



Recovering from addiction - a case study



This is the recovery story of Lee; it tells a story of unresolved childhood trauma and addiction and how Reflections allowed him to gain a better understanding of himself and addiction and set him up with the tools and the solution to sustain his recovery in the outside world.



Lee was born in Grimsby, the product of a turbulent childhood. Lee's only ambitions at school were to be accepted, seeking love he didn't receive at home. After leaving school with no apparent goals, he unfortunately turned to drugs around the age of 16.

Never gaining any meaningful employment, Lee found himself reliant on a cocktail of different drugs; heroin, crack cocaine, spice and alcohol to get him through his day. Life became unmanageable, homelessness followed along with begging on the streets to feed his habits. Due to his addiction Lee became estranged from his family, personal tragedy followed, spells in prison, contracting Hepatitis C, falling to a weight of 8 stone, and the desire to end his life - to escape the mental and physical torture of addiction.

The Turning Point

After a failed marriage (involving domestic violence) and several suicide attempts, Lee's sister told him of the chance to leave home and go into addiction recovery treatment. He was not enthusiastic about it but agreed due to the fear of being disowned by the only relative who had stood by him. Lee had little knowledge of what recovery meant or the 12-step recovery program. Historically he had only small glimpses of other recovery related programs in prison but found himself willing to give it a shot due to the circumstances of his life.

Turning to Reflections for Support

Lee's first feelings of being at Reflections were a feeling of safety and identification. All the staff he found were caring and enthusiastic and to his surprise, had all themselves been through the 12-step recovery program. He loved the groups and classes, both which helped him slowly with his confidence and his understanding of addiction. Counselling sessions also helped him resolve his childhood trauma and helped him work through his mental health difficulties. His physical health returned also.

"Reflections has been a massive part of my life; they play a massive part in this community and can play a massive part in a lot of peoples' recovery.

Without Reflections I would be dead, plain and simple".



Lee now has his family back in his life, he has attained a qualification in peer mentoring and works at Reflections. He carries out regular outreach visits prisons, speaking to inmates about recovery and support, and has lectured to schools and at Leeds University about the dangers of drugs and the nature of addiction.

Lee believes now that the future looks bright and with a solution to his addiction there is no limits to what he can achieve.