



INTEGRATING COMMUNITY-BASED INTERVENTIONS FOR SUSTAINABLE ADDICTION RECOVERY

A CASE STUDY OF SOCIAL CHALLENGES AND REHABILITATION EFFORTS IN SUNGAI ASAP, BELAGA, SARAWAK, MALAYSIA

INTRODUCTION

Addiction remains a critical global challenge, requiring innovative, integrated, and sustainable approaches for effective rehabilitation and social reintegration. The growing prevalence of substance abuse, particularly in marginalized communities, underscores the need for comprehensive intervention strategies that address both preventive and rehabilitative measures. This study examines community-driven interventions for addiction recovery in Sungai Asap, Belaga, Sarawak, Malaysia, emphasizing social challenges, systemic barriers, and reintegration efforts for individuals affected by substance abuse. A mixed-method approach was employed, utilizing quantitative surveys and qualitative focus group discussions to capture comprehensive insights. The study surveyed 200 respondents aged 18 and above from Kampung Uma Baha, Sungai Asap, alongside 10 key informants in focused group discussions. The research instrument explored demographic factors, social status, economic shifts, and open-ended perspectives on addiction recovery, providing a holistic understanding of the issue from both affected individuals and key stakeholders. As part of the Community Empowerment Program, this study seeks to enhance multi-agency intervention models for addressing substance abuse issues and community resilience. Findings highlight unemployment, low household income, peer influence, and family instability as primary socioeconomic drivers of addiction. Additionally, social stigma, psychological distress, and limited employment opportunities hinder long-term recovery, emphasizing the urgent need for structured and inclusive support systems. This study advocates for an integrated intervention framework, combining law enforcement, psychosocial support, vocational training, and community engagement to ensure sustainable addiction recovery. The One Stop Committee (OSC) model is identified as a key innovative mechanism for coordinated rehabilitation efforts, reinforcing socioeconomic reintegration and policy-driven solutions. Ultimately, the study recommends the establishment of a multi-agency task force to develop holistic, scalable, and globally relevant strategies for tackling addiction in marginalized communities, thereby contributing to sustainable and impactful addiction science innovations worldwide.

CONCEPTUAL FRAMEWORK/ METHODOLOGY

Integrated Community-Based Addiction Recovery Model From Risk to Resilience

Socioeconomic Drivers

Social inequality, limited access to resources

Individual at Risk

Vulnerability factors, personal challenges

Community Interventions

Local support systems, prevention programs

One Stop Committee (MIDS) at Sarawak

Integrated services, collaborative care approach

Recovery Outcomes

Sustainable recovery, resilience, reintegration

Mixed Method Research

- Combined quantitative surveys with qualitative focus group discussions.
- Captured comprehensive insights from affected individuals and stakeholders.

ONE STOP COMMITTEE (OSC) FOR ADDICTION @ SARAWAK

- 45 one stop committee (OSC) for addressing drugs and substance abuse issue (MIDS) in Sarawak
- To provide a coordinated, community-focused, and multi-agency platform to address drug and substance abuse problems through prevention, rehabilitation, enforcement, and social reintegration.

Key Component	Description
Enforcement & Policy	Monitoring, drug enforcement operations, and local policy enforcement.
Rehabilitation	Psychosocial services, therapy, spiritual guidance, and recovery support.
Community Engagement	Outreach programs, awareness campaigns, and family involvement.
Socioeconomic Support	Skills training, job placement, and educational reintegration.

FINDINGS/RESULTS

1

Causes of Addiction

Key factors: peer influence (78%), life stress and family issues (64%), and lack of employment opportunities (59%). Local alcohol and methamphetamine availability acts as a catalyst.



2

Social & Economic Impacts

62% reported income loss, increased domestic violence, and neglect of family responsibilities. Long-term effects include social stigma and reliance on welfare assistance.

3

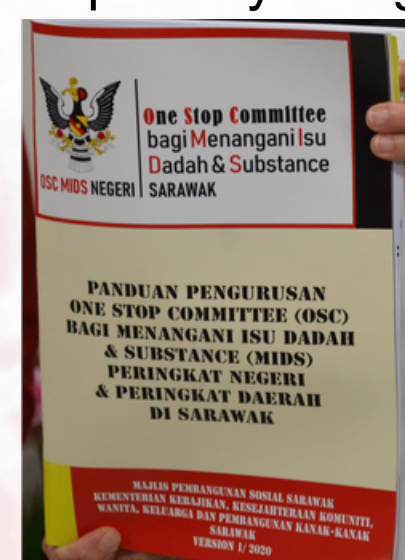
Effectiveness of Interventions

72% reported increased awareness. Counseling, skills training, and OSC involvement helped with recovery. Constraints: lack of rehabilitation facilities, mental health professionals, and program continuity.



CONCLUSION & RECOMMENDATIONS

- Addiction among rural communities not only from individual factors but is also closely linked to structural dimensions such as poverty, unemployment, lack of access to services, and social pressure.
- One Stop Committee (OSC) model demonstrates great potential for building a sustainable recovery ecosystem, especially in high-risk communities.



Recommendations for Sustainable Recovery

- Policy Integration** - Formal institutionalisation of the OSC model with comprehensive policy support
- Capacity Building** - Expansion of local skills training and mental health service provision
- Monitoring Framework** - Implementation of periodic impact evaluation using mixed methods



AUTHOR(S) NAME AND AFFILIATION(S)

Yasmin Yaccob, Zufar Yadi Brendan Abdullah, Riziandy Nawawi, Rohaizatulamni Radzlan, Shairilizwan Taasim, Mohd Syahrulnizam Jamalludin, Nur Aida Roslan
Sarawak Social Development Council, Ministry of Women, Early Childhood and Community Wellbeing Development Sarawak, Malaysia
Universiti Putra Malaysia Sarawak, Malaysia