LIVE FREE

STEP FORWARD TO RECOVERY

SASKIA LIGHTBURN-RITCHIE

ABOUT ME

CEO of My CWA
CAFCASS staff training and
National DA review panel
Lecture at MMU; Chester; Leek

CONTEXT

1 in 3 women 1 in 6 men

Severity and Risk increased

Understanding is critical to recovery

Barriers include funding; waiting lists; travel; accessibility

600 referrals - 150 spaces

CHALLENGES

Complex Trauma
Isolation
Family law/legal issues
Mental ill health
Lack of social support
Self-esteem/confidence
Access to resources

BENEFITS OF STEP FORWARD

Geographic flexibility
Available 24/7
Personalised Self-paced learning
Peer Support
Trackable progress
Personalised safety plan
Recovery Journal

AMY

Acquired brain injury
No insight into domestic abuse
Use of alcohol to cope
Unsuitable for group work
Completed Step Forward
Joined the online support group
Used personalised safety plan
Given feedback to Police
Improvements across
five outcome areas

I found the course helpful, and it has helped me to identify the signs of an abusive relationship. And somewhere to go if I need support in the future

SALLY

Disabled wheelchair user
Abuser was carer/partner
Isolated post separation
Participation in online peer support group
Improved confidence
Improved wellbeing
Able to make herself safe

There was always someone to speak to at any time. When I felt like going back they reminded me why I left. The online group is a lifeline

WHAT NEXT?

Step Forward for LGBTQ+
Step Forward for sensory disabilities
Collaboration opportunities and customisable branding for partners
Commitment to survivors and amplified voices

Please visit our stand
info@mycwa.org.uk