

HYBRID REHABILITATION MODEL FOR THE TREATMENT OF PEOPLE WITH SUBSTANCE USE DISORDER IN KANO STATE: AN ALTERNATIVE PSYCHOTHERAPY

Idris S. ROGO, PhD

*Department of Education School of Continuing Education,
Bayero University, Kano.
Executive Director
Almustaqbal Rehabilitation and Psychotherapy Clinic, Kano, Nigeria.*

&

Bashir A. SALEH

*Department of Education,
Sule Lamido University, Kafin Hausa, Jigawa State, Nigeria.*

Abstract

Drug abuse is a major issue affecting communities worldwide, and Kano State in Nigeria is no exception. The detrimental effects of drug abuse can be observed in all aspects of society, from individuals and families to the overall social fabric. To combat this pervasive problem, it is crucial to develop effective strategies and implement comprehensive solutions to address the root causes of drug abuse. In this study, the researcher explored the current state of drug abuse in Kano State and develops one of the most promising strategies and solutions (Hybrid Rehabilitation Model) that is highly effective in the treatment of people with substance use disorder in Kano State and Nigeria in general. To achieve its objectives, this paper strives to elucidate the relevance of Hybrid Rehabilitation in combating the menace of drug abuse in our society devoid of relapse and also suggests the practical techniques of community acceptability through cultural rejuvenation and societal re-orientation to restore our good values. The paper suggests that the Hybrid rehabilitation model should be incorporated in the treatment of clients with substance use disorder and the Government should formulate a policy where culture, tradition, and religion should take a leading role in rehabilitating people with substance use disorder.

Keywords: Substance Use Disorder, Hybrid Rehabilitation Model, Psychotherapy

Introduction

Youth are central to the progress of human society, and no modern nation can attain any meaningful development without their active and purposeful contributions. In particular, in Nigeria and Kano State, the prospects and utilization of our teeming youth for socio-economic, moral, and political development are not adequately harnessed due to the prevalence of drug abuse, leading to myriad problems ranging from phone-snatching, armed robbery, political thuggery, incessant

killings, kidnapping, and insurgency to other forms of insecurity in the state. Kano communities find themselves to be in a state of cultural and moral chaos. Our youths seem to have lost that balancing force that keeps our communities together and that which is responsible for its heritage, dignity, self-preservation, and development due to the renewed inter-street rivalry and killings presently taking place within the Kano metropolis, that are being precipitated by substance abuse, which alters the mental State of rational thinking minds (Rogo & Sara).

The number of substance disorders in Nigeria is estimated to be 14.3 million aged between 15 and 64 years, the figure is 15% of the country's population (most of whom are youth) and above the global average of 5.6%. About 20% of the 14.3 million drug users suffer from substance use disorder (SUD) in Nigeria, 5.7 million of whom have no access to treatment (United Nations Office on Drugs and Crime, 2019). Between 40% and 60% of people with drug abuse relapse after receiving treatment in modern rehabilitation centers in Nigeria (UNODC, 2018). 68% of drug offenders are rearranged within three years of their release from prison. Illicit drug use kills 11.8 million people annually. More than 80% of state prisons and local jail inmates have used illegal drugs—about 55% in the month before their arrest. According to the UNODC (2022), the number of drug abusers in Kano State is estimated to be 1,070,000 which represents almost 20% of the population of the state. This figure calls for serious policy rejuvenation and innovations and approaches in the fight against drug abuse in the state.

Understanding the Scope of Drug Abuse in Kano State

Understanding the scope of drug abuse in Kano State is crucial in developing effective strategies and solutions to combat this pressing issue. Drug abuse has become a significant problem not only in Kano State but also throughout Nigeria (Rogo, 2018). It affects individuals of all ages, genders, and socioeconomic backgrounds, and its impact on communities and society as a whole cannot be overstated. Kano State, being one of the most populous states in Nigeria, faces unique challenges in addressing drug abuse. The availability and accessibility of drugs, including both illicit and prescription medications, contribute to the prevalence of drug abuse. In addition, drug trafficking routes passing through the state make it a hub for drug distribution (Rogo & Sara, 2014). The consequences of drug abuse in Kano State are far-reaching. It affects the physical and mental health of individuals, leading to increased rates of addiction, overdose, and death. Drug abuse also contributes to social problems, such as crime, violence, and the breakdown of families and communities. To address the issue effectively, it is essential to have accurate and up-to-date data on the extent and patterns of drug abuse in Kano State. This information can be obtained through surveys, research studies, and collaborations with relevant stakeholders such as health professionals, law enforcement agencies, and community organizations. Policymakers and healthcare professionals can devise targeted interventions and prevention strategies by understanding the scope of drug abuse in Kano (Rogo & Sara, 2014). This may include awareness campaigns, education programs, rehabilitation services, and improved access to mental health support. In addition, law enforcement efforts should focus on disrupting drug supply chains and

apprehending those involved in drug trafficking. Overall, combating drug abuse in Kano requires a comprehensive approach that addresses the root causes, strengthens prevention efforts, and provides adequate support and treatment for those affected (Rogo, 2018). By understanding the scope of drug abuse, effective strategies and solutions can be developed to create a healthier and safer community for all residents of Kano State.

Identifying the Root Causes of Drug Abuse

To effectively combat drug abuse, it is crucial to first identify the root causes of this issue. Drug abuse is a complex problem with multiple underlying factors contributing to its prevalence. One of the primary factors is the lack of awareness and education regarding the dangers and consequences of drug abuse (Gaurishanker & Sonkar, 2018). Many individuals, especially youth, may not fully understand the risks associated with drug use and may be influenced by peer pressure or societal norms. Another significant factor is the ease of availability and accessibility of drugs. Illicit drug markets exist in various communities, which make it easier for individuals to obtain drugs. Poverty and unemployment also play a significant role in drug abuse, as individuals may turn to substance use as a means of escapism or coping with challenging circumstances (Herbert, Kleber, Roger, & Weiss, 2010). In addition, mental health issues and trauma can contribute to drug abuse. Individuals may use drugs to self-medicate themselves or cause emotional pain. The lack of appropriate mental health support and treatment options exacerbates this issue. Furthermore, social and environmental factors, such as dysfunctional family dynamics, broken homes, and lack of positive role models, can greatly influence an individual's susceptibility to drug abuse. Peer pressure, especially within social circles that promote drug use, can also significantly impact an individual's choices (Krook, et al., 2012). Understanding these underlying causes is crucial for developing effective strategies and solutions to combat drug abuse in Kano State. By addressing these root causes and implementing comprehensive prevention and intervention programs, we can create a healthier and drug-free community. Education, awareness campaigns, access to mental health services, rehabilitative programs, and community support are all essential components for effectively tackling drug abuse (Rogo, 2018).

Promising Strategies for Prevention and Education

Prevention and education play a vital role in creating a drug-free society in the battle against drug abuse in Kano State. By implementing promising strategies, we can equip individuals with the knowledge and tools to make informed decisions and resist drug abuse. One effective strategy is to focus on comprehensive drug education programs in schools and communities (McCrary, Longabaugh, Fink, Stout, Beattie, & Ruggieri-Authelet, 2006). These programs should be age-appropriate, engaging, and tailored to address specific challenges faced by young people. By providing accurate information about the dangers of drug abuse as well as promoting healthy

alternatives and coping mechanisms, we can empower our youth to make positive choices. Another promising strategy involves involving parents, guardians, and families in drug prevention efforts. By organizing workshops, support groups, and awareness campaigns, parents can be educated on the signs of drug abuse and equip them with the skills to communicate effectively with their children about drugs. Strong family bonds and open lines of communication may serve as protective factors against drug abuse. Community engagement is also crucial for combating drug abuse (Rogo, 2018). By collaborating with local organizations, community leaders, and religious institutions, a supportive environment that promotes healthy lifestyles and discourages drug abuse can be created (Moukaddam, 2017). This can be achieved through community events, awareness campaigns, and the establishment of recreational and educational activities for the youth. Furthermore, it is important to address the underlying factors that contribute to drug abuse, such as poverty, unemployment, and a lack of access to healthcare and social services. By implementing initiatives that promote economic empowerment, provide job opportunities, and offer rehabilitation and support programs, we can address the root causes of drug abuse and create more resilient communities (Pani, Maremmanni, Pirastu, Tagliamonte, & Gessa, 2010).

Comprehensive Solutions for rehabilitation and support

When it comes to combating drug abuse in Kano State, Nigeria, it is crucial to implement comprehensive solutions that focus not only on prevention and enforcement but also on rehabilitation and support for those who are already struggling with addiction. One effective strategy is to establish well-equipped rehabilitation centers within the state. These centers should provide a range of services, including detoxification, counseling, therapy, and vocational training. By offering a holistic approach to recovery, individuals battling drug addiction can receive the necessary support to overcome their dependency and reintegrate into society. Additionally, it is essential to provide ongoing support and aftercare services to individuals who have completed rehabilitation programs (National Institute on Drug Abuse, 2018). This can involve offering support groups, counseling sessions, and access to resources that can help them maintain their sobriety and prevent relapse. Community engagement and awareness campaigns also play significant roles in combating drug abuse. Educating the public about the dangers of substance abuse, promoting healthy lifestyles, and encouraging the community to report drug-related activities can help a supportive and vigilant environment (Rebecca, 2018). Furthermore, collaboration among government agencies, healthcare providers, law enforcement, and non-profit organizations is crucial (Rhoades, Creson, Elk, Schmitz, & Jesor 2008). By working together, these entities can effectively coordinate efforts, share resources, and implement multidimensional strategies to address the complex issue of drug abuse in Kano. Ultimately, comprehensive solutions for rehabilitation and support are crucial for combating drug abuse. By focusing on prevention, enforcement, and providing the necessary resources for recovery, Kano State can make significant strides toward a healthier and drug-free community.

Conceptual Clarifications

Concepts of Substance Use/Abuse

Definitions of substance abuse and dependence are sometimes used interchangeably. Substance abuse is an antisocial pattern of behavior in which a person uses substances or drugs without a medical prescription by experts which can lead to significant adverse psychosocial, health, legal, or economic consequences (Rogo, 2018). Since a diagnosis of substance dependence stimulates a diagnosis of substance abuse, people with substance abuse from the first instance can withdraw, tolerate, and live without depending on the substance (Pani, Maremmanni, Pirastu, Tagliamonte, & Gessa, 2010). While people with substance dependence cannot withdraw, and cannot tolerate life without the substance, they are highly addicted. Substance dependence generally plays a central role in abusers' lives, with problems relating to adjusting intake, and high rate of addiction, and the advent of physical and psychological, social, and economic complications but adamantly continue to use the substance (Gaurishanker and Sonkar, 2018). Substance use/abuse is an act of any harmful substance in other to alter mood or get satisfaction without the prescription of experts (Rogo, Osinowo, Agberotimi, Abubakar, & Opayinka, 2019). Substance Use causes significant impairments to the socioeconomic, psychological, social coexistence, and physical health of the abuser. Substance abuse can lead to: disabilities, inability to meet responsibilities, health problems, social disharmony, impulsivity, dependency/addiction, conduct disorder, and poverty, among others (Moukaddam, 2017).

Commonly abused drugs in Nigeria include cannabis, opioids, cough syrup, tranquilizers and sedatives, ecstasy, solvents and inhalants, amphetamines and prescription stimulants, and cocaine, etcetera (UNODC, 2018).

Concept of Drug Addiction

Substance addiction is a complex but curable disease that upsets brain function and behavior. Drug abuse alters the brain's structure and function, leading to addiction that persists long after drug use has stopped. This may be the reason why drug abusers are at risk for relapse even after long periods of self-restraint and in the face of potentially shocking consequences (National Institute on Drug Abuse, 2018). Drug addiction is characterized by powerful and, at times, irrepressible drug longing, along with obsessive drug quest and use that persevere even in the face of shocking and devastating consequences. Addiction affects multiple brain circuits, including those complicated in reward and motivation, learning and memory, and inhibitory control over behavior. That is why addiction is a brain disease. Some individuals are more susceptible than others to becoming addicted, depending on the relationship between genetic maquillage, age of acquaintance to drugs, and other environmental impacts (Moukaddam, 2017). While a person firstly picks to take drugs, over time the effects of protracted exposure on brain functioning affects that ability to choose, seek, and take the drug become compulsive, habitually eluding a person's self-will or willpower (National Institute on Drug Abuse, 2018). Substance abusers/users defy gender, race, ethnicity, religion, demography, region, and socioeconomic status (Riba & Balon, 2019).

Substance Use Disorder

Substance Use Disorder is related to the addiction experienced by drug users due to their persistence in using the drug despite the underlying problems attached to the drug use (American Psychiatric Association, 2013). These are patterns of symptoms resulting from the use of a substance that the individual continues to take, despite experiencing problems as a result. Substance use disorders include intoxication, withdrawal, substance-induced mental disorders, including substance-induced psychosis, substance-induced bipolar and related disorders, substance-induced depressive disorders, substance-induced anxiety disorders, substance-induced obsessive-compulsive and related disorders, substance-induced sleep disorders, substance-induced sexual dysfunctions, substance-induced delirium and substance-induced neurocognitive disorders (Rogo, Osinowo, Agberotimi, Abubakar, & Opayinka, 2019).

Criteria for Identifying Clients with Substance Use Disorder

Diagnostic and Statistical Manual for Mental Disorder, fifth edition (DSM-5) postulates that substance use disorders extend an extensive diversity of complications arising from substance use, and come up with 11 criteria for a drug used to be regarded as substance use disorder as follows (American Psychiatric Association, 2013):

1. Taking the substance/drugs in higher doses more than you desire;
2. Willing to stop the drug use both couldn't due to high levels of addiction;
3. Spending a lot of time and energy in trying to acquire the substance, use the substance, or recover from the intoxication after using the substance;
4. Cravings and longings to use the substance;
5. Inability to do your routine work in the office, home, school, etcetera due to substance use;
6. Persistency in using the substance despite admitting the consequences it causes to the client;
7. Absconding from important social, occupational, or recreational events because of substance use;
8. Continuously using the substances, even when it puts the client in danger;
9. Continuous use of the substance, even when the client knows he/she has health-related or psychological problems that were caused due to the substance use;
10. Demanding more of the substance to get the result/effect you need and
11. Progression of withdrawal symptoms, which can be comforted by taking more of the substance.

The DSM-5 categorises the symptoms and conditions of individuals with substance use disorders into mild, moderate, and severe depending on the number of symptoms identified in the

client using the above 11 criteria mentioned above as follows:

1. **Mild:** when a client experiences two or three symptoms in the above criteria it indicates a mild substance use disorder.
2. **Moderate:** when a client experiences four or five symptoms in the above criteria it indicates a moderate substance use disorder.
3. **Severe:** when a client experiences six or more symptoms indicates a severe substance use disorder.

Concept of Hybrid Rehabilitation Model

The hybrid Rehabilitation model combines the conventional and Islamic models of treating the SUD concurrently. It is an innovative model that blends the modern and Islamic models of rehabilitation at the same time. The Hybrid Reformation Model (HRM) strives to improve the human capital development of people with substance use disorder through moral rejuvenation, economic empowerment/skill acquisition, and de-radicalization of the youth with more emphasis on out-of-school youth through a months-long regimented camping program.

Objectives of the Hybrid Rehabilitation Model

1. To treat radical youth with substance youth disorder and reform them to normalcy through psycho-therapeutic services and reformation schemes.
2. To redirect the minds of radical youths from community destruction to community development through rehabilitation schemes.
3. To reintegrate the radical youths back to normal life in society without stigmatization and rivalry and reintegrate them into the mainstream of society.
4. To provide economic empowerment to the SUDs for sustainable positive mental health
5. To improve human capital development among the radical youth through skill acquisition and entrepreneurship skills.
6. To inculcate good moral values among the radical youth or children vulnerable to radicalism.

Implementation Strategies for Hybrid Rehabilitation Model

The implementation strategies of this model strive to achieve tripartite 'Rs': Reformation, Rehabilitation, and Reintegration as follows:

1. **Reformation Scheme:** provides medications and other clinical services to radical youths suffering from substance use disorder through the intervention of experts in the fields of psychiatry, psychologists, guidance and counseling practitioners, and medical doctors;
2. **Rehabilitation Scheme:** provides skill acquisition programs and economic empowerment where the youth are exposed to various skills and they were taught practically for a period of four months. The skill includes commercial farming, tailoring, poultry farming, digital skills, leather work, and carpentry, among others. This sub-scheme is also targeted at changing the paradigm of youth worldview through re-orientation of values, National

Development, and de-radicalization, among others through psychological warfare and other related programs and film shows and

3. **Re-Integration Scheme:** partners with community leaders, security agencies, victims of radical youth violence, religious leaders, traditional leaders, parents, peer groups, and community-based organizations, among others. Here, all forms of rivalry and threats will be overcome and the reformed youth will be made to re-integrate with their communities under constant vigilance, supervision, and observation.

Requirements for Hybrid Rehabilitation Model

The hybrid rehabilitation model contains the following units and departments:

1. **Spiritual therapy department:** this deals with the affective domain of the youth. It strives to enhance the level of moral reasoning through the inculcation of moral and religious values to the clients. Religion is central to this process. The clients will be taught the basic tenets of their religion and his or her religious conscientiousness will be revived to instill fear of Allah in the minds of the clients;
2. **Psychotherapy and Counselling department:** this department is responsible for psychotherapy and other related services. The department utilizes Cognitive Behavior Therapy, Rational Emotive Behaviour Therapy, Persuasive technique, family therapy, and Social learning technique, among others;
3. **Pharmacotherapy and Medical Department:** this department deals with the clinical aspect of the treatment. The clients will be diagnosed by a psychiatric doctor and be placed under medications through a wide range of services such as; drug toxicology, psychotic medications, and anti-depressants, among others;
4. **Nutritional Therapy Department:** this department is managed by professional nutritionists where food is used to supplement some deficiencies in the client's brain. Here each client will be diagnosed to ascertain the level of his/her body deficiencies and be supplemented with natural foods, vegetables, and fruits to support the body system of the clients for speedy recovery;
5. **Human Kinetics and Sport Science Therapy:** this department is managed by professionals and experts in human kinetics and sports science where clients will be offered the opportunity to acquire the necessary skills and competencies in sports to instill in the clients a sense of enthusiasm for the sport and how they can replace the sport with drug use. This department aims to develop the client holistically: physically, mentally, and intellectually;
6. **Occupational Therapy Department:** this department supports clients in identifying their strengths and difficulties in the ordinary business of life. They work with the client to find practical solutions to their occupation to help them maintain, regain, or improve independence and economic freedom. Here, various skills acquisition programs are utilized

such as tailoring, carpentry, welding, poultry farming, computer application, and software design, among others and

7. **Core Skills Department:** this department provides numerous skills and capabilities that are essential for the clients to fulfill various tasks and responsibilities to live peacefully in his/her environment. The clients will be taught the rudiments of communication skills, interpersonal relationships, emotional intelligence, social intelligence, problem-solving, innovation and creativity, networking and collaboration skills, community community-mindedness skills, among others.

Psychotherapy, Psychological and Spiritual Management in Hybrid Rehabilitation Model

Psychotherapy, psychological and spiritual management is the pillar of Management for clients with substance use disorders which entails the following aims:

1. Moral and spiritual rejuvenation
2. Motivating the clients to change through, establishing and maintaining a good rapport with the client
3. Assessing the client's safety and clinical status
4. Managing the client's intoxication and withdrawal status
5. Coordinating with the client's to adhere to a Management Plan
6. Blocking all avenues for possible relapse
7. Bringing out the rationality of the client using psycho-therapeutic measures and eliminating all forms of cognitive distortions in the client's thoughts through REBT techniques
8. Training the client to learn handcraft or skill acquisition for future financial sustainability
9. Prospects of Hybrid Rehabilitation Model
10. Reduction in the rates of crime in the society
11. Community acceptability
12. Empathy and unconditional positive regard between the clients and the therapists
13. Provides employment opportunities
14. Minimizes stigmatization
15. Improves human capital development
16. Reduces the tendency of relapse after treatment
17. Inculcates good moral values

Conclusion

In conclusion, Implementing Hybrid Rehabilitation Model which focuses on effective prevention and education strategies is essential in the fight against drug abuse in Kano State, Nigeria. By embarking on comprehensive drug education, involving families and communities, and addressing underlying factors, we can create a society where individuals are empowered to make healthy choices and drug abuse will eventually become a thing of the past.

Suggestions

Based on the above presentation on the hybrid rehabilitation model, the paper made the following suggestions:

1. Hybrid rehabilitation model should be incorporated in the treatment of clients with substance use disorder
2. Government should formulate a policy where culture, tradition, and religion should take a leading role in rehabilitating people with substance use disorder
3. There is an urgent need to establish courses at both undergraduate and postgraduate levels in universities on drug rehabilitation, management, and control
4. There is a need for the intensification of campaigns and awareness of the negative consequences of drug abuse in our society
5. Government should review our laws to introduce stiffer penalties for drug dealers and barons

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