



# UNRAVELLING WHAT WORKS FOR DRUG DEPENDENTS

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# INTRODUCTION

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- Present scenario in the Asia Pacific region:
  - many observe no acceptable standard
  - lack of professional knowledge
  - absence of documentation
  - paucity in supervision
  - little aftercare



# INTRODUCTION

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- Present scenario (contd)
  - untrained staff
  - excessive number of clients with negative attitude
  - lack of a support system
  - hostility and suspicion



# DOES TREATMENT WORK

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- Treatment is never simple
- High expectations
- No short cut to addiction treatment
- Recovery is more than not using drugs
- Impatience and despair
- Advocates of maintenance
- Harm reduction



# MINIMUM STANDARDS

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- Organisation
- Treatment programmes
- Records and documentation
- Human resource development



# EFFECTIVE TREATMENT

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- Treatment phases – pre and after
- Peer and family support groups
- Family therapy
- Integration of spirituality
- Enhancement of life skills

# ADDICTS WANT TO BE TREATED



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- Timely intervention
- Feelings of guilt
- Fatigue
- Situational pressure
- Tolerance
- Deteriorating health



# CONCLUSION

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- Treatment works when all the required conditions are in place