



To whom it may concern.

Ricky Smith  
04/09/1973

48 Herriot Crescent  
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I am a counsellor for DAPL, I have been working with Ricky delivering Trauma Informed Person Centred Therapy. We meet virtually, as Ricky is unable to leave his house. Ricky was assessed for service in March this year, we have met regularly for 9 sessions since that date.

Ricky has been referred and accepted for crisis support and intervention from Fife Housing Support.

All of my comments are based on what has been discussed in confidential therapy and I have Ricky's permission to share these.

Ricky lives with trauma response, scores high on Adverse Childhood Experiences, laying a foundation of trauma. This psychological distress has been further advanced through his traumatic life and he now is isolated, physically, mentally and socially. Time in gaol has further brutalised Ricky, he is now locked into hyper aware behaviour at all times.

Ricky manages a substance recovery with Medical Assisted Treatment delivered by Addiction Services and issued twice a week by his local pharmacy.

Please feel free to contact me should you have any questions.

R K Bell  
Counsellor