

Appendix B

Appendix B: Case Studies Substance Misuse Services

CB was referred to treatment at the beginning of January 2022 for alcohol dependence. CB had been caught driving under the influence of alcohol in December and has been suspended from his employment pending an investigation as a result. CB was consuming large amounts of vodka daily and his relationship and health was also being impacted as a result. CB engaged well in treatment from the start and his partner was heavily involved in his treatment and both engaged well in intervention to support him reducing and working on his alcohol use. CB engaged in the process for a home detox however due to ill health was admitted to hospital for detox in February. Following a successful alcohol detox, he was prescribed acamprosate and maintained abstinence following this. CB continued to engage in relapse prevention and the key worker completed a court report for CB for his drink driving offence to evidence positive engagement. Due to sustained abstinence CB managed to find new employment close to his home and his relationship has massively improved. CB was successfully discharged in April 22 and he and his partner gave thanks for the support stating they both felt very supported by the service and felt both of their lives had improved as a result.

HW had been accessing treatment on and off for a number of years for heroin use and during previous episodes had been in chaotic relationships and struggled to fully engage. HW self-referred on again in 2019 for heroin use and stabilised on a methadone PX. By May 2022 HW had reduced down to 1ml methadone and successfully detoxed off her PX and in June 22 had been one month completely opiate and OST free. HW reported feeling positive about being abstinent and was motivated to maintain this, especially as her teenage daughter is now back living in her care after being removed as a child, which was always HW's long term goal. HW reported no triggers or cravings for heroin use, and she didn't feel anything would put her recovery at risk due to how well she has worked to reduce and be abstinent.

DH referred to Boston With You in 2021 after having to flee the area he lived in and needing a fresh start to get away from heroin use and the lifestyle that came with it. DH stabilised on a buprenorphine PX and abstained from use quickly however had a lot of fear around reducing his PX out of fear of lapsing and ruining the progress he had made. DH had managed to maintain accommodation and not associate with any drug users and was feeling more optimistic about his future but felt his PX held him back. Key worker discussed the possibility of inpatient detox at the Level and DH was very keen on this and engaged in the process to get this. DH completed the detox May/ June 2022, and this was successful. DH attended an appointment with his key worker a week following discharge from the level, and he was so confident and happy in himself. DH stated that he wasn't depressed but also never really felt any happiness whereas he could now genuinely say he feels happy and proud of himself and felt he couldn't stop smiling. DH had really clear relapse prevention plans in place and started engaging with Double Impact to support his recovery. DH remains opiate and OST free and remains focussed on his long-term recovery.

Louth client has been abstinent from alcohol and diazepam for 4 weeks after a successful stay at the level. She continues to do well and her outlook on life has totally changed. She has even been coping with the changes of medications and stated she has spoken to her psychiatrist who said her mental health meds should not have been changed and is changing them back. This is massive progress for ND as she would previously have had a full meltdown and would have previously turned to drink and buried her head. She has been working with the wellbeing team to get her house repairs sorted and has for the first time been able to do this alone,

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without support from myself and is remembering professionals' names now whereas previously she wouldn't. Her relationship with her sons has improved and she has stated her relationship with her daughter is improving now. ND is looking to now build on her recovery capital as realised she has no friends that don't drink so no one has been to see her since she stopped. We have made plans for me to take her to the trinity centre on Tuesday when I return from leave to introduce her to the community connectors and hopefully get her to join some groups. ND is a true inspiration and after 30 years of being dependent on alcohol has stated she feels amazing and free at last. ND stated she never in a million years thought she would be offered rehab and she is so grateful to With You for giving her life back.

J was referred by her pastoral worker at school after she had asked for support re her drinking. J is in the 6th form and has applied to York university to study psychology. J lives with her mum. Mum and dad went through an acrimonious divorce and J hadn't seen dad for a year until recently when she had just got back in touch. Grandad has recently died, and nan died last year. J was drinking alcohol every evening, she would drink wine, beer or gin mainly but had drunk brandy and other drinks on occasion. She was about 12 when she started first drinking, mum is a functioning alcoholic and dad drank too so J was able to drink openly at home and admitted that she would drink to block out feelings, especially over the divorce. J realised she had got to the stage where she couldn't go a day without drinking. J has had previous suicidal ideations but has never made plans to end her life. She admitted to getting quite anxious and last year saw a counsellor for this. J had weekly appointments with her keyworker, she was given a units measure and was encouraged throughout to complete a drink diary, which helped her to see how many units she was actually drinking and, as J was concerned about her recent weight gain, how many calories are in those units. J was taking driving lessons so would not drink on a day she had a lesson until after her lesson - so part of her goal setting was to book her lessons for later in the day, thus encouraging her to not start drinking so early. J would not drink before school but would regularly go home and drink straight away. Another goal was set to meet up with friends after school and go to the cinema, park etc so that she was delaying the initial drink. J and her Keyworker looked at other ways she could reduce her drinking gradually and Jess decided she would try alternating her alcoholic drinks with alcohol-free alternatives. J was supported by her Keyworker for 5 months, and she has a much healthier relationship with alcohol now, she will often not drink at all in the week and be the designated driver at weekends so will abstain even in social settings. J says her mental and physical health has improved massively, and she is much happier and more confident in herself. J had now passed her driving test and got a car so had been able to go and visit dad and others when she wanted. She has finished her mocks and achieved As and A*s in most subjects. On discharge J was given places to further access support once she is at Uni including some youth-friendly websites