



Annual Report

2013-2014

The Centre Against Sexual Violence (CASV) Inc. is a community based sexual assault service which is dedicated to serving the sexual assault support, education and information needs of the Logan, Beenleigh and Beaudesert communities. CASV is a safe place for women 12 years and over who have been the victim of recent, past and/or childhood sexual assault to receive confidential counselling.

The centre provides counselling, group work, education and training, schools outreach program and referrals. CASV believes that victim/survivors have the right to:

- be believed;
- be heard and supported;
- be treated with respect, dignity and understanding;
- communicate in their own language, with an interpreter if necessary;
- be given information about options;
- have control over their choices and
- have their confidentiality and privacy maintained.



Denise Morgan Chairperson Report

As the year draws to a close I would like to thank my fellow committee members for their commitment, enthusiasm and expertise throughout the year.

CASV is a dynamic organisation, although you wouldn't know this by walking through the front door because you are struck with an enveloping feeling of calm and peacefulness. Behind this façade is a team that continually strives to meet the needs for their clients and their community.

Throughout the years I have been on the management committee I have been privileged to observe and be a small part of the continuous change process within CASV. The last few years have presented scenarios where CASV's existence has been threatened and, while staff have worked to maintain their presence within the community, they have not taken their eye off why they are here – to support clients on their journey through trauma.

It has been a pleasure to be part of CASV and to get to know Deb and the team. Their work is highly valued by their clients and in an economic world, where funding is targeted, we need to recognise and value specialist organisations like CASV where staff are so committed to their clients and the community. We need to recognise that a case management approach or that any social worker, psychologist, occupational therapist or clinical nurse does not have the ability or training to walk alongside a traumatised client and through that intervention create change (would you let an obstetrician operate on your heart???)

Within the sector we need to recognise that, as within other sectors, people train to carry out positions to provide the best possible service and, in the end, this saves the money because the intervention is truly targeted.

To Deb and the staff at the centre, thank you for your inclusiveness, your humour, your patience and that doggedness that keeps you at CASV, trying, in whatever way it takes, to find peace for our clients.



The Centre Against Sexual Violence (CASV) Inc, humbly acknowledges the traditional owners and continuing custodians of the land on which we live, work, dream and play here at CASV Inc. and beyond. We recognise that we must not do this as a token gesture, but must make a commitment and take action to learn about, respect and honour Aboriginal and Torres Strait Islander peoples and culture.

We unreservedly apologise for and express our shame over the dispossession, marginalisation and attempted genocide of Aboriginal and Torres Strait Islander peoples. We hope to continue learning from your struggle, strength, wisdom and survival.



Debbie Aldridge Manager's Report

2013 to 2014 has been another action packed year at the CASV. Once again it has been a privilege and joy to be a part of the CASV staff and Management Committee.

I would like to acknowledge and thank the dedication of staff and management committee who have been committed to providing professional services to the amazing women of Logan. Women who have placed their trust in the CASV to support them on their journey of recovery from the impacts of sexual assault.

This year we had two new workers join the CASV team. CASV was successful in securing federal three year funding through the Royal Commission into Child Sexual Assault in Institutions. Miranda Clarke has filled that position and is now a part of the CASV team. Katherine Yeh carried out her student placement at the CASV and has since been employed as a Locum in positions while other staff have been on leave. Welcome Miranda and Katherine.

Sadly we also said goodbye to Marisol Pacheco who had been a member of the CASV team for more than ten years. I would like to thank Marisol for her dedication and long term commitment to the CASV organisation. We wish her all the very best in her new endeavours and look forward to still keeping in touch.

This year we were also fortunate to have three new committee members complement existing members Denise Morgan, Shannon Fentiman, Rosie Bell and Toni Both in providing exceptional governance and guidance to the CASV organisation. Welcome to Dolly Chang, Jacki Power and Maria Oresganin. Sadly Aunty Rosie Bell also resigned from the Committee. The CASV Association would like to acknowledge the great loss that occurred for Rosie and her family at this time.

The CASV team continued to forge strong partnerships across the community to deliver holistic and supported services to survivors of sexual violence. Partnerships between the CASV, Murrigunyah, WAVSS and Logan Women's Health and Wellbeing Centre were further galvanised to support the up and coming state government renewal process.

On behalf of CASV staff and Management Committee, thank you to the Department of Communities for funding the Centre Against Sexual Violence and the support we have received from Lynn McNeilly in the department throughout the year.

This year the CASV received word that a bequest had been left to the association. On behalf of the CASV association I would like to acknowledge our gratitude in being chosen to receive such a gift. In closing, being a member of the CASV staff and Management Committee team continues to be a deeply rewarding, purposeful and fun place to work.



Katrina Weeks

Counsellor/Educator Young Woman Report

Working with girls and young women aged 12 to 18 years who have survived sexual assault requires significant collaboration. Young women's lives constantly intersect with family, friends, school and other service providers. It is often time consuming to negotiate and navigate all individuals and systems involved in client's lives. Yet with the right support of their community young women are more able to repair the damages of abuse.

Collaboration is even more significant when working with young women from diverse cultural backgrounds. It is important that the families of these young women are able to understand and trust any worker or agency that is seeking to assist their precious daughter's. There is a fine balance between helping the family as a whole whilst also ensuring the needs of the young woman are foremost. Young women are flexible in negotiating different values and expectations in their lives and it is flexibility in service delivery that is essential in cross cultural counselling.

This year I have also had the opportunity to work collaboratively with Katherine Yeh who came to CASV firstly as a Masters of Counselling student. Katherine has now been employed to work with both adult and young women at CASV and I am excited to share this work with her. In the next 12 months I will be extending the work of CASV at the new Headspace at Meadowbrook.

I thank all the young women and their families for trusting me to walk beside them as they bravely deal with the aftermath of sexual assault. Katrina Weeks Counsellor educator young women.



Katherine Yeh Counsellor/Educator Report



My journey at CASV started from student placement August 2013, and thrilled to be back to work as a locum counsellor till June 2014. When I was a student, I got to participate a bit of everything which had been very exciting for me. For example, co-facilitating Love Bites program at high schools with Katrina, participating and co-facilitating CASV group with Melissa and Joyce, and learning to develop and run a workshop. Furthermore, other experiences such as attending inter-agency meetings with other colleagues, CASV staff meeting, counsellors meeting, team building and team supervision were all new to me. As a locum counsellor, I continue to develop skills and knowledge and aim to provide the best quality services to CASV's clients. Most importantly, I love this journey of supporting and empowering women and I also learn so much from our beautiful women and their own journey.

I haven't stopped learning since Day 1 I walked into CASV's door and I'm very grateful to be given this chance to work here. I would like to say Thank You to all friendly and awesome colleagues and especially Katrina my supervisor. Katrina has been guiding me since I was a student, providing me emotional and professional support. Thank you Katrina



Joyce Westerman Group Worker Report

Counselling and group work has continued to be busy this year, especially with the formation of an ongoing Crochet Group designed to teach women grounding activities and to form new social networks. We saw record numbers of participants in this group. We also enjoyed the services of a Transpersonal Art Therapy student early in 2014 through joint facilitation of an Inner Child Group, a very creative, challenging but rewarding group for participants in addressing the effects of their sexual assault or abuse. I continued to counsel both adult and young women at a local high school, and as always it was fulfilling to see women progress on their healing journey and achieve a sense of ability to manage their lives. While the organisation continues to negotiate the review process by our funders, many challenges have been presented which we have been working to face in a creative way that will maximise services for needy women in our community. Our services are always in high demand thankfully we enjoy a high level of support in our community.



Miranda Clarke Sexual Assault Worker Report

I have the privilege in working as a Sexual Assault Counsellor as well as liaising on matters regarding the Royal Commission into Institutional Responses to Child Sexual Abuse on behalf of the CASV. I have found this dual role has provided me with a healthy balance between providing individual counselling, advocacy and support for clients and networking and advocacy work in the community. As part of my Royal Commission role, I have met with over 20 community services and service networks to provide information about the work of the Royal Commission and to promote the counselling and support services provided by the CASV to support individuals who have been effected by the Royal Commission. I have also attended regular Royal Commission Stakeholder Meetings. Of greatest privilege, has been the opportunity to support clients who have courageously shared their story with the Royal Commission. Thanks to the CASV for providing me with the opportunity to attend professional development including Aboriginal and Torres Strait Islander Cultural Capability training, the Childhood Trauma Conference and LGBTI Inclusive Mental Health training.



Rachel Simpkin-Bale Centre Support Worker Report

As the Centre Support Worker I am responsible for all the day to day finances of the services and administration/reception duties. My position presents with different challenges every day. I enjoy welcoming women to the Centre and watching women transform while on their path to healing. In 2013-2014 we engaged a new Auditor which was an interesting experience after having the same Auditors for a few years. CASV received funding from two different Government Departments in 2013-2014, one State and one Federal. New processes were created as this was the first time the centre has received such funding. As the Centre Support Worker I am also here to offer my support to the Staff in the centre and I enjoyed working on projects with Staff members. This year I celebrated 21 years, working in women's services and cannot imagine working anywhere else.



Melissa Langridge Individual/Group Report



Sexual Violence is the most under reported personal crime in society. Survivors face many personal and justice system barriers to reporting. When it comes to sexual assault, research tells us that how the victim is perceived by those in the legal system can have a significant impact on the legal outcome for the survivor. Through practice experience CASV staff have also observed the psychological impact on survivors when re-traumatized through a legal process that is not sensitive to the impacts and ripple effects of sexually violent crimes whether they be historical or recent. In response to this and with the help of Detective Maria Oresgani, CASV was invited to provide training to the new police recruits from the Logan, Beenleigh and Beaudesert regions. Marisol, Katrina and I have provided training to approximately 60 new recruits. We spoke about gender sensitive practice, the realities of sexual assault, the short and long term impacts on survivors, barriers to disclosing, responding to a disclosure, and sexual violence as a human rights issue, statistics and the deconstruction of myths surrounding sexual violence. Training was well received by the majority and recruits stated that it will have a positive impact on their future responses to this crime. As a service we hope that this training will better equip police when responding to survivors of sexual crimes.



Groups

Sliding Door to Creativity: Women came together for arts and crafts to socialise in a safe and caring environment.

Christmas Workshop: Women made decorations and decorated training room for the client Christmas party.

Embrace your creative fun loving self: This was a creative exploration into the inner child. The group was facilitated by a very skilled art therapy student and she was supervised by Joyce and Melissa.

Drop in crochet group: This year we decided to start a weekly crochet group. It was very popular and women have enjoyed creating and learning new projects.

Sliding Door to Creativity craft group was facilitated by one of the women who access this service. Her skill and creativity with craft ideas was very much appreciated by all participants and helped to provide a fun and relaxed environment for all who attended.





Community Engagement

The Centre Against Sexual Violence started the year still in shock after a local woman, Joan Canino Ryther, was raped and murdered in the Logan area. This made the centre staff think of positives ways to engage the community after such a tragic event. Below are activities the centre participated in.

Sexual Violence Awareness Month.

Three main events where:

CASV Open Day in partnerships with Murrigunyah, Working Against Violence Support Service and River 94.9Fm. The aim of opening the centre for the day was to let the community know that the centre is available for support and how to access the service.

CASV Movie Day "In The Time of The Butterflies" (2002), this was a movie based on a dramtised account of the lives of three Mirabal sisters, who in the Dominican Republic opposed the dictatorship of Rafael Trujillo and were assassinated on the 25th of November, 1960. In 1999, the United Nations declared the '25 November as the International Day for the Elimination of Violence against Women.

Reclaiming Our Streets was a peaceful walk that left the Centre and walked the way Joan Canino Ryther walked to work. We stopped outside McDonalds (Joan's workplace) for two minutes silence before returning to the Centre. The theme for the walk was LOGAN CARES, No Sexual Violence, No Domestic Violence, No Street Violence.

International Women's Day

CASV renamed the training room in Joan's memory "Joan's Training Room, Honouring Joan Canino Ryther, 1985 – 2013" followed by a High Tea for the women of Logan. This was a great event with each table trying to answer the fun questionnaire about Women and the history of Logan.

CASV finished the year with a **Self-Care Day for clients**. This came about because a few client indicated that they wanted help with self-care and the knowledge on how to self-care. We had an overwhelming amount of clothes donated and most women went home with a stunning new outfit and feeling great after a massage and haircut.

Thank you

Thank you to the Management Committee, Members and supporters of the CASV. Without your support, this much service may not be available to service the many clients in need of sexual assault support and trauma recovery.

Chairperson-Denise Morgan

Secretary-Shannon Fentiman

Treasurer- Dolly Chang

Committee Members: Antoinette Both, Maria Oresganin, Jacki Power.

Staff Representatives: Debbie Aldridge, Joyce Westerman.

Centre Against Sexual Violence is located at:

Unit 5, 13-21 Mayes Avenue

Logan Central Qld 4114

CASV Business Hours

Monday 9:00am to 5:00pm

Tuesday 1:00pm to 5:00pm

Wednesday 9:00am to 5:00pm

Thursday 9:00am to 5:00pm

Friday 9:00am to 5:00pm

Counselling by appointment



Funded by



The Centre Against Sexual Violence Inc. would like to thank Queensland Department of Communities and Federal Department of Social Services for their funding for the centre in 2013/2014.