

Readaptation of people addicted to drugs and people living with HIV/AIDS



Experiences of the
implementation of programmes in
the city of Warsaw



Readaptation – adaptation of an ill person to independent life in the society and to activity in the labour market

The levels of readaptation concern different aspects of life of the group of people benefiting from the programmes:

- Psychological: learning how to cope in everyday situations, relations with family and friends
- Professional: to return to the labour market, to round out one's education, to raise one's qualifications, change one's profession
- Social: reduction of the effects of marginalization and exclusion of this group of patients.



Frequently occurring problems in this group of patients:

- Addiction to psychoactive substances
- Other co-occurring disorders: HIV, HCV, HBS infection, mental diseases,
- Conflicts with the law,
- Lack of education and/or professional experience,
- Severed ties with family and friends,
- Homelessness,
- Unsettled legal status,
- Lack of documents,



Readaptation programmes realized in the City of Warsaw

- Post-rehabilitation actions in Warsaw are divided into three main groups:
 1. Programmes of professional activation
 2. Programmes of psychological support and the prevention of recurrence
 3. Assisted housing programmes

Organizations carrying out post-rehabilitation programmes in Warsaw

- Warszawskie Towarzystwo Dobroczynności (Warsaw Charity Society)
- „Pomoc Socjalna”(Public Assistance) Association
- Mazowieckie Towarzystwo Rodzin i Przyjaciół dzieci Uzależnionych „Powrót z U” („Return from A” Mazowsze Society of Families and Friends of Children Addicted to Drugs)
- Polska Fundacja Pomocy Humanitarnej „Res Humanae” (Polish Foundation of Humanitarian Aid)



Financing of the programmes and means allotted to the realization of objectives in 2008 -2010

The objectives have been realized for four years as part of international agreements concluded for the period of three years (three-year agreements binding until the end of 2010 are currently being realized)

Expenditure on post-rehabilitation programmes in 2008 -2010

2008	PLN 345.325,00	(101.866,00€)
2009	PLN 353.957,00	(104.412,00€)
2010	PLN 362.803,00	(107.022,00€)



Objectives of post-rehabilitation programmes

- Creation of conditions essential for normal functioning and fulfilling one's role in the society
- Consolidation of the therapy's effects
- Socialization of this group of patients by involving them in new social roles and helping them to adjust to norms and values
- Reduction of the risk of recurrence through education and support activities



Objectives of the realization of post-rehabilitation programmes


- Reduction of the effects of marginalization or social exclusion
- Development of one's own potential and solution or reduction of psychological problems
- Improvement or restoration of relations with family and friends



Actions realized as part of post-rehabilitation programmes

1. Post-rehabilitation apartments system involves the following:


- Individual psychological support
- Supervision of the readaptation process
- Support groups
- Recurrence prevention groups
- Social work
- Support groups for family and friends



Actions carried out as part of post-rehabilitation programmes

2. Professional activation programmes:


- Professional activation workshop
- Individual counselling
- Provision of education materials
- Funding of training courses and school tuition fees
- Social consultancy and legal advice
- Professional consultancy
- Internships



Actions carried out as part of post-rehabilitation programmes

3. Programmes of psychological support and prevention of recurrence

- Psychosocial skills workshop
- Support groups
- Individual psychological help
- Workshops on preventing recurrence
- Psychological assistance for family and friends
- Intervention in emergency situations



Expected effects of the implementation of post-rehabilitation programmes

- Reduction of the risk of recurrence of an addiction
- Reduction of the effects of marginalization or social exclusion
- Normalization of social situation
- Return to the labour market
- Improvement of relations with family and friends
- Better fulfillment of social roles

Expected effects of the implementation of post-rehabilitation programmes

- Improvement of the quality of life connected with the return to the labour market
- Better resistance in critical situations
- Ability to look after one's health
- Higher self-esteem of the patients, better assessment of one's possibilities and skills
- Improvement of professional skills thanks to vocational training courses



Thank you for your attention.