

## *Introduction*

Substance addiction involves a person compulsively and repetitively using alcohol, tobacco, narcotics, or other substances despite serious problems that may affect the user physically, mentally, or socially. Also known as substance abuse, substance dependence, or drug addiction, the bottom line is that the person who is struggling with the addiction feels that he or she is unable to stop despite being aware of the problems being caused. People are susceptible to a wide number of substance addiction, from smoking and drinking to using illegal or prescription drugs or inhaling paints or household cleaners. Most substances that lead to addiction fall in the categories of stimulants, sedatives, and opiates, and though there are several theories as to how such severe addictions are formed, the end result is the user feeling the absolute need to continue to use the substance. Breaking free of substance addictions is extremely challenging. Different techniques work with different people, with some able to stop through a change in daily patterns such as exercise and mental activity and others needing the more all - encompassing support of multiple weeks at an addiction treatment center (**Berry, 2011**).

Substance abuse occurs in the person's recurrent use that results in a failure to manage work, school, or home roles; or use in hazardous situations such as driving a car ; or use resulting in substance – related legal problems or related interpersonal problems. Substance dependence occurs when the person's use of the drug is no longer under control and continues despite adverse effects. Substance dependent individuals experience tolerance, with a need for increasing amounts of the drug, withdrawal symptoms, and increasingly higher doses. People who are

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dependent on drugs may spend a great deal of time obtaining drugs and limit their usual social, occupational, or recreational activities because of the substance use. As addiction continues, the need for the drug is so powerful that previously law-abiding people commit crimes and parents neglect children (**Hyman, 2005**).

When the person becomes abuser for substance, severe conflict among family members often increases. Family relations begin to deteriorate. Help them learn how to respect and take care of themselves, decrease their need for perfectionism, and "own" their full range of feelings. Drug addiction sometimes cannot be stopped; this is true to some extent. But, a drug for addict person can be completely cured if proper treatment is provided; any negligence during the treatment process can create harmful effects on the drug addicted person. The first step of treatment which is carried out is the drug detox program (**Drabble et al., 2005; and Marcus, 2011**).

Detoxification stage is not treatment - only preparation for treatment, following a period of heavy and sustained alcohol or drug use, most individuals develop significant physical and emotional symptoms. While some of these physical problems can resolve with just rest, the use of drugs like alcohol, opiates (heroin, OxyContin, Vicodin, etc.) and tranquilizers (Valium, Xanax) usually need medically supervised detoxification or stabilization. Detoxification/stabilization must be followed by continued rehabilitative treatment for lasting improvement (**McLellan, 2010**).

Drug rehabilitation is the recovery of optimal health through medical, psychological, social, and peer group support for chemically dependent people and their significant others. Abstinence is merely

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stopping the intake of the drug; it does not imply that any other behaviors have changed. People who abstain often continue all their other unhealthy behaviors. In contrast, **sobriety** is the overall goal of alcohol and drug rehabilitation. It implies that not only have these individuals stopped using the chemical, but they have also achieved a centered or balanced state. Emotional growth is achieved through the development of positive values, attitudes and beliefs. The desired outcome is that the family members identify enabling behavior and seek support to limit enabling behavior (**Betten et al., 2006; and Fontain, 2009**)

Relapse is common among substance abusers, and it seriously complicates treatment. Relapse prevention, many treatment incorporate the concept of relapse prevention into their treatment programs. This concept is designed to teach patients how to anticipate relapse, by learning skills to use in high-risk situations, patients gain confidence and the expectation of being able to cope successfully, thus decreasing the probability of relapse (**Kneisl, & Trigoboff, 2009**)

### **Significance of Study**

Because drug abuse and addiction have so many dimensions and disrupt so many aspects of an individual's life, treatment is not simple. Effective treatment programs typically incorporate many components, each directed to a particular aspect of the illness and its consequences. Addiction treatment must help the individual stop using drugs, maintain a drug-free lifestyle, and achieve productive functioning in the family, at work, and in society. Because addiction is typically a chronic disease, people can not simply stop using drugs for a few days and be cured. Most patients require long-term or repeated episodes of care to achieve the ultimate goal of sustained abstinence and recovery of their lives.

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In the world wide a according to national survey on drug use and health, in 2010, an estimated 22.1 million persons aged 12 or older were classified with substance dependence or abuse (8.7 percent of the population aged 12 or older). Of these, 2.9 million were classified with dependence or abuse of alcohol and illicit drugs, 4.2 million had dependence or abuse of illicit drugs but not alcohol, and 15.0 million had dependence or abuse of alcohol but not illicit drugs (**SAMHSA, 2011**).