

Connect

...at 2 years of service delivery

Supporting adult survivors to recover and move forward

The 'Step Down and Recovery' (SD&R) programme supports survivors, who may be 'stepping down' from other services or programmes, with any on-going needs to undo the trauma and impact of abuse. Some may be 'stepping in' to services for the first time, accessing help and support through groups or contact with a peer mentor. Recovery is defined by how each person sees it or wants it to be, and personalised goals are developed and worked towards on this basis.

How many adult survivors have been supported?

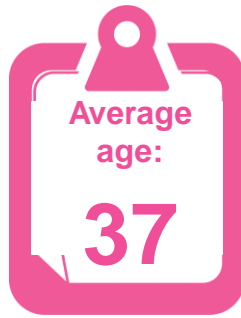
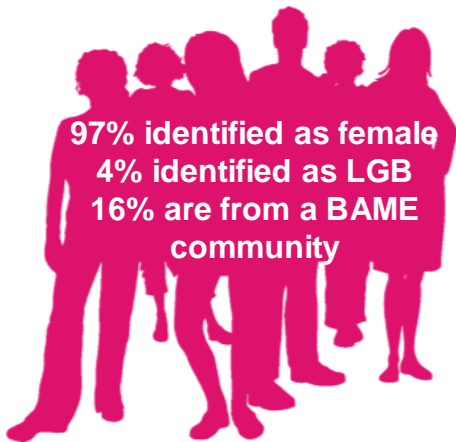
From 1st November 2018 to 31st October 2020



146

Adult survivors have been supported on the 'Step Down and Recovery' programme. The following **SafeLives Insights data** is based on those 146 individuals.

Who are the 'SD&R' adult survivors?



33% referred by Children's social services
82% are new to the services
34% are unemployed



23% have financial issues

*significant financial problems/reliant on others/ unable to pay for essentials

36% have a disability

Of these, 58% have mental health issues

Who else is involved?

94% have a perpetrator who identifies as male
For 90% the perpetrator will be an ex-intimate partner



64% have been exposed to domestic abuse in the past



6% were pregnant
69% have children

229 children were involved
14% of children were 3 or under



10% have multiple perpetrators

What have they experienced?

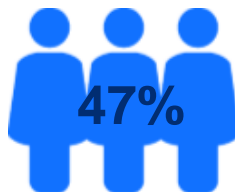
9

Average number of ticks on the DASH
4% were at serious risk of harm

Average length of abuse:



7% experienced so called 'Honour'-based violence



47%

experienced multiple types of abuse



6
years

29% have experienced physical abuse

10% have experienced sexual abuse

43% have experienced harassment and / or stalking

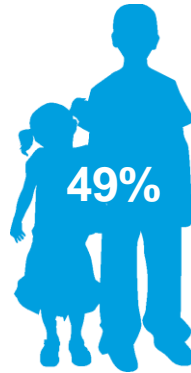
57% have experienced jealous and controlling behaviours

What support did they receive?

% are of those identified with needs



Were supported with safety



Were supported with children and parenting



Were given social and community support



Were supported with their mental health



Were supported with finance, benefits and debt

What was their experience on leaving the service?

80 Exit forms have been submitted



82% cessation of physical abuse
100% cessation of sexual abuse
50% cessation of harassment & stalking
44% cessation of jealous and controlling behaviour



50% reduction in survivors experiencing multiple types of abuse
30% of survivors had experienced no abuse since intake



92% said they felt safer
98% said their wellbeing had improved
94% said they felt more confident
90% said their quality of life had improved
77% said they were optimistic about the future

(n=48 survivors)

“[I] enjoyed talking to other women about our experiences and banding together. The team made us feel so supported and listened to. I feel like i'm more entuned now to the fact that I didn't deserve the abuse, before I had been drilled into that I had deserved it”

Survivor, Step down and recovery, Connect