

2009 DIP Success Stories

Case studies from the Drug Interventions Programme, compiled by the
DIP Strategic Communications Team

Notes:

1. This document is a second compilation of DIP case studies contributed by local DIP workers. Edition 1, dated June 2008, is still available and provides other useful examples of the Programme's success. Any queries should be directed to the named contact for each case.
2. Every effort has been made to ensure appropriate confidentiality for clients not wishing to be identified. In the case of those who have agreed to co-operate with publicity and other public relations activity for the Programme, real first names have sometimes been provided with their consent but renewed consent will be obtain by the identified case contact/source before further identifying details or direct contact details are provided. The client's wishes must prevail in any issue of full identification.
3. Fresh compilations of case studies are produced at least annually. To check for the latest available edition, see the numbering and date below. To obtain a template to submit stories for inclusion, please contact: gillian.radcliffe@coi.gsi.gov.uk

Edition 2 - May 2009

Case study 1 – Holly in Kirklees

Name of client	Holly (pseudonym)
Location	Kirklees DIP, Yorkshire & Humberside
Type of intervention involved	Housing support; Preparation for employment; Access to prescribing; One-to-one work; Motivational interviewing; Relapse prevention.
Age and gender of client	Female, 25 years
Date of case study	May 2008
Source	Erin Luty, DIP Senior Case Manager, 01924 438383, erin.luty@lifelinekirklees.org.uk
The case and outcome	<p>When Holly was released from prison in May 2008, she was drug-free but she quickly started using again. She knew if she did not get help she would go straight back to where she was before so she went to the Lifeline drugs project in Wellington Street, Dewsbury, for help. Within a week, she had a prescription for a heroin substitute and a key worker, Jenny Brown. Holly found the support from Lifeline made a real difference. Whenever she felt the need to talk to someone she was able to drop into Lifeline where she knew that someone would see her, which she says was, and continues to be, a real help.</p> <p>Initially, Holly had just £5 a day to cover food and travel expenses. With finances extremely tight knew she had to resist temptation to take the easy option and return to crime and drugs, but DIP gave her help with claiming benefits. Holly also faced a real issue with homelessness and was given temporary accommodation by the Clear Springs organisation.</p> <p>Holly says, "Kirklees DIP is brilliant. It has</p>

	<p>helped me a lot. It has made me feel good about what I have achieved and encouraged me to carry on. They have helped me with issues that could cause me to misuse again. They have supported me with bereavement problems and I know they will help me with whatever troubles I have.”</p> <p>Holly wants to become a drug worker herself eventually and the project is helping by trying to find voluntary places where she can gain experience.</p>
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Case study 2 – Keiran in Kirklees

Name of client	Keiran (pseudonym)
Location	Kirklees DIP, Yorkshire & Humberside
Type of intervention involved	Housing support; Prescribing; Psychosocial support and referral to community mental health team.
Age and gender of client	Male, 33 years
Date of case study	October 2008
Source	Jason Smith, DIP Case Manager, 01484 353333, Jason.smith@lifelinekirklees.org.uk
The case and outcome	<p>Keiran was released from prison in October 2008 with no fixed abode and a history of mental health issues. After his release, he had to cope for almost three months without any benefits. He was taking substitute medication in prison, which needed to be continued.</p> <p>His DIP case manager completed a full Tier 3 Assessment, referred Keiran into treatment for ongoing prescribing and support from the local Lifeline drug and alcohol advisory service. There was joint working between the DIP caseworker, the key workers at Lifeline and Shelter to ensure support was in place around Keiran's housing and mental health needs.</p> <p>He now has permanent housing and regularly attends appointments with his key worker. Keiran is still on prescription and remains in contact with the Community Mental Health Team. Together local partners sorted out Keiran's benefits and ensured everything was in place to help keep him on the right track. Since his release from prison Keiran has not been arrested for any further offences.</p>

Case study 3 – Isabelle in Kirklees

Name of client	Isabelle (pseudonym)
Location	Kirklees DIP, Yorkshire & Humberside
Type of intervention involved	Crisis intervention; Motivational interviewing; Housing support; Outreach; Primary healthcare (midwifery); Social services.
Age and gender of client	Female, 23 years
Date of case study	July 2008
Source	Erin Luty, DIP Senior Case Manager, 01924 438383, erin.luty@lifelinekirklees.org.uk
The case and outcome	<p>Isabelle first came to DIP's notice in April 2007 via a police enquiry to locate her boyfriend, a known drug user, who was committing crime in the area. Isabelle herself was a drug user, forced into drugs by peer pressure at 17, and she was known to local drug and alcohol support services. DIP officers found Isabelle living rough with her boyfriend in a tent behind a mill in Batley. They had been living this way for some months. Isabelle was pregnant, using drugs, injecting and working as a prostitute. She agreed to engage with DIP and for a DIP project officer to collect her the following day, but by then she had disappeared and her boyfriend refused support.</p> <p>However, after her boyfriend was bailed to a hostel in Leeds following an offence in 2008, DIP saw this as an opportunity to once again make attempts to engage with Isabelle. Workers visited the tent a couple of times before they eventually made contact with her and it was then that she agreed to engage with them. That same day she was taken to the Lifeline drug and alcohol advisory service where she was given a prescription for a drug substitute, seen by a doctor, referred to a</p>

	<p>midwife and taken to the Housing Options service, where she secured some temporary accommodation.</p> <p>Unfortunately, despite the support she was receiving and due to her boyfriend's influence, since he was travelling daily from Leeds to visit her, she suffered a relapse, resulting in her losing her accommodation. She also disengaged with Lifeline for a short time.</p> <p>When Isabelle's boyfriend breached his bail conditions he was successfully remanded in custody and so once again efforts were made by DIP to persuade her to get help. By this time she had sought refuge with a friend who was also accessing Lifeline services and this encouraged Isabelle to re-engage with DIP. As a result of continued efforts by all concerned, she is now doing well. She is accepting help from people, assistance with her antenatal care and has a housing appointment. She has realised that she must accept responsibility for her situation and is attending appointments at a local maternity unit.</p>
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Case study 4 – Jimmy in Essex

Name of client	Jimmy (pseudonym)
Location	Canvey Island, Essex DAAT
Type of intervention involved	Housing support; Volunteer mentoring (aftercare).
Age and gender of client	Male, 34 years
Date of case study	September 2008
Source	SOVA Project Manager Alison Battersby - 07811 357379 Email: alisonbattersby@aol.com
The case and outcome	<p>Jimmy's case provides an example of how resettlement support can help someone to stay clear of drug misuse and re-offending. Jimmy had a significant history of shoplifting to fund his use of heroin, amphetamines and cannabis. He ended up in prison and went into treatment for his drug misuse problem. When he was released from prison, he was initially sleeping rough but then he got help from the Triangle Tenancy Service, run by NACRO, to find a place to live. A volunteer mentor for the SOVA resettlement project visited Jimmy and found him very depressed, which was of concern as Jimmy had a history of psychiatric issues which had previously led to self harming.</p> <p>He had only a camp bed, a radio and one cup in his flat. His mentor helped him draw up a budget that would allow him to save a bit of money and then visited regularly on Sundays to take him to car boot sales, where he was able to get more furnishings and equipment for his flat cheaply.</p> <p>Despite some initial setbacks, Jimmy has now settled and has been able to make friends in the area, re-contact his family and carry on with his life.</p>

Case study 5 – Andy in Essex

Name of client	Andy (pseudonym)
Location	Essex DIP
Type of intervention involved	Motivational interviewing; Housing support
Age and gender of client	Male, 30 years
Date of case study	2008
Source	Bev Strong Criminal Justice Project Manager Essex DIP Tel 01245 431623 bev.strong@essexcc.gov.uk
The case and outcome	<p>Andy had been a long-term user of heroin and crack cocaine and agreed to see a drug worker in police custody when arrested for an offence of theft. He stated he had been in and out of the criminal justice system from a young age and at the age of 30 decided he needed to change his life.</p> <p>Andy engaged with local DIP services, was prescribed methadone through a drug and alcohol agency and was temporarily housed through the council. Unfortunately he started to mix with his old friends and peers and was suffering bereavement issues after losing his mother. The DIP team gradually lost contact with Andy, he failed to attend appointments and his mobile phone was switched off.</p> <p>Approximately three weeks later he was back in custody looking worse than before. He seemed very disheartened and had given up. As a result of going through court he was re-sentenced and went to prison. He lost his home and was no longer on a methadone prescription. It was then that the prison link team were able to re-motivate him and discuss his current concerns. He disclosed he could not cope with realities of life and was planning to overdose when he was released from prison. Immediately counselling was put in place and a key worker made regular visits to Andy, working</p>

	<p>through cognitive behavioural therapy techniques to boost his confidence. One-to-one sessions looked at the future and ways to occupy his time productively. His worker maintained regular contact with the local housing liaison and he was able to find accommodation for Andy.</p> <p>Five months after Andy's release from prison, he is no longer using a substitute prescription; he has a stable home, has joined a local church and has found work, through the church, painting and decorating homes. Andy is so much more confident about the future and continues to maintain contact with DIP to let the team know all the positive things that are happening in his life. Andy said that, without the help from Essex DIP, and their faith in his ability to abstain from using illicit substances, he would not have been able to get to where he is now.</p>
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Case study 6 – Daniel in Essex

Name of client	Daniel (pseudonym)
Location	Essex DIP
Type of intervention involved	Residential rehabilitation; Throughcare.
Age and gender of client	Male, 40 years
Date of case study	2008
Source	Bev Strong Criminal Justice Project Manager Essex DIP Tel 01245 431623 bev.strong@essexcc.gov.uk
The case and outcome	<p>Daniel has a 20-year history of heroin and crack dependency. He has mild learning difficulties and a history of mental health problems. He drifted into recreational drug use in his teens, and by his twenties had progressed to heroin misuse and was offending to fund his habit. Daniel had a long history of acquisitive offending linked to his drug dependency and he had spent a significant amount of his adult life in custody. Daniel was well known to treatment services in his home area, but as a consequence of his 'chaotic' lifestyle, he had always struggled to engage successfully in treatment. He constantly 'slipped through the net' and was stuck in a cycle of offending and substance misuse.</p> <p>Daniel came to the attention of a prison link worker in the local DIP through a referral from a prison CARAT team whilst on remand for burglary offences. He felt his situation was hopeless and was adamant that residential rehabilitation would be the only effective means of effectively addressing his substance misuse.</p> <p>Daniel was keen to engage with DIP, which arranged to support him in finding a "rehab" place. The most difficult part of the process was finding a rehabilitation centre that was willing to accept Daniel with his history of</p>

	<p>mental health and learning difficulties. After much research, the DIP team was able to identify somewhere that was able to cope with his issues. Details of the rehabilitation and funding agreed were put together for his next court appearance for sentencing. Members of the team accompanied him to court.</p> <p>As a result, the judge agreed to adjourn matters and send Daniel to the rehab centre for a probationary one-month period. He slowly settled in and successfully engaged in the treatment process. He was able to go back to court the following month with positive reports from the rehab centre, DIP and probation. Subsequently a community sentence was imposed allowing him to continue with the treatment programme. He has since completed his fourth month at the centre, continues to be drug free and is making very positive progress with his treatment and recovery. He is engaging with all the local agencies, has re-established contact with his children and is planning to resettle in the area in which the rehab centre is situated.</p>
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Case study 7 – Josh in Essex

Name of client	Josh (pseudonym)
Location	Harwich, Essex DIP
Type of intervention involved	Housing support (aftercare)
Age and gender of client	Male, 22 years
Date of case study	2008
Source	Bev Strong Criminal Justice Project Manager Essex DIP Tel 01245 431623 bev.strong@essexcc.gov.uk
The case and outcome	<p>Josh was released from prison in 2008 after serving a year for selling crack cocaine. Before getting treatment in prison, he had been severely addicted and was funding his habit by dealing. Through the Essex Drug Interventions Programme he was referred to the Triangle Tenancy Service run by NACRO and they helped him to get a stable place to live after his release. He is now doing very well and is working towards getting his forklift licence. He is seen by the scheme's coordinator once a month and has expressed interest in doing voluntary work involving drug users. Josh is not using drugs any more; he has a girlfriend, and is mixing within the non-drug-misusing community. He has also expressed interest in getting his own privately rented accommodation in another part of Essex.</p>

Case study 8 – Lionel in Essex

Name of client	Lionel
Location	Basildon, Essex DIP
Type of intervention involved	Housing support (aftercare)
Age and gender of client	Male, 32 years
Date of case study	2008
Source	Bev Strong Criminal Justice Project Manager Essex DIP Tel 01245 431623 bev.strong@essexcc.gov.uk
The case and outcome	Lionel was housed in Basildon in March after “sofa surfing” at the homes of friends who were still using drugs. He had recently come out of prison for drug-related offences and had literally nowhere to go. DIP put him in touch with the Triangle Tenancy Service run by NACRO and he was able to find a stable place to live and to avoid relapse. He has remained clean since coming out of prison and has stayed in touch with the local agencies that helped him. He recently moved in with his family and got married to the mother of his child, with whom he was on extremely bad terms on his release from prison due to his drug use and criminal activities.

Case study 9 – Jeremy in Dyfed Powys

Name of client –	Jeremy (pseudonym) (Willing to be contacted, via CJIT worker named below, for Programme publicity/PR)
Location	Dyfed Powys DIP area
Type of intervention/s involved	Harm reduction; Drug health education; Substitute prescribing, support, counselling; Employment support
Age and gender of client	Male, 30
Date of case study	Nov 2008
Source	Contact via CJIT worker Julie O’Leary Dyfed Powys DIP julieoleary@pdac.org.uk
The case and outcome	<p>Jeremy had a history of drug-related offending, including supplying crack and heroin. Previously he had support with his drug misuse. He was on a Subutex script and holding down a full time job but then relapsed. About a year later, at the end of July 2008, he self referred to DIP. At the time, his girlfriend was heroin-dependant and he was taking her to Cardiff and Newport to work as a prostitute. His case worker, who knew him previously, was shocked at Jeremy’s appearance: previously he looked very healthy but now he was very pale in colour, dark around the eyes and had lost a lot of weight. He said he was on sickness absence from his job and was in danger of losing the work he loved. He admitted using heroin in work and smoking crack out of work and he had missed lots of workdays due to his heroin addiction. His boss had told him to get himself sorted or lose his job. DIP fast-tracked Jeremy into drug clinic and he started a Methadone programme. Prior to his clinic appointment Jeremy asked his caseworker to call his boss to see if he could go back once he had sorted himself out. His employer said he was really pleased to have been contacted as he had been worried about Jeremy and had no contact with him since he went off sick. The caseworker explained what DIP would provide and gave his boss and target date of return if all went well. Jeremy then</p>

	<p>also had the confidence to talk to his boss and thanked him for this opportunity. Jeremy is doing well on his script and by the end of August was back in work and producing clean drug tests. He now has his life back on track.</p> <p>Jeremy not only nearly lost his job at this time but also his family. Jeremy has a child from a previous relationship who would have been taken into care if his parents had not taken guardianship of him. When his relationship ended Jeremy returned to the family home to help raise his child. When his parents realised the escalation of his drug use he was asked to leave the family home, as they were not prepared to have him around their grandchild. During the time away from home he had no contact with his child as his parents would not allow it and, in any case, Jeremy did not want his child seeing him in the state he was in.</p> <p>Since making contact with DIP he is now back in the family home and helping to provide a stable family life and up bringing for his child with the help of his parents.</p>
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Case study 10 – MC in Carmarthenshire

Name of client –	MC
Location	Carmarthenshire, Wales
Type of intervention/s involved	Harm reduction and drug health education; Support with benefits and finances; Support with family issues
Age and gender of client	Male, 26 years
Date of case study	April – November 2008
Source	Heather Phillips, PPO Support Worker Heather.phillips@dyfed-powys.probaton.gsi.gov.uk 01554 751383
The case and outcome	<p>MC is a Prolific Priority Offender with a long history of drug-related crime, including violence. His heroin misuse began when he was 14 years of age.</p> <p>He was released from custody in April 2008, and became part of a pilot scheme in the area to provide ‘wrap around’ services for PPOs, specifically those that were not the subject of statutory supervision by probation. During this period, MC and his 21-year-old partner were going through a very difficult and emotional period as an adoption order was made in respect of their one-year-old child. The scheme helped provide emotional and practical support as well as helping him become drug-free.</p> <p>MC is consistently giving negative drug tests and as part of his care plan, now has access to diversionary activities in the form of a gym pass.</p> <p>In terms of his daily life, there have been a variety of problems including the threat of eviction from his home, the bailiffs calling, not receiving any benefit payments, and these have been resolved by caseworkers</p>

	<p>negotiating with the various statutory agencies on his behalf.</p> <p>MC and his partner have also been supported through the Adoption Care Plan, which has included a reduction in supervised access their baby and a 'farewell visit'.</p> <p>Throughout this period of seven months, MC has re-offended on only one occasion for an offence of shoplifting four cans of lager and he received a conditional discharge.</p> <p>It is likely that MC will be removed from the PPO List at the next review.</p>
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Case study 11 – Andy in Dyfed Powys

Name of client	Andy (pseudonym)
Location	Dyfed Powys DIP area
Type of intervention involved	Substitute prescribing; Counselling; Relapse Prevention and coping strategies; Support with finances
Age and gender of client	Male, 51 years
Date of case study	From 2007 to late 2008
Source	CJIT Worker, Dave Sheffield 07973 801348
The case and outcome	<p>Andy self-referred to his local DIP in March 2007 and it was the first time he had ever engaged with a drug service of any kind. He was aged 49 and had been using heroin since he was 18 and had spent 25 years of his life in prison. He had a history of mental health and self-harm and had attempted suicide many times. He was using £150 of heroin and crack per day and he was funding this by committing criminal offences. He was assessed by the in-house nurse and given a methadone prescription; work then began on changing his patterns of behaviour, providing in-depth counselling and support with relapse prevention and debt management. He engaged weekly and was said he was “overawed” by the help he received. He now lives with his new partner in local authority rented accommodation, is stable on his dose of methadone and has regular medication prescribed. He started a small business doing garden maintenance, paid for with support from DIP funds and continues to move forward in his drug and offending free life.</p>

Case study 12 – Andrea in Dyfed Powys

Name of client	Andrea (pseudonym)
Location	Dyfed Powys DIP area
Type of intervention involved	Mental health advocacy; Motivational work, solution-focussed therapy and cognitive behaviour therapy.
Age and gender of client	Female, 25 years
Date of case study	2006 to late 2008
Source	CJIT Worker, Dave Sheffield 07973 801348
The case and outcome	<p>Andrea had used an array of drugs and alcohol since she was 12 year old and began offending. Before being sent to prison, Andrea did not engage very well and had a history of being volatile and often violent. After being released from prison on licence and having worked with the CARAT team in Eastwood Park, she was supervised by probation and the local DIP team. She returned to her old ways very quickly and within the first week the police were called for an assault. It was not long before she picked up heroin and got herself a habit again. DIP and probation worked closely with a prescribing doctor to get Andrea a Methadone prescription. This stabilised her and she began attending all her appointments, which workers considered a breakthrough in itself. Work began on her self-esteem, her thinking patterns with cognitive behaviour therapy and intense relapse prevention and coping strategies. She was interested in horse riding so, with DIP support, she was able to start going to a local stables to undertake voluntary work with the animals.</p> <p>She has now not used any illicit drugs since 2006. She owns a horse, she has her own accommodation and has reduced her script from 120 milligrams to 45mgs and continues to work part-time at the stables.</p>

Case study 13 – Wayne in Brecon

Name of client –	Wayne (real name) (Willing to be contacted, via CJIT worker named below, for Programme publicity/PR)
Location	Brecon, Wales
Type of intervention/s involved	Harm reduction; Drug health education; Housing support; Employment training and education .
Age and gender of client	Male, 39 years
Date of case study	November 2008
Source	Contact via CJIT worker, Julie O’Leary julieoleary@pdac.org.uk
The case and outcome	<p>Wayne has been in contact with local services for over four years and has been in and out of prison a total of 12 times for drug-related crimes. He has been a user of heroin, crack/cocaine, cannabis and also ecstasy and other party-style drugs, which Wayne would try and justify as recreational drugs. He has also been subject to many community orders by the courts, all drug-related. He was a intravenous heroin user in the past, lived a chaotic lifestyle and was difficult to engage on a productive level; when on a Methadone programme he would use on top of prescribed Methadone and was not really ready for positive change. He was sometimes manipulative and he told lies in order to ensure a continued methadone prescription.</p> <p>Wayne was referred to DIP after meeting a local CJIT worker during one of his appearances in court. This provided Wayne with the support he required to bring positive changes into his life. As Wayne progressed through the court system, it was proposed to the court by the probation service that Wayne be subject to a Drug Rehabilitation Requirement (DRR). This was recognition of his progress and positive lifestyle changes whilst engaging with DIP. Wayne was clean of illicit substances and had also reduced his</p>

	<p>use of prescription drugs obtained from his GP for 12 years. During his time working with DIP, he took part in group work and completed over 12 Open College Network modules and is now working towards his endeavour award. Wayne also attended creative writing classes, which gave him the confidence to start to express himself this way, and also on a wider scale he felt a lot more confident during his OCN classes and learned basic skills to help with the challenges of daily life, such as form filling. Wayne took every opportunity to attend outdoor activities once his confidence had grown, encouraging others to give it a go too. Wayne demonstrated a talent for art and crafts. Through DIP, he accessed an arts project where he made sculptures and light catchers made out of recycled glass. The organisers of the project were so impressed with Wayne they have invited him back to help facilitate one of the courses. Wayne now has a vision for the future; he has been clean of illicit drugs for over a year and is looking towards a prescription reduction. His long term goal is to work towards a paid post in arts and crafts, working with people that are experiencing similar problems that he has worked through.</p>
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Case study 14 – Donald in Derby

Name of client	Donald (pseudonym)
Location	Derby, East Midlands region
Type of intervention involved	Managed as a PPO; Rapid prescribing; Drug treatment; Support with accommodation; Support with benefits.
Age and gender of client	Male, 43 years
Date of case study	2004 to 2008
Source	Kerry Hodges, Derby Community Safety Partnership Kerry.Hodges@derby.gov.uk 01332 256921
The case and outcome	<p>Donald is a 43-year-old man currently on the Derby City PPO scheme and also supported by DIP. He is a heroin user currently in drug treatment.</p> <p>Donald was identified as a prolific offender in 2004 and added to the local Prolific & other Priority Offender Scheme caseload. His main offences were residential burglaries to fund his heroin misuse.</p> <p>DIP began supporting him in July 2007 when he was released from custody. He was not on any licence as his sentence was under 12 months and he began using heroin on his day of release. DIP workers arranged a rapid prescribing appointment for him. He was referred to Smart Steps (a supported accommodation project for drug users) and moved in within one week.</p> <p>An appointment was arranged with Jobcentre Plus to set up benefits, as Donald had no money. He was also referred to Phoenix Futures (Tier 3 treatment provider) for structured drug treatment.</p> <p>Donald dropped out of drug treatment in August 2007 because he was working periodically and sometimes missed his chemists' appointments to get his Methadone. However, his DIP worker</p>

	<p>worked to re-engage him and supervise his attendance, warning him that he would be putting his tenancy at risk if he dropped out of treatment again.</p> <p>However, he did so again in October 2007. Joint home visits between Smart Steps and DIP encouraged him back into treatment again and he was warned he would be issued with an eviction notice should he lapse again. Sadly he did so and was issued with an eviction notice in December. He appealed successfully, with support from Smart Steps, Phoenix Futures and DIP and this proved a turning point.</p> <p>Donald has not used heroin since then. DIP linked him in to Progress 2 Work (Employment and Training Service for drug users) and he enrolled in training and is looking for work. He continues to live at a Smart Steps property and is engaging with all the support offered by Smart Steps, DIP and Phoenix Futures, alongside his prescribing drug treatment.</p> <p>Since release from prison in July 2007 the only suggested re-offending has been that he has occasionally been involved in scrapping small quantities of metal that might have been illegally obtained.</p>
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Case study 15 – Gary in Cambridge

Name of client	Gary (pseudonym)
Location	Cambridge
Type of intervention involved	Substitute prescribing; Harm reduction and drug health education; Housing support; Education and training support.
Age and gender of client	Male, 47 years
Date of case study	October 2008
Source	Contact via CDIP worker, Joanna Walker, at Cambridgeshire DIP Joanna.walker@cambs.pnn.police.uk
The case study	<p>Gary had been in a treatment clinic previously and prescribed Naltrexone. He relapsed and was using 3-4 bags heroin daily, as well as cocaine. Having been arrested for shoplifting, Gary, who was homeless at the time, was taken on to the Cambridgeshire DIP caseload. He was prescribed Subutex. He engaged well and lodged at an old friend's house. He gradually reduced the amount of Subutex he needed on prescription and started to turn his back on cocaine. This was not easy for him but he had the support of his family as a result of increased contact with his sons and sister. Gary started to think about going to college to enhance his chosen career path in the electrical/plumbing field. He took an evening class in plumbing, and then signed on with a job agency. He did so well with his first placement that, after a probationary period, he was given a permanent job with the company. He worked abroad and was in a position of responsibility. He now has a permanent home and is in a relationship.</p>

Case study 15 – George in Cambridgeshire

Name of client	George (pseudonym) (Willing to be contacted for publicity via named contact below)
Location	Cambridgeshire DIP area
Type of intervention involved	Harm reduction; Drug health education; Substitute prescribing; Housing support
Age and gender of client	Male, 37 years
Date of case study	October 2008
Source	DIP key worker, Joanna Walker Joanna.walker@cambs.pnn.police.uk 07921 095141
The case study –	<p>When George first came into contact with Cambridgeshire DIP in police custody, he was a prolific burglar. He was in a poor physical state: he was very thin and had nearly lost a leg as a result of injecting in his groin. He had reached rock bottom, and asked for support. Whilst in hospital a psychiatrist diagnosed bi-polar disorder; he was hearing voices which led to a suicide attempt on a local rail track. With parental support, he was bailed to their address, scripted and prescribed Olanzapine. He did not use heroin after that. George later transferred to Durham with a supportive girlfriend and found work. He has since gained certificates in English literacy and numeracy. The couple now have a house and he is at college doing a horticultural course. He has contact with his son now too. George also works out at the gym and swims. His script is gradually reducing, he still needs to address stress by his own admission, but says his life is “fantastic”.</p>

Case study 16 – Frank in Cambridgeshire

Name of client	Frank (pseudonym)
Location	Cambridgeshire Drug Interventions Programme area
Type of intervention involved	Harm minimisation; Training and employment support; Housing support
Age and gender of client	Male, 39 years
Date of case study	October 2008
Source	DIP key worker, Joanna Walker Joanna.walker@cambs.pnn.police.uk 07921 095141
The case study	<p>Frank has been in and out of local treatment services for many years, making only limited progress. When he came into contact with DIP after being arrested for shoplifting and drug dealing, he was homeless. His parents were looking after his five-year-old son full-time. Frank's wife also uses heroin but has been reluctant to access drug services. Through DIP, Frank seems to have made a breakthrough. He joined a computer course at college and via the job centre New Deal programme worked a probationary period with an agency offering computer maintenance. Frank also completed a YMCA programme, which led to being able to put together a comprehensive CV. In September he was offered a permanent post. He now has a long-term home. He has also realised that lapses have previously occurred when he is with his wife so he has made the decision not to allow drugs in his home. Frank has reduced from 60ml of Methadone to 10ml. He is stronger and happier and now sees his son daily.</p>

Case study 17 – Mark in Cambridge

Name of client	Mark (real name) (Willing to be contacted for publicity/PR via CJIT worker named below)
Location	Cambridge DIP area
Type of intervention involved	Drug treatment; Employment training; Housing support
Age and gender of client	Male, 45 years
Date of case study	November 2007 to November 2008
Source	Contact via CJIT worker, Chris Dean, at Cambridge DIP Chris.dean@cambs.pnn.police.uk
The case study	<p>Mark joined the DIP caseload on his release from prison in November 2007. He had been in and out of prison for the vast majority of his life, committing predominantly drug-related crimes. He had a chaotic lifestyle and was in and out of prison so many times that he had never before been picked up by any agencies on his release from prison. He was very much institutionalised and without help in the past had found himself returning back to his criminal ways and ultimately back to prison. DIP has worked closely with Mark and other agencies since his release to bring some stability and structure to his life. This has been done in a number of ways. Although initially reluctant to be given a prescription for a heroin substitute, Mark has kept to it well and, although he has had a few lapses, he has provided many clean rests and has had some long periods of not using. Through regular key worker meetings he has kept motivated and has remained crime free for a year now, which is the longest period he has been out of prison. He has also accessed accommodation with the help of DIP and has received continued support in maintaining his accommodation and also with a future move. He recently carried out a two-week work placement, receiving a glowing reference that may lead to future employment.</p>