



# YEAR TWO: ROUTE TO RECOVERY SUMMARY REPORT

“

Kyra was a safe space, I knew I needed help but not what I needed. I'd recommend it to anyone. I'd reached a point where I saw patterns but couldn't break that loop. I had been suicidal and if I didn't have this safe space I don't know what would have happened. I wanted peace.

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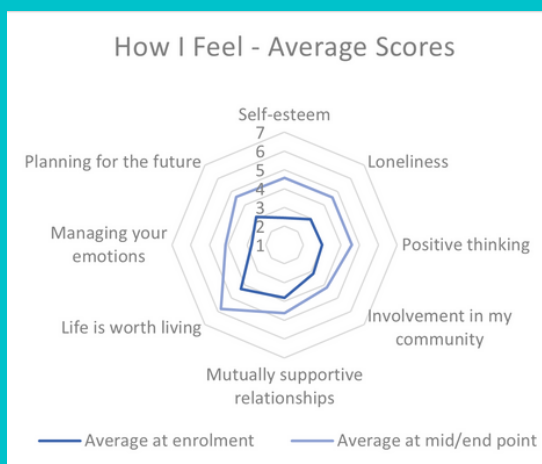
COVERING MARCH 2022 - FEBRUARY 2023

118 WOMEN ENROLLED SO FAR









## GOALS WORD CLOUD FOR Y2



## HOW I FEEL - AVG. SCORES



We ask each woman to rate how she feels against a series of statements (7 = very good, 1 = very poor):

	AVG. AT ENROLMENT	AVG. IMPROVEMENT*	
	Self-esteem	2.45	(+2.11) = 4.56
	Loneliness	2.95	(+1.64) = 4.59
	Positive thinking	3.01	(+1.57) = 4.58
	Involvement in my community	3.16	(+1.04) = 4.2
	Mutually supportive relationships	3.8	(+0.82) = 4.62
	Life is worth living	4.3	(+1.5) = 5.8
	Managing your emotions	2.76	(+1.39) = 4.15
	Planning for the future	3.12	(+1.5) = 4.62

\*improvement reported by participants who have completed a mid-point or end review by 09/03/2023.

# CHALLENGES AND CHANGES

At the half-way point in the project we have seen strong levels of interest from potential participants and recruitment has never been an issue. We saw a higher proportion of members enrolling on R2R expressing a need for support with both mental health and domestic abuse (51% of participants this year compared with 39% in year one).

We introduced a series of eight 'Pathways' based on learning from year one of the project. This helps participants better understand the various routes through Kyra support and the activities that will help them meet their specific goals. We also formalised the one-to-one support on offer, explaining clearly that we offer three individual sessions: one to enrol, another after four months to check-in on their progress, and a final meeting before they reach the end of twelve months to talk about their next steps at Kyra and beyond.

We shared learning from the project as part of York Festival of Ideas in June 2022, with 35 attendees at our talk on 'Routes to Recovery for women who have experienced trauma.'

Over the project year we have identified the following challenges and taken actions to mitigate as follows:

Challenge	Actions taken
<b>Attendance</b>	We moved to using an online booking system, this sends automatic reminders, and it has reduced the number of missed appointments and non-attendance at courses.
<b>Progress (due to course waiting lists)</b>	Over the past year we've trained additional volunteers to facilitate courses and have now reduced waiting lists for courses such as ESTA (Enhancing Self-esteem to Achieve) and SOFIA (Solutions Focused Interventions for Anxiety).
<b>R2R Caseload</b>	Participants are progressing faster due to work on reducing waiting times for courses, we also decided to limit the one-to-one support on R2R to last for 12-months. This ensures we can manage demand and engage meaningfully with 60 new participants each project year. We introduced a series of eight 'Pathways' through Kyra support, to rationalise the number of activities a member signs up for when enrolling, so that they are not overwhelmed and can complete the suggested route within that 12-month period.
<b>Counselling</b>	The number of referrals to the counselling team (44 in Y2) remains higher than the number of funded places (12). An underspend in the Y1 budget was allocated toward additional counselling and this relieved some pressure in Y2.
<b>Support needs and outcomes</b>	In Y1, we felt some of the 'How I Feel' outcome scores were not improving significantly and designed additional interventions to meet the need of participants. We now offer two stand-alone workshops on 'Boundaries and Self-care' and on 'Positive Thinking' and have seen 60 members access those workshops so far. We plan to introduce three further topics: 'Confidence and Assertiveness', 'Managing Emotions' and 'Habits and Goals' over the next project year.

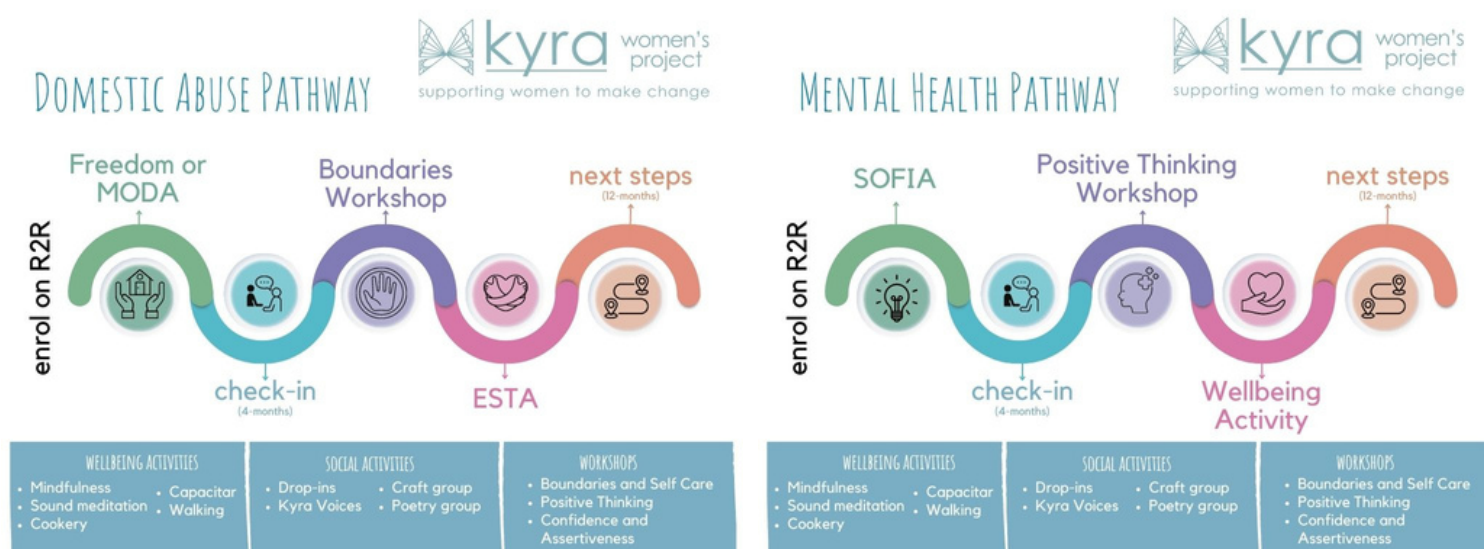
# PATHWAYS

A key change was the introduction of suggested Pathways for R2R members to follow to meet their goals and support needs. After reviewing year one and two data, eight Pathways were designed. Each offers three one-to-one meetings with the Project Manager (first to enrol, a check-in on progress at 4-months, and a next steps appointment before 12-months) and then three suggested courses or activities chosen to best fit with their circumstances.

## R2R Pathways:

1. Domestic Abuse
2. Mental Health
3. Confidence
4. Loss
5. Back to Work
6. Social
7. Managing Emotions
8. Feeling Stuck

These pathways were designed based on the data we collected about the journeys of members over year one, and part of year two. We looked at their goals, the interventions that worked best, and created a visual aid for each pathway to help new members enrolling on R2R better understand what their route through the support we offer at Kyra would look like and to help them reflect on the progress being made. There are two examples shared below:



“

Kyra has been a godsend, I've had NHS counselling but all the little steps and courses along the way at Kyra have helped me more. Counselling [...] really helped me change my perspective and how I thought about my relationship. There were flags but I didn't see them or ignored them. It has been life changing. I'm glad I'm not the person I was before and coming to Kyra changed that. The people here are wonderful, comforting and kind. In our ESTA course we really bonded as a group. We all had very different challenges but it was wonderful as we all pulled together. Some opened up at the start, with others it took until the final week.

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