**Impact of Social Support on Natural Recoveries**

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**Case Report**

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**Introduction**
Social support is an integral part of any recover’s journey and has significant impact observed in cases where addicts receive social support compared to cases where they do not. In majority of the instances of social support for addicts, they have a structured guideline as part of their rehabilitation and follow up plan. However, the case for natural recoveries is different because they have to create a support system plan as a mechanism to protect their sobriety.

**Objective**
This article sought to establish the impact of social support for natural recoveries by establishing the path of natural recoveries from alcohol addiction

**Methodology**
We examined a case that had been addicted to alcohol and...
The support group albeit informal discusses the challenges they have seen or heard that has worked for others. The Drug addict therefore come from suggestions provided by his support group on modes. In most cases, the actions are not strategic since the drug and works with his support system to identify corrective action. The natural recovery is aware of his drug abusing behavior and mentors takes a continuous period exceeding the 21 days to break. Continuous support to Mr. Dawn every day for over 6 weeks. Since it is known that there are three categories of learning styles, the correct learning style of Mr. Dawn was observed and noted by the mentor. It also takes about 21 days to repeatedly perform a specified action before it finally becomes habitual. Therefore the engagement of the natural recoveries and the support teams and members takes a continuous period exceeding the 21 days to break old habits and develop new ones.

Mr. Dawn was overwhelmed by the pain of a broken relationship in university and this affected his education and learning to the point that he failed to graduate. He had sought comfort in consuming wines and spirits until they consumed him. He disappeared from university and found his home among the slum streets dwellers in a local Kenyan town. Mr Dawn underwent other forms of abuse until he spotted a former colleague driving past him in his car, about 5 years after graduation. With regret he started to ponder what had gone wrong and what his life would have been like had he not become a drug addict. In his state of misery and depression, a stranger offered him the job of taking care of his cattle since the good stranger assumed that Mr. Dawn only drank at night. However, Mr. Dawn lost his job the following day for day when they left the herd of cattle and went in search of a cheap spirit commonly known as “kumi kumi” since it only costs 10 shillings in Kenya but has an alcoholic content of 35-40% by Vol.

Instead of continuing with his drug seeking behavior, Mr. Dawn chose to reconnect with his family, found a mentor and by the grace of God, got connected to a team that carried out construction. He learned the trade and was among the selected few Kenyans who built the Standard Gauge Railway Line overseen by the Chinese in Kenya, 2018.

His name has been retained for confidentiality purpose but his example shall be emulated by streams of natural recoveries globally. You can hear him from time to time share his gratitude to God and those who supported him. He is now on his way to achieve his university goals and life expectations.

**Results and findings**

The natural recoveries are aware of his drug abusing behavior and yet gets to a mental state where he prioritizes personal issues and works with his support system to identify corrective action modes. In most cases, the actions are not strategic since the drug addict does not really have a strategy to quit his addiction but has deep seated desire to become sober. The corrective action modes therefore come from suggestions provided by his support group on what they have seen or heard that has worked for others. The Drug addict tries out as many corrective actions as he can until he gets the hang of it [1-6].

The support group albeit informal discusses the challenges the addict has been facing and addresses how to move forward. It becomes the natural recoveries prerogative to take the actual actions and the second unique response is that natural recoveries develop new ties. From their support group, members of the group often suggest, refer and invite their drug addicted friend to meetings and events that support sobriety and slowly but surely, the natural recoverie begins to form new ties and relationships.

Social support impacts the addict’s psychological state, culture, perceptions, traits, character and mindset towards the drug abuse. This is a unique area that should be mapped for strategized mitigation.

Evaluating the impact of social support on the natural recovery of Mr. Dawn, it is clear that mentorship as part of social support plays an integral part in natural recovery. In Mr. Dawn’s case, he got a mentor who was also a family member and received the social support to become sober. His mentor took it upon himself to provide continuous support to Mr. Dawn every day for over 6 weeks. Since it is known that there are three categories of learning styles, the correct learning style of Mr. Dawn was observed and noted by the mentor. It also takes about 21 days to repeatedly perform a specified action before it finally becomes habitual. Therefore the engagement of the natural recoveries and the support teams and mentors takes a continuous period exceeding the 21 days to break old habits and develop new ones.

There is need to map out the syndemic and biochemical parameters exposed to natural recoveries. An organized system where authority is unleashed and duties modeled with demonstrated examples by a person in spiritual and physical authority explains the fact that the tasks are not for children but also for the adult. The natural recoveries get an opportunity to ask questions which were otherwise ignored or shunned or never prioritized as important before. The gaps created in the client’s mindset begin to be filled with correct information since a demonstration is given where
required and a new mindset begins to be formed replacing the old wrong attitudes and ways.

An exploration and expansion of planned interventions to mitigate risk factors associated with the addict’s involvement with drugs abuse opens a door for repetitive activities and creation of a new behavior. Healthy life skills education and promotion the individual interests of natural recoveries in mitigation of drug abuse should be given to the individual addict so as to understand and welcome the team’s expectations and responsibilities. This strategy has for long been applied among the youth especially in schools where a naughty bright student can be made a prefect and allowed to co-work with other prefects leading to development of exemplary behavior from one who was otherwise bound to deteriorate due to bad company and peer pressure. The fact that such a student is expected to report back to the teachers in a scheduled manner causes them drives them to do their duties and meet set timelines thus improvement. It has been proven that, continuous examination, assessments, monitoring and evaluation as well as planned improvements leads to improved discipline and production.

Tethering of the learned and established habits to the new replacement therapies, habits and rewards must be done and explained to tie the natural recoveries. This was proven by a group of HIV positive people who were abusing ARVs through non adherence but when it was done concertedly for two years, ARV adherence went up by 45% as reflected in an ongoing Research to establish behavioral characteristics of people living with HIV in Kenya.

Conclusion
Social support is at the backbone of natural recoveries successful battle with addiction. Behavioral tethering assures natural recoveries adherence to recommended practice and behavior for addiction recovery. Mentorship support system helps with keeping natural recoveries sober as they keep reporting to their mentors. Despite the unstructured nature of natural recoveries’ support systems and the few reported cases, it is possible for natural recoveries to remain sober.

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References
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