

Case Study – Elaine – September 2022

"An addiction is an addiction; you must realize you don't need it."

Elaine entered treatment services about 5 years ago for alcohol support and was brave enough to reduce her intake to become sober. Unexpectedly, Elaine relapsed but could not pin down the source or trigger for this. Maybe Covid had some part to play: "Covid got rid of your hopes for the future, life doesn't matter anymore, and the boredom is always there. I lost the will to get on with things." Elaine experienced shakes, fits, and reduced her social interactions because of her dependency on alcohol.

With the support of her friends and fiancé, Elaine called Change Grow Live and knew this time would be different. Whilst Elaine knew a lot about how Change Grow Live could support her, from her previous experience with services, she was unsure about completing a detox. Phil, her Recovery Coordinator reached out to discuss this with her and reassured her that one could be completed in the hub locally while still living at home. "I was dubious about it, coming into a room for detox 9 am – 3 pm. I thought I would be just coming in for a test and medication and be on my way, but Phil put my worries aside".

Elaine started her two-week Community Detox in our East hub where she found comfort in talking to Sian, Nighat, and Lisa about her hopes and goals for the future. "I said goodbye to alcohol the day I went for detox and never looked back since." Elaine had two supportive people outside of her detox who could look after her at home. Even when she felt like crying, Elaine pushed on to complete her detox.

"You've got to want it; you can't just do it because someone else has told you to do it. You've got to have something in your brain to make you want to go and face the change".

Elaine enjoyed reading *The Book of Hope* which contained a *Love Letter from our Addiction* and many other stories from people who have faced obstacles with addiction. Pairing this book with other workshops throughout her detox, Elaine learned new techniques and discussed her dependency on alcohol openly with the staff. Post detox Elaine is maintaining her treatment on acamprosate by dedicating time to mindful colouring and attending our day programme which has provided structure and reassurance.

Elaine has started working as a part-time dog walker/carers and easing herself back into social situations. Elaine has been able to spend more time with her fiancé and is working to boost her mental health. Elaine wakes up better in the morning, has improved her skin, and feels like she has more energy since the detox.



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Elaine wants to thank James Robbins and Sian Dunstan for being so open and understanding throughout her treatment with Change Grow Live.

"It is so valuable that we have people on board that has been through addiction and can relate. Most honest people you've ever met. They're going to help you. As soon as someone hears, I've been through that and makes it less scary."

Quotes from Elaine:

"I feel like I've achieved something, no one's going to give you a magic potion. Not like being in a rollercoaster anymore."

"If you've got an excuse for something, you don't want to do it."

"From my experience, I have met so many nice people and been greeted with empathy"

"You've got to want it yourself and not just need it. You got to want to change. It's not like having a leg amputated, it's all about enduring the little things and appreciating being alive. Get rid of the madness."