**Bio for Tina and Dave**

Our son says *“we are so much better since we have been attending our groups!”*

Dave was a BBC Engineer, and Tina worked in the education and health services. Their own journey of recovery started in 2008, when they discovered their eldest lad, who has ASD and ADHD and began using substances.

Having explored multiple pathways, including Al-Anon, SMART Recovery and many more. they now support families and promote the Invitation to Change approach, a modern science-based alternative to the 12-step programme, to professionals.

They are both trained in CRAFT, MI, ACT and make better progress sharing the kindness and compassion in their groups, as opposed to “tough love” and “detachment”. They currently facilitate free on-line global meetings to educate and support families, whose loved ones struggle with alcohol and other drugs. They were recently invited by the [CMC Foundation for Change](https://cmcffc.org/approach/invitation-to-change) to tell their story in the “[Rethinking Rock Bottom](https://open.spotify.com/episode/5SxjpQja8oQvTHTxwSQkU9) “ series of podcasts.

Find more about them at their website [https://www.alternat-i-ves.org](https://www.alternat-i-ves.org/).