



### REHAB

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

Madde Bağımlısı Yetişkinlerin ve Ailelerinin Rehabilitasyonu ve Topluma Yeniden Kazandırılması Projesi





# WAYS OF ADDICTION PREVENTION

Psychological counsellor, Mehmet ATASAYAR





# 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...







Make speeches with your child.









# Mother and father should be the model







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







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







Provide the child to see his/her responsibility and fault









## Leisure time activities





## When should you talk?

- > During conversation
- Remind and warning









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





• 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.







Strong family ties to be established
With the child









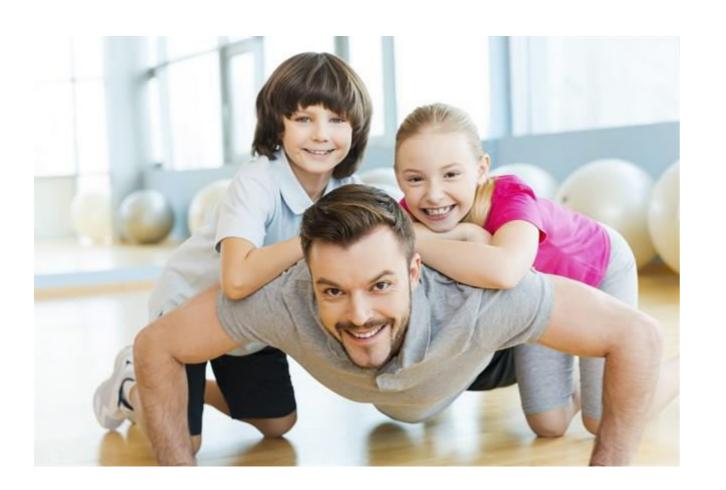
# What must be done to create strong family ties?

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









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





- To explain harmful substances to the child.
- To become right exemplar

How is right problem solving? How to

become happy?







## Limits of the Child?????

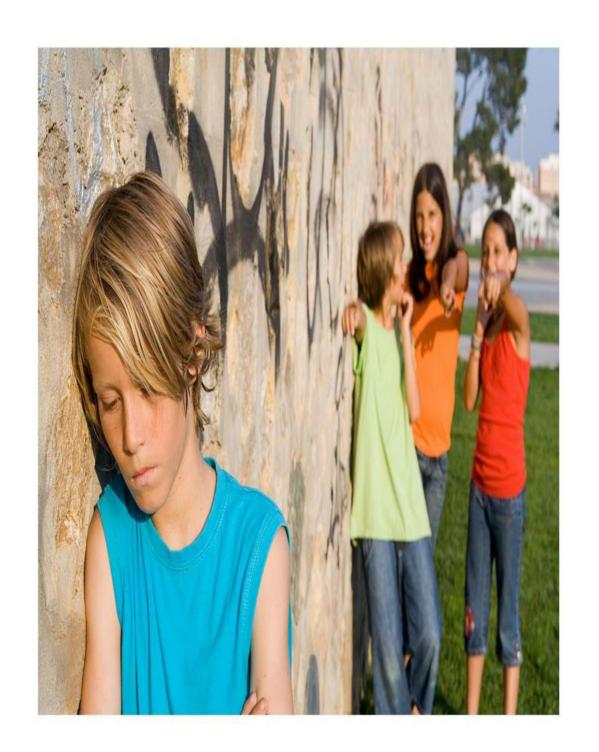
- Knowing the limits=need=obligation
- Appropriateness to the age and psychological development
- The limits, being net and clearly understandable
- What the rules include, what must be done?
- Consistency in the rules





## 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







## \*\*\*against peer pressure \*\*\*\*

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







## \*\*\* against peer pressure \*\*\*\*

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









### How the substance should be talked?



- ❖Giving information when required, question, answer and discussion
- ❖Sharing consequences of usage and provide information abut 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





## **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





# 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





## **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.





## 2. EDUCATION

Informing in other course contents

 To be included into the scope of health training







- 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







## 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





# 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.)





•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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