

**Colin Standfield**

**BAT**  
**(BATTILING ADDICTIONS**  
**TOGETHER)**

**The user-led drug and alcohol**  
**support group**  
**for the Max Glatt Unit**

# What Does Alcohol Mean to Me?

- Nothing, really
- At least, nothing personally



**“My New Best Friend”**

**What helps in recovery**

# Recovery from Addiction – “like Climbing Everest”



B.A.T.

# Everest

Name

Height

Composition

The Ultimate?



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B.A.T

# No - Mauna Kea is taller...



B.A.T

...and Chimborazo further out



**Chimborazo, Ecuador**



B.A.T

- There are no 'ultimate peaks' in recovery
- Recovery is a journey
- Having friends helps along the way



# How Providers can help



B.A.T

# Decide what business you're in



# Decide what business you're in

## ■ British Rail

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B.A.T

# Decide what business you're in

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# Decide what business you're in

## ■ Post Office



# Your Business

- Treatment?
- Recovery?
- Mental Health?
- Substance Misuse?
- Social Care?
- People?



- The Client view
- The SLA view
- Is it 'Relationship'?
- Will it last?



# Aftercare Needs

- Housing
- Occupation
- Training
- Work
- Continuing Relationship
- Distance
- **ACKNOWLEDGMENT**



# What doesn't help

“The pathway out of care is, well, not a pathway really, more pot luck”

Anon, recent



# What Users Say

- “Having support after you are clean”
- “Having professional counselling...once your treatment is completed”
- “Having support... when you are on your maintenance script”
- “Housing issues need to be addressed...”

■ Ealing Consultation, 5th September



# Some of my Friends in Recovery

- Avoid risk...
- - or have an escape route
- Take all the help that's available
- Stick with the winners...
- - choose your friends



# What's wrong with *Friends*?



F.R.I.E.N.D.S



# Why I can't watch Basil Fawlty



# My New Best Friend

Honesty

**My New Best Friend**

**And yours?**

Then came last Friday

# Then came last Friday

- I saw a dead man walking
- Detox and no aftercare for A8 country immigrants
- Poor funding for alcohol
- No Government commitment...
- ...but they're keen on 'the night-time economy'

