



## Jade's Story

### Indigo Domestic Abuse Case Study

Jade's journey in recovering her confidence and self-esteem was helped by her own determination together with support from Salford Foundation's "Indigo" project and Pankhurst Trust's "IRIS" specialist GP based domestic abuse service. This demonstrates how joint working, and a combination of different approaches can achieve positive outcomes.

#### Engagement and impact

Jade is aged thirty-four and was in an abusive relationship from the age of eighteen, which lasted 14 years. Jade's ex-partner had mental health issues, and Jade took on the role as his carer. This situation made it more difficult for her to leave because her ex constantly used guilt as a manipulation to keep her in the relationship. Jade started working with the IRIS Team at the beginning of March 2023, and engaged well with one-to-one work. Her IRIS worker felt that she would also benefit from group work and referred her into Indigo.

During the assessment, Jade described the abuse which was emotionally controlling and physical. She showed an awareness of manipulations such as her partner not allowing her to work, threats to harm himself, and blaming her for everything. Jade left the relationship in December 2021, and is now in a healthy relationship with a new partner. She described how she has not stopped since leaving behind the abuse. She described a sense of wanting to make up for lost time, enrolled on courses and is now working in a successful job as call handler for the police.

#### Trauma-informed approach

There was also an awareness that she had rushed forward without processing what she had experienced. Indigo helped with this. Jade told me that straightaway she felt validation from the other women and realised that she had minimised the abuse.

During the session on trauma, survival, and attachment, she became upset, and began to recognize the enormity of her situation.

**“Indigo has really helped me to think about things differently, and not blame myself.”**

Jade has recognized that she is on a journey of recovering from abuse, and that it is important to practise self-care. She has remained involved in our peer support group and attends when her work shifts allow, and she needs extra support.