

**“I wanted to prove that I wasn’t an unpredictable, chaotic druggie. I wanted to show people I was clever and talented and all of the other things I knew I was.”**

**“I’ve got to be honest;  
I thought treatment  
was b\*\*\*\*cks when I  
first went - you just  
go to stay out  
of prison.”**

Annie, 20 years old

## **Changing Habits**

Making drug treatment work

**“While it takes years to kick the habit, a relapse can happen in a second and for many former drug users it is an on-going battle rather than a clean break from their drug habit.”**

Jens Wilde  
Addaction Brent

## Introduction

Hardly a day goes by without stories making headlines of lives turned upside down by illegal drugs, hospitals being overwhelmed with drunken teenagers and drug related crimes taking place in communities across the country.

The media, and often society as a whole, are all too quick to stereotype drug dependent people as being criminals, from broken homes or council estates. The truth often ignored is that drug dependency can affect people from any part of society and the reasons behind addiction are too complex to be explained with simple stereotypes.

Cutting back on drugs and alcohol is rarely a simple process. Nearly every person with drug or alcohol problems believe they can stop using drugs on their own. Most will make their first attempt to quit without any treatment and in many cases they will fail to achieve long-term abstinence. It is much more difficult for a person to stop using drugs without treatment because to succeed huge changes are needed in their lives.

Treatment is the most effective way to end drug and alcohol dependency because it helps people to understand the behaviours that contribute to their drug and alcohol use, and offers ways to overcome them in the long term. Without professional support, people are at a much higher risk of relapse. They don't have the mechanisms to avoid situations that make them vulnerable to drugs in the future.

Addaction has over 40 years experience of working with people affected by drink and drugs. This has enabled the organisation build up on expertise that helps people reduce and end their dependence on drink and drugs. The following pages give a glimpse of how Addaction works and the experiences of those using its services and its staff.

# What is drug addiction treatment?

At Addaction, treatment focuses on the whole person; helping individuals to understand why they are drug or alcohol dependent and how they can reduce the harm they are doing to themselves and to those around them.

When most people think of drug treatment they imagine celebrities with long stints in rehab centres. These are often privately run, expensive enterprises and are out of reach to most people. Some are run by religious groups, others are provided by voluntary organisations. Addaction has two rehab centres - one for women in South London and another for both men and women in Cornwall.

There is more to treatment than rehab. Addaction has more than seventy treatment projects across the UK. These projects provide a wide range of treatment options and levels of support to people who are drug and alcohol dependent. The services offered by Addaction are completely free of charge to those attending.

People who use Addaction's services are usually offered a wide range of treatments to suit their individual needs. Behavioural therapy, such as counselling, cognitive therapy and psychotherapy is a key focus of treatment because it teaches people methods for coping with their drug cravings, how to avoid relapses and how to get back on track if a relapse does happen.

To support people to come off drugs, substitute prescriptions for medications such as methadone or naltrexone help people who are using drugs like heroin. Substitute medications reduce the health risks associated with street heroin and enable people to stabilise their lives before they attempt to be completely abstinent from all substances.

Although treatment focuses on the physical and mental health of a drug user, it also tries to provide support on issues that might affect the person and exacerbate their drinking or drug taking.

Drug misusers tend to experience problems beyond their poor health including a breakdown in relations with friends and family; build up of debt; pregnancy and poor parenting skills; a loss of housing; long term unemployment; dependency on crime and limited education.

Treatment can be for different lengths of time depending on the individual. Because drug addiction is typically a chronic problem characterised by occasional relapses, short-term treatment is often not sufficient for most individuals. For many people treatment is a long-term process that involves multiple interventions and attempts at abstinence.

Some problematic drug users will never get into treatment. This could be due to a parent being concerned that if they admit they have a drug problem the authorities will take their child away. It may also be a result of them being unable to admit they have a problem. However, more often than not, a problematic drug user is unable to access treatment because they don't know about what services are available in their area.

**“For the first time in my life, I’ve got a routine. I get up in the morning! I get things done and I can do it all myself.”**

Sophie, 36 years old

## **The facts and figures**

- **Around 500,000 people in the UK are problematic drug users.**
- **One in six families in the UK are affected by a family member’s illegal drug misuse.**
- **Each year nearly 30,000 people in the UK access Addaction’s treatment services.**
- **The number of people going into treatment has increased by 130% over the last ten years.**
- **The increase in treatment access is linked to the 20% reduction in drug related crime and the 13% reduction in drug related deaths.**
- **Three out of four people stay in treatment for 12 weeks.**

# Types of treatment

A major feature of Addaction's services and drug treatment is 'harm minimisation'. Harm reduction emphasises three core principles:

- Drug use should be viewed as a public health issue rather than a criminal or legal issue.
- Harm reduction is morally neutral and accepts that illegal drugs are and will remain part of our society.
- As long as injecting-drug use continues to occur, there is a responsibility to develop and implement public health measures designed to reduce drug-related harm to substance users and the wider community.

Harm minimisation recognises that the biggest priority of treatment is to reduce the harm that substance users can do to themselves and those around them, including the wider community. For some drug users, permanent abstinence is not a realistic outcome. Treatment focuses on how the person can reduce the amount of drugs they take and consequently reduce the harm to themselves and others. For those who are unable to ever reduce the amount of drugs they take, treatment can still benefit them by teaching them ways of reducing the risks to themselves and others when they use drugs.

Needle syringe programmes aim to reduce some of the risks associated with injecting drugs. The most common way that a person can become infected with Hepatitis C and other viruses is by sharing drug equipment such as needles, syringes, spoons, swabs, water and filters. Even if someone is already infected with Hepatitis C, a new strain of the virus can enter the bloodstream and mutate.

Needle syringe programmes give substance users information on how to inject drugs in a safe way and teach methods for avoiding infection and blood borne viruses. One of Addaction's projects, based in Walsall, has 400 regular injecting drug users. The project provides a needle and syringe programme, on-site hepatitis vaccinations, a health clinic and regular harm minimisation workshops. These initiatives have helped to reduce the incidence of Hepatitis C among injecting drug users at Walsall Addaction to 20 per cent; a figure that is half that of injecting drug users in other areas of the UK.

**“Part of the problem with drug treatment is the nature of drug addiction itself.”**

**Jens Wilde**  
Addaction Brent

**“I was prostituting with a group of other girls for this bloke everyone knew. He’d call us his ‘little bunnies’.”**

Rebecca, 20 years old

## Rebecca’s Story

### How Addaction made a difference to Rebecca:

- Living a drug free life
- Returned to study and hoping to become a police officer
- Rebuilding relationship with family

*When I was 11, my older sister was messing about with ‘e’ and getting pissed all the time. My parents were caught up in her issues. I felt like I was in the middle of it all and I didn’t want to add to anyone else’s stress so I just kept my worries inside. I started smoking fags and messing about with cannabis and aerosols with a friend. Pretty soon I was getting caught taking drugs at school.*

*By the time I was 14 I was messing around with LSD and cocaine. It was fun but I guess I knew that things weren’t right in my life. If you’d met me back then you’d see I was a hard-nut, really closed in, I was staying out all night and my parents had no idea what to do with me. I started self-harming, too. I was a mess, to be honest.*

*I ended up getting thrown out of school. Pretty soon I got the attitude that I’d just do whatever I wanted because nothing seemed to matter and so I really went for it with the drugs. I was drinking and snorting coke every few hours and doing LSD every other day. I was having hallucinations and I was paranoid most days. Once I was so off my head that I broke my nose and didn’t even feel it.*

**“I was staying out all night and my parents had no idea what to do with me. I started self-harming, too. I was a mess to be honest.”**

*I paid for my drugs by shoplifting but there were other ways I found drugs. I started drug dealing and got into bashing people up for cash. Someone would pay me a tenner to go into town and kick someone’s head in. Soon enough I was prostituting with a group of other girls for this bloke everyone knew. He’d call us his ‘little bunnies’. We’d get taken into town and told how much to earn by 5am. Often it would be oral, other times it was full on sex. Sometimes it was things like letting ourselves get whipped by these blokes. I was so off my head that it didn’t mean anything to me. It’s only now that I think about all the things I did back then.*

*One day a teacher at my new school found me in the playground before class. I’d been sitting there for a few hours, I was like a broken toy, walking around and around, staring at the floor and spitting and swearing and stuff. No-one would come near me, except for this one teacher who took me inside and called my parents. She told me about Addaction and referred me to one of their treatment centres. I’ve got to be honest, I thought it was pointless. I figured I was a hopeless case by that stage.*

**“It’s hard thinking about my teenage years, all of it is just drugs but looking back everything is much better than it used to be.”**

*It was so hard. Getting off drugs, staying in at night, not seeing the people I’d hung around with for years. My boyfriend didn’t like me being clean so that all ended. I had to cut all contact with everyone I was friends with. Imagine cutting off your family, that’s what it felt like. But the longer I lasted, the more determined I became.*

*Addaction told me about a school that would take me as long as I could prove I was clean. The few times I’d ever been to school before, I’d always gotten U grades and done really badly. This time I got seven GCSEs – including two A’s and two A stars. I’m going to college now where I’m studying communications, sociology and psychology and once I finish studying I want to be a police officer. My relationship with my family is slowly healing and maybe in a while I will move back home.*

**Rebecca, 20 years old.**

## What helps people stay in treatment?

Since successful outcomes depend on retaining people long enough to gain the full benefits of treatment, strategies for keeping an individual engaged are critical.

Whether a person stays in treatment depends on the individual and the services on offer. Individual factors include motivation to change drug-using behaviour, degree of support from family and friends, and whether there is pressure to stay in treatment from the criminal justice system, child protection services, employers or the family.

Addaction ensures that treatment is tailored to the individual and the person knows what to expect during treatment.

Treatment includes referrals to other agencies, that will support the individual’s wider needs, such as housing and mental health services.

Treatment needs to reflect the range of complex issues that each person faces. Addaction strives to be proactive in engaging people into services due to the chaotic nature of their lives and the other pressures they may have such as probation orders, court appearances, child care and social services requirements. Addaction staff therefore ensure that people are supported to stay in treatment in any way they can. This can range from phone calls to texts to remind people of their appointment to, on some occasions, going out to see people in their homes.

# In trouble with the police

Some drug misusers start treatment as a result of a referral from a school, a youth organisation, a hospital or a GP.

A number of people come into contact with community drug teams, local authorities and voluntary organisations. Others have been referred after being arrested for a drug related offence or have been issued with a Drug Rehabilitation Requirement by the court.

Around a thousand people a week start treatment because they get into trouble with the police and as a result are referred into DIP projects. Addaction has over 25 DIP projects around the country. The Drug Interventions Programme (DIP) is a government strategy for tackling drug use and reducing crime in England and Wales. The interventions at a DIP project motivate people to access treatment and reduce the risk caused to society by drug related crime.

- Testing on Arrest: Any person charged with a 'trigger' offence (drug related offence) will be tested for drugs upon arrest.
- Restrictions on Bail: This restricts adults from getting court bail if they have tested positive to specific Class A drugs or committed a 'trigger' offence. The intervention is an incentive for defendants to reduce the risk of being refused bail by beginning treatment.

- Required Assessment: Police are able to impose a minimum of two compulsory assessments on people who test positive to certain Class A drugs. These compulsory assessments take place at drug addiction treatment services, such as Addaction, and include an initial assessment and a follow up assessment.
- Conditional Cautioning: When a person is dependent on drugs and has committed a crime, the police can issue a caution instead of prosecuting. A caution requires the drug misuser to engage in drug addiction treatment at a service like Addaction.
- The Drug Rehabilitation Requirement (DRR) puts adult offenders who are drug dependent into treatment, either in a community or residential setting, and requires them to be tested regularly for drugs. The DRR is now the main route that people go through to access treatment.

## Prison

Many of the people who are sent to prison are dependent on drugs. Prison doctors can refer prisoners to treatment services, which are provided either in-house or by workers from drug projects that visit the prison regularly. Treatment inside prisons used to be voluntary but the DRR means that in some cases prisoners will be required to undergo treatment either while in prison or on probation.

## Mohammed's Story

*I was young when I started to get into trouble, 12 years old in fact, though I was hanging around with an older crowd. I was involved in petty theft, criminal stuff and fighting. And of course there were a lot of drink and drugs.*

**“Addaction helped me come off drugs as if I was coming off life support.”**

*The crimes got more serious with armed robberies and kidnappings and when I was 19 I did two robberies and got sentenced to 11 years in jail. By the time I was released I knew I had to make some major changes so I returned to my home country, Pakistan, and got married. I stayed in Pakistan for a year and was clean the whole time but when I returned to London it all went downhill again. I tried to stay out of trouble and control my drug habit but in no time I was using heroin and crack every day which cost around £1,500 a week. I committed another big robbery so I could pay for my addiction, a joint venture this time, but we were caught and I was on trial again facing a four year sentence. I was given the option to do a DRR instead of going to jail and because of the Drug Rehabilitation Requirement I was put in touch with Addaction.*

*Addaction helped me come off drugs as if I was coming off life support. They gave me practical ways for breaking all the habits that could take me back down the addiction road. They had social programmes outside of the therapy sessions so that I could play sport and hang out with other people working through their addiction. They also offered me a methadone treatment programme but I didn't like methadone and I managed to come off the heroin without it.*

*I was in the programme for a year all up and since then I have been clean and walking the line. I'm ready to enter the workforce again and I've started going for job interviews in my industry; offset printing. Although my Drug Rehabilitation Requirement expired a few months ago and I don't have to keep going to Addaction sessions, I still visit the gym every Friday with the group of people I met at Addaction.*

### **How Addaction made a difference to Mohammed:**

- Living a drug free life
- Ready to re-enter the workforce
- No longer committing robberies and kidnappings that endanger the community
- Engaging in social networks with other Addaction service users

**“I was young when I started to get into trouble, 12 years old in fact. I was involved in petty theft, criminal stuff and a lot of fighting. And of course there were a lot of drink and drugs.”**

Mohammed, 25 years old



**“There were needles all around the estate and she was too scared to play outside. The other kids were saying ‘join us or we’ll make your life a misery’.”**

Ellie’s mum

## Reaching out to young people

Every year 20,000 young people become dependent on drugs across the UK.

Addaction is committed to helping young people break their drug and alcohol habits so they don't develop a lifelong dependency.

Young Addaction projects are based in ten centres across the UK and support more than 2,000 young people. The projects employ workers who specialise in youth services and can tailor their support to better meet the needs of a young person. They often require more intensive support and guidance than their adult counterparts.

Through group and one to one sessions, young people explore the habits of alcohol and drug use among their friends and family and discuss how this has affected their own use. Young people often have issues of self confidence to cope with. This means they often need different types of support to adults. Young people are taught to understand the effects of drug and alcohol use on their own behaviour and how it can prevent them from reaching goals they want to achieve in life and expose them to wider risks of criminality and sexual exploitation.

At a number of the projects, Addaction organises social events and activities that give young people an alternative to drinking and drug use. They have opportunities to move away from peers and networks that pressurise young people into misuse.

In a study of five different Young Addaction projects, it was found that 85% of young people were able to reduce their substance use and 96% were able to reduce their involvement in crime by the time they finished the programme.

**“When Sarah first visited Addaction at the age of 16, she was regularly using solvents and aerosols and drank dangerous amounts of alcohol.”**

**Jo Stephenson**  
Addaction Derby

## Jo Stephenson

Project worker, Addaction Derby

### How Jo Stephenson helped Sarah:

- Completely stopped using solvents and aerosols
- Greatly reduced alcohol and cannabis use
- Stopped self-harming
- Notably increased her confidence

*I have worked with a lot of service users but one that really sticks in my mind is Sarah who underwent treatment for seven months. Sarah has a mother who is alcohol dependent and Sarah herself is deaf and lives in care. When Sarah first visited Addaction at the age of 16, she was regularly using solvents and aerosols and drank dangerous amounts of alcohol, which resulted in her being admitted to hospital a number of times. Sarah also used cannabis from time to time and, in conjunction with the other drugs she was using, this made her behaviour highly erratic.*

*Sarah had become suicidal and was self-harming. She had scars all the way up and down her arms from cutting herself. Her confidence was extremely low and to some extent this was because she was overweight and was not comfortable with her own body.*

*Sarah came to Addaction knowing that she had a problem and needed help. Her addiction was not an isolated issue and without addressing other areas of unhappiness in her life, minimising her drug usage would not be a practical outcome.*

*I began by providing Sarah with counselling in which we focused on ways she could minimise the harm she was doing to her body. We soon began motivational therapy which was designed to help Sarah understand the tactics to reduce her dependence on drugs and increase her confidence. I also wanted to explore alternative methods for reducing Sarah's anxiety and depression. I started Sarah on acupuncture and did two rounds with several sessions which really seemed to help her anxiety levels. I spent some time discussing with Sarah the need to maintain her physical well being and, with the support of another agency, Sarah started going to school at a farm where she could participate in a number of activities every day. This helped Sarah improve her health and confidence. During the months that I was working with Sarah, I kept in regular contact with the staff at the private care facility where Sarah lived. The care facility focused on her weight issues when she was at home by providing nutritious and balanced meals.*

*Sarah has dramatically reduced her alcohol use and only drinks in moderation in a safe environment these days. She has completely stopped using solvents and aerosols and only uses cannabis on rare occasions. Her self care has improved and she has stopped cutting herself. Sarah left Addaction a few weeks ago but we will continue to catch up with her every month or so and will make sure she is fully aware of the services we offer to 18 to 21 year olds should she feel that she needs to return to a more structured support network. Looking at Sarah now, seven months after she began treatment, it is just remarkable how much her confidence and outlook on life have improved.*

**“Looking at Sarah now, seven months after she began treatment, it is just remarkable how much her confidence and outlook on life have improved.”**

Jo Stephenson  
Addaction Derby

# Supporting Families

In England and Wales an estimated 1.3 million children are living in families affected by parental or carer drug or alcohol misuse.

Research shows that children of problem drug or alcohol users are seven times more likely than the population as a whole to become dependent on drugs or alcohol themselves.

One quarter of Addaction's clients have children in their care and in some projects that rises to over half.

Families are often not involved in the treatment process, despite evidence showing that working with the wider family can improve the outcomes for the individual and rebuild relationships crucial to achieving and maintaining change.

Addaction treats the family in its widest context, working with parents, grandparents, carers, siblings, children and next of kin affected by a substance misuser. Addaction would like to see more secure, ongoing funding at a local level for services working with families affected by parental substance misuse.

## The Maya

The Maya is an example of one of Addaction's projects that provides individual intensive support. It offers a six month residential programme to women who want to undertake counselling to tackle their drug addiction and build up their self-esteem. This is combined with a parenting programme for women who have children so they can build parenting skills and confidence. Children are able to live with their mothers in the Maya and they take part in high quality play time and early learning.

## Sophie's Story

### How Addaction made a difference to Sophie

- Living a drug free life
- Reunited with her baby
- Found second housing
- A routine for the first time in her life

*I grew up in foster care and started with drugs when I was about 11. By the time I was 15, I had my first baby and as I had more kids, Social Services took them away from me one by one. Two years ago I gave birth to a baby girl and the authorities took her away from me while I was still in the hospital. I heard that Maya, a rehab home in London, could help me to get her back and so I went. I didn't go to stop using drugs; I went to get my baby girl back.*

*I'd never tried recovery before and it totally did my head in. Loads of people were asking how I 'felt about this' and how I 'felt about that'. They spoke to me like I was an idiot. There was this timetable we had to stick to. It was all this pointless stuff about being in a particular room or getting out of bed at a set time. I remember thinking 'how is this getting me off drugs? How is this helping?' It was annoying as anything, and I told them as much. I hated Maya and everything they stood for. I was a proper handful for them.*

**“I'm two years clean now, and I have a great house from the council that I live in with my baby girl.”**

*But there's a method to their madness. Even the most trivial, stupid thing they came out with, there was a reason behind it. For the first time in my life, I've got a routine. I get up in the morning! I get things done and I can do it all myself. I can rely on the routine Maya gave me. Before rehab, drugs were the only reliable thing for me. I'm sure you understand that.*

*I'm two years clean now, and I have a great house from the council that I live in with my baby girl. My other children come and visit all the time, too. We're a family again. I even know how to get on with Social Services which is just crazy. That would never have happened without the help I got from Maya.*

*There's one more thing I want to say. People I used to take drugs with, they come up and say things like 'not everyone can do what you did' and that the help I got wouldn't work for them. I tell them that I only went into Maya to get my baby girl back. I didn't go in there because I was ready to get clean. I surprised myself.*

# How effective is drug addiction treatment?

*‘Treatment is important not just for the person accessing our service but also for everyone else out there. You don’t want drug users throwing their needles in parks where children can step on them or robbing houses and committing crime to pay for their addiction. By teaching our service users how to minimise the harm they do to themselves, Addaction can help to minimise harm to everyone else in the area.’*

**Christopher Saunders**

Addaction Walsall

Treatment works best when it looks at all of the different factors that act as a barrier to a person overcoming drugs. Many of those who benefit from treatment are able to reduce or lead a drug free life. For these individuals the benefits of successful treatment are enormous. Effective treatment is also linked to a drop in criminal activity which saves money for society as a whole. Treatment also helps to improve family relations, and the health and general well being of the person dependent on drugs.

## **Health**

According to several studies, treatment reduces drug use by up to 60 percent which results in improved health and a lengthened life expectancy. Research also reveals that treatment reduces the risk of HIV infection and hepatitis. Interventions to prevent HIV are much less costly than treating HIV-related illnesses. Addaction Walsall is a national leader in reducing hepatitis among drug users.

## **Employment**

Treatment has also been found to increase the employability of a person by 40 per cent. Rejoining the workforce after a long period of unemployment can help to improve a person’s confidence and self-esteem after they have overcome their addiction. Addaction’s pioneering NEXT project has led to more service users finding stable employment during and after treatment.

## **Crime**

There is a direct correlation between treatment and a significant decrease in criminal activity. With more people accessing treatment every year, there has been a staggering reduction of 20 per cent in drug-related crime in the last ten years.

## Is drug treatment worth the money?

Drug treatment is not cheap but the savings to society as a whole are greater than the costs involved.

Last year the government spent around £400m on treatment for drug users alone. However, according to several conservative estimates, every £1 invested in treatment yields a return of between £9 and £15 in reduced drug-related crime, criminal justice costs and theft alone.

This saves money for society as a whole. The total estimated costs of drug addiction to health services and the criminal justice system amount to a staggering £15bn a year and that doesn't include alcohol. Each problematic drug user costs annually around £44,000 in health and potential crime costs.

For every person who manages to get control of their lives and drug use, there is a reduction to the financial burden they put on tax payers. Treatment is less expensive than alternatives, such as not treating people or simply putting people into prison.

In Holloway Prison, a London based prison for women and young offenders, 80% of prisoners are battling drug-related problems and 35 per cent have committed drug-related crimes. The cost of meeting the treatment needs of a prisoner in Holloway Prison are around £1,000 per week. Treatment outside of prison would be much cheaper.

Major savings to the individual and society also come from significant drops in interpersonal conflicts, improvements in workplace productivity, and reductions in drug-related accidents and deaths.

**“It was so hard. Getting off drugs, staying in at night, not seeing the people I’d hung around with for years. My boyfriend didn’t like me being off drugs, either, and so that all ended. I had to cut all contact with everything I was used to.”**

Rebecca, 20 years old

## The reality of not being in treatment

**“One night, rival drug-dealers broke into my house and demanded money, one holding a gun to my head. My son leapt from a first floor window in fear and ran to a neighbour. I gave the men some cocaine and over a thousand pounds. They pistol whipped me, anyway, and shot my dogs.”**

Maureen, 26 years old

**“I was on the streets for five months, moving from crack house to crack house”**

Tom, 21 years old

**“Then there was the time I got deep vein thrombosis from injecting, and I nearly lost my leg. You see? Things were bad. Things were terrible.”**

Jim, 26 years old

**“When I was 21, I met a guy who was using crack cocaine. I didn’t know what this was, but when I began to use crack my life suddenly sunk from there. I just spiralled into the world of drugs.”**

Lourie, 27 years old

**“After a girlfriend had left me everything had got really bad – I woke up in the morning with no gear in the house. Within an hour, I was really sick. I realised where I was, then – I was a heroin addict.”**

Tony, 29 years old

# Addaction people

Peter, an Addaction worker, sometimes hates being asked what he does for a living. “I just know what most people’s reactions will be. It’s usually along the lines of ‘Why do you work with these people?’ The feeling is that the people I work with don’t deserve mine or anyone else’s time.”

Addaction’s work involves providing drug users with support, advice on treatment programmes and counselling. The work is tough, frustrating and sometimes relentlessly grim. But Peter wouldn’t change jobs for the world.

“Society judges and marginalises my clients, but none of them have got a clue about the bigger picture. Most of the people we see at Addaction have been dealt a really bad hand in life, they haven’t had the opportunities or the support that most of us take for granted and their self-esteem is so low that they don’t think they deserve to be anything other than a junkie. It’s our job to change this and to show them they are worth more.”

## Jens Wilde

Addaction, Brent

*One really important aspect of our work is providing support to the service user’s family and friends. We usually find that for every drug user there are at least two other people who are directly suffering. They are usually suffering in the same way as the drug user, for example the husband or wife of a drug user is typically also experiencing anxiety, pain and feelings of being overwhelmed and not in control. A lot of the time the family and friends don’t know enough about drug use. They tend to blame themselves and feel frustrated because they can’t do anything to stop the problem.*

*I assessed one particular man whose daughter was an alcoholic. She was married with children and, due to her alcohol abuse, her life and her marriage were falling to pieces. Her father said, on one occasion, she was released from a night in the police station and was still drunk, barefoot and confused. She went missing from her family for a number of days before they managed to track her down.*

**“We usually find that for every drug user there are at least two other people who are directly suffering.”**

*This man was feeling really low and his confidence had plummeted as a result of how dependent his daughter had become on him. He was constantly supporting her and had no idea how to help her. He got support by coming to Addaction and being given the opportunity to express himself with people who gave him the time of day. We offered him complimentary therapy, which included acupuncture and at the end of this, combined with the counselling, he was a different person. He had new levels of confidence and had learnt tactics for saying no to his daughter without feeling guilty. His daughter was admitted into a detox programme and is doing quite well.*

# Addaction

“Addaction is committed to finding new, innovative and exciting ways of working to turn round the lives of people.”

## What Addaction does

- Works with people during the difficult journey to let go of their addictions and rebuild their lives after drug or alcohol misuse.
- Publicly challenges the stereotyping of people affected by drug or alcohol misuse.
- Campaigns on behalf of drug and alcohol users who we believe deserve the same rights as everyone else in terms of access to benefits, work, medical treatment and housing.
- Champions alternative approaches to treatment that will help people to once again get control of their lives.

## Addaction works by:

- Supporting problem drug and alcohol users and their families, who often play a vital role in recovery, and may need support themselves.
- Building innovative dynamic partnerships with statutory services and other voluntary organisations to offer the best treatment services.
- Forming partnerships with our service users to devise the best approaches to treatment.



# Rebuilding lives affected by drink and drugs.

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

We would like to keep you informed about future developments at Addaction, including our fundraising activities.  
If you do not wish to receive this information, please let us know by ticking this box.

Please accept my gift of:  £15  £25  £50  £100

Or my preferred amount of £ \_\_\_\_\_

Cheques payable to **'Addaction'**

Or please debit my:  MasterCard  VISA  CAF Charity Card

Card Number:     /     /     /

Start date:   /   Expiry date:   /

CVV number:    (the last 3 digits in your signature strip)

Card holder's name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### GIFT AID DECLARATION

I am a UK tax payer and want Addaction to treat all gifts of money that I have made in the past six years and all future gifts of money that I make from the date of this declaration as Gift Aid donations. *NB: You must pay an amount of income tax or capital gains tax equal to the amount on your donation (currently 25p for each £1 you donate).*

I am NOT a UK tax payer.

*giftaid it*

**THANK YOU** FOR YOUR SUPPORT

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