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**WOULDN'T IT BE
GREAT IF ALL
PRIVATE
LANDLORDS WERE
LIKE LINDALE?**

"We believe that
no matter how bad the situation
may seem, with the right support
guidance and care
recovery is possible for
everyone"

DRUG AND ALCOHOL SERVICE

 **lindalerecovery**

Social Impact Report

Welcome to Lindale Recovery. Have a look inside this brochure to see what we do and the difference we make to people's lives. When you refer a tenant to Lindale you get therapeutic recovery for the price of housing.

Find out about the diverse social impacts that Lindale delivers. This report includes sections on:

- Improved recovery
- Increasing independence
- Healthier families
- Reduced crime

Visit us to speak to tenants and staff to get a real feel of how people come to us at a low point and leave with improved health, connections, self-care, and plans for the future.



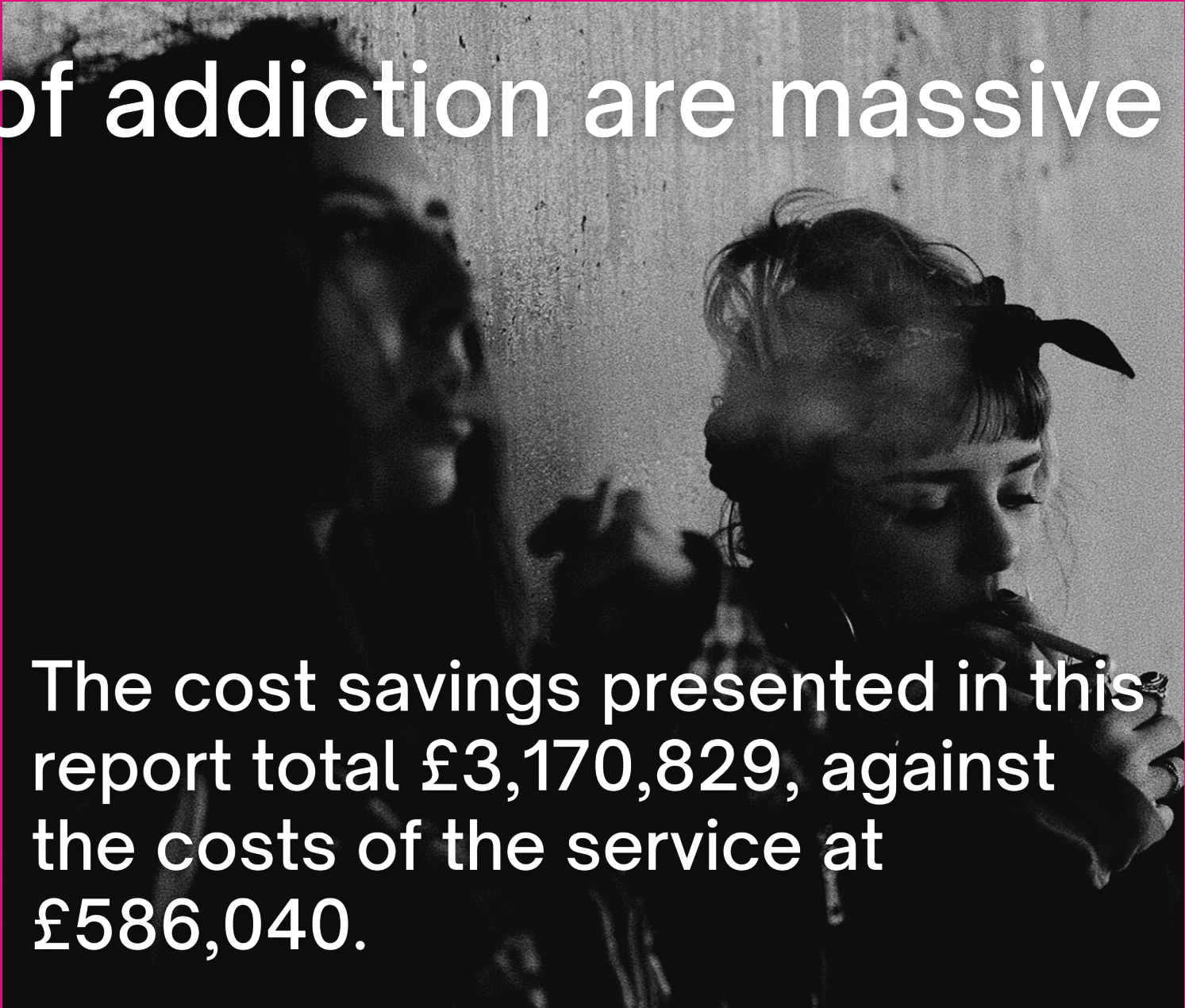
”ADDICTION IS VERY MUCH A RESPONSE TO THE STRESSES THAT THIS SOCIETY IMPOSES ON SO MANY FAMILIES.” GABOR MATE

The costs of addiction are massive

An independent report on our social impacts has revealed the life-changing social impacts our approach to rehabilitation delivers.

Recovery is an amazing force for social good, which transforms lives and rebuilds connections to community, family and friends; re-creating independence, and leading to participation in high value volunteering and work. In 2020, 241 people went through Lindale's supported living and rehabilitation programmes. All 241 clients had life changing experiences leading to abstinence, self discovery and increased resilience.

The cost savings in this report show what can happen when housing is provided by a company where the founder and all staff members are committed to the principles of mutual aid and providing a recovery community with the highest levels of peer support. It shows the positive impact on communities if all companies encompassed these levels of social care and responsibility.



The cost savings presented in this report total £3,170,829, against the costs of the service at £586,040.

Lindale Recovery provides supported living for those in recovery from alcohol and drug use. Our aim is to provide a safe and secure environment for the rehabilitation and recovery of our residents. Along with our 12 week rehabilitation programme, our team also supports our clients in gaining employment, benefits, and education, amongst many other life enhancing necessities for independent living.



Our communal living at Lindale Recovery Service helps to cultivate a sense of self-efficacy, responsibility and self-care for our residents.



The journey at Lindale Recovery begins with our extensive 12 week group programme. We use group therapy sessions to create a profound and intensely moving experience, creating a space for significant growth and change for our residents. We work within a therapeutic framework to help empower our clients to find an abstinent, sustainable and joyful recovery.



"I STARTED MY RECOVERY ON 13TH AUGUST 2018 AND I HAVEN'T USED SINCE. I TRUSTED THE PROCESS. I HAVE A NEW LIFE NOW AND I CAN'T EVEN PUT IT INTO WORDS. I HAVE THE THINGS THAT MATTER – FRIENDS, FAMILY AND ETERNAL PEACE." 2 YEARS SUBSTANCE FREE

improved recovery

£672,581 reduction in drug treatment costs

In 2020 Lindale's Recovery Service saved £672,581 of drug treatment costs. This impact comes from a reduced reliance on drug treatment, and is based on the Birmingham City Councils average figure for drug treatment costs of £4,294 per person. Our figure estimates that this saving would be achieved for 65% of Lindale clients for at least one treatment in one year.



"I WAS SO EXCITED TO GO INTO RECOVERY AND WAS PACKED AND READY WEEKS BEFORE! AFTER WANTING FREEDOM FOR SO LONG, I FINALLY GOT IT IT WAS LIKE I WALKED IN AND SURRENDERED AND HANDED MYSELF OVER." 18 MONTHS SUBSTANCE FREE



£717,320 reduction in A&E submissions

Presentations to Accident and Emergency Departments are common for people in addiction and continue when people become detached from their GP or become homeless. Causes of presentation include overdosing, accidents, falls and fights. In addition to emergency treatment, A&E wards also provide a safe warm space and someone to listen to you. In 2020 Lindale Recovery Service provided an estimated cost saving of £717,320 based on half their service users reducing at least 3 presentations a year. This figure underestimates the impact of Lindale's reduction to A&E presentations.

**"I OVERDOSED SIX TIMES IN ONE MONTH YET STILL CONTINUED TO USE AS
I COULDN'T BRING MYSELF TO STOP."**

3 YEARS SUBSTANCE FREE



£136,606 reduction in secure mental health costs

Reductions to mental health expenditure were explored but it was found that it was more likely that people in recovery would, through their journey of self discovery, take greater ownership of their mental health and be more likely to seek help from mental health professionals. This means that costs around presenting to mental health professionals and Improving access to psychological therapy programmes would be increased for positive reasons. However, reductions to secure mental health care i.e. stays in mental health units are reduced. A cost saving of at least £136,606 was produced based on five of the 241 clients, avoiding a 50 day stay, at the cost of £546 per day.


increased independence

£12,362 reductions in benefit costs per service user per year

Lindale Recovery Services provides the foundations of recovery through their 12 week rehabilitation programme, and then underpins this with their safe spaces and 'move on' opportunities. Increasing independence is not a quick process and is different for each individual. Service users often come to Lindale after years of disconnection from services and society, without the fundamentals of paperwork to prove identity, bank accounts, email addresses, and proof of qualifications. Re-connection to society from all these starting points takes a long time and includes building personal, social, domestic, basic and vocational skills. Lindale have a policy of only employing people who have been through a recovery process. This provides service users with achievable goals and a pathway to independence through therapy, mutual aid, training, volunteering and work.

"YOU ALWAYS BLAME THE SUBSTANCE. YOU ONLY SEE IT AS A COPING STRATEGY BUT PHYSICAL DEPENDENCY IS AWFUL. IT'S ALL CONSUMING – AS SOON AS YOU WAKE UP, YOU JUST WANT THAT FEELING. IF YOU DON'T HAVE IT, HOW ARE YOU GOING TO FEED THE HABIT? YOU FIND WAYS TO MANIPULATE AND TELL LIES TO GET MONEY TO FEED THE HABIT. THE DEPENDENCY IS LIKE A MAGNET PULLING YOU IN. IT'S THE ADRENALINE CHASE TO GET WHAT YOU NEED AND THE RELIEF OF HAVING IT." 4 YEARS SUBSTANCE FREE





"OVER THE LAST SIX MONTHS I'VE BEEN VOLUNTEERING AND TOOK ON PERMITTED EARNINGS. THIS WAS MADE POSSIBLE THROUGH ENGAGING WITH LINDALE STAFF AND MY SUPPORT NETWORK. THE ORGANISATION IS BRILLIANT BUT THE PERSON NEEDS TO PUT WORK IN."

18 MONTHS SUBSTANCE FREE

"ITS AMAZING WHAT CAN BE ACHIEVED IN JUST 15 MONTHS, KEEP YOUR HEAD DOWN AND STAY ON THE PATH WITH NO DISTRACTIONS." **15 MONTHS SUBSTANCE FREE**

£18,816 worth of volunteering time a year

crime reduction

£12M
reduction in
total costs of
crime*

£178,412 reduction in legal system costs

It is estimated that 25% of Lindale's service users, if they were not in recovery, would be incurring short prison sentences of around 3 months. Given the total costs of £42,670 per prisoner per year, 25% of Lindale's 241 service users in 2020 incurring a 3 month stay comes to a total of £642,717.

£642,717 saving from costs of imprisonment

Part of the total costs of crime includes the costs of the legal system. The total costs of one day or court time are, on average, £2,692. If 55% of Lindale's service users were prevented from incurring one day of court time a year, this would save the tax payer £356,825. In the scenario that only half of these savings were realised from actual court appearances, this still represents massive cost savings.



"BY 17 I WAS LOCKED UP IN PRISON FOR THE FIRST TIME. THIS WOULD BE THE FIRST OF 145 CONVICTIONS I WOULD BUILD UP OVER TIME. I PROBABLY HAVE BEEN TO PRISON 30 – 40 TIMES AND SPENT A TOTAL OF 8 YEARS INSIDE. IT GOT TO A STAGE WHERE I FELT SAFER IN JAIL THAN BEING OUT ON THE STREETS. EVEN MY MUM FELT BETTER KNOWING WHERE I WAS! THE LONGEST I WAS OUT WAS PROBABLY THREE MONTHS.

"I WOULD REPEAT THE SAME PATTERN – THE SYSTEM DOESN'T WORK. ONCE YOU GET OUT AGAIN THERE IS NO SUPPORT. I GOT OUT FROM MY SECOND SENTENCE WHEN I WAS 19 AND I TOLD MY MUM I WOULD NEVER GO BACK BUT WITHIN A MONTH I WAS BACK INSIDE. I WOULD GET OUT OF PRISON AND START SMOKING AGAIN AND THEN COMMITTING CRIME TO PAY FOR THE HABIT."

16 MONTHS SUBSTANCE FREE



impacts on women and children

“...women who experience domestic abuse are eight times more likely to be drug dependent than others.”

Out of Harms Way, (2020), West Midlands Police Crime Commissioners Office

WITH RATES OF DOMESTIC ABUSE RISING IT IS IMPORTANT TO PROVIDE SAFE SPACES FOR WOMEN TO ESCAPE DEPENDENCY ON DRUGS AND ALCOHOL, ESCAPE THE RISKS OF EXPLOITATION, AND REGAIN RESILIENCE AND INDEPENDENCE.

“I HAVEN'T SEEN MY SON SINCE HE WAS 2 AND A HALF BUT I'VE KEPT A MEMORY BOX FOR HIM AND FILLED IT EVERY BIRTHDAY AND CHRISTMAS. HE IS ADOPTED AND 16 NOW AND WHEN HE IS 18 I WILL BE ABLE TO WRITE TO HIM. I LOOK AT PICTURES OF HIM AS A BEAUTIFUL BABY AND THINK HOW I COULDN'T EVEN STOP USING WHEN I HAD THIS BEAUTIFUL BOY. BUT IT SHOWS THE POWER OF ADDICTION.”

2 YEARS SUBSTANCE FREE



£680,000 cost of foster care

If a quarter of our 40 female service users had two children removed into foster care, the cost per year would be £680,000.

This saving is made when women are supported with their long term recovery to increase their independence and obtain custody and parental responsibility for their children again.

"I LOVE MY KIDS MORE THAN ANYTHING. MY TWO ELDEST CHILDREN I CAN HAVE A RELATIONSHIP WITH BUT MY THREE YOUNGEST ARE UP FOR ADOPTION. THEY ALL STILL SEE EACH OTHER THANKFULLY. I SAW MY 14 YEAR OLD BOY RECENTLY AND I HADN'T SEEN HIM FOR A YEAR. HE HAS TURNED INTO A YOUNG MAN. I CAN'T LOOK AT PHOTOS OF MY CHILDREN AND I HAVE TO DETACH MYSELF FROM THEM WHEN I TALK ABOUT THEM. "

3 MONTHS SUBSTANCE FREE

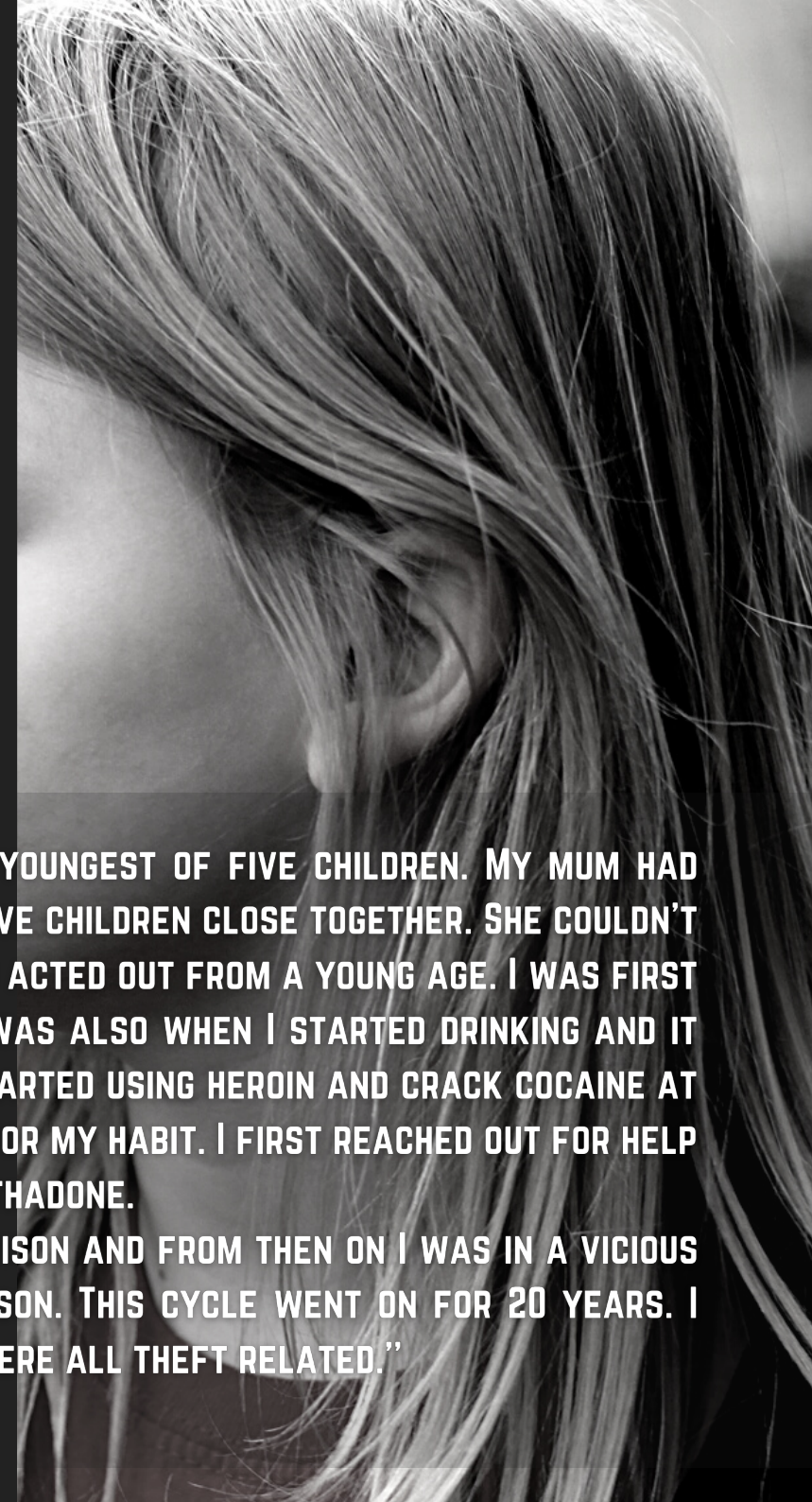
The costs of addiction affecting women and children rise as families are assessed and children are put into child protection plans or removed into foster care.

Of our 241 service users in 2020, 40 were women with children. The cost of family assessments from a social worker, where an average of 16.5 hours are spent, comes to £14,295. The cost of a single child protection plan for 40 women comes to £97,720. Savings to the costs of family assessments and child protection plans cannot be made through our services but, reductions to the cost of foster care placements can be when children are repatriated to their families.

"GROWING UP, I WAS THE SECOND YOUNGEST OF FIVE CHILDREN. MY MUM HAD MENTAL HEALTH ISSUES AND HAD FIVE CHILDREN CLOSE TOGETHER. SHE COULDN'T CATER FOR ALL HER CHILDREN AND I ACTED OUT FROM A YOUNG AGE. I WAS FIRST ARRESTED WHEN I WAS 11, WHICH WAS ALSO WHEN I STARTED DRINKING AND IT WAS PROBLEMATIC BACK THEN. I STARTED USING HEROIN AND CRACK COCAINE AT 13 AND I WAS SHOPLIFTING TO PAY FOR MY HABIT. I FIRST REACHED OUT FOR HELP WHEN I WAS 15 AND GOT PUT ON METHADONE.

I WAS 16 WHEN I FIRST WENT TO PRISON AND FROM THEN ON I WAS IN A VICIOUS CYCLE: USING - SHOPLIFTING - PRISON. THIS CYCLE WENT ON FOR 20 YEARS. I WENT TO PRISON 21 TIMES, WHICH WERE ALL THEFT RELATED."

2.5 YEARS SUBSTANCE FREE



Lindale turns people's lives around. We care.

When you refer your loved one to Lindale we build a community around them that never goes away, so that recovery lasts, and you get your life back.

The social impact calculations in this report come from an independent study carried out by 'Community Enterprise Engine' in the summer of 2021. The full copy of this study is available on request.

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