



# From Chaos to Care Coordinator



David was born in Barnsley to functioning alcoholic parents living a transient lifestyle. David recalls his first experience of alcohol was at an early age, as drinking in the family was the “norm”.



*“There was always wine with dinner and Babysham at Christmas”*

This lifestyle worked to his social advantage as a teen, as he was afforded the perceived luxury of hosting house parties for his mates and could provide copious amounts of alcohol for his guests.

## The Fog of Insanity

He went to Catering College; what David describes as a three-year drunken haze. He married young, started a family, got a job, a car, a house - what he perceived society to desire of him; however, his addiction to alcohol soon spiralled his life into a perpetual cycle of prison, homelessness, drunkenness and toxic relationships.

Though an intelligent and resourceful man there seemed no way out until a kind drug support worker, during his 14<sup>th</sup> prison sentence, referred him to Reflections.

## Sweet Surrender

David adapted quickly to life in treatment. The routine, groups, meetings, feeling he had found a new family for which he has an eternal gratitude for saving his life. He began working as volunteer and soon discovered his aptitude for such a job was ideally suited. David believes in the 12 Step solution that has been around since the 1930's and that if it was not for the pioneers then I would not be sat here loving life.

*“I get my daily reprieve from alcohol by helping other people. Reflections is like a family, which so many people from the isolation of addiction need to aid their recovery – we are non-judgmental. I'm one that struggles to listen to people who have not been in the chaos, those who have not had to walk the path of recovery – I people who understand – like our Care Team and recovery community.”*

David is now the Care Coordinator at Reflections House, working everyday with people like himself who come in broken and without hope. His story is a testament and a benchmark for anyone suffering with addiction problems that you cannot just overcome this disease but also flourish and live a productive life. It works if you do it.

The main Reflections Care Plan is a person-centred trauma-informed abstinence based 12 Step programme. This is supplemented by a therapeutic weekly schedule of addiction related groups, trauma-informed counselling, art & music therapy, life skills, education & training, sports and other healthy alternative activities. Understanding our clients may have lived a life of chaos and unmanageability we also provide benefits, housing, and housing support. Reflections is accustomed to working with vulnerable people with complex needs through its wholistic approach to practical and emotional support.

**If you need help, you can self-refer (or by family, friends support worker, etc.)  
at: [www.reflectionsha.com](http://www.reflectionsha.com). David will get back to you!**