



## Rehabilitation program effectiveness of community drug-dependent patients

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### Abstract

The purpose of therapy in the rehabilitation process is to assist patients in modifying their attitudes, beliefs, and behaviors around substance misuse, to engage in treatment, and to be encouraged to adopt a healthy lifestyle. This study determines the effectiveness of the drug-dependent patient's rehabilitation as to the identified programs of government. In order to obtain the necessary data of the study, this research used the descriptive method of research. In this method, data were gathered using questionnaires and informal interview to verify the answers of the respondents. Findings revealed that in terms of level of implementation of rehabilitation, seminars or lectures garnered a very satisfactory rating. While, for satisfaction of drug-dependents surrenderers on rehabilitation also received a very satisfactory. Moreover, some of the issues and concerns are as follows: loss of income during the rehabilitation, inadequate food during the rehabilitation program, difficulty sometimes in understanding the topics discussed during seminars/lectures, feeling bored during lectures/seminars resulting to out of focus, extent of support of their own family during the rehabilitation, feeling unwanted or outcasts by the friends or community considering their status as drug-dependent surrenderers, extent of support of government after the rehabilitation and possibility or chance of landing a job after rehabilitation. It is recommended that the proposed action plan presented in this study be submitted to the concerned groups and proper authorities for consideration.

**Keywords:** Rehabilitation Program, Effectiveness, Drug-Dependent Patients, Community Involvement

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### Introduction

The usage of illicit drugs is currently the most widespread issue facing the country at this time. Dietze & Peacock (2020) <sup>[3]</sup> emphasized that individuals who partake in drug use that is unlawful are more likely to become addicted to drugs and have a higher risk of developing mental illnesses that lead to criminal behavior. In a same vein, the enormous public health crisis not only has repercussions for people who use illegal substances themselves, but also for their families, communities, and society as a whole (Dyregrov & Selseng, 2022) <sup>[6]</sup>. In addition, both the results of scientific studies and the insights gained from clinical practice indicate that addiction to illegal drugs is one of the most difficult conditions to treat (Calcaterra *et al.*, 2019). Globally, around 29.5 million of the adult population, or 0.6 percent of people in the world, were engaged in illegal drugs. The most harmful drug type was Opioids. Drug use disorders worldwide account for 70 percent of the negative health impact associated with illegal drug consumption (UNODC, 2017) <sup>[22]</sup>.

Within the framework of the United Nations' Sustainable Development Goals for the period 2015–2030, the significance of jointly guaranteeing excellent health and well-being was emphasized (SDGs). This objective seeks, among other things, to improve "the prevention and treatment of substance use, especially narcotic drug use (De Guzman, 2022) <sup>[1]</sup>. Drug abuse and addiction affect a lot of people. Addiction is a disease that affects the body, mind, and spirit, and it should be treated as such (Wolf, 2021) <sup>[3]</sup>. Since no single treatment or therapy will ever work for everyone, rehabilitation has a lot of them (Read *et al.*, 2020). Miller (2020) <sup>[14]</sup> emphasized that going to drug rehab is one of the best ways to treat addiction.

Recently, Ingram *et al.* (2020) <sup>[10]</sup> said that rehabilitation is made to help people who abuse drugs by giving them resources and tools to help them stop. Grim (2019) <sup>[11]</sup> says that rehab can help with all the different parts of addiction by using a wide range of therapies and treatments.

The Philippines supports being one of the signatories of the Sustainable Development Goals also known as Global Goals adopted by all United Nations member in 2015 (Legusov *et al.*, 2022) <sup>[13]</sup>. Under Sustainable Development Goals #3, good health and wellbeing, it focuses on maternal health and fighting HIV/AIDS, malaria and other diseases (McManus, 2023) <sup>[15]</sup>. With drug addiction is on the rise in our country today, goes along with-it various forms of illnesses that change a person both mentally and physically. With permeable borders and the wide gaps of its archipelago, the Philippines is an easy target for drug traffickers to capitalize (Pellerin, 2022) <sup>[16]</sup>. It is both a drug-consuming nation and a transit hub for methamphetamines, of which it brags the highest usage rate in East Asia. (Drug-Free World, 2016). Ambassador Robert Anderson of Drug-Free World further said that, "Drugs are a huge dilemma in the Philippines-it simply is a torment. There is a huge anti-drug push in the country and the law enforcers are the ones on the streets, so they want The Truth About Drugs." (Drug-Free World, 2016).

Moreover, in the Philippines, "drug rehabilitation" is seen as a humane and acceptable alternative to the "drug problem," owing to a long history of penal populism, moral panic around drugs, and long-standing moralistic views of people who use them, and this has been reflected in (and reinforced by) contemporary political discourse (Lasco & Yarcia, 2022) <sup>[12]</sup>. As we have seen in this study, there is little distinction in theory and practice between jails and rehabilitation clinics; in reality, jails are now centers for compulsory treatment (Ellis, 2021) <sup>[7]</sup>. Those seeking to end the age of forced rehabilitation must capitalize on recent policy reforms informed by a robust civil society and supported by the international community (Lasco & Yarcia, 2022) <sup>[12]</sup>. Local actors and stakeholders must be empowered to take the lead. According to Dangerous Drugs Board (DDB 2016) on its 2015 Nationwide Survey on the Nature and Extent of Drug Abuse in the country administered by its attached office, the Resources Environment and Economics Centre, there are estimated 1.8 million Filipino drug users equivalent to 2.3% of the population. This is widespread between aged 10 to 69 years old showing 75% of the population in the country, wherein 38.36% of which are jobless. Most users had an average duration of drug use of six years, and the nature of drug use was poly drug-use, meaning each drug users use more than one type of illegal drugs, either at the same time or at different times (Jongenelis *et al.*, 2019) <sup>[9]</sup>. In contrast (Lasco 2016), the number of drug user's in the country compared to our neighboring South East Asian countries, is higher than in Thailand's 1.8% (based on a recent estimate of 1.2 million), or Indonesia's 1.8% based on an official (but unverifiable) estimate of 4.5 million.

As of February 2016, based on Philippine Drug Enforcement Agency (PDEA) website, it tallied that 26.91% or 11,321 out of the 42,065 barangays were "drug affected" (mostly in urban areas). A barangay is said to be drug affected when there is irrefutable existence of drug users, pushers, manufacturer, marijuana cultivator or other drug personalities regardless of number in the area. On record, National Capital Region has the highest rate of affectation

with 92.96% of the region's barangays, followed by CALABARZON at 49.28%. (PDEA, 2016) Furthermore, Philippine Drug Enforcement Agency's 2015 compiled arrest data, methamphetamine hydrochloride or shabu (90%) reportedly tops the list of most abused illegal drugs, followed by marijuana and costly party drugs like cocaine and ecstasy. (PDEA, 2015). As member of Association of South East Asian Nations community, the block set up the ASEAN Political Security Community (APSC) desires to guarantee that the Southeast Asians linger in peace with one another and with the world at large in a just, democratic, balanced and peaceful locality. One of the security strategies is the ASEAN Work Plan on Securing Communities against Illicit Drugs 2016-2025. It is an extensive Work Plan that defines the components and proposed activities for the collective action to secure the regional community against illicit drugs.

In San Francisco municipality, the local police agency, recorded 1,885 drug personalities mostly users and handful of pushers, who voluntarily surrendered to the police station and scheduled surrenderer's caravan at the respective covered courts of the fifteen barangays of the said municipality. This study centers mainly on determining the effectiveness of the drug-dependent patients' rehabilitation undertaken by our government with close coordination and participation of Rural Health Unit of Department of Health (DOH), Local Government Unit of San Francisco, Cebu, Cebu Provincial Anti-Drug Abuse Office (CPDAO), Department of Social Welfare and Development (DSWD) and Barangay Health Workers (BHW). The researcher intended to craft comprehensive research useful for the stakeholders whether said drug rehabilitation is really effective, efficient and sustainable, so that they can establish support programs like additional livelihood trainings, moral recovery programs and possible financial assistance for the drug-dependent patients as capital to start a business, or additional capital to their existing business, as basis for a proposed modified sustainable plan.

### Drug Rehabilitation Programs

Treatment and rehabilitation of drug addicts is a critical component of reducing drug demand (Dunlop *et al.*, 2020). The process of medical or psychotherapy treatment for addiction to psychoactive substances such as alcohol, prescription medicines, and street drugs such as cannabis, cocaine, heroin, or amphetamines is known as drug rehabilitation (Specka *et al.*, 2020; Sulashvili & Gorgaslidze, 2022) <sup>[19, 18]</sup>. Several drug recovery programs address psychological dependency by aiming to educate the individual new ways of functioning in a drug-free environment (Thurnell-Read & Monaghan, 2023) <sup>[20]</sup>. Patients are often urged, if not compelled, to avoid socializing with others who continue to use the addictive substance (Dekeseredy *et al.*, 2021) <sup>[2]</sup>. Twelve-step programs encourage addicts not just to quit using alcohol or other drugs, but also to evaluate and alter their addiction-related habits. Several programs emphasize that recovery is a continuous process with no end point. For legal drugs such as alcohol, full abstinence is stressed rather than attempts at moderation, which may lead to relapse (Tripp *et al.*, 2020) <sup>[21]</sup>. Residential treatment (in-patient/out-patient), local support groups, extended care facilities, recovery or sober residences, addiction counselling, mental health, and medical care are all options for drug rehabilitation. Fox *et al.* (2019) <sup>[8]</sup> emphasized that several treatment facilities provide age-

and gender-specific programming. Rather of addressing addiction alone, effective therapy addresses the patient's numerous needs. According to Scratch *et al.* (2020) [17] medically assisted drug or alcohol detoxification is useless as a treatment for addiction. The National Institute on Drug Abuse (NIDA) suggests detoxification, followed by medication (if necessary) and behavioral therapy, and then relapse prevention. According to the National Institute on Drug Abuse, effective treatment must include medical and mental health treatments, as well as follow-up options such as community or family-based recovery support systems (Dorai *et al.*, 2023) [4].

### Research Objectives

This research aimed to determine the effectiveness of the drug-dependent patient's rehabilitation of the municipality of San Francisco, Cebu for the Calendar Year 2020 as basis for a proposed modified sustainable plan. The study's overarching goal was to provide stakeholders with sufficient information to make informed decisions about whether or not the proposed drug rehabilitation program would be effective, efficient, and sustainable; this would allow for the development of supplementary support programs, such as additional livelihood trainings, moral recovery programs, and perhaps financial assistance for the drug-dependent patients so that they can start a business or add to an existing one.

### Methodology

This research utilized partly the documentary analysis taken from the summary of questionnaires distributed to the drug-dependent patients and descriptive survey method to achieve the overall objective in conducting this study. This involves describing the method of information collection and data

gathering acquired using a questionnaire administered through survey and interview of the research participants, as well as the data gathered from start of "TOKHANG" in June 2016 to December 2017. The study was conducted at municipality of San Francisco, Cebu. The participants of the study are the drug-dependent patients themselves, with selected focal persons from the Philippine National Police, Department of Health, and Barangay Health Workers. The main tool used to gather the data needed for this research were the survey questionnaire for the respondents, data analysis compiled in the station for the respondents during Tokhang from July 2016 to December 2017. Documentary analysis and personal interview made from select respondents before the actual distribution of questionnaire were used in formulating the interview questions. Moreover, to be able to come up with an interpretation of scales and weight for the evaluation of how the drug-dependent patients are satisfied of their rehabilitation, a five point Likert Scale was used: 5 (Outstanding), 4 (Very Satisfactory), 3 (Satisfactory), 2 (Fair or Needs Improvement) and lastly 1 (Poor).

### Results and Discussions

**Respondents Profile.** Findings showed that the mean age of 35.89 indicates that the respondents are in their early adulthood stage. 99.50 percent is male while only 2 or .50 percent are females and 41.25% were married. Moreover, respondents are engaged in varied occupations, while 25 percent of them are jobless. Findings also showed that majority of the respondents have undergone formal schooling with a 59% of 6,000 to 10,000 Philippine peso estimated monthly income.

**Table 1:** Level of Implementation Drug Rehabilitation

Seminars/Lectures	Drug-Dependent Patients		
	X	VD	S
Penal Provisions of RA 9165 (Comprehensive Dangerous Drugs Act of 2002)	4.02	VS	.22
Drug Situation in the Philippines	3.98	VS	.13
Effects of Drug Use	3.98	VS	.13
HIV/AIDS	3.98	VS	.12
Stress Management	3.96	VS	.19
Faith Recovery	3.96	VS	.19
DETOXIFICATION PROGRAM	3.98	VS	.11
Tulong Pangkabuhayan (Income Generating Lectures/Seminars)			
Cash for Work Program	3.99	VS	.08
Employment Referral Program	3.95	VS	.20
Livelihood Training	3.99	VS	.08
Technical Skills Training	3.99	VS	.07
GVC for Employment Program (Internship Program)	3.95	VS	.20
Mandatory Drug Testing	3.99	VS	.07
Average of Weighted Average	3.98	VS	.14

Table 1 displays the level of implementation of drug rehabilitation. It can be inferred that from step 1 of rehabilitation from seminars/lectures it has a mean of 4.02 to 3.96, very satisfactory that shows it is well implemented and clearly understood and learned by the respondents. Detoxification program has a mean of 3.98, very satisfactory and also very well implemented, thoroughly explained to the respondents. Tulong Pangkabuhayan (Income Generating Seminars/Lectures) has a mean of 3.99 to 3.95, very

satisfactory that shows it is well implemented and clearly understood and learned by the respondents. Mandatory drug testing, 3.99, very satisfactory, well implemented and being understood by its importance for their rehabilitation. The average weighted mean is 3.98, very satisfactory, very well implemented and gladly accepted by the respondents' overall, believing that rehabilitation changes their life for the betterment after all.

**Table 2:** Satisfaction of Drug-Dependents Patients on Rehabilitation

Indicators	Drug-Dependent Patients		
	X	VD	S
1. The facilitator and other staffs gave good advice and treatment with regard to your drug rehabilitation.	3.96	VS	.19
2. The facilitator and other staffs listened to my concerns and answered the questions best understood by you.	3.96	VS	.19
3. The facilitator and other staffs of rehabilitation center are kind, caring and courteous.	3.96	VS	.19
4. The privacy, dignity and comfort were considered during your drug rehabilitation.	3.97	VS	.17
5. The timing and location of the rehabilitation center is convenient.	3.93	VS	.24
6. The rehabilitation area was neat and clean.	3.93	VS	.24
7. OVERALL, you found the rehabilitation program will change your life satisfactorily.	4.03	VS	.18
<b>Average of Weighted Average</b>	<b>3.96</b>	<b>VS</b>	<b>.20</b>

Table 2, shows the statements that deal with how the respondents deeply feel or their satisfaction of the drug rehabilitation. The respondents are asks on the areas of people manning the rehabilitation, location and area of rehabilitation and their over-all perception. It has a mean

from 3.96 to 4.03, very satisfactory, with an average mean of 3.96, very satisfactory, with very positive attitude towards the rehabilitation that makes a difference in their life. It is therefore clear that this type of handling and manning of said rehabilitation should be sustained.

**Table 3:** Significant Relationship between the Levels of Implementation and Level of Satisfaction to the Drug-dependent Patients

	n	Mean	SD	t-cal	t-crit	df	p	Decision
Level of Implementation	13	3.98	0.14	0.10	2.101	18	0.92	Accept
Level of Satisfaction	7	3.96	0.20					

The computed t-value obtained is 0.10 with 18 degrees of freedom (df). This value is not significant at 0.05 level of confidence due to lesser than 2.101, tabular value, of 0.05 level at df 18 ( $t_{0.05}(18) = 2.101$ ). This means that there is no

significant relationship between the levels of implementation and level of satisfaction to the drug-dependent patients. Therefore, the null hypothesis is accepted.

**Table 4:** Concerns Related to Drug Rehabilitation Services

No	Issues/concern	Drug-Dependent Patients		Total	Rank
		F	%		
1	Loss of Income during the Rehabilitation	292	73	292	1
2	Lack of Trained Individuals to Handle the Rehabilitation Program	160	40	160	8
3	Difficulty in Understanding the Topics Discussed	130	32.50	130	10
4	Extent of Support of the Family during the Rehabilitation	195	48.75	195	6
5	Lack of Finances to Continuously Pay for Treatment	180	45	180	7
6	Inhospitable or Unfamiliar Rehabilitation Centre Environments	140	35	140	9
7	The Fear of Social Reintegration	240	60	240	3
8	Withdrawals and Relapses	232	58	232	4
9	Extent of Support of Government after the Rehabilitation	201	50.25	201	5
10	Possibility or Chance of Landing a job after Rehabilitation	280	70	280	2

Among the concerns of the drug-dependent patients with regard to the rehabilitation services were loss of income during the rehabilitation, lack of trained individuals to handle the rehabilitation program, difficulty in understanding the topics discussed, extent of support of the family during the rehabilitation, lack of finances to continuously pay for treatment, inhospitable or unfamiliar rehabilitation center environments, the fear of social reintegration, withdrawals and relapses, extent of support of government after the rehabilitation, and possibility or chance of landing a job after rehabilitation. The respondent was more concerned on loss of income during the rehabilitation since it ranks number 1. However, they've responded less concerned on inhospitable or unfamiliar rehabilitation center environments and difficulty in understanding the topics discussed. The LGU concerned must align programs for additional source of income for drug-dependent surrenderers during rehabilitation.

### Discussion

Drug rehabilitation is the process of medical or psychotherapy treatment for addiction to psychoactive

substances like alcohol and street drugs like cannabis, cocaine, heroin, or amphetamines. Results indicated that the weighted mean for seminars or lectures on Criminal Provisions of RA 9165, Drug Situation in the Philippines, Consequences of Drug Usage, HIV/AIDS, Stress Management, and Faith Recovery is 3.98, which indicates a very satisfactory degree of rehabilitation implementation. For the detoxification program, 3.98 is regarded as extremely satisfactory. For lectures/seminars on income-generating lectures/seminars, Cash for Work Programs, Employment Referral Program, Livelihood Training, Technical Skills Training, and GVC for Employment Program (Internship Program), 3.97 was rated as "very satisfactory," while 3.99 was rated as "very satisfactory" for Mandatory Drug Testing. 3.96 is the average weighted mean for very satisfactory satisfaction among drug-dependent individuals completing recovery. There is no significant correlation between degrees of implementation and drug-dependent patients' levels of satisfaction. The null hypothesis is therefore accepted. Therefore, the null hypothesis is accepted. Some of the issues and concerns are as follows: loss of income during the rehabilitation, inadequate food during the rehabilitation



program, difficulty sometimes in understanding the topics discussed during seminars/lectures, feeling bored during lectures/seminars resulting to out of focus, extent of support of their own family during the rehabilitation, feeling unwanted or outcasts by the friends or community considering their status as drug-dependent surrenderers, extent of support of government after the rehabilitation and possibility or chance of landing a job after rehabilitation.

### Conclusion

Based on the findings of this study, the following conclusions are arrived at: Majority of the respondents were in their prime years. Majority have no job considering the place of study is rural area wherein available job is scarce unlike in the urban areas with lots of employment opportunities with several factories, manufacturing plants or business establishments are located. It is noted that majority also had finished secondary years, which makes it difficult for them to land a decent job. Despite the fact, that the majority of the respondents have very limited income; they still have a vice being an illegal drug user, which definitely depleted their limited resources also. Items that are very satisfactory, must be sustained or must be improved to be excellent. There should be vigorous and unified efforts on all the personnel of the agencies or department involved in these areas to maintain their performance. The problems met by the respondents are to be addressed in the output of the study. Possible solutions to the problems were to be presented to the proper authorities so that appropriate actions can be done.

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