



Client Case Study

M's Story

M has had a turbulent life, including domestic abuse and alcohol misuse from an early age. M lived with an alcoholic father, who was also very abusive. M's father would be arrested and sent to prison.

At a very young age, M entered into a relationship with an older man who manipulated and abused her throughout their time together. The relationship ended when he locked her in the boot of a car and drove into a river.

M's life was to consist of alcohol, drugs and risky behaviours including lots of sexual interludes. M would go "missing" for long periods of time while misusing alcohol and drugs. M would become very violent during this time, which has resulted in her being arrested.

Due to all the violent behaviour and alcohol misuse, M's child was placed on a Child Protection Plan. It was felt by Social Care that M's behaviour was affecting the child's wellbeing and it was not always safe for the child to be around M. The child would stay with their maternal grandmother while M was missing or was under the influence of alcohol and drugs.

M was in a relationship, when sadly M found her partner deceased, at home. This again, has had a profound affect both on M and their child. Due to the sudden death of her partner, this led M to continue with their risk-taking lifestyle, she would become very aggressive, and this was seen by the child on numerous occasions.

M entered into another relationship, but due to aggressive behaviour she assaulted her partner leading M to be arrested.

M entered into the Believe Programme as it was felt they needed support around their anger and aggression. This was impacting on M's mental health and wellbeing and affecting everyone around her.

M had her own bespoke support plan in place, whereby they were able to recognise and address their anger issues. This was done by recognising what the "triggers" were and how to adapt to them. M addressed their alcohol issue by realising that the two were very much linked together. M was able to apply the new learned strategies, and this resulted in M being calmer and able to deal with issues more serenely.

M voluntarily entered to wear a "tag" to help her stay away from alcohol. She felt this gave her a "kick start" to becoming sober.

Since having the support from Motherwell through the Believe Programme, M has made enormous changes to their life, and is feeling more positive about their future.

M has now “stopped” drinking completely and has been able to turn her life around. M is able to think clearly and has recognised that for a long time her mind was completely overshadowed by alcohol consumption.

M has now started their own business which is thriving. This has given M a new lease of life and a whole different outlook on life. M has a better relationship with their child which is down to the changes that M made, and their future is looking very bright and positive.