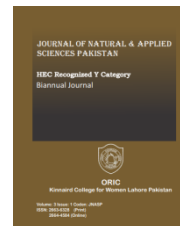




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APTITUDE OF REHABILITATION CENTERS: A STUDY OF GUJRANWALA DIVISION

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Abstract

Drug addiction is considered as a global issue. So all countries including Pakistan are fighting to address and fight with that issue. Therefore, objective of current research was to know about capacity and information of rehabilitation centers that worked for drug abused by applying simple random sampling. So, the data has been gathered from administration of rehabilitation centers of Gujranwala division. After data collection, it has been concluded that rehabilitation centers provide physical, psychological and mental support to users to treat them with medicine and by providing counseling etc. The researcher further concluded that there are about 100 person's capacities in rehabilitation centers and these centers offer fee for giving treatment to the abused person. These centers provide treatment for pair of months until the abused person fully recovered. Researcher also concluded that almost all the rehabilitation centers of Gujranwala division were established by private sectors.

Keywords

Drug Rehabilitation Center, Pakistan, Gujranwala, Maqsood, Drug Abuse, Drug Abused



1. Introduction

1.1. Drug Rehabilitation

Drug abusers' therapy and recovery can be described as a journey from drug addiction to a healthy, drug-free living. It's a long and arduous

procedure. Addicts require the most help and care in order to abstain from drugs and break the addictive cycle, necessitating the development of comprehensive treatment and rehabilitation programmed tailored to each individual's

biological, psychological, and social needs. As a result, separate specialized and independent centers/hospitals for the drug-abusing population are required. ANF, (2021).” Rehabilitation centers are considered mental health facilities, with typical treatment programs lasting between 4 to 8 weeks. Inpatients in mental health facilities are more susceptible to self-harm, and aggression (Bowers, et al. 2011). The traditional way in which some rehabilitation centers are designed contribute to increasing stress and pose a danger to wellbeing of patients and staff Seaward, (2011). Studies show that satisfaction with mental health facilities declines progressively during treatment period Potthoff, (1995), and satisfaction results in patient’s interest to continue to be treated (Sapmaz, *et al.*, 2012).” Drug and alcohol addiction rehabilitation centers are a subtype of mental health facilities dedicated to heal substance dependency. They are residential treatment facilities which offer twenty-four hour structured and intensive care, including safe housing and medical attention. They work to provide medical support of drug detoxification and prevention of relapse. Residential treatment facilities may use a variety of therapeutic approaches, and they are generally aimed at helping the patient live a drug-free, crime free lifestyle after treatment NIDA, (2018). However, rehabilitation is more about the reassuring and supportive attitude of staff and the creation of connections with ordinary life to prevent isolation, than provision of facilities

Shepherd, (1991).” There is a great importance of rehabilitation centers in society. In the last few decades, drug addiction has increased exponentially in Pakistan. To have a developing civilized country, one has to get rid of social evil such as drug addiction. Drug addiction is a threat to the nation which must be cut from root and thrown away. The role of drug addiction is damaging to our society. Drug rehabilitation centers are facilitating the positive and bright part to our society, as they are meant to be provided shelter to people who are addicted of drugs. Rehabilitation centers must be upgraded and increase in number, so that more and more addicted must be rehabilitated. It provides a golden chance to restart their lives. It was also found that design of a newer hospital with environmental features in the stress-reducing design bundle decreased the use of chemical (compulsory injections) and physical restraints substantially (21%) compared to old hospital it replaced (Ulrich, et al., 2012). Another study of a renovated club, hospital wing, and facility built for drug and alcohol treatment. Found that satisfaction declined with all three facilities progressively during the four-week treatment period due to absence of familiar features such as posters, paintings photographs, and collectibles. The patients indicated they missed their beds, chairs, and pets from home. Spaciousness, views to the outside, and privacy were the most positively received elements of the new space. Least liked were lack of carpeting, color scheme, lack of

comfort, and particularly the quality of the bed. Lack of recreational equipment was also mentioned as problematic Potthoff, (1995). The greatest drug recovery programmes start with a thorough evaluation, which is then utilized to create a customized treatment plan. Everyone's experience with addiction is different, and each person's recovery needs are different as well. Counseling and engaging their minds in constructive activities are used in rehabilitation treatment to help drug addicts regulate their unbalanced mental states.

1.2. Drug Rehabilitation centers in Pakistan

In Pakistan, the majority of existing treatment and rehabilitation institutions, particularly those run by government, only provide detoxification services, with no rehabilitation programmes available. Every district hospital is required to provide a unit dedicated only to treatment of drug users. These wards, on the other hand, only offer detoxification services. Rehabilitation programmes are exceedingly expensive and necessitate hiring of highly motivated individuals to care for drug users and their circumstances. It is impossible for any group to meet demands of hundreds of thousands of heroin addicts on its own. Because rehabilitation in Pakistan entails job assessment, job training, work placement, and employment, the challenges are understandable given the social constraints. ANF (2021). The Provincial Government is responsible for registration and rehabilitation of drug addicts, according to sections 52 and 53 of the CNSA Act

1997. However, the Anti-Narcotics Force has taken the following steps to provide quality treatment and address rising shortage of treatment facilities: Model Addiction Treatment and Rehabilitation Centers are being established in Islamabad, Quetta, and Karachi. The work on the projects began in July 2004. Both were twenty bed facilities that offered drug addicts free treatment, food, boarding, and rehabilitation. These facilities also work to place drug addicts in jobs when they have completed their therapy. The centers were renovated to forty-four beds in July 2007. The "Benazir Shaheed ANF Hospital," a third-model addiction treatment and rehabilitation center, opened in Karachi in May 2010. It is a hospital with sixty beds.

1.3. Objectives of the Study

- 1) To know the capacity of rehabilitation Centers to control drug addiction in Gujranwala Division.
- 2) To assess the basic information about rehabilitation centers to control drug addiction in Gujranwala Division.

2. Methods and Materials

In the current study Gujranwala division was selected as the universe of the study. Rehabilitation centers of Gujranwala Division were taken as target population of the study. Researcher was taken the list of Rehabilitation center form the health department and then updates it by personal field visits. Semi-structured questionnaire was used to get data from the admin staff of rehabilitation centers.

Survey method was used to collect the data about rehabilitation centers. The administrative staff of rehabilitation centers was taken as sampling unit of the study. For analyzing the data researcher

used SPSS. Data was coding and then frequency table was prepared for information and capacity of Rehabilitation center of Gujranwala Division.

3. Results and Discussions

Table 1: Rehabilitation centers of Gujranwala Division

Name of Centers	Mian Afzal Trust Hospital	Freedom treatment and rehabilitation center	Sirt-e-Noor	Shaheed Naveed Care Center
Location	Gujranwala	Gujranwala	Gujranwala	Gujranwala
Date of Establishment	1992	2018	2019	2014
Type of Center	Private	Private	Private	Private
Capacity of the Patients	125	40	25	50
Types of patients	Male	Male	Male	Male
Source of Funding	Private & Self help	Private	Self & organizational	Organizational
Treatment Expenses	15,000-20,000	50,000-75000	25,000-30,000	25,000-30,000
Follow Government Sops	To very Large Extent	To very Large Extent	To Large Extent	To Large Extent
Maximum stay of patients	2-4 months	2-4 months	2-4 months	2-4 months
Patients recovered last year	30-45	20-70	20-70	3-45
Patients registered in last year	11-20	1-10	1-10	21-30
Type of treatment provided	Medicine Counseling Psychiatric therapies Behavioral change	Medicine Counseling Psychiatric therapies Behavioral change	Medicine Counseling Psychiatric therapies Behavioral change	Medicine Counseling Psychiatric therapies Behavioral change

The result shows that rehabilitation centers reached for this research in Gujranwala division. All the rehabilitation centers were private in nature.

There are four main rehabilitation center of Gujranwala which provided the facility of rehabilitation to drug addict's patients.

3.1. Mian Afzal Trust Hospital

Mian Afzal Trust Hospital has a capacity to utilize 125 male patients and charge between, 15000-20000 PKR from each patient. The maximum stay of patient in this hospital is 2-4 moths and during last year they provide a successful rehabilitation to 30-45 patients. The hospital provide medicine, counseling, psychiatric and behavioral change therapies to the patients by following government SOPs.

3.2. Freedom Treatment and Rehabilitation Center

Freedom Treatment and Rehabilitation Center has a capacity to utilize the 40 male patients and charge between, 50000-75000 PKR from each patient. The maximum stay of patient in this hospital is 2-4 moths and during last year they provide a successful rehabilitation to 20-70 patients. The hospital provide medicine, counseling, psychiatric and behavioral change therapies to the patients by following government SOPs.

3.3. Sirt-e-Noor

Sirt-e-Noor has a capacity to utilize 25 male patients and charge between, 25000-30000 PKR from each patient. The maximum stay of patient

in this hospital is 2-4 moths and during last year they provide a successful rehabilitation to the 20-70 patients. The hospital provide medicine, counseling, psychiatric and behavioral change therapies to patients by following government SOPs.

3.4. Shaheed Naveed Care Center

Shaheed Naveed Care Center has a capacity to utilize 50 male patients and charge between, 25000-30000 PKR from each patient. The maximum stay of patient in this hospital is 2-4 moths and during last year they provide a successful rehabilitation to the 3-45 patients. The hospital provide medicine, counseling, psychiatric and behavioral change therapies to the patients by following the government SOPs. The research further concludes that rehabilitation centers provide the physical, psychological and mental support to the users by giving those medicines and counseling. Most of the rehabilitation centers provide the medicines, and counseling, to treat the drug abusers. They also trained the drug abusers for technical work so that they may involve in the productive work. In this context, it is a responsibility of the government to open the technical training institutions to train the addicts for professional work. In this context government should also provide the grounds in society so that youth involve in sports activities. These sports activities can become helpful to divert their activities from the antisocial behavior.

4. Conclusion

It is concluded that the most of the rehabilitation centers that were working for drug abused persons are from private sector. These centers provide the treatment by taking some fee from the abused person. The mostly fee is from 25000 to 50000. Mostly rehabilitation centers have the capacity of about 100 persons for treatment. These centers mostly provided the treatment by 5 to 6 methods. It is also concluded that the capacity of rehabilitation is not enough according to addict's members of the population.

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