

Drugs and Alcohol Treatment Plans

Posted on September 15, 2018

Case 1

The problem

In the first case, the client, Rugby, engages in binge drinking. Binge drinking affects Rugby mainly due to the influence of the rest of the students, who do the same on the weekends and occasionally. Also, the parents, who prove to be quite busy with Rugby, contribute to the uncontrolled drinking, as she feels they care less about her welfare.

Rugby feels that binge drinking associates her with her friends, and it feels high to engage in such. An issue arises as she is not sure if this is a problem with her or if it's okay. However, Rugby portrays various side effects. First, she sounds remorseful for her behavior and considers it wrong, so she fears that the parents might know about it. Also, she worries that she may fail in her first year, which is a sign of loss of memory (Kelly et al 2016). This is an indication that Rugby is affected by binge drinking, which might affect her performance in school. For this reason, she requires guidance and counseling that would guide her on the best way to reduce the level of drinking or avoid it altogether.

The goal of the treatment

The identified problem guides the intent of the therapy in Rugby's case. As such, the primary purpose of the intended procedure is to have Rugby reduce the level of drinking to a minimum level. If possible, the treatment aims at helping Rugby to avoid engaging in binge drinking, even though the rest of the students are doing it. Also, the treatment aims to assist Rugby in dealing with the depression that arises after engaging in drinking (Marsh & Maruna 2016). In this case, Rugby shows signs of stress after realizing that she may fail the exams. Also, the treatment aims at helping binge-watching identify the various precautions to take into account to avoid getting addicted at an early age.

Treatment options

Rugby will be taken through a controlled drinking program. This will allow her to gain the skills to drink responsibly, even when doing it with friends. This will help Rugby to remain cautious and thus reduce the side effects such as depression and hangovers. Also, rugby players will be motivated to spend more time with their parents to avoid drinking temptations (Mohr et al., 2015). Online follow-up treatment will be induced for Rugby. The activity would be to follow up on her engagements,

especially during the weekends, to remind her of the need to control her drinking.

Case 2

Problem list

The case shows addiction case which has been motivated by the poor conditions of life. Sammy is said to be a daily drinker, which is a major aspect of addiction. The fact that Sammy does not have family members around could be a significant cause of the dense drinking habit. The obsession can also be traced to highly deteriorated health (Nadkarni et al., 2017). Alcohol addiction leads to substantial health complications that may lead to immobility and eyesight problems. The treatment program will, therefore, be based on the elimination of the addiction and assistance to get out of the withdrawal syndrome. Apart from addiction, the other problem identifiable from this case is the possible withdrawal symptoms. In this case, Sammy is likely to suffer withdrawal symptoms if he attempts to stop the drinking habit. Therefore, I will address the need to cater to the withdrawal symptoms as well as reduce the level of drinking.

The goal of the treatment

The main goal of the procedure will be to match the problems currently faced by Sammy as well as the possible problems afterward. The primary objective of the treatment will be to help Sammy to get rid of his drinking addiction. From the case provided, Sammy is portrayed as a heavy drinker, thus a person who is dependent on alcohol for survival. Therefore, I will aim to enable Sammy to eliminate the drinking habit, not at once but in phases. The treatment will also aim to rehabilitate the poor health conditions of the client (Von et al., 2017). Therefore, it will incorporate having him at the hospital for medical attention. Again, the treatment will aim at enabling Sammy to manage the side effects that result from reduced alcohol use and the ultimate withdrawal effects.

Treatment options

This will match the needs of the client. First, the client will be taken to the hospital for treatment. This is because the previous drinking habit has led to his health deterioration, getting the physical level. This will be followed by therapy to assist Sammy in reducing the drinking habit and getting rid of it in phases. Also, I will motivate Sammy to always seek assistance in case he feels like doing alcohol in the future. A motivational course will be offered to ensure that Sammy feels encouraged. The motivation will match the gap that exists in Sammy's life to the lack of family members. A follow-up program will be induced to ensure that the recovery source is enhanced even after physically leaving the treatment center.

Case 3

Problem

The excitement that hails from the use of heroin creates major issues for Amira. Getting to the level of injecting heroin into her body indicates a high level of addiction. Similarly, Amira requires large amounts of money to sustain her heroin use life. Therefore, addiction is a significant issue facing Amira and one that needs immediate attention. Also, Amira suffers from depression after the use of the heroine. She gets stressed over the actual heroin use habit as well as the source of income for the drug use life (Wilson et al., 2017). It is probable that Amira would, therefore, face an agonizing withdrawal time. Amira also suffers from low self-esteem and feels that she can't afford to meet her family or even ask for help from them. For this reason, there is a need for an effective treatment plan to help Amira get out of the addiction successfully.

Goal of treatment

The problems presented in the case motivate the necessary goals of the treatment plan. First, the procedure aims to induce relevant skills to help Amira get out of her addiction to heroin. The treatment aims to attain this by influencing the ability to reduce the use in phases. This is because dropping the habit all at once proves hard for an addict. The treatment also aims to offer knowledge on the way to deal with withdrawal symptoms as they occur.

Treatment options

Amira illustrates addiction. Therefore, she will need to be taken to a rehabilitation center for a controlled medication procedure. Also, she will be offered a motivational interview session to allow her to speak of her worries about the heroin use problem. A controlled heroin use program will be administered to Amira to ensure that she quits effectively. After rehabilitation, an online follow-up program will be enhanced for Amira to ensure that she quits the habit for good.

References

- Kelly, P. J., Leung, J., Deane, F. P., & Lyons, G. C. (2016). Predicting client attendance at further treatment following drug and alcohol detoxification: Theory of Planned Behaviour and Implementation Intentions. *Drug and alcohol review*, 35(6), 678-685.
- Marsh, B., & Maruna, S. (2016). Desistance and restorative justice: learning from success stories of Northern Ireland's Youth Justice Agency. *Restorative Justice*, 4(3), 369-387.

- Mohr, E., Hughes, J., Snyman, L., Beko, B., Harmans, X., Duvivier, H., ... & Caldwell, J. (2015). Patient support interventions to improve adherence to drug-resistant tuberculosis treatment: a counseling toolkit: forum-healthcare delivery. *South African Medical Journal*, 105(8), 631-634.
- Nadkarni, A., Weiss, H. A., Weobong, B., McDaid, D., Singla, D. R., Park, A. L., ... & King, M. (2017). Sustained effectiveness and cost-effectiveness of Counselling for Alcohol Problems, brief psychological treatment for harmful drinking in men, delivered by lay counselors in primary care: 12-month follow-up of a randomized controlled trial. *PLoS medicine*, 14(9), e1002386.
- Von Korff, M., Walker, R. L., Saunders, K., Shortreed, S. M., Thakral, M., Parchman, M., ... & Dublin, S. (2017). Prevalence of prescription opioid use disorder among chronic opioid therapy patients after health plan opioid dose and risk reduction initiatives. *International Journal of Drug Policy*, 46, 90-98.
- Wilson, S. R., Rodda, S., Lubman, D. I., Manning, V., & Yap, M. B. (2017). How online counseling can support partners of individuals with problem with alcohol or other drug use? *Journal of substance abuse treatment*, 78, 56-62.