

Case Study

Mr G, age 32, involved with the criminal justice system due to being violent when intoxicated, completed the Alcohol Awareness Hub

Offence

Violence

Mr G said that alcohol had affected his physical and mental health significantly. He had developed liver problems, sleep issues, memory problems and his depression and anxiety seemed to be getting worse. Alcohol also exacerbated his IBS which contributed to him feeling very low.

The Alcohol Awareness Hub helped Mr G recognise that his alcohol use had also caused relationship problems with friends and family. When he completed exercises that helped him understand how worried they were, it helped motivate him to change his behaviour and look at realistic ways to control his alcohol use. The Hub helped him achieve this through the 'ripple effect' exercise by asking him to think specifically about who his alcohol use effected and how.

Through the Alcohol Awareness Hub, Mr G began using the online substance diary which enabled him to monitor his use. This helped him identify patterns and put strategies in place during high risk periods (times when he is likely to drink). One strategy was to start going for walks at high-risk times. This helped him significantly in controlling his use.

The Hub also encouraged Mr G to build a Recovery Plan, pulling together everything he had learnt. This consolidated his learning, helped him maintain motivation, and enabled engagement with a wider support network. It also helped Mr G identify practical things he could do to abstain. Within this plan, Mr G realised that he needed to change his lifestyle, make better choices and find new hobbies. He also identified that he needed to talk to his friends and supporting professionals more regularly.