

Maddie was referred to Direction by an Approved Premises (AP) officer. Maddie was released following an IPP sentence for a serious violent offence committed under the influence of alcohol.

Maddie had engaged with treatment providers. She had some skills and qualifications but was struggling to find employment. She also wanted to do some voluntary work to help others with addiction that she felt she had overcome.

Direction engaged with Maddie and it became clear that living at the AP, away from her family support network resulted in Maddie being socially isolated and in need of positive activity to maintain her abstinence from alcohol.

Direction worked with Maddie, setting realistic goals to find a pathway to future employment and developing her personal resilience to cope with challenges on return to the community. This included encouraging her to engage in daily exercise to improve her wellbeing which she reported really helped her to stay positive and focus her mind.

Direction supported Maddie to apply to become a peer support volunteer helping others who are recovering from addiction. This gave Maddie the opportunity to train and develop her skills to help others, and to improve her social network, meeting other volunteer staff, so reducing her own isolation.

Maddie was also interested in improving her IT skills to help her ultimately find a job, and Direction was able to refer her to an adult education provider. Direction advocated on her behalf to find the appropriate level IT course.