women's work was exhibited for a week in Cube 37 Gallery in Frankston.

Sexuality Workshops

In 2001/2 three Sexuality /Workshops were held. The workshops were based on Wendy Maltz's "The Sexual Healing Journey" and Beverly Holman and Wendy Maltz's "Incest and Sexuality. A Guide To Understanding and Healing".

This is an on going project for SECASA with different workers being trained to run the day programs.

Community Safety Week

The Centre organised a display featuring cut out people to represent the percentage of survivors of sexual assault in the population for Community Safety Week. There were displays at both the Clayton and Monash Campuses of the Monash Medical Centre for the whole week.

Victim Assistance Program Seminars

SECASA and Windermere Child and Family Services, Victims Assistance Program cooperated to run 10 seminars "From Tourist to Travel Guide". These seminars were conducted for people recovering from childhood trauma to assist them in recognizing how that trauma influences their decision making capacity or relationships.

Web Site

In late 2001 SECASA website hosting was donated by Trident Computers. With the site on a private ISP we were able to obtain a unique domain name secsa.com.au. Since the site has been transferred a review of the content of the site has commenced.

A new section on clergy abuse has been added and a number of new sections are being prepared.

Visits to the front page of the site have risen by 30 000 in the first six months since the domain name change.

Conference Papers

- "Sexualised Behaviours. The Friedrick Model" by Marianne Townsend.
- "Magic Wand or Wishful Thinking" One Day Seminar held at Monash Medical Centre.
- "Bang, Bang, Bang. What Is The Place of Anger Work With Children" by Timothy O'Leary.
- "Magic Wand or Wishful Thinking " one day seminar held at Monash Medical Centre.
- "Clients Are Precious. Working With Young People Throughout A Lifetime" by Susan McDougall.
- "Magic Wand or Wishful Thinking" one day seminar held at Monash Medical Centre.
- "Renovating the Therapists Couch" was presented by Linda Watson and Sarah McGregor at the "Creating Change" conference hosted by Barwon CASA at the Geelong Performing Arts Centre.
- "Body Pampering" by Sue Mullane and Sarah McGregor at the "Creating Change" conference hosted by Barwon CASA at the Geelong Arts Centre.
- "What Would Our Forebearers Think" was presented by Linda Watson and Mark Barnett at the "Perspectives. Keeping Our Children Safe From Harm" conference hosted by Eastern Metropolitan Region Child Protection Reference Group.

Springvale Monash Legal Service/Secasa Joint Legal Service

This service has now been in operation for six years. It provides a quality legal service for SECASA clients. Due to the need to have supervisors present at all times the venue has been changed to the Springvale Monash Legal Service premises in Springvale. The Clinic provides assistance in relation to the following:

- Victims of Crime Assistance Tribunal
- Appeals to the Administrative Appeals Tribunal
- Action Against Religious Bodies
- Civil Actions Against Offenders where appropriate
- Family Law and Wills issues related to sexual assault
- Liaison with Medical Practitioners Board
- Assistance with Complaints to the Health Service Commission
- Sexual assault in a therapeutic relationship
- Advocacy/support for complainants required to give evidence in criminal proceedings
- Family violence issues and Intervention Orders arising from sexual assault
- Workplace pressure to provide sexual services
- General advocacy in relation to the above with Housing Authorities, Police, Department of Social Security, Department of Human Services and Department of Immigration and Ethnic Affairs, Law Institute

The Clinic maintained this focus when the Bracks amendments to the Criminal Injuries Legislation brought pain and suffering back as a category from 1st January 2001 in relation to compensation for victims of sexual assault.

Meeting Representation

- Frankston Paediatrics Meeting
- Dandenong Paediatrics Meeting
- Southern Health Child Maltreatment Meeting
- Statewide Steering Committee to Reduce Family Violence
- Westernport Family Violence Network
- Peninsula Counsellors Network
- SECASA/Police Liaison Meeting
- Victorian Centres Against Sexual Assault Forum
- Southern Region Domestic Violence SAAP Forum
- South Eastern Migrant Women's Health Network
- Dandenong and Springvale Youth Network
- Cardinia Shire Youth Services Network
- Alfred CAMHS Community Reference Group
- Southern Collective Against Violence and Abuse
- Dandenong/Springvale Student Welfare Teachers Network
- Dandenong Regional Welfare Group and Springvale Workers' Coalition
- VRAS/CASA Forum Liaison
- Cranbourne and District Community Service Group
- Monash Welfare Group
- Advisory Group - Health Services for Abused Children in Victoria
- Cardinia Shire Services Network
- Glen Eira Youth Services Network
- CWICS - Pakenham
- Peninsula Information Support Group
- North Casey Network
- Southern Victims Assistance Program
- Primary Care Partnerships - Glen Eira, Peninsula, Greater Dandenong Women's Health in the South East Management Committee
- Peninsula Indigenous Action Group
- Visy Cares Tenants Meeting
- Facility Users Meeting - Cranbourne Integrated Care Centre
- Victorian Institute of Forensic Services/CASA Forum Liaison Meeting
- Y-Stop Meeting
- Casey Youth Services Network
- Mornington Peninsula Network Against Family Violence
- Vic Safe Committee
- Same Sex Attracted Youth Workers Network
- Westernport Counsellors Group
- Oakleigh Integrated Youth Resources Centre
- Glen Eira South Area Network
- Regional Domestic Violence Services Network
- Victorian Anti-Violence Project Inc.

FUNDING

Sexual Assault Program Department of Human Services Community Care Division	\$1 018 611
Youth Support Grant Department of Human Services ACMH	\$47 831
Extended Treatment Department of Human Services Community Care Division - Child Protection	\$118 464
Enhanced Family Counselling and Prevention of Violence Program Department of Human Services	\$125 000
The Angela Taylor Child Protection Unit Children's Division, Monash Medical Centre	\$43 878
Southern Sexual Abuse ACMH - Mental Health - PDSS Community Care Division Department of Human Services	\$21 673
	\$1 375 457

DONATIONS

Ladies' Auxiliary Moorabbin Monash Medical Centre Moorabbin Campus	\$1 000
Trident Computers	Hosting Web Site
Clarinda Lions Club	\$200
Clarinda Lions Club	Trauma Teddies
Springvale Lions Club	\$200
Moorabbin Lions Club	\$500
Client	Toys
Mentone Girl's Secondary College	\$300
Melbourne Lions Club	Magic Show Tickets

GRANTS

The Victorian Women's Benevolent Trust	\$1 500
Westernport Family Violence Network	\$200
City of Casey	\$4 000
City of Casey	\$400