

# Soteria UK and Complex Trauma and Resilience Unit (C-TRU)

Lead Applicants: Dr. Kate Allsopp, Rita Long/Horgan

Chair Soteria UK: Jen Kylian

# Who are we?

- ▶ Soteria UK



- ▶ C-TRU



# What we will do

- ▶ Exploring the Soteria approach as an alternative to psychiatric inpatient treatment in the UK



# Why research?



**NIHR** | National Institute  
for Health Research

# Our journey so far

- ▶ NIHR call for community research
- ▶ Trustee discussions
- ▶ Find research team with similar values
- ▶ Agree aims of research
- ▶ Build research team
- ▶ Trustee consultations, including away day at Manchester University
- ▶ Submit application
- ▶ Outcome

# What next/How?

Speak to:

- ▶ service users in the UK and those who have used Soteria facilities
- ▶ family members in the UK and those who have used Soteria facilities
- ▶ Community staff
- ▶ Hospital staff in the UK
- ▶ Staff/peer workers working in Soteria houses
- ▶ Estimate and compare cost of running Soteria type house with hospital care in UK



Write up finding and disseminate knowledge e.g. at SU conferences  
and in academic journals academic



Use finding to write a Programme Grant for Applied Research  
(PGfAR) application



Thanks for listening

Any thoughts

Ideas

Questions?



Kate Allsopp: [kate.allsopp@gmmh.nhs.uk](mailto:kate.allsopp@gmmh.nhs.uk)

Rita Long/Horgan [peertherapy@outlook.com](mailto:peertherapy@outlook.com)

Jen Kilyon [empathywithcarers@yahoo.co.uk](mailto:empathywithcarers@yahoo.co.uk)