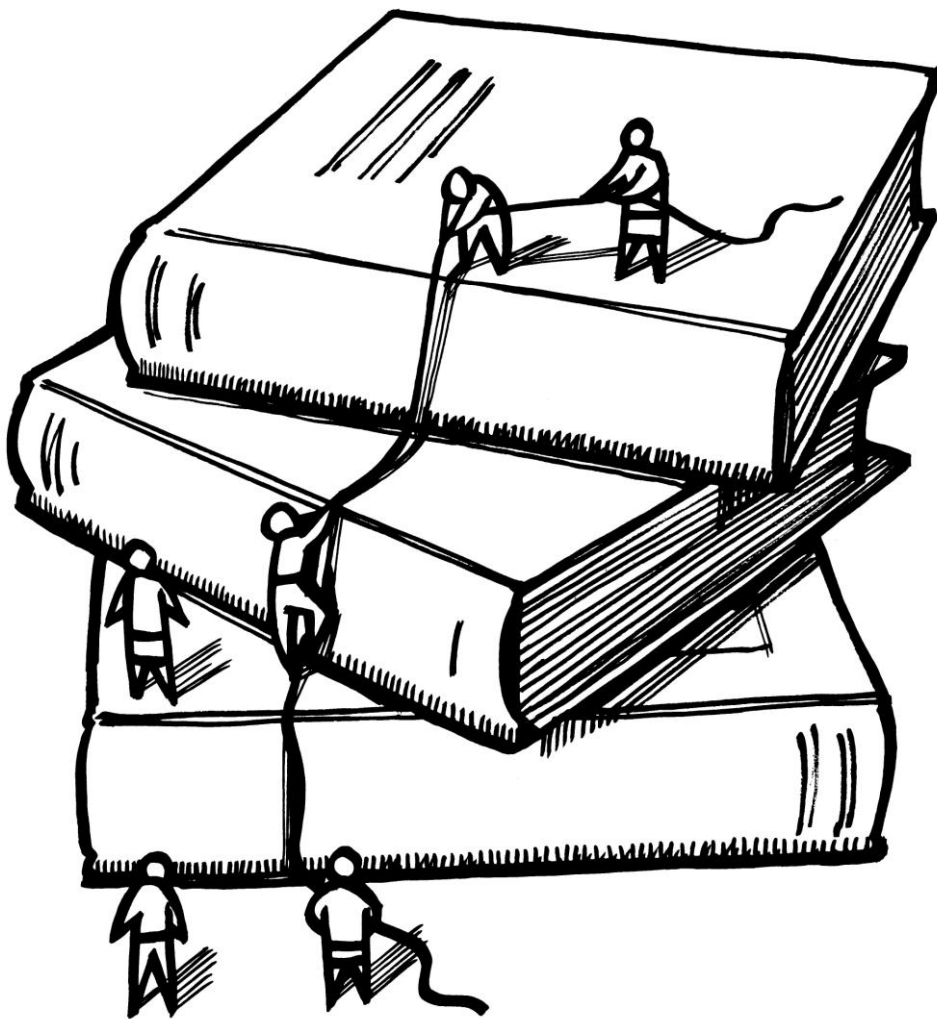


Annual Report – 2008/09

A study of the effectiveness of Intuitive Recovery within the client base of the UK Drug 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:

Intuitive Recovery has been operating within the North West Drug and Alcohol Treatment system for 4 years now and over this time has gained a reputation as a leading tool in the fight against addiction. Our simple yet highly effective intervention is winning applause across all tiers of drug treatment. Put very simply, WE Change Lives, empowering individuals to take responsibility for their drug or alcohol use and make positive, meaningful changes.

There has been much debate recently regarding abstinence models as the NTA refocuses on moving people on from treatment. Whilst this debate has been extremely encouraging it is perhaps regrettable that in the North West at least this has tended to focus on the creation of “recovery communities”, as though this set of people aren’t quite ready to stand on their own two feet.

At Intuitive Recovery we pride ourselves on delivering skills which end this alternative dependency – once we have a meaningful plan to NEVER USE AGAIN why should we view the world through the lens of being “in-recovery”?

True through-care is delivered when people are able to walk away and live their lives as they wish, engaging with whatever support systems we all need, regardless of our background of drug or alcohol use.

At Intuitive Recovery we give our clients an alternative and highly empowering view of addiction, one which takes full responsibility for past use and focuses entirely upon the key skill of saying NO, wherever you are or whoever you are with.

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. We are the natural alternative to NA and AA 12-step methods and aim to provide clients with a non-religious solution to their addictive behaviour.

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”.

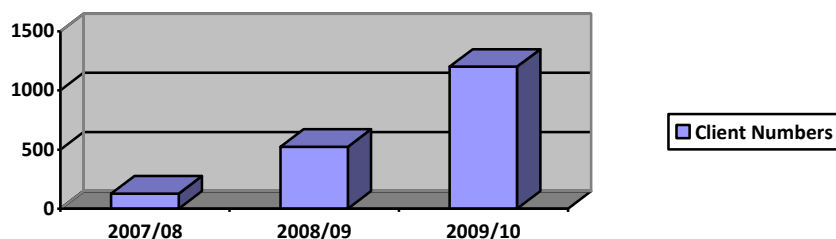
Our graduates do not need to continue attending services with others “in-recovery”, as they are free to make their own choices as to their futures and what they wish to do.

Who we do it for:

During 2008/09 Intuitive Recovery were commissioned by the following funding bodies.

Wirral DAAT
Wigan and Leigh DAAT
Cheshire DAAT
Sefton DAAT
Liverpool DAAT
Manchester Social Services
Telford DAAT
Rochdale DAAT

2008 has been 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.



2009 commissioning is already running at 1200 clients, a remarkable increase on 2008 and we estimate that we will finish the year having completed approximately 1600 individuals through our course.

This report covers the 524 clients who sat our course in 2008/09

Client Profiles:

Gender:

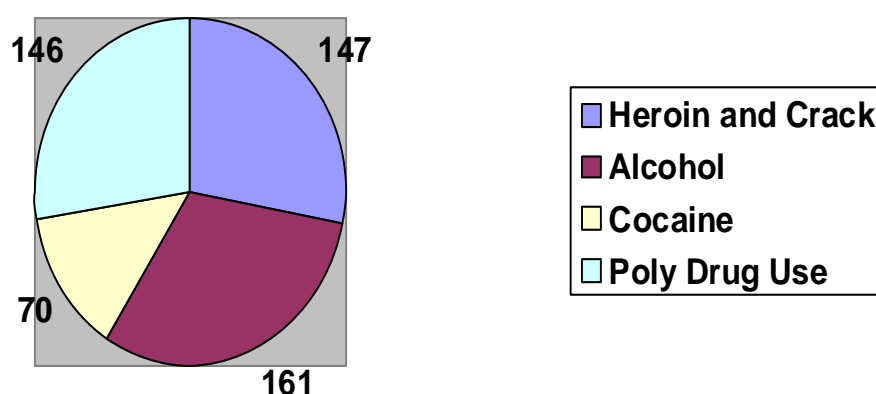
Of the 524 clients who sat our course in 2008/09, 133 were female.

Male = 391

Female = 133

Substance Use:

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



Completion Rates – 84% complete the course

The completion rate across all our courses was 84% - of the 524 clients attending day one of our course, 437 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.

437 individuals were accredited in 2008/09, all achieving a nationally recognised qualification in “Addictive Desire Recognition”.

Education fosters better choices.

Client Numbers:

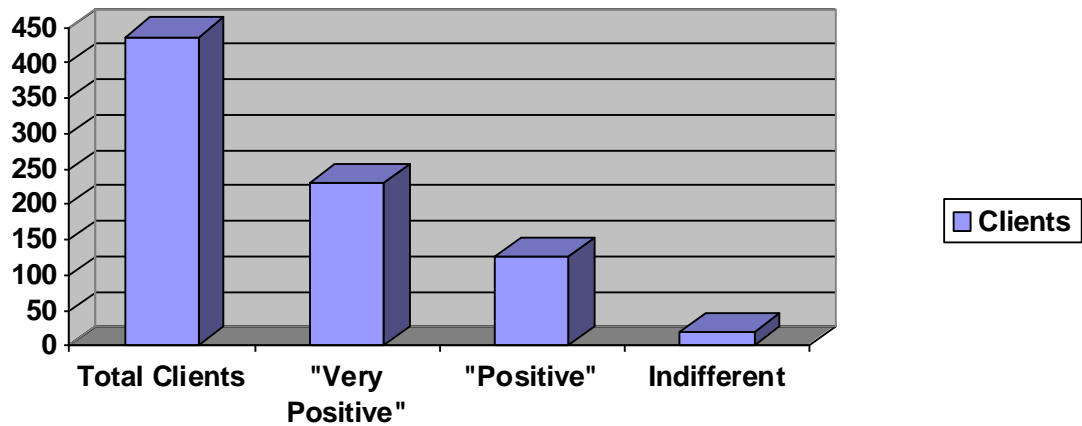
Number completing = 437

Number reporting "very positive" = 230

Number reporting "positive" = 127

Number reporting "indifferent" = 20

Number unobtainable for follow-up = 60



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:

437 clients have achieved an Open College Network qualification of One Credit in Addictive Desire Recognition [ADR].



Client Outcomes

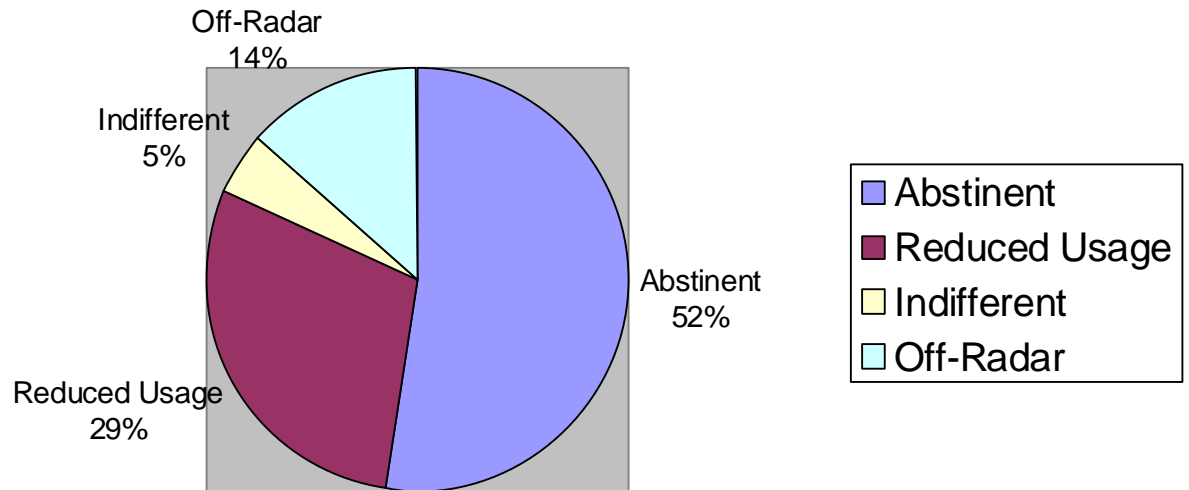
Clients Completing = 437

Abstinent at 4 - 6 months plus = 230

Reduced Drug Usage at 4 - 6 months = 127

Indifferent - 20

Off-Radar = 60



Of the 437 clients who completed the course, 230 [52%] are firmly abstinent and very committed to Intuitive Recovery.

127 have used [29%] but on a “significantly lower level” than prior to taking the course.

20 clients [5%] report the impact on their usage as “indifferent”.

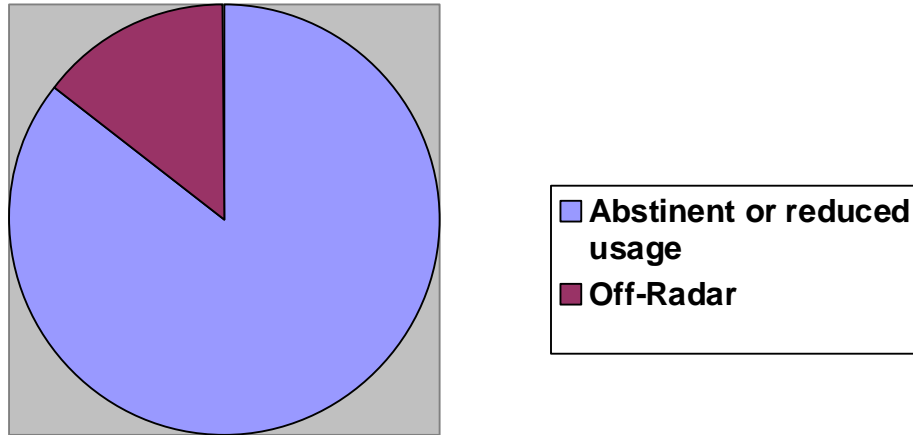
60 clients [14%] have gone off-radar and we are actively trying to contact them.

Numbers with a significant impact on drug usage

Total completing course = 437

Total with no or reduced drug use = 357

Percentage of clients who experience a significant positive impact on their drug usage = 81%



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 in 2008/09 we have employed 4 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. They now have full time employment and are enjoying the benefit 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.

Getting in touch

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