

PROCESS	TIME
<p>WEEK 1: Mother phones C (business contact) requesting help for son – long term (10 years) polydrug user, including heroin, having ‘tried every program there is’ including Methadone and Naltrexone in the past. 9 had become a recluse in his own room, a chronic poly drug user, in 20s, had dropped out of uni some time ago. C visits 9 in parents home – 9 agrees to contract with C to work on recovery and several visits during week.</p>	<p>6 hours</p>
<p>WEEK 2: C meets 9 at home with parents present - persuades to get ready to go for a walk and explores history and issues for 9. Root of problem discovered - 9 was ashamed of his physical appearance, had low self esteem, felt left behind by peers, depressed and injunctions: DON'T MAKE IT, DON'T BE IMPORTANT, BE STRONG, DON'T BE CLOSE. Several visits per week.</p>	<p>6 hours</p>
<p>WEEK 3: C decides on physical exercise strategy and gains agreement with 9 – calls every day x 6 days early morning to go for walk with 9. Some days C had to wait outside waiting for 9 to get out of bed assisted by parents. C persisted in encouraging this pattern to increase endorphin levels and improve physical health and appetite.</p>	<p>9 hours</p>
<p>WEEK 4: C continues to call each morning 6 days per week and go walking/jogging with 9. 9 gradually comes out of shell and starts to reduce drug taking.</p>	<p>9 hours</p>

<p>WEEK 5: C continues to visit early mornings for exercise counseling. During other times 9 starts to lift weights at home and general health improves, with increased appetite and weight gain.</p>	9 hours
<p>WEEK 6: Intermittent morning visits with counseling and motivation – 9 continues to lift weights and occasionally takes dog for walk on own. Depression starting to lift and drug use ceasing.</p>	6 hours
<p>WEEK 7: C continues intermittent morning visits and also talks with family members to mediate to increase understanding and improve interpersonal relationships.</p>	6 hours
<p>MONTHS 2 – 4 C reduces contact and 9 continues to exercise with weights and voluntarily continues early morning walks with dog. As physical appearance improves 9 gains more confidence and has marked improvement of mood and motivation.</p>	78 hours
<p>MONTHS 4 -6 C spends time negotiating and arranging manual labour work opportunity for 9 who reluctantly agrees to follow up, but eventually will not follow through. Weekly visits continue and 9 continues to exercise daily – muscular appearance now and parents amazed at progress.</p>	78 hours

CASE STUDY:9

An example of “Marathonning” - Over a 1 year

C = Recovery Facilitator

<p><i>MONTHS 6 – 9</i> <i>9 Feels confident enough to return to uni to complete a final unit which will complete his degree. Appearance has changed from thin, unhealthy and wasted to muscular build, healthy, ‘movie star’ looks and positive mood. Intermittent contacts with C continue.</i></p> <p><i>9 -12 MONTHS - Graduated by C</i> <i>9 has completed his degree and has secured and started a well paid professional position with large company which he enjoys.</i></p>	<p>39 hours</p> <p>18 hours</p>
<p>Total hours:</p>	<p>Approx 255 hours</p>