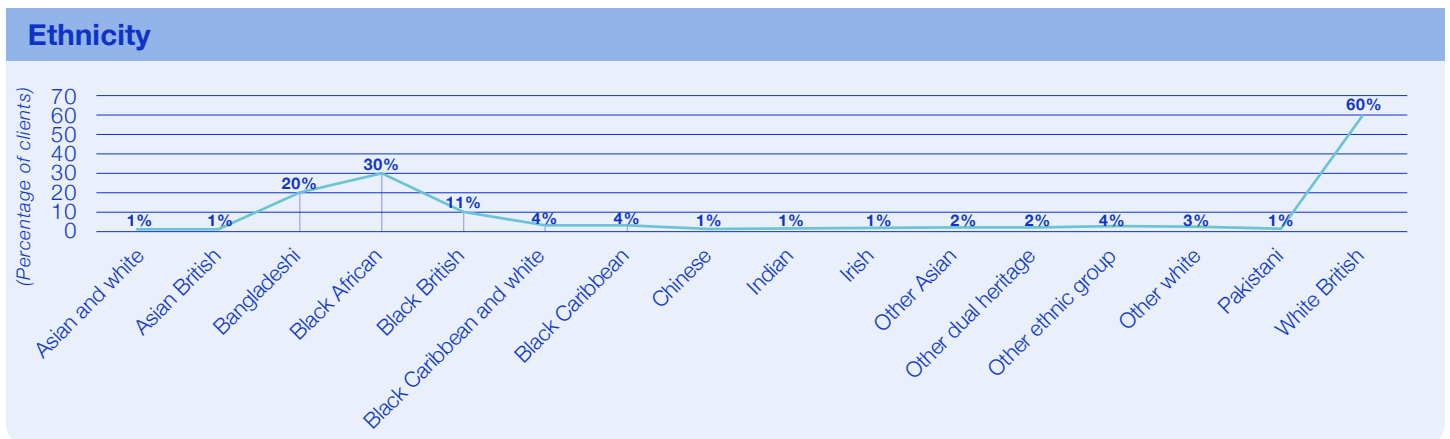
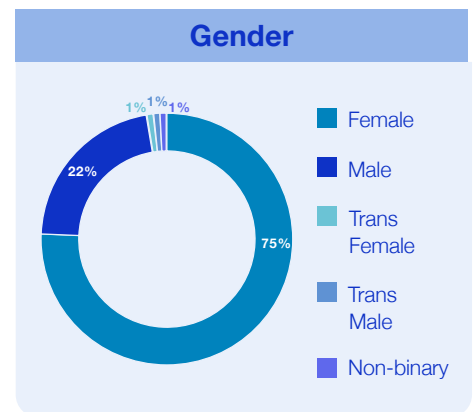
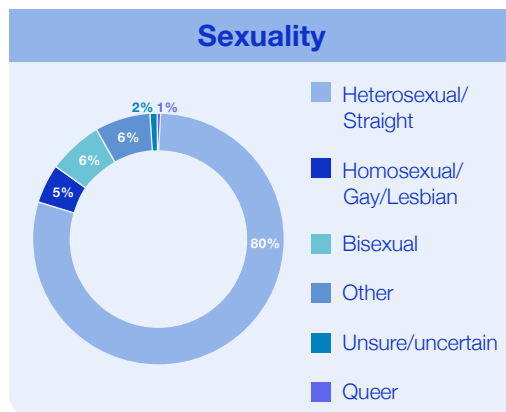
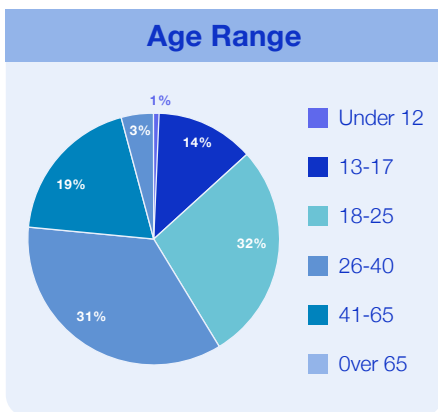
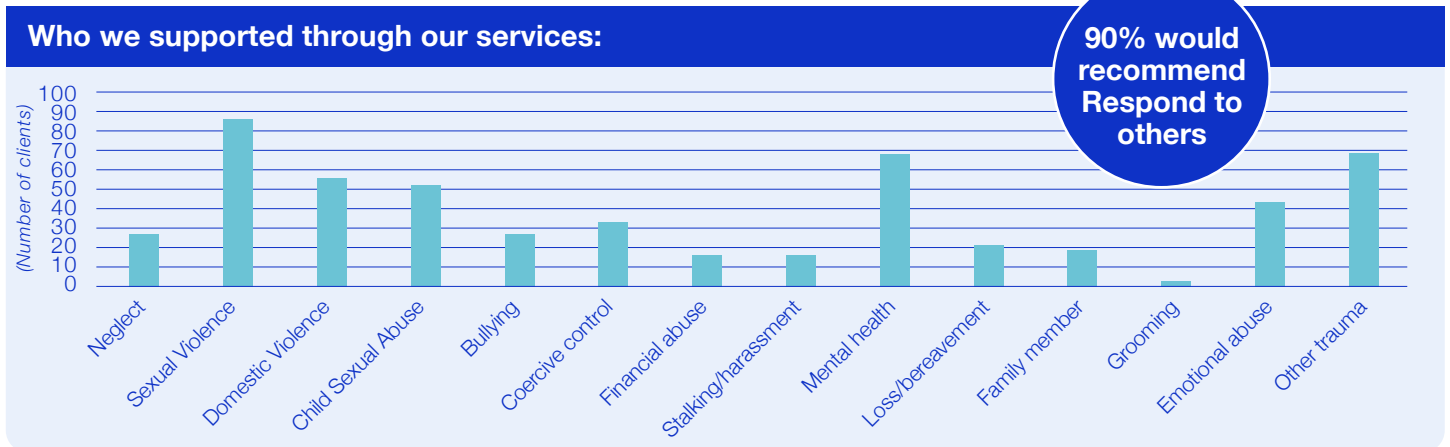


Our Impact in 2023-24

In 2022 we embarked on an ambitious three-year strategy that aimed to further reduce the impact of trauma on the lives of autistic people and people with learning disabilities. In this second year, we supported **318 clients** through our Psychotherapy, Advocacy, Young Peoples, Families, Transforming Care, Forensic and COSA services. We increased our offer of online, telephone or hybrid services by almost double from 2022-23, with **91% of clients engaged in more accessible services**. Of these, 58% had a learning disability, 41% were autistic and 17% were autistic and had a learning disability.* We continued to focus our services on **reducing the impact of trauma**, with our clients often presenting with complex and multiple experiences of trauma as outlined below.



Some of our key service delivery outcomes:

- 82%** of our Survivors clients reported feeling less scared and more able to leave their house.
- 89%** of our Advocacy clients reported an increased capacity to cope and 93% reported a reduction in isolation.
- 72%** of our Young People's service clients reported improved social skills and motivation.
- 57%** of our Transforming care clients were supported to leave hospital and remain within the community.
- 100%** of our Circles of Support and Accountability (COSA) clients did not reoffend.

Training and consultation

We provided our **trauma informed training to 421 professionals** increasing our reach by 17% from 2022/23 and nearly doubled our **co-production approach to 29% delivery**, through working collaboratively with our lived experience family trainers.

90% of our training delegates have a better understanding of how trauma impacts the family or network increasing their understanding of the impact on the whole system, a key part of our approach.

“It has made me reflect on how we think of symptoms of trauma as negative behaviours and our language is important to not be blaming of people who are suffering - behind every behaviour is an emotion.” “I will take away a better understanding both for our service users, but also considering my own reactions to the situations. It made me reflect more about how trustworthiness is one of the principles if trauma informed care”. *Anonymous training delegate.*

Family Member Case Study

Rachel* a white British mother of an autistic son who was in a long stay hospital was referred for psychotherapy at Respond. She safely explored her own history of domestic abuse and her feelings of guilt and ‘stuckness’ as a parent. Exploring her own trauma responses allowed her to start to put her own needs first and feel some self-compassion. She was able to self-regulate when noticing triggers while visiting her son in hospital, and began to explore ways in which she might advocate for herself and look towards her family’s future with more hope.

Young Person’s Psychotherapy Case Study

Abi*, a twelve-year-old autistic girl of dual heritage, was referred for psychotherapy at her school due to concerns about her over sexualised behaviour and self-harming. She met with her Respond Dramatherapist weekly for an academic year. She found a space where she used arts materials and play to process both her experiences and desires which helped her to reflect, access her emotions and, over time, utilise this outlet to find some relief rather than through self-harming.

Advocacy Case Study

Zena* a fifteen-year-old autistic woman and survivor of sexual violence from a prior relationship, was supported by her Respond Independent Sexual Violence Advocate (ISVA) through the criminal justice system for more than a year, to advocate on her behalf. Before coming to Respond she experienced anxiety, sleep deprivation, difficulty attending school, felt misunderstood and bullied, and had a pattern of unhealthy sexual relationships. Through regular sessions with her ISVA she was able to understand healthy relationships, build a circle of trust and set boundaries to improve her self-esteem.

**We work with family members so not all of our clients will be autistic or have a learning disability.*

***All case studies have been anonymised to protect the confidentiality of our clients.*

Thank you

We are grateful for the continued support and grant funding from **The Three Guineas Trust, Sir Halley Stewart, John Lyons Charity** and **The Baily Thomas Charitable Fund** this year.

A big thank you also to our Trustees, COSA volunteers and honoraries within Survivors and Young People’s services, for volunteering their time and skills to Respond.

Get in touch - If you’d like to refer to our **psychotherapy or advocacy** services or book training, consultation, reflective practice or clinical supervision, contact us here:

www.respond.org.uk | admin@respond.org.uk | 020 7383 0700