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# ADDICTIVE DISORDERS AND ALCOHOLISM

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## Addictions and the family: A dual diagnosis

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Recovery from substance abuse is a supportive process; the support of family and friends often plays a large role in recovery from substance abuse. As a family member, spouse or friends, the supporting role can be crucial and confusable to help the loved ones focus on his or her health and recovery. The person addicted to any substance cannot be considered as cured as soon as they step out of a de-addiction or a rehabilitation center as recovery from substance abuse is just not quitting the substance, it is about the life style change of the affected person on a day to day basis which is impossible for him to do it alone. The role of family members in recovery from addiction has been discussed in several researches. This study tries to find out the effect of behavioral modification adopted by the family members to support the patient recovery after the treatment from de-addiction and rehabilitation centers. For this research, suffering families were identified across Tamil Nadu state in India. Where, in few families were taught about BMT (Behavioral Modification Techniques) and remaining families could follow their own method of handling patient who had come out from the treatment centers. As a result, it has been observed from the study that families followed BMT were able to support their loved one's recovery positively than with the families who didn't follow the BMT.

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