

Respond's Strategy 2022 – 2025

Our Vision

All people with learning disabilities and autistic people who experience trauma are empowered to thrive.

Our Mission

We reduce the impact of trauma in the lives of people with learning disabilities and autistic people, by developing trusting relationships, through psychotherapeutically informed services.

Our Values

Respect - We are considerate about the thoughts, feelings, rights and opinions of everyone we connect with.

Safe - We build and develop ongoing professional relationships based on trust.

Inclusive - We bring together and reflect on a broad range of diverse contributions to drive our unique approach.

Compassionate – We listen and understand that people's experiences may impact the way they relate to others.

Empowering - We enable people to build on their strengths in order that they can achieve their goals.

Our Strategic objectives

1. **Increase public understanding and knowledge of the psychodynamic trauma informed approach.**
2. **Provide a whole system approach when supporting children, young people, and their families.**
3. **Improve the wellbeing and social integration for people moving out of long stay institutions into the community.**
4. **Reduce the risk of offending for those who may cause harm to themselves or others.**
5. **Reduce isolation, increase coping mechanisms and prevent further abuse.**

Final strategy year 2024-25 Summary of objectives

Objective 1 - Increase public understanding and knowledge of the psychodynamic trauma informed approach.

By the end of financial year 2024-2025 Respond will have -

- Increased our reach nationally and trained a total of 1400 delegates, with 600 people trained in year 3;
- Ensured that at least 15% of our training is co-delivered; and
- Evidenced that 80% of trainees have increased their understanding of trauma in the lives of people with learning disabilities and autism and that 80% delegates would recommend Respond training to others.
- Develop our co-production work with our Action group and Family trainers with lived experience with 85% reporting that they feel their involvement improves Respond's services.

Objective 2 - Provide a whole system approach when supporting children, young people, and their families.

By the end of financial year 2024-2025 Respond will have –

- Supported a total of 80 young people and connected professionals; including 40 young people in year 3 at schools and in clinic, with 80% recommending Respond to others.
- Evidenced that as a result of our interventions, young people are better able to cope with their experiences of trauma and abuse with improved emotional wellbeing, with 70% young people reporting decreased psychological distress and 60% young people reporting improved emotional wellbeing.

Objective 3 – Improve the wellbeing and social integration for people moving out of long stay institutions into the community.

By the end of financial year 2024-2025 Respond will have -

- HOPES is a national programme funded by NHS England and delivered by Mersey Care NHS Foundation Trust. The programme aims to end long-term segregation for all children and young people.
- Respond provides psychotherapy for the families of autistic people and people with learning disabilities that are in inpatient settings. We will have supported a total of 36 families through the HOPES project, including 14 families this year, with 65% who reported an increased capacity to cope.

Objective 4 - Reduce the risk of offending for those who may cause harm to themselves or others.

In this final year of the strategy, we will not continue to formally deliver on this objective due to the closure of the Transforming Care, Forensic and COSA services in 2023-24. Prior to this Respond delivered long term forensic psychotherapy to individuals and COSA, supporting the network of associated professionals. This is an area we'll continue to review as part of our next strategy development.

Objective 5 – Reduce isolation, increase coping mechanisms, and prevent further abuse

By the end of financial year 2024-2025 Respond will have -



- Increased the national reach of the advocacy service including increased digital access by 50%, reaching a total of 180 people in year 3.
- Evidenced that clients reported 70% improvement in wellbeing and 70% reduction in isolation across the Survivors Psychotherapy and Family Services, providing a joint Survivors/Advocacy group, Survivors Psychotherapy for 60 clients and therapy to 50 families (including HOPES work) in year 3.