REHAB
Rehabilitation and Integration into Society of Drug Addicted Adults and Their Families

Madde Bağımlısı Yetişkinlerin ve Ailelerinin Rehabilitasyonu ve Topluma Yeniden Kazandırılmasını Projesi
What Parents Need to Know Against Substance Addiction Risk

Faculty Member, Dr. Hasan Hüseyin TAYLAN
Introduction

- What is substance abuse?
- When is a person regarded as addict?
• **What is Substance addiction?**

• *Addiction in general* is the loss of control over an object someone uses or activity that someone performs.

• *Substance addiction*, the use of substances that affect one or more functions of the body in a negative way, being unable to quit these substances although impaired by the usage of these substances ...
When is a person regarded as addict?

The person for whom only three of the following cases are observed in a 12 month period is an abuser:

• Increasing the amount of substance used to achieve the same effect

• Emergence of symptoms of physical and mental deprivation when the substance is quitted or reduced

• Continuous wastage of effort to control or abandon drug use
When is a person regarded as addict?

• Spending too much time to obtain, use or quit the item

• Reduction or complete abandonment of social, occupational and personal activities by reason of substance use

• Continue to use substance even though it causes physical or mental problems

• To use more substance than the person envisaged
Adolescence Process and Risky Behaviours

- Getting to know and understand adolescent
- Risky behaviour in adolescence
• **Adolescence?**

• Adolescence is a process that extends from childhood to adulthood. The starting and ending dates, although not yet definite, are 10-12 for girls and 12-14 for men.

• In this period, there are changes in physical, mental, sexual, cognitive structure in boys and girls.

• The first thing that has to be dealt with during adolescence is the great physical changes that are taking place.
Characteristics of Juvenile in Adolescence

• Increase in the efforts related to the body
• An attitude distant form reconciliation ability
• Rise against parents
• Radical, dogmatized and black-and-white thinking
• Growth, fantasies of being big
• Autism
• Self-doubt
• Feeling of inferiority
Characteristics of Juvenile in Adolescence

- Future concern
- A sense of distress in the world
- Self-withdrawal from the parents
- Move away from old friends
- To be on edge
- Being rebellious
- To spent less time on family events
- Showing risky behaviours (smoking, alcohol, substance use)
Risky behaviours in adolescence

• Deterioration in school performance; falling in grades, decreased motivation to complete assignments, not attending school activities, not entering classes.

• Significant changes in personal habits; increased / decreased sleep, activity, appetite or hygiene,

• Significant changes in behaviours and moods; increase in overreaction, diminished motivation, non-compliance with rules, emotional fluctuations, depression, actualisation of suicidal ideations or behaviours,

• Losing desire for the interests, diminishing participation in-school social activities,
Risky behaviours in adolescence

- Smoking,

- Starting to use street language,

- Inclusion into peer groups, involvement in illegal activities, substance and alcohol abuse, unsafe sexual experiences and self-injurious behaviour are the most frequently observed risky behaviours among adolescents.

- Acquiring harmful habits and substance abuse should also be considered as risky behaviours in adolescence.
Substance addiction process and risk factors

- Addictive substances
- Substance abuse process
- Risk factors for substance abuse
Addictive substances

- **Opiate Type Dependency** (opium, morphine, heroin, codeine, methadone)
- **Alcohol, Barbiturate, Benzodiazepine Type Addiction** (Alcohol, substances with sedative properties, Soothing drugs)
- **Cannabis Type Addiction** (cannabis)
- **Cocaine Type Addiction** (cocaine, known as Crack; taş, koko)
- **Stimulus Type Addiction** (Drugs such as amphetamine, methylphenidate etc., insomnia drugs)
- **Hallucinogenic Type Addiction** (LSD, Ecstasy, Captagon, Methamphetamine)
- **Respired Solvent Type Addiction** (Volatile substances, thinner, bally, lighter gas, etc. are legal)
- **Tobacco Type Addiction** (cigarette etc., nargile, etc.)
**Substance abuse process**

- With substance use, emotion, thought, behaviour and attitude become dissimilar.

- Depending on the amount, this situation covers various time for each individual.

- The individual's perception of reality is affected.

- The possibility of repeated use after the first time is high.

- The frequency and / or amount of use may increase to achieve the same effect later on.

- With this vicious circles, the individual becomes involved in the addiction process.
Risk factors for substance abuse

• The chaotic families in which parents with mental problems or dependence are present,
• Exposure to negative parental attitudes,
• Lack of attachment and interest between parent-child,
• Excessive shyness or violent behaviour in the class;
• Decline in school success,
• The weakness of social skills,
• Making friends who exhibit negative behaviours,
• Approval of drug use in school, family and social environment.
Cycle in substance addiction
Substance Addiction and Family

- Family factor in substance abuse process
- Role of the family in preventing substance abuse
Family factor in substance abuse process

- Addiction is a family disease.

- Beginning of substance use may be in the first family of the person, or may be in the family which that person found it himself later on, or the person may cause the family to become a family of addiction by marrying after the person starts using the substance.
Family factor in substance abuse process

Commonly Observed Family Risk Factors in Starting to Use Substance

- Presence of various traumas
- Inadequacy of family control
- Presence of substance use in the family
- Not to create appropriate boundaries for the child
- Child-oriented neglect and abuse
Family factor in substance abuse process

• Family is the medium in which all the seeds, good or bad, grow; where the child first got socialized, learned and took someone as a model. If there is a substance abuser in the family, child will be influenced by this.

• Whether the family is united or scattered, or the death of one of the parents, it affects the child's emotional development. Those who come from broken families and those who suffer parental loss are at risk for substance use.

• Family problems create an escape space as well as triggering many other problems for the family. Adolescents can use substances for escape from problems in the family.

• It is also an important factor for parents to have a hard or soft attitude against the child, whether or not appreciate him, and help him during adolescence. The repressive, authoritarian, perfectionist parental attitude and over-facilitating, over-tolerant parental attitude pose a risk for substance use.
Family factor in substance abuse process

Family Related Risk Factors

• Genetic Factors
• The low parental support
• Addiction of mother or father:
• Tolerant approach of mother and father to alcohol and substance use of the juvenile
• The quality of parents' relationship with the child
• Parent attitudes:
• Indifferent attitude of mother and father to the child
• Expecting success from the child at high level
• Being unable to insert sufficient control
Role of the family in preventing substance abuse

- Families are the most important factor in protecting adolescents from drugs.

- Conscious parents can protect their children from harmful habits with the right approaches to be exerted from early ages.

- Children gain the values such as good and bad, true and false first in the family environment. One of the most important tasks of parents is to ensure their children learn how to protect themselves from harmful behaviour, and to support them in acquiring sense of responsibility.
Role of the family in preventing substance abuse

The role of the family in preventing substance use

• Strong and positive family ties,
• Parents' awareness of their children's friends and what these friends do,
• Having clear rules in the family; and having everyone in the family obey these rules,
• Parents being interested in the lives of their children,
• Correct information on substance use.
PROPOSALS FOR THE PARENTS

- How to Understand Substance Abuse
- Preventive Communication
- Recommendations for the Risk of Substance Use
- Treatment Process and Suggestions Thereafter
How to Understand Substance Abuse?

*Take heed of the Indications, Signs and Changes That May Happen!*

- Personal appearance
- Health-related situations to be observed
- Personal habits or actions
- Changes to be observed involving behavioural situation
- Situations to be observed involving the school
- Situations related to home life and social environment
How to Understand Substance Abuse?

1. Personal appearance

• A messy look and inadequate personal care
• Lack of care and lack of attention to cleanliness
• Red or blushed cheeks, eyes and face
• Fume or burns on fingers or on the lips (burning down from the joints)
• The presence of various traces on the arms or legs (or walking around in long sleeves even in hot weather to hide these traces)
2. *Health-related situations to be observed*

- Nosebleed and non-illness injuries in nose-mouth
- Nasal discharge independent of common cold and allergy
- State of frequent illness for no reason
- Nausea and vomiting
- Excessive dryness of the lips or their wet appearance
How to Understand Substance Abuse?

3. Personal habits or actions

- Pinching teeth
- The presence of cigarette smells or unusual smells in clothes or in the breathing of the juvenile
- Intensive use of products such as mints or chewing gum that can be used to removed bad odours
- Coming home late frequently or going out early outside the control of the family
- The behaviour of consuming cash money quickly
How to Understand Substance Abuse?

4. Changes to be observed with regard to behavioural situation

• Negative process changes in the relationships between family members and friends
• Changes in emotional condition, and emotional instabilities
• Senseless laughing or crying behaviours
• Noisy, bad behaviours
• Unbalanced, stumbling behaviours such as coordination disorders
• Often introverted, silent, timid, having tired appearance and docile mood
How to Understand Substance Abuse?

5. *Situations to be observed involving the school*

- Frequent escape behaviour from school without reason
- Inattention to extracurricular activities, social and cultural activities
- Failure to fulfil school responsibilities
- Unexpected sudden drop in class notes
How to Understand Substance Abuse?

6. Situations related to home life and social environment

• Rapid shortening of drugs kept in medicine chest at home or used by family members

• Rapid depletion of cigarette packs kept at home, belonging to family elders

• The opening or use of the caps of alcohol bottles that are kept in the showcase at home for decorative purpose

• Lost of valuable belongings kept in the house
Proposal for -Preventive- communication with the adolescents

When should I talk?

• Beginning from young ages, you can talk your child about the harms of alcohol and substance abuse, and how they will protect themselves, during a chat or with occasion of a news you watched on TV etc.
Proposal for -Preventive- communication with the adolescents

How should I talk?

• Before you start talking, increase your knowledge from the right sources and inform them about the damages of addiction.

• Choose short, clear sentences.

• Include your child in the chat by asking him questions.

• Ask his opinion, what he feels and what he knows.

• Talk also when your family is all together as you talk to your child as mother and father and separately.
Proposal for -Preventive- communication with the adolescents

What Should I Tell Her?

• Explain that using drugs is a crime and what legal consequences it has.

• Talk about how he can answer someone if they offer him drugs, cigarettes, alcohol.
Proposal for -Preventive- communication with the adolescents

Knowing this saves lives

• Try to be a correct model for him for the issues; how to solve the problem without applying alcohol or drugs, how to deal with stress, how to be happy, how to have fun.

• Do not put more money ever on your child's pocket than what he can spend.

• Always be forgiving about the mistakes. Help him undertake his individual responsibility as much as possible by giving him the task of fixing his mistakes.

• Tell him about the harmful effects of the drug on our bodies.
Proposal for -Preventive- communication with the adolescents

• Make sure your child has an effort to spend their free time. Doing sports, playing instruments, feeding pets, hand skills, etc.

• Tell him that using drugs is a crime and what are the legal consequences (being sent into prison, fired from work, deprived of learning scholarship, losing his license, etc.).

• If you find out that your child is using or testing the substance despite all your efforts, share with him the regret and anxiety you feel sadness due to this matter.

• But emphasize that you still love him very much and that this will not affect your love for him.
Recommendations for the Risk of Substance Use

*How can I help?*

- Knowing that addiction is a serious brain disease and to understand the symptoms correctly constitute the most important step of treatment. It should be understood that follow-up of the physical, psychological and social changes of addicted person is required, and for this purpose, relationship of the addicted person and family must be strong.

- Instead of behaving like giving advice, exposure to criticism, accusations and have mercy, you should listen to carefully, give supportive messages, and try to communicate directly.
Recommendations for the Risk of Substance Use

• Accompanied with the treatment, providing psychological support to the addicted individual will be a positive contribution to the individual's recovery process.

• If the parent suspects that the child is addicted, he / she should tell the child that he / she should be interviewed about this matter with a specialist and persuade him / her to receive treatment.

• The treatment of the addicted person is a process that requires patience. During this time the environment, especially the parent, should always be with the individual and support it.
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

1. Risks related to friends group
   • Having friends using substance
   • The friend group approve the use of the substance
   • Commitment to a group of friends
Healthy Communication with the person who has the risk of substance abuse

**What should not be done?**

- To prohibit meeting with group of friends
- To defame friends, to humiliate
- Penalize an adolescent for continuing to meet with her friends

**What should be done?**

- Creating new social areas
- Increase the quality time spent with the adolescent (go to the cinema, go to the theatre, play chess, chat)
- Putting them into environments which will be alternative to group of friend (such as courses, hobby clubs)
- To increase domestic communication and evoke the sense of belonging
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

2. Family Related Risks

• Inconsistent messages given by the parents

• Week domestic communication (where mother says yes to what father saying no, just one person in the family being a rule maker)

• Having a quarrel and conflict environment in the family

• Parents' thoughts on substance use

• The parent's tolerance for the child's extreme behaviours or substance use

• Parents are inattentive to and uninformed about the child's life

• Inappropriate discipline or no discipline being exerted in the family
Healthy Communication with the person who has the risk of substance abuse

What not to do?

• Turning a blind eye to the existing problem
• Breaking communication
• Saying "I do not change, he is the one to change"
• To provide an environment where there is no rule
• Never intervene in his/her life for the sake of freedom
Healthy Communication with the person who has the risk of substance abuse

What to do?

• Take initiatives to increase communication

• Putting certain rules in the family

• To have information about the child's interests and to have joint sharing with him in these interests

• Ensuring that they have healthy information about the use of substance or alcohol, avoiding incentive speeches which might be talked unwittingly

• To provide consistent messages, to have consensus about the rules of parents, and about their implementation

• Not to blame, criticize, judge or advise your adolescent child
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

3. Risks Related to the Person

• Being dissuaded easily
• Being introverted
• Not being able to express his/her ideas clearly
• Having difficulty coping with negative emotions (anxiety, anger, fear, loneliness, frustration, hopelessness, etc.)
• Failure in school performance, repetition of class, absenteeism, fail the class
• Presence of impulsivity and hyperactivity
• In the past or now, the child has such behaviours as leaving the house, escaping from school, causing fire, giving harm to animals, etc.
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

What not to do?

• Accusing

• Criticizing his/her personality

• Comparing with peers

• Use inappropriate penalties and methods
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

What to do?

• Give small responsibilities that will increase self-confidence

• Supporting his/he positive aspects and behaviour

• Helping to demonstrate his/her self-sufficiency

• Increase the time spent with the family

• Make him/her realize that he/she is an individual in the family, to take his/her ideas for the decisions to be taken, and implement them

• Identification of domestic rules and enforcement of specified sanctions upon violation of them

• Creating the environments where you can chat with your juvenile in order for your child to be close to you / to feel intimacy for you

• Getting professional help
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

4. BIOLOGICAL RISKS

• The use of substance by one member of the family
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

What not to do?

- Do not use while accompanying him/her
- Thoughts about their favourableness should not be shared
- Their usage should not be favoured
- Should not be misinformed about substances and their effects

What to do?

- Since the presence of this risk will increase the risks for other areas, improvement in the risky areas will also reduce the risk in this area.
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

5. Social Risks

• To reside in a neighbourhood where the possibility to reach the substance is high
Healthy Communication with the person who has the risk of substance abuse

Appropriate interventions for risk groups

What not to do?
• Turn a blind eye to the presence of this risk

What to do?
• To change the environment if the adolescent too approves it
• Increase the time spent with the juvenile
• Increasing living activities
• Encourage them to be in supportive environments
Treatment Process and Suggestions Thereafter

In the course of treatment...

• The family should approach the issue carefully and calmly. Information about the institutions, from which advice and help can be received, is to be collected, and the juvenile should be supported and courage to have treatment. Families who are experiencing this problem should not use definitely such methods as punishment, oppression, threat etc. These approaches will cause the problem to proceed further.

• Instead of blaming the juvenile, the parents should listen to him/her and make him/her be aware of what negative effects the substance shall have on his/her life. Family should also not label him, should avoid debate with him, not resort to violence, and accept him as he is.
Treatment Process and Suggestions Thereafter

• Is there strong anxiety, mental stress and any trouble to cope with due to substance / alcohol use: Apply to the nearest emergency room of the hospital around you.

• Are you experiencing physical problems due to substance / alcohol use: consult your family physician or the general psychiatric unit of your nearest hospital for general medical evaluation.

• Do you suspect that your child / relatives are using drugs: consult specialist psychologists by calling YEDAM Counselling Hotline 444 79 75.

• Has your child begun to harm himself / herself or his environment because of substance / alcohol use: consult the psychiatric departments of the hospitals.
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