

Case Study – Nikki



NAME: 'Niki'

AGE AT SENTENCING: 19 years old

CHARGE: Fraud, Theft, Threats to kill

SENTENCE:

- 2 ½ years HMP Holloway
- 3 months HMP Dumfries

"Over the past 15 years I have had to put myself through my own version of a Chrysalis Programme.

This has taken both time and money" "If you haven't a mechanism for change in place for your life, then I strongly recommend the Chrysalis programme to help you create sustainable change in your life" "Attending the Chrysalis Programme has helped me to consolidate the changes that I am making in my life" 'Niki'

Background

Niki, of South American descendants, was adopted at the age of eight months by an English couple. They moved from country to country, with Niki attending a total of 17 schools before the age of 16.

Niki's adoptive mother was a harsh disciplinarian and alcoholic which quickly turned into abuse, both emotional and physical.

Niki does not have many memories of her childhood. Her mother proudly admits that she had to hit her at least every other day to put her in her place.

In her teens she lived in Spain where her mother's abuse increased and Niki started to fight back, literally and figuratively. Niki began to sleep with a knife under her pillow, started arguments to pre-empt expected attacks.

Niki became more withdrawn from her "parents" and didn't want to appear "weak" and started using aggression and violence as a means of 'self-protection'.

Niki ran away from home many times.

CHRYSALIS PROGRAMME

When it started to go wrong?

As the abuse and violence in Niki's life increased to unbearable levels, she desperately looked for ways in which she could feel that she had some control in her life. At the age of 16, Niki's pent up anger and frustration erupted in the violent assault at a girl at a party.

Niki realised that she couldn't carry on like this and one night, when her parents were in a drunken stupor, she stole some money from their bedside table, walked along the motorway to Madrid Airport and bought a flight to England and safety, praying her parents would not turn up & stop her.

In England, Niki began binge drinking, smoking cannabis, shop-lifting and committing acts of criminal damage.

Over the next two years, Niki attempted to rebuild a relationship with her parents, even moving back into the family home which was again in Kent.

Niki felt her attempts of reconciliation were pointless and decided to run away, this time to Belfast. So she stole a bank card and its pin number, believing that it would be assumed she had gone to Northern Ireland to join the IRA. It was!

She finally ran out of money and, one night, lonely and depressed, started drinking. Frustrated and angry, she phoned her parents, but they were out. Niki left an abusive and threatening message on their answer machine threatening violence/to kill her parents and hung up.

Niki tried to return to England by stowing away on a boat, broke into a till for some money but was caught and sent to Dumfries on Remand. She was transferred to HMP Holloway where she spent 14 ½ months on remand. Due to the seriousness of the offences; theft, fraud and Threats to kill, Niki was sentenced to 21/2 years custody. This was deemed served, due to the time she had already been in custody on remand.

Why did you attend the Chrysalis Programme?

Niki has spent the past few years retraining as an NLP coach.

After being introduced to the Chrysalis Programme Niki decided that she wanted become involved and help others to make changes to their lives.

Niki found:

"I was fascinated in how the Chrysalis Programme pulled together what it had taken me years to create and equally amazed at the impact it has on those that attend even a small part of it"

What was your experience of the Chrysalis Programme?

Niki enjoyed attending the Chrysalis Programme, so much, that she has attended it three times to ensure that she has learnt and internalised its key messages.

Niki, as many that have attended The Chrysalis Programme, realises the benefit that would have been gained if she'd had access to the Chrysalis Programme earlier in her life.

Now that you have completed the Chrysalis Programme, how do you see your future?

"The Chrysalis Programme came at the perfect time for me.

I feel that as someone that has experienced the criminal justice system, I am in the ideal position to be able to give something back"

"I am training to become a Chrysalis Facilitator and using my experiences and learnings to create the catalyst for change for others"

'Niki'

Niki attended the Chrysalis Facilitator Train-the-Trainer (T³) course with the aim of being a Chrysalis Accredited Programme Facilitator, joining the Chrysalis team and delivering future programmes.

