



## 2007 Annual Report of DIXI Resource Centre, Oslo

### *Objectives*

DIXI works to help rape victims and their families, to disseminate information about delayed problems and subsequent injuries, and also to increase public awareness and prevention.

### *Method*

DIXI works according to the help to help yourself method and complements the public assistance agencies.

### *Services*

DIXI Resource Centre is able to offer:

- One-to-one conversations for victims of rape and their families
- Discussion groups for victims of rape
- Discussion groups for families and friends
- Telephone advice
- Guidance by e-mail and text messaging
- Information about rights and obligations
- Themed evenings
- Information about the assistance agencies
- Talks at schools, for politicians, associations and the assistance agencies in general
- Free legal aid
- List of lawyers who can work on your behalf and psychologists/therapists whom we prefer to recommend
- Recommended reading list

### *History*

DIXI Resource Centre opened on 26 November 1998.

Between 1998 and 6 February 2001, the centre was open once a week. The centre was granted start-up funding by the Norwegian Ministry of Justice. In addition, DIXI received financial support from the City of Oslo through funding for volunteer organisations. For the first time, in 2001, Oslo City Council allocated NOK 300,000 for funding, making it possible to create a part-time (50%) salaried position.

Since the centre opened and up to 31 December 2007, DIXI has received 8,976 referrals.

### 2007

This year DIXI Oslo received a total of 2,337 referrals.

382 of these referrals came to us from the public assistance agencies. Clients who have contacted the centre this year have been aged between 13 and over 60.

The majority of the referrals have come from young clients. Many of them have been subject to teenage rape/date rapes committed by their contemporaries. These rapes often happen at home alone parties, class parties as well as larger events. The centre received an influx of referrals this summer, particularly in July.

The statistics show 1,435 referrals from Oslo and 468 referrals from other municipalities, in addition to 137 anonymous enquiries. See the statistics. Those who contact DIXI may do so anonymously. It is therefore impossible to say with certainty how many of the anonymous calls come from Oslo, and how many from the rest of the country.

The centre is seeing an increasing proportion of referrals from the public assistance agencies seeking advice and guidance. Increasingly more specialists and politicians are making use of DIXI's expertise.

**DIXI's website can be found at: [www.dixi.no](http://www.dixi.no)**

Once again in 2007 activity on the website saw a significant increase.

[www.dixi.no](http://www.dixi.no) was visited a total of 56,575 times against 37,397 in 2006, an increase of 33.8%. This means that in 2007 the site received some 157 hits every day of the year

There were approximately 200,465 visited pages in 2007 against 104,912 visited pages in 2006, an increase of 91.7%. This means that every visitor looks at on average at least three pages.

**Staff**

As at 31 December 2007. Number of permanent man-years: 2

General Manager and Consultant in full-time employment.

Hired-in:

Clerk/consultant: other business/administrative training 0.4 man-years (from May 2007)

Group leaders: total of 0.3 man-years (2 persons)

Total of 2.7 man-years

**Self-help groups**

Throughout 2007, four discussion groups were held for girls who had been raped. Two of the groups began in the spring and two in the autumn.

The groups run for a period of three to four months. Those attending the groups always have a one-to-one chat with the group leader before joining the group. At the final group meeting a follow-up meeting is scheduled to take place in around six months time.

The feedback from the participants in the groups has been excellent. DIXI has allowed the participants to fill in anonymous evaluation forms at the follow-up meetings.

We have had two group leaders this year who have made a fantastic contribution.

**One-to-one conversations**

The need for one-to-one conversations is great and this work is given a high priority.

Therefore the staff spend a considerable amount of time and resources on one-to-one conversations. The conversations take place both over the telephone and at the resource

centre. In 2007 we had 1,004 clients: in addition we acquired 327 new clients, and received

145 enquiries from family and friends. Often the enquiries are from family members - usually a mother or father contacting us following their child being a victim of rape. We are also seeing an increase in referrals from the assistance agencies. In addition numerous enquiries are received by e-mail and text messages, particularly from young people.

### **The DIXI Award**

The DIXI Award is given to a person or company that has worked with particular tenacity and determination to help victims of sexual assault. In DIXI's view there should be more of a focus on this subject, and we want to show that we are following closely the work that is being done in this field.

We were delighted to be able to present Mia Gundersen Leliënhof with the DIXI Award for 2007.

The award was presented at a formal ceremony on Tuesday 4 December at the DIXI Resource Centre in Arbinsgt 1.

Mia Gundersen Leliënhof has made a significant contribution to creating more openness and a greater focus on the subject of rape, particularly by telling her own story. She has also participated in various campaigns, including "Stop the Violence".

Furthermore she has spread information about rape, and the problems that victims of assault often experience. In recent years she has helped many who have suffered rape and sexual assault and she has been a huge inspiration to others.

Throughout her long involvement, Mia Gundersen Leliënhof has highlighted a serious social problem. This work makes her a worthy winner of the DIXI Award 2007.

The DIXI Award comes in the form of a special ceramic statue created by potter and artist Siv Andersen, Sandnes [www.sivandersen.no](http://www.sivandersen.no)

### **Activities**

#### **Raise DIXI's profile**

Work has been actively undertaken to raise awareness of DIXI's services with the aim of raising the profile of the service.

Outreach work is a key focus area for DIXI, for example, we have conducted two campaigns through Citrus Media on advertising flyers. The campaign went to the five largest towns in Norway. The target group for the campaign was the 18-35 year age group. The advertising flyers were delivered to various colleges, universities, cafes and restaurants, for example. The campaign spanned 14 days and DIXI received positive feedback. Moreover we conducted a campaign through Helseinfo to distribute brochures to various health centres and hospitals throughout the country. Our bus campaign lasted two weeks and we have also advertised in the daily and weekly press.

Two nurses came to us from Harstad hospital and will work at the new service for victims of sexual assault being set up in Harstad. They came to obtain information about DIXI's work.

In August we had a stand at the Momarkedet Festival. Here we were able to hand out a lot of information material about DIXI.

### Themed evenings

In April the resource centre organised a themed evening about "Rape drugs". The lecturer was chief physician Helle Nesvold from The Service for Victims of Sexual Assault, Oslo A&E, accompanied by chief physician Henriette Waitz, The Service for Victims of Sexual Assault, Oslo A&E, and chief physician Merete Vevelstad representing the Toxicology Department of the Public Health Institute. Topics that were focussed on concerned which substances are being used and their effects, whether "rape drugs" can always be proven and also some discussion of current sampling and statistics.

In October we were visited by Svein Øverland, specialist in clinical psychology and author of the book "Selvskading. En praktisk tilnærming" (Self-harming – a practical approach). He gave a lecture about self-harming and suicidal thoughts. Svein Øverland has also written an excellent article about the treatment of self-harming that can be found on our website under specialist articles.

The year's last themed evening was held on 27 November. The theme was "From reporting to case". Participants: representing the prosecuting authorities, police lawyer Sven Thorleif Røer, chief physician Henriette Waitz (the Service for Victims of Sexual Assault) defence lawyer Morten Furuholmen (the law firm Furuholmen) and counsel Anita Christoffersen (the law firm Torp og Christoffersen).

The following points were highlighted:

What happens if a rape or attempted rape is reported? What happens at an interrogation? What will an investigation involve? What is the role of the assistance agencies? What is the role of the counsel? What is it like to attend court?

Attendance at the year's themed evenings has been good, with broad representation from clients, friends and family and professionals alike.

### Lectures

DIXI has also held lectures to health personnel in Førde at the teaching and learning centre and participated as a lecturer at MSO's annual seminar at Gol (MSO medics' sexual information - an organisation run by medical students who work on outreach sexual education for young people). (More information on their work is available at [www.mso-bergen.no](http://www.mso-bergen.no)). We have also held lectures at the young peoples' centre in Nittedal. Those who attended showed considerable interest in the topics highlighted, and the subsequent feedback has been positive. The centre has given information to pupils – ranging from secondary school to college students and there has been a substantial increase in information to schools from DIXI this year.

### **The Rape Committee at work**

The Rape Committee will submit its recommendation in January 2008.

Grete Kvalheim is representing DIXI on the government-appointed Rape Committee.

The press release dated 1 September 2006 from the Norwegian Ministry of Children and Equality, the Norwegian Ministry of Health and Care Services and the Norwegian Ministry of

Justice and the Police – where the government wishes to implement measures to combat sexual violence - states that:

**"Rape is one of the most appalling assaults to which any person can be subjected. There is broad consensus in the government that victims of rape must be dealt with more effectively by the public sector as a first step," says Minister of Justice Knut Storberget, who together with the Minister for Children and Equality and the Minister of Health and Care Services is now appointing a separate Rape Committee.**

In our annual report for 2006 that is available on our website [www.dixi.no](http://www.dixi.no) you can read more about the background to the creation of the committee and about its mandate and composition.

The Rape Committee is to propose initiatives to improve the situation for women and men who have been subject to rape and other sexualised violence. Rita Sletner, Assistant Secretary General of Norway's Liberal Party, chairs this committee.

In May DIXI participated in a hearing organised by the Rape Committee concerning conflict mediation/dialogue between the victim and the perpetrator.

The centre had a meeting with representatives from the Rape Committee led by Rita Sletner, lawyer Hege Salomon, and the committee's secretary Astrid Haar on 8 November at DIXI.

#### Meetings with political authorities

In the course of the year, meetings have also been held with politicians to inform them about DIXI's objectives, services and activities. DIXI has had meetings with Andre Oktay Dahl, for example, from Norway's Conservative Party's Justice Department. Also a meeting with Ola Elvestuen, Leader of Oslo Liberal Party, Trond Jensrud, Norway's Labour Party, from the Health and Social Committee, Oslo municipality, and deputy mayor Aud Kvalbein from the Norwegian Christian Democratic Party, Oslo, as well as a meeting with Bente Arnesen from the Health and Welfare Agency, Oslo municipality.

DIXI is also used as a hearing panel for the ministries in cases that concern our specialist area. DIXI participated in a hearing that the Rape Committee organised in May concerning conflict mediation/dialogue between the victim and the perpetrator. The hearing took place under the auspices of the Oslo military society.

#### **Teamwork**

Our partners are the police, the Sexual Assault and Rape Clinic, the Crisis Centre, the Support Centre against Incest (SMI), and other relevant bodies within the public assistance agencies. Each year we visit some of our partners.

It is essential to DIXI that we build up a solid network.

**Free legal aid** is a joint project with the Ministry of Justice that transcends the ordinary duty counsel arrangements.

The implementation of the duty lawyer scheme:

The duty lawyer scheme has been implemented in accordance with the guidelines that were set up and the financial funds have been used for the objectives for which they were applied.

The duty lawyer scheme was quickly established, with the first lawyer on duty on 23 July 2007 (i.e. two weeks prior to expected start-up on 8 August 2007).

The centre has actively informed about the service, both directly to those who contact the centre and on the internet, etc, as well as sending out information to relevant bodies. The service is also advertised on our website [www.dixi.no](http://www.dixi.no)

Following this, regular duty lawyer meetings have been held at the centre, with two hour shifts every Thursday between 14.00 and 16.00.

The duty lawyer scheme has, in accordance with the prerequisites, been implemented by a lawyer/assistant lawyer meeting at the centre to be directly available to victims/clients. The centre has arranged a separate room, with a telephone, computer equipment (including internet access, etc) where the victim and lawyer/assistant lawyer have been able to talk uninterrupted. In addition the duty lawyer has taken enquiries over the telephone and by e-mail.

It must be mentioned that the lawyers/assistant lawyers assisting in this duty scheme have also assisted with regard to telephone enquiries outside the ordinary duty scheme.

Number and type of cases:

In the course of the five months or so that the duty lawyer scheme has been running, altogether 32 enquiries have been registered. The bulk of the cases have concerned rapes, violence and incest. Thus the largest number of cases concerns sexualised violence, where a substantial number concern violence within close relationships. However there have also been cases concerning benefit rights and a case concerning a forced marriage.

Virtually all the enquiries were made by women. A small number of enquiries however concerned boys/men. Those who contacted us included both persons who had not been in contact with a lawyer previously, and persons who had already had contact with other lawyers. Several cases were referred on to legal assistance/investigation.

An interpreter was not used in any of the cases.

In the centre's opinion, the duty lawyer scheme has produced good results. The responses that the centre has received from the victims/clients are extremely positive. The centre is aware that the scheme has already resulted in substantial payments of compensation to victims of violence.

In the project this year DIXI has collaborated with the law firm Salomon – Johansen AS

Artistic expression

A production by the Flaatenbjørk company entitled Sexual Empathy vol 1 toured secondary schools in Vest-Agder and Akershus in autumn 2007. The performance deals with and studies the problems surrounding sexual actions, sexually demeaning actions and the term grossly negligent rape.

Artistic director and actor Jarl Flaaten Bjørk says to DIXI: "In conjunction with our tour of secondary schools we wanted some advice and guidance from people with expertise in the area and therefore contacted DIXI Resource Centre for rape victims. Here we received good help. Initially we were principally after material to work on or other information we could

distribute to the pupils so that they could ring if they need to talk to someone after the performance.

DIXI provided us with excellent advice as well as flyers containing information about rape. However we were also given a book, "Living after the assault – it started with rape" written by Grete Kvalheim, which really was an eye-opener for me personally and which has helped us in the instances where young girls have approached us after the performance and asked us for advice". The Flaatenbjørk company's website can be found at <http://seksuellempati.no/>

### **Skills enhancement/staff development**

All those who work at DIXI participate in set guidance initiatives with external instructors, both individually and in groups. Instruction is given a high priority to ensure a healthy working environment, security and to prevent burnout. All staff are also offered staff appraisals. DIXI Oslo is a member of the HSH employers' association, Department of Health and Social Services. This ensures that we remain up-to-date on the regulations in the professional arena. We spend time developing a good personnel policy that is suited to DIXI Oslo.

The staff attend courses and training days that are relevant and of interest within each individual's area of responsibility so as to keep professionally up-to-date.

This spring DIXI visited the Centre for Victims of Rape at the Rigshospitalet Hospital in Copenhagen. The centre is a national centre of excellence for initiatives that can improve the help offered to victims of rape. Here we were shown around and given information about how the centre works.

Social Advisor Karin S. Madsen informed us about the pilot project on conflict mediation/dialogue between the victim and the perpetrator.

### **Library**

DIXI has some exciting, interesting and informative books on loan. We feel it is important to amass a rich library, both of specialist books and fiction. Some of our books and journals must be read at the centre.

### **Media**

DIXI has been active in respect of the media and given statements and interviews on current issues to radio, TV and the daily and weekly press. Statistics show that the media is using us more and more and our contact with the media is increasing year on year. The press is an important forum that is instrumental in putting the spotlight on rape and sexual assaults, which are a major social problem.

### **The Board of Directors at the DIXI Resource Centre Foundation, Oslo**

A new Board of Directors took office on 1 March 2006.

The members of the board are: Chairman of the Board Ivar Westhagen - associate professor and civil engineer, board member Therese Winggaard – shipping agent, board member Heidi Minde – gestalt therapist, board member John Steineger- doctor and specialist in psychiatry, new board member Marianne Grimsø leader of the County Social Welfare Board (joined the Board of Directors in September 2007) and board member Herdis Ragnhild Magerøy – General Manager of DIXI Oslo.

### **DIXI's premises**

DIXI is located at Arbinsgt.1, 3<sup>rd</sup> floor. In July we expanded our premises to include two new offices and a conference room. The premises have a lift and are accessible to disabled people.

### **Opening hours**

Our opening hours are currently Monday to Friday 09.00 to 15.00. This year the centre extended its opening hours on Wednesdays to 09.00 to 20.00.

### **How to get in touch with us?**

DIXI Oslo Tel no: +47 22 44 40 50 Fax: +47 22 44 40 55 Mob. +47 930 58 070.

E-mail: dixi@dixioslo.no

We are bound by a duty of confidentiality! Our services are free of charge.

### **Finance**

In 2007 DIXI received a total of NOK 2,758,132 from public authorities, divided between NOK 737,000 from the City of Oslo and NOK 2,021,132 in government funding.

Joint project with the Norwegian Ministry of Justice: Free legal aid NOK 75,000

NOK 38,266 was paid to the Board of Directors in 2007

As shown in the accounts, the funds were utilised in accordance with our objectives. DIXI Oslo employs Heiene regnskap AS and auditor Erik Enger from Noraudit.

In the autumn 2007, uncertainty surrounded the allocation for 2008 – cf. indications suggesting major budget cuts for 2008, which would in reality have meant the closure of DIXI. This resulted in a lot of extra work and disquiet amongst employees at DIXI. However the extra efforts of the General Manager produced an outstanding result. The allocation for 2008 was secured and the activities were therefore able to continue as planned.

### **Outlook**

As the allocation for 2008 is secure, DIXI is able to continue its work on rape as a serious social problem.

Work must continue on all the activities that DIXI represents and the need for DIXI's services is increasing – see the statistics. The number of referrals that DIXI has received over the years has increased and illustrates the need for the resource centre.

Our clients' needs suggest e.g. extended opening hours.

This means that there is a need for additional resources to the centre to enable us to meet our clients' requirements.

In 2008 DIXI will prioritise the work to reach out to boys and men and emphasise that DIXI is a service for them too.

Date 12 February 2008

DIXI Resource Centre Oslo  
The Board of Directors

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Ivar Westhagen  
Chairman of the Board

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Herdis Ragnhild Magerøy  
General Manager and Board Member

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Heidi Minde  
Board Member

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John Steiner  
Board Member

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Therese Alf Andersen  
Board Member

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Marianne Grimsø  
Board Member