

Priory Flourish

Daniel* started drinking at the age of 17 and quickly began to use alcohol daily as a way to deal with his feelings. He never really thought he had a significant problem until his life took a turn for the worse and his drinking got even heavier, progressing to significant daily use.

Daniel desperately wanted to stop drinking but was just unable to. He was finding the daily stresses and distractions of life were leading to him becoming increasingly dependent on alcohol. Daniel was drinking less than 100 units of alcohol per week (100 units is typically less than 50 bottles of 5% beer), but felt he was spiralling and beginning to suffer consequences as a result. Daniel's relationships with his family had significantly suffered as a result of his poor relationship with alcohol. There were many occasions where work commitments and deadlines were missed, family events had been ruined and the impact was threatening the relationship with his wife and children.

Daniel came to Eden House to learn about ways to deal with life without the use of alcohol or any other substance, wanting to remain abstinent from alcohol altogether. With a limited budget, Daniel was looking for an affordable, non-medical option to treatment and required a residential setting as he simply had been unable to safely stop drinking on his own, despite many attempts.

Eden House is unable to offer a medically assisted detox for clients drinking over 100 units of alcohol per week. As Daniel was consuming less than this, we were able to offer him a place on our programme. Eden House is unable to support significant physical health needs required as part of a medically assisted detox, focusing entirely on a leading therapeutic programme.

Daniel had previously received support at a treatment centre using a traditional approach to 12 steps (a spiritual-based programme offering 12 steps towards addiction recovery, loosely based on the Alcoholics Anonymous (AA) approach). However, he recognised this approach was not best suited to meet his needs, seeking instead to try a non-traditional and alternative approach. The community living aspect adopted in Eden House

supported Daniel in taking ownership of his life once more. Daniel took full accountability for shopping and prioritising his diet by working with his peers. Daniel was able to focus on enhancing exercise by using the small on-site gym, and his wellbeing by making use of the wellness suite, also on-site.

The intensive therapy in a safe environment allowed Daniel to share his historical alcohol-related consequences with like-minded individuals. By attending regular one-to-one therapy sessions with his experienced therapist, Daniel was provided with a platform to understand the impact of his behaviour. Psychoeducational groups helped to explain the psychological aspect of addiction, and this supported Daniel to comprehend why he became dependent on alcohol. Twice-weekly trauma-based groups also supported him to unpick historical issues. Cognitive behavioural therapy (CBT)-themed groups supported significant changes to unhelpful thinking patterns, reframing Daniel's thought processes through setting goals to support coping with life situations.

As he became more confident, exposure work was added. Exposure work is a foundation of Eden House and it allowed Daniel to experience high-risk situations in a safe environment. This enhanced Daniel's recovery toolkit by providing actual experience of living life free of substances in situations where Daniel had previously used alcohol. After utilising these groups, Daniel felt confident approaching previously risky situations, without feeling the need to drink alcohol.

Finally, after a productive 2-day family session which was aimed at supporting family coping strategies, Daniel left treatment with a solid recovery toolkit, including the opportunity of a 3-month trial of Recovery 360 and a 12-month alumni aftercare programme.