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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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WAYS OF ADDICTION PREVENTION

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DUTIES OF FAMILIES

In order to preclude substance abuse there are duties on family's part. As a mother and father, if you don't want your child become substance abuser...



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Make speeches with your
child.





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Mother and father should
be the model



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Boredom and
despondency of the
parents can not be a cause
for substance abuse.



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Pocket money should not be given more than your child need and more than which they will spend





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Provide the child to see
his/her responsibility
and fault





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Leisure time activities



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When should you talk?

- During conversation
- Remind and warning





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- Information which are obtained from true sources
- Short, concise and net messages
- Questions addressed to the child
- Emphasising the opinions, emotions and wishes





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- Mother and father may talk with the child alone or together.
- Substance abuse= Being put in prison, dismissal from job, seizure of driving licence must be discussed.





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Strong family ties to be
established
With the child





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What must be done to create strong family ties?

- Regular conversation
- Asking for opinion and regarding them
- Listening the child without judging and questioning





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- Sufficient time with the child
- Talking about the trouble of the child
- Make the child feel himself/herself good



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- To explain harmful substances to the child.
- To become right exemplar
- How is right problem solving? How to become happy?





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Limits of the Child??????

- Knowing the limits=need=obligation
- Appropriateness to the age and psychological development
- The limits, being net and clearly understandable
- What the rules include, what must be done?
- Consistency in the rules



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Peer pressure

- Under peer pressure, the individual is compelled by other or others to do something
- Ability to say «no»
- Opportunity to easily express it in the family environment





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against peer pressure *

- To make him share under the pressure of the child
- To ensure awareness of the behaviours





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*** against peer pressure ****

- Make the child to plan for the life
- Virtuous of saying No – its significance





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How the substance should be talked?



- ❖ Giving information when required, question, answer and discussion
- ❖ Sharing consequences of usage and provide information about it
- ❖ Show respect to the privacy
- ❖ Strengthening social support mechanisms



Risk Factors

- ☐ Existence of psychopathology and substance abuse in the family
- ☐ Type of peripheral upbringing
- ☐ The problem of domestic attachment
- ☐ Insufficiency in social skills
- ☐ Approval of addiction by social environment



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Protective Factors

- Positive and strong family ties
- Using of follow-up mechanism by mother – father in good manner in connection with their child and to know that with whom the child has relationship
- Ensuring that domestic rules are valid for everyone and exercised clearly
- Ensuring that information and conscious-raising are correct and complete
- Healthy communication between parents-child



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Activities for Preventing Addiction and Protection Types

- 1. Informing**
- 2. Training**
- 3. Social Works**



1.INFORMING

- It is the most frequently used method
- Warning the individual against dangers of the substance
- Make them acquire negative viewpoint against substance abuse
- Make them fear from substance abuse



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Apart from these;

- Inform people about the effects and consequences of substance abuse,
- Satisfy the curiosity,
- Rehabilitate wrong beliefs
- Removing negative attitude against the peoples who use substance.



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2. EDUCATION

- Informing in other course contents
- To be included into the scope of health training





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- Aiding the individual to gain self confidence,
- Aiding them to acquire social skill,
- Aiding them to acquire the skills of decision making and problem solving





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3.SOCIAL WORKS

Target mass society:

- Informing the public and training
- Developing a value in the public against substance
- Establishing advice centres





Apart from these;

- Provide support for private organisation for their social responsibility project,
- Acquiring the support of nongovernmental organisations, establishing institutions and organisations which provide assistance and caring services,
- Developing alternative activities to intended to prevent addiction



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The individuals to reach when developing Social Fight Program

- **Social Leaders:** Media representative, politicians, sportsmen, artists
- **Advocates:** individuals who are activist in the preventive and protective works for addiction for the stake of their duty (psychological counsellor, social service specialist, physician, lawyer, teacher etc.)



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- **Volunteers:** The individuals who will give of themselves in protection of and prevention from the addiction and who will work with all of their powers are always needed.



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