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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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The Techniques For Interviewing With Substance Addicted Individual (For the Parents)

Dr. Hülya AKSAKAL KUC



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**When the Family
Learns That One of Its Member is Addicted,
What Reaction Does It Give, and What
Should Family do?**



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What Reaction Does The Family Give?



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When the family discovers that one of its member is addicted ...

What happens if that person is one of its children?



❖ **Emotional destruction**

❖ **Frustration**

❖ **dreams,**

❖ **hopes,**

❖ **plans, will vanish into the blue,**



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When the Family discovers that one of its members is addicted; THEIR FIRST REACTIONS



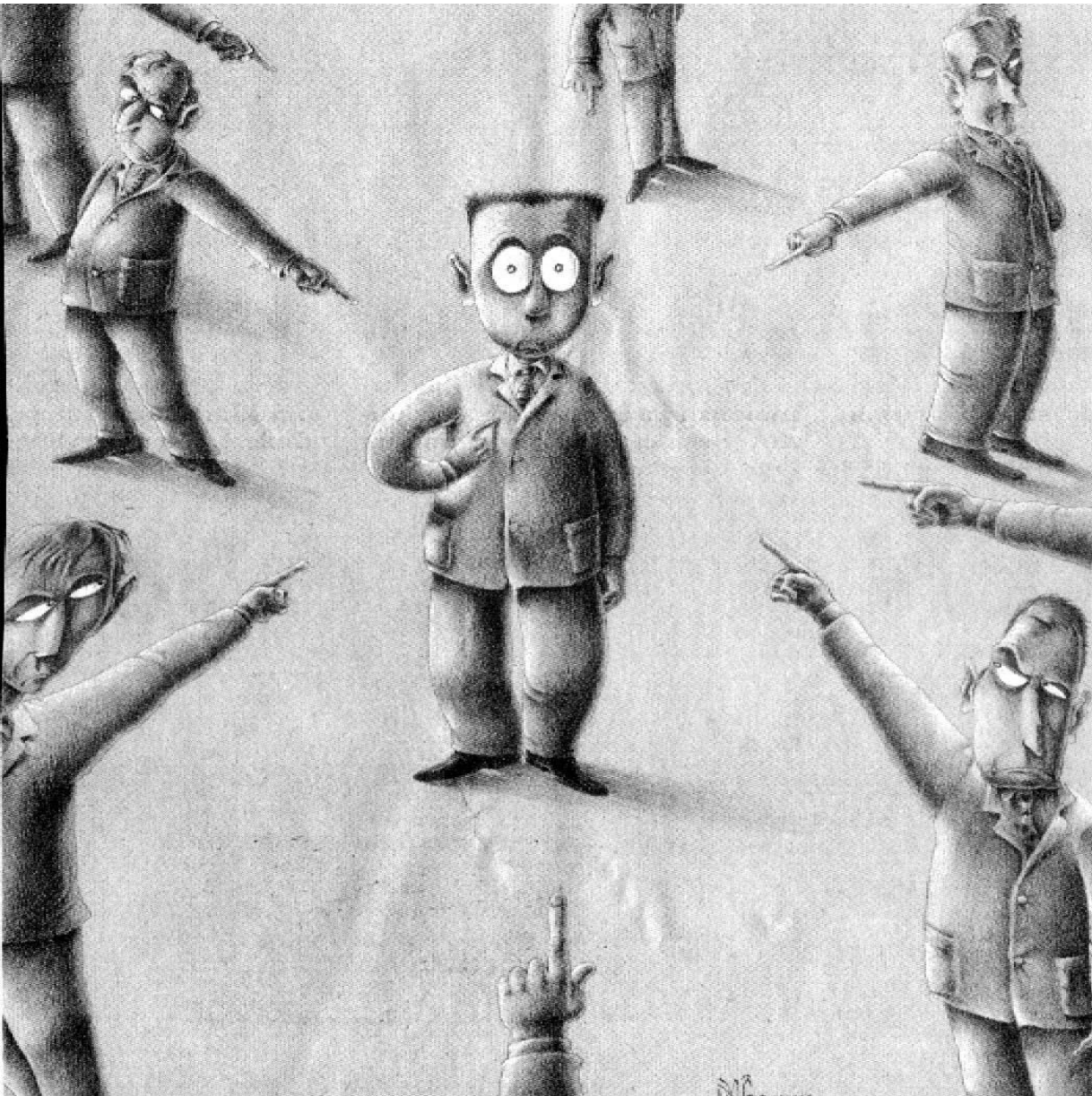
- ❖ **Mothers and fathers do not want to face up to the case,**
- ❖ **Can not comprehend that the case is a problem,**
- ❖ **Can not ascribe the addiction to their children,**
- ❖ **They deny the case.**



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When the Family discovers that one of its members is addicted; THEIR FIRST REACTIONS



- ❖ An intensive feeling of guilt,
- ❖ Guilt feelings,
- ❖ Social isolation,



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When the Family discovers that one of its members is addicted ...

DECISIONS TAKEN BY THE FAMILY

First Decision:

- ❖ **No one around should learn what is happening.**
- ❖ **No one outside the family and home should be interviewed.**
- ❖ **This case must not be known except for the family.**





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When the Family discovers that one of its members is addicted



DECISIONS TAKEN BY THE FAMILY

Second decision:

- **Utopic decisions and opinions develop:**
 - ❖ **They think that they will solve the problem in short time, and**
 - ❖ **Addicted person will get back to normal life if they give strong support.**
- **In this process;**
 - ❖ **For the family, many physical and mental burdens develop,**
 - ❖ **Family apply for treatment.**





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WHY DOES FAMILY DENY ADDICTION?



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Why do families deny addiction?



Isolation:

- ❖ Families abstain from talking about addicted members in the society.
- ❖ Embarrassment encircle the atmosphere of the family members like a wall and drive them into silence.



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Why do families deny addiction?

Emotional disorder:



- ❖ They go into the mood of the addicted person.
- ❖ They love what the addict love,
- ❖ bridle at the person whom addict bridle,
- ❖ feel embarrassed for the behaviours of the addict,
- ❖ get angry at their desperateness,
- ❖ Rarely share emotions and the thought between themselves,
- ❖ Give away to despair and anger instead of sharing,
- ❖ Family members sentence themselves to loneliness and depression.



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Why do families deny addiction?

Addict centeredness:

- ❖ Addict is the centre of family's attention.
- ❖ Family is in excited state continuously.
- ❖ They try to estimate what is unpredictable.
- ❖ They do not want the worsening things become much worse.
- ❖ There is stress over family members.
- ❖ Family denies addiction just as the addict does.





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WHAT DO THE MOTHERS AND FATHERS LIVE THROUGH?



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What Do Mothers and Fathers live through



- Disappointment
- Guilty
- Deny
- Desperation
- Confusedness, unable to know what to do



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What Do Mothers and Fathers live through?



- Anger
- Embarrassment
- Fear
- Expectation
- Lead a life focused to the young or child



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Actions to be taken by mothers and fathers



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Actions to be taken by mothers and fathers



- 1-Go easy and calm down,**
it will be appropriate,
- ❖ To be calm,
- ❖ To think over,
- ❖ Then, get into action.



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Actions to be taken by mothers and fathers

2-Do not blame yourselves.

❖ Beating up yourself may turn into the rage against yourself and your child.





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Actions to be taken by mothers and fathers



3-Do not abstain from talking.

- ❖ Do not abstain from talking
- ❖ Make clear that you do not abstain talking.



4-Do not frighten



- ❖ If the child is frightened during the discussion, he/she might be compelled to lie.
- ❖ May think that she/he is not understood.
- ❖ A conception may develop that she/he is right in using the substance.
- ❖ Being under pressure, may lead him/her to turn toward drug.



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Actions to be taken by mothers and fathers gerekenler



5- Accept that she/he is different

- ❖ His/her behaviours may be different.
- ❖ May reveal different reactions.
- ❖ They lament that they've never seen such a child around them.



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Actions to be taken by mothers and fathers gerekenler



6-Control your feelings

- ❖ To think that no one is at fault,
- ❖ To confess that the problem lies in the relationship between the child and you,
- ❖ To think that she/she starts all over again,

Mean that desperation has been cast aside.



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Actions to be taken by mothers and fathers gerekenler

7- Draw the limits



Addicted individuals finds it difficult to;

- ❖ To draw the limits
- ❖ To obey the rules

Families should;

- ❖ Develop new strategies,
- ❖ Draw limits for their children and
- ❖ Make them to obey the rules.



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Actions to be taken by mothers and fathers gerekenler

8-Have them to take the responsibility

- ❖ Teach the child to take his/her own responsibilities,
- ❖ Encourage them to take responsibilities of their lives,
- ❖ Do not take their responsibilities.





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Actions to be taken by mothers and fathers



9- Pull your expectations down

- ❖ At first, accept that he/she is different,
- ❖ Set out to diminish his/her suffering,
- ❖ Do not think to make him/her a totally different child.



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Actions to be taken by mothers and fathers

10-Acquire new skills

❖ As mothers and fathers, do acquire new skills,

For instance, the skills of;

❖ Rage management,

❖ Conflict and

❖ Problem solving.





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Actions to be taken by mothers and fathers



11-Develop new strategies

- ❖ Accept that the methods you have practised are ineffective,
- ❖ Do not practice ineffective methods again,
- ❖ Develop new and separate methods for different problem areas,



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Actions to be taken by mothers and fathers



12- Be the first to take the step

Do not forget that,

- ❖ Mother-father are to be changed first, and
- ❖ Are required to show a “generosity”.



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Actions to be taken by mothers and fathers



13- Improve quality of the communication between your child

Learn to acquire,

- ❖ The skill of effective listening, and
- ❖ To establish effective communication.



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Actions to be taken by mothers and fathers

14-*Pursue your life*



- ❖ Do not focus on addicted child.
- ❖ Pay attention to pursue your life.
- ❖ Protect other children at home, and
- ❖ Try to prevent them to be influenced by substance addict brothers/sisters.
- ❖ As being the mother and father, protect yourselves, and
- ❖ Deal with your substance addict child and spend a long time with him/her.



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Actions to be taken by mothers and fathers



15-Resolve the conflicts

- ❖ Abstain from the debate when the child is angry
- ❖ Speak about the problems with the child when she/he is calm and if everything is ok
- ❖ Do not debate when influenced by the substance
- ❖ Do not try to resolve the conflicts through debate or quarrel.



Actions to be taken by mothers and fathers



16-Try to understand him/her

- ❖ Try to understand him and the things what he does,
- ❖ Comprehend that his trues might be different than our trues,
- ❖ Accept that he does not perform some behaviours intentionally,
- ❖ Not forget that, the things to be criticised are his behaviours, not his very self.



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Actions to be taken by mothers and fathers

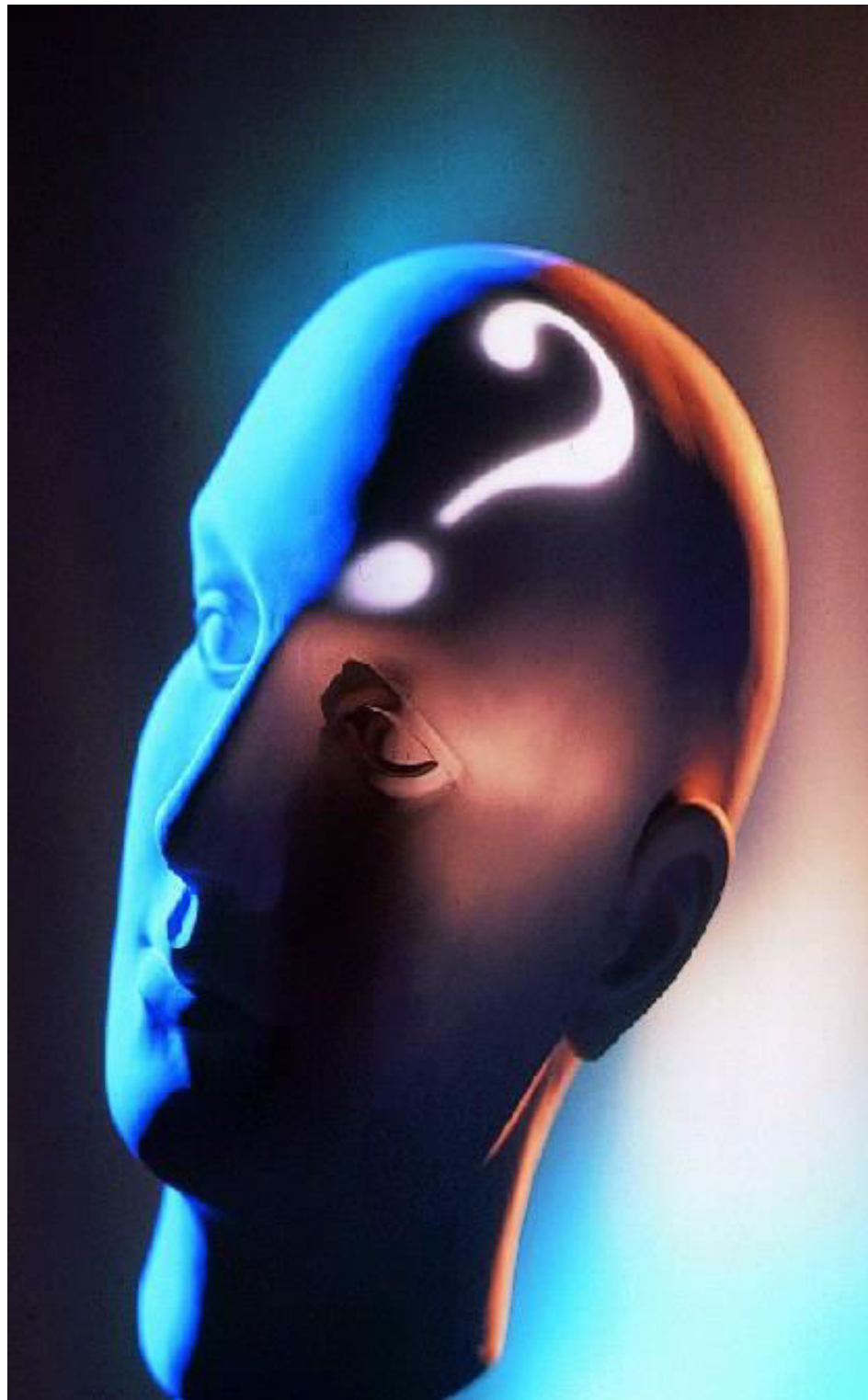
17-Support him/her

- ❖ Remember that there are right things he has made,
- ❖ Do not focus all the time on his rights or wrongs,
- ❖ Appreciate his positive behaviours,
- ❖ Reward him for his positive behaviours,
- ❖ Concentrate on his good behaviours instead of his bad behaviours.





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Actions to be taken by mothers and fathers



18-Forget the past, focus on the future.

- ❖ Forget the conflicts experienced before,

If the individual quitted using the drugs;

- ❖ Do not treat him constantly as a criminal
- ❖ Not judge him as a potential danger,
- ❖ Not accuse him by raking up the past days frequently



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Actions to be taken by mothers and fathers



19-Do not frustrate in the event of the reversions.

- ❖ Accept that addiction is an sickness,
- ❖ Consider that exacerbation of the sickness is normal,



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Actions to be taken by mothers and fathers



20-Do not give credence to threatens to use drugs again.

- ❖ To begin using drugs again is up to his responsibility.
- ❖ Yet, he should learn to bear the consequences.



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Actions to be taken by mothers and fathers

21- Do not expect him/her to change in every field.

- ❖ Care only about his quit of substance addiction.
- ❖ Postpone your other expectations.





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WHAT CAN YOU DO TO PREVENT YOUR CHILD FROM USING SUBSTANCE?



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IN ORDER TO PREVENT SUBSTANCE ABUSE



LISTEN TO HIM/HER!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



**Örnek
Olun**

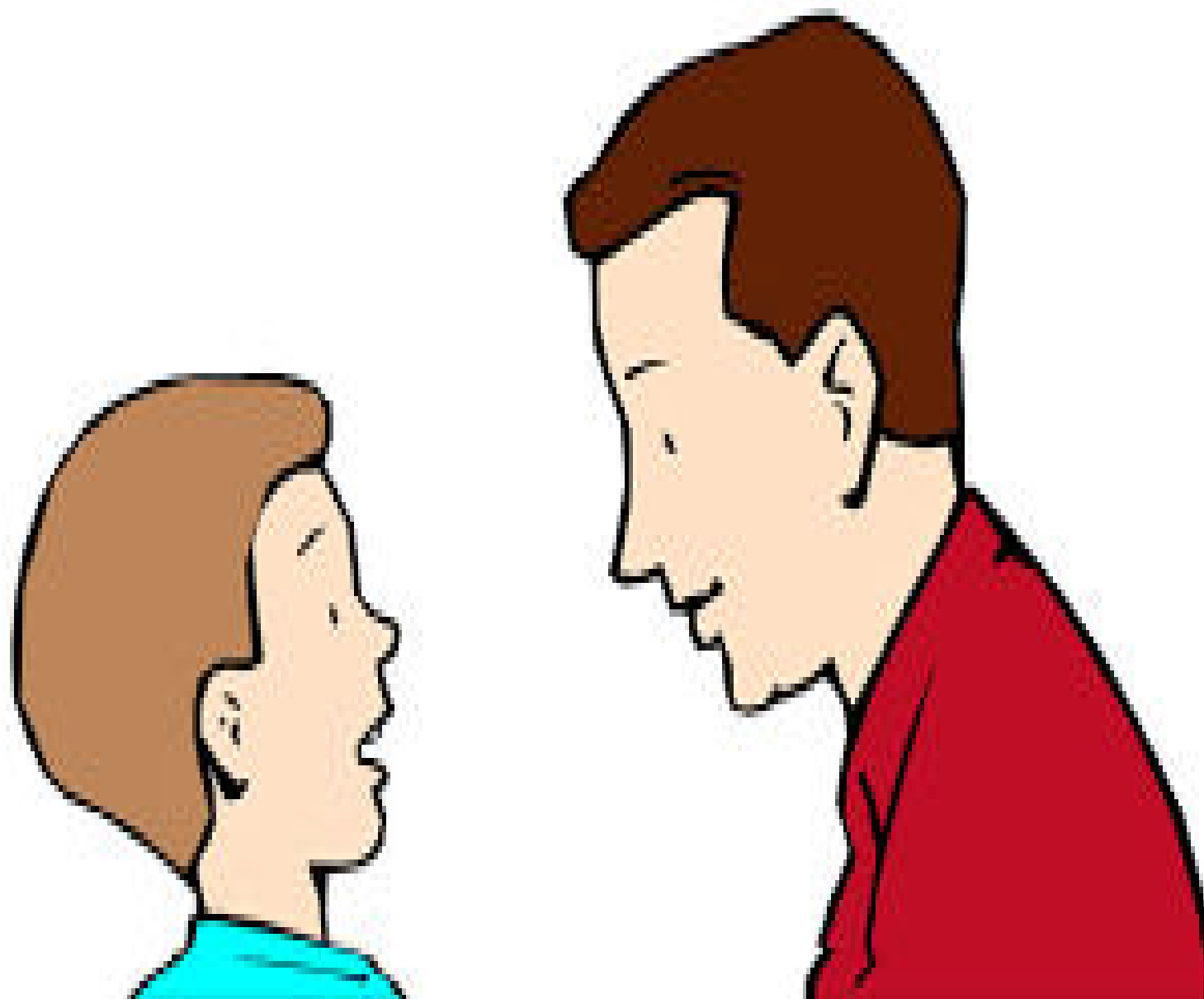
BE A MODEL!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



TALK WITH YOUR CHILD!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



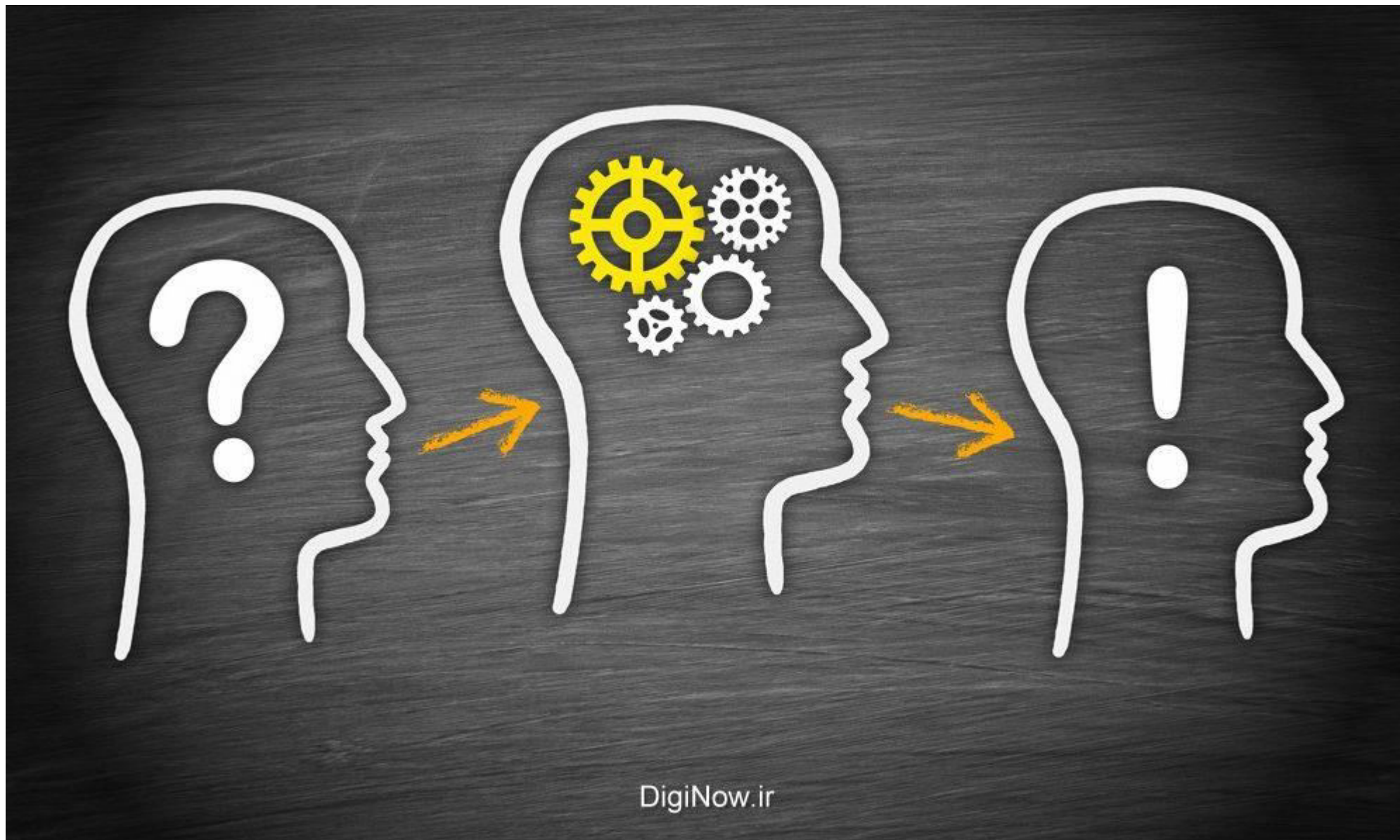
TEACH HIM/HER TO SAY “NO” !



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IN ORDER TO PREVENT SUBSTANCE ABUSE



KNOW HIS/HER FRIENDS!!!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



DO NOT JUDGE!!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



DO NOT GIVE LECTURE!!!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



DO NOT THREATEN!!!



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IN ORDER TO PREVENT SUBSTANCE ABUSE

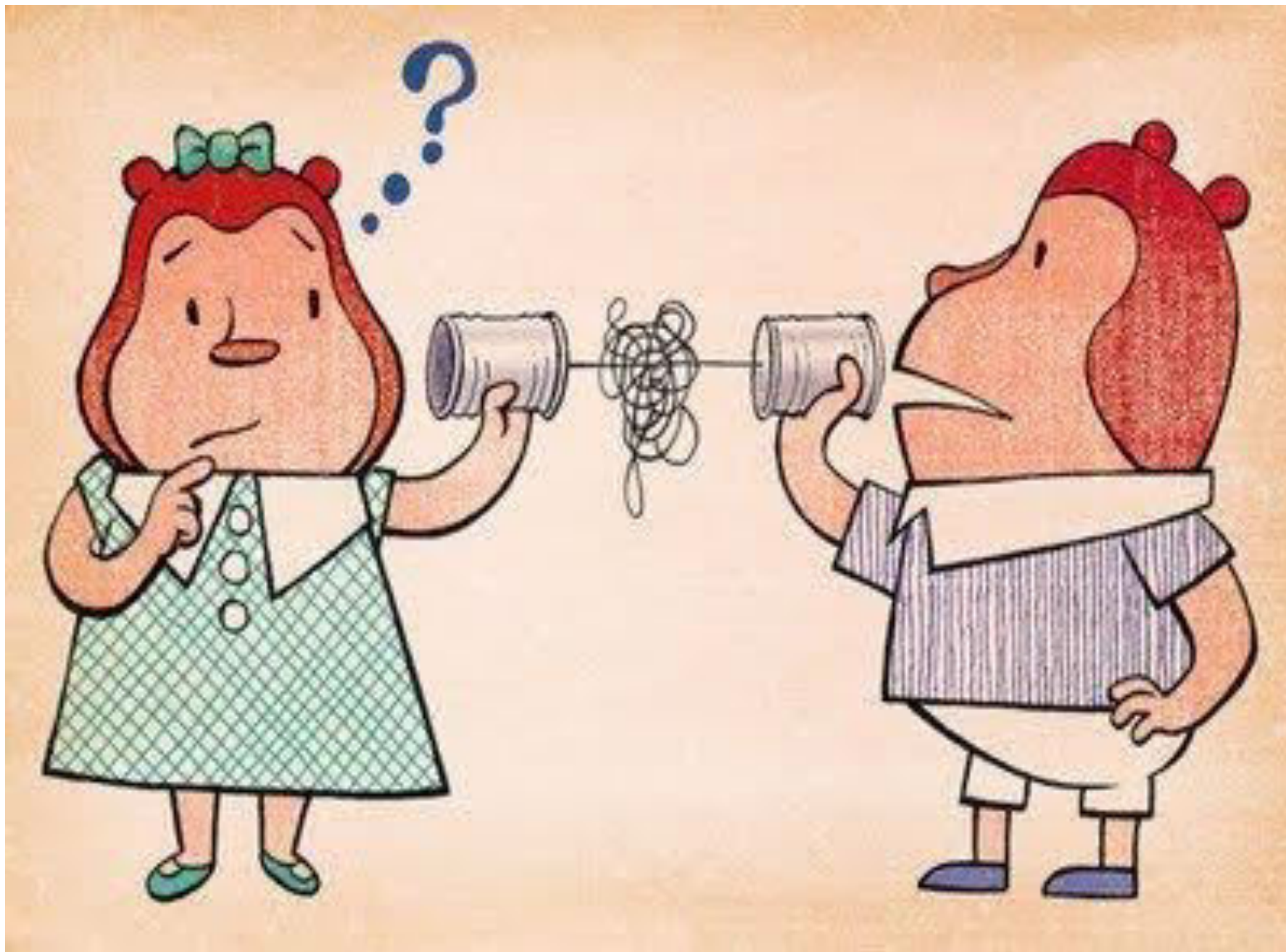


DO NOT QUESTION!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



DO NOT DIAGNOSE!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



DO NOT MORALISE!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



Emir Vermek, Yönlendirmek

- Sözümlü dinle, çık dışarı!
- Bana cevap verme, kes sesini!
- Açıklamayı bırak dediklerimi dinle!



DO NOT GIVE ORDER!!



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IN ORDER TO PREVENT SUBSTANCE ABUSE



DO NOT FORGET RULE '5 S'!



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