



Approaches and Methods in Reducing Recidivism: Best Practices of Halfway Houses and Self-Help Groups for Former Drugs Dependents to Reduce Recidivism

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This paper has 4 objectives:

- To present observations of approaches and methods in reducing recidivism in a society .
- To highlight phenomena pertaining to reducing recidivism
- To highlight the importance of values and social in reducing recidivism
- To examine some implementation issues

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- Purpose of meeting today
 - Evaluate situation ?
 - Identify model/practice?
 - Proponents of many models
 - The state of the art or latest development to emulate ?
 - Importance of support group
 - Use of chemicals
 - Total abstinence



Best practices.

- Evidence-based practices
- Undergo multiple clinical trials
- Receive consensus of reviews of available science
- Received expert opinion based on observation
- Best practices programs to be effective must be comprehensive, theoretically sound and clear



Best practices

- Evidence based practice

Is there a best common practice for everybody?

- A scarcity in literature, on evaluation of programs on relapse reduction leading us to the conclusion that –no best practices available for the time being.
- Drug addiction, relapse prevention and reduction is a phenomena that is not easy to handle. Furthermore, as it is we are still at the infant stage in developing and practicing evident-based practices
- Many definitions –elusive – eg.chronic relapsing disease (NIDA)

What is the situation/ predicament?

- should we then be pessimistic and withdraw from further discussion?
- The situation is far from worse; we still have hope opportunity to improve our relapse reducing prevention activities, with the hope that out of this, there will emerge some best practices in the future.



Rainbow chasing

- Beautiful
- Difficult to find -head or tail
- Immerse and lost in it

Personal observation in my country

- Prevention
 - Primary
 - Secondary
 - tertiary
- Treatment
 - Unique in the world (set up)
- Govt support –
 - draconian law
 - special budget
- Education -Top down project
- volunteerism
- Modality
 - Persada
 - Tough and rugged
 - Pengasih
 - Inabah
 - Hindu Sangam




Observation

- Need to learn from Solution Focussed Therapy
- Have to go back to basics

Some guidelines

- No best practices for everyone
- Best practices is societal/culture bound; no total import please
- We Can learn from each other but be very careful with approaches that undermine your religious teachings
 - Malaysian Muslims –eg integration with family important
 - Religious principles paramount



Thank You
Shukran
Khob khun
Terima kasih

A sample of the programs that has been done is in the table below.

TARGET GROUP	PROGRAMME ACTIVITIES	OBJECTIVES	AGENCIES INVOLVED
Community and addicts	Religious activities, gotong-royong activities, religious talks, religious awareness, voluntary cleaning work.	Establish good relationship between ex-addicts and community members, overcoming prejudice	Mosque committee members, members of society
Addicts	Coping skills recovery, mentor, vocational talks, skill training, program by support groups	Overcoming helplessness, build self esteem, building self confidence	Addicts and counselors, facilitators, ex addicts
Family	Counseling and workshop on coping skills	Bring back trust and build relationship	AADK, Community leaders
Social institutions	Cleaning mosque, graveyards	Overcoming prejudice, build self esteem	AADK, Committee members of the institution
Volunteers	Talks by AADK,	To instill spirit of volunteerism	AADK

Short coming and difficulties are involved

- *Lack of aftercare houses*
- *Mandatory treatment at half way houses*
- *Social support from family and relatives*
- *Social paradigm*
- *Lack of volunteer group*
- *Using the existing social institutions*

Conclusion

- we concluded that the claim of certainty about the best approach and method in reducing recidivism among former drugs dependents need to be discussed and explored in future research.