

Seventy4 Client Testimonial

“I am in an organisation that has an excellent Occupational Health department and a world class Drugs and Alcohol support team. I was encouraged to self refer by my manager when my behaviour linked to my drinking began affecting my ability to perform my role effectively.

This manifested itself in the abuse of my corporate purchasing card, namely for paying for items not cleared by my manager. I also ran up extensive bar bills while away on business that I charged to the business account, which was in contravention of corporate policy.

Whilst never drinking at work, there were occasions where I was not entirely sober when I reported for work the next day. This completely contravened several policies.

I was investigated for actions linked to gross misconduct and became quickly aware that there was a strong chance that I would be dismissed. However at the same time my manager was consistently looking for the underlying causes for my actions and encouraged me to consider professional help. I decided to self refer myself for help from the occupational health team.

I knew that there were policies in place that supported anyone who identified that they had a problem with alcohol and that a high percentage of people who sought help, returned to work. After some discussion it was agreed that I would attend one-to-one counselling for one, 50 minute session per week.

Starting treatment in the middle of September 2009 was easy. All I had to do was agree to not drink for 12 weeks. Not a problem. I would be done by Christmas and was looking forward to moderately drinking following treatment.

Of course I was sussed at a very early stage and my counsellor constantly challenged me to do things that I didn't initially want to do. I moved from playing the model client through to the kicking and screaming petulant child. Attending AA for the first time was scary and got easier with practice, as did sharing at meetings and then (during an extension of treatment supported by my employer) getting a sponsor and commencing working the 12 steps.

I returned to work after nearly 11 months off and whilst it was tough to return back to that same environment, I am now concentrating on re-building a new sober career with my employer.

I used to listen to the people in the early days of my assessment, who were back in the workplace post treatment when they spoke to us about their experience. They were calm, at peace and demonstrated self-respect. I can now understand how they felt! I will always be grateful to my manager for going out on a limb on my behalf. Without his support and the efforts by the team at Occupational Health and Seventy4 it is unlikely that I would be writing this today.

I recently celebrated my first year of sobriety. Going to Seventy4 turned out to be the best thing for me at the time and I have learnt a lot about this disease and me. I know that I can go back at any time and will not hesitate to give the team a call, or recommend Seventy4 to my employer for other people to benefit in the way that I have.”