**DRUG OVERPLAY**

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Drug addict is a disease. It comes in a process—use, misuse and abuse.

The pattern of drug abuse follows.

Early Phase: In this phase, the person is preoccupied with thoughts of drugs. He or she is always thinking about “when to take drugs” and “how to buy drugs.” When anyone talks about drugs, the addict feels guilty and moves away. The addict does many things while under the influence of drugs. Later he or she forgets all that was done under the influence of drugs.

Middle Phase: The addict keeps giving reasons for taking drugs or lies to defend himself or herself and to hide the habit. The addict may stop taking drugs for a period of time thinking it is not difficult to give up the habit.

Chronic Phase: The addict keeps stocks of drugs because he is afraid to be without them. He or she does not care anymore about what others think when it comes to his or her drug use. He or she experiences severe withdrawal symptoms. Violence, quarreling, and unpleasantness become a regular feature of his or her life. The drug addict becomes a loner. Confined Area for Treatment: The outpatient treatment method is not effective; treatment in a confined area is the most effective; if addicts are in a continued disciplined life without drug abuse, drug abuse stops in confined area. Treatment: Patients should be willing to participate, and treatment should be realistic and within the clients’ reach; it should include motivation, detoxification, followup, morning meetings, Narcotics Anonymous meetings, personal counseling, family counseling, group therapy, occupational therapy, skills training, recreational therapy, Families Anonymous meetings, a religious program, monitoring of clients’ progress, and a home visit after release. Rehabilitation Treatment: A vital part of treatment is the mental and spiritual power of development. Rehabilitation and recovery are interrelated; as a result, they bring about positive changes in the patient’s behavior and attitude. If rehabilitation and recovery are involved in the client’s occupational life and are developed in a disciplined manner, the possibility of relapse may be very low. To establish recovery and sustain it in the long run, research and innovative programs will be helpful for drug addicts. The following are points to consider when developing a program: • In order to adjust to normal living, addicts should maintain a daily discipline of work.

• Addicts were neglected by society earlier in life so positive behavior from family and society are valued.

• Addicts should give up false beliefs and negative attitudes.

• To be protected from old drug-addicted friends for relapse, addicts should maintain a positive concept/feedback to avoid future relapse. Addicts should be involved in their occupational/professional life. In some cases, skills training is needed to make them capable, and support needs to be given to help them maintain their self-sufficiency.

Factors for drug consumption may be many.

Family

Depression

Business

Mischeives friends etc

**Rearch papers:**

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4476010/