Alcohol Team Patient Journey

RJ was a very complex individual with major criminal and social complications intertwined with a chaotic lifestyle, which centred around a dependant drinking pattern. He has been involved with the Alcohol Team since September 2005. His most recent referral came into the team in June 2007 following his release from prison.

"Please help me"

March 2006

The Alcohol Team receive a referral for RJ who is in and out of prison, constantly re-offending, a very heavy drinker and is of no fixed abode.

The alcohol team engage with RJ and his family, and maintain contact throughout the prison episodes with both prison services and the family.

"I don't know what to do or which way to turn"

March 2007

RJ is released from prison after serving 12 months in custody, although this was interspaced with brief periods of time out in Wakefield. His lifestyle is very chaotic:

- An Anti Social Behaviour Order which prevented him from going to his Mothers house
- Past offences of violence which made it difficult to rehouse him despite regular attempts by the prison resettlement team, probation and alcohol team.
- Drinking was out of control – he was drinking up to 45 units daily.
- Major health problems with his stomach and liver.
- High levels of anxiety and severe depression.

"I want to change"

The Alcohol discover that RJ wants to stop drinking but is unable to make any real changes to his drinking due to the instability of his housing situation and re-entry into the penal system. His long term goal is to enter residential rehabilitation and to get a girlfriend and a job.

Alcohol team arrange for health assessment and find out that liver function tests indicate possibility of severe liver damage.

"I am getting the help I need"

June 2007

With the consent of RJ, the Alcohol Team assisted in building the relationship with his mother and arranged access for RJ to return to his Mums House. There is a waiting list for residential rehabilitation therefore a Community Detox Programme is arranged with input from the Alcohol team, District Nursing team and local authority.

Regular contact and visits from the Alcohol team continue before, during and after the detox programme.

"I am a different person"

Now

Following the detox, RJ's physical conditions have improved significantly. He is now completely sober and does not want to re-offend. He now has a long term girlfriend, and the Alcohol team continue to work closely with him, his Mum and his girlfriend. RJ has built a strong relationship with his Alcohol Team worker and does not want to let her down.

RJ still wants to access residential rehabilitation and a place has now been secured for him.

"Life looks brighter and better"

The future

RJ will shortly begin his 3 month rehabilitation programme and the Alcohol Team will be involved in review meetings and will pick him up again when he is discharged.

RJ wants to get his driving licence and to find a job when he comes out of residential rehabilitation.