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What made you want to get into treatment?	<p>My health, I was in hospital, my general health was poor, I had depression and had lost weight. Now on 6th attempt at abstinence but something has changed and I don't think about drink - 'It's a killer'. My son and daughter are very important to me, 'they are a lot more important than going to the shop and trying to find a cheap can of lager'</p> <p>Before this time, it wasn't life threatening, 'I thought it was under control but it wasn't'. I was getting very ill every morning.</p>
How long for	5 years
What treatments did you find most helpful What did you get out of them	<p>Actual detox itself, and being able to talk about drinking with someone at Fitzwilliam. Anti-depressants were very helpful, and acamprostate also helped. Staff did not reject me for trying, I knew I had a constant support here. I have learnt that I am addicted as soon as I have a drink. I was going round in a circle and now I have found an exit from the circle.</p>
What was the hardest bit about getting started	The hardest part was realising I can't just have one, can't get cocky and have one.
What have been the best bits	<p>Being on Burbage ward because it took me out of my situation and I was with people in a similar situation – which gave me hope. It helps you readjust to being normal when you come out. I felt I was not doing it on my own. When you come out, you are on the same level as everyone else. I still see 2 people from Burbage socially and I made quite a few friends there.</p> <p>It would be good to have a group for people who have just had a detox to come out and join.</p>
What does recovery mean to you	<p>'It means the world because of my kids and how better my life is now'</p> <p>'Starting my life again - you can never go back so I put a stop in my brain and started life again'.</p> <p>'Got people that judged me and drifted away – now got people who really care and have come back to me and explained to me what they did'.</p> <p>I now go to the Knitting group, take dog for a walk, see my friends and family.</p>
What advice would you give to someone about to leave treatment and try to maintain their recovery	<p>Think about your future, what you can gain and what you lose and think about what you might lose if you slip back.</p> <p>'Keeping busy – takes mind off it, gets you motivated to do things if you are doing something already'. 'Getting to know who I really am has helped, I love being me' 'People now say 'god you look well, I can't believe the difference'!!</p>

Have you signed consent form?	yes
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