

CHALLENGES IN SUBSTANCE ABUSE REHABILITATION CENTERS: PERSPECTIVES FROM THE WORKING PROFESSIONALS

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INTRODUCTION:

Drug Addiction and alcoholism is a global phenomenon. Their consequences may remain the same everywhere with little variation in the magnitude according to local situation. Both licit and illicit substance use cause serious public health problems and evidence for the same is now available in our country. Despite promising advances in biopsychosocial treatments, substance use disorders continue to significantly impact the health of people worldwide, due in part to the treatment gap between optimal care and currently available services (Horgan.C). With the Increase number of the cases we need more and more rehabilitation centers with trained professionals to provide the timely treatment as, residential rehabilitation is a critical element in integrated care pathways. Rehabilitation centers serve as crucial spaces for individuals struggling with various forms of addiction to embark on their journey toward recovery (Davidson et al., 2008). When function appropriately it can be an effective in treating range of drug and alcohol misusers at different stages in their treatment journeys and is especially important in providing a pathway out of dependency or through which clients might ultimately exit treatment. The centres play a crucial role in guiding individuals through the journey of recovery, offering support, therapy, and resources to help them overcome substance dependence (Sheedy & Whitter, 2013).

Functions of the Professional in the rehabilitation centers:

The staff members who work in rehabilitation centers play a pivotal role in shaping the treatment. From substance abuse counselors and therapists to medical professionals and support staff, each team member brings their unique expertise, perspectives, and approaches to client care (Dobbe et al., 2024).

Counselling and Therapies: Counselling specialists at well established centers possess specialized knowledge and skills in addiction counselling, psychology, and behavioural therapy, allowing them to address the complex underlying issues driving addictive behaviours (Miller et al., 2019).

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Rapport building: Their role extends beyond mere supervision to encompass compassionate understanding, effective communication, and strategic intervention tailored to meet the unique needs of each individual seeking help for substance abuse (Shea, 2016).

Advocacy: These specialists also serve as advocates for clients, empowering them to confront their addiction, develop coping mechanisms, and rebuild their lives free from the grip of substance misuse (Linhorst, 2005).

There are certain challenges comes while providing the care support and treatment to the substance abusers in the rehabilitation centers, as well as the success and failure of the cases also depends upon:

1. Clients' diverse backgrounds, experiences, and levels of readiness to change, creating a dynamic and diverse community within the center (Leon, 1995).
2. Additionally, the nature and severity of their addiction, as well as any co-occurring mental health disorders, further contribute to the complexity of the treatment environment (Hawkins, 2009).
3. Moreover, the physical layout and design of the rehabilitation center, as well as its policies and procedures, also influence the treatment experience. Factors such as the availability of amenities, the level of privacy afforded to clients, and the adherence to evidence-based practices all contribute to the overall quality of care provided (Linton & Shaw, 2011).
4. Additionally, external factors such as funding constraints, regulatory requirements, and community attitudes toward addiction can impact the operation and sustainability of rehabilitation centers (D'Aunno et al., 1991).

By exploring the various factors at play within these environments, we can identify opportunities for improvement, enhance treatment outcomes, and better support to both clients and staff on their journey toward recovery (Silverstein & Bellack, 2008). Effective communication, collaboration, and coordination among staff members are essential for creating a supportive and cohesive treatment environment (O'Daniel & Rosenstein, 2008). It is also important that, substance abuse treatment specialists facilitate the recovery process and promote long-term sobriety among individuals battling addiction through a combination of evidence-based practices, therapeutic techniques, and ongoing support (JONES, 2019).

It is also worth mentioning that the degree and level of challenges/issues may vary from Centre to Centre depending upon the:

- F Nature of the rehabilitation Centre (run by government or by NGOs/society)
- F Location of the Centre (in big or in smaller towns)
- F source of funding, (limited or sufficient)
- F services are charged or free of cost
- F Background of the inmates, rich or poor
- F Nature and number of the support staff etc.

This research paper tries to explore the challenges and issues face by the centers as well as by their staff members. It is a established fact that if the staff members are not happy and motivated, they cannot provide the required services to the inmates or addicts. This research work is based on the field visits of Jeevandan Nashamukti kendra rehabilitation center placed in a small town, Moradabad, Uttar Pradesh, India.

Jeevandan Nashamukti kendra

Jeevandan Nashamukti Kendra, situated in Karula, Moradabad, Uttar Pradesh, plays a crucial role in addressing the pressing issue of substance abuse in Western Uttar Pradesh. Located in a densely populated area, the center provides essential rehabilitation services in a building that meets satisfactory standards. Currently staffed with ten dedicated professionals, including a coordinator, doctor, yoga tutor, and administrative staff, the center offers personalized care to approximately 49 residents at any given time. Jeevandan Nashamukti Kendra not only offers medical and psychological support but also fosters a supportive community environment crucial for recovery.

Methodology:

This study employs a qualitative research approach to identify the challenges faced by professionals in managing rehabilitation center. Qualitative methods allow for an in-depth understanding of the lived experiences and perspectives of individuals working in addiction rehabilitation, providing valuable insights into their day-to-day practices and the complexities of their work.

Participants were selected for research based on their roles within rehabilitation centers. A total of eight participants (of different nature) were selected for the study to ensure a diverse sample that captured a range of experiences and insights.

Ethical approval for the study was obtained from the institutional review board. Prior to interviews, participants were provided with detailed information about the study's objectives, procedures, and potential risks and benefits. Each participant signed a consent form, indicating their voluntary participation and understanding of confidentiality measures.

An interview protocol was developed based on a review of existing literature and consultation with experts in addiction rehabilitation and counseling. Semi-structured interviews were conducted, allowing for flexibility in exploring participants' experiences and perspectives. Interviews were also recorded with their prior permission. The interviews focused on topics such as challenges encountered in working with addicts, difficulties in managing funds and resources, and strategies for overcoming these challenges.

Data Collection:

Each participant was interviewed individually in a separate, well-furnished room. Prior to the main interviews, a pilot interview was conducted with one participant to ensure clarity in recording and to refine the interview protocol if necessary. Once the recording clearance was confirmed, subsequent interviews were conducted. Each interview lasted approximately 45 to 50 minutes, allowing for a detailed exploration of the participants' experiences.

Data Analysis:

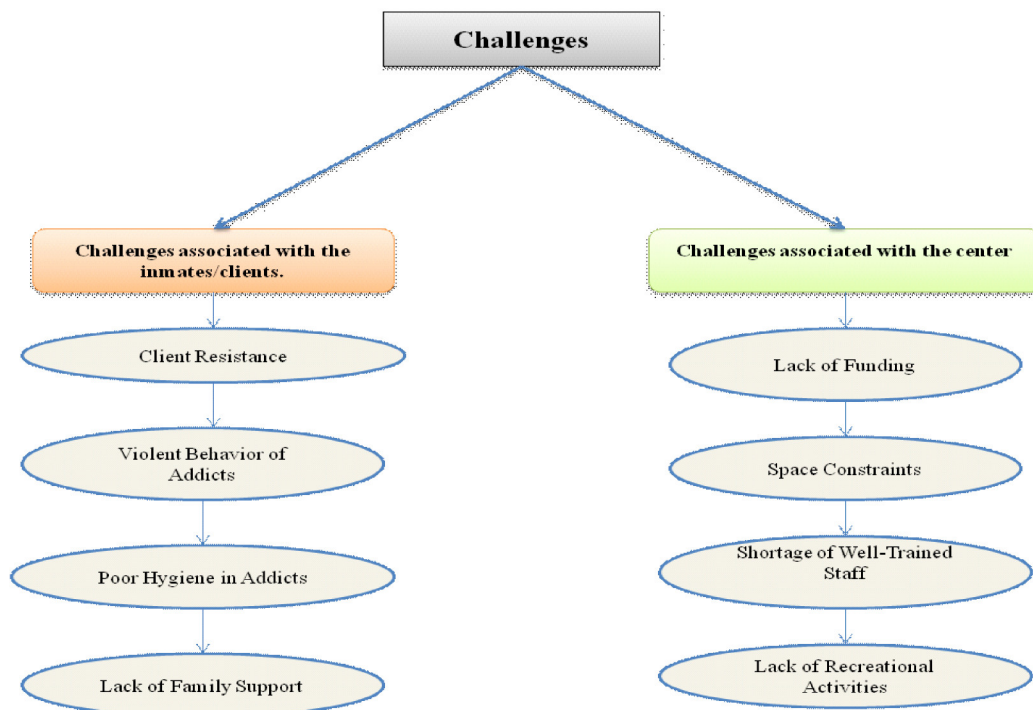
The audio-recorded interviews were transcribed verbatim and analyzed using thematic analysis. The data were systematically coded to identify recurring themes and patterns related to the challenges faced by professionals in addiction rehabilitation. Themes were iteratively refined and organized into meaningful categories to develop a comprehensive understanding of the issues under investigation.

To enhance the validity and rigor of the study findings, measures such as member checking and peer debriefing were employed. Member checking involved sharing the preliminary findings with participants to validate their accuracy and relevance. Peer debriefing involved seeking feedback from colleagues and experts in the field to ensure the credibility and dependability of the study results.

Throughout the research process, reflexivity was maintained by acknowledging and reflecting on the researchers' own biases, assumptions, and preconceptions. This helped ensure transparency and validity in interpreting the study findings.

Findings

Understanding the context of drug rehabilitation centres helps us understand the challenges professionals face. These people, including counsellors, yoga instructor, doctor and managers etc, work in a complex environment where, barriers to treatment and pressure to care for people in need all come together. We discussed on many challenges professionals face there. We further wanted to understand how these challenges affect them and their work and the services they provide to people trying to recover from addiction.



After analysis of the recordings, two sets of common pattern of the challenges faced by the staffs have been identified:

- F Challenges associated with the inmates/clients and
- F Challenges associated with the center.

Challenges associated with the inmates/clients Agreed, if it was quantitative must be presented in % but as it is qualitative research and develop a pattern so, percentage has not been given. (write this comment)

a. Client Resistance

Client resistance and denial pose significant challenges in the treatment of addiction, as individuals struggling with substance abuse often exhibit behaviors that impede their progress toward recovery. Addicts may resist treatment by refusing to engage with counselors, avoiding discussions about their substance use, or providing excuses to justify their behavior. Some individuals may even resort to extreme measures, such as locking themselves in bathrooms or attempting to escape from treatment facilities, in an effort to avoid confronting their addiction. Moreover, clients may display emotional reactions such as crying or engaging in dramatic behavior as a means of deflecting attention from their substance use or avoiding accountability for their actions.

b. Violent Behavior of Addicts

Another significant challenge faced by professionals in drug rehabilitation centers is dealing with the violent behavior of some addicts. Treatment to substance abuse can lead to aggressive and unpredictable actions, posing a serious risk to both staff and other patients. These violent outbursts often stem from withdrawal symptoms, psychological issues, or reactions to the stress of being in a controlled environment. Managing such behavior requires specialized training and protocols to ensure everyone's safety. Counselors and other staff members must remain vigilant and prepared to de-escalate potentially dangerous situations, which can be physically and emotionally draining.

Moreover, the presence of violence can disrupt the therapeutic environment, making it difficult for other patients to focus on their recovery. Sometimes, violent fights break out between addicts, further complicating the situation. One of the interviewees mentioned that they avoid keeping tools or potentially harmful objects in the rehabilitation premises to prevent injuries if a fight occurs. Addressing this issue involves not only immediate safety measures but also long-term strategies, such as providing mental health support and creating individualized treatment plans that consider the specific triggers and needs of each patient.

c. Poor Hygiene in Addicts

Poor hygiene among addicts is another significant challenge in drug rehabilitation centers. Many individuals struggling with substance abuse neglect their personal hygiene due to their addiction, resulting in health issues and an unpleasant living environment. This neglect can lead to infections, skin conditions, and other medical problems that complicate their recovery process. Rehabilitation staff often have to enforce hygiene standards, which can be a delicate and difficult task. Addicts may resist these efforts, feeling embarrassed, defensive, or simply unmotivated to change their habits.

d. Lack of Family Support

A big challenge in drug rehabilitation programs is the lack of family support. Family dynamics play a crucial role in an addict's recovery, but many addicts come from homes where support is lacking. In some families, other members might also have substance abuse or mental health issues, which makes it hard for them to help the addict. Sometimes, family members unintentionally make things worse by enabling the addiction. Counselors often struggle to get family members involved in the treatment process because they might be resistant, uninformed, or unable to help. Without a supportive family network, addicts have a harder time staying on the path to recovery and are more likely to relapse. This lack of support means addicts miss out on essential emotional and practical help that is critical

for long-term success.

2. Challenges associated with the center

a. Lack of Funding

In drug rehabilitation center where government funding is non-existent, the burden of financial support often falls on the shoulders of the addicts' families. This presents a significant challenge, particularly for individuals from low-income backgrounds or those lacking familial support. Daily wage earners, who comprise a substantial portion of the population seeking rehabilitation, face considerable hurdles in affording the monthly expenses associated with the program. Moreover, for addicts without family members capable of covering their expenses, or for those who are the primary breadwinners, accessing treatment becomes even more daunting.

b. Space Constraints

A critical challenge confronting the rehabilitation center is the scarcity of space to accommodate the escalating demand for treatment. Initially designed to cater to 50 drug addicts, the center finds itself inundated with requests for admission from families of new addicts. However, the burgeoning number of individuals seeking assistance is outstripping the center's capacity to facilitate them adequately. Despite the pressing need for expanded facilities, the current lack of space presents a formidable barrier, hindering the center's ability to admit new clients promptly. Consequently, individuals grappling with addiction may encounter delays or obstacles in accessing the essential support and care they urgently require.

c. Shortage of Well-Trained Staff

The shortage of well-trained staff is a significant issue in drug rehabilitation centers. Effective rehabilitation demands a team of professionals equipped with comprehensive knowledge of addiction, mental health, and therapeutic techniques. However, many centers face challenges in recruiting and retaining such qualified personnel. This shortage can lead to high staff-to-patient ratios, where overburdened employees struggle to provide individualized care. Additionally, the lack of specialized training can result in improper handling of withdrawal symptoms, co-occurring mental health issues, and behavioral crises. Inadequately trained staff may also struggle with building trust and rapport with patients, which is crucial for effective therapy and recovery.

d. Lack of Recreational Activities

Lack of recreational activities was observed as another notable challenge within the drug rehabilitation center. Many addicts struggle with boredom and a lack of constructive

ways to occupy their time, which can lead to increased frustration and restlessness. Without engaging recreational activities, patients may find it difficult to cope with the rigors of rehabilitation and may be more susceptible to relapse. Furthermore, recreational activities play a crucial role in promoting physical and mental well-being, helping individuals develop healthier habits and coping mechanisms. Incorporating activities such as sports, art therapy, music sessions, and group outings can not only alleviate boredom but also foster a sense of community and purpose among patients, enhancing their overall rehabilitation experience.

Discussion

The findings of this study underscore several critical challenges faced by professionals in substance abuse rehabilitation programs under two broad categories: one associated with the inmates and the other concerning the center's dynamics, particularly at the Jeevandan Nasha Mukti Kendra in Moradabad. These challenges include limited resources and funding, lack of family support, violent behavior among addicts, poor hygiene, and a shortage of well-trained staff. More or less similar challenges have been identified in a study conducted in America by Legha, R. et al. (2014), who categorized the challenges into three sets: those associated with providing clinical services, the infrastructure of treatment settings, and the greater service/treatment system. These sets of challenges interact to form a highly complex set of conditions for the delivery of these services. Therefore, these issues require a multifaceted approach that combines increased government funding, continuous staff training, systemic support, long-term violence prevention strategies, and innovative solutions.

Successful interventions by various organizations in India provide a roadmap for addressing these challenges. For example, the Ministry of Social Justice and Empowerment (MSJE) in India has implemented the "Scheme for Prevention of Alcoholism and Substance (Drugs) Abuse," which supports rehabilitation centers through financial assistance, thus addressing the issue of limited resources and funding. This scheme ensures that centers can operate sustainably and provide necessary services without financial constraints. Another successful model is the work done by the Tata Institute of Social Sciences (TISS) in collaboration with various NGOs. They have developed comprehensive training programs for staff working in rehabilitation centers. These programs include workshops and certification courses designed to enhance the skills and knowledge of the personnel, ensuring a well-trained workforce capable of addressing the multifaceted needs of addicts. In terms of addressing violent behavior and poor hygiene among addicts, organizations like the Delhi-based NGO "SPYM" (Society for Promotion of Youth and Masses) have implemented structured behavioral therapy programs and strict hygiene protocols. These measures include

routine health check-ups, individual and group counseling sessions focusing on anger management and conflict resolution, and the establishment of a clean and safe living environment. Furthermore, successful family intervention programs by organizations such as "Bachpan Bachao Andolan" have demonstrated the importance of involving families in the rehabilitation process. These programs educate families about substance abuse, offer counseling sessions to improve family dynamics, and provide support networks to ensure sustained recovery post-treatment.

Conclusion

Addressing the challenges faced by professionals in substance abuse rehabilitation programs requires a comprehensive and collaborative approach. By increasing resources and funding, providing continuous staff training, ensuring systemic support, implementing long-term violence prevention strategies, and exploring innovative solutions, we can significantly improve the quality of care and outcomes for individuals struggling with addiction. By understanding the challenges face by the service providers in their efforts to provide quality substance abuse treatment could ultimately result in the design of more effective care

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