

# **Facilitators of family involvement in promoting participation of adults with substance use disorders in meaningful occupations**

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# Substance use in Zimbabwe



# objectives

- To explore facilitators to family involvement in the rehabilitation process of adults with substance use disorders
- To explore the extent to which family involvement in rehabilitation facilitates resumption of participation in meaningful occupations

# Methods

- **Study design**

Qualitative study using narrative approach

- **Study population**

Families with a relative recovering from substance use disorders

- **Sampling**

Purposive sampling of 15 families living with an adult family member recovering from substance use disorders

# Methods

- **Data Generation**

Narrative interviews

- **Data Management and analysis**

-Recording of interviews

-Transcription

-Interpretive narrative analysis strategies

- **Scientific rigour**

Strategies to ensure credibility, transferability, dependability, confirmability

- **Ethics**

HREC, JREC, MRCZ

# Findings and discussion

## Key themes:

- undoing the damage
- taming the neighbourhood
- innovative support
- defying cultural beliefs
- Search for new occupational opportunities

# Undoing the damage

*“Each time after he is discharged from hospital you can see the change in behaviour but a few days later he will start smoking again. These days he does not keep any of the substances in the house even if you search his room you won’t find anything...He Just leaves the house without informing anyone and he will come back later very drunk....He has failed to stop the drinking and smoking”*

# Innovative support

*“When he was about 32 years old, some of the relatives advised us that maybe if we got him someone to marry he would change. So I asked his maternal uncles to find him someone to marry from some of the families they knew in the rural areas. They managed to find him a wife ...However nothing changed. He just continued with his drinking. Sometimes the wife followed him to the places where he would be drinking to beg him to come home but he would beat up his wife....the situation worsened.”*

# Taming the neighbourhood

*“On one of the occasions I followed her until she reached a certain house in the neighbourhood. I thought she was going to see a friend so I waited and waited but she did not come out. After several hours of waiting I decided to follow her...and I got the shock of my life. There were a lot of young people who were just hanging out, drinking alcohol and smoking cannabis. I sked to see the owner of the house and when she came I confronted her ... but she was very rude and arrogant”*

# Defying cultural beliefs

- *“My brother started accusing me of having goblins ... People from the neighbourhood would scold me and say all sorts of bad things, some accused me of **kuromba** ( in the Zimbabwean culture this means using your relative for rituals so that one can get rich) so that I would get rich. But if I did that, why am I this poor?”*

# Search for new occupational opportunities

*“I just completed a post graduate course in project management so that I could fill up idle time. I am now doing another short course in occupational health and safety. I want to quit alcohol. For now I just need a support structure to start a business of importing and selling synthetic hair weaves. I have been debating if I should do it but I think there is no harm in trying. I also want to look for volunteer work to cover up the idle time and do something that makes me feel good”*

# Conclusion



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# References

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*Thank you*