

Prevention and treatment of drug addiction

Limiting or reducing the demand for drugs requires taking preventive and therapeutic measures, but in fact, preventive measures may not succeed in all cases and with all persons, as there may be a flaw or negligence in adhering to preventive measures, and this requires another type of intervention, namely therapeutic intervention, whether this therapeutic intervention is early so that the persistent use of drugs can be prevented, or therapeutic intervention.

- 1- Stay away from bad companions and those who were the cause of the person's resort to addiction.
- 2- Try to occupy leisure time with what is useful and beneficial to the human being.
- 3- Reducing unemployment and providing job opportunities for young people in particular.
- 4- Educating the individual about the harms of drugs and their devastating effects on the individual, family and society.
- 5- Stricter penalties for drug dealers and users alike (legal deterrence).

- The role of the family in eradicating drug addiction

The family has an essential role in resisting and combating drug addiction, as the family is the first to influence the individual and the formation and building of his personality, and the behaviours and actions to be taken by the family include the following:

- Spreading a spirit of love and affection among family members, treating children well, and avoiding violence and cruelty in education because violence and abuse, even verbal abuse of children when they are young, weakens their personality.
- Fathers should set a good example for their children in everything. For example, a father who smokes should be positive and recognise that he has become responsible for a family and children and is their role model and should quit smoking, or at least not do so in front of his children.
- The awareness of parents to deal with children, especially during the adolescent period, and to take care of their children and contain them in such a way that they do not seek other sources of attention outside the family and fall into the clutches of bad companions.

- The family has a role in raising children on religious values, morals and ethical principles from a young age and urging them to obey God and be pious.
- Children should be involved from a young age in making decisions and assuming responsibilities that concern the family, even if only as a way to give them the illusion that they are individuals with a personality and value within the family who will have a personality and role in the larger society.
- The family must constantly follow up and observe the behaviour of their children and any change that appears on them, be aware of the symptoms of addiction, and take the necessary precautions immediately, because the earlier the issue is recognized, the faster and better the chances of solving it.
- The family should always follow up on their children's friends and get to know them, and even intervene in their choice in indirect ways, because a bad friend may be a cause of corruption in all its aspects and forms.

- The role of society in drug prevention:

Society consists of individuals who are the wealth of this society, so it is necessary to protect these individuals who make up this society from any harm that may be inflicted on them, especially if this harm affects the health and personality of these individuals, such as addiction, as addiction is one of the most serious scourges that afflict and destroy peoples, so a serious policy must be followed to combat drug addiction by:

- 1- Awareness of the harmful effects of drugs and their prohibition by the divine religions. This is done through the unity of the media and awareness in schools, universities, mosques and other institutions.
- 2- Fighting drugs and those who promote and possess them, to limit access to them and reduce the opportunity to access them, and this requires training security personnel at the highest level and supporting them with the latest equipment to be able to confront the methods and tricks of promoters.
- 3- Treatment, recovery and rehabilitation of addicts to return to society and reintegrate into it in a proper manner, and support anti-addiction centres.
- 4- Treating and solving the issues that may push young people to resort to these narcotic substances to escape them, such as unemployment and the inability of young people to marry due to lack of material possibilities, housing and work, and

finding a solution to improve the conditions of these young people and invest and benefit from them, not destroy them and make them vulnerable to loss.

- Steps and stages of treatment:

1- We have to convince the patient (addict) of his illness and confront him with the fact that his life in the presence of drugs only leads to destruction and death, and that if he remains in that state, he is on a dead-end path that makes him lose himself, his work, his family and his friends.

2- Before starting the journey of addiction treatment, the patient must be convinced of the principle of treatment, leaving drugs and getting rid of them permanently by ensuring the safety of the addict and assessing his health to make sure there are no viruses or other diseases such as tuberculosis, hepatitis, or other infectious diseases that can be contracted while using drugs.

3- The beginning of the therapeutic journey begins with the evaluation of doctors and here the patient is presented to doctors and specialised experts to take the necessary measures for comprehensive health assessments, and this evaluation is done to clarify the appropriate treatment plan for each patient based on the result of these assessments.

4- Then comes the stage of detoxification and removal of the drug from the body, which is the first essential stage in the treatment of addiction, and it is also one of the most difficult stages that the patient faces in his journey of addiction treatment, as he experiences serious withdrawal symptoms such as sleep disorders, insomnia, high body temperature, sweating, high blood pressure and severe psychological disorders, so doctors give the patient the necessary drugs and painkillers to help him cross the stage of detoxification from his body safely and provide full control and care for the patient in this period and follow medical instructions throughout the treatment phase.

5- After detoxification, the patient must be exposed to psycho-behavioural psychotherapy sessions, recreational therapy, sports and training programmes, to alleviate the damage caused by drugs to the nervous and psychological system, and this phase may last for several months or years, depending on the patient's condition and his ability to tolerate the treatment and pass the desire to return to the drug again.

6- The doctor must accompany the patient to avoid relapse and return to drugs, by giving him medications that help him reactivate normal brain functions and reduce

the desire to use narcotic substances again, and the recovering patient must be followed up with periodic analyses to ensure that he does not use any narcotic substances after treatment, as statistics confirm that a large percentage of drug addicts return to them again within a year of recovery.

7- Treatment should be supported by individual or group sessions and taking advice from a doctor or psychological counsellor to help the recovering addict resist the temptation to addiction and return to drugs again, and the strong desire to return to those drugs can be countered by behavioural treatment exercises and implementing special strategies to prevent relapse, and at this stage comes the necessity for the patient's family, family and friends to stand by him.

8- All treatment disciplines must be integrated until we reach the desired result, which is full recovery and no return to addiction, as true recovery is not limited to treating drug withdrawal symptoms and then leaving the addict to relapse, but we must reach physical, psychological and social recovery with him, while ensuring his effective return to society and his integration into it and preventing him from relapsing.

If we look at the most important factors that help to eliminate the spread of drugs among members of society, we find that they are mainly those factors that we mentioned in the first research if they are well evaluated, as follows:

1- Proper upbringing and socialisation:

If the child's upbringing is fundamentally good, it is unlikely that the child will turn out otherwise, so the parents must be of good morals and behaviour in order to set an example for him, and as it is said: The mother is a school if you prepare her, you prepare a good ethnic people.

2- Exploiting leisure time:

Emptiness is one of the causes of falling into vices, and psychologists and educators in the West have determined that the emptiness of youth is one of the biggest causes of crime. They unanimously agreed that if a young person is alone in his spare time, he is dominated by thoughts, obsessions and passions, and he does not find his evil self without being moved and agitated by this wave of fantasies and passions, and he moves to fulfil his fantasies, which leads him to fall into many of what is forbidden. The remedy for this problem is for the youth to endeavour to acquire a suitable job, such as reading, trading, writing or others,

which prevents him from this emptiness and requires him to be a healthy and working member of his society for himself and others.

3- Good companionship and the environment surrounding the youth:

We have already decided that both the bad companionship and the environment surrounding a person have a direct impact on him, as they are either for him or against him, which requires a person to seek a good friend and stay away from the bad one.

4- Media:

The media has a negative impact on the minds of all people, large and small, and the media has varied between visual, audible and readable media, all of which affect the minds of people, so specialists must combat it by publishing everything that would educate the citizen, so that his only concern is to publish everything that is useful and warn against everything that is disgraceful, so we can eliminate everything that is contrary to our Islamic and moral customs, and among the factors and variables that have contributed to the spread of drugs and addiction to them. Among the factors and variables that have contributed to the spread of drugs and addiction are the following:

- 1 - Weak religious conscience:
- 2- The easy availability of drugs and the society's tolerance towards their use:
- 3- Media: It emerges when there is a lack of guidance and control by the family, society and state institutions on the type of material presented (such as films) and the extent of its danger to children.
- 4- Influence of friends and companions.
- 5 - Lack of means of recreation and spending time.
- 6- Taking drugs for health purposes.
- 7 - Family problems.
- 8 - Blind imitation of others.
- 9 - The spread of unemployment.

- Preventive efforts to confront drug abuse:

All professions, scientific disciplines and scientific research centres have been interested in contributing to the therapeutic and preventive efforts to confront

the issue of drug abuse, whether at the therapeutic or preventive level or at the level of individuals, groups or societies to confront the effects of this issue, including the social service profession, which has been interested in studying the dimensions of this issue and working to stimulate civil and governmental efforts to confront the effects of this issue, and it contributes with other community efforts in drawing a general strategy to confront this issue and works to strengthen and implement social welfare programs through which it can control the consequences of this issue.

First: Individual Efforts to Prevent Drug Abuse:

By individual efforts, we mean the efforts of the members of the work team that works to fight narcotic substances and eradicate the abuse that tears apart society, eats away at the body of the nation, and destroys all those who fall prey to this deadly germ.

The team that works to combat drug abuse consists of a medical doctor, a psychiatrist, and a social worker. All of them are required to make individual preventive efforts:

Raising awareness of the serious damage to individuals, families and societies, especially the deadly diseases caused by the deadly germ of addiction, and the resulting social and economic damage.

- Increase interest in cultural, religious, recreational and social awareness programmes for the families of users and those who come into contact with them, and involve them in the preparation of these programmes, and the extent of the benefits that accrue to them from these programmes aimed at preventing addiction.
- Educating the families of users and raising their awareness of the factors and motives that lead to abuse, to prevent other family members from using, and to involve them in cooperating with the work team in their efforts to prevent addiction.
- Educating family members of addicts about the serious physical, psychological and mental diseases and their psychological and social consequences to protect individuals and families from falling prey to the deadly germ of death, which kills individuals, families and society.
- The team follows up on the cases that have been helped, to ensure the success of individual preventive efforts in this field.

Second: Community Efforts to Prevent Drug Abuse:

The Ministry of Social Affairs has a major role in confronting the issue of drug abuse, especially since it is the ministry with direct competence in overseeing the provision of social welfare to citizens, treating the causes of delinquency, investigating the motives for abuse, and working to avoid them by providing awareness programmes supervised by social workers with scientific and practical competence in providing therapeutic guidance to drug users.

- Ministry of Information:

The audiovisual and print media have a natural and important role in combating drugs because they have the ability to influence public opinion, create awareness of the danger of drug use, mobilise public opinion against drugs, and pay great attention to preventive efforts to confront the scourge of addiction, such as: Using all available means such as films, dramas, television programmes, and the necessary awareness articles in newspapers and magazines.

- Efforts of educational institutions in combating drug abuse:

Schools have an important and key role in confronting and combating drug abuse, by paying attention to their educational role and not limiting themselves to their educational role only, as educating students through various schools provides them with the necessary prevention opportunities, in addition to making them aware of the harms of drugs, whether at the individual, family, or community level.

The role of the school is not limited to raising awareness and educational and academic guidance for students through educational sessions issued by the school's cultural magazine, or the theoretical educational sessions held by the social worker, but it goes beyond that to the practical aspect, namely the idea of initiative, cooperation and coordination between the school and the security institution by forming male and female student teams to stand with the police against drugs and combat it, by spreading awareness among students and extending it to reach the parents of students, holding lectures and workshops, and thus school students become supporters of police programmes in all matters that require them in the following.

- Family Efforts in Combating Drug Abuse:

The family's efforts in drug prevention constitute one of the links in an integrated and interconnected series of official and societal efforts to preserve the

integrity of the family and the continuity of its performance of its duties, allowing it to raise its members in an atmosphere of security and tranquillity away from all forms of deviance.

Therefore, the family's preventive efforts are one of the most important responsibilities and duties through which it protects children from substance abuse, and through which it educates and informs its children of this deadly danger, and for these preventive efforts to bear fruit, it must be a warm fortress for children, with the reassurance and love it provides them.

The role of the family is not limited to providing care and attention to children, but requires monitoring their general behaviour and getting to know their friends, to help them avoid the dangers of addiction. Safwat Darwish says it is necessary for the family to help their children solve their issues, work to maintain their mental health, and avoid the risks and psychological conflicts that drive them to addiction, and there must be a permanent dialogue between family members, provided that this dialogue is positive and expresses the extent of each family member's interest in listening to others and responding to what they say, thus making the family the refuge of security, the shield of protection, and the fortress of prevention from addiction.

The family's preventive efforts alone are not enough to combat drug abuse. Individual, community and family efforts must be combined to cooperate with each other in order to combat drug abuse so that it does not spread in society and is impossible to treat and address it through available means and mechanisms provided by relevant institutions, ministries and social associations.

The family also has a key role in resisting and combating addiction, as the family is the first to influence the individual and the formation and building of his personality. Some of the behaviours and actions that must be taken by the family include the following:

- The family should be dominated by a spirit of love, familiarity, affection and tenderness, treating children well and warmly, and avoiding violence and cruelty in education because violence and abuse, even verbal abuse of children when they are young, weakens and even kills their personality.
- It is also necessary for parents to set a good example for their children in everything, and to take into account that since the formation of that family, they have assumed responsibilities that must be observed, even at the expense of themselves and their personal habits. For example, a father who smokes must be

positive and recognise that he has become responsible for a family and children whose role model he is and quit smoking, or at least not do so in front of his children.

- The awareness of parents to deal with children, especially in the adolescent period, and to pay attention to their children and contain them in a way that prevents them from looking for other sources of attention outside the family, such as bad companions.
- The family also has a role in raising their children on religious values, morals and ethical principles from a young age and urging them to obey God and be pious.
- Children should be involved from a young age in making decisions that concern the family, even if only to give them the illusion that they are individuals with personality and value within the family, which represents the small community for them, so that they have a personality and role in the large community.
- The family must also follow up and observe the behaviour of their children and any change that appears, and be aware of the symptoms of addiction and notice if one of the family members shows these symptoms, and take the necessary action immediately, as the earlier the issue is recognized, the greater the chances of solving it.
- The family should always follow up on their children's friends and get to know them, and even interfere in their choice in indirect ways, as there is nothing more important or dangerous than a bad friend as a cause of corruption in all its aspects and forms.

- The role of society in drug prevention:

Society consists of individuals who are the wealth of this society, so it is necessary to protect these individuals who make up this society from any harm that may be inflicted on them, especially if this harm affects the health, personality and being of these individuals such as addiction, in addiction is one of the most serious scourges that afflict and destroy peoples, so a serious policy must be followed to combat drug addiction based on the basis of:

- Seizing drugs and those who promote and possess them, to limit access to them and minimise the opportunity to access these deadly drugs, and this requires training security personnel at the highest level and supporting them with the latest

equipment to be able to confront the countless methods and tricks of the promoters.

- Raising awareness of the harmful effects of these drugs and their prohibition by the divine religions. This can be done by joining hands with the media and raising awareness in schools and universities.

- Treatment, recovery and rehabilitation of addicts so that they can return to society and reintegrate properly, and support anti-addiction centres with money, trained doctors, medical devices and the necessary equipment.

- Treating and solving the issues that may push young people to resort to these narcotic substances to escape them, such as unemployment and the inability of young people to marry due to lack of financial ability and lack of housing and work, and finding a solution to improve the conditions of these young people and invest and benefit from them, not destroy them and make them vulnerable to being lost. It is necessary to integrate all state agencies to achieve these preventive goals and activate them seriously and exert all efforts from the whole society to preserve its members.

- The functional variables of the family are related to the following:

- 1- Health variables: In cases where one or both parents are sick for long periods of time and this results in a decline in the patient's role towards his family members, such as supervising, monitoring and guiding children. There is no doubt that such circumstances help in creating the causes and components of delinquency, keeping up with bad companions and falling into their nets due to weak supervision and guidance.

- 2- Social variables: This is exemplified by the appearance of weak religious conscience and the erosion of conscientiousness in one or both parents, and this would instil in children wrong concepts, ideas and value data.

- 3- Economic variables: Such as poverty, unemployment, and low income levels. These difficult financial conditions can lead some children to feel inadequate in front of their colleagues in affluent families, so they resort to delinquency, such as theft, or exploitation by drug trafficking gangs in exchange for material temptations.

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