

Celebrating our success - a year into our 2022-2025 strategy

For over thirty years we have supported autistic people and people with learning disabilities, to reduce the impact of trauma by developing trusting relationships, through psychotherapeutically informed services. With our head office in London and a base in Birmingham, we provide national provision across the UK.

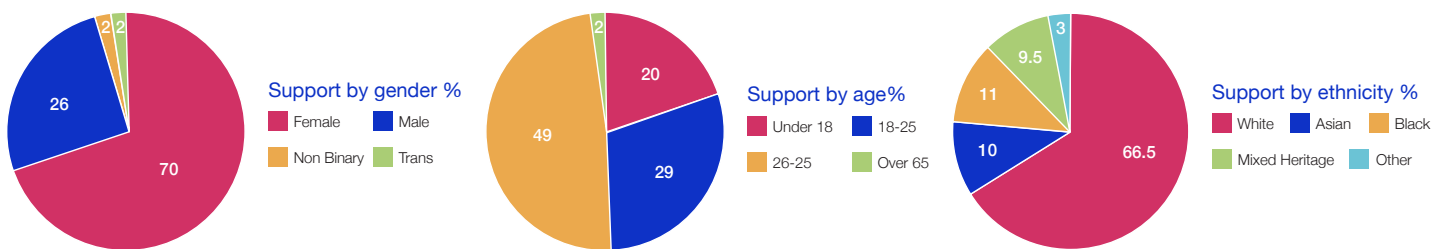
We are a medium sized charity with a big message, and our vision is simple - **all people with learning disabilities and autistic people who experience trauma are empowered to thrive.**

In 2022 we embarked on an ambitious new three-year strategy and as we come to the end of the first year of our strategy, we would like to celebrate our impact with you.

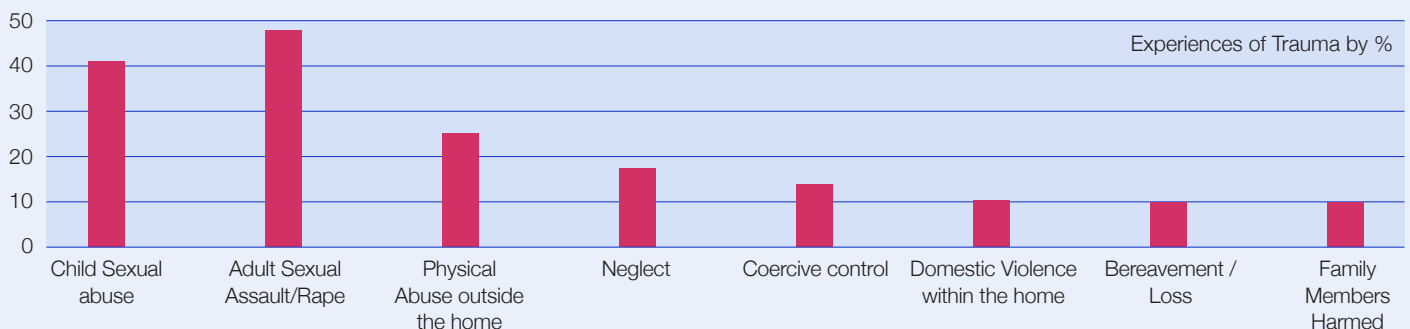
Who did we help?

We supported **308 autistic people and people with learning disabilities** who had experienced trauma, a **68% increase** from the previous year when we supported 183 people. An amazing **94% of clients would recommend Respond to others!**

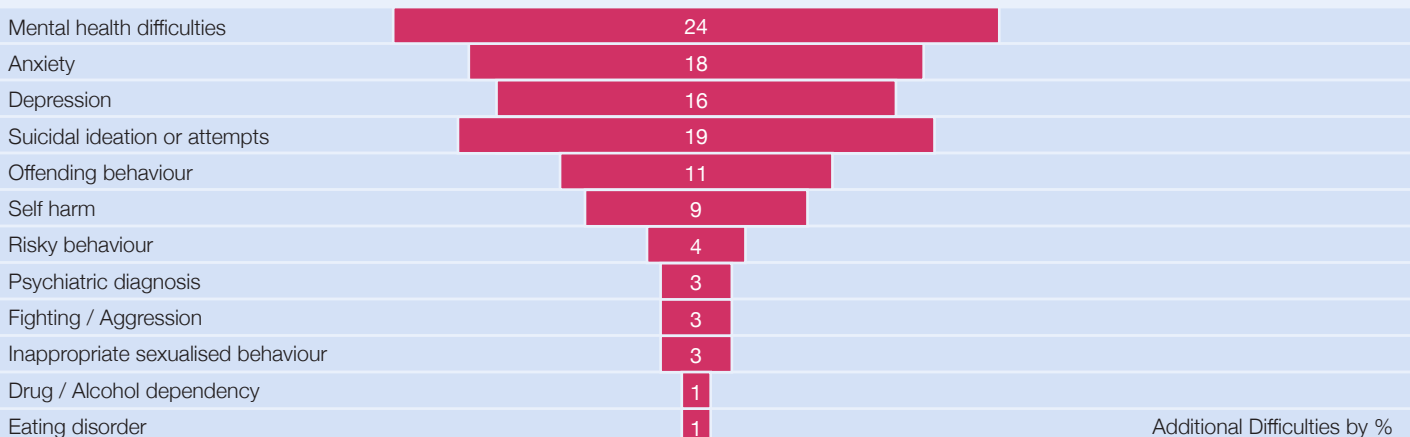
We supported people from diverse backgrounds:



The most prevalent reasons for our client's experiences of trauma were:



Additional Presenting trauma



How did we make a difference?

We provided Survivors psychotherapy, Family Services, Advocacy, Forensic psychotherapy, Circles of Support and Accountability (COSA), Transforming Care, Training and Consultancy.



Our clients experienced an improvement in wellbeing and capacity to cope, and a reduction in isolation.

- **100%** of our COSA core members did not re-offend, with **80%** of core members experiencing an improved ability to manage risk to self and others.
- **60%** young people experienced reduction in distress because of their therapy.
- **85%** clients in our Transforming Care service, **71%** Survivors clients and **61%** Advocacy clients experienced a reduction in isolation.
- **86%** Survivors clients, **80%** Advocacy clients experienced an improvement in their wellbeing.
- **80%** of Transforming Care clients interviewed experienced an increased capacity to cope.



We increased our national presence and improved access to our services

- Dispersed commissioned services across the UK, outside of our London or Birmingham clinics.
- **88%** Survivors clients were supported online, **25%** Family service and **98%** Advocacy clients were supported hybrid.



We trained 358 people

Our training focuses on a psychodynamic systemic trauma informed model. We trained professionals from across the statutory and voluntary sector, from frontline workers to senior leaders, who work with autistic people and people with learning disabilities.

- **16%** of our training was co-delivered with people with lived experience.
- **80%** delegates increased their understanding of our trauma informed approach.
- **73%** will continue to use a trauma informed approach in their work.

Get in touch

If you'd like to find out more, to refer to our services or book training or consultancy, contact us via **www.respond.org.uk / admin@respond.org.uk / 020 7383 0700**