Examine the Influence of Family Support and Counselling in Drug Recovery Rates

Susheela Singh*

Psychologist, Department of Psychology, Jio Jindagi Wellness Retreat Trust, New Delhi, India

Abstract: Drug addiction is a complicated and widespread problem that has a wide-ranging impact on people, families, and communities all over the world. There is a need to design efficient interventions and support systems for a better recovery outcome and a need to reassess the existing system. The present study aims to determine the role of therapy and family support in the rates of drug addiction recovery. The qualitative research methodology has been adopted, conducting a theoretical analysis of the primary and secondary resources of literature to investigate the resources available on the effects of counselling and family support on drug addiction recovery rates. The outcome has relevance for future research for the creation of a focused intervention strategy that amplifies the positive effects of therapeutic support from family ties on successful recovery outcomes.

Keywords: Family support, Drug Recovery rates, Counselling.

1. Introduction

The drug problem has become an unparalleled global issue, profoundly influencing the development of a cohesive and interconnected community for humanity. As indicated in the World Drug Report 2021, an unprecedented number of individuals, approximately 275 million, have engaged in drug use annually, with an estimated 36.3 million individuals suffering from drug use disorders (Baldisseri, 2017). Furthermore, the unprecedented circumstances related to drug abuse have presented new challenges that necessitate innovative approaches to address the multifaceted aspects of addiction treatment and rehabilitation. Though the word substance abuse and drug addiction are used interchangeably there has been a physiological difference in both terms. According to Campo-Arias and De Mendieta (2021) substance abuse is the overuse of drugs while addiction occurs when the substance use causes chemical changes in the brain. Hence while understanding the role of Family support and counselling on drug addicts, it is essential to understand the impact of these psychological support systems on the working of the brain system of the addict and its impact on the recovery rate.

According to Bray et al. (2022) people with substance use disorder (PWSUD) and drug addiction (DA), embody a complex combination of roles as "Victims," "Violators," and "Patients," experiencing challenges in both their physical and mental health. Additionally, they are frequently stigmatised as social outcasts which are exacerbating their suffering and marginalisation (Campo-Arias & De Mendieta, 2021).

Furthermore, the treatment for substance abuse ranges from voluntary treatment to compulsory isolation, based on the severity of the Drugs addict's conditions. However, DA recovery is a process rather than a treatment alone, hence a supportive inclusive social environment is a basic need for fostering psychological support in the addict. Therefore, it is essential to reinforce positive psychological factors to shape physical and mental health with improved recovery rates. And in doing so, Family support and counselling are imperative comprehension measures. In the process of establishing the nexus, Bray et al. (2022) have proposed a Family system model which considers the dysfunctional symptoms as a family rather than an isolated problem. The model elaborated on the role of family dynamics and communication in SUD & DA. It further states that a sound family functioning with educational support and resolving conflict perspective a healthy recovery rate for SUD could be achieved.

Chang et al. (2022) further emphasised that Counselling is an essential component of drug addiction treatment because it provides patients with an organised and encouraging setting in which to address the complicated issues that underlie their substance use disorder. The Transtheoretical Model (TTM) named the Stages of Change model emphasises the need for counselling in drug addiction therapy.

According to the TTM, people go through different stages when they try to stop engaging in addictive behaviours. Pre-contemplation (not yet thinking about change), contemplation (thinking about change), preparation (making plans for a change), action (moving in the direction of change), and maintenance (maintaining change) are some of these stages (Garland et al., 2019). The TTM emphasises that people can transition between stages, and that change-related timing and preparation might vary.

The TTM-based counselling treatments are made to cater to people at their specific stages of transformation. For instance, motivational interviewing techniques may be used to investigate ambivalence and increase motivation for change during the contemplation period (Hocaoglu, 2015). During the action stage, cognitive-behavioural therapy (CBT) techniques are frequently used to support people in creating coping mechanisms, controlling cravings, and preventing relapse.

Furthermore, there has been increasing discussion on psychological factors and their impact on SUD & DA recovery

*Corresponding author: monasingh9711@gmail.com

rates. But there has been a research gap to analyse the influence of these factors on the PWSUD's recovery rate. Therefore, the study aims to assess the impact of the involvement of family members and the provision of counselling services on the success of individuals recovering from drug addiction. In this regard, the paper will discuss the role of family as a support system, a mediator, and a moderator. Further, the study will elaborate on the integration of the family's involvement in counselling of drug addicts.   To discuss the following objectives, the paper will lead to an analysis of these ideas with the help of the relevant literature.

1. To examine the influence of Family Support on Drug addiction recovery rate.
2. To evaluate the role of counselling in drug addiction rate.

2. Literature review

This review of literature aims to critically analyse the function of family support and counselling in facilitating the recovery process and enhancing long-term outcomes for those battling with drug addiction by synthesising and analysing the available resources.

A. Family Support and Hope

According to, Hocaoglu (2015) psychological correction in a PWSUD & DA begins with a change in implicit cognition, and hope is one of the factors which has a positive impact on the process. Hope has been conceptualized as a psychological state, characterized by a confident yet uncertain expectation of achieving positive outcomes that are realistically possible and personally significant. It further stated that hope activates the prefrontal cortex and limbic system of the brain which is responsible for regulating mood, decision-making, and the processing of rewards. Hopeful individuals may exhibit increased neural activity in these regions, which can contribute to positive outlooks, goal-directed behaviour, and the ability to overcome challenges associated with addiction.

Howard and Khalifeh (2020) elaborated that Hope is not self-centred in the drug rehabilitation field; rather, it comes from group and interpersonal relationships. It includes the hope for stronger bonds with other people as well as the hope for their acceptance and respect. For example, family support has been conceptualised to be associated with higher levels of hope. According to O'Connor et al. (2020), hope is influenced by both internal and external hope trajectories. Perceived familial support is regarded as a source of hope. According to Shalaby and Agyapong (2019), the external trajectory includes the influence of family, friends, and spiritual influences, which might raise the amount of hope, whereas the internal trajectory focuses on a people will to attain cognitive goals.

Various research has repeatedly shown a strong connection between hope and family support. Yazar-Klosinski and Mitchell (2021) stated that the family unit cultivates a sense of hope, which in turn aids in their general healing, resiliency, and capacity to uphold drug sobriety. On the other hand, the absence or lack of family support may impede the healing process and have a detrimental effect on the person's chances for long-term rehabilitation.

B. The Mediating Role of Family Support on Drugs Recovery

According to Baldisseri (2017), there have been numerous beneficial effects of family support on the healing process. It further elaborated that family support gives those with substance use disorders the confidence they need and the encouragement to overcome addiction. Additionally, it lessens the strain related to recuperation, prevents worry, gives perseverance and strength, and raises the person's optimism and confidence in the future (Bray et al., 2022). The presence of social support, including from family members, has been associated with increased activity in brain regions related to emotional processing, such as the amygdala and anterior cingulate cortex. These areas are crucial for managing stress, regulating emotions, and making adaptive decisions.

Therefore, a strong family system support enhances hope in the drug addict which ultimately influences the brain's neural system to engulf a positive thought process in the addict. However, there has been limited research on the physiological impact of psychological phenomena on drug addictions which provides a limitation on the assertion and scope for future research.

C. The Moderating Role of Counselling on Drugs Recovery Rate

Counselling is an integral component of addiction treatment programs, providing individuals with a supportive and therapeutic environment to address underlying issues and develop coping strategies (Chang et al., 2022. Although counselling has been found to help people recover from drug use, the results may vary based on a person's traits and situation. Simpson Campo-Arias and De Mendieta (2021) elaborated that the brain's capacity to reorganise and create new connections, or neuroplasticity, can be stimulated through counselling. Through counselling, people can acquire and hone new cognitive and emotional abilities that may alter the way their brains are wired. This can improve the capacity for adaptive thought and emotional control.

Additionally, counselling enables people to better control and manage their emotions. Drug users can learn to recognise and understand their feelings, challenge unhelpful thought patterns, and create healthy coping mechanisms by engaging with a counsellor. Such emotional management techniques can result in changed brain activity in regions like the prefrontal cortex and amygdala, which helps with emotional well-being.

D. Integration of Family Support and Counselling

Campo-Arias and De Mendieta (2021) researched relapse prevention and drug recovery rates, and combining family support and counselling experiences and stated a positive synergistic effect. According to Chang et al. (2022), including family members in counselling sessions and giving them support and knowledge might enhance treatment success and lower relapse rates. Additionally, family-based therapies that emphasise developing problem-solving abilities, addressing family dynamics, and boosting communication are successful in lowering relapse rates among drug addicts.

3. Analysis

The review of the literature states that family involvement in addiction treatment has shown positive outcomes, particularly when families participate in family therapy sessions and educational programs. However, there has been a potential limitation and challenge with Family Support. Family dynamics, such as enabling behaviours or a history of substance use within the family, can hinder recovery progress. Conflicting relationships, lack of understanding about addiction, or untreated co-occurring issues among family members may undermine the effectiveness of family support interventions. Additionally, not all individuals have access to a supportive family network, and for those with strained or dysfunctional family relationships, alternative sources of support become crucial.

However, while counselling interventions have demonstrated positive effects, it is important to recognize that treatment outcomes can be influenced by various factors. These include the quality of the therapeutic alliance, the expertise and training of the counsellors, the duration and intensity of counselling, and the presence of co-occurring mental health issues. Moreover, individual factors, such as motivation, self-efficacy, and social support networks, interact with counselling interventions and may influence their effectiveness.

Hence, it is crucial to consider potential limitations and challenges associated with family support, as well as the multifactorial nature of treatment outcomes influenced by various individual and contextual factors. Future research should continue to explore and refine the role of family support and counselling interventions, considering diverse populations and incorporating innovative approaches to optimize drug addiction recovery rates.

4. Conclusion

In conclusion, drug addiction is a complex issue that requires a multifaceted approach for successful recovery. In doing so, family's support and counselling has been identified as a significant predictor of successful recovery, providing motivation, encouragement, and accountability to individuals in their journey towards abstinence. Joint counselling involving both the individual with addiction and their family members can be particularly effective in fostering understanding, improving communication, and resolving conflicts. However, it is crucial to address the pessimism, lack of willpower, and fake ego often observed in addicts, as these factors can hinder treatment progress. It is imperative to tailor interventions to individual needs, incorporate joint counselling approaches, and empower individuals to develop resilience, willpower, and a sense of purpose. Hence, addressing these key factors can contribute to improving drug addiction recovery rates and promoting long-term wellness and fulfilment for individuals and their families.

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