



Jody's Story-Indigo Case Study

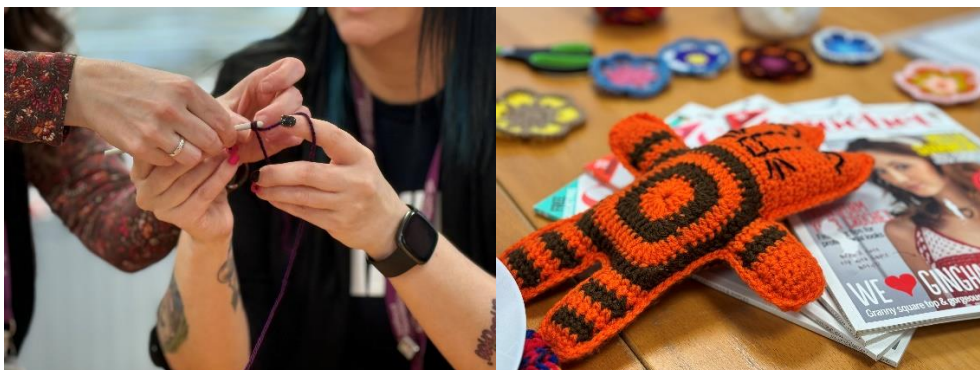
Jody found out that she was pregnant while in hospital recovering from injuries caused by violent domestic abuse. She started the Indigo programme less than a month after giving birth.

Background

Jody is in her early thirties and was referred into the Indigo programme in February 2024 by Children's Services. She has had two abusive relationships, the first was for ten years, and when she left this relationship, she moved to a hostel in an area where she had no family, friends, or support network. She reflected in her assessment that the isolation, and manipulations she experienced in her first relationship made her more vulnerable to becoming involved in her second abusive relationship. She also stated that she misused substances as a coping mechanism. During this relationship she suffered traumatic injuries, and her new baby was immediately taken into foster care.

Making a Difference

When Jody started indigo, she was seeing her new baby four times a week and described a positive relationship with the foster carer. Jody was determined to work with Children Services to get him back in her care and was accepting the support of other services to help her achieve this. Jody showed no resentment towards Children's Services and told Joanne, her Domestic Abuse Worker at Salford Foundation that she knew she needed to heal herself before she could be in the right place to fully care for her baby.



Indigo Crochet Group

Making a Difference (continued)

It was remarkable to observe how quickly this healing process came about. Jody was quiet when she first started Indigo but by week three, she had started to be more open. The story of 'the frog in the boiling water' which describes how abuse gradually erodes a person self-esteem and identity had an enormous impact on Jody. As the course progressed, she gained the confidence to share more about her situation and the shared experiences of the supportive group of women on the course, helped her to do this.

Positive Outcomes

A significant outcome for Jody was that within a few weeks of starting indigo she stopped her ex's mother from seeing her baby. She realised that his mother was complicit in the abuse by doing nothing to stop it, and she wanted to break all connection with her abusive ex. Despite pleas from his family not to do this, Jody stayed strong. On completing Indigo, Joanne sent a positive engagement report to her Social Worker, and around the same time, she received a negative substance test from Achieve, to confirm that she was no longer using substances. Children's Services have now started the processes in motion for Jody's baby to be returned into her care. In addition to this, her Social Worker is supporting her to start contact again with her two older children.

'Indigo has changed my life, my mind set, and given me the power to put myself first for the first time in my life.'
Feedback from Jody.

Jody is now repeating Indigo and hopes to be able to help other women in a future volunteer role. The progression in her confidence and self-worth is reflected by the fact that she has enrolled on a Level two counselling course and is due to start this, at college, in September 2024.

