

THE BENEFITS OF REHABILITATION FACILITIES(Sahadeb Panigrahi)

Going to rehab will help anyone who is battling a drug or alcohol addiction. Addicts are aware of how difficult it can be to conquer their addiction on their own, and rehabilitation centres provide the nurturing environment and encouragement required for a full recovery. To assist patients in identifying and resolving the underlying issues that led to their addiction, rehab involves tailored treatment regimens. Even though helping people overcome addiction is a rehab facility's first aim, there are a tonne of other advantages to going to recovery. Those who receive addiction treatment not only learn how to overcome their addiction, but also acquire the skills needed to have fulfilling lives.

Structure

The structure that a rehab centre offers is one of the key advantages of using one. To assist patients stay engaged and reduce distractions, treatment programmes emphasise developing daily routines full of useful activities and counselling sessions. In order for patients to digest what they are learning, breaks are offered between scheduled activities. Patients are permitted to sit down, talk, and unwind regularly during the day during breaks and in the evening since it's crucial to acquire new coping mechanisms and practise using them in a secure setting.(1)

People who have struggled with drug or alcohol addictions have acquired behaviours and ways of thinking that encourage unhealthy habits while also enabling their addiction. In order to replace such damaging habits with healing-oriented ones, routine becomes crucial. The structure of rehab develops a straightforward daily routine that prioritises sobriety while upholding a healthy lifestyle that patients can continue after treatment. When you return home, there will be less pressure for you to turn to drugs or alcohol for solace if you continue the disciplined lifestyles you learnt through addiction recovery programmes.(2)

A Safe and Supportive Environment

The fact that patients will be in a secure and encouraging atmosphere and surrounded by others who completely comprehend what each other is going through is another important advantage of drug and alcohol therapy. Peer support is a crucial component of therapy and is essential to sustaining long-term sobriety.(3)

Numerous chances exist in both inpatient and outpatient rehab programmes to interact with others going through recovery through support groups and group therapy and to build a network of support. These folks will follow the same path to sobriety as you and support you through any obstacles you may encounter. The people you meet will, above all else, be able to relate to your struggle with cravings, trauma, and the crushing weight of any guilt or shame brought on by addiction. With the help of a peer support group, you can help others on their sobriety journey while also receiving accountability and encouragement.(4)

Multiple Therapies and Treatments

Therapy is essential for helping people in recovery understand the emotional triggers of their substance use and how to create new, healthy coping strategies because addiction is a mental, bodily, and psychological disorder. Additionally, it can show people how their thinking and behaviour patterns have holes in them that may cause them to make poor decisions regarding drugs and alcohol and how to fix them so that their thinking and behaviour are more constructive and healthy.(5)

Additionally, a person's likelihood of relapsing can be decreased with effective therapy, and if he does, it can assist him in getting back on track. It is crucial that rehab programmes offer a wide variety of therapeutic options because no single treatment is suitable for everyone. Therapy's role in the recovery process is to support patients in changing their attitudes, convictions, and actions regarding substance addiction, participating in care, and being inspired to lead a healthy lifestyle. Typical evidence-based methods for addiction therapy include the following:

- Behavioral Therapy
- Cognitive-Behavioral Therapy (CBT)
- Contingency Management
- Community Reinforcement and Family Training (CRAFT)
- Dialectical Behavioral Therapy (DBT)
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Integrative Approach
- Motivational Interviewing
- Multidimensional Family Therapy
- Rational Emotive Behavior Therapy (REBT)

The type of therapy a patient will undergo often relies on the substance they misuse as well as their personal traits. It is essential to tailor treatment environments, strategies, and resources to a person's unique issues if they are to successfully return to a sober life after treatment. Yoga, meditation, Tai Chi, Pilates, massage, and exercise regimens are just a few of the extra alternative therapy alternatives available that might aid patients in their rehabilitation. These are all excellent strategies to reduce stress, increase mental clarity, and enhance one's general physical and mental well-being. One of the best methods for a person to keep their sobriety can be to participate in one or more types of therapy while receiving drug rehabilitation.(5)

24/7 Medical Support

One benefit unique to inpatient rehab is that you have access to 24-hour medical and clinical supervision seven days a week for the duration of your stay at the facility. As people in recovery are susceptible to a range of health difficulties soon after quitting using the substance they were addicted to, this can be incredibly important for preventing relapse in those with severe addictions. People may probably experience unpleasant and possibly harmful effects during this time as their bodies struggle to acclimate to operating without the drug. The stress on the body and mind, even after the first withdrawal symptoms have subsided, can exacerbate other physical and mental problems. Close proximity to medical facilities and ongoing care as they go through the process of getting sober again, individuals can feel secure.(6)

Setting Goals And Building New Habits

Many persons who have used drugs or alcohol in the past have poor self-control and self-care behaviours. Setting and achieving objectives is an essential component of self-care for a person in recovery. Many people have attempted to make objectives on their own and struggled because they lacked the necessary attitude or conviction when doing so. A person's resolve progressively becomes weakened by the cycle of repeatedly trying to break bad habits but failing, to the point where many give up and revert to their old destructive patterns. You can learn how to develop short- and long-term goals for your rehabilitation during rehab and how to achieve those goals. The aims that treatment centres concentrate on include those for your relationships, relationships with others, and

spiritual aspirations. The goal of recovery is ultimately your post-treatment success. In order to succeed after leaving, you will learn the skills necessary to manage stress, avoid triggering settings, deal with triggers when they can't be avoided, prevent relapse, react in healthy ways, and develop new thought patterns. The new habits you pick up in rehab will help you deal with the challenges of overcoming addiction after treatment and teach you how to deal with the circumstances that may have led to your substance abuse problem in a healthy way.(3,4,7)

A Focus on Health

Focusing on health and nutrition as part of treatment is another advantage of going to rehab. Regular drug and alcohol use deprives the body of essential nutrients. Poor diets might result in headaches, trouble sleeping, and low energy, all of which can obstruct a full recovery. Meals are planned and balanced in a rehab facility to make sure you are getting the right nutrition for your body to heal. According to studies, people in recovery function best on a low-glycemic, dopamine-enhancing diet that comprises the majority of protein sources, foods high in fibre, and unsaturated fats. A successful recovery depends on receiving the right nutrients; a balanced diet enhances both mood and general health, which can lessen drug cravings and aid prevent relapse(6,8).

Patients going through a recovery process can also benefit greatly from exercise. Tennis, yoga, swimming classes, and other forms of physical activity are frequently provided by rehab centres to assist clients in regaining a healthy physique after an addiction. The fact that exercise can be measured and quantified is a benefit. People in recovery learn this and realise they don't need booze or drugs to feel good about themselves. They can use their bodily changes as a model for a healthy mind and body without the need for synthetic stimulants like drugs. Addicts who exercise are able to replace destructive habits with constructive ones and regain confidence in themselves. The time that was formerly spent by patients considering and obtaining their preferred substance of choice is now filled in by daily physical exercise. Patients can apply the dietary skills they learned in therapy when they return home after establishing a positive relationship with food and activity(1).

Ongoing Support

The fact that patients receive ongoing support even after they leave the hospital is one of the most significant advantages of rehab. Giving patients the means to engage in recovery and abstinence on a long-term basis, including an aftercare programme, is the aim of rehabilitation. To ensure that patients continue to receive the necessary continuing recovery support after returning home, drug and alcohol addiction therapy frequently offers aftercare through support group meetings and/or referrals to area counsellors. These programmes assist people in overcoming many of the obstacles that can arise after treatment, including relapse. This recovery process phase is one of the most important for many people because it paves the way for a successful future when addiction treatment is successfully completed.

Because post-acute withdrawal symptoms (PAWS) can persist for up to 12 to 18 months following acute withdrawal, ongoing care is crucial (detox). Poor sleep, decreased appetite, mood fluctuations, anxiety, depression, impatience, and poor concentration are symptoms that are frequently linked to PAWS. If the person is not aware of these symptoms and does not manage them using healthy coping mechanisms, relapse may result. The likelihood of recurrence is significantly reduced by receiving continuing therapy help as well as support from those who have spent longer in recovery than they have (such as a sponsor or other peers in support groups). Since "you're just as strong as your weakest link," it is usually encouraged to spend leisure time with peers who have spent more time sober and clean than the freshly recovering individual has. You run the danger of relapsing with your friends if

you spend time with people who have the same length of clean time as you or less. This is so frequently the case that people in early recovery should spend time with peers who have been sober for at least a year.

Challenges and opportunities in India

The lack of workers is one of the main obstacles to managing SUD. The WHO-sponsored comprehensive multi-country survey indicated that the global estimate of the treatment gap for alcohol addiction and dependence is 78.1 percent. The situation is worse in India, where there is a 97.2 percent treatment gap for alcohol use disorders (9,10). According to NMHS, there is a 90 percent treatment gap for substance use disorders, and one of the most frequent causes of such a huge treatment gap is a shortage of specialists with the necessary training(11). The Government of India established the National Mental Health Program in 1982 to address the burden of mental diseases and the lack of skilled experts. In 2003, this program's strategy was revised to incorporate two schemes: the modernization of state mental institutions and the upgrading of medical colleges' psychiatric departments. Later, in 2009, a workforce development plan was also added to the programme. This programme includes provisions for increasing postgraduate (PG) seats in Psychiatry, involving NGOs, and training general health professionals involved in primary health-care services to provide mental health treatments(12).

The lack of de-addiction facilities in India is another problem. Additionally, not all tertiary care facilities are adequately prepared to handle substance use issues. There are few in-patient services available, and financing is severely lacking. However, the government's attention has now turned to mental health. To ensure the accessibility of psychiatric services, the current emphasis is on developing PG psychiatry departments at previously established medical colleges, increasing the number of MD psychiatry seats, and expanding the district mental health programme to all districts. Provisions are also being made for the growth and improvement of inpatient services in the public and commercial sectors, as well as the participation of numerous non-profit organisations in the provision of inpatient care(12). However, our infrastructure, manpower, and budget are insufficient to support such a sizable population. Therefore, there is a need to allocate more money for human resource development, making sure that essential medications are available, creating rehabilitation services for patients with substance use disorders, strengthening DTCs, and expanding information, education, and communication (IEC) activities. Patients with substance use disorders frequently have co-occurring medical conditions, so it is important to build efficient communication with other medical specialties to enable holistic management.

Reduce the stigma associated with substance use problems and raise public awareness about them. Work with general and AYUSH practitioners. Educate and collaborate with traditional healers. Create effective referral networks. The prevalence of substance use disorders has changed in recent years. Adolescents are now showing early signs of addiction, and weekend binges, multiple substance usage, and rising party drug use are all common. Intense IEC efforts and the introduction of school mental health programmes are required to address these problems. The curriculum should also include lessons on the negative impacts of substance use(11).

Government initiatives

The evolving landscape of addiction treatment has prompted commendable government actions. One such reform is the creation of a 24-hour, toll-free national drug addiction helpline number to assist drug misuse victims. The health ministry has also advised the states and Union Territories to draft an Action Plan, which includes carrying out sensitization and preventive education initiatives in schools and colleges throughout the year, in recognition of the difficulty the nation is facing. The use of print, electronic, and social media for raising awareness in regional languages is another strategy used by the Ministry of Social Justice and Empowerment to minimise drug consumption. Another positive move is the annual celebration of the International Day against Drug Addiction and Illicit Trafficking on June 26 with events and exhibitions to educate the public about the negative effects of drug abuse. Additionally commendable is the implementation of a "Central Sector Scheme of Assistance for Prevention of Alcoholism and Substance (Drug) Abuse." For the operation and upkeep of IRCAs, this programme offers financial support to qualified NGOs, Panchayati Raj Institutions, Urban Local Bodies, etc. National Awards are also given to people and organisations to acknowledge their efforts and promote excellence in the field of substance addiction prevention(13). In 156 schools in 22 districts of Punjab, the Society for the Promotion of Indian Classical Music and Culture Amongst Youth is implementing an awareness-building programme to educate kids and teenagers about the negative impacts of substance usage.

A national action plan for reducing drug demand (2018–2023) has been developed to increase public awareness of drug use, improve human resources, and support research, training, documentation, innovation, and the gathering of pertinent data to strengthen the goals. For patients with SUD, a wide range of community-based services are included in the objectives. To reduce drug demand and lessen the effects of drug dependence on people, families, and society at large, the action plan calls for developing and implementing comprehensive guidelines, schemes, and programmes. The measures include adopting basic standards of care, including rehabilitation and social reintegration programmes for drug misuse sufferers, training doctors in de-addiction in government hospitals, assisting other institutions in establishing de-addiction and treatment centres, and more. Targeted Interventions Programme is being implemented by NACO and the Ministry of Health and Family Welfare to provide prevention and care services to high-risk populations such injecting drug users. One of the suggestions could be to add screening for the early detection of common SUDs (alcohol and tobacco) at the recently opened Wellness centres. People who have been recognised in this way can be sent to the right facilities (DMHP team or nearest medical college or NGOs or Private setups).

Future recommendations

People with substance use disorders need to have access to scientifically supported treatment. The "De-Addiction Center" approach needs to be abandoned in favour of outpatient "Drug Treatment Clinics" and community-based care. Better coverage and user acceptance will result from this. For capacity building, significant investments must be undertaken. An upgrade to the current infrastructure will be necessary to fully utilise the advantages of information technology. The MBBS curriculum has to include Psychiatry (which also encompasses addiction) as a standalone course in order to sensitise medical practitioners from a young age. Government initiatives to combat addiction in India need to be broadened to include NGOs and for-profit organisations. The least restrictive

method possible should be used to monitor these institutions. Programs for the prevention of substance use should concentrate on the young population because they are more at risk. One such approach is the implementation of awareness campaigns aimed at promoting greater treatment-seeking behaviour and reducing social stigma. It is important to appropriately implement prevention measures based on international standards to raise protective factors and lower risk variables. Participation from the community and families is crucial in these treatments. The UNODC's global project (Project GLO-K01) to spread family skills training programmes in many parts of the world for the prevention of drug use, HIV/AIDS, and criminal activity among young people should be put into practise all across the country(14). Numerous initiatives are being carried out by various ministries in India to combat drug use. However, there is an urgent need for cooperation and integration between the Ministry of Social Justice and Empowerment and the Ministry of Health and Family Welfare, much like the integration between IRCA and DMHP, etc., to enable better resource use and a goal-directed approach. The AYUSH and Youth Affairs Ministries ought to work together as well. Similar cooperation between the ministries of Health and Family Welfare and Medical Education is preferred at the state level.

Recommendations to improve addiction rehabilitation care

1. OST expansion involving NGOs and private institutions
2. Including common mental illnesses (depression and anxiety) and common substance use disorders (alcohol and tobacco) in the public health model of NCDs
3. focusing intervention efforts outside of urban areas (inclusion of rural and remote areas)
4. strict legal restrictions on intoxicated driving
5. Drug testing and breathalysers are available at all medical colleges.
6. Considerable consideration must be given to accommodating slow-release oral morphine for cancer patients and methylphenidate for the treatment of attention deficit hyperactivity disorder.

7. Enhanced monitoring services (quality of care, legislative implementation, etc.)

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