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### Interdisciplinary Research in Social Work, Application of Experimental Methods, Group Consultation with Drug Addicts

<sup>1</sup> Le Thi Thuy, <sup>2</sup> Nguyen Thanh Huyen, <sup>3</sup> Nguyen Thi Thanh Nga

<sup>1,2</sup> Faculty of Social Work, University of Labour and Social Affairs, Vietnam

<sup>3</sup> University of Labour and Social Affairs, Vietnam

Corresponding Author: **Le Thi Thuy**

#### Abstract

Social work promotes development, connects communities, and empowers people, empowering individuals, families, and communities to thrive in life, creating social change in society, and ensuring social security and stability. Therefore, in order for social work to develop professionally, interdisciplinary work is an important and essential issue, not only awakening the importance of professional linkage in social work education and training, research, and professional practice, but also promoting the development of knowledge and skills in related sciences in supporting individuals, families, and communities or groups of clients. In fact, interdisciplinary research in social work is still in the development process, has not been uniform, and has not shown cohesion on certain principles, making the effectiveness of coordination and cooperation still limited. Moreover, in the field of drug addiction treatment, there are

difficult and complex problems. Because of drugs and drug-related problems, drug crimes are becoming more and more difficult and complicated. According to the World Drug Report 2023 released by the United Nations Office on Drugs and Crime (UNODC) <sup>[24]</sup>, illegal drug supply continues to be at record levels, and trafficking networks are becoming increasingly agile. Activity is exacerbating intertwined global crises and challenging health services and law enforcement responses. The article mentions some concepts of interdisciplinary research in social work, some research methods in social work, and the application of experimental methods of group consultation with drug addicts in rehabilitation facilities. Hanoi addiction. Thereby, some solutions are proposed to improve the effectiveness of social work activities in general and social work research in particular.

**Keywords:** Social Work (SW), Interdisciplinary Research (IR), Drug Addicts (DAs), Group Consultation with Drug Addicts (GCWDA), Experimental Method of Group Consultation (EMOGC)

**JEL Codes:** A14, M10, O15, G21

#### 1. Introduction

According to the World Drug Report 2023 by the United Nations Office on Drugs and Crime (UNODC) <sup>[24]</sup>, the global estimate of the number of people who inject drugs in 2021 is 13.2 million, 18% higher than that of the United Nations Office on Drugs and Crime (UNODC) <sup>[24]</sup> with previous estimates. Globally, more than 296 million people will use drugs in 2021, up 23% from the previous decade. Meanwhile, the number of people with drug use disorders has skyrocketed to 39.5 million, a 45% increase in 10 years. The report contains a special chapter on drug trafficking and environmental crime in the Amazon Basin, as well as sections on clinical trials related to hallucinogens and the medical use of cannabis; drug use in humanitarian institutions; innovation in drug treatment and other services; and drugs and conflict. The World Drug Report 2023 also highlights how social and economic inequality drives-and is driven by-drug challenges, the environmental devastation and human rights abuses caused by the illicit drug economy, and the growing dominance of synthetic drugs. According to the report, the need for treatment for drug-related disorders remains largely unmet. Only one in five people with drug-related disorders will receive drug use treatment by 2021, with widening disparities in access to treatment across regions. We need to step up measures against drug trafficking rings that are taking advantage of conflicts and global crises to expand the cultivation and production of illegal drugs, especially synthetic drugs, promote illegal markets, and cause more harm to people and communities". In fact, there are disparities and inequalities associated with drugs. Many drug users do not enjoy the right to health. Large inequalities in the access and availability of controlled drugs for medical use persist, especially for pain control.

Disparities are particularly prevalent between the global North and South as well as between urban and rural areas, causing some people to feel the negative effects of drugs more than others. About 86% of the world's population lives in countries with very little access to opioid medicines (controlled under the 1961 General Convention), mainly low- and middle-income countries.

In Vietnam, drug addiction has become a major threat to mankind. Consequences caused by drug crimes have very serious effects on the fields of economy, culture, society, security, and national defense, damaging the health of a part of the people and at the same time causing serious damage to the health of a part of the people. giving rise to all kinds of crimes, threatening the stability, prosperity, and permanence of each country and each person. Being well aware of this danger, over the years, our party and state have paid great attention to leading, directing, promulgating, and implementing many guidelines, mechanisms, and policies to prevent, combat, and control drugs. In this regard, the National Assembly<sup>[8]</sup> passed the Law on Drug Prevention and Control, effective January 1, 2022<sup>[8]</sup>.

Prime Minister Pham Minh Chinh<sup>[26]</sup> attended the National Online Conference on Drug Prevention and Control at the Hanoi Bridge on March 10, 2022, and stated, "Drug prevention is a heavy, arduous, and dangerous task, but also an important and glorious task with the core role of the People's Public Security Force, because "drug crimes are crimes of all kinds of criminals". The management of addicts and illegal users of narcotics, detoxification, and post-treatment management have been implemented throughout, from the central government to communes, wards, and townships, contributing to the effective implementation of drug addiction. It aims to gradually reduce the "demand" for drugs. The number of people using illegal drugs and addicts nationwide has decreased. As of February 2023, the number of illegal drug users and drug addicts nationwide was 48,200 and 191,400, respectively, down 18,000 and 14,400 compared to December 2021<sup>[26]</sup>.

## 2. Literature Review

### Social Work

Social work is a profession with the mission of helping, supporting, and taking care of those who are unfortunate, have special circumstances, or are difficult in the community in order to help them integrate and have a better life. These people can be people with disabilities, the poor, people who are unable to take care of themselves or defend themselves, people with terminal illnesses, or victims of political, social, or natural disasters. Fracis Heng (2011)<sup>[7]</sup>. Social work is therefore present all over the world; wherever there are people in need, there are social work organizations. It is easy to find social workers in centers for people with disabilities, in remote areas, in poor countries like Africa, in wars, or in areas where there is a conflict. earthquakes, tsunamis such as Japan, Philippines.

### Interdisciplinary Research (IR)

The concepts of interdisciplinarity, multidisciplinary, and transdisciplinarity are discussed in many fields of science, especially those that are close and intersecting. Author Barret *et al.* (2005: 10)<sup>[1]</sup> argue that the terms multiprofessional, interprofessional, multidisciplinary, interdisciplinary, multifunctional, and interdisciplinary (multiprofessional, multidisciplinary, interdisciplinary,

multiagency, and interagency) have been used to describe seemingly very similar operations. In an interdisciplinary team, experts work closely with knowledge across disciplines. Each specialist is responsible for coordinating their own information and the intervention of other team members. Every field, every discipline, and every problem has all the answers; there are actionable solutions; every category has value; and all majors have equal status (Dale, 1996)<sup>[1]</sup>.

Barr (1997)<sup>[1]</sup> argues that interdisciplinary teams are being developed across a wide range of hospital and community settings and are now active in services for people such as people with learning disabilities, people with disabilities, and people with disabilities. mental health needs, the elderly, children in need of protection, palliative care, and primary health care. Originating from Richard Cabot in the early 1900s, the medical interdisciplinary group on health care suggested that members such as social workers, doctors, and educators work together about patient problems. As such, social workers have been seen as helping physicians gain more perspective on patient care (R. Cabot, cited by Baldwin, 2000). The importance of sharing knowledge and skills and working closely with people from other professions. Failure to do so, without cooperation from interdisciplinary groups, may result in undesirable outcomes (Laming Report (2003), investigating the circumstances surrounding Victoria Climbié's death) (Quinney, 2006)<sup>[1]</sup>.

Interdisciplinary research is a concept that involves combining two or more disciplines or fields into one activity (e.g., a research project, an educational project, a construction project, or an appraisal project). The term interdisciplinary is often used in education and training, where multiple disciplines are combined to create a new discipline. For example, the Banking Academy's Information Systems Management major is interdisciplinary between information technology and business administration<sup>[19]</sup>.

In research, an interdisciplinary group is a group of close scientific disciplines that have connections and interference between scientific knowledge, skills and methods in order to research and learn about a certain field in society. An interdisciplinary team consisting of people trained in different areas of knowledge (industry) with different concepts, methods, data, and terminology organized into a joint effort on a common problem with constant communication between participants from different disciplines...Interactions between members can range from simple communication of ideas to mutual integration of organizing concepts, methodologies, processes, epistemologies, terminology, data, and research and education organizations in a fairly broad field. Raymond C. Miller (1981)<sup>[19]</sup> divided the state of interdisciplinary efforts into seven categories: thematic focus, professional preparation, life experience perspective, shared components, organizational principles large cross-sectional, integrated and generalized functions. With the development of digital technology today, the intersection of the sciences is becoming more and more obvious. Therefore, to achieve the goals of the professional social work profession and to support the target group of the social work profession urgently needs interdisciplinary cooperation between the near sciences, which cannot exist or support independently. establishment of an industry. This is a fundamental feature in the process of supporting clients in the social work

profession and developing the professional social work profession.

### Drug Addicts (DA)

According to the Vietnamese Dictionary of Psychology (2008) <sup>[4]</sup>, author Vu Dung <sup>[4]</sup> said that: Drug addiction is a state of cyclical or chronic intoxication of the body, harmful to individuals and society due to repeated use of a large amount of alcohol, natural and synthetic toxins. Thus, according to the author, drug addiction is characterized by physiological frustration, wanting to use it again, and dependence on addictive substances. When the body stops addiction, it will cause pain and struggle, drug addicts tend to increase the dose or change to a stronger form of drug. The American Psychological Association (APA) defines addiction as: "Addiction is a syndrome consisting of increasing the dose of a drug to get the desired effect, drug addiction to reduce the syndrome of drug deficiency, and the inability to reduce the dose or stop the addiction. drugs and continue to use drugs despite knowing it is harmful to self and others". Recently, the concept of addiction has changed, according to FHI 360o Vietnam <sup>[6]</sup>: "Addiction is a chronic, relapsing disorder, which is manifested by compulsory behavior to seek and use illegal substances, regardless of the adverse consequences of use". To be diagnosed as a drug addict (Heroin addict) he or she must have at least 3 of the following 6 factors within the past 12 months (ICD 10): (1) Tolerance; (2) Withdrawal syndrome: Substance use to avoid or counteract withdrawal symptoms; (3) Intense craving or compulsion to use; (4) Difficulty controlling use behavior related to initiation, withdrawal, or degree of addiction; (5) Distracting from past hobbies, interests, or jobs because of substance use god direction. Increasingly, they need more time to find and use the substance or recover from its effects; (6) Continued use of the substance despite knowledge of evidence of harmful consequences of use. Author Tieu Thi Minh Huong (2014) <sup>[9]</sup> said: "Drug addicts are people who use drugs many times, creating a special feeling of refreshment, making them dependent on drugs and unable to forget or give up. get drugs. If you stop using it, you will experience irresistible cravings and lose your ability to control your consciousness and behavior.

### Group Consultation with Drug Addicts (GCWDA)

Counseling drug users is a process of active interaction between counselors and drug users to help them recognize their own conditions and circumstances, and identify their difficulties in a confidential manner. and empower them to deal with these problems on their own. (Mai. B. T. X. & Nhu, N., T. (2014) <sup>[12]</sup>.

Counseling aims to help addicts remove their psychological dependence on drugs, effectively and sustainably fight relapse, help addicts change their awareness, attitudes and behaviors, and find solutions. suitable to solve problems, stabilize life. Counseling is not instruction or direction, nor is it a talk or an interrogation, a confession and much less a prayer session. (Tuan, L.T, el al (2016) <sup>[21]</sup>

The consultation should have a specific plan including initial consultation/assessment activities; building a trusting therapeutic relationship between the therapist and the user; implementing and solving psychological dependence on drugs in drug addicts; closing price; accompanying and supporting after the consultation process <sup>[12]</sup>.

Based on the subject of consultation, there are 3 forms,

including individual consultation, family consultation and group consultation <sup>[15]</sup>:

### Group Consultation

Group counseling is the interactive process of counselors with groups of users to help them solve individual psychosocial problems and support their personality development as well as social relationships. positive. In group counseling, counselors use group coordination knowledge, skills, and techniques to help group members meet their needs or solve their problems through meetings and activities. group.

Purpose of group consultation: Through group counseling, it is possible to create a working environment where the knowledge and experiences of individuals complement each other, together making more comprehensive and appropriate decisions; Help the person experiment with different ways of relating to others and give them the opportunity to test how others feel about themselves; Provide an opportunity for DAs to receive help while at the same time being able to help others; Create a context in which the user can assess their problem in relation to the problems of others; Enabling DAs and other team members as facilitators.

The group consultation process includes 3 main stages: Consultation preparation, group activities; Implement group consultation sessions; Conclude and evaluate group consultation.

*Stage 1: Preparing for counseling and group activities:* In the group activity preparation step, the moderator considers and prepares the topic of the counseling session/group activity, objectives and content of the counseling session/birth. group activity. This should be clear, specific, and at the same time, how does the moderator consider the members who need to participate, time, space, and place? Planning to run the counseling session/group activity, plans to use visual tools (tables, documents, projectors...). Specifically, the tasks to be performed such as: Set time; Prepare documents/tools; Choose the structure for the activity; Notice of meeting invitation; Prepare logistics.

*Stage 2: Implementation of the group meeting:* In this phase, it usually takes place in the following order: First, the group meeting begins. This step needs to do things like getting to know the members, creating a friendly atmosphere, agreeing on the framework of the work program, editing the goals of the group meeting if necessary, agreeing on how to work. <sup>[15]</sup> For example, the steps to start a meeting might be: Welcome group members; Read the message; Welcome new members (if any); Other referrals; Review and read group rules; Celebrate the "no reuse" time; Reminder of security; Ice-breaking activities. The second is to come up with topics, analyze each of them. This is the most important step of a group activity. The members are discussed and consulted to finally make the group's decisions, these decisions are in line with the group's goals. Third is action planning. In this step, the whole group creates a plan after the group activity that is unanimously approved by the members. This plan usually includes: what to do, who to do, how to do it, desired results, time, conditions, support... If the group meeting does not have an action plan, In other words, if after the group meeting, the members feel there is nothing to do, the group meeting is not effective.

*Stage 3: Closing and evaluating the group session:* The evaluation phase, ending the group meeting is the final step of the group consultation/consultation process. Group

activities should take time to evaluate and reflect on the progress of the meeting, the results of the group meeting, the omissions, the issues that were put aside for the next group meeting, and the results of the meeting. whether the group has documented it, how will the members receive the results, and how successful the group activity will be through the rapid assessment.

*Principles of counseling and working with drug addicts* <sup>[15]</sup>: (1) Creating consensus; (2) Respectful, non-judgmental; (3) Encourage creativity; (4) Generate new ideas; (5) Learn to delegate; (6) Encourage people to speak up; (7) Shared responsibility; (8) Flexibility.

*In group consultation, it is necessary to use skills such as:* (1) The skill of opening and closing the group consultation; (2) Skills to create relationships among team members; (3) Skills to establish group atmosphere; (4) Coordination skills; (5) Team listening and observation skills; (6) Redirection skills; (7) Modeling skills; (8) Skills in summarizing opinions; (9) Conflict resolution skills; (10) Planning skills. <sup>[15]</sup>

#### *Experimental Method of Group Consultation (EMOGC)*

**Theoretical Basis of Experiment:** The theoretical basis for conducting an experiment is the study of the cause-and-effect relationship, conducted in a certain time sequence and the coordination between the stimulus and the response of the subject to ensure that the change of the causal variable leads to a change in the dependent variable. According to author Dobrianov (1964) <sup>[18]</sup>, "Social experiment is a means for showing the relationship between the common, the special and the unique, for finding the way and the means through which activities can be performed <sup>[18]</sup>.

Human cognitive action has the highest efficiency, that is, it is completely consistent with objective reality.

Therefore, using experiment in social work science is a research method derived from sociology to understand the cause-and-effect relationship between acting on a group of objects and the group not being affected.

Experimental group consultation for DAs used in this study is a research topic that is a new method in social work to assess the change in awareness, attitude and behavior of DAs about social work services, from the practice of Detoxification facility number 05, Xuan Phuong, Tu Liem, Hanoi. <sup>[23]</sup>

**Practical Basis of Experiment** <sup>[23]</sup>: Currently, at the Rehabilitation Facility No. 05, Xuan Phuong, Tu Liem, Hanoi has been providing counseling activities for drug addicts, mainly individual counseling. However, this activity is more consultative, not going into the content and consultation process with in-depth screening and assessment tools. Typically, group consultation at the grassroots is mainly carried out in the form of group activities, but activities in groups or groups, not in accordance with the process, principles and content of group consultation.

In addition, the facility has been conducting training for its staff on drug addiction treatment counseling since 2016, with training courses on basic counseling and addiction treatment counseling deeply. Moreover, along with the support methods that are believed to be effective with Drug addicts (DAs) in the treatment of drug addiction such as drug treatment and social support, are psychotherapy and counseling. This is the basis and conditions for consultation activities to be carried out. The reason why the author chooses is to experiment with group counseling, not

individual counseling or family counseling, but also not other types of services such as vocational training support services, job search services, etc. education and communication... because counseling services are typical services with deep expertise in the profession of social work. Social workers must be able to consult in order to perform social work activities. Author C. Zastrow (1985); pp 45) <sup>[11]</sup> commented: "Perhaps one of the most fundamental skills a social worker needs is the ability to effectively consult with audiences. Furthermore, the staff is highly trained in addiction treatment counseling; Counseling/group activities will establish an interactive relationship between group members, create motivation to motivate the Drug addicts (DAs) group together with better determination and will to quit addiction, group pressure will help members make efforts, Try harder in the detox process. Members can share and openly share private and confidential issues without hesitation, they are ready to support each other, and together are determined to achieve the common goal of addiction treatment and relapse prevention as soon as they are at home, in rehabilitation and community reintegration facilities. After the experiment, they will assess the awareness, needs, behavior and level of using social work services with DAs.

### **3. Research Methods**

A cross-sectional descriptive study combining qualitative and experimental research (empirical application of group consultation with drug addicts at Detoxification facility No.5, Xuan Phuong, Tu Liem, Hanoi).

Qualitative research: In-depth interviews with 10 officials; 30 drug addicts.

The way to design tools: Build survey tools and in-depth interviews; conduct information collection by questionnaire; Interviewing officials, drug addicts, researching documents <sup>[23]</sup>.

#### *Methods of Document Analysis and Reasoning*

The author used this method to understand and analyze secondary documents such as research works, scientific articles, textbooks, lectures, monographs, references... in order to systematize the total. research problem and find gaps that need to be carried out related research.

#### *Statistical Methods, Data Processing*

The study used some mathematical statistical methods and data processing system by SPSS software (calculated mean, standard deviation, Spearman correlation coefficient (r)...), tested by Cronbach/Alpha, Anova..., compare research results on drug addicts at two detoxification facilities to clearly see the overall picture of whether there is a difference in the status of counseling at the detoxification facilities. in different locations. <sup>[3]</sup>

#### *Experimental Method*

Experimental group consultation to determine the wishes, needs and problems of the DAs, and at the same time use measures to raise awareness about the importance and need of using social work services of the DAs through consultation process (specific consultation sessions) to assess the change before and after the experiment in awareness, attitude and behavior of DAs with counseling activities. Compare the experimental group (7 people with DAs randomly selected) with the control group (7 people



with DAs randomly selected). Experimental period: 6 months (from May 1, 2018 to October 1, 2018). Group counseling is carried out twice a month on the 6th and 20th of each month, the total number of group sessions is 12 sessions at Detoxification facility No. 5, Xuan Phuong, Tu Liem, Hanoi.<sup>[23]</sup>

In addition, the researcher used the expert method to consult with scientists, addiction treatment specialists, social work and psychologists, and university lecturers about the conditions, the factors affecting the provision of counseling services for drug addicts, solutions to improve the effectiveness of counseling service provision.

## 4. Results

### 4.1 Experimental Results of Group Consultation with Drug Addicts

*Purpose of conducting the experiment:* Consultation to find out and solve difficult problems of the group of DAs in order to assess the awareness, needs, behavior and level of use of social work services for DAs.

*Method of implementation:* We conduct group consultation to determine the wants, needs and problems of DAs, and use measures to raise awareness about the importance and need of using work services. social work of DAs through the consultation process (specific consultation sessions) to evaluate the change before and after the experiment in

awareness, attitude and behavior of DAs with social work services. In addition, we compared the experimental group (7 people with DAs were randomly selected) with the control group (group of 7 people with DAs were randomly selected).

*Experimental period:* 6 months (from May 1, 2018 to October 1, 2018). Group meetings are held twice a month on the 6th and 20th of each month, with a total of 12 group meetings.

*Experimental location:* Detoxification facility No. 05, Xuan Phuong, Tu Liem, Hanoi.

Group consultation process in 3 stages: Consultation preparation, group activities (Preparation and implementation activities take place before impact, selection of group members in the content of session 1); Conducting group consultations/activities (10 sessions on group consultation content); Evaluation and closing (Perform 1 session) (*Seeing Thuy, L.T (2022) [23]*)

Description of experimental group and control group

The group of drug addicts selected for the experiment includes 7 drug addicts, the criterion is that they all have the desire to participate in group consultation activities to share and learn knowledge and experience of drug use prevention and prevention. relapse, how not to relapse into drug addiction. They are DAs who are recovering from addiction at the center.

**Table 1:** List of experimental groups

S. No	Full Name	Age	Place	Family marital status
1	H.V.C	32	Bac Tu Liem	Married, 1 wife, 3 children
2	N.D.L	33	Hai Ba Trung	Unmarried
3	V.X.M.	40	Hoan Kiem	Married, 1 wife and 2 children
4	H.S.L	31	Bac Tu Liem	Single, unmarried
5	N.N.T.	27	Bac Tu Liem	Married, no children
6	N.T.A	27	Cau Giay	Divorced, has a small child
7	N.H.V	46	Cau Giay	Divorced, 3 wives, now have 5 children

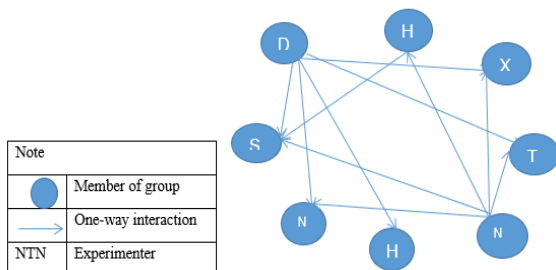
**Table 2:** List of control groups <sup>[23]</sup>

S. No	Full name	Age	Place	Family marital status
1	N.V.T	40	Thach That	Divorced, 2 children
2	D.M.T	34	Long Bien	Married, 1 wife, 1 child
3	T.M.T	34	Ba Dinh	Married, 1 wife, 3 children
4	N.D.K	29	Thanh Tri	Single, unmarried
5	N.D.T	37	Hoang Mai	Single, unmarried
6	N.M.V	39	Ha Dong	Divorced, 1 wife, 2 children
7	T.V.S	25	Truong My	Married, 1 wife, 1 child

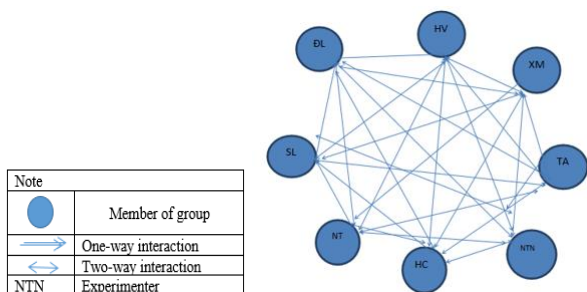
**Table 3:** Contents of group consultation sessions <sup>[3]</sup>

No	Contents	Time
Session 1	Greet, introduce to each other, build rules of the group's activities. Introduce social work services, types of social work services with environmental workers. Discussion Topic 1: Consultation with the content "Drugs and drug harms" Reducing stigma and discrimination against DAs"	6/5/2018
Session 2	Continue topic 1: Review and evaluate	20/5/2018
Session 3	Topic 2: Support consultation on prioritizing problems, choosing optimal solutions, Consultation on setting priorities (SMART)	6/6/2018
Session 4	Continue topic 2: Review and evaluate,	20/6/2018
Session 5	Topic 3: develop a problem solving implementation plan	6/7/2018
Session 6	Continue topic 3, Review and evaluate	20/7/2018
Session 7	Topic 4: Advice on time management, establishing a stable, healthy life	6/8/2018
Session 8	Continue topic 4, review and evaluate	20/8/2018
Session 9	Topic 5: Counseling on stress management, anger, coping strategies for drug cravings	6/9/2018
Session 10	Continue to review topic 5: Counseling for stress management, anger, strategies to cope with cravings for drugs	20/9/2018
Session 11	Topic 6: Counseling for relapse prevention	6/10/2018
Session 12	Evaluate, finish all contents and evaluate the change of DAs	20/10/2018

During the implementation process, the author took notes on the group activities in each session and noticed a change in the close interaction between human resources. At the first meeting, some DAs did not know much about each other, but after the experimental period, there was more close interaction, this is shown in Diagram 3.1. The interaction of DAs during the session. the first activity and Diagram 3.2. The interaction of DAs in the 10th session.<sup>[23]</sup>



**Diagram 3.1:** Group interaction diagram in the first consultation session



**Diagram 3.2:** Group interaction diagram in the ten consultation session

Below is a summary of the group consultation sessions, typically the first and 10th consultations.

During the first consultation session, which took about 120 minutes, at Detoxification facility 's education room No. 05 (120 minutes from 14:00 to -16:00 on May 6, 2019), the counselor introduced to the members and introduced the topic. purpose, to develop rules for the group's activities. Introduce social work services, types of social work services with DAs. The group members took turns to introduce themselves, their family, drug addiction and desire, difficulties (problems) when participating in the group under the coordination of the counselor through the group activator. Toss the ball, toss the ball to someone, then introduce it and toss it to the next person. The participants were very enthusiastic, excited and ready to share. At first, the members were shy, many members did not know each other such as X.M and NT, HC and SL or TA members did not communicate much with DL, SL, NT, HC, XM...Through the introduction, getting acquainted and sharing drug content and social work services with SWs, members already know each other's basic knowledge and together participate in group activities to absorb and absorb new content when the counselor introduces social work services and types of social work services with DAs. They participate enthusiastically and have a commitment to participate and carry out activities both during and after leaving Detoxification facility.<sup>[23]</sup>

**10th Consultation Session**

Purpose: Identify the main problem of the group, give up

drugs

Content: Counseling on stress management, anger, coping strategies for drug cravings

Time: 9am-10:30am on September 6, 2018

Location: Education Room, Detoxification facility No. 5, Xuan Phuong, Tu Liem, Hanoi.

Evolution of the consultation process: At the 10th consultation, almost all the members of the group had a better understanding of each other, they communicated with each other using jokes, slang words, etc. They participated enthusiastically together. and review the content that has been consulted and emerge, enthusiastically for new content. Right from the beginning of the consultation session, Mr. V actively laughed and volunteered to organize a song for the group to sing "Four directions", and the experimenter and group sang together and continued on the content of the consultation. The experimenters divided into 3 subgroups, group 1 was the subject of stress; group 2 was about anger, group 3 was about dealing with drug cravings and gave out colored paper asking members to write down stress words, stress management strategies, anger, and combat. Anger management strategies, Drug cravings, and craving coping strategies. After 15 minutes of discussion, the sharing groups and experimenters closed the main knowledge. The group consultation was very lively, the members had more ways to change stress management. Anger management and behavioral and cognitive coping strategies for drug cravings. The members have a big change in perception because in the past they also know how to listen to music to relieve stress, or when angry, they shout loudly, get angry or when they have a craving they are ready to do anything to earn medication...but today after participating in group activities how do they know specific cognitive, behavioral, physical and mental stress management strategies? They are determined to use other methods when angry and know strategies to cope with drug cravings such as internal monologues, thoughts, imaginations, decisions...

**The Experimental Results**<sup>[23]</sup>

The experimental results are evaluated through the awareness level of DAs about social work services with DAs; demand; consultation/consultation content; Subjects providing and effective use of group counseling services Before and after the experiment, the level of awareness about the importance of social work services for drug addicts has changed. Before the experiment, the common mean was X = 2.4, after the experiment, the common mean X = 2.71. The importance of "medical care support services", before and after the experiment is still ranked 1st by DAs. "Legal support services" are ranked 5th by DAs. Other services have changed. The higher change is evident in the mean score.

**Assessment of Demand for Social Work Services**

After the experiment, most of the DAs have a very high need/desire to use the service, no user chooses the unwanted level. Before the experiment, the average score X = 2.05, after the experiment, the average score X = 2.72. Thus, the need to use social work services of NNMT is very much, very eager to use. In which, individual/family and group counseling/counselling services are ranked 2nd by them, with an average score of X = 2.86, before experiment X = 1.83. There is a close correlation between before and after experiment, r = 0.995. Sig coefficient = 0.000.

### ***Assessment of the Change of DAs When Participating in Group Consultation*** <sup>[23]</sup>

Before the experiment, there were still DAs who did not know much about individual, family and group counseling/counseling services. After the experiment, most of the DAs had a change in perception, thinking and behavior. This is the fact that confirms the change when conducting the impact experiment. Cognitive-behavioral theory has affirmed: it is the thought that determines the response, not the stimulus. Aron T. Beck and David Burns (2006), in their article "A drug-free, drug-free treatment for anxiety attacks that will change your life" (HarperAudio, 2006. - ISBN 0 -06-057710-X) also said that personality and behavior problems of people are created by wrong thoughts in interaction with the external environment. DAs misperceives and mislabels both internal and external moods, thus causing negative beliefs, images, and inner dialogues, they have poorly adapted thoughts leading to The behavior of a failed ego of an "addict" so once addicted, there are many reasons why it is difficult for them to give up and will use again after quitting. In fact, DAs drug use behavior is because they have a misconception right from the first use, many people think: "I just tried it because it was fun, I'll give it a try, who would have thought I'd become addicted again, now I am dependent on it, I hope I can get over it and return to my family, my wife and children" (N.V.T, 28 years old, Hanoi). Applying cognitive and behavioral theory, especially intervention techniques in providing social work services, helps social workers have a way to influence to change deviant behaviors - drug use behaviors, need have to change the irrational thinking about drugs. Experiments have made all 7 drug addicts have a better understanding of drugs, the effects of drugs on the brain, mechanisms of addiction, methods and skills of detoxification and relapse prevention such as: dealing with addictions. drug cravings, skills to refuse invitations, skills of stress management, anger, time management... help them be able to apply them in real life and maintain their emotional state, attitude and determination to stay away from drugs, ensure life stability for the rest of life. It is important that during group consultation, members all have mutual influence, together trying to resolve addiction and relapse prevention, especially after leaving Detoxification facility. Mr. V.X.M, 40 years old said: "After participating in sessions like this, I believe that I can detox and not relapse again, I will try to be determined myself, but I also need to rely on my family and everyone. person, I really need to contact a consultant, I don't know if I can anymore?". And N.T.A, 27 years old, said: "In the past, I used to be very respectful, anyone or friends invited me to go, but now when I know how to refuse, I will be resolute to not be pulled anymore, Ms. ya. I'll plan and prioritize things so that I don't waste time thinking about drugs".

### ***Comparison between the Control Group and the Experimental Group*** <sup>[23]</sup>

The comparison between the control group and the experimental group has a fundamental difference in the perception of the importance and necessity of social work services for DAs, sig score < 0.05. The experimental group thinks that social work services for DAs are very important, the average score is 2.71, while the control group has a low mean score of 1.79.

In particular, the results of the in-depth interview when comparing the experimental group and the control group showed a positive change from awareness, attitude as well as the need and behavior of using social work services towards occupational therapists, this is the difference. significant difference when there is an effect on the experimental group.

The control group is DAs at Facility 05 including 7 randomly selected people, without the influence of the experimenter. We conducted an in-depth interview with Mr. D.M.T, 34 years old, the control group said: "I think that detoxing won't work, everyone around has lost faith, addiction is dead, completely dead, It's very difficult to get out of drug addiction again." In fact, addiction is not exactly what they think it is, so when they are not influenced, provided and equipped with knowledge about addiction and addiction treatment and relapse prevention methods, they still do not believe and have difficulty deciding. addiction treatment and relapse prevention. Thus, it is very difficult to help them change their drug use behavior, even though they are in rehabilitation at Detoxification facility.

At the same time, the experimental group is also concerned about the quality and effectiveness of social work services through the conditions of facilities, equipment, clothing, and behavior of the service providers; professional qualifications, professional ethical attitudes of service providers; service needs and expectations of service providers; reliability and punctuality; responsiveness of the service (willing to serve, willing to serve, wholeheartedly, enthusiastic, passionate about the job)... While the control group hardly paid much attention because they believed that the services were provided by the management staff. supply management, so it doesn't matter, as long as the time limit here expires to get out quickly. In-depth interview Mr. N.H.L, 34 years old said: "Honestly, I don't understand either, when I come here, I see that the staff is interested, it's fun to talk to, sometimes I miss home and sometimes I feel terrible at home, I just want to go home." But when asked "What will you do to not relapse again?" Then they wonder how? Mr. T.V.D, 29 years old said: "It's very difficult, my friends entice me, I respect them very much, hihi... I don't know what to do, relapse again, then come here again, hihi... (laugh)".

Thus, the control group hardly had any specific impact on the content for detoxification and relapse prevention, so they did not know and wondered about life after detoxification. This is the basis for proposing a model of social work services with DAs at establishments/centers in Hanoi city and nationwide, especially the type of group consultation service. The experimental results show that, before and after the experiment, there is a change in the awareness of DAs about the importance of social work services. The comparison between the control group and the experimental group showed a clear difference in perception, thinking and behavior. The control group still lacks understanding about the content, knowledge about addiction treatment and relapse prevention, managing emotions, stress or anger, how to deal with high-risk situations. While the experimental group clearly understood and was determined to implement it for successful detoxification and relapse prevention after leaving the facility to reintegrate into the community. Sig index = 0.000 < 0.05, correlation coefficient = 0.995. Thus, confirming the hypothesis, this is also the answer to the

research question "How is the current state of counseling activities in drug addiction treatment facilities, what factors affect effectiveness of counseling activities for drug addicts at detoxification establishments?".

## 5. Conclusion

Analyzing the empirical situation of group consultation with drug addicts, shows us a general picture of interdisciplinary research in barrier-free social work. Research in social work applies research methods of the quasi-social sciences, psychology, anthropology... This is a collaborative activity between professions, especially when science development, reducing difficulties and obstacles in research, breaking down rigid boundaries between professions, demonstrating the development of the social work profession without barriers. Counseling is an important interaction process between the counseling team and drug addicts in order to understand the needs and perceptions of drug addicts, helping them to participate in the addiction prevention, intervention and treatment process. and relapse prevention. At the same time, it is necessary to conduct a variety of consultation contents and forms of consultation such as individual consultation, family consultation and group consultation. However, at present, counseling has not been given much importance and has not been carried out regularly at detoxification facilities or specific organizations, services and programs. The form and content of consultation are not rich and diverse, the team carrying out this activity is still confused in applying knowledge, skills and attitudes when working. Therefore, the implementation efficiency is still not high. Therefore, it is necessary to implement solutions to improve the effectiveness of counseling activities for drug addicts in Vietnam in the current context.

From the research results, the author proposes a number of measures to improve the effectiveness of the current consultation with drug addicts in Vietnam.

*Organizing seminars to report on interdisciplinary research topics in social work, sharing experiences among researchers and consultants.*

Currently, the consulting staff is still lacking and weak in professional knowledge and skills. Therefore, it is necessary to improve the consulting profession through seminars, training and research. Developing human resources to conduct counseling activities in the field of addiction treatment through international cooperation in education and training, creating a favorable environment and conditions to attract talented and qualified human resources. domestic and international experience, regularly fostering talents through studying and cultivating abroad.

Organizing training courses, fostering counseling knowledge and skills for staff, counselors working in drug addiction treatment facilities.

Develop consultation activities based on the Party's viewpoints, guidelines and practice at service providers. Resolution of the 5th Plenum of the 12th Central Committee emphasized: "Developing human resources, especially high-quality human resources, taking advantage of opportunities and achievements of the 4th Industrial Revolution". Regularly organize training courses, fostering counseling knowledge and skills for staff at drug addiction treatment facilities, especially those in charge of counseling roles.

*Strengthen education and communication to raise awareness and the need to access counseling activities with addicts, family members, friends and the community as well as the whole society.*

Educating and propagating about the position, importance, objectives, content and direction of building and developing high-quality human resources for counseling in drug addiction treatment, especially in the development era of the modern society. Industry 4.0 aims to achieve the goals and orientations in the "National Strategy for Drug Prevention, Control and Control in Vietnam to 2020 and Orientation to 2030".

*Improve facilities and equipment at detoxification facilities to meet the counseling needs of drug addicts.*

According to the survey results, the compulsory detoxification establishments in many places have been degraded, overloaded, and have not fully met the conditions for addiction treatment in the new situation. Especially, housing and sanitary equipment to serve daily living needs for drug addicts are overloaded and do not meet the minimum needs of drug addicts under management. This is a factor that greatly affects the quality and effectiveness of services for drug addicts. Therefore, the implementation of this solution will contribute to improving the facilities and equipment in a modern and specialized manner in accordance with the needs and aspirations of drug addicts and their families in the modern era. developed today.

*Building and replicating the professional consultation model in detoxification facilities and in the community*

In practice of group consultation, we consider it necessary to propose building and developing a model of consultation with drug addicts at detoxification facilities/social work centers in particular and in the community. Generally speaking. This model not only creates conditions and opportunities for drug addicts as well as family members of drug addicts to be consulted in order to detox and prevent relapse. This model has the practical basis of Social Work Centers/ Counseling and Therapy Centers in Hanoi city and some provinces. Because of the current practice, social work centers, counseling and therapy centers have not professionally performed counseling, so people with disabilities have not been able to access it. Therefore, the model of counseling with drug addicts will be applied and developed at Social Work Centers, counseling and therapy centers or drug addiction treatment facilities.

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