

	Understanding Myself				Not Putting Myself Under Pressure				Able to Express Feelings		
	Before	After	Improvement		Before	After	Improvement		Before	After	Improvement
Average Delegate Response	2.625	5.875	3.25	Average Delegate Response	1.625	5	3.375	Average Delegate Response	2	5	3
	Taking Responsibility For My Needs				Being Assertive				Being Tolerant of Others		
	Before	After	Improvement		Before	After	Improvement		Before	After	Improvement
Average Delegate Response	3.25	5.75	2.5	Average Delegate Response	1.375	4.5	3.125	Average Delegate Response	4.125	6.875	2.75

Notes to detailed data.

The five of the six categories labelled above were agreed with the Addictions Centre management. Their service users added the last one.

These intended outcomes were used because we wanted to support the service users on the journey they were all taking away from addiction by helping to train vital life skills. Each area was chosen because failure to have skill in that area would increase the chances of returning to addiction.

Any other centres or organisations we work with will be consulted on what areas or skills they would like us to work on to maximise their impact with their clients.

The service users provided the measurement for before and after in each area.

Our preference is to work with service users who are at least half way through an equivalent 12 step programme, simply because their ability to take on the training and use it is increased.

That said, the group above were all actively abusing alcohol but the centre we worked with felt this support was vital to their progress. Our conditions for working with this group were that we also trained the staff and volunteers so that support for the services users would continue after we left.

The effectiveness of our work is of paramount importance to us.

If you would like to know more and would like to talk to a Clinic nearest to you please call **0845 1300 286**.