

CASE STUDIES

A series of short case studies of programmes that support patients to take control.

Case study 1 Substance and Alcohol Misuse – SAM

Expert Patient Programme CIC in partnership with Wirral Drug and Alcohol Action Team (DAAT) piloted a programme for people in recovery from substance and alcohol misuse. The courses delivered have been very successful with self-reported changes to lifestyle and an increased awareness of healthy behavior. There is also an improved knowledge of how to access external agencies. This creates a sense of gaining control over the recovery process and enhances self-esteem and confidence. A Social Return on Investment (SROI) study demonstrated favorable outcomes for the course .

<http://www.expertpatients.co.uk/>

'I used drugs for 30 years, my life was in a mess and I couldn't take it anymore. I contracted Hepatitis C because of my drug use and while in recovery, someone recommended the Expert Patients Programme Substance and Alcohol Misuse (SAM) course to me. It came at a crucial time as I really needed the support as it was still early days in my recovery. The things I learnt and the group I was part of helped my confidence to grow and I started to achieve things I hadn't thought I was able to do before.'

Dougie, Wirral