

Treatment Programs in Preventing with Drug Addiction

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Abstract:-Addicts who are not sincere or dedicated to change for the better would face a difficult time in rehab. Therefore, the individual's own motivation and desire for change is vital in making the treatment a success and to prevent a relapse from occurring. It is for the best that the family members do not abandon the former drug addict would try to go astray. If so, the government should look at the skills and training to support the family as a group. People may not be so concerned with what happened, but the role of the family concerned should be supported and given the necessary exposure. While addicts difficult to change, at least a family member who is aware can help control and give sympathy to the addicts to get out of this situation. It is under the responsibility of the family members to guide the ex addict. This paper outlines the many programs of the treatment such as family support programs, treatment programs, and maintenance and relapse programs.

Keywords: Family Support, Drug Abuse, Addiction, Relapse

I. INTRODUCTION

Drug abuse is a global phenomenon that threatens the harmony and well-being of individuals, families, communities and countries every year. According to a report released by the National Antitrust Agency in 2010, 23,642 drug addicts (National Antitrust Agency, 2010). "Drugs" are substances or chemicals that are very beneficial to individuals who use it because they can alter the way the mind and body works. Drugs can be categorized into several types such as opiates and synthetic opiates, stimulants, marijuana, hallucinogens, depressants and drug abuse.

Drug is a special term that refers to material that causes harm to a person's physical, mental and emotional wellbeing and behavior. As a result of this effect, someone who abuse drugs will become addicted and will depend on their lives. Unknowingly, you may use some kind of medication in your life. Medicines such as "parasetamol" and "antibiotics" help cure you if you are unwell. Tea, coffee and chocolate also contain a type of stimulant known as "caffeine." (World Health Organization, 2018). However, this stimulant drug does not cause problems with individuals, communities and countries. Therefore, the use of this material and food is invalid. However, some types of medicines are drugs that are forbidden. Therefore, the Government of Malaysia has listed this drug in the Dangerous Drugs Act 1952 to prohibit the cultivation, production, distribution, import, export, possession and misuse of this drug.

Drug abuse is a social symptom of all parties in this country. Given this phenomenon can threaten the peace and prosperity of the people's lives and suppress the growth and growth of the country's economy, the government has declared the drug as the number one enemy of the nation. Phenomenon of drug abuse involves not only rank and population but symptoms have spread among teens including primary school students. In fact, drug abuse involves all walks of life without affecting sex, gender and occupation. Statistical profile and billing in Malaysia show that most drug addicts are within the age of 15-25 years. Some of them are adolescents who are still in school either in government, private or in higher education centers (Azmi, Hussin, Ishak, & Daud, 2018).

Family members are usually the ones that are closer to them and they need their family to give the utmost support emotionally. It is for the best that the family members do not abandon the ex addict or else the ex addict would try to go astray. If so, the government should look at the skills and training to support the family as a group. People may not be so concerned with what happened, but the role of the family concerned should be supported and given the necessary exposure. While addicts difficult to change, at least a family member who is aware can help control and give sympathy to the addicts to get out of this situation. It is under the responsibility of the family members to guide the ex addict.

II. FAMILY SUPPORT PROGRAMMES

A number of drug addicts has recently revealed how the role of the family is very important to help recovering addicts back into society. Support is meant not only physical caresses but more on emotional support and caress, loving and caring family members. Sometimes former addicts who had repented and wanted to return to his family lost spirit and self-confidence because of being despised and belittled. Where they want to share the love that is there if a family member is a very low awareness about how much it means to support this family? Families also serve to provide support to meet the basic needs of addicts who do not have anything else in their lives. Nothing but yourself, penniless because they were ravenous with drugs. Thus, the family should sacrifice this principle as an important step to restore confidence so that the absorption of former addicts will be more meaningful. In the rehabilitation centre, the coach would encourage the participation from the family members (Copello, Templeton,

and Vellman, 2006).

Family plays an important role in addicts and alcoholics life other than themselves. Family members like father, mother, siblings and other relatives must always give these people moral support and attention that they be needing the most. Family is people who they can trust and always rely on their shoulders. Family counseling and support is dual-purpose which it strives to rectify damage done to both parties, uprooting negative thought processes, behaviors and emotions, and replacing them with positive and healthful ones, in a way that garners healing for both the person in treatment, and their family members. Well, each of the family members must give their attention to the victim of substance abuser so that they know that they are loved. By doing that, they will feel the urge to change and be a better person. Somehow, they will try to refrain themselves from taking drugs or alcohols due to stress or depression, in fact, they will seek for help from their family.

Family support or family intervention programs in rehabilitating drug or substance addiction are vital in ensuring a successful treatment for the individual. As is the case, the effects of addiction are not limited to the addicted individual only, as part of substance abuse and drug addiction is contributed by family issues which worsens the addiction. Therefore, family support therapy is a form of treatment which targets the group rather than the individual within the group. This rationale is justified by the notion that families share and possess a connection or bond, thus by modifying one component of the system, the other components can be changed or affected for either better or for worse, which highlights the major role a healthy family plays in ensuring a successful recovery (Stone, Becker, Huber and Catalano, 2012).

This is important for the ex addict because the family members are usually the ones that are closer to them and they need their family to give the upmost support emotionally. It is for the best that the family members do not abandon the ex addict or else the ex addict would try to go astray. If so, the government should look at the skills and training to support the family as a group. People may not be so concerned with what happened, but the role of the family concerned should be supported and given the necessary exposure. While addicts difficult to change, at least a family member who is aware can help control and give sympathy to the addicts to get out of this situation. It is under the responsibility of the family members to guide the ex addict (O'Leary, 2009).

A family support program is vital in ensuring a brighter future for people with drugs issues. The program stretches beyond of only giving care for the individual but they also offer care for the family. The motto that the program held on to is "Reconnect. Rebuild. Renew". They believe that family can boost the motivation of the individual to go through with their recovery. They can inspire them to be

better and fight their addiction that most of them have struggle with for years. Despite the problem they are facing, being able to continue with the daily life routine is important to maintain that sense of normalcy which would then motivates the individual even more. Turning point offers help for the family because they know that addiction does not only affect the individual but also the whole family and by giving them support and attention can change the whole dynamic. Turning Point is prepared to give the family compassionate insight, education, counseling and support so that they can move towards a more positive future (Lander, Howsare, & Bryne, 2013). When someone has an addiction problem, they abandoned every responsibility they have towards their family. Therefore, the relationship would possibly deteriorate and there would be some resentment and negative mind-set between the family and the individual. The trust would be gone. Although, these things won't easily fade away, the professionals at Turning Point is guaranteed to be patient and help until the end. The program would make sure in reconnecting the family. Rebuild the relationship and a life together and renew with a fresh goals and reasons. Most importantly, they provide a therapeutic community to ensure a positive sanctuary for the family member during recovery.

All this programs listed are evidences of the magnitude of drug addictions problem around the world. It has long haunted our paths and it will never stop spreading unless people get together to overcome these addictions. Not just drugs but any addictions. It should be our priority in helping this people with this problem to get back up on their feet and live a healthy life. Many times, it can be observed, that most of society blames or belittle these people who are dealing with addictions instead of offering help. They would constantly curse or wish these people misfortunes. Also, they would abandon or exclude them from the society which brings out a lot of negativity towards people suffering from an addiction. They should be considered as patients who need immediate and suitable care instead of abandonment as if they carry forth a disease which is contagious. Many people are ignorant to types of treatment these people are able to receive because of their unreasonable judgment. Thus, it is absolutely vital that the healthful of the population should be able to assist these people because addictions do not come without any reason. Some may come from unstable emotions and some may come from physical reasons but no matter the reason, help should always be offered to these people. Besides than generous support from the society, being accepted once again into the society after the treatment is very much needed for them to feel better about themselves and avoid ever having a relapse.

III. TREATMENT PROGRAMME

Next stage would be the treatment programme. The monitoring program is a way of restoring implemented in the community. Drug addicts after detoxification will be placed under the supervision of a corrections officer. The cases correspond to recovery this way usually get the cooperation

and support from family members, neighbors, employers and colleagues. Recovery for surveillance was conducted for a period of time ranging from 2 to 3 years (Khavari, 2018). Due to the cases that recover in this way to mix freely in society, a problem that often arises is to control and monitor these cases in order to recover effectively given input. The efforts and assistance from members of the public in providing facilities such as maintenance centers' help local daily will increase the effectiveness of recovery for inspection. Treatment programs for drug addicts and substance abusers are aplenty, but it is imperative to understand that not all treatment is appropriate for everyone. Treatment should not be structured in rigid manner as each individual has different needs and level of understanding when it comes to the treatment that they require. Therefore, the complexity of addiction is a treatable disease that not only affects the brain function but also the behavior of the individual. Thus, diverse and varied treatments which range from pharmacological approaches to behavioral therapies are important to ensure an effective and successful outcome for the patient. Kleber, (1996).

Several types of treatment are available and the most common treatment initially conducted on addicts is detoxification. Detoxification is a process in which the body eliminates or removes the drugs from the body and is designed to manage the severe and potentially dangerous physiological effects of withdrawing or stopping drug use (NIDA, 2018). Due to the nature of detoxification and the severe side effects of withdrawal stemming from detoxification, the process is often inclusive of medications administered by a physician and is often referred to as "medically managed withdrawal" to alleviate the effects of withdrawal (NIDA, 2018). Next, long-term residential treatment is a treatment which provides care to the individual 24 hours a day in usually non-hospital settings (NIDA, 2018). A model best-known to be employed in residential treatment is the therapeutic community (TC) which is a planned stay ranging from 6 to 12 months (NIDA, 2018). Individuals subscribed to this treatment often have to go through the process of "resocialization" which is the focus of TCs whereby individuals and the entire community become active components of treatment. This treatment however emphasizes the need for the addicts to develop their own personal accountability and responsibility as well as to lead socially productive lives (NIDA, 2018). Therefore, the treatment is highly structured and may appear to be confrontational but is actually designed for the residents to recognize damaging beliefs and negative or destructive patterns in their lives to adopt better, harmonious and constructive methods to interact with others (NIDA, 2018).

Besides that, treatment programs offer various types of treatments for the substance abuse such as long-term residential treatment, short-term residential treatment, outpatient treatment programs and etc. Therapeutic Community (TC) offers the treatments as stated. Therapeutic Community (TC) focuses on developing personal

accountability and responsibility as well as society productive lives. TC is highly structured and can be confrontational at times. The activities that they have designed is to help residents in examining damaging beliefs, self-concepts and destructive patterns of behavior and adopt new more harmonious and constructive ways to interact with others. They also offer comprehensive services, including employment training and other support services. Furthermore, TC can be modified to treat people with special needs, including adolescents, women, homeless, individuals and people with severe mental disorder (Relapse Treatment, 2018).

Long-term residential treatment is a 24 hours care for the addicts. It is a non-hospital settings which will attract the addicts and alcoholics for the treatment as they will not be pressured by the surroundings. Basically, it takes like for about 6 to 12 months, perhaps that is the shortest duration if they are committed to change. While, on the other hand, short-term residential treatment is an intensive treatment but relatively a brief treatment based on a modified 12-step approach. It is designed to treat alcoholics problem, but at the same time, during mid-1980's, many began to treat other types of substance use disorder. It is an original residential treatment model consisted of a 3 to 6 weeks hospital-based inpatient treatment followed by extended outpatient therapy and participation in a self-help group. Moreover, compassionate treatment for the addicts and alcoholics are through these five elements which consists of physical, mental, emotional, spiritual and social (Lewis, McCusker, Hindin, Frost and Garfield, 1993).

Alternatively, short-term residential treatment is also possible as they provide addicts to undergo an intensive yet brief treatment based on a modified 12-step approach. The treatment model lasts generally between 3 to 6 weeks as a hospital-based inpatient treatment, proceeded by outpatient therapy and active participation in a self-help group to prevent the patient from experiencing a relapse after leaving the residential setting. In contrast to residential therapy, outpatient treatment programs vary greatly than residential treatment in terms of financial capacity of the individual because it costs much less than residential treatment and it is suitable for individuals who are working or have jobs or join extensive social support groups (NIDA, 2018). Outpatient programs rely heavily on group counseling as a major component of the treatment (NIDA, 2018). Group therapy or counseling highlights the importance of social reinforcement offered through methods such as peer discussion and to help promote drug-free lifestyles.

To further help the drug users, there is a private program called Astute (2017) which helps with treating patients addicted to using drugs. It is a specialist addiction treatment centre based in Kuala Lumpur. It has been established since 2016 which makes this year the second anniversary for the centre. Their motto is "Recovery is possible. Recovery starts here" which can really provide hope

for those who want to be cured from their addiction. Their main focus is treating patients with addictions to, not just drugs but also alcohol, gambling and sex. They are committed to provide world renowned, effective addiction treatment in a private and confidential setting. This is very important in ensuring the patients that their secret is not revealed and they can keep their pride instead of embarrassingly exposed. Astute also claims that their treatment programs would provide the necessary means to jumpstart the patient's recovery process. For them, they believe healthy choices mean healthy lifestyles. The treatments offered by Astute varies from the simplest to the most complex.

The treatments follow a universally accepted evidence based practices. One of the treatments offered is an Intensive Outpatient Program (IOP), where it is designed as a 90 day program that consists of 2 sections. The Primary Care Phase and the Aftercare phase with both lasting about 45 days each. Besides that, the Biopsychosocial Method is also used to properly address addiction. There are 4 main areas that its focused on which are biological, psychological, social and spirituality aspects. Astute then further explains the specific areas such as for biological aspect, it includes physical and wellness aspects which affects the body. For psychological aspect, it involves the brain. For social, it contains family and social circle aspects that determines the patient's lifestyle, interactions and social relationship with the people around them. Then in spirituality, there is higher power, mindfulness which creates an awareness in the client and behaviors which lets the patient know of their own physical actions and habits. The team that helps manage Astute is consist of knowledgeable people who are proficient in their own division. They are the people worthiest in lending a helping hand to make sure that people with an addiction is cured completely.

After treatment, being able to maintain it is crucial in order to be free from the addiction. A program called Practical Recovery claims that maintenance is the next hardest thing to do beside going through recovery. Although some have unfortunately succumbed to their addiction, there are some who are determine enough to continue their recovery and maintain that condition. The program helps by guiding the patient in planning a balance plan to lead a better life. They would then be monitored by updating the doctor every few months. When there is problem, the doctor would check up on the patient and suggest the next step to take (Sullivan, Mekendrick,. Sacks, & Banks, (2007). Not only that, the program also has support groups the patients can attend to and share their life experiences. The program emphasis on not only a balance schedule but also a fun one where the patient would be able to escape emotionally from the stress of maintaining the recovery and avoiding relapse. It is important to pay close attention to distorted thoughts and emotions relating to the addiction so that relapsing would be able to be avoided.

IV. MAINTENANCE PROGRAM

Maintenance program is a program that help patients by introducing a less potential drug to manage withdrawal symptoms and provide a way to taper off the illicit or prescription substance being abused. Maintenance program is ideal for many people because there is no timeline in completing the program. It can take a month or a year or longer than that, giving patient more time that they need to work out with their emotions and physical concerns with the help of medical teams (World Health Organization, 2018). Drugs maintenance programs have been proven effective in curing the addicts or alcoholics due to progressive therapies and the ability to slow down the need of drugs over time. Many addicts find it difficult to maintain the momentum once they have fully committed themselves to treatment as they often have urges to return to their old habits of drug addiction and substance abuse. Therefore, treatment programs are often complemented with maintenance programs to ensure that affected individuals fully commit themselves to treatment or rehabilitation. Drug maintenance programs is a style of treatment in which drug addicts are treated with substituted drugs; for example, heroin addicts are treated by substituting heroin with other substances which maintains similar chemical characteristics but differs in its benign side effects (Drug Addiction Treatment, 2018).

According to medical research conducted by The Centers for Disease Control and Prevention, the Institute of Medicine, the Substance Abuse and Mental Health Service Administration (SAMHSA), the National Institute on Drug Abuse (NIDA), and the World Health Organization, replacement therapies such as methadone maintenance is the most effective treatment for addicts for opioid dependence (Drug Policy Alliance, 2018). Drug maintenance or drug replacement therapy is a method in which a substance of similar chemical properties but consists of benign side effects is substituted for heroin the addict typically consumes, the drug will therefore "restrain" the brain receptors that craves heroin thus satisfying the biological urges of the addicts without causing the severe overwhelming physical and physiological reactions (Drug Addiction Treatment, 2018). Eventually, the new drug will start to phase in as heroin is phased out of the system in a gradual manner so that no withdrawal symptoms are experienced by the addict (Drug Addiction Treatment, 2018).

Two alternatives are commonly used in drug replacement therapy which are methadone and Suboxone (Drug Addiction Treatment, 2018). Methadone is a milder opioid branch of heroin while Suboxone is a pharmaceutical medication which consists of buprenorphine and naxlozene which neutralizes one another and acts to suppress the euphoric feelings typically produced by activated heroin brain receptors (Drug Addiction Treatment, 2018). The transition for addicts to methadone can take up to two months while Suboxone can take change as little as three days. However, addicts should expect to continue taking replacement drugs

for one to three years after which a gradual withdrawal program can be instituted to allow the individual to phase into a completely drug-free lifestyle (Drug Addiction Treatment, 2018).

In Malaysia, the National Anti-Drugs Agency through their Cure and Care Clinic runs a similar program which is called the Methadone maintenance therapy, for qualified opiate users (National Anti-Drugs Agency, 2018). Relapse prevention program is an effective treatment that help addicts build a solid foundation for substance recovery. The National Institute of Drug Abuse (NIDA) offers relapse program for the addicts. NIDA believes that relapse happens among the addicts and alcoholics because they are feeling isolated and alone in the struggle to maintain drug-free, trauma, loss or grief, stressful like events or trauma, pressure from individuals with whom one used to use their drug of choice in the past, exposure to situations that prompted one to use in the past and questioning one's commitment to sober living, wondering if being sober is worth it. According to NIDA, relapse rate for drug addicts is about 40 to 60 percent. Exact percentages are difficult to determine because addiction and drug abuse are secretive in nature. NIDA says managing an addiction is much like dealing with chronic illness, which makes sense in many ways. A solid prevention from relapse among the addicts is a must! By entering this program, NIDA gives the service, guidance and vital tips to consider when someone is close to relapses. One of the vital tips that NIDA has given to the addicts is to remember that it's the addict fight to win. By make them thinking in a such way, it will help families to cope with a tough situations.

Next, by standing firm. Standing firm means it's important to hold the addict responsible for his or her own recovery, just as they are held responsible for the addiction. NIDA also offers encouragement among the addicts. NIDA simply redirect them to their treatment plan, which may include suggesting that they talk to their sponsor or counselor, or perhaps the individuals attend support group meetings. Support groups are the members who will understand the addicts the most as they are facing the same thing as well, and it will give the perfect guidance on how to cure and completely recover from substance abuse. Not just that, the counselors, therapists, family members must set a good example in front of the addicts. For example, if a family member's lifestyle is improving, they can invite the addict to join in. However, it's important not to force the issue as they will feel like it's a pressure to them and perhaps will torture their mental and emotion.

V. CONCLUSION

In conclusion, they are plenty of programs that are offered for addicts and alcoholics. Honestly, it is their choice to choose whether they want to make changes in their life or not. They must have the spirit to be a better person. The higher the willingness of them to change, the higher the chances for them to fully recover from substance abuse.

Substance abuse is definitely a dangerous toxic in someone life. In order to recover, the addicts and alcoholics themselves have to struggle and face the challenges to recover from what they are suffering. Moreover, the addicts and alcoholics have to surround themselves with good people and positivity. Positivity will keep someone's life from falling apart. With the help of the programs above, guidance will be given to the individuals and it will help them to overcome the challenges until they are fully recover and free from what they are facing.

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