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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 to Reduce or Stop Substance Abuse**

**Assoc. Prof. Dr. Ali Haydar ŞAR**



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# Addiction



- **Habit or mental addiction**
- **getting accustomed to using a pleasure-inducing substance,**
- **desire it when it is absent,**
- **being tired of its deprivation, feeling strain and anxiety**



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# Addiction



Captivity or physical addiction is the attachment condition beyond getting accustomed to pleasure-inducing substance.

## With absence of material

- ❖ Sweating
- ❖ Shivering
- ❖ Contraction
- ❖ Becoming tensed up
- ❖ Vomiting are observed.



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## *Addictive Substance are;*



Chemicals that affect brain functions or whole bodily structures, cause permanent damages in organ systems over time, create mental and behavioural problems, not required for the life, produce natural or artificial fake wellbeing condition.

After a substance is used, the shorter time and the more severe manner it creates fake wellbeing condition, the greater is its power of creating addiction.





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*According to DSM-V criteria, at least three of the following indications are sufficient for the individual to be identified as substance addict.*



- ☐ A tolerance has been developed against the addictive substance over the past year.
- ☐ Taking substance or similar products for showing deprivation symptoms and quitting it.
- ☐ Use substance in high doses and long periods more than what one thinks.
- ☐ To be in continuous struggle to quit use of substance or to get it under control.



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*DSM-V criteria ...*

- ☐ Spend a lot of time to find, use and get over its effects.
- ☐ Reduce in social, professional and leisure time activities or abandon these activities due to the use of the material.
- ☐ To continue to use the substance despite the presence of physical or psychological problems due to the substance used.





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## *Who are Target Group?*







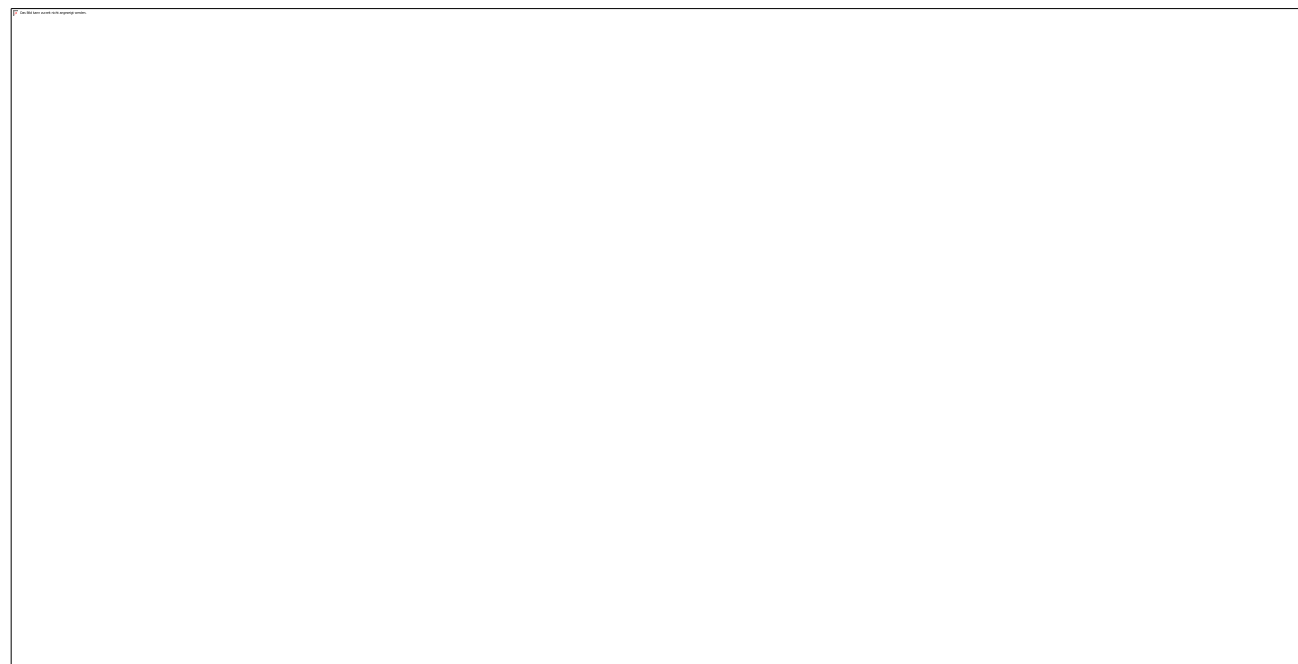
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## *Why The Youth ...*

Target group in drug marketing are the youth between 15-25 years of age.

The factors that makes one head for substance may result from rapid individual and mental change, genetic reasons and intelligence, as well as wrong education, insufficient love and compassion.





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## *Why The Youth ...*

- What induce young people towards risky situations=challenging
- Sense of responsibility has not yet developed as compared to the adults.
- As it is important for them to influence the environment, it is very important to belong to a group as if proving oneself, and to feel that it is useful.
- Young is easily affected by the environment and can react quickly.
- He is ready for risky behaviour without worrying about bad outcomes.
- Moreover, those who market illegal substances try to go all lengths to become attractive to them.



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## ***Why The Youth ...***

**Especially during transition from childhood to adolescence, where the identity seek is intense; making friends, being accepted by the group, they can get into the wrong environment for reasons such as self-actualisation, and they can be exposed intensively to risks such as meeting with and taking a try at addictive substances.**

**Families should increase young's resistance to wrong oppressions to be received from their peers, through encouraging young people's personal development and strengthening their individual abilities, knowing that puberty and teenage years are a very vulnerable period to be particularly affected by friend behaviour.**

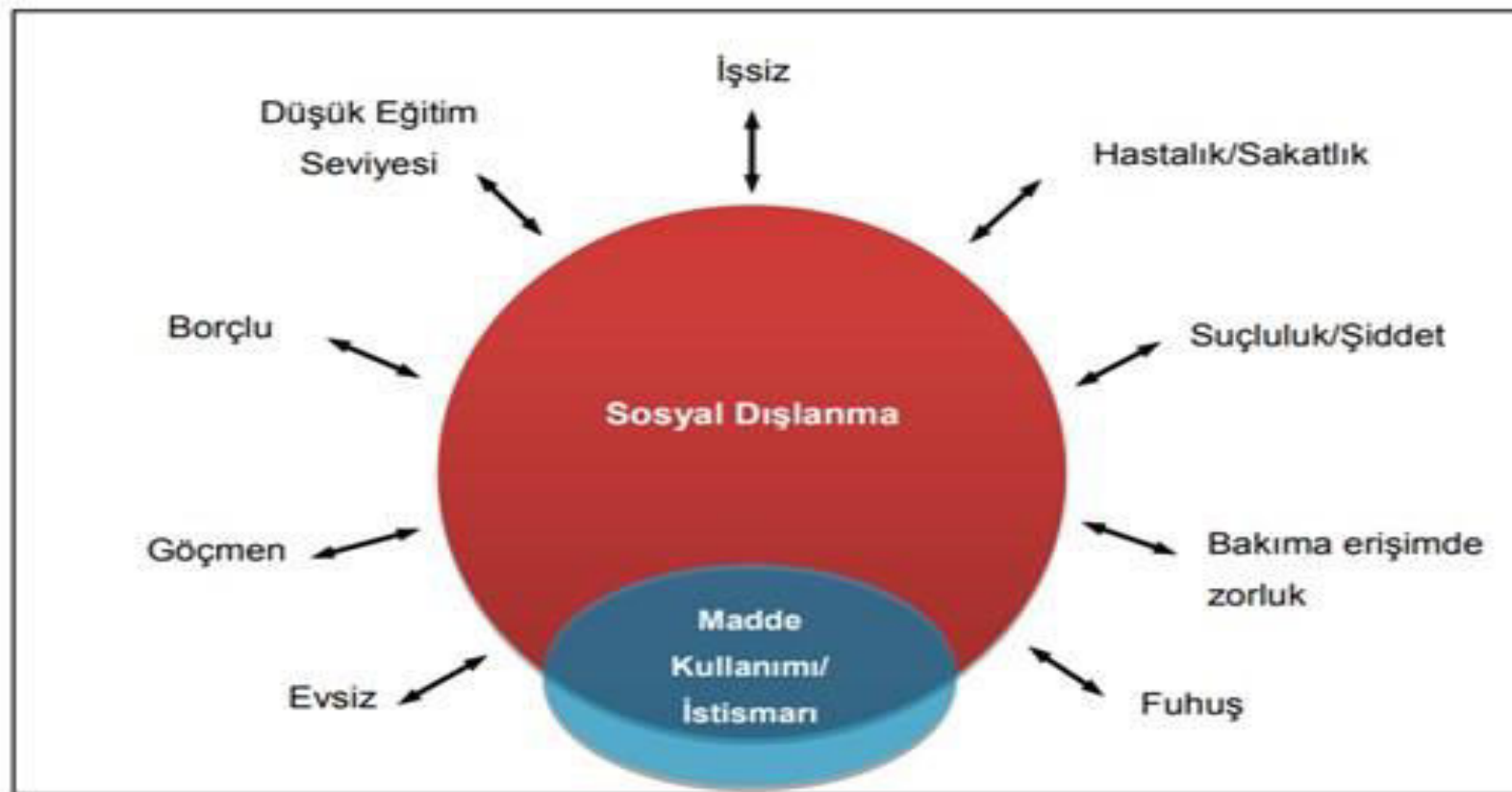


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## REASONS FOR ADDICTION

Şekil 8-1: Sosyal Dışlanma ve Madde Kullanımı Arasındaki İlişki



Kaynak: EMCDDA; <http://ar2003.emcdda.europa.eu/en/page073-en.html>





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## *Reasons for Substance Addiction*

### *1. Having a Vulnerable and Weak Personality Structure and Avoiding anxiety*



**Self-confidence of the addicts are often poor and they are anxious, they fear from the hardships which life brings, and want to escape from them. The anxiety-relieving nature of Alcohol and Drugs leads to their usage as a "means of support" for those who escape from difficulties of life. Temporary "asylum environments" created by alcohol and drugs, and the temporary relief they give, first give rise to habituation for the users, and then addiction or captivity**



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## *Reasons for Substance Addiction*

### *2. Being External-Controlled Rather Than Internal-Controlled*

**The people with internal control behave more autonomous and are able to assume the responsibility of their own actions.**

**The people with external control can be considered as more likely to become addict as compared to those with internal control.**





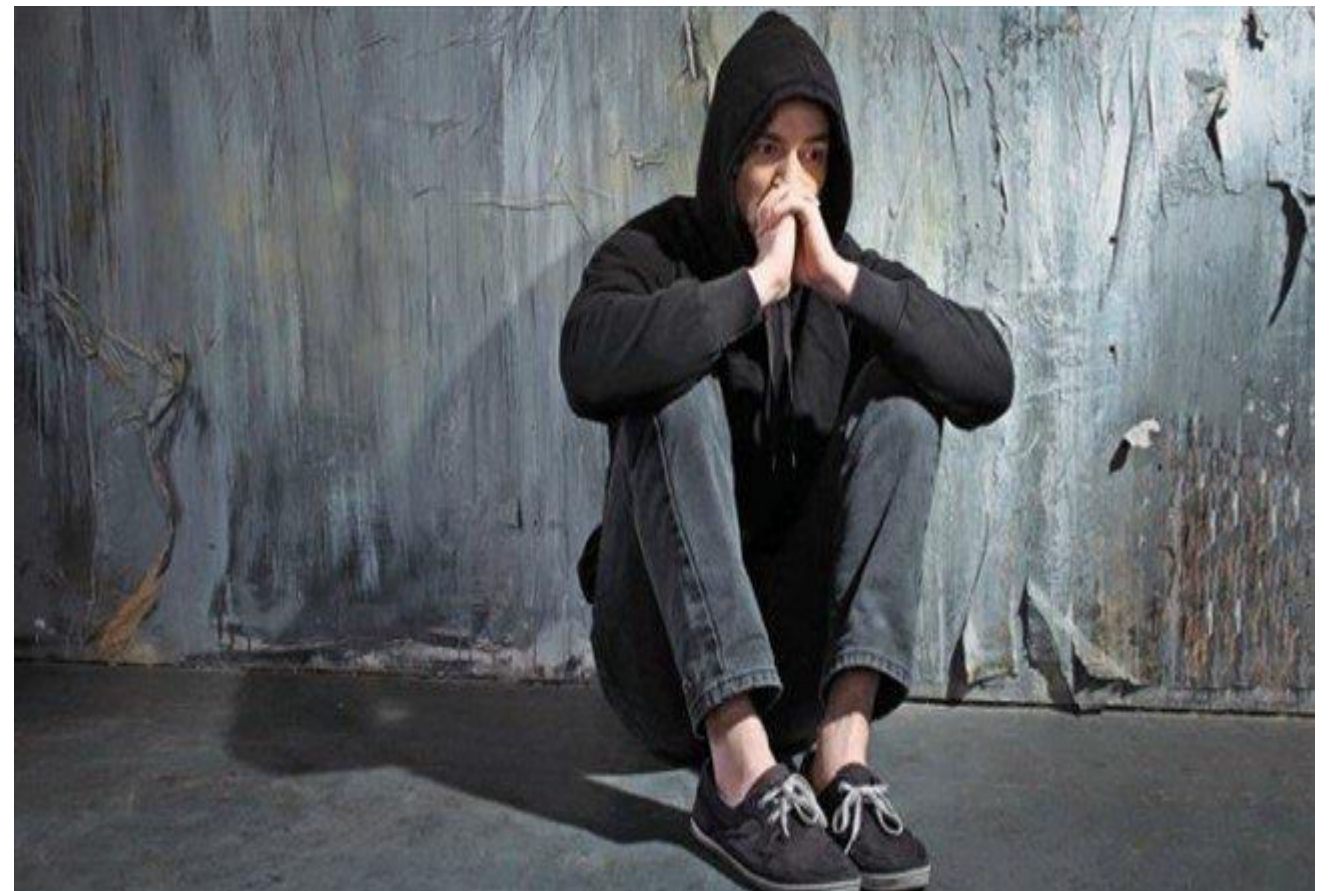
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## *Reasons for Substance Addiction*

### *3. Feeling himself worthless*

**To perceive oneself worthless and as a person with inadequate traits is the another personality characteristic observed in young people who are prone to addiction to alcohol and substance.**





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## ***Reasons for Substance Addiction***

### ***4. Being Emotionally Immature***

**Young people who have grown up as an unwanted child and rejected by their parents during their childhood, have not get love and tolerance from their mother and father can try to satisfy their unsaturated and unsatisfied feelings with alcohol and drugs.**







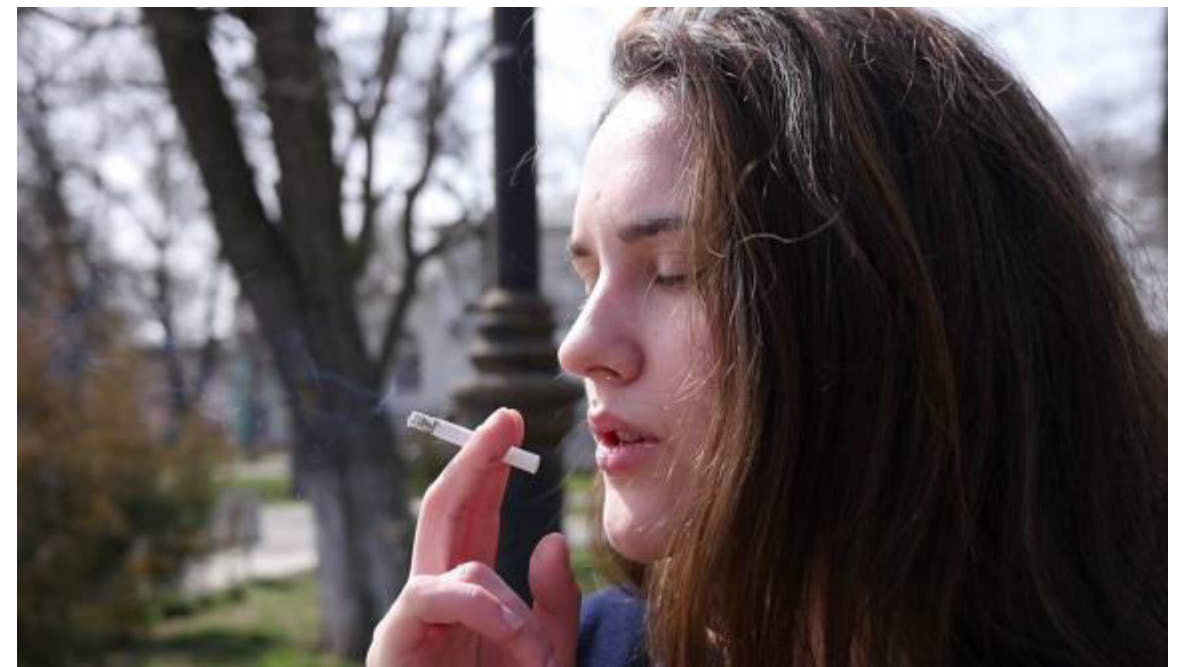
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## *Reasons for Substance Addiction*

### *5. Inclination Toward Pleasure*

One of the personal qualities that can be seen in substance addicts is to be enthusiastic about the change and to be inclined to the pleasure. To experience new excitements both physically and emotionally, and the desire to get pleasure even if in a short period of time may be the reason for the individual to get into the fake magic of the drug.





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## *Reasons for Substance Addiction*

### *6. Circle of Friends Who have Bad Habits*

**Young people who live in environments where alcohol and other drugs are used and who have friends using these substances can try these substances and develop addiction because of their temptation**





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## *Addiction Cycle ...*







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## *Symptoms That Might Come out at School ...*

### Madde Kullanımının İşaretleri Okulla ilgili

- Okula ilginin azalması
- Olumsuz tutumlar
- Başarının düşmesi
- Devamın azalması
- Okulu kırma
- Disiplin sorunları







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## PREVENTION OF THE USE OF ADDICTIVE SUBSTANCES





## 1. Reducing the supply

Those are the methods which security forces conducts under duty and responsibility granted by the legislation.

Our country's success in picking up is observed obviously as compared o European States. Success in these operations is achieved through help of the citizens.





## 2. Reducing the Demand

The thing to do is convincing. Focus point of demand reducing is to burn destructive effects of drug use into the minds of young. The training to be given early is of great importance. In this task, family, schools, non-governmental organisations and media should assume great duties.

In this struggle, in order to gain support and participation of large masses, benefiting from the names who are loved and appreciated by the society will provide positive results.







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## *Significance of Education in the Struggle for Substance Addiction*







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## *Significance of Education in the Struggle for Substance Addiction...*

Substance use and addiction is a social phenomenon. The basic reasons can be various. It is absolutely not possible to control substance use and addiction through only safety precaution. **Struggle with substance addiction is not only the duty of government and non-governmental organisations but our own duty as the society.**





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## *Significance of Education in the Struggle for Substance Addiction ...*

Things to do; substance use must be discussed in right platform and be submitted to the society deliberately. It should be assured that “right message” is given in the campaign and project targeted for risk groups. It is not sufficient to say only “No, Don’t do that”. It must be highlighted for all the users that substance use is not courage-bravery, quite contrary its the result of impotence and lack of education.





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## *Educational and psychological methods used in the struggle with substance use*

### ***1. Deterrence:***

To make user give up by explaining the damages of the substance.

### ***2. Giving Information:***

Training the youngsters by teaching them the effects which substance will create

### ***3. Strengthening His Personality:***

Providing the youngster with self-confidence and making him overcome his personal problems.



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*Educational and psychological methods used in the struggle with substance use*

**4. *Improving Social Skills*:** Ensuring that free times are spent with appropriate skills and making him learn to establish good communication with others.

**5. *Causing him to adopt an Anti-Drug Attitude*:** To change the false beliefs, values and attitudes of individuals replacing them with appropriate beliefs, values, attitudes.







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## Methods that families can develop to prevent substance use



- **Growing children with love and compassion**
  - **Consistent and fair discipline**
- **To provide opportunity and environment for expressing thoughts and feelings**



## Methods that families can develop to prevent substance use

- Make use of the opportunities for making them adopt positive experiences in school and at home
- A consistent family atmosphere
- Tolerance to the mistakes of young people
- Keeping a close watch on the friends circles of children and young people
- Support them to develop hobbies such as sports, literature, working in voluntary organisations





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## **FIGHT AGAINST SUBSTANCES THAT CAUSE HABITUATION AND ADDICITON**

### ***Social Duties***



**Print media and broadcast organizations, educational institutions and other organisations have duties and responsibilities towards alcohol and drug addiction.**

**To disclose the damages, by the press and TV's, which cigarette, drug and alcohol users suffered shall have substantial deterrent impact on the young people.**



## *Social Duties*

**It is also one of the ways of fighting against these substance, which are harmful to human health, that celebrities who came to prominence, admired by the youngsters, and especially those ones known in art and sport field appear on the screen in appropriate times explaining the harms of cigarette, alcohol and drug.**







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## *Social Duties*

Organised and non-formal education institutions, religious institutions, non-governmental organizations and police organizations have the indispensable duties to fight against these issues.

Informative speeches about addictive substances to be made by relevant units of law enforcement agencies in cooperation with non-governmental organisation, by visiting the schools, may create deterrent effects.





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### *Social Duties*

**Creating venues for sports and other leisure activities for school-age and non-school age youth with the support of municipalities and non-governmental organizations, providing guidance and counselling services for pedagogical, occupational and psychological problems may be improving efforts for the environment of young who are at risk to become addict.**





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## ***Medical and Psychological Treatment of Addict***

**Two different treatment periods are mentioned in the treatment of alcohol and drug addicts.**

**In the first period, during the treatment of addictive substance, treatment of symptoms of deprivation due to discontinuation of the substance;**

**In the second period, it is psychotherapy accompanied by the medicine treatment applied to him in order not to need addictive substance again.**



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## *What Addict should do for treatment*



**Those who use addictive substances, primarily such drugs as opium, morphine and heroin as well as other addictive substances, must really believe that they are the "captives" of these substances. In most cases it is impossible to start treatment because the addict does not accept that he is addicted.**





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### ***What Addict should do for treatment***

**Learning the ways in which the addict copes with anxiety in treatment will also help to reduce the strain that the deprivation of substance may cause.**

**After treatment, it is recommended for the progress of the treatment that the newly recovered individual should stay away from his old surroundings and from addicted friends, change his surroundings and enter a new environment for not to continue his previous habits.**





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### *What Family of the Addict should Do*



**The excessive oppressive and authoritarian attitude of the family on adolescence, also unconcerned and inconsistent attitude shall have negative effects. In particular, the unconcerned and inconsistent attitude of the parents can cause the adolescent to be influenced by negative circles outside the home. Young people who can not find the interest and love that they expect from the parents tend to satisfy these discontentment with the temporary pleasure of the addictive substance.**



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### ***What Family of the Addict should Do***

**Adolescents, who live in homes where family members have little verbal communication with each other, exteriorisation of love in the family are not seen, where members do not support each other, and rather individualist relations are dominant, tend much more toward substance that creates addiction.**

**The family should observe that what kind of habits have the friends with whom adolescent are in relationship, what kind of environments they came from, and make their child equipped to cope with possible bad situations that they may encounter.**







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### ***What Family of the Addict should Do***

**The parents of the addicted adolescent, although their relationship is broken, should come together for the solution of the problem and support their children after this problem arises.**

**In cases where family ties have weakened and relationships between spouses have deteriorated, a similar problem may reunite the husband and wife in order to make them reach to the solution.**







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## PSYCHOSOCIAL TREATMENTS

1. Short Initiatives
2. Short-Term Therapies
3. Substance Counselling
4. Motivational Interviewing
5. Controlled Drinking Method
6. Cognitive Behavioural Therapy
7. Relapse Prevention
8. Treatment of Nicotine Addiction



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Maddeden uzak kalmak intihardan koruyor!



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