

Case Study – Ryan



NAME: 'Ryan'

CHARGE: Assault

SENTENCE:

10 Months: Military Corrective Training Centre

2 Years: HMP Winchester, HMP Parkhurst; and secure unit HMP Highdown

"What I really liked about the Chrysalis Programme was the 7th Habits...: the need to renew one-self - to 'sharpen the saw'; and that you can achieve your goals in life if you let the light in and become a healthy, happy and productive member of society" Ryan

Background

Ryan had an extremely turbulent and often violent upbringing. As a coping mechanism Ryan kept himself distant from those around him; spending most of his time on his fitness and exercise. He made his mind up from an early age that he would join the armed forces.

Ryan served 10 years in the Parachute Regiment, enjoying his time on operations and exercises travelling around the world.

Away from duties however, isolation gradually led to drink becoming his soul-mate.

In time, this drinking, resulted in Ryan becoming even more distant; losing respect for what he was doing, and why, which culminated in a confrontation and assault of an Officer.

He spent two thirds of a 10 month sentence in the segregation block and then opted for a voluntary discharge on release.

Within 6 weeks of discharge from the Army, Ryan was in a civilian prison due to multiple assault offences and serving 18 months.

Due to systematic disruption and violence whilst in prison, Ryan then served the better part of 2 years in segregation and secure units.

For Ryan, the ten years that followed consisted of further acts of assault/violence.

Ryan also tried a few different types of support and counselling for moods and mental ill health but was unable to find a way out of his feelings of emptiness, confusion, anger and resentment against society.

Why did you choose to attend the Chrysalis Programme?

Ryan feels he was very fortunate to have been 'booked' onto the Chrysalis Programme, by his Mentor.

He came with an open mind; but never really expected that the Chrysalis Programme would benefit him on a personal level.

Alcohol dependency was Ryan's coping mechanism in his attempt to deal with mental health issues, aggression, anger, feeling emotional cold, lonely and empty day after day, in his personal life.

What was your experience of the Chrysalis Programme?

Ryan describe how

"During The Chrysalis Programme I suddenly became truly self-aware and self-conscious that I had a choice in how I responded to what was happening in my life"

"I became very emotional and left the room, embarrassed; and cried" "I realised then that my attitude towards myself: self-limiting beliefs and low self-esteem were preventing me from being open and honest to others or myself"

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

Ryan feels the Chrysalis Programme is 'real', is grounded and provides people with the means to accept themselves; by changing what they can change and accepting what they can't.

The Chrysalis Programme helped him to realise that he was not alone in the world and that step-by-step it gave him a new perspective on his journey towards self-acceptance and the changes he wanted to make in his life.

Ryan wishes that he had access to something like the Chrysalis Programme earlier in his life to help provide him with the tools and knowledge to make the changes he wanted to make.

"There is nothing about a caterpillar that tells you it's going to become a butterfly".

CHRYSALIS PROGRAMME