

Section 8

**MANAGING
PEOPLE
WHO ARE
DEPENDENT
ON**

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Section 8: Managing people who are dependent on drugs

Problem:

People who are already dependent on drugs may require specialist services, medical treatment and long-term intervention to provide support and bring about change. A description of different kinds of dependencies is given in Handout 1, Page 15.

But what are the kinds of services that can be provided? And what is the aim of this work—to reduce the harm people do to themselves, or to eliminate their use of drugs entirely?

Number	Title	Purpose	What To Do	Use with Young People
33	Managing People Who Are Dependent on Drugs	To introduce some of the key issues and methods for managing people who are dependent on drugs.	Questionnaire on issues and methods in pairs. Group discussion of results. Various group activities to follow, as needed.	

One note of warning!

Dealing with people dependent on drugs is a skilled and difficult job. The material above is only about your views on some of the issues and options involved. It does not equip you to work on these issues. If you come across people who are dependent seek skilled assistance.

Activity 33: Managing people who are dependent on drugs

Purpose

To introduce some of the key issues and methods for managing people who are dependent on drugs.

What To Do

1. Ask people in pairs to work through the questionnaire (Handout 47) together but to fill in their own answers.
2. In a group, ask people to swap their questionnaires with someone else and work through each of the questions giving the replies of the person whose questionnaire they are holding. Have further discussions:
 - Where is there disagreement?
 - Where is there a need for clarification?

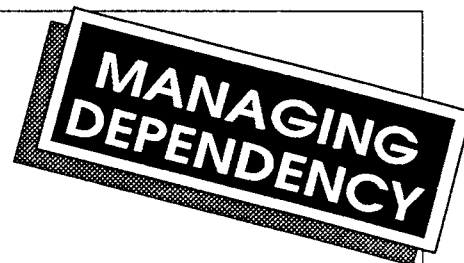
Make a note of topics/issues where longer time is needed and return to these at the end. Add any further points for discussion as they arise or at the end.

3. Identify possible strategies that could be developed further in the area.
4. Follow-up activities to this introduction to the topic could include:
 - Visits to treatment centres;
 - Research into different treatments and programmes via library, etc.
 - Inviting a specialist guest speaker on a particular topic.

Reference 7

Handout 47

Drug dependency



Management of dependency questionnaire

This questionnaire is designed to seek your views about various issues concerning the management of people who are dependent on drugs. If you don't have a view, or don't know what the question means, then please write 'don't know' or 'don't understand'. You will be sharing your replies with others in the group.

1. Do you think that people dependent on drugs can be helped if: Yes they can No they can't

(a) they deny they have a problem in the first place

☐☐

(b) they don't want to change, even if they do have a problem.

☐☐

2. What resources and facilities do you think are needed to help people dependent on drugs when they could be returning from treatment to no job, a broken home and poverty?

3. What effect do you think your country's cultural and religious values have on the ways of dealing with people dependent on drugs.

Handout 47 (continued)

Drug dependency



Management of dependency questionnaire

4. What would you regard as success in treating someone who is dependent on drugs? (You have to make a choice as it affects priority for later action)

(a) The individual has a positive outcome ☐

or

the community benefits from control of the drug problem ☐

(b) The individual's health improves ☐

or

there is reduced criminal activity ☐

5. (a) How much of an issue do you think is the link between AIDS and intravenous drug use in your area? Circle the number that represents your view.

Major Issue 5 4 3 2 1 Minor Issue

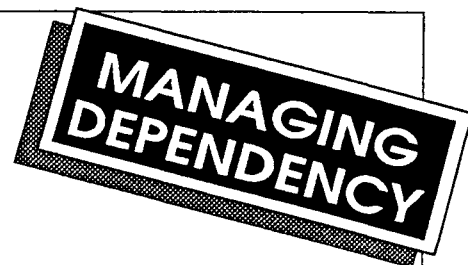
(b) How has this influenced your approach to providing services to people who are dependent on drugs?

6. Do you think services for people who are dependent on drugs should be compulsory or voluntary?

Why?

Handout 47 (continued)

Drug dependency



Management of dependency questionnaire

7. What role should someone's family play in any drug dependency programmes?

8. Do you think that it might be useful to have separate services and programmes for adolescents and adults?

Why?

9. Treatment of people who are dependent on drugs includes:
- detoxification
(getting the drug out of the person's system)
 - rehabilitation
(helping the person to change their use of drugs)
 - relapse prevention
(support to prevent people going back into their old ways)
 - re-integration
(helping the person return to his/her community in a productive way)

Which of these elements are you aware of in your area and which need more work and development?

Handout 47 (continued)

Drug dependency



Management of dependency questionnaire

10. Do you think that a range of responses to drug dependency to suit different people should be tried, or that there is one treatment that all people should go through who use a particular drug?

A range of responses ☐

A single treatment ☐

Why?

11. Which of the following treatment method programmes have you:

(Tick The Box)

Heard Of	Want To Know More About	
☐	☐	medication
☐	☐	psychotherapy
☐	☐	group and family therapy
☐	☐	behaviour modification techniques
☐	☐	self help groups (Alcoholics Anonymous)
☐	☐	acupuncture
☐	☐	hypnosis
☐	☐	confrontation
☐	☐	substitution therapy (e.g. methadone)
☐	☐	cold turkey
☐	☐	supportive counselling
☐	☐	aversion therapy
☐	☐	social skills training
☐	☐	assertion training
☐	☐	problem solving exercises
☐	☐	cognition therapy

Handout 47 (continued)

Drug dependency



Management of dependency questionnaire

12. What do you think should have the highest priority in your area/country?
(1st, 2nd, 3rd)

- Preventive work with people who are potential users of drugs; ☐
- Early Intervention work with people who have just begun drug use; ☐
- Treatment Programmes for people who are dependent on drugs. ☐

Why?

13. Do you agree or disagree with:

Agree

Disagree

- a) Providing information about treatment facilities through resources directories and telephone information services?
- b) Providing beds in hospitals or specialist treatment centres to treat people with drug related problems?
- c) Providing free or subsidised treatment which will in the long term save money?
- d) Addressing wider issues which influence drug problems, such as loneliness, poverty, unemployment, family life and ethnic and cultural issues?

14. Who should be involved in establishing, funding and developing innovative treatment programmes?:

The government

☐

Voluntary organisations

☐

Religious organisations

☐

Profit making bodies

☐

Handout 47 (continued)

Drug dependency

Management of dependency questionnaire



- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 15. Do you think your government should contribute to an international fund to pay for consultants to visit and advise developing countries on programmes for the management of dependency? | Yes | No | Don't Know |
| | ☐ | ☐ | ☐ |

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 16. What services would you like to see set up in your area?: | Yes | No | Don't Know |
| • Crisis intervention centres for illicit drug users | ☐ | ☐ | ☐ |
| • Day-care centres for community-based work with drug dependents and follow-up activities in the community | ☐ | ☐ | ☐ |
| • Therapeutic communities | ☐ | ☐ | ☐ |
| • Short 3-6 month treatment programmes for users of illicit substances such as heroin and cocaine | ☐ | ☐ | ☐ |
| • Two year compulsory programmes with cold turkey treatment, army-type drilling, and low-grade work experience, and strict discipline in special camps | ☐ | ☐ | ☐ |
| • Banning alcohol consumption by local people in countries which are Muslim but making alcohol available to tourists in resorts etc. | ☐ | ☐ | ☐ |
| • Outreach programmes that meet and treat the drug user on their own territory so as to create an environment which may be more conducive to encouraging the user to stop using | ☐ | ☐ | ☐ |
| • Regional treatment centres to service a group of countries in close proximity who on their own might not be able to provide a service | ☐ | ☐ | ☐ |

Thanks for completing the questionnaire.
Now compare your answers with others.

