

Case Study: Jamie

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Summary: Jamie stopped using class A drugs just over 12 months ago and has since reduced his medication. He has done so well and despite his battles with his mental health is now moving in the right direction with the goal in exiting treatment this year.

Jamie's story...

Can you tell us about your story before Change Grow Live (CGL)?

Jamie had been battling 23 years of drug abuse, mainly using crack cocaine and heroin. Jamie spoke about the warnings from others around drug taking and how it can lead to addiction but chose to continue not thinking he would ever get addicted.

"The obstacles I faced was the addiction itself and my mental health, I have bipolar. I never saw an end in sight for 20 years. I was just going through the motions of getting prescribed methadone as a safety net, but I was never ready to stop. I just kept prolonging the use of drugs."

"I met my partner 20 years ago. Even after meeting them, there was still no breakthrough with stopping. I had no social life, I never went to pubs or clubs, as I needed the money for the drugs. As a user, I never had spare money to spend on proper stuff like food, clothing, or socialising. I would just live day-by-day. You never live with drugs, you just exist."

A few years ago, I reached a turning point, and it all became a lot clearer. Life is not long and I'm wasting every day of it. My partner got ill with covid but all I could think about was the drugs. That's the day I stopped."

Jamie reflected on this saying it was difficult to see someone so strong become so ill. Jamie changed his mindset and sought support for his addiction. His family and partner have always been supportive and tried to help Jamie where they can.

Before working with CGL, Jamie had tried detox, group sessions, and more but nothing had stuck. Having 121 support from CGL became a pivotal moment for Jamie.

Can you tell us about the support you received from CGL?

Jamie accessed treatment and support from his GP surgery and CGL on the Shared Care scheme. It meant Jamie could get help locally and meet his recovery worker regularly.

"I was placed with a worker but never had that connection, so I ended up having support with J.W. He's a top man and really nice to talk to. J.W always seemed to really care about me which makes a massive difference. This made my home life a bit better and recovery possible. I've had loads of councillors over the years with such a long addiction, but it was change that finally helped with breakthrough.

I had 121 support and was always told they are there any time I want to talk. I've had many a phone calls to check how I'm doing I've been offered detox. I made it through sticking with the 1 thing. Even though I hated taking the methadone, it's been a real lifesaver."

Can you tell us about your current recovery journey?

Jamie no longer thinks about drugs and has a strong, resilient mindset towards his recovery. He is empowered to make the right decisions and make his family proud.

"I'm now 13 stone look healthier had my teeth fixed, I had lost most of them throughout my addiction. Stable on less than half my original prescription dose reduced bi-weekly and just sticking with that. I will be fully clean in next 6 months at the most if not sooner."

Jamie has taken up exercising to feel healthier and is looking forward to new experiences.

What advice would you give to people starting their recovery journey?

"Listen, don't presume the person you're talking to doesn't know what they're doing. Be strong, only 1 person can ever help you and that is you! You need to be ready to accept that help and don't hate yourself to much for your addiction because addiction lives off that."

We would like to thank Jamie for sharing their story with Change Grow Live Birmingham and wish them all the best with their next steps. Thank you to J.W for helping provide this case study.