



# **Role of Family in Reducing Recidivism Thailand Perspective**

**BY**

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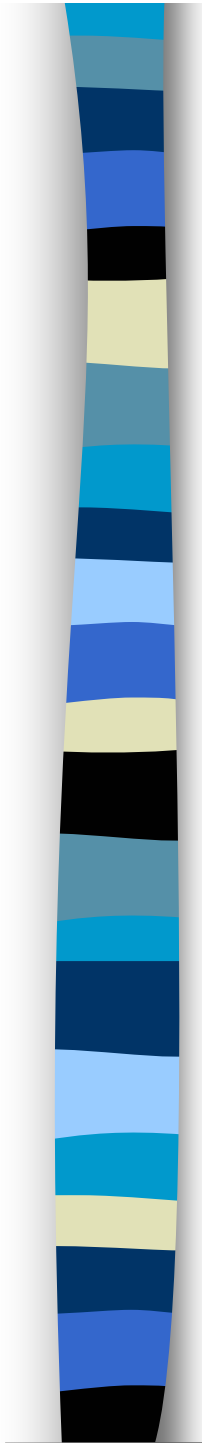
**AT BRUNEI**

**ON 2 - 5 DECEMBER 2007**

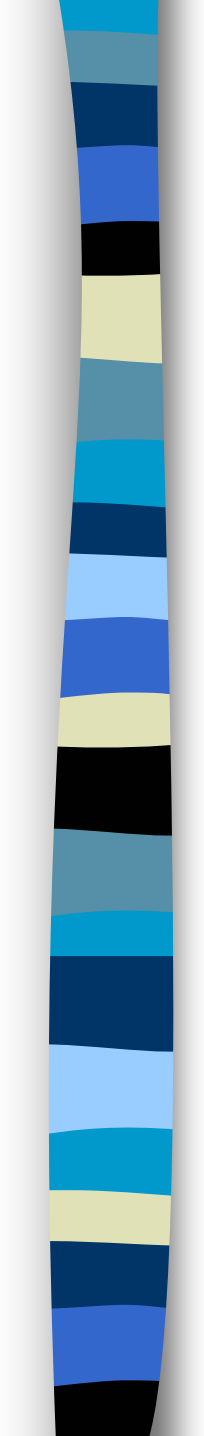
**NGO Anti-Narcotics Coordinating Center (NGO-ANCC)**

**The National Council on Social Welfare of Thailand (NCSWT)**

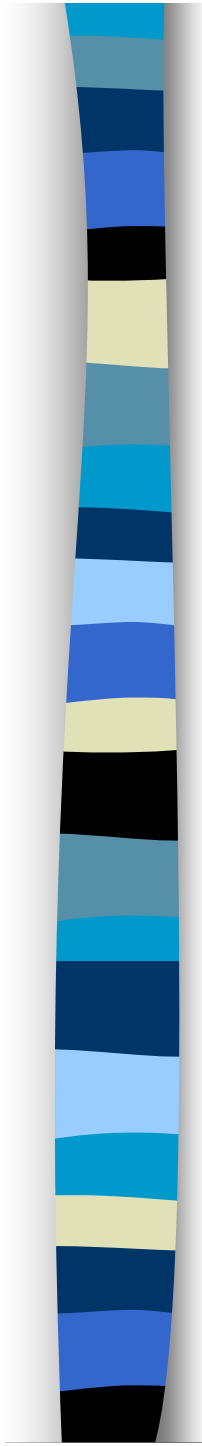
**Under the Royal Patronage of His Majesty The King**



The family is very important in a drug dependent person's life. Once, your family members be involved with drug, other family members have to be closely involved with several aspects of the addiction. Their roles in response and influence on the course of addiction in treatment and aftercare for recovery or prevention of relapsing **i s a m u s t .**



Many families with drug dependence suffer anxiety, insomnia, tension and depression and often have serious social and psychological problems. They often feel a strong reverse of guilt or anger and have a desire for vengeance. These lead to our important factor of DENIAL.



If the families need to help the children out of drugs, first of all they have to accept the problem, for DENIAL may cause the failure to:

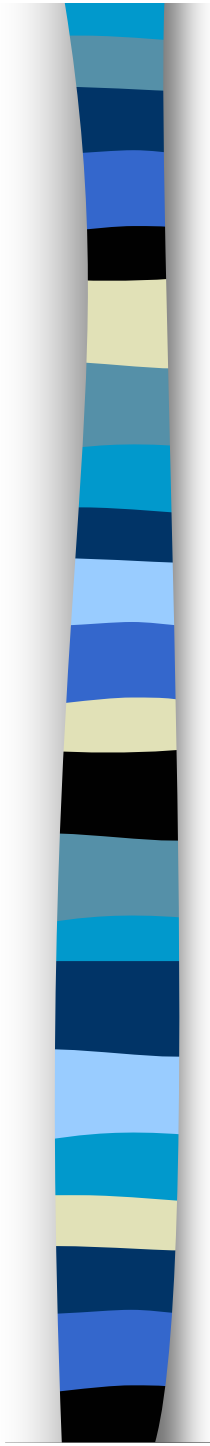
- See the problem entirely
- Recognize the extent or severity of the problem
- See the connection between drug use and the problems it has caused
- Understand that drug dependent person needs help in dealing with the problem



## ROLE OF FAMILY IN REDUCING RECIDIVISM

- Improve significant relationship with your child
- Help to maintain stable abstinence from all psychoactive chemicals
- Develop a recovery support system at home
- Learn to recognize and cope with emotions of your child
- Practice healthy communication skills

The families need to guard against any continuing anger. Family members also can begin to do activities that are rewarding and self nourishing.



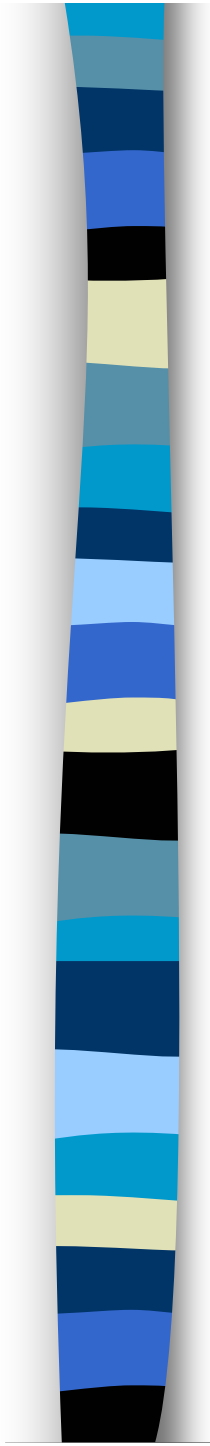
It is also important to begin at ways of communication that may have led to problems in the past, their important is see of both your child and other family members can learn new communication skills that might facilitate a better and stronger relationship.

- The family should learn to accept the limitations of living with an addiction
- Develop an individual, healthy, balanced lifestyle
- Monitor self for relapses
- Be patient with the process of drug recovery
- The addict and the family members need to evaluated which lifestyle changes are important for each of them, individually, and for them together

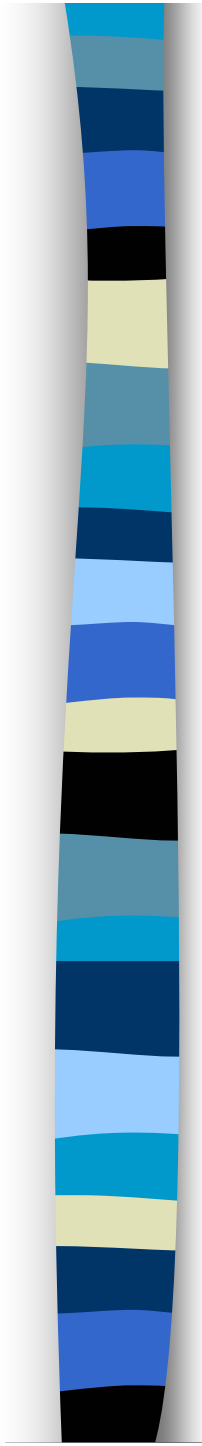


## **IN OVERALL PERSPECTIVE**

The Family need more to learn to live with the addict. When your family members get involved with drugs, your need to be supportive rather than showing extremely unhelpful behaviors (that will induce the addict to continue drug use)

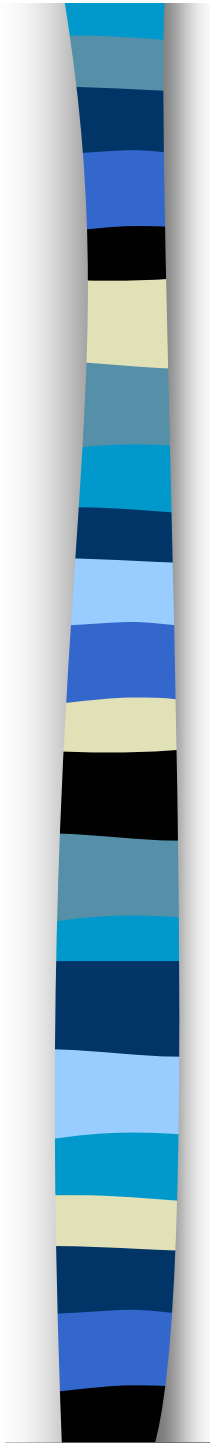


A supportive family greatly reduce damage and be extremely helpful to the addict. The response by scolding constantly, imposing excessive surveillance restrictions and threats all of which actually worsen drug use in the majority of cases.



Most of the program in Thailand involving families to consider and recognize their role structures as followings

- Involving the family members and helping them work with the addict rather than for him/her
- Getting the support of family members in normalizing the addicts activities and helping him/her get back their initial and full functional role.
- Educating the family on the need to reintegrate the addict back into the family and facilitating this by involving the addict in the decision making and problem solving processes in the family.

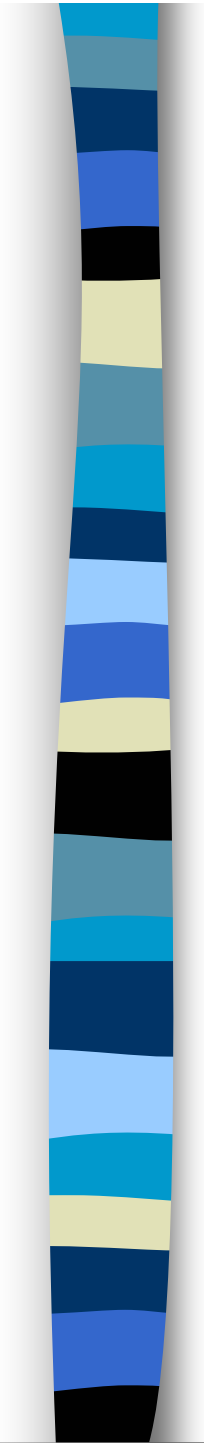
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- There will be helping Checklist for the Family Members to help and reducing recidivism of drug abuse. If the family members have gone through these checklists, role as a good and effective family to help your child from drug abuse is considered.

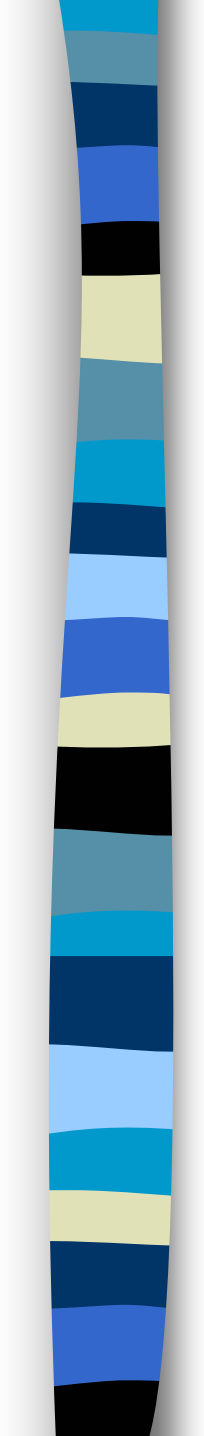


## Helping Checklist for Family Members From Relapsing

Indicate which of the following you are willing and/or able to help. Then check with your child to see which of those items would be helpful to him or her:

- \_\_\_ 1. I will allow you to talk to me about cravings and feelings of wanting to use.
- \_\_\_ 2. I will allow you take me during the night to talk when you cannot sleep.
- \_\_\_ 3. I am willing to remind you of the reasons for stopping drug use when you forget.
- \_\_\_ 4. I will walk away from you if abuse me.
- \_\_\_ 5. I am willing to try to tolerate and accept withdrawal symptoms as a medical condition.

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- \_\_\_6. I will help you avoid triggers to use.
- \_\_\_7. I will remind myself that I am choosing to be here and to help.  
I know that I am not being forced into staying.
- \_\_\_8. I will try to remember that none of our other problems are as important right now as dealing with this addiction.
- \_\_\_9. I am willing to attend treatment sessions when I am invited.
- \_\_\_10. I can allow you to have activities and appointments that do not include me without being anxious.
- \_\_\_11. I will encourage continuing treatment above all else.
- \_\_\_12. I will continue to participate in this recovery program even when it is inconvenient or uncomfortable.

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- \_\_\_13. I will help you think of new things to do and places to go that are not around drugs.
  - \_\_\_14. I will go with you to exercise.
  - \_\_\_15. I will tolerate emotional changes in you as part of the recovery.
  - \_\_\_16. I will listen supportively to you, try to understand what you're going through, and be willing to talk to you about my feelings.
  - \_\_\_17. I will not act as a policeman with regard to whether you have used drugs.
  - \_\_\_18. I will make every effort not to fall into our old negative patterns of behavior.
  - \_\_\_19. I will learn to live with the mood swings that are a normal part of your recovery and avoid being afraid that you might relapse.