

## Appendix A. Case studies.

### Case study 1.

## **I CAN ONLY CONTROL THE CAR I DRIVE**

You know when you're driving, shall we say" on the motor way" and for some unknown reason traffic comes from nowhere and you're at a complete stand still, this happens at many times in our lives and there is nothing you can do about it !! except wait for the traffic to clear, you have to just sit tight and be patient, no point in getting upset, beeping your horn or trying to find out what's taking so long. This is how life is, there is not a lot we can do about it.

We think we cannot change things that are life, or so it seems!!

Once you start moving again there seems to be no reason why there was so much traffic, (what's taken me so long to get what I want in life).

We only look in the rear view mirror for a short time because that's our past what we have left behind us so we don't need to focus on the past. You are now continuing your journey on route to your destination.

There are times we break down and don't know how to fix the problem and reach out to the wrong people or items (drink or drugs) in times of need we are lucky to have the AA / RAC. Which I would see as family. friends or the support service's (NHS & PROBATION/CDAT) we can reach out to for help!!

They will helps us to get our car back on the road or take us to where it can be fixed, but they then have to go on to help others that doesn't mean they don't care, just that they have to drive their car also.

Now your back on route to your destination remember to keep your self serviced and remember your in control of your car. On route many cars will be over-taking you, they be in the wrong lane, people cut you up, keep indicating but not turning, get too close be-hide you, tail gating or driving too slow, so don't worry about what other people are indicating, what

you think they are doing because they are driving their car not yours, so sometimes you are invisible to the other cars on the road but is nothing personal .

There are things on route to be aware of like the services on motorway (substance dealers) as they know you're low on fuel (in a bad place, lost or feeling low and take advantage of your situation) by the prices they charge you even the food services like McDonald charge twice the price of the food because they can!

**(DRUGS OR DRINK)** are like lorries give them a wide birth or just avoid them because they don't care or pay any attention to the other cars on the road because they think they own the road and are in control as their cars are back where they work parked up.

So don't let them start becoming a part of your life. But that's only if you let them remember you are in control and you will pay the fine for anything your car is involved in (parking tickets speeding fines etc) so take control of what you are doing, most accidents can be avoided!!!

Some accidents can happen for example I got hit by a fire engine I was going to work going through a green traffic light and the fire engine was on call and it jumped a red light and hit me.

I then like many of us do started lived for today and not checking on my car making sure everything was up to date serviced properly and taken care of.

I been sitting in traffic because I wasn't sure what to do I've been settling for stuff in life as oppose to going after what I want but we need to remember traffic we can't control.

I've kind of got lost until the help from Probation, CDAT which led me to detox ward Neath port Talbot where I was able to reflect on my life. My car has now had a service and a MOT everything renewed and I'm ready to continue my journey to my destination.

Many thanks to those services especially Probation and CDAT who help me to diagnosed the problems with my car (my life issues) then they helped me to set the route for me to follow in order to get everything back on the road to recovery so I would recommend them 1000000% as they have so much passion in helping us **BECAUSE THEY CARE ABOUT US.**

**Case study 2.**

I started using drugs when I was 11 years old, I'm 64 now. I started sniffing petrol, then moved on to speed, Valium, heroin, street methadone and street subutex.

I did inject heroin from when I was about 30 but had to change to smoking it after a few years because I lost all my veins.

I used to commit burglaries to get money to buy drugs. I would chose heroin first, but if I couldn't get some I would buy methadone or subutex.

I started using drugs when I was 11 because I was in a children's home because my mum said I was uncontrollable but it was really because she found a new boyfriend and then had 2 more kids and didn't want me and my sister anymore.

When I was in the children's home bad things happened to me and taking drugs was the only escape I had.

I left the homes when I was 16 and stayed with my sister, but ended up in Borstal for 3 years when I was 17.

I've spent a lot of time in jail over the years – usually for burglaries that I would do to get money to buy drugs.

The last time I was in jail was 2004 when I was charged with possession with intent to supply.

Over the years I have had scripts of different agencies, I can't remember the name of the first people who I saw, but they gave me subutex. I kept using heroin at the same time. I ended up back in prison and Dyfodol gave me a methadone script. They ended my script in 2021 because I never stopped using heroin and wouldn't turn up for appointments when I should have.

I brought a friend of mine to CDAT for an appointment and started talking to the people on reception and they told me that I could refer myself to CDAT and took my details there and then.

I had an assessment with a CDAT nurse on 31/7/21 and she told me about the different treatments and that's how I heard about Buvidal. I saw the Dr and kept seeing my nurse and then started on Buvidal.

I stopped using heroin almost straight away after starting Buvidal, but did still dabble now and again when I bumped into old friends. I told my nurse that I was having problems with my housing and she referred me to a social worker in the team who managed to find me somewhere of my own to live and I've been there 2 years and haven't used any drugs since.

I think that Buvidal should be the first treatment offered to everyone. Not having to take a tablet, or drink something every day really helped me to stop thinking about drugs. Having to

go to a pharmacy every day for meds meant I would keep bumping into people that I used to use with and I wasn't strong enough to say no if they asked me if I wanted any heroin.

Since starting Buvidal my life is the best it's ever been. I have my own home, no debts, haven't been in trouble with the police, I got back in touch with my Dad and would visit him in London all the time before he died, I'm back in touch with my sister in London and my relationship with my sister who lives local is the best it's ever been.

CDAT and Buvidal have saved my life and I can't believe that I get to live the life I am now.

I have tried all other meds to help with heroin and no others are as good as Buvidal.

### **Case study 3.**

I came into services 15 years ago, with a heroin addiction. It was so hard to be on a methadone prescription and try to stop using drugs, when all the friends in my village were still using. To stay away from everyone was really hard and quite lonely.

I eventually dropped out of treatment. I came around a few times before I realised that I needed to make and stick to changes.

My girlfriend got pregnant and she was also using heroin. We got back on a script within 3 months of each other. My daughter was born and I was determined to be a better Dad than I was to my first son, who I hadn't seen for 13 years until recently.

My keyworker got me back on to a Methadone script and saw me regularly. I was living with my girlfriend and knew that I had to take it seriously in order to stay living with my daughter.

I stayed heroin free for 4 years and then started working on my cannabis use. If it wasn't for CDAT, I would never have stayed drug free.

I did relapse prevention work with my keyworker and started talking about stuff that happened to me when I was young and my drug use as well. I didn't feel comfortable at all but it got much easier over the months.

I started a slow reduction on my Meth early last year and my keyworker was happy for me to stop it if I started clucking. I didn't feel pressured at all. I liked the way it was done. I had loads of calls and meetings from my keyworker while I was reducing and I saw the doctor a few times. I was on 95mls and now I am down to 10mls and hoping to get discharged from CDAT before the end of 2024.

I know it took ages until I finally stopped using drugs.

I look back at some of the things I did and I feel ashamed. I have been able to tell my keyworker stuff and she has not made me feel bad.

I am now in touch with my oldest son and he tells me that he is proud.

My life has changed completely in the past 2 years and I could not thank CDAT enough.

