

Evaluation of the Strangulation Trauma Centre

Summary of Key Findings 2024

Strangulation is one of the most lethal forms of domestic and family violence (DFV) with survivors not only suffering immediate impacts but potentially delayed and/or long-term consequences, such as brain injury or stroke.

The true extent of the harm and risk of non-lethal strangulation, however, is not well understood by survivors, or by workers in some service sectors.

The Queensland Government's continued funding of the Strangulation Trauma Centre (STC) addresses an essential need for a specialised long-term service response for women who have been impacted by DFV involving strangulation. Aligned as a Women's Health and Wellbeing Support Service, the STC provides a range of supports, including critical information and advice regarding the detrimental impacts of strangulation; risk assessment and safety planning; referrals and systems navigation, including health and legal systems; and post-crisis therapeutic counselling and support.

Funded by



**Queensland
Government**

Key Learnings

This report presents key learnings from a comprehensive evaluation of the STC by the Queensland Centre for Domestic and Family Violence Research:



Need & Demand

There is an ongoing need and demand for the services offered by the STC, with the service highly valued by clients and referral agencies.



A Growing Integration

The broad range of referrals into and out of the STC reflect a growing integration of the service into the broader service system, and with approximately 23% of referrals from women who reside outside of South East Queensland, there is potential for further integration into a much wider service system.



Case Management Support

The staffing model, inclusive of a Systems Advocate and a new Health and Wellbeing Navigator, will provide case management support and further assist clients in navigating service systems. This advocacy work will also contribute to the broader education of the impacts of strangulation, informing relevant health services, policy makers, police and court personnel on the needs of strangulation survivors.



Client Benefits

Other client benefits include therapeutic counselling (including face-to-face if preferred) with no set limits on counselling sessions; single service connection to a broad range of supports; advocacy, support and systems navigation, reducing the potential for re-traumatisation for survivors; and peer support through group programs.



Statewide Reach

The statewide reach of the STC is a major attribute, providing service accessibility for all Queensland women via phone or online, regardless of location.



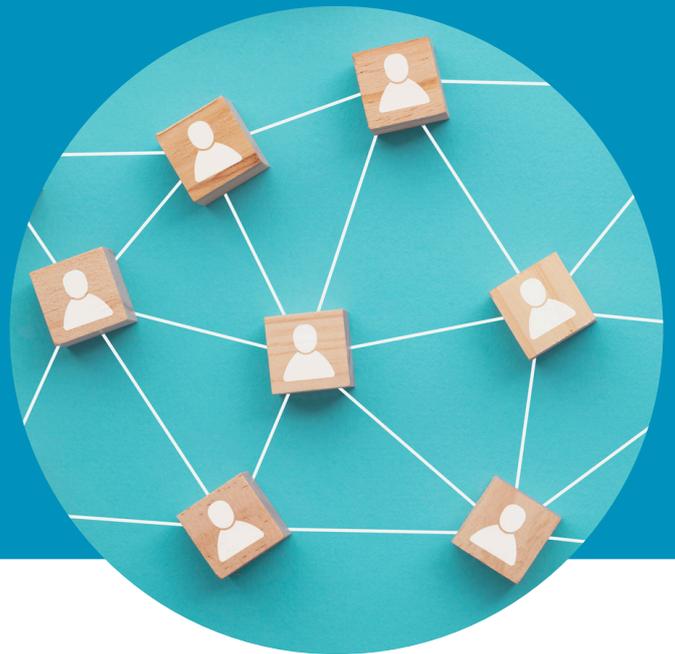
Our Strangulation Trauma Centre has really skilled these women up to be assertive and confident in talking to their GP and unpacking the concerns and also validating the emotional response and trauma that they've received following those significant events of domestic and family violence.

Considerations for future development

Promote & Maximise



The STC is positioned to provide specialised support to women following strangulation. It complements the work of other DFV agencies by offering post-crisis care and addressing the complex and ongoing needs of women impacted by strangulation. Promotion of the STC will likely increase service demand, waitlists, and pressure on staff capacity. However, there are strong opportunities to further raise awareness of the comprehensive range of STC services through targeted promotion within DFV and integrated service networks (including High Risk Teams) across Queensland.



Peer Support Initiatives

Given the benefits of connecting survivors with other women with similar experiences, continued and strengthened delivery of the therapeutic and peer support group programs is suggested. Opportunities for other peer support initiatives, particularly in a safe online space, could be explored.