

# Substance Use Disorder (Child Case)

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# Case study

- **Gender:** Male
- **Age:** 13 years
- **Education:** illiterate
- **Country:** Pakistan
- **Area:** Shanty town
- **Center:** Phoenix Foundation For Research and Development

# Presenting Complaints

میں ہیروئن، چرس لیتا ہوں  
میں انجکشن کے ذریعے بھی استعمال کرتا ہوں

# History

- The child was found by the outreach team when they were working with shanty town people. They brought him to the rehabilitation center for treatment.
- According to child's history he started using drugs in the age of 11 years. He firstly smokes cigarette with his friends and after some time he started using cannabis, heroine and sedatives. It was pleasurable activity for him and also he said that it was necessary for him to join his friends.
- The client was a street worker and it was a difficult task to agree him for treatment. In initial phase the client was psycho-educated about the drugs and then he was motivated towards treatment.

# History (Cont..)

- For treatment phase client's family was psycho-educated about drugs and its treatment. They were agreed and the treatment phase was started.
- The child was fully motivated for his treatment but on the first day of treatment child faced cravings for drugs which demotivates him and he started shouting for going home. When his parents were called out to meet him, he clearly defines that he wanted to go home. As child and child's family was already psycho-educated about the withdrawal symptoms so they motivated his child to continue his treatment.

# History (Cont..)

- As the recovery continues the child felt relief in living in rehabilitation center. During treatment the child was indulged in different activities like drawing, coloring, enhancing communication skills and learning living skills.
- Suitcase for life was taught to the child as it was necessary part of the treatment of the child with substance use disorder.
- After being in treatment for three months in the rehabilitation center. The use of therapeutic techniques like counseling, relaxation techniques, motivational interviewing, anger management and stress management.
- The parents were happy to see his child leading towards betterment.

# History (Cont..)

- After spending 3 months in institute, the child learned many things for spending a content life. As the child was illiterate and was a street worker after learning new perspectives of life his attitude was changed towards that job. Now he wanted to do some work which lead him towards respect and healthy life.
- The child was enthusiastic and hopeful that he will never use drugs in his life again and the change that occurs in his life after learning skills from the institution will remain with him throughout the life.

# Challenges

- Adolescent autonomy and freedom offer opportunities for use
- Situations with limited opportunity, easy access to drugs, routine family and community use amplify use

# Discussion

- Any Question??
- Suggestions for Future treatment
- Feedback