

IOGT INTERNATIONAL

Rehabilitation Advisory Service (RAS)

This service is designed to assist individuals and organisations in need of help and information on rehabilitation and associated issues.

Preamble

Rehabilitation work undertaken by IOGT organisations takes place in a non- statutory setting and takes into account the social, religious and political environment of the country in question. It is recognised that addiction is particularly gender and culture specific.

Rehabilitation work undertaken by IOGT organisations is carried out by committed and trained volunteers and professionals (Workers).

These workers can be examples that personal abstinence is not only a pattern of behaviour but also an option to improve one's quality of life.

These workers recognise that every person is unique. They therefore help and support the addicted people to reach their personal goals, taking into account the individual economic, educational and social conditions of the persons. The family members of the addicted are included in this.

The workers support the addicted in regaining the responsibility for their own lives.

BASIC PRINCIPLES

Rehabilitation

Much literature has been published on the subject of rehabilitation offering a variety of approaches to the problem and the treatment methods involved.

Despite the diversity of the programmes and the need for variations, we believe that there are some fundamental principles which must be included in any type of rehabilitation approach:

1. We consider that addiction can only be treated by abstinence based programmes.
2. We consider that addiction can include not only problems caused by the use of alcohol and/or drugs, but also other types of behavioural disorders.
3. We respect every individual's right to self-determination.
4. We believe that any type of treatment and/or intervention should be a catalyst, which would activate a self-determination to solve the problems created by substance use. Therefore, we

believe that nobody but the addicted individual is able to solve the problems created by the addiction.

5. Everyone, whatever age, be they men or women, should be helped to understand the reasons behind their substance use.
6. We recognise that rehabilitation programmes need to be culturally sensitive.
7. We see any type of treatment and/or intervention as a starting point for a rehabilitation process.
8. We believe that every good rehabilitation programme has a wide ranging preventative effect.

Development of rehabilitation programmes

Rehabilitation programmes vary widely from mutual support groups to in-patient treatment.

All rehabilitation programmes should be of high quality, aiming at regaining responsibility for one's own life, improving life-style and self-esteem.

Effective rehabilitation will lead to personal growth (development) of not only the addicted person but also of his or her close relatives. Personal growth means to gain back the responsibility for one's own life and social surroundings. Regaining responsibility can lead to getting engaged in help, assistance and support for others affected by addiction or to find tasks in other social activities. This commitment and activity will additionally be a strong and effective source to prevent relapse(s) and to achieve a better life.

It is of utmost importance that all programmes and services should be run by accountable organisations.

The IOGT RAS recognises that use of alcohol and drugs can create serious social consequences and play a major part in violence and other criminal behaviour. This has to be taken into consideration in the planning and development of educational programmes within the service.

Family

Use of alcohol and other drugs can have an effect on the whole family.

Problems caused by the use of alcohol/drugs and/or addiction alters the behaviour of the whole family and therefore changes need to take place in the whole family.

Children

Millions of children suffer silently. They have to grow up in families with one or both addicted parents.

Children from addicted families show an elevated risk to become addicted themselves during their lifetime. In addition, from early childhood, they have an increased risk to develop behavioural problems. Parental drinking or drug use can have serious effects on the children as they have to grow up in disturbed family settings. Children may often feel responsible or guilty for the parental drinking. The children might take over responsibilities in the families far beyond their age.

For many children, signs of disturbed development, interpersonal problem solving, social interaction skills, behavioural control, emotionality, cognitive and school achievements are found.

Children and grown ups from families with alcohol and drug related problems need help and support – as well as their parents.

Gender

IOGT believes in the equality of sexes. However, we also realise that as far as rehabilitation programmes are concerned, special programmes need to be provided for women and men, as there are topics which might never be discussed in mixed-sex groups.

Community

The community plays a fundamental and all encompassing role in the well being of its individual members. The IOGT RAS would aim to benefit the community by facilitating the creating of a network for friendship and solidarity by providing opportunities to meet in an alcohol and drug free environment thereby enriching the quality of life within the community.

Workplace Services

Consumption of alcohol and other drugs represents a real problem in many workplaces. Some employees in the public as well as the private sector will suffer from alcohol and/or drug related problems. Very often the companies and organisations do not have an organised way to handle such problems, which are overlooked until the person in question reaches a stage where dismissal is a highly possible consequence. In so acting the company/organisation has solved the problem in its own way and actually removed the cause of the problem. However, such a drastic solution has, in many places, become an unacceptable way of handling such cases. First of all, it leaves a formerly cherished staff member in an untenable and high-risk situation and secondly, such employees can, in many cases, be of real value to the company. This would be lost in the process.

The IOGT RAS therefore recommends a general policy for this situation. The management and workforce representatives need tools to cope with the problem and a structure how to handle each individual case. It goes without saying that such a policy should be uniform for all employees.

Ethnicity

The concept of ethnicity has no universal or fixed definition. It has different meanings across time, place and people. A consideration particularly relevant to service provision is the distinction between ethnicity as an identity and ethnicity as a category.

Interaction

Every rehabilitation service should recognise that each person involved in its work makes a valuable contribution to the common goal. Mutual respect, understanding of each others role and co-operation should be accepted as the basis for action and inter-action for volunteers and professionals alike.

Methods

We recommend that within IOGT there should be a variety of approaches to rehabilitation work including (to name a few)–

- Self-help/mutual support groups
- Family approach
- Community approach
- Hospital and clinic in and out patient treatment
- Counselling centres

Monitoring

Monitoring is a valuable tool for evaluating the quality of the service.

Quality control systems should be set in place to facilitate regular monitoring of maintaining a high standard service. Early, regular, comprehensive and meaningful record keeping is critically important, as these records can also be used for subsequent research.

Evaluation

Evaluation is a tool for the service itself. It should be carried out at regular intervals measuring the efficiency and benefits of the approach and methods used and eventually enhance the service.

Best practice

There are examples of best practice on the IOGT website (www.iogt.org/rehabilitation).

March 2010