



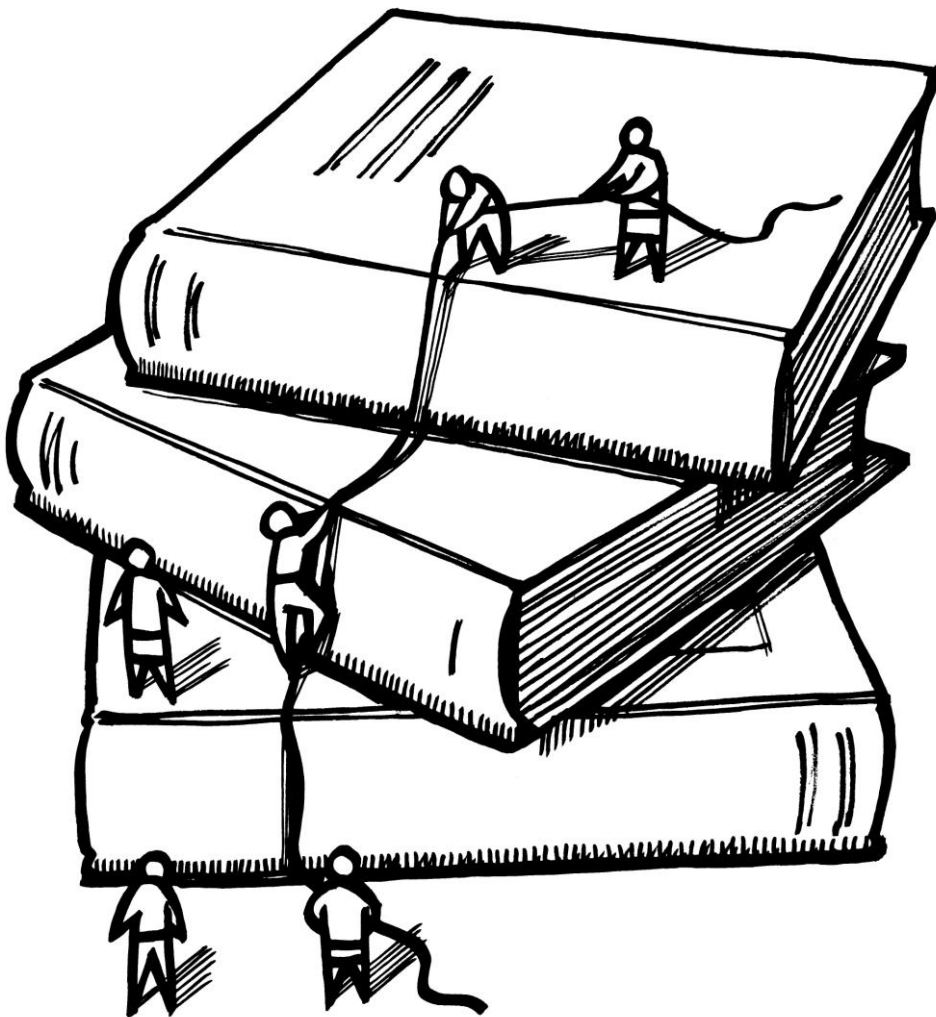
# Intuitive Recovery

RE-EDUCATION FOR ADDICTIONS

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## Annual Report – 2009/10

A study of the effectiveness of Intuitive Recovery within the client base of the UK Drug and Alcohol Treatment System.



Author: Peter Bentley of Intuitive Recovery Ltd

## Our Mission

*“To empower people through education to take back their lives and break the chains of their addiction permanently”*

### Founders Report:

Well, what a year 2009 to 2010 turned out to be.

We saw tremendous growth in the interest and commissioning of Intuitive Recovery and I believe we can say without doubt that I.R. has now established itself as the UK's leading self-recovery model.

In this period we have completed over 1000 individuals through our programme and that number has doubled already in the current year. But numbers are unimportant – it is the powerful anecdotal evidence of our graduates that continues to fuel our success. Real stories from real people of real and meaningful change in lifestyle.

I am truly humbled by many of these stories. They are accounts of people overcoming incredible odds to regain a sense of happiness and contentment. They are evidence of people giving back, restoring family ties, rebuilding relationships and forging positive new ones. They are accounts of people getting back to work, paying tax, partaking in community activities and they are a testament not only to our work in this field but to all the partner agencies and organisations we work with.

Recovery within treatment is a team effort and I would like to take the time to thank each and every one of these valued partners.

Lets look forward to another record year and embrace the future, however uncertain, with enthusiasm.

Peter Bentley  
Founder  
Intuitive Recovery Ltd

## What we do:

Intuitive Recovery is an abstinence based methodology for complete recovery from serious addiction to any substance. Drawing upon work within the self-recovery field, I.R aims to give clients a choice when seeking help gaining and maintaining abstinence from drugs or alcohol.

Above all, we see ourselves as “the door out of services” in that we provide the tools for clients to stand on their own two feet, able to remain abstinent without the need for endless support groups, able at last to redefine themselves as ex-users, as opposed to “addicts in recovery”.

Our graduates do not need to continue attending services with others “in-recovery”, as they are free to make their own choices as to their futures and what they wish to do.

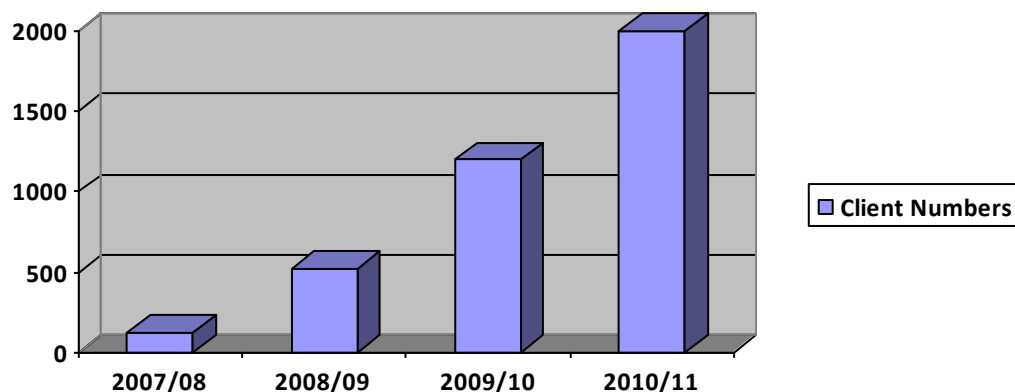
This emphasis on choice is fundamental – Intuitive Recovery provides the bricks and mortar for strong permanent abstinence – what you do after you’ve successfully stopped using is just life, with all its ups and downs, its imperfections, trials and tribulations.

## Who we do it for:

During 2009/10 Intuitive Recovery were commissioned by the following funding bodies.

Wirral DAAT  
Wigan and Leigh DAAT  
Cheshire DAAT  
Sefton DAAT  
Liverpool DAAT  
Manchester Social Services  
Trafford DAAT  
Rochdale DAAT  
Lancashire ITDS  
Ealing DAAT

2009/10 was another year of record growth. As our table below shows, Intuitive Recovery is experiencing rapid expansion. This growth is not the trick of a large marketing department - our reputation and growth has been achieved entirely through word of mouth - people talking to people about how the course has impacted in a positive and real way in their lives.



2010/11 commissioning is already running at 1800 clients, a remarkable increase on 2009 and we estimate that we will finish the year having completed approximately 2000 individuals through our course.

This report covers the 1164 clients who sat our course in 2009/10.

In addition to this we completed 150 individuals through our prison work. This data has been excluded from the annual report since the monitoring and evidence gathering process is radically different and currently on-going.

We will produce a prison specific report toward the end of the financial year to cover this important aspect of our work.

Also, we accredited 104 service professionals through our course over the year. This has been a vital aspect of our work and we thank our partner agencies for committing the resource to allow for this. Recovery within treatment is a team effort and we simply would not have achieved anything without their support. Indeed, the outcomes contained within this report are not the exclusive property of Intuitive Recovery – they are the shared product of people and organisations working together for a common goal.

### **Retention rate**

Of the 1164 people who started, 975 completed the course.  
This equates to a completion rate of 83.7%.

We are immensely proud of this figure. We teach in a huge variety of venues, from Rehabs to Needle Exchanges. From Detox units to peoples living rooms, from probation services to after care services.

Everywhere we achieve retention rates which are second to none. This is testament to the relevance of the course and its content. Always delivered by an employed, trained I.R. tutor, our intervention provides hugely practical skill sets to our learners.

In addition to this, we are extremely proud that not a single learner who has completed the course has failed the Open College Network accreditation regardless of literacy or competence in a group setting. This despite the large percentage of clients who present with various learning difficulties. Each and every one of these clients has achieved a nationally recognised qualification from the Open College Network, further emphasising the importance of education. Knowledge is power, as they say.

### **Client Profiles:**

#### **Gender:**

Completing clients by gender:

Male = 695

Female = 280

#### **Ethnicity:**

The ethnic profile of our client base reflects the profile of the partner agencies. Over 90% of our clients report themselves as “white british” with the balance being made up predominantly with people from Asian backgrounds.

## Substance Use:

Substance breakdown. Clients reported their primary drug use as follows:

Primary Use:	Number:
Poly [more than one substance group, ie Heroin and Crack/Alcohol and Cocaine etc	417
Alcohol	317
Opiates	122
Cannabis	39
Cocaine	33
Amphetamine	27
Crack	15
Others	5

## Completion Rates – 83.7% complete the course

The completion rate across all our courses was 83.7% - of the 1164 clients attending day one of our course, 975 completed all four sessions and attained their Open College Network accreditation.

We are extremely proud of this retention figure and we believe it is testament to the relevancy of our course. Clients enjoy the learning, can see its value, and invariably see the course through.

Intuitive Recovery is accredited to The Open College Network. 975 individuals were accredited in 2009/10, all achieving a nationally recognised qualification in “Addictive Desire Recognition”.

## Client Outcomes

Methodology: Abstinence is a difficult thing to monitor and gauge. Above all it is impossible to form a control group with which to benchmark ourselves against. For this reason we have employed our own monitoring tool which quite simple asks how drug or alcohol use has been affected and crucially, how the client feels the Intuitive Recovery course played a part in this. This is obviously a subjective viewpoint and as such it is in the anecdotal responses from clients that you find much of the significant data we collect.

So, how do we collect our data?

Clients were asked to grade their abstinence in relation to the course between three and six months after completing. They graded the outcomes using the following key.

- 1 Very Positive = You have become and/or remained drug free and see Intuitive Recovery as an important element in achieving this.
- 2 Positive = You have occasionally used drugs but on a much lower level than before taking the Intuitive recovery course.
- 3 Indifferent = Your drug use has remained the same as before you sat the course.
- 4 Negative – Your drug use has increased and you believe Intuitive Recovery to have contributed to this increase.

### OCN Accreditations:

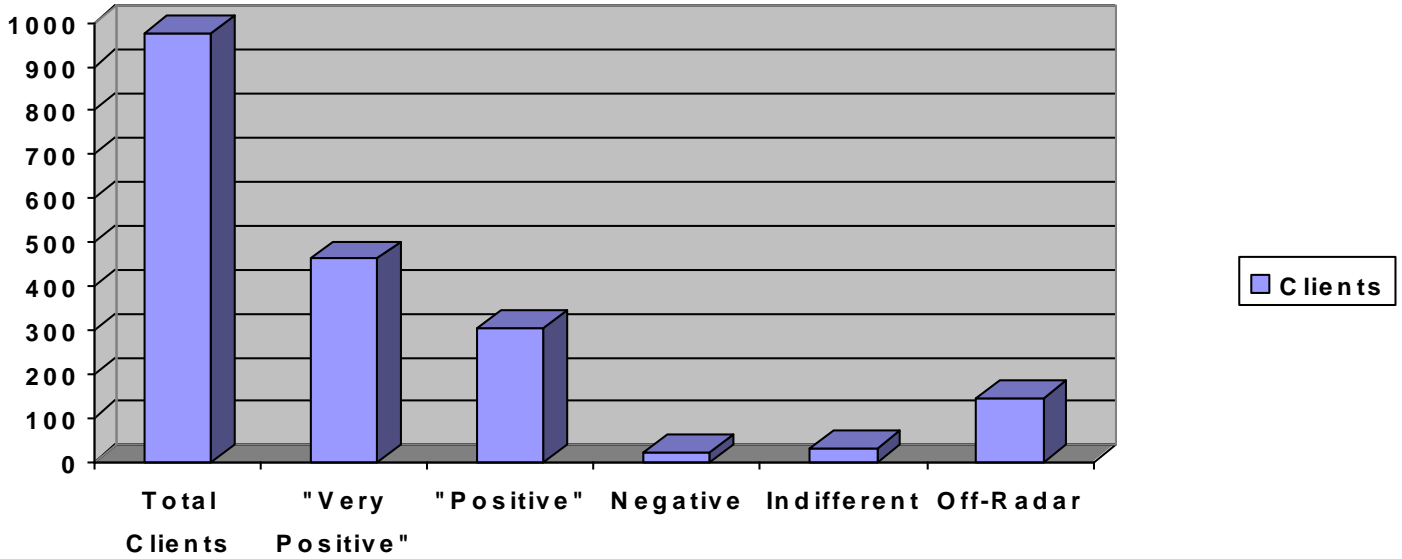
975 clients have achieved an Open College Network qualification of One Credit in Addictive Desire Recognition [ADR]. Of these, 827 have been issued to the qualifying learner and 148 individuals were unobtainable or “off-radar”.



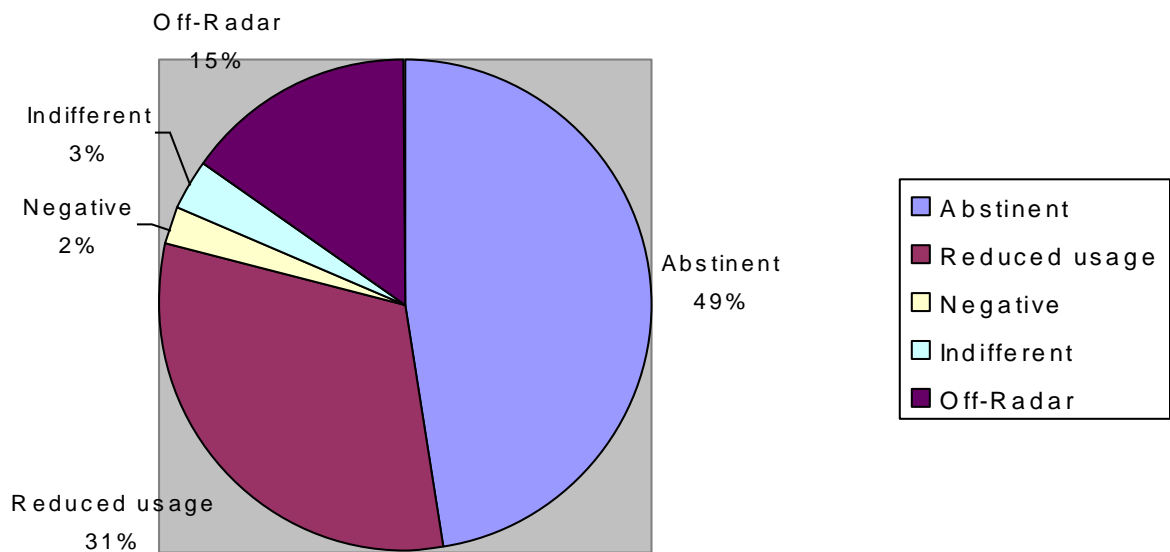
In addition, we ask if a script is being used and then at graduation we ask if this has been reduced or stopped.

## Client Outcomes

**Number completing = 975**  
**Number reporting "very positive" = 464**  
**Number reporting "positive" = 306**  
**Number reporting "negative" = 23**  
**Number reporting "indifferent" = 34**  
**Number unobtainable for follow-up = 148**



**Clients Completing = 975**  
**Abstinent at 4 - 6 months plus = 464**  
**Reduced Drug Usage at 4 - 6 months = 306**  
**Negative = 23**  
**Indifferent = 34**  
**Off-Radar = 148**



Of the 975 clients who completed the course, 464 [49%] are firmly abstinent and very committed to Intuitive Recovery.

306 have used [31%] but on a “significantly lower level” than prior to taking the course.

34 clients [3%] report the impact on their usage as “indifferent”.

23 clients [2%] report the impact on their usage as “negative”.

148 clients [15%] have gone off-radar and we are still actively trying to contact them.

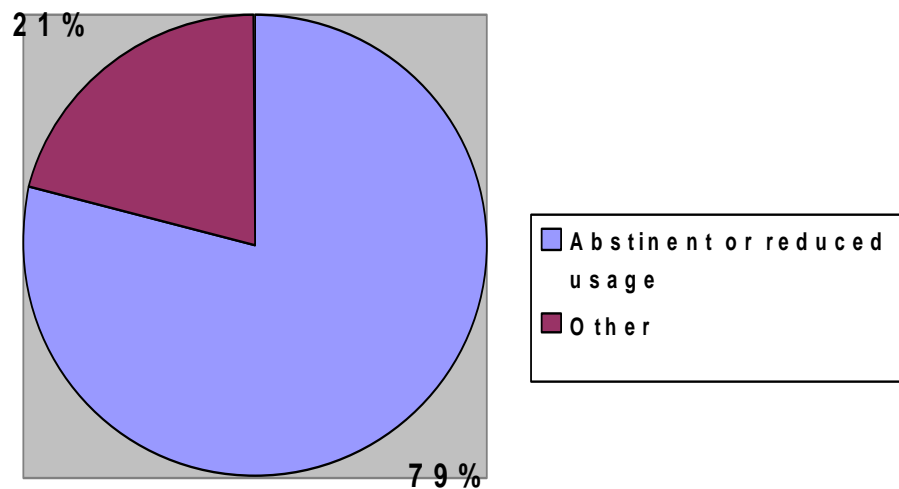
Our client data is self reported and we present it as it is reported to ourselves. We recognise the subjective nature of monitoring abstinence and that individuals will tend to over-report abstinence and under report continued drug use.

**Numbers with a significant impact on drug or alcohol usage.**

**Total completing course = 975**

**Total with no or reduced drug use = 770**

**Percentage of clients who experience a significant positive impact on their drug usage = 79%**



## Scripting Data

Whilst we are not always specifically focussed upon script reductions and cessations it is clear that abstinence can only really be achieved when script cessation is included in the overall plan. We ask our clients what their use of scripts is and to record it accordingly. We then aim to measure usage against this figure.

Of the 975 completing clients covered by this report, 272 reported being in receipt of a script and expressed a desire to do something about it.

### Scripts:

173 Clients were on a Methadone Script

44 Clients were on a Subutex Script

18 Clients were on an Antabuse script

26 Client was on a Camprol Script

11 Clients were on a Benzos Script

### Script Outcomes:

#### Clients report their script usage after taking the course.

Script	Total	No Change	Reducing	Stopped	Unknown
Methadone	173	35	65	47	26
Subutex	44	9	13	16	6
Antabuse	18	4	4	10	
Camprol	26	8	4	12	2
Benzos	11	2	4	5	-
<b>Totals</b>	<b>272</b>	<b>58 [21.5%]</b>	<b>90 [33%]</b>	<b>90 [33%]</b>	<b>34 [12.5%]</b>

Of the 272 clients scripted, 90 [33%] report themselves as stopped.

90 [33%] report reduced usage with 58 [21.5%] reporting no change.

We have been unable to contact 34 of these individuals to verify their data but on each occasion the scripting service have been contacted. All these individuals were disengaged treatment incomplete from their referring agency – the question remains as to what they are doing regarding scripts but they are all no longer in receipt of a legal script.

Script cessation is an integral part of achieving abstinence and is even more important in maintaining that status.

Whilst abstinence can be a very subjective concept the use of scripts is highly measurable and significant in terms of a persons attitude to drugs generally. It is also important to note that script cessation is truly a team effort. Our work in this area works well, but only when supported by the referring scripting body. Where all agencies have an end goal for clients of being totally drug free, including scripts, it is clear that abstinence from scripts and street drugs is a perfectly achievable goal.

**We are continually updating our client data and the information in this report is a snap shot as of July 2010. As we interact with our clients over the year we update their reported data accordingly.**

### **Client Participation and Peer Networks:**

Intuitive Recovery is a peer led intervention and we are constantly asked by graduates if they could become teachers of I.R.

Promoting education and employment is a key aim of Intuitive Recovery and we only employ ex-users who have successfully recovered from their addiction using our model.

We are proud to announce that we have employed 11 individuals from the client base of services in the North West. These individuals operate as course tutors and teach the Intuitive Recovery model to their peers across the region and in London. They now have full time employment and are enjoying the benefits of living independently and the positive impact of moving on.

Intuitive Recovery will continue to offer employment opportunities to our client base – we are rightly proud of the massive gains these individuals have made and of the unique contribution they offer others looking to make positive steps in their lives.

## Client Quotes

The following are just some of the many client feedbacks we have received. Time and again they are testament to the unique benefit we offer as clients take responsibility for their usage and make positive changes in their lives.

MP – Wirral

*“I just wish this had happened 20 years ago. Best thing that has ever happened to me”.*

JL – Wirral

*“I haven’t used since sitting the course and have now reduced to 30ml of methadone. I’m also now doing voluntary work – things are getting better”.*

VB – Wirral

*“The course sorted me out. It shamed me really because I decided to stop after lesson two and have remained clean ever since”.*

JC – Wigan

*“I found it interesting and helpful. I had already stopped drinking when I sat the course but found it helped me to stay that way”.*

MB – Wigan

*“Opened my eyes in to what it does to your body and mind. Very educational”.*

ME – Wigan

*“I really enjoyed the Structural Approach about the science behind addiction and I thought the no-nonsense approach was refreshing and I could relate to it. I am still drug free and will be for the rest of my life”.*

MC – Rochdale

*“Brilliant – still drug free”.*

CC – Rochdale

*“Excellent course, a different outlook. It helped me to simplify my confusion about addiction. It was just so simple to do when you know that there is a YOU and an IT”.*

KW – Cheshire

*“Good – I’ve not had a bevvie – I’ll never bevvie again”.*

AF – Manchester

*“I thought the course was fantastic. I learnt a lot of skills, ie, distinguishing between I and IT. The course tutor was brilliant”.*

And we have many, many more.....

Getting in touch

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