

## **SYSTEM CONCEPT OF SOCIO-PSYCHOLOGICAL REHABILITATION PSYCHOACTIVE SUBSTANCE ABUSE**

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### **L.M. Lytvynchuk. System concept of socio-psychological rehabilitation of psychoactive substance abuse.**

Solving the problem of drug addiction can only be comprehensive. Therefore, the study of the causes of drug addiction, social and epidemiological conditions of distribution, pathogenesis, its role in somatic diseases and heredity parallel with the improvement of existing and creation of new methods and rehabilitation programs for drug addiction.

This article aims to reveal the essence of the system concept of socio-psychological rehabilitation of psychoactive substance abuse, which we have developed.

System approach envisages implementation in practice of the basic rehabilitation technologies that contribute to the restoration of physical, mental and spiritual resource person and transition from the scope of possible recovery in the real sphere. Consistency in creating rehabilitation program of addiction patients should take into account all aspects of rehabilitation, due to which the patient of rehabilitation center after undergoing rehabilitation programs could return to society a full member. Successful compliance with these requirements defines the quality and duration of remission as a primary indicator of the effectiveness of rehabilitation measures. The idea of a systematic approach to drug rehabilitation is underlying concepts, which we develop on base of Narcological rehabilitation department of the Kyiv city drug hospital "Sociotherapy" and Khmelnytsky regional center resocialization of drug addicted youth.

The main aim of our concept which underlies the system approach is to achieve complete abandonment of drug use, qualitative person changes, her family members, changes in relationships with the outside world and gaining spiritual experience.

*Key words:* systemic approach concept, rehabilitation, drug addict, phase rehabilitation program, sober life, the hierarchical block.

### **Литвинчук Л.М. Системна концепція соціально-психологічної реабілітації залежності від ПАР.**

Рішення проблеми наркотизації може бути тільки комплексним. Тому вивчення причин наркотизації, соціально-епідеміологічних умов поширення, патогенезу, його ролі в соматичних захворюваннях і спадковості йде паралельно з удосконаленням існуючих і створенням нових методів і програм реабілітації наркозалежності. Дана стаття має на меті розкрити суть розробленої нами системної концепції соціально-психологічної реабілітації залежності від ПАР. Ідея системного підходу в реабілітації наркозалежної особистості лежить в основі концепції, яку ми розробляємо на базі Реабілітаційного наркологічного відділення Київської міської наркологічної

лікарні «Соціотерапія» та Хмельницького обласного центру ресоціалізації наркозалежної молоді.

Ключові слова: системний підхід, концепція, реабілітація, наркоман, етап, програма реабілітації, тверезе життя, ієрархічний блок.

### **Литвинчук Л.М. Системная концепция социально-психологической реабилитации зависимости от ПАВ.**

Решение проблемы наркотизации может быть только комплексным. Поэтому изучение причин наркотизации, социально-эпидемиологических условий распространения, патогенеза, его роли в соматических заболеваниях и наследственности параллельно с совершенствованием существующих и созданием новых методов и программ реабилитации наркозависимости. Данная статья имеет целью раскрыть суть разработанной нами системной концепции социально-психологической реабилитации зависимости от ПАВ. Идея системного подхода в реабилитации наркозависимой личности лежит в основе концепции, которую мы разрабатываем на базе Реабилитационного наркологического отделения Киевской городской наркологической больницы «Социотерапия» и Хмельницкого областного центра ресоциализации наркозависимой молодежи.

Ключевые слова: системный подход, концепция, реабилитация, наркоман, этап, программа реабилитации, трезвую жизнь, иерархический блок.

### **Formulation of the problem**

Solving the problem of narcotics can only be comprehensive. Therefore, the study of the causes of drug addiction, social and epidemiological conditions of distribution, pathogenesis, its role in somatic diseases and heredity parallel with the improvement of existing and creation of new methods and rehabilitation programs for drug addiction.

The current phase of development of the rehabilitation of drug addicts and the development of our system concept of socio-psychological rehabilitation of psychoactive substance abuse builds on international experience and understanding of the fact that drug addiction is a complex condition that requires long-term treatment, care and support.

The main methodological and methodical provision of our system concept of socio-psychological rehabilitation of psychoactive substance abuse introduced at the Narcological rehabilitation department of the Kyiv city drug hospital "Sociotherapy" and Khmelnytsky regional center resocialization of drug addicted youth. This article focuses on the disclosure developed system concept social and psychological rehabilitation of psychoactive substance abuse.

### **Analysis of recent research and publications.**

The rehabilitation or restorative treatment is a process and a system of medical, psychological, educational, socio - economic measures aimed at eliminating or perhaps a more full compensation of life restrictions induced by health disorders with persistent disorder of body functions. [5].

The rehabilitation is being considered by authors such as Yastrebov V.S., Arani

F.D. Rostami R., Nostratabadi M., as a combination of medical (therapeutic), psychological, social, educational and labor measures to restore physical and mental condition of the patient, correction, restoration or formation of its socially acceptable behavior, personal and social skills, ability to adapt the environment, society in full operation without the use of psychoactive substances that cause drug disease. [4].

At the present stage of development, understanding of rehabilitation goes beyond just medical and biological perspective, integrating medical-psychological, medical-social and other aspects.

The systems approach, the principle of learning any mental phenomenon or psychological problems, now is generally accepted in the scientific psychological community. The systems approach is essentially a qualitative and holistic analysis of integral facilities, independent methodological tool for prediction, description, explanation coherent structures [1], which allows you to build new ways of knowledge of complex integrated objects and new problems of their research. Ideas systematic approach in the national psychology and psychopathology are in the works of Myasishchev V.N., Bratus B.S., Asmolov O.H., etc.

#### **The wording of the purpose of article (setting targets).**

This article aims to reveal the essence of the system concept of socio-psychological rehabilitation psychoactive substance abuse, which we have developed.

The main aim of our concept which underlies the system approach is to achieve complete abandonment of drug use, qualitative person changes, her family members, changes in relationships with the outside world and gaining spiritual experience.

#### **The results of the research**

System approach envisages implementation in practice of the basic rehabilitation technologies that contribute to the restoration of physical, mental and spiritual resource of person and transition from the scope of possible recovery in the real sphere. They include organizational, diagnostic, therapeutic, psychotherapeutic and other technologies. From the psychological point of view, chemical dependency creates a personality disorder in general, at all levels of mental organization, including psychosocial levels interaction of micro - and macrosociety, therefore, a team of experts, which includes psychiatrists, therapists, psychologists, social workers is creating to implement this approach. Such way is using by the world's leading countries.

The idea of a systematic approach to drug rehabilitation is underlying concepts, which we develop on base of Narcological rehabilitation department of the Kyiv city drug hospital "Sociotherapy" and Khmelnytsky regional center resocialization of drug addicted youth.

The typical rehabilitation program includes several aspects:

- 1) The most important factor is the active participation of the patient;
- 2) most preferred form of work with drug addicts is group;
- 3) in rehabilitation programs not only a doctor or psychologist is actively involved, but the patient environment, help groups, etc;
- 4) rehabilitation is conducted for a long time and not only in the form of personal contact, but also in other forms of interaction with the patient, for example, by

telephone, internet and more others.

Taking all general and specific characteristics of the system, we as particularly important for us single out the following: integrity, interconnection the systems with environment, hierarchy, a plurality description, sense of purpose and self-organization.

### **The basic provisions of our system concept of socio-psychological rehabilitation of psychoactive substance abuse.**

The system consists of elements, each of which in turn is a subsystem that is immersed in an environment in which the continuous living movement. A hierarchy structure of rehabilitation process consists of 4 blocks:

#### **The 1st hierarchical block. Previous rehabilitation.**

Contacting of medical institutions established according to uniform standards of narcological help to population, approved by the Ministry of Health of Ukraine and standards of drug treatment in outpatient settings.

Doctor psychologist, psychologist, social worker conduct the following necessary steps:

a) reinforces the motivation for positive change.

Task:

- determine the events leading to hospitalization
- identify client relation to the existence of the problem
- definition of social resources
- definition of personal resources
- determine readiness for change.

b) take measures to improve emotional state.

Task:

- empathic listening
- without-appraisaly acceptance a client with his problem.

An indicator of the quality of the work done is the availability of advice and consent addicted person to participate in the rehabilitation program. Improvements by mutual agreement with the patient.

c) the prevention of HIV infection and risk behaviors

An indicator of the quality of the work done is the availability of VCT for HIV infection.

d) Inform on assistance for vulnerable populations. Redirect MPI and other NGOs, the use of various forms of printed information and motivational materials.

The main aim of measures taken - counseling and motivational impact. Objective: To determine the process of providing psycho-social assistance and indicators for monitoring the quality of psychological care. Drug addicts and their relatives are informed of the main aspects of the psychoactive substance abuse and the recommendations of the main ways of overcoming the problem.

#### **The 2nd hierarchical block. The rehabilitation program. Adaptation stage.**

"Dive" in the environment. In this case, it is Narcological rehabilitation department of the Kyiv city drug hospital "Sociotherapy" and Khmelnytsky regional center resocialization of drug addicted youth. In this unit is conducted the medical treatment of patients requiring emergency care, detoxification therapy, vitamin

therapy, symptomatic, pharmaceutical correction pathological conditions within individual abstinence symptom and general clinical and laboratory evaluation of patients in the first days after receipt.

*At this stage of rehabilitation of drug addicts emphasis on the medical aspect, namely the use of detoxification and medication that suppresses pathological attraction to psychoactive substance, such as atropine, pyrroksan, clonidine, butiroksan, some tranquilizers, painkillers, antidepressants and antipsychotics.*

The second hierarchical block rehabilitation programs includes: research and advisory work, the main objective of which is the motivation for long-term treatment of active and responsible part in it. Another important area is consulting relatives and people from the immediate environment.

Basic unit rehabilitation process includes the adaptation phase. Adaptation phase involves examination of drug addicts, acquaintance with the rules and regulations of Rehabilitation Center, principles of medical care program, individual work with experts to determine the best plan of rehabilitation. On stage adaptation doctor-psychologist determined direction of psychotherapeutic technologies are re-socialization skills.

The necessary action for the second hierarchical stage include:

- a) Information and motivational counseling.
- b) Consultation with significant the others.
- c) Combined consultation (client, confidant, psychologist)

An indicator of quality is an agreement on the passage of the rehabilitation program.

d) diagnostic consultation. A doctor, a psychologist at the beginning and the end of the rehabilitation program. Required techniques:

- tests for self-exploration (SUN, ADI)
- study emotional state
- diagnosis of interpersonal relationships T. Leary
- Auxiliary methods:
- psychodiagnostic personality traits SMIL
- cognitive examination (Schulte Table, classification, exclusion and generalization of concepts, diagnostic thinking).

An indicator of quality is an opinion psychodiagnostic examination.

### **The 3d hierarchical block. The rehabilitation program. The main stage.**

System is a rehabilitation process that includes individual, group psychotherapy, block theoretical study of patients learning the basics of psychophysiological self-regulation in the system of doctor-psychologist - patient, psycho and psychotherapeutic work as with drug addicts as with his relatives.

*At this hierarchical block rehabilitation of drug addicts emphasis be placed on the psychological aspect of rehabilitation, consisting of testing, individual and group correction, creativity, intellectual development, psychological support for drug addict's familie.*

Thus, it must be emphasized that not only drug addict, but his inner circle are experiencing changes in family relationships. This dynamics must always be considered when dealing with individuals who abuse drugs and other psychoactive

substances. Especially important to be able to show the positive aspects of relationships that can be used as a basis for rehabilitation and re-socialization of drug addicts, their return to family and staff.

In the third hierarchical block rehabilitation programs mandatory requirements are:

1. Conduct a correction and group counseling.

- 16 sessions of group counseling 1.5 hours. 4 times a week.
- 16 sessions socio-psychological training 1.5 hours. 4 times a week.
- 16 sessions of physiotherapy 1 hour. 5 times a week.
- 4 family counseling session 3 hours. 1 time per week.
- 4 session meetings therapeutic community 1.5 hours. 1 time per week.
- 4 ART therapy session 1.4 hours. 1 time per week.
- 16 sessions of music and relaxation therapy 1.5 hours. 4 times a week.

2. Education program.

- 8 information sessions 1 hour. 2 times a week.
- 2 classes of anti-stress program 1.5 hours. 2 times a month.
- 2 training classes of assertiveness 1.5 hours. 2 times a month.
- 4 classes "Stop technology" (preventing disruption) 1.5 hours. 1 time per week.
- 4 classes of effective communication training 1.5 hours. 1 time per week.
- 4 classes 1st and 2nd step 1.5 hours. 1 time per week.
- 28 classes, meditation for 15 minutes. Daily.

3. Unaided work.

- 12 written lessons of work on prevention and disruption steps - 1 hour. 3 times a week.
- 28 classes "results day" (dating from the 10th step) - 1 hour. Daily.
- Keeping a diary of emotional states - every day.

4 lessons of self-help group AN - 1 hour. 1 time per week.

- 4 classes help groups AN - 1 hour. 1 time per week.

An indicator of quality is accordance of the rehabilitation complex with unified standards of care in drug treatment-preventive institutions of Ukraine and the presence of psychodiagnostic conclusion about the dynamics of emotional state, behavior and professionally coordinated plan maintenance therapy and further work with their psychological problems.

**The 4th hierarchical block. Preventive treatment.**

Rehabilitation process is environment. The system is the identity of a drug addict, which is seen through the prism of the cognitive, emotional, behavioral and spiritual spheres. There is a focus on regular visits to self-help groups and AN groups to attend personal growth.

*At this hierarchical block rehabilitation of drug addicts emphasis be placed on spiritual, social-therapeutic aspects and work therapy.*

The spiritual aspect of rehabilitation, aimed at the comprehension of the principles of ethical interpersonal relationships, form new life purport and values. Social-therapeutic aspect of rehabilitation aimed at resettlement and re-socialization of drug addicted persons, acquisition of social skills and competences, profession, education, employment.

Work therapy effectively involves a person in socially useful work, developing qualities such as organization, discipline, commitment, responsibility, ability to manage his time, to solve the problem.

Given a certain psychological immaturity chemically dependent people need to develop skills in patient precise planning of all activities; ability to allocate more importantly, the ability to take responsibility for their own actions and decisions.

At this hierarchical block support should be aimed at creating a new way of behavior and new skills, new social environment, which would be maintained, increased self-esteem of the individual dependent.

Modern science knows of cases full recovery from chemical dependency. In the event of prolonged abstinence from chemicals in the majority of patients is restoring affected systems and organs, craving for drugs is reduced, and in some cases almost completely disappears.

Chemically dependent differently than other people feel in this world, or see themselves, their role in it, is inconsistent with his inner "I", ie the destruction of the individual, there are contradictions between the expected and the real world events. From that drug addicts feel a great emotional pain that almost do not realize and do not want to know and drugs used to clean it and protect yourself from all the problems that arise, thus escaping from the world and themselves.

[2].

Representatives of psychodynamic direction, looking at drug addiction as vulnerability of self believe that appropriate therapeutic help in that area. To achieve change in self-regulation and reduction of vulnerability should use both clinical and therapeutic approach and an approach that focuses on self-help, which would have combined with the creative best such assistance. [3]

Thus, the main goal of our concept which underlies the system approach, implemented in the above described system of rehabilitation is to achieve complete abandonment of drug use, qualitative changes in person, his family members, changes in relationships with the outside world and gaining spiritual experience.

The rehabilitation process involves the use of a number of basic principles:

- 1) voluntary consent of the patient to participate in rehabilitation activities;
- 2) discontinuation of psychoactive substances;
- 3) confidentiality;
- 4) systematic rehabilitation;
- 5) hierarchical structure rehabilitation;
- 6) the positive focus of rehabilitation;
- 7) liability;
- 8) inclusion in the rehabilitation of the main relevant entities;
- 9) reorganization of environment and formation rehabilitation environment;
- 10) personal and social support after discharge from the rehabilitation facility.

Compliance with the above principles of the rehabilitation process, which is the indicator of achievement of these goals is impossible without the implementation of priority claims. we refer to these requirements:

- individual drug user awareness and recognition of their helplessness expediency care professionals;

- formation of a desire not to use drugs through sustained awareness of the importance of sobriety a priority rehabilitation conditions;
- formation of readiness to cope with the disease through deep study of their internal problems that generate external conflicts;
- learn to accept others, gain new experience interpersonal communication, to be able to request, receive and support;
- formation of initial skills knowledge of their feelings and ability to control his behavior;
- obtain theoretical and practical experience of behavior in extreme or stressful situations;
- formation of active life position, which adjusts to continuous movement forward.

Therefore, in order the rehabilitation of addicts it is necessary to harmonize system of mutual relations between addict and society, with the understanding that the addicted person lives like in "parallel world", which has its own laws. Consistency in creating the rehabilitation program of addicted patients should take into account all aspects of rehabilitation, due to which the patient of rehabilitation center after undergoing rehabilitation programs could return to society as a full member.

### **Conclusion.**

Consistency in creating rehabilitation program of drug addicted patients should take into account all aspects of rehabilitation, due to which the patient of rehabilitation center after undergoing rehabilitation programs could return to society as a full member. Successful compliance with these requirements defines the quality and duration of remission as a primary indicator of the effectiveness of rehabilitation measures.

So, the rehabilitation program which we have developed aims to help receive theoretical and practical training to a sober life, to receive psychological, medical, social knowledge, broaden horizons, help to learn to love yourself and the people around them, learn to feel joy not of the result, but of the process of movement to it.

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