

OF PAIN & REGRETS!

Heal the Family, LORD



The last three months have been an eye opener and have left me more worried about the ever increasing menace of drug and substance abuse in our society. It was a period of time we decided every member of staff in the Head Office in Ikeja, Lagos, would join the evangelism team to visit the drug joints in Lagos. This was to be an eye-opener and an experience that changed my initial perception and understanding of Drug and Substance abuse forever.

Off we went to Agege and Akala area of Mushin, these coming just after our visit to Ipodo in Ikeja during the World Drug Day celebration in June this year. I had a first-hand experience of mingling with chronic drug users in their territory or rather their "comfort zones". There, they seem to be at peace in their "haven" and quite unashamed of their situations. I met and spoke with intelligent guys wasting away their lives without a care. I discussed with smart ladies some of whom even tried to play me into believing they agreed to our offer to help. They faked their acquiescence, told me to go ahead while they would follow me a few minutes after, knowing fully well they would not budge.

The drug dealers were the only good-looking people around, feeding fat on their customers as they continued with their trade not minding the hopelessness of the people around them. The Mother in me wept, my spirit moved and I said a prayer to GOD to redeem these people while also redeeming the time. This takes me to a favourite scripture of the Bible **Ephesians 5: 15-18**

15. See then that ye walk circumspectly, not as fools, but as wise.

16. Redeeming the time, because the days are evil.

17. Wherefore be ye not unwise, but understanding what the will of the Lord is.

18. And be not drunk with wine, wherein in excess; but be filled with the spirit:

What came to my mind at this time was the fact that these are some people's children, husbands, and wives, which suggests that the family unit is in grave danger. While most of our efforts and attention in CADAM have been geared towards helping people who use drugs, I took a second to ponder on "who is helping the Family of the drug user or addict"? May the Lord save these families. **Psalm 32:8 reads**

"I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eyes"

While speaking to a group of people on the effects of Drug Abuse on the Family, the following came out clearly as what the family undergoes for such an anomaly. For a single member of the family with a misadventure with drugs, every other member of the family suffers. The effects on the family range from parental guilt resulting from the feeling of failing to bring up an upright child, to blame games when someone is made to take responsibility for the actions and inactions of the drug user. Members of the



CADAM

NEWSLETTER



...Doing Good, Restoring Hope

NOVEMBER 2021 EDITION



Christ Against Drug Abuse Ministry – CADAM is a faith-based NGO and a Christian Social Responsibility (CSR) of the Redeemed Christian Church of GOD. The Moji Balogun Rehabilitation Centre, the second CADAM Rehabilitation Centre is located in Mawuko, Abeokuta in Ogun State.

It caters to persons with mild substance use disorder of which are mostly students from various tertiary institutions and workers from various organizations. It runs an intensive 3-month residential drug treatment and rehabilitation program. The Residential facility is designed to provide the client with a clean, safe, and comfortable environment, all rooms en-suite, spacious and well furnished.

We set out to help our clients develop healthy coping skills and interests, build self-esteem, self-reliance and self-discipline, build and maintain positive and meaningful relationships and manage addictive behaviors. This we do because of our belief that addiction, along with stress-related issues are complex problems with psychological, physical and social consequences that can be managed through interventions that are holistic and tailored to the needs of the individual.

Our interventions are therefore based on tried and tested addiction models and stress management therapies used around the world. We work together with our patients in their journey to a healthy and productive lifestyle. We also support clients to explore their spirituality as a resource in recovery and help them discover and enhance those internal resources that describe resilience.

The Moji Balogun Rehabilitation Centre has a full complement of a multidisciplinary team, all involved in the treatment of the clients. Members of the team include Clinical Psychologists, Social workers, Chaplain, Maintenance Officer and the Cook.

family also suffer from fear of uncertainties and insecurity, while breakdown in communication is a common feature with isolation following. Denial, shame, and stigmatization leads to a sense of hopelessness on what to do next, while seeking help may get lost in the mix of problems facing the family. The time to redeem the family is now because it is the primary and most important unit of society and a collection of unhealthy families will birth an unhealthy larger society. So let the healing start with us. CADAM has developed a well thought out new program that will attend to the issues raised in this editorial. We shall discuss more on this in the next edition of our Newsletter in 2022 by GOD's grace.

Regardless of the situation, don't forget we are always available to help. If you have a drug problem or know anyone with same, please reach us on

Website: www.cadam.org.ng

Email: info@cadam.org.ng

Telephone: **08171039895**

Facebook: **Cadam Cares 4 Life**

Instagram: **cadamcares4life**

If you are also led to lend a helping hand to someone suffering from drug use disorder, please send your donation to

Account Name: **Christ Against Drug Abuse Ministry.**

Account No: **0011778678**

Bank: **GT Bank.**

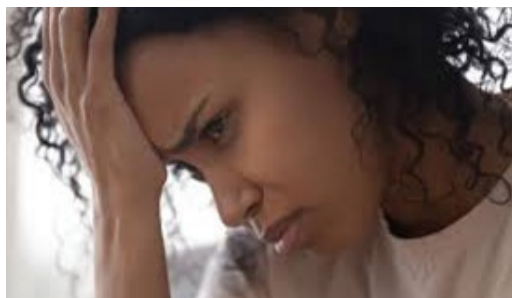
May you be richly blessed.

Funke Salako

Director, Programs & Orientation. CADAM

PSYCHOLOGICAL TRAUMA AND ADDICTION TREATMENT: TRAUMA IS THE PANDEMIC

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Underneath most addictions, there are mental and emotional factors that drive a person to abuse substances in the first place. When it comes to trauma, there is a distinct correlation between substance abuse, addiction, and trauma. Traumatic experiences often have profound effects on the way a person copes with their emotions and reacts to situations.

Psychological trauma is the most common complicating factor in treatment and recovery from addictive disorders and can seriously impede personal, interpersonal, and spiritual growth in recovery. People who might otherwise blossom in treatment become treatment failures. Perhaps most pervasively, individuals treated for addictive disorders, but not treated for their trauma reactions, reach a point in recovery, and don't continue to grow. They maintain abstinence but are never able to overcome the psychological and interpersonal effects of trauma. They become, in effect, our walking wounded.

Looking to my own experience, that of my clients, and that of the many beneficiaries treated in CADAM, some of whom I encountered as a Clinical Psychologist, they are alike only in that they share in trauma, large and small, as all. Psychological trauma, in its broadest sense, is a wound to oneself and to one's personhood. Trauma impacts how people perceive their worlds, their thoughts, judgments, and intuition, what feelings they allow themselves to have and what feelings they can't stop themselves from having. Perhaps most importantly, trauma impacts people's sense of who they are as unique individuals and their sense of soul – one's connection to something greater than the self.

CADAM'S approach to treating substance use disorders with psychological trauma is integrative in nature. We understand that people suffering from trauma and addiction will benefit immensely from professional addiction treatment and trauma therapy. We are also aware that if trauma is left untreated, a person may work endlessly to stay sober only to find themselves replacing substance abuse with other addictive, dangerous coping habits. As a result, before one can recover from addiction, he or she must begin healing from past trauma.

Therefore, one of the most important aspects of CADAM's integrated treatment of psychological trauma and addictions is to support traumatized people, to explore their spirituality as a resource in recovery, help them discover and enhance those internal resources that describe resilience.

Reaching Out With the Love of Christ

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Nobody deliberately plans to become a drug addict, it's usually a process. When people get to the point of addiction, they usually would not know. If getting hooked on drugs is a process, getting out of drug addiction and becoming free from the chains of addiction is an even tougher process. The recovery process starts with the evangelism and counseling department in CADAM. Experience has shown that a lot of drug addicts are wallowing in addiction because they assume that they can handle it, or that their situation is beyond fixing and nobody would want to be associated with them, since most of them have already done so much damage to themselves, family, friends and society.

The evangelism and counseling department of CADAM, made up of a team of helpers that consists of some ex – beneficiaries (recovered addicts) and some members of staff, regularly visit the drug joints around Lagos to give these addicts (people with drug use disorder) hope. During such visits, we show them the practical love of GOD by feeding, listening, counseling, and providing them with living proof of people that they used to know as fellow addicts, who are now clean and doing well for themselves. All these go a long way to show them that there is light at the end of the dark tunnel in which they have found themselves. That it is possible to get back on the right track, and recovery from addiction is possible with the readily available help from CADAM.

Evangelism to the addict is very different from the regular or conventional church evangelism because a little love from us goes a long way to prove to the addict that some people still care and love them and that Jesus cares more. This sometimes includes "curing", but one must be very careful as the average drug addict is very intelligent and manipulative. Most drug addicts are usually afraid of the process of withdrawal and we help educate and encourage them about how to stand and cope with the withdrawal symptoms as this is a major scare, especially for heroin addicts. One of the things we help them understand is that they have to admit that there is a problem, and the solution is available. We help them understand that Jesus can take the pain away, but they must also take responsibility for their own lives.

We also do what is known as motivational counseling, because every individual must first admit that there is a problem and must be motivated enough to want to give it all it takes to go into the rehabilitation program. This is a process that starts with the counseling department. Most times how well an individual does in the program is usually determined by their level of motivation and the reason they want to stop using drugs. The counseling unit also provides motivational counseling for young adults and individuals brought to the office by a family member. We help them to see reasons why they should get help because, until a drug, alcohol, substance user, abuser or addict wants help, and is willing to be helped, there is absolutely nothing that can be done to help that individual. Therefore, CADAM will only admit into the program, individuals that are willing and ready.

The department on a daily basis provides counseling services for individuals that are experimenting, using, misusing, or abusing drugs and other substances, most of whom are not yet addicts. This is to help them out of their situations before they get to the level of addiction, as it is easier to get help at these stages. From experience, the best way to help a drug-dependent person is a little love. There is also what is called tough love so that we don't also over pamper or enable them, which is a topic for another day. We give up on absolutely nobody because we believe that everyone can get back on the right track, but we do absolutely nothing without Jesus.

Do you know a drug dependant person, reach out today because, at CADAM, we never stop "doing good and restoring hope".



THE PROCESS OF MOVING FORWARD AND UPWARD.

Femi Adetutu

Social Worker

Enoch & Folu Adeboye Rehabilitation Centre,
Epe

Everything begins somewhere. The process of rehabilitating substance-dependent persons usually starts with getting those that are willing but not ready motivated for change, identifying the pillars holding the addiction, and working out an effective treatment plan using evidence-based intervention.

There is no degree course that singly focuses on drug abuse treatment yet, however it has been identified as a condition that requires professional treatment. Social workers, other professionals, and addiction counselors play a critical role in minimizing the substance abuse epidemic through treatment and equipping the individuals with substance use disorder (SUD) with skills needed to stop the habit, stay stopped and live a productive life.

The last admission process into the Enoch and Folu Adeboye Rehabilitation Centre Epe in September 2021 and my experience as social a worker in helping to provide guidance to people recovering from drug and substance abuse has been an interesting one. The road to recovery is often a very long and difficult one, however, we've been assisting in making the road a little easier and less stressful by serving as an encourager, educator, counselor, therapist, and accountability partner among others.

The process started with the need to conduct a motivational interview with substance-dependent persons to know them and also to have an idea on how to help them. There was also the motivational counseling session for those that were willing but seemed not ready to leave an addictive lifestyle. We conduct social casework assessments to know their histories. This helps us understand the unique dynamics impacting the Beneficiaries. These include discussing the extent of the addiction, the frequency of substance use, family history, socio-emotional issues, including family problems and mental illness, and others that frequently exacerbate substance abuse issues. Thorough assessments of these factors are essential to understanding what is impacting



them and any triggers in their current lives contributing to abuse.

After assessments, we treat their addiction by developing comprehensive treatment plans for them. The treatment plans are usually tailored to each individual's needs and may take months or even years to be fully implemented. When the situation calls for it, we serve on a multidisciplinary team of specialists and healthcare providers who all collaborate cohesively to deliver treatment plans. Treatment plans often include individual counseling, which is one of the most effective ways social workers treat addiction. They also include group therapy, family therapy, family tracing to kick start reconciliation processes with their family members, organizing family forums to sensitize the family members and significant others, and referring them to other professionals and addiction counselors.

Therapy always aims to help the Beneficiaries develop coping skills including stress management, anger management, the ability to build and grow healthy relationships, conflict resolution, and self-reflection. The goal is to create enabling environments and interact with the Beneficiaries from time to time, correct them in a non-judgmental way for them to start orientating themselves to the process of recovery, fostering introspection, and initiating and maintaining positive growth. As we are doing all these, we keep their social reintegration back to society in mind.

Merry Christmas!

A large, vibrant red bow is centered below the "Merry Christmas!" text. It is decorated with small, colorful stars and dots in shades of blue, green, and yellow.

CHRIST AGAINST DRUG ABUSE MINISTRY

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