

An Effective Rehabilitation Center Model For Drug Addiction

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Abstract

Addiction is a process that has many negative consequences and negatively affects individuals, families and societies. Despite its negative consequences, addiction is increasing worldwide today. This increase leads countries to new approaches and different treatment options in the fight against addiction. One of these options is the Therapeutic Community approach, which is preferred by many countries and seen as an integral part of the rehabilitation process. Therapeutic Community approach; providing inpatient care in a non-hospital environment; a rehabilitation process that deals with the individual with his environment is an approach. In this study, the structure and functioning of the institution called Parceval, which provides rehabilitation services for children and young people with addiction and adopts the Therapeutic Community approach, is explained. The authors have observed, learned and gained experience at the relevant institution in Berlin for 3 months (between 01.06.2018 - 29.08.2018) within the scope of Erasmus + Program Internship Mobility. It is thought that the experiences gained will contribute to and support the rehabilitation process for drug addiction in our country by presenting a different perspective.

Keywords: Drug abuse, rehabilitation, addiction

Madde Bağımlılığı İçin Etkili Bir Rehabilitasyon Merkezi Modeli

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Öz

Bağımlılık pek çok olumsuz sonucu bulunan, birey, aile ve toplumları olumsuz olarak etkileyen bir süreçtir. Olumsuz sonuçlarına rağmen günümüzde bağımlılık dünya genelinde artış göstermektedir. Bu artış, ülkeleri bağımlılıkla mücadele konusunda yeni yaklaşımlara ve farklı tedavi seçeneklerine yönlendirmektedir. Bu seçeneklerden biri de pek çok ülke tarafından tercih edilen ve rehabilitasyon sürecinin ayrılmaz bir parçası olarak görülen Terapötik Topluluk yaklaşımıdır. Terapötik Topluluk yaklaşımı; hastane dışı ortamda yatılı olarak bakım sağlayan; bireyi çevresi ile ele alan bir rehabilitasyon süreci yaklaşımıdır. Bu çalışmada Almanya'da bağımlılık geçmişi olan çocuk ve gençlere yönelik rehabilitasyon hizmeti sunan ve Terapötik Topluluk yaklaşımını benimseyen Parceval isimli kurumun, yapısı ve işleyişi anlatılmıştır. Yazarlar Erasmus + Program Internship Mobility kapsamında 3 ay süre ile (01.06.2018 – 29.08.2018 tarihleri arasında) Berlin'deki ilgili kurumda gözlem yapmış, bilgi edinmiş ve deneyim kazanmışlardır. Elde edilen deneyimlerin farklı bir bakış açısı sunarak, ülkemizde madde bağımlılığına yönelik yürütülen rehabilitasyon sürecine katkı sağlayacağı ve destek olacağı düşünülmektedir.

Anahtar Kelimeler: Madde bağımlılığı, rehabilitasyon, bağımlılık

Introduction

Addiction is a process in which an individual is unable to stop using a substance or engaging in an activity even if he/she wants to do so, and the individual keeps on using or engaging in the substance or activity in increased doses despite its harmful effects (American Psychiatric Association, 2013). During this period, the substance or activity that causes addiction becomes the most important thing in the life of individual and causes harm both to the individual and his/her environment leading to an impairment in social, occupational and personal activities of the individual (American Psychiatric Association, 2013). Addiction which has many unfavourable effects is known to cause adverse effects in many aspects including disease burden, mortality, society and economy (Ali et al., 2011) to result in a range of diseases from lung and heart diseases to immune system diseases like Hepatitis and AIDS (UNODC, 2020) and to lead to hazardous behaviours which may result in death such as fights, dangerous driving and various accidents (Kingston et al., 2017). European Drug Report reported that 187.000 people died because of drug-related reasons in 2013 only (Ali et al., 2011). It is highlighted that addiction that affects the individual and his/her environment adversely (American Psychiatric Association, 2013) has been increasing globally particularly in the recent years (Ali et al., 2011). United Nations Office on Drugs and Crime (2017) reported that 5 % of the world population used a drug at least one time within the past few years (Kingston et al., 2017) while World Health Organization reported that 2.348 billion people all over the world (43 % of the world population) were classified as 'existing smokers' in 2016 (European Drug Report, 2014).

This is a serious problem that causes effects on more individuals, families and thus, the society. Therefore, addiction is among the most important diseases societies fight against. Addiction, common particularly among adolescents and young adults, also threatens the future of societies. Hence, treatment approaches for addiction gain importance and risk factors causing addiction are determined and interventions for these factors are applied (Özbay et al., 2018). Although the reason for addiction has not been identified precisely, it is mentioned that it does not stem from a single reason but co-existence and interaction of many factors result in development of addic-

tion (Öztürk and Uluşahin, 2016; Yüncü et al., 2007). These factors can be sorted as psychological, genetic and socio-cultural factors (Bedir, 2016).

Psychological Factors: There are several theories for psychological factors that cause addiction development. They can be listed as follows;

Psychological development: Addiction develops as a result of the fact that the individual cannot establish a real, consistent and constant relationship with the individuals and objects around him/her and build up positive defence mechanisms (Ögel, 2010).

Learning Theory: The individual matches addiction behaviour with environmental factors. He/she maintains connections he/she established with regard to events through addiction behaviour. **Cognitive Theory:** Addiction level of an individual depends on cognitive structure of the person and his/her cognitive processes in the presence of a certain stimulus (Ögel, 2010).

Expectancy Theory: Individual's expectation of positive effects created by addiction increases addiction (National Institute of Drug Abuse, 1999). **Social learning:** Addictive behaviours are a whole of environmental factors, expectancy and learned habits learned through classical and operant learning (Miller and Carroll, 2006).

Socialization problems: The individual has difficulty in accommodating to the environment he/she is in. So, he/she has negative feelings. He or she resorts to addictive behaviours in order to avoid or cope with negative feelings experienced (Luborsky, 1984). **Stress and**

Coping: Failure in coping with difficult conditions in life cause stress, alienation and addiction for people. **Low Frustration Tolerance:** Individuals who easily get negative feelings in case of hardships experience more frustration and destruction. Addiction develops to get rid of these negative feelings (Luborsky, 1984). **Risk-taking behaviours:** The person continues addictive behaviour in order to oppose despite all its harms (Miller and Carroll, 2006).

Personality traits: Involves adaptation characteristics specific to the individual. They include the way of thinking and perceiving, the ability to show certain emotional responses in certain circumstances, coping and defence mechanisms against frustration and conflicts. If personality traits of the individual do not allow adaptation of the individual, addiction develops (Ögel, 2010; Triffleman et al., 1995).

Inadequacy of problem solving methods: The individual attempts to solve his/her problems but fails due to shortcomings in these methods, thinks that he/she cannot solve the problem and falls in despair. He/she takes a radical decision with the thought that there is no other remedy and develops addictive behaviour (Triffleman et al., 1995).

Compulsion: The individual feels a strong desire to keep on addictive behaviour. The individual having an obsessive engagement with addictive behaviour, manifests this in a compulsive manner by realizing the addictive behaviour (Ögel, 2010; Triffleman et al., 1995).

Genetic Factors: Although there is strong evidence for the role of genetic factors in development of alcohol addiction proved by twin and adoption studies, there is no sufficient information about its role in development of other addictions. Although it is mentioned that genetic theories cannot explain addiction development solely, theories on this subject are given below (Ögel, 2010; Altıntoprak and Coşkunol, 1999):

Family Studies: People among whose family members is there an addict have a risk of developing addiction ranging from 2 to 5 times (Enoch et al., 2002; Hughes et al., 1986). **Twin Studies:** According to Kultegin Ogel, the risk of addiction is higher for monozygotic children of individuals who are addicted to alcohol or substance compared to dizygotic ones. Moreover, this risk is four times higher for boys compared to girls. **Adoption studies:** Risk of alcoholism and drug addiction is high for the children of alcohol addicts given up for adoption (Cadoret et al., 1986).

Socio-Cultural Factors: Biological nature of individuals do not need substance, however, they meet the substance in or through relationship with the environment and either use it or not (Ögel, 2010). Such socio-cultural factors that affect an individual's use of substance can be listed as follows;

Social status and environment: Settings, circumstances that lead to certain results (poverty etc.) may affect addiction. When people are exposed to environments in which they live their addictions, their addictions are triggered.

Social Norms: They affect one's perception and assessment of the behaviour he or she wants to do. Acceptability of a behaviour in social terms triggers behaviours towards addiction (Miller and Carroll, 2006).

Availability: Accessibility of the thing that causes addiction is an important risk factor for development of addiction, however, despite the fact

that easy access to the element that causes addiction constitutes a risk factor, such availability is not solely sufficient for addiction (Ögel, 2010).

Acceptability: Acceptability by the society of the factor that causes addiction increases the number of addicts by leading to social acceptability of and support for the individuals who have that sort of addiction (Ögel, 2010).

Peer effect: Being encouraged by peers, and the desire for gaining acceptance causes individuals to use and keep on using the addictive factor. Peer groups induce adoption of similar behaviours by individuals and generalization of these behaviours within the group. Therefore, selection of and relationships among peers is of utmost importance in establishment of addictive factors as behaviours (Ögel, 2010; Gilvarry, 2000).

Familial Factors: Family is a dynamic structure which affects addiction development for an individual and decision of the individual whether to continue addiction or not. Influence of the family on an individual is stronger than that of the society (Schroeder et al., 2001). It is known that social support, relapse (Osman, 1998) and seeking for medical service (Kramer et al., 2002) in addiction is associated with family.

Treatment Approaches in Addiction

As one can see there is no absolute reason for the concept of addiction and many factors may cause formation of addiction. For this reason, due to the complex structure of addiction concept that involves many factors related to the individual including physical, emotional and social dimensions, it is necessary to treat the individual in every respect during treatment process (Bedir, 2016).

Although treatment services had been provided as acute-care-oriented for long time (McLellan, Carise and Kleber, 2003) it is known that significant changes have occurred in provision of health care services, especially within the last twenty years, a great majority of addiction treatment (over 90 %) has been provided in non-hospital settings and individual-oriented services have become widespread instead of hospital based approaches in providing services aimed at curing psychiatric disorders (Amering and Schmolke, 2017).

One of these approaches Therapeutic Community approach. Therapeutic Community approach is a structured, lengthy process which considers and assesses in the treatment process not only the individual but also the envi-

ronment affecting the individual and which supports individuals in social and psychological terms, contributing to their recovery (Pratt et al., 2013). Therapeutic community approach is regarded as the strongest predictor that affects long-term results positively in addiction treatment (Malivert et al., 2012), adopted as an effective approach (Vanderplasschen et al., 2012) and applied as an integral part of rehabilitation in maintaining treatment process for addicts in many countries of the world (Malivert et al., 2012). In this study, functioning and services of an organization which provides Rehabilitation services based on Therapeutic Community approach.

Par-ce-val Structure

Par-Ce-Val Youth Support Organization is a private organization that provides services for addicted people (children and youngsters). The organization provides both inpatient and outpatient treatment. The organization is a part of large union, consisting of three independent companies, including one hospital, medical care centres and other educational, social and medical facilities. Affiliated to the ministry of youth, the organization is in collaboration with public hospital, research institute, family forum, alms-house and Anthroposophic medicine academy. The organization which started its activities in Berlin in 2000, together with facilities added subsequently, currently has 6 youth support houses in Berlin (1), Brandenburg (3), Saxony (1) and Schwarzenfeld (1) and 2 children support houses in Brandenburg.

Hosting capacity of the houses vary between 9-22 (<https://www.porceval.de/%C3%BCber-uns/>). The purpose of the organization built upon anthroposophic and holistic therapy is to support individuals within the society in cultural and educational respects by the help of eurythmic therapy, psychotherapy, social therapy and art therapy. The organization enables individuals, in particular, to handle their expectations from life and their conflicts better, discover their creative abilities, shape their social relations and lives in an efficient manner and develop a social and professional identity (<https://www.porceval.de/%C3%BCber-uns/>).

Staff Structure

Nurses, psychologists and social workers of many different nationalities work for the organization having more than 250 employees. Two employees on the average work in each house in a day and there is one supervisor for

each house. House supervisors draw up monthly assessment reports for each individual as well as providing care. Although there is no hierarchical difference between a house supervisor and other employees, supervisors are consulted for various responsibilities (giving permission etc.) or extreme situations (injuries etc.). Working hours are set in two shifts during weekdays and three shifts at the weekends. All employees are delivered various trainings (group therapy, Anthroposophy etc.) organized by the organization from time to time. The employees always work in the same house in order to ensure sustainability of their relationship with the individuals who stay at the organization.

The organization attaches importance to working with people who stayed at par-ce-val during childhood/youth and are trained on lines of work similar to that of the organization, and promotes individuals who stay at the organization to join the organization. The organization which has established many collaborations across Germany and abroad, provides opportunities for its employees creating positive experiences especially in the field of research and training of employees. The German, English, Polish, Portuguese, Russian and Turkish languages are spoken within the organization with employees from many different nationalities.

Target Group

The organization provides services for children and youngsters, of 13-21 age group for youth houses and of 4-13 age group for children houses, who have an addiction (nicotine, alcohol, heroin, cocaine, sex, internet etc.), severe adjustment disorder or broken/addicted family/parents, who have been exposed to negligence and abuse, who have turned into crime, grown away from school and live in the streets. Average time for staying at the organization is 3 years. Despite the fact that the age group is determined as 13-21, this rule can be bended through correspondence with the ministry of youth based on the situation of the individual.

Admission Process

The individuals can apply to the organization themselves while an application can also be made by the families, teachers (school) of the individuals, police or court. In order to determine the need and cost burden of the indi-

vidual, responsible youth department is contacted and a meeting is held before admission to the organization. The individual himself/herself, a member of the family if any, a psychiatrist and one person from the youth department and the organization each attend the meeting. In this first meeting, work plan is presented, requirements are described, the objective is set and particularly, personal objectives and objectives to be achieved at school as well as the need of the family for cooperation are discussed and a decision is taken together. If all attendants of the meeting agree to the appropriateness of admission, an assistance plan that is basis to nursing is drafted in a support conference with youth department and applied. At the beginning of nursing, a comprehensive, psycho-social (mental and psychological tests etc.) and medical assessment is made and this assessment is continuously supported throughout further processes during stay (Gökçearsan and Polat Uluocak, 2010). These diagnosis findings underpin an individual development plan for every youngster together with the assistance plan created by the youth department, relatives and the youngster. This plan is constantly applied, evaluated and modified based on the situation of the individual. The individual is expected to comply with the conditions set out in admission process. In the event that the individual does not comply with the conditions set out, sanctions are imposed and even the individual is discharged from the organization.

Services

The organization renders its services with an individual-oriented understanding. Although rules of the organization are clear, many services including responsibilities are planned taking individual characteristics (age, weight, family, competences etc.) of the person into consideration. These include permissions for contacting family and social environment, responsibilities expected to be taken, special trainings, courses to individuals who have abilities.

Both individual and group therapies, work therapies, many activities (sports, dancing, music, theatre, trainings etc.) for individual and family are carried out at the organization. Activities can be conducted by the employees, residents of the organization as well as by experts. Especially during "Kultur" activity carried out on Sunday everybody goes out altogether and

an activity (bowling, swimming, cinema etc.) is performed. The individuals are expected to participate in both individual and group activities and encouraged to take on responsibility and come forward.

Individuals staying at the organization's houses are supported to keep healthy both in physical and psychological terms. In this context, all individuals are taken to doctor for control every month without any exceptions. Moreover, individual-specific diet and exercise programs are conducted.

While the capacities of houses vary girls and boys stay together in all houses, each person having his/her own room (some of them double). The houses have a shared living room, a kitchen equipped with electronic appliances, an entertainment room, music room, a room for employees (where reports are drawn up and personal belongings and medicines of the resident individuals), a storeroom, a laundry room and bathrooms. There are no televisions in the houses; cinema hour is organized once a week. Likewise, radio is used in certain days and at certain times of the week. Computer and telephone are used upon permission in certain circumstances for a certain time. There are many games and a bookshelf for the use of individuals in the shared living room. Magazines, books and games are bought based on demands of the individuals to be placed in the bookshelf. In the houses which are designed to get a good amount of sunlight, wide windows are used in the rooms and roof windows in the corridors, necessary safety measures are taken throughout the house and in room windows in particular.

Importance is attached to collaboration with the family involving the family in the recovery process of the individual as far as possible, however, the family is not allowed to see the individual until six weeks from initial hospitalization. After six weeks, the family is allowed to visit the individual twice in a month. All individuals who are not visited by their families are directed to a shared activity by the responsible employees. An individual staying at the organization is not allowed to go out as unaccompanied for 6 months whereas after 6 months he or she is allowed to do so twice in a month. Duration of all permissions and restrictions vary depending on the situation of the individual. Individuals who return from leave are applied a number of tests including urinary test.

The organization alternately sends all youngsters staying at the organization, preferably individuals who are newcomers, require physical distance

and further measures, to its facility in Turkey within the scope of Truva (Troy) project for maximum 90 days every year. The aim is to create a safer environment, especially for newcomers, ensure adaptation to the organization and build motivation in individuals. All technical principles and content formulated for the facility of the organization in Germany also apply to the facility in Turkey (Gökçearslan and Polat Uluocak, 2010).

Improvement of individuals staying at the organization are evaluated daily and monthly both by the employees and supervisors of the houses. Moreover, in a support conference held every 3-6 months and attended by the individual, family/guardian, one representative from the ministry and one from the organization, to what extent targets set for the individual are achieved and possible new targets are determined.

Education

The organization has a school, library and activity rooms (chess, music, etc.) in Brandenburg campus from which all youngsters benefit. An opportunity of Waldorf based education is provided at the school. Waldorf approach put forward by Rudolf Steiner aims at an individual's multidimensional development in social, emotional, spiritual, moral and physical aspects. According to Steiner, every individual has a potential which is definitely revealed when correct environment is created (Koca and Ünal, 2019). All youngsters graduating from the school are able to transfer to other schools without any problems. Educational plans are shaped according to educational characteristics and requirements of the individuals. Also, individuals are encouraged to speak a foreign language in order to develop themselves. For this, they are expected to memorize a certain number of words weekly and they speak English during all meals. Individuals who complete their education moves up to a higher level and individuals who study in a university are granted financial support by the government.

Work Therapy

Every individual at the organization has individual (tidying up the room, personal hygiene, memorizing words) and joint (cleaning, cooking etc.) responsibilities. Joint responsibilities consist of those for campus and houses. Responsibilities for the campus are changed every six weeks and include farming (there are many animals and vegetables, fruits in the campus), gar-

dening and repair. Responsibilities for the house are changed weekly and can be sorted as cleaning, cooking, setting the dining table, clearing the table, laundry, checking locks and windows, taking stuff from the storeroom, care of cats and flowers, wakening, checking mess and tidiness of room.

All responsibilities are altered at certain times and every individual is expected to take on and fulfil each kind of responsibility. Although a certain time is determined for each responsibility, for how long any responsibility will be taken on varies depending on the individual. What is important here is fulfilment of that responsibility by the individual exactly and properly. Therefore, responsibility in question remains with the individual until it is duly fulfilled by the individual. Individuals who fail to fulfil their responsibilities may be imposed sanctions. Whether the individual fulfilled his/her responsibility is decided by the individual himself/herself, supervisor of the house, friends in the unit he/she works and his/her supervisor in the unit together. Thanks to work therapy, youngsters at the organization enhance their social interactions, learn by taking as role model, discover their potential, produce a product/outcome or help producing a product/outcome (Gökçearslan and Polat Uluocak, 2010). Thus, youngsters are supported to take on responsibilities, obey rules, have self-confidence and develop. A meeting is held at the end of each day at which feedback of individuals on work therapy regarding themselves and each other.

Forming an important part of rehabilitation process, work therapy is a kind of therapy that supports healing and inhibits relapse (Correia, Benson and Carey, 2005). Working involves activities which help individuals make sense of situations and life, enable developing new attitudes in their roles and habits, and organize individuals (Creek and Hughes, 2008). Also, it is an important process in effective use of time, motivation and taking pleasure, social interaction and developing one's identity and realizing oneself (Wasmuth, Pritchard and Kaneshiro, 2016).

Group Therapy

Group therapy is given regularly at the organization 3 times a week. While frequency of group therapy varies depending on the needs of the individuals, it is more frequent in the beginning. In these meetings, the individuals staying in that house, employees, house supervisors and campus supervisor

are present. Feedback is attached great importance in therapy and individuals are encouraged to give feedback for each other. During the sessions individuals are expected to share positive developments for themselves, challenges they face and their opinions about the house, each other and the process. The aim of group therapies conducted is to accompany and guide the individual, recognize destructive tendencies, capture them and direct to the positive and also to improve social and communal skills (<https://www.parcival.de/%C3%BCber-uns/>).

Conclusion

Rehabilitation aims to achieve recovery which includes both the concepts hope and hardship, support social integration focusing on help people make their own free choices and maximize the quality of life that helps people feel good (Pratt et al., 2013).

An effective rehabilitation service should cover health, social security, education and job related applications based on human rights (<http://www.who.int/ncd/disability>). Ensuring active participation of individuals in treatment of addiction, improving their social functioning and reducing their social threat is important (McLellan and Weisner, 1996). Particularly, it is known that psycho-social interaction parameters are of importance in rehabilitation process and affect success of treatment as well as playing a role in coping ability of the individual. It is also known that in rehabilitation process, taking as a role model and peer norms are strong predictors of treatment process, hence, treatment programs that ensure a controlled social interaction give positive results (Miller and Carroll, 2006).

One of the most important issues in addiction treatment is the emphasis on social rehabilitation. There are rehabilitation centers around the world that adopt different models for drug addiction. Tapan ve Derin (2017), stated that there are many private enterprises providing drug addiction treatment and rehabilitation services in the Netherlands. In the study presenting the example of Tactus Addiction Treatment and Rehabilitation Center; After the detox process is completed, patients can switch to the departments that are living units; It is emphasized that a life program consisting of a good morning meeting, occupational therapy, anonymous narcotic recovery meetings and group therapies are implemented in the centers. In some studies, it is emphasized that rehabilitation centers for drug addiction should

focus on psycho-social services in addition to medical care (Gökçearsan Çifci ve Polat, 2010; Ercan, Afyonoğlu ve Özdemir, 2017).

Parceval in Germany provides an example of a highly effective rehabilitation model. Observations conducted within the organization for 3 months have shown that all activities at the organization are planned and applied in an individual oriented manner to support improvement of individuals, by assessing individual, peer, family and society level risk factors for addiction (Griffin and Botvin, 2010) and by considering the fact that addiction is a long-termed process. The organization reflects its holistic approach in all its services by establishing an individual-oriented, consistent nursing and treatment environment that provides solidarity and support, promotes psycho-social interaction, values the individual, offers an environment of acceptance and appreciation, meets the needs of individuals, strengthens their motivation, enables them to develop alternative behaviour patterns as role models, protects individual and encourages them to change. This structured model is considered to set an example for rehabilitation process of addiction.

Parceval is a center established on a large area. This center, which is intertwined with nature and includes a farm, aims to enable children and young people to take responsibility, produce something and increase their functionality. The center helps children and young people to get rid of negative experiences with an effective rehabilitation process, and helps to develop skills to cope with problems effectively. Educators in Parceval establish a relationship of trust with individuals with substance history; supports these individuals to live functionally in the society with basic human values in respect and love.

Accordingly, it is thought that the organization helps individuals who fight against addiction ask correct questions about themselves and their lives in order to find their place in this world and provides a quite effective service for rehabilitation.

It is thought that the rehabilitation model mentioned in this study can serve as an example for future studies in our country.

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