



**South Eastern Kenya University**

**ALCOHOL, DRUG & SUBSTANCE ABUSE PREVENTION**

**(ADSAP) UNIT**

**PROCEDURE FOR CASE MONITORING AND FOLLOW-UPS**

- Addiction counseling is a goal-oriented process designed to last for some time, where the abuser and the counselor/therapist shall work together from the onset of the intervention, to several sessions after recovery.
- The goal of intervention shall be:
  - [1] To reduce substance abuse and achieve substance free life
  - [2] To prevent and reduce the frequency and severity of relapse
  - [3] To maximize multiple aspects of life functioning
  - [4] To resolve or reduce addiction related problems as well as improve physical, emotional, social, family, interpersonal, occupational, academic, spiritual, financial, legal and intrapersonal functioning
  - [5] To work towards positive lifestyle change
- Case management is the process of guiding the client / addict through the addiction treatment process. Case monitoring is likened to having a personal recovery coach.
- The proposed intervention process shall involve the following outlined steps:-
  - [1] Engagement and stabilization. This shall mark the entry level of the case, where the client shall either be persuaded, motivated or voluntarily committed to begin therapy
  - [2] Formulation of goals. After assessment of the level of need, the layout of the expectations of therapy shall be drawn as well as the methods of achieving expected results. The role of the case manager here shall be to develop a plan for success with the client.
  - [3] Intervention and problem solving. This shall involve actual application and execution of resolutions of therapy. At this step:
    - The counselor shall provide ongoing support and skills training.

- The client shall learn to cope with the desire to use drugs, avoid or cope with people, places and things representing high risk addiction relapse factors, getting involved in support groups, getting the family involved, building a structure into life, learn to develop and improve coping skill to deal with intrapersonal and interpersonal issues (negative effects such as anger, depression, anxiety, maladaptive beliefs) etc
- Focus shall be on identification and management of relapse warning signs and high-risk relapse factors.
- The case manager shall monitor recovery progress and brainstorm modification to the intervention plan

[4] Termination, Referral and follow up. After a series of sessions and upon establishment of recovery, the session frequency shall be reduced.

- If the client shall not be making progress in recovery, they shall be referred to the appropriate resources such as NACADA approved Rehabilitation centers for continued treatment.
- Since all individuals are unique, hence have specific needs, the cases referral shall be appropriately done to the centre that shall meet the specific need.
- The client shall be motivated to commit to and attend a rehabilitation centre.
- Consultation with family members and the centre shall be done for the admission of the client.
- After recovery, the client shall interact with the counselor as well as the support network of their choice once a week.
- Interactions shall be face-to-face or consistent telephone communication to assist them gain a great sense of recovery to prevent relapse.

Let Us ALL Make SEKU An Alcohol & Drug Abuse Free Community For Student Learning & Peak Productivity.

