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## REHAB

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

Madde Bağımlısı Yetişkinlerin ve Ailelerinin  
Rehabilitasyonu ve Topluma Yeniden  
Kazandırılması Projesi



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# What to Know about Substance Addiction and Ways of Protection

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# Content

- *Risk Factors*
- *Characteristics of Addicted Persons*
- *Reasons for substance addiction*
- *Methods for Protection from addiction*



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# Risk Factors



Risk factors observed commonly in  
starting to use substance:

Individual  
factors

Peer Factor

Family Factor

School Factor

Environmental  
Factors





# Risk Factors

- 1. Individual factors:

- Adolescence perception and the adaptation process
- Perception for substance use
- Problems with life skills
- Aggressiveness, negative mood, shyness or impulsivity





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# Risk Factors



## • 2. Peer Factor

- Peer factor is important in turning towards abnormal behaviours.
- Peer factor functions significantly in starting, obtaining, continuing actions and so on.
- A leaning towards use of drugs in the group of friends makes it easier to turn to this kind of behaviours.





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# Risk Factors



## • 3. Family Factor

- Presence of various traumas
- Inadequacy of family control
- Presence of substance use in the family
- Not to create appropriate boundaries for the child
- Neglect and abuse against the child





## Risk Factors

### 4. School Factor

- Weak school tie and attitude, negative classroom behaviour
- Increased incidents of escaping from school
- School administrators unable to prevent networks that are composed of abusers
- Failure to take disciplinary measures





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# Risk Factors



## • 5. Environmental Factors

- Social attitude toward substances, addiction and addict
- Legislation and applicability
- Perception that accessibility is easy
- Local administrations and disinvestments
- Poverty and unemployment



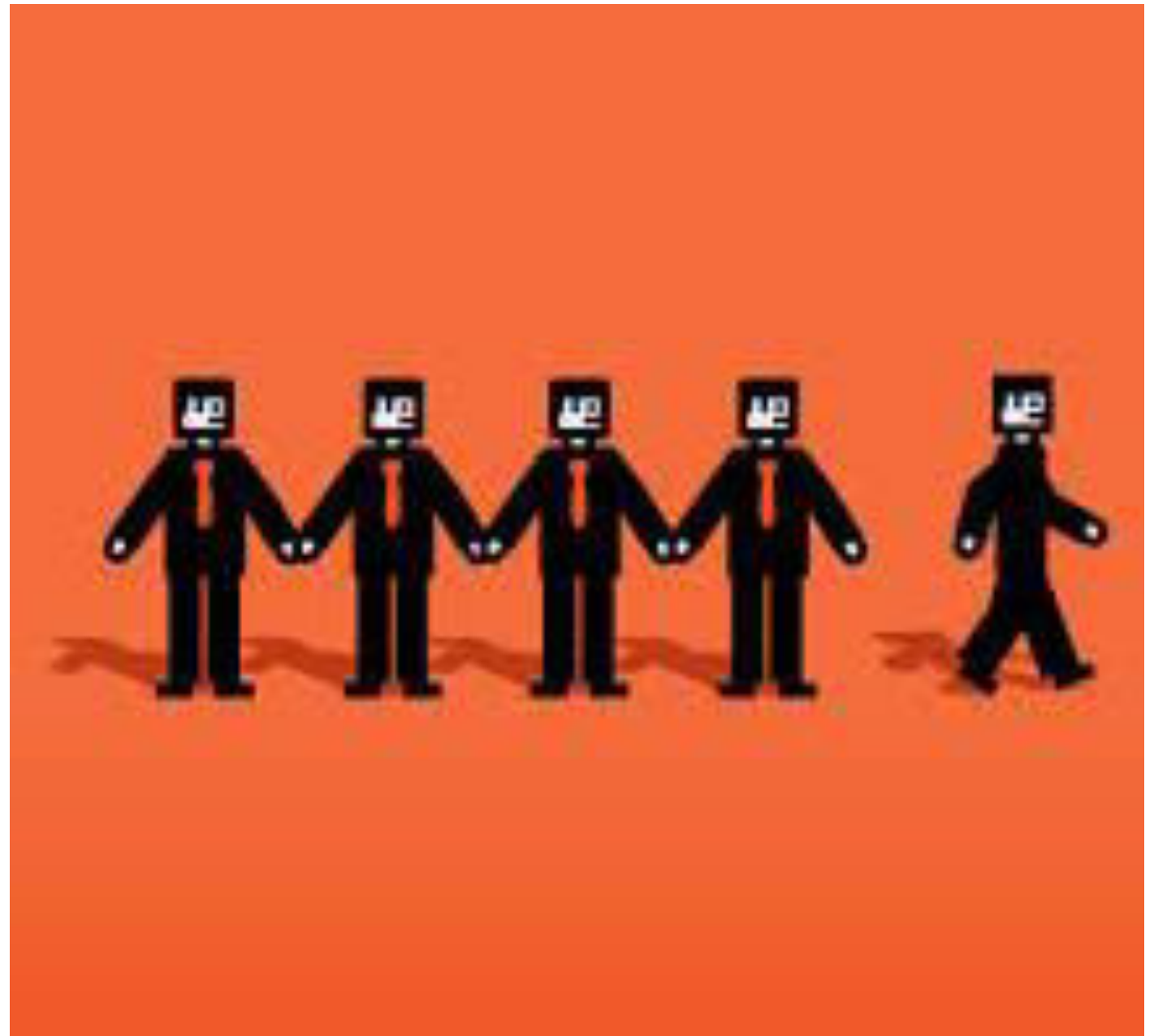


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# Risk Factors

- The risk of being substance abuser is based on the relationships of aberrant behaviours and protective factors (**family support**).
- Impact potential of certain risk and protective factors vary with the age. For example, while the risk factors that are present in the family are more likely to affect on the younger child, the relationship with the substance user peers is a stronger risk factor for adolescents.





# Risk Factors

- Early interventions to be exercised against risk factors such as arranging life style of the child in a way to clear him of the certain problems and to direct him to positive behaviors (**aggressive behavior and difficulty in self-control**), are more effective than late interventions.
- The effect of risk and protection factors may vary by age, gender, culture and environment.







Methods for protection from substance addiction comprise all kinds of substances including legally used substances (cigarettes, alcohol) used in early ages, illegal substances (cannabis, heroin), legally available but not properly used substances (volatile substances), prescription drugs, and drugs sold without prescription.







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- **In the local community** it should be oriented to existing substance problem, should aim at changing the replaceable risk factors and strengthen the identified protection factors.
- Protection programs should be tailored distinctively to address population-specific risks such as age, sex, ethnicity.



## Risk Factors

- **Family-based protection programs** involve parental skills, developing family policies on substance use, discussion and empowerment of policies; information and training on the substance, and strengthening of family ties.



## Risk Factors

- Family ties should be supported by the parents of the children, skills training on parents-child communication and parental relationships must be provided.



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# Protective Factors

- The following issues are found in the researches as the protective factors for substance addiction:
- 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







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- Parents being interested in the lives of their children,
- Success in school; a strong bond established with institutions such as schools, clubs,
- Correct information on drug use





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# Reasons for Substance Addiction



- **Pharmacological and Physiological Properties of the Drug**
- Substance has been continued to be taken because of such feelings; contraction of the body with an intensive sense of pleasure, joy, feeling of sweet relaxation, apathy, vitality, megalomania, and in order to avoid deprivation symptoms that emerge when these substance are not taken.





- **Personality traits**

- To date, no specific personality type has been suggested for drug addiction.
- Substance addiction can develop in all people, from persons in normal psychological conditions to those persons with mental disorder.
- However, in general, substance abusers are those whose inner strains are high and whose lives are not satisfactory to them.







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- Those who could not find satisfaction for the needs of love, safety, respect and self actualization use drugs or stimulants, and feel that they reach the satisfaction by this means, and feel themselves very strong.
- For this reason, they may become addicted by taking these substance again.





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- **Social environment, interactions and friendship relationships:**

- The social circle of the person, friend's group is the conditioning factor in the continuity of behavior, in the search and use of the substance.
- If the person can only enter the group of friends by taking the substance, then he has to comply with the rules of such a group.





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# How does addiction develop?

Maybe I can  
use it

Fear and  
curiosity

Nothing  
happens for  
once

Never again

I never  
become  
addicted

I quit it, if I  
wish

I quitted it,  
never to  
start again



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# For the addicted persons;

- Self-respect is diminished.
- Self control becomes weak.
- Humanitarian principles and values begin to disappear.
- Dreams and expectation for the future are destroyed.







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# For the addicted persons;

- The materials used destroy the body's defense mechanism and wear down the immune system.
- Risk for contracting many fatal illnesses increases such as AIDS, syphilis, tuberculosis, hepatitis B and hepatitis C, cancer, and gangrene.





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# For the addicted persons;

- Depletes his existing money first to purchase the substance.
- He begins to steal the precious possessions and the money of the people around him.
- In order to provide more money, gets involved in the crimes such as theft, extortion, pickpocketing etc.
- When he commits a crime, he gets caught and lose his freedom.
- Because of the damage that the substance has caused to his body, he will lose his health and ultimately his life.





Money spent on the substance used by the addict

Money spent on the treatment of addict

The negative impact that the presence of a addict member in the family has on other family members

## Impact of Substance Abuse on Social Life



Aside from the money spent to obtain substance, the expenses made to solve health and social problems with the addict faces, and the burden laid on the family due to unemployment of the addict in his productive age

Being influenced by social relations is quite evident in addicted family.

Deterioration in social relations includes relations with relatives, environment and friends.



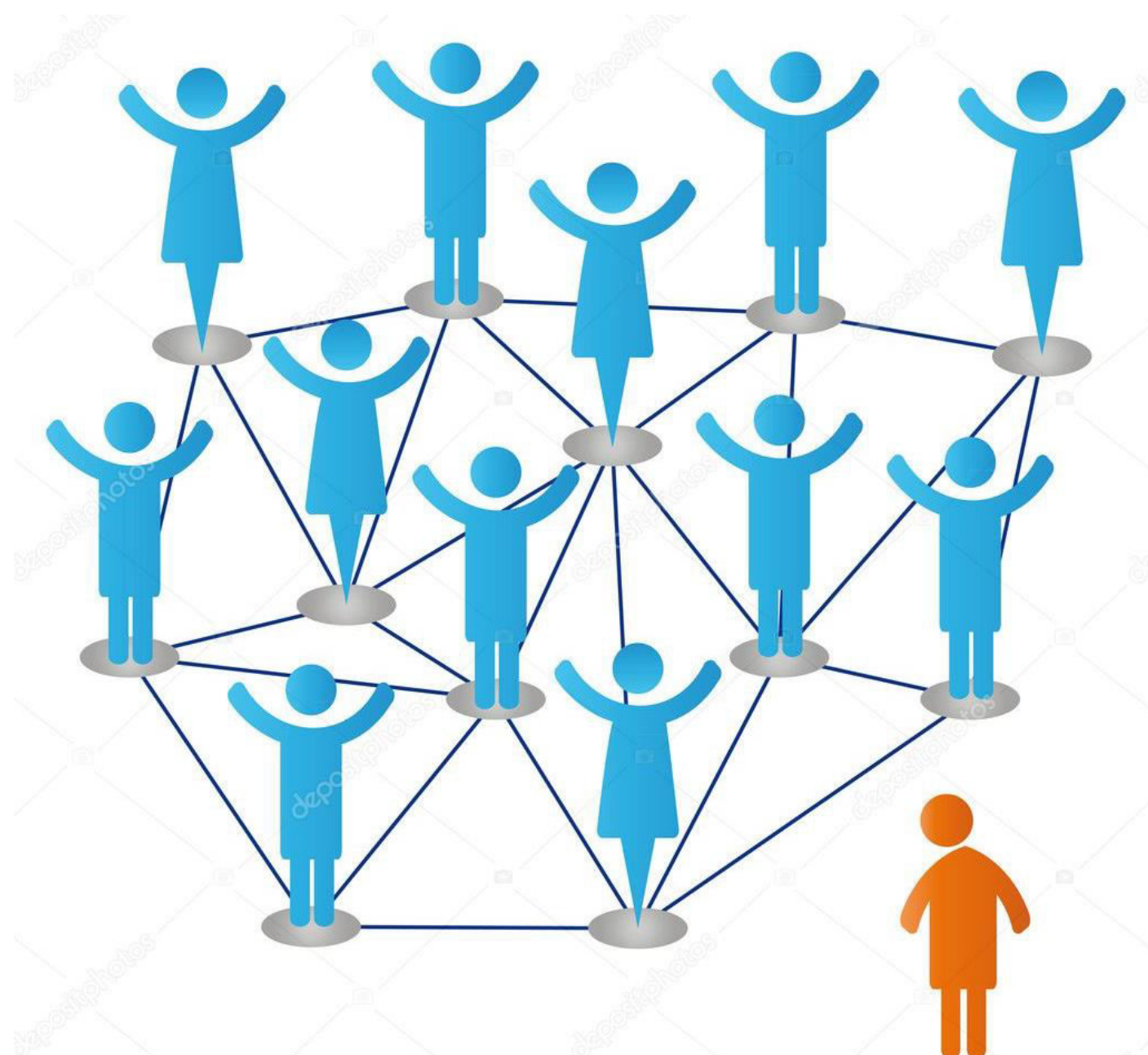


The social life of the family is also adversely affected. The reasons for this can be explained as follows;

- Addiction is not a form of socially acceptable behaviour.
- The presence of an addict is perceived as an embarrassing event for the family and has a tendency to hide from the community.



- Presence of addicted person and sharing problems caused by him with others, draws the family away from the community due to these reasons.
- The presence of an addict disturbs the order of the family, and the family, due to its inner troubles, faces difficulty to fulfill its expected functions.





## Protective Factors against Addiction Risk

- The personality structure of the person who is at risk of being addicted is resistive
- Family members are not using substance
- Family members are the right model for substance use and give the right messages



## Protective Factors against Addiction Risk

- Establishing positive and healthy communication among family members
- Parent's interest in their children's problems, recognizance of their friends' surroundings
- Self-respect is strong
- Having the ability to cope with anxiety





## Protective Factors against Addiction Risk

- To value social norms
- Friends group does not use substance
- Having goals for the future
- Participation in school activities, are among the protective factors.



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HOW SHOULD WE PROTECT  
FROM SUBSTANCE ADDICTION?



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# How should we be protected from addiction?

- Life skills must be developed
- Self-knowledge
- Anger management





# How should we be protected from addiction?

- Skills for coping with the stress
- Communication
- The capability to say “No!”
- Problem solving skills







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# Phrases of «No»

- No thanks.
- No, not for me.
- No, my friend, thanks. No, I'm fine.





# Phrases of «No»

- If my parents were to see me it in this situation, they would really be very upset.
- I don't love its impact on the human.
- No, I'm trying to stay healthy.



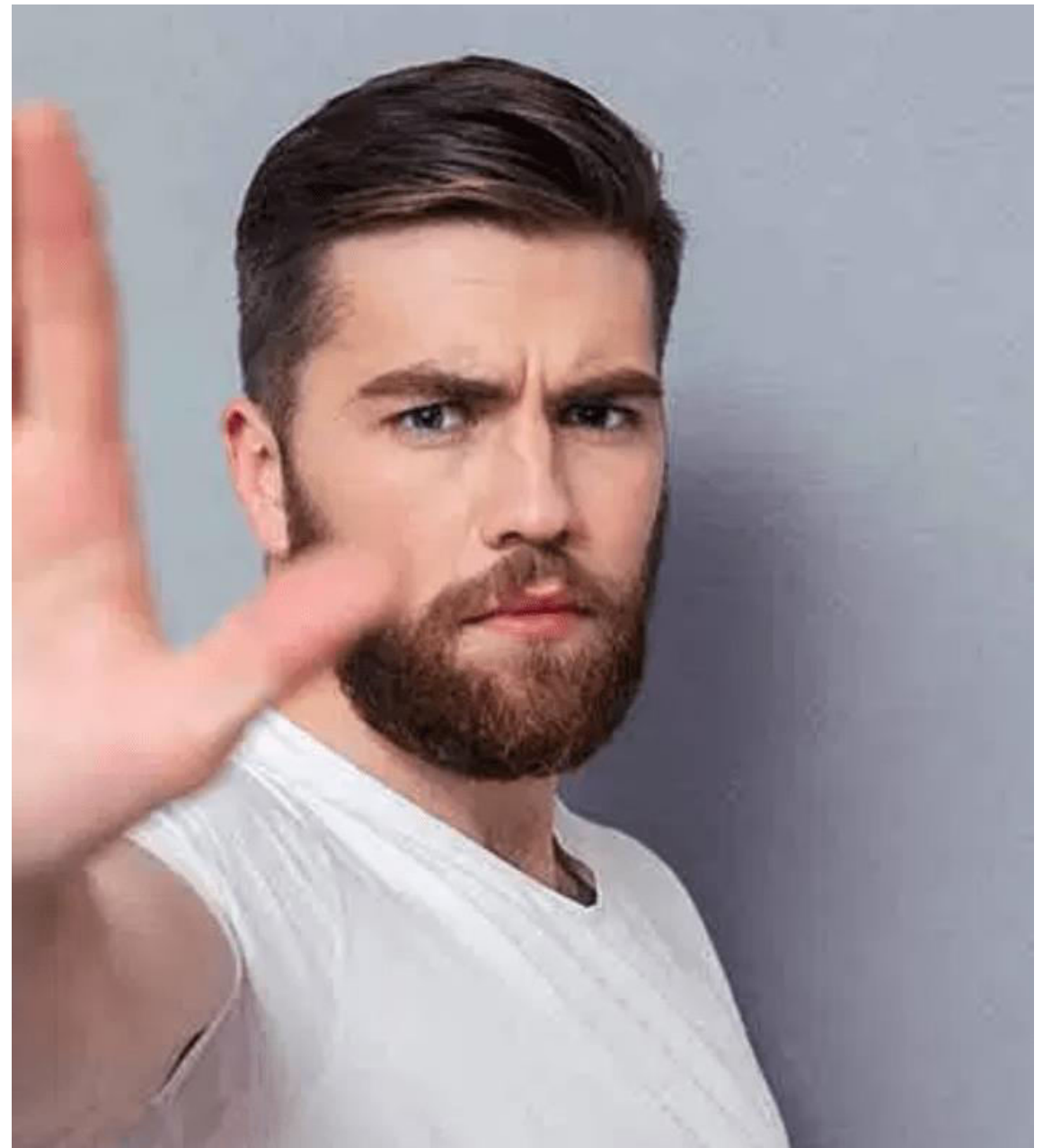


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# Phrases of «No»

- I'm a sportsman, I can not do things like that.
- No, thank you, I have to go home.
- No, I'm going to the school. I do not want to risk it.
- I can't. I can not cut the corners.





- Avoid to blame and judge yourself.
- Do not give up communicating, do not surrender.
- Stay in touch with the people who stays by you and feel that you may help when support needed.







- Do not make threat sentences.
- Do not trust what everybody says around you.
- Do not forget that you are responsible for the problems you experience as a result of substance use.





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- Get information support from people you trust.
- Take care to participate in information seminars on substance use.
- Do not forget that there is no justification to use substance.





- Keep your feelings of anger and the likes under control against the people around you.
- Approach them in realistic manner rather than emotional.
- Admit that substance abuse is a medical illness.





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- Get support from an expert.
- Try to be calm and patient.
- Give him time.





- Keep in mind that it is a crime to keep substance.
- Do not forget to protect yourself.
- Do not be alone so much with your friend who is addicted to drugs.



A person is holding a rectangular cardboard box in front of their face. The box has a simple smiley face drawn on it, consisting of two small black circles for eyes and a wide, curved black line for a mouth. The person is wearing a yellow jacket over a dark green shirt. The background is a light-colored wall with vertical wooden planks.

**Do not forget! Being free is in your  
own power...**



# Resources

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