

Scottish Government Mental Health and Wellbeing Strategy (2023)

Strategic Action 10.3: We will continue to work with delivery partners and survivors to provide services to those who have experienced childhood abuse, which promote sustained recovery through person-centered, trauma-informed support and treatment and enable survivors to lead more independent lives.

Vision for SOCAS Fund

Survivors enjoy a safe and healthy life, with improved wellbeing.

Inputs

Activities

Outcomes

Who?

Counsellors
Support workers
Befrienders/ peer support
Advocacy worker
Addiction specialists
Partner agencies

How?

Safety
Trust
Choice
Collaboration
Empowerment

Service Delivery:

Emotional support
Psychoeducational support
Safety and stabilisation
Practical support
Information
Wellbeing activities
Helpline support
Health and coping behaviour
Group support
Counselling
Trauma Processing
Reconnection

Survivors have improved health and wellbeing

Survivors feel an increased sense of safety and trust with their support and in their relationship

Indicators

Enhanced self-esteem, Improved sense of self, Reduced anxiety, Improved mood, Improved sleep, Improved confidence, Self-actualisation

Where appropriate: Reduced trauma/PTSD symptoms eg hyperarousal, re-experiencing and avoidance

Survivors feel: Informed, Respected, Listened to, Enabled/empowered, safe /protected, included/ less isolated. Improved inter-personal skills /relationships

Reduced negative coping strategies / exposure to contexts that are harmful

Hours of support / number of survivors, demographic breakdown, length of wait before support commences

Evidence of activities being informed and influenced by survivors

Engagement rates / drop out rates / re-engagement rates

Service satisfaction including against the trauma principles of : safety, trust, choice, collaboration and empowerment

Underpinned by well run organisations delivering safe and effective practice