

## **Feedback from CSE Victims and Survivors – May 2017**

### **Outcomes for post CSE support and counselling services:**

1. Start to recover from their trauma of child sexual exploitation
2. Build resilience and develop coping strategies for everyday life
3. Improve their self-esteem and self-confidence
4. Improve their mental health and wellbeing
5. Be supported in fulfilling their maximum potential
6. Reduce the risk of harm.

### **Feedback:**

Thank you for my support I'm very grateful. At the moment I think I am alright and I do not need the support anymore but thank you for everything you've done for me it's really helped. **Outcomes 1, 2, 3 & 4**

Hi, its K. I would like to stop coming to support because I feel like I don't need the support anymore, thank you for all your help and support. **Outcomes 1, 2, 3 & 4**

When I started to seek support, I was very scared of going out alone and very emotional. Since I have received support from my keyworker, I can honestly say I have become more confident and my wellbeing a lot better. I cannot thank her enough for her fantastic support and guidance. **Outcomes 1, 2, 3 & 4**

Worker was really easy to talk to and explained what RR was about and how a support plan is made. It helped me focus on things and I was able to look back and see how far I have come since I first came. **Outcomes 1, 2, 3 & 4**

I have become a lot more confident and able to do the things I was scared to do like go out unaccompanied. **Outcome 3**

Counselling really helped me to understand a lot of things; feelings and emotions, that they are all completely normal. I truly believe that I'm not going crazy. **Outcome 4**

This experience of counselling has changed my life in a positive way and helped me to learn some valuable coping mechanisms for when things go wrong. **Outcome 2**

### **Additional feedback**

#### **Question from end of support questionnaires**

##### **What was good about the support?**

Talking about problems.

Friendly staff, confident

That my worker came to my house for home visits

Made to feel comfortable

Good service

The way my keyworker reassured me about everything and reassured me it was not my fault.

The order of the support plan- it was very clear and straight forward.

The options to go to groups

The visual aids were really good

Very understanding and caring

##### **Comment from referrer to keyworker at the end of support**

"Referrer said that client looks a lot better in herself In college and is much happier and healthier- we agreed this was really positive and I explained how well client had done in the support sessions.

Referrer said she really appreciated the work I had done with client and thanked me for it as it had shown a big change in client- we agreed this was really positive"

### **Comment from CYP (child/young person)**

Don't be afraid to cry or scream, worker won't be shocked. Just be yourself and be open about how you really feel. Don't forget that it's ok to wobble. Keep taking little steps even when you want to give up because you are a survivor and Rotherham Rise will help you heal. Worker is an amazing asset to Rise

Give it a try; you might not think it's for you because I was the same but stick at it. See your support worker and it will really help and you will start to become the person you was before. Give it time.

### **Case Study**

Client Y experienced CSE, she presented with a number of trauma related symptoms including flashbacks, nightmares, panic attacks and anxiety. She can be afraid to leave the house can struggle with confidence and interpersonal interactions. She feels a sense of blame regarding the abuse and is highly self-critical. She also suffers from an eating disorder and self-harms.

Client Y received 1-1 therapy for 12 weeks.

Client Y now finds it easier to share how she is feeling with others. She is more confident in dealing with her 'inner critic' and know how to ask for help when she is experiencing a flashback or panic attack - she find it easier to communicate her needs to others. She has been able to apply for a job, which previously her lack of confidence had prevented her for doing.