

Consultation meeting summary – Action on Addiction, UK

All 12 members of the consultation meeting were welcomed to the meeting and reminded them the purpose of the consultation group to share ideas and opinions for the drug rehabilitation programme that is being planned for by S.A.L.V.E.

The learning report from Action on Addiction in the UK was presented to the group. Following this, the group broke into 3 separate sub teams and rotated around 3 stations to answer various questions relating the the Action on Addiction programme.

Family Support: Family support is really important to help address the reason as to why the young person came to the street and started taking drugs in the first place.

What type of family support can we offer to best help the family as a whole and ensure the child is able to be fully resettled to them after completing their rehabilitation?

Encourage secure attachment where the caregiver has a secure attachment with the child and the child is confident that their needs will be met appropriately.

Think of activities that can help the parent to understand this and think about it.

Economic empowerment/ Business skills so they can provide the basic needs for the child.

Education support to the child if needed so they can continue to study.

Organising seminars on parenting/ early childhood care.

To have the children and families brought together for purposes of re-unity so they can live together. Families should be supported with skills that will help them to care for the child. Or even skills so they can work together to rebuild the relationship.

The addict to be supported with the family members so they also embrace him or her back to the family through family counselling and one to one counselling.

Where should we run family counsel from? Should we go to their homes or should we expect them to come to the drug rehabilitation centre?

Family counseling should be done in homes for this brings up even other family members i.e. children to understand the situation the brother or sister has been going through therefore enabling them not to take it up.

When counseling is done at home it brings the actual picture of the home and one may understand better the actual cause of the child is addiction behavior.

Home counseling of families also helps the community to learn from the given sessions i.e. neighbors.

Members suggested that it's important to have home counseling because it enables wider family members to also learn from the sessions allowing the family members not to take the addict as a burden but as their own.

Other members suggested that it should be done both at home and at the rehab centre whereby at home it's for a particular family of a child and at the rehab it's a joint program for all the addicts.

Members suggested once in a while at the rehab parents can have joint counseling just as parents.

How should we run our family support programme? For example, group therapy, individual counseling?

By having group therapy i.e. addicts and parents together and on the other hand have individual sessions for both the parents and the addict in order to identify some issues attached to parent and the addict.

Through individual counseling since it's comfortable and a one to one is involved.

Through sensitisation seminars in identified communities to spark conversation.

Through physical follow up in the home even after settling back again.

Counselling skills: Action on Addiction believes that counselling is all about building trust so that the person feels able to open up and talk to you.

What types of activities could be done with the young people to encourage them to trust you and open up to you without feeling like they are in a formal counselling session?

Setting realistic expectations of themselves and action planning for the future.

Listening actively to the child and letting them speak.

Making an overall contract all children must sign to join the programme.

By asking questions and hearing the answers.

Through giving feedback and constructive criticism.

By paraphrasing some of their statements they said.

Eye contact and positive body language e.g. nodding the head.

By showing empathy.

Don't take notes in front of the child but fill after.

Supporting them to express themselves by drawing pictures of their families and involving them in indoor games and outside games.

What kind of resources would we need for these activities?

Teaching aids like play equipment and pictures.

Charts that have demonstrational diagrams.

By using former drug addicts as peer educators.

By use of story books about drug takers.

Newspapers, Radios and T.V.

By use of small gifts like sweets ,Dolls,

By use of forms for contracts.

By providing staff time as one of the equipments.

By having a quiet place that can be used.

Should all new staff members be offered counseling training as part of their staff development or only specific staff?

It's necessary for all staffs to have basic counseling skills because the children might have difference in tests and preferences or some staffs may need to fill up for others in case of uncertainties like sicknesses or when one is out in the field.

Staff support and training: Action of addiction believe that strong staff support is vital in a drug rehabilitation programme to help staff deal with the challenges of working with such a difficult group.

How often would you recommend the Drug Rehab team to have departmental staff meetings and staff one to one's?

One option is by having weekly departmental meetings and one to ones once in a month.

Immediately whenever there is an issue a meeting should also be called.

Another idea is departmental meeting to be after every two weeks and one to ones to be weekly.

Or we could do it departmental should be monthly meeting as well as one to ones.

How can you ensure that you use regular evaluation and reflective practice during meetings to learn from mistakes, challenges and successes to continuously improve the programme?

By ensuring you have good monitoring and evaluation tools in place that you can use for assessment purposes.

Through staff monitoring by supervisors or managers.
Developing appraisal forms.

Through regular staff training in the relevant field.

By sharing departmental reports and success stories and challenges.

Having teamwork in order to be able to work together through cooperation for progress.