

Impact of Social Support on Natural Recoveries

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ABSTRACT

This research set out to establish the impact of social support on natural recoveries and elucidate a roadmap for persons living in addiction. Unlike addicts who seek help in rehabilitation centres, natural recoveries simply work on themselves to restore their meaning and purpose and overcome their addictions. Experts and scholars focus on addicts in rehab centres and clinics because of the accuracy in measuring and observing their behavior and changes. However, this article looks at the support system of the addict who never walks into a rehab centre nor enrolls for therapy but manages to recover. The perspective of social support for this addict is more personal and involves a select number of few people.

Social support for natural recoveries provides critical insight about the addict's psyche, insight that will help reinforce social support for recovering addicts who seek help. This article will trace the recovery process of the natural recovery addict and will highlight the key social support aspects of the same. With analysis of a natural recovery addict's case study, this work will showcase the impact of social support focusing on rewards tied to improvement, Mentorship to rebuild the low esteem of the addict, Continuous supervision and alternatives to replace addict associated behavior.

Natural recoveries make unique personal choices about their mental and support systems which include; New ties and linkages producing the new friendly environment, Power of testimony and choice to live a useful life that positively impacts on others, the desire to fulfill ones dream or vision, stand out in society and build a legacy for others to emulate. The power of behavior tethering and the power of association during appointments held in morally upright hotels or social places also help natural recoveries stay on the straight and narrow path.

The need for all persons to meditate on spiritual matters and relate with a deity (Uncomplicated worship of one's Maker) translates to fulfilling the spiritual aspect of man. This is another integral aspect of the natural recoveries' support system. Spiritual support is the space where spiritual forces, dreams and any delusions or confusions are addressed spiritually and emphasis placed on the correct spiritual alignment. The controlling person or evil force that had dictated terms gets replaced as the person regains control of their life decisions.

Keywords

Support, Natural Recoveries, Behavior tethering, Mentors.

have to create a support system plan as a mechanism to protect their sobriety.

Introduction

Social support is an integral part of any recoverer'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

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

elucidated the scenario process for his recovery.

Case Scenario for Mr. Dawn. (Actual Name is not used for Confidentiality purpose).

The client who previously was caught up in drug abuse finds himself gradually possessing a new image, competently delivering in the assigned tasks and soon wanting to explore the old places he frequented for drug abuse to show off his new found strength and fulfillment. This is strictly monitored by support teams, relatives and mentors to avoid a fall back. Most people can attest to having known a drug addict but rarely can they share the success stories of natural recoveries. This is the case scenario for our objective.

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 street 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 recoverie is 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 addict friend to meetings and events that support sobriety and slowly but surely, the natural recoverie begins to form new ties and relationships.

Natural recoveries tether themselves to a new way of life that they often pick from a member of their support group whom they admire. As such, they will keep getting involved in the activities that their tether is involved in. The obligations and timed supervisions do not really follow a schedule as the natural recoverie does not have a structured support system with meetings at specific time and in specific locations. The natural recoverie reports his progress when he meets up with members of his support group whether coincidentally or during visits.

The social support wields the power of planning together where the recovering addict literally gets alternatives to be chewed instead of Alcohol e.g “Muharubaini, Ngalawa, Muthaalwa, Muu”, pea nuts, cashew nuts” etc . As the support system grows, alcohol drinking habit gets replaced with Milk, Tea, Coffee, Juice, Avocado, beet root, passion, tropical mixed drinks depending on what was available. This was evident with Mr. Dawn’s case where he soon began taking fluids and drinks available in his family’s home and replacing them with alcohol.

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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