

# Bristol ROADS Peer Support

2022/23 Annual Report

“**Peer involvement** is a really valuable way of offering others reassurance from a **first-hand perspective.**”

Rosie Phillips, DHI  
Chief Executive

ROADS Peers supported **1609** clients

**19** Peers went on to gain paid employment



## Bristol ROADS Peers

Bristol ROADS Peers are individuals with lived experience of a drug or alcohol problem. Peers provide support in various ways, both within treatment services and in the wider community. Peers work at all stages of ROADS, from community engagement, assessment and group work, before transitioning into specialist Peer roles.

**Through the Peer Support service the clients are supported to sustain their recovery and build skills that can lead onto voluntary work, training and paid employment.**

### Mark

Mark's life took an unexpected turn after a violent incident left him blind in one eye. This trauma led to his addiction to crack cocaine and alcohol, resulting in multiple overdoses and suicide attempts. Eventually, Mark sought help.

"I reached a breaking point and sought rehabilitation and support from DHI. However, I was uncertain about my future, how to maintain sobriety, and where to turn next."

Becoming a Peer Mentor marked a turning point for Mark, providing him with purpose, structure, and self-belief: "I lacked confidence and felt useless. Peer mentoring boosted my self-esteem, allowing me to interact confidently and be myself. I finally found a purpose." Mark has achieved a Level 2 Diploma in Peer Mentoring with DHI and Weston College.



### Aimee



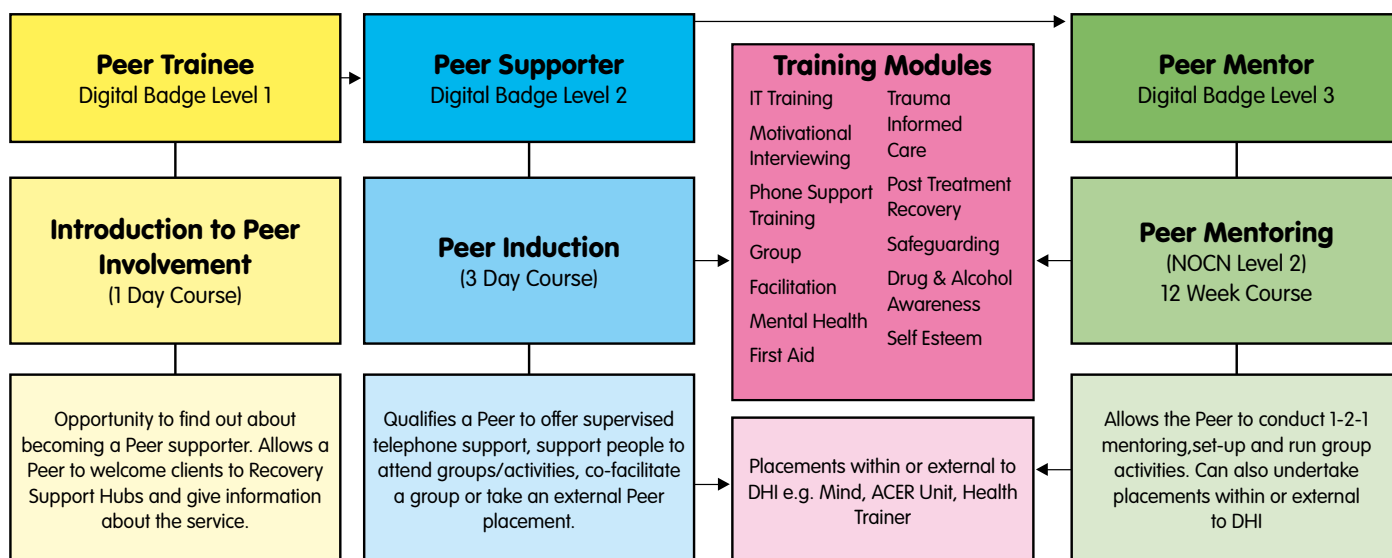
"For many years I experienced domestic abuse and had issues with alcohol and as a result my children were put into foster care. After my relationship ended, I referred myself to DHI and did group work programmes and then trained to be a Peer.

"Being a Peer has helped me stay sober and interact with others. My confidence has grown, and I have made lots of new healthy friendships. I have worked with clients, supported Recovery groups, and our Peer-led Women's Creative group. I have completed a Level 2 in Mentoring and Interpersonal Skills.

"I am working towards having my children back at home with me and this is going really well."

# DHI Peer Journey

**115** ROADS Peers supported **1609** clients in Bristol ROADS and the wider community through a variety of placements and other activities.



Current Peer placements	No. of Peers	Description
DHI ROADS	44	Phone and 1-2-1 support to clients at hub Co-facilitate groups in structured group programme Online Relapse Prevention and Routes to Recovery support Peer-led Creative groups
DHI Criminal Justice Support	2	Working with clients engaged with the Criminal Justice team
SMART Recovery	5	Facilitating 1 evening and 2 daytime SMART recovery groups
ARA (Addiction Recovery Agency)	4	Weekly house groups with creative & wellbeing activities
Bristol City Council	6	Working with clients providing housing support
AWP	5	In and out patient detox (ACER Unit at Southmead Hospital) Working in community detox programmes (Campbell House)
BDP ROADS	2	Co-facilitation of the Moving on After Trauma group Supporting Women's Morning
<b>Total</b>	<b>68</b>	

Peers at DHI's Central Hub are essential to training, staff induction, and other vital activities. They represent DHI, offering support and inspiration to clients in their recovery journey. Peers work across our 3 Hubs; Central, North and South and in a range of other organisations and community bases.

“DHI gave me my life back. They have taught me how to use my lived experience to help others get theirs back.”

- **Megan Watkins** Former Peer, now DHI employee

Megan progressed from a shy and anxious individual who, despite suffering multiple setbacks and relapse, has gone on to become a Peer Coordinator. She has since developed and now delivers specialist training around safer Ketamine use, amongst other groups with DHI clients. Megan personifies the difference the Peer system at DHI makes to so many lives.



Sara, Paul and Megan



Paolo, a DHI Peer

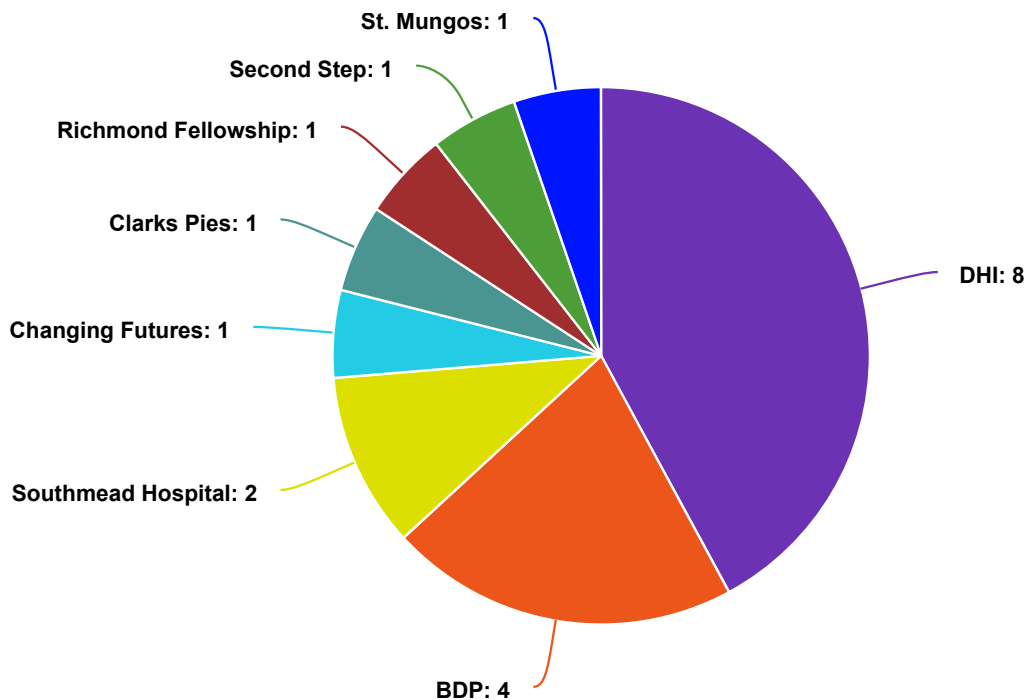


Bristol Mayor Marvin Rees meets DHI Peers

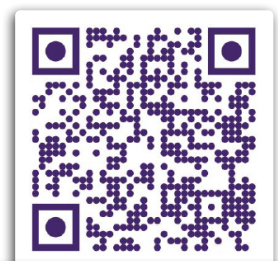


DHI at Recovery Fest 2023

## 19 Peers moved into paid employment in 2022/23:



As well as paid employment, a number of Peers have gone on to volunteering roles with organisations such as St. Mungo’s and the British Heart Foundation.



**DHI Peer Personal Stories**  
Scan this QR code to watch a video showing the impact DHI Peers have