

APPENDIX B – CGL Case Studies

Case study one:

Male Client XX - Age 26, Male British – Single, living alone, unemployed.

Presented at duty as daily dependent Cannabis user. Reported that Children’s Services had advised him to attend treatment service. 1 child age 2 currently in foster care no contact with child’s mother.

Referred to Structured Programme for clients who are not alcohol or opiate dependant (Foundations of Change).

XX attended all 7 sessions and participated fully in all group discussion and activity. Reported gradual reduction of Cannabis use and improved sleep, appetite, energy and emotional wellbeing, began to reengage in sport activities including swimming.

At the end of program XX reported abstinence from cannabis and in full time paid employment.

Post Structured Treatment, the client has been invited to attend SMART Groups (Self-Management & Recovery Therapy) and Peer Support Groups. Has attended some SMART Groups.

Comparison Summary at start of finish of program:

Commitment: Working towards return of infant child to his care.

Outcome: Continuing to work towards having child returned to his care.

Commitment: Improving family contact and relationships

Outcome: Greatly improved relationships

Overall Quality of Life on Session 1 = 8 Session 7 = 10

Social Engagement and Relationships on Session 1 = 5 Session 7 = 2 clients explained that he has withdrawn from previous relationships that were based on cannabis use.

Community Engagement on Session 1 = 6 Session 7 = 8.

Comment at session 1: ‘Groups are not really my thing’

Comment at session 7: ‘Really good groups, I enjoyed the sessions and would like more’.

Summary: XX has moved from daily dependant to abstinence, from unemployed to in paid employment, continues to work towards goal of family reconciliation and return of infant son to his care. Client has moved from isolation to involvement in groups and community activities including signing up for the couch to 5K initiative.

Case study two:

YY began using substances at the age of 11 with her peers. Although there were isolated incidents of trauma present during her childhood, she came from a relatively stable family home.

YY history of substance abuse started with recreational alcohol and cannabis use before progressing to ecstasy, ketamine and cocaine by the age of 14. By the time she reached 15 years old she was regularly using Heroin and Crack Cocaine after being introduced to the drugs by an older male who she later entered into an abusive relationship with.

YY began her treatment with Compass (Young persons' service) and was transferred to the adult substance misuse team at the age of 18, where her long and arduous recovery journey began.

YY spent many years in medically assisted treatment using both Buprenorphine & Physeptone as an opioid substitute. She completed several medically assisted detoxes from Opiates but wasn't able to maintain abstinence for any considerable periods of time despite experiencing domestic abuse, the birth and subsequent removal of her two daughters, being arrested for committing crime to fund her drug use, extremely poor health that required hospital stays and interventions, homelessness and severe financial hardship which led to her having to beg on the streets of her local area.

YY substance using journey finally hit rock bottom in March 2018 after her home, which had been taken over by county line drug dealers (Known as Cuckooing) was raided by Warwickshire police. At this point YY had not long been discharged from hospital following a diagnosis of Pneumonia and an embolism in her lung. She could no longer manage her life and made the decision to change her life thus her recovery journey with CGL began.

YY first task was to distance herself from her drug using peers and learn how to cope with her emotions and life in general without relying on drugs. Her CGL recovery plan was designed with YY to help her achieve this. She was referred by CGL to complete courses both within service and externally, which helped her to identify abusive behaviour from others and teach her boundaries and skills to ensure she protected herself in the future. She also completed courses designed to help her to improve her self-esteem & assertiveness, as well as positive thinking and coping with low-mood and anxiety.

Whilst engaging in these courses, which took up a lot of YY time and provided her with positive, healthy distraction, she was able to reduce and cease her illicit drug use and provide CGL with her first negative drug screen which really motivated her to keep focusing on her recovery goals.

She attended regular one to one sessions with her recovery co-ordinator and provided regular drug screens to help her stay on track. Her CGL recovery Co-ordinator also met with and offered support and advice to YY parents on several occasions as they had guardianship of her two daughters and wanted to play a positive role in her recovery.

In the summer of 2018 YY decided she would like to start to reduce her substitute medication (Physeptone) and completely detox to become 100% drug free.

CGL co-ordinated a robust detox plan which included small, weekly drops in her dose to avoid unpleasant withdrawal symptoms, relapse prevention sessions, Mindfulness and regular attendance at mutual aid meetings which included SMART (Self Management & Recovery Training) & Peer support groups. In fact YY felt that she enjoyed SMART so much it prompted her to train to become a SMART facilitator.

With the continued support of CGL, YY detoxed completely from Physeptone in February this year and not only does she facilitate SMART meetings for CGL but she is a service user representative, ensuring the voices of our service users are heard and used to help further develop our service.

YY is also training with CGL to become a peer mentor and regularly meets with our service users for an informal coffee & chat to help alleviate some of their fears around change. YY is considered a huge asset by the CGL recovery team and her story is one of many used throughout to inspire and encourage others to develop hope and choose recovery.

Outside of her recovery with CGL, YY is living with her children again with the full support and guidance of her parents and is working with CGL to gain qualifications which will improve her employability.