



## NORWEGIAN - ESTONIAN COOPERATION HEALTH SERVICES FOR SEXUALLY ASSAULTED - A MULTIDISCIPLINARY JUMP

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## NEW HEALTH SERVICES - ASSAULT CENTRES

- **Direct access, multidisciplinary, "all in one" :**
  - **Medical assistance;** infections, pregnancy, injuries
  - **Psychosocial counselling / crisis support;** victim family
  - **Forensic medical examination irrespective of police**  
documentation injuries & demeanour, trace evidence  
toxicology
  - **Follow -up**
  - **Referral to other services when needed**
- **Traditionally**
  - forensic medical examinations at request of the police
  - medical treatment other help at random

## **SEXUAL ASSAULT and domestic violence**

- Prevalent
- Criminal
- A risk to health - physically
  - mentally
  - socially
- Embedded in myths and stereotypes
- Underreported; 10 – 20% contact police / health services
- Underdocumented; from health services to police
- Prospects of convictions are low

## **CONSEQUENCES FOR SOCIETY**

- Health costs
- Social costs
- Legal costs
- Violence generates violence
  - future generations
  - community level –
  - individual level

**A PUBLIC HEALTH ISSUE**

## THE PARTICULARS

- Address the myths among the public and professionals
- Build new skills; forensic combined with medical care
- Victim-friendly terms
- Health care confidentiality – a must
- Efficiency redefined calmness is therapeutical  
time for after-work  
time for cooperation
- Multidisciplinary cooperation has to be tended  
SAC – local police  
SAC – local police – local government  
Health directorate – Police directorate  
Ministry of health – Ministry of justice
- Communication across levels



## THIS IS A NEVER-ENDING STORY

Establishing and maintaining better services for sexually assaulted require continuous efforts :

- Building understanding  
Consequences for the individual and for society  
Prevalences those directly and indirectly affected  
Costs  
Benefits of taking action  
Inter-professional cooperation has to be tended for
- Counteracting myths and stereotypes
- Raising public awareness

## **OUR ESTONIAN PARTNERS – an impressive work of importance**

- Estonian prevalences of sexual assault / abuse
- Media campaigns raising public awareness
- Campaigns addressing young people, i.e. those most at risk
- Internet information
- Built understanding among key personnel in
  - the health sector
  - the legal sector
  - the administrative sector
  - the politicians
- Established equipment and routines for performing
  - medical and psychosocial care
  - forensic medical examination



**TOGETHERNESS MAKES STRONGER**  
**- now comes the time for raising babies**