

Substance Abuse Rehabilitation Services and Programs in the UAE: An Analytical Study

Alyaa Aljasmi

alyaa.aljasmi@gmail.com

Prof. Mohamed Alhorani (Ph.D.)

malhourani@sharjah.ac.ae

University of Sharjah - College of Arts, Humanities and Social Sciences

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Abstract:

The United Arab Emirates offers a pioneering humanitarian approach that emphasizes human service and care, whether on a local or worldwide basis. Therefore, the UAE has implemented a continual expansion and enhancement strategy for institutions and service providers across multiple fields. In substance abuse treatment field, UAE is committed to provide specialized substance abuse centres for patients and their families. These services have a workforce of highly skilled professionals. They provide an extensive range of services, such as detoxification, rehabilitation and treatment services, individual and family counselling, and continuous aftercare services. All these efforts should follow the international guidelines and standards of excellence to ensure that individuals receive care based on scientific evidence during the rehabilitation journey. This paper examines a review about addiction treatment and rehabilitation centres in the UAE, including Al Amal Hospital, the National Rehabilitation Centre, the Erada Centre for Treatment and Rehab, and the Ownak Aftercare Centre. In addition, this report will highlight UAE efforts from a legal and strategic perspective, highlighting the recent changes in substance abuse law and Abu Dhabi Strategy to combat drug abuse 2022-2024. Moreover, this study attempts to demonstrate evidence-based guidelines for effective substance abuse rehabilitation and research-based behavioural approaches that are published by the National Institute on Drug Abuse. The method used in preparing this scientific paper is the documentary method, which depend on mainly on gathering secondary resources.

Keywords: Substance Abuse, Addiction Treatment, Rehabilitation services

***The authors has signed the consent form and ethical approval**

Introduction:

Substance abuse is still an important health issue on an international level, which has an impact on people, their families, and communities. The leadership of the United Arab Emirates has made combatting addiction an important concern, and it is dedicated to protecting its citizens' mental and physical health. Collaborative initiatives are currently taking place to enhance proactive, therapeutic, and rehabilitation programs via an integrated strategy.

The country's approach to addiction rehabilitation is comprehensive, emphasizing the complex interaction of psychological, social, personal, and cultural components that influence dependency on drugs. Treatment programs in the UAE stress a collaborative team approach, combining medical, psychological, and social aspects to meet the different requirements of addicts.

This study looks at the legal and policy frameworks established by the government, as well as top treatment centres. This study attempts to improve our understanding of addiction treatment techniques in the UAE. By recognizing the efforts of addiction treatment and recovery facilities, we can help to promote a better and happier community in the UAE.

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Definition

Addiction is classified as a brain condition because it causes functional alterations to brain circuits that involve a variety of psychological disorders, stress, and self-control. These alterations can have detrimental repercussions.

Research Problem

According to 2023 the United Nations Office on Drugs and Crime (UNDOC) report, the data shows that the global estimate of people who inject drugs in 2021 at 13.2 million, 18 percent higher than previously estimated. Globally, over 296 million people used drugs in 2021, which reflects the increase by 23 percent from the previous decade. There is an increase as well on the number of people who suffer from drug use disorders by 45 percent compared by the previous 10 years. (WAM, 2023).

Furthermore, the cost of the addiction problem in the country is 5.5 billion dollars annually, including economic burdens, loss of productivity, treatment, prevention, and control. The loss of production resulting from addiction and the accompanying health problems cost the state about 4 billion dollars a year, while drug control efforts cost about 600 million dollars annually, and treatment

expenses are about 20 million dollars annually, as well as issues related to drug abuse (Abed, 2015).

In addition, the rate of recovery from addiction in the UAE increased by 26% compared to the global rate of only 20%, and the relapse rate decreased by 49% compared to 65% globally, pointing out the UAE government efforts to treat addiction through the services provided (Fouda, 2019).

Based on what was mentioned above, it was noticed that the issue of drug abuse is increasing thought the world and in the UAE country, which have an impact on the addicts themselves, their families, and their community. Thus, this research article will focus on the main questions: what are UAE efforts in enhancing treatment and rehabilitation programs for substance use patients?

In addition, the research article will answer the below sub questions:

- 1- What are the substance abuse treatment and rehabilitation services provided to the addicts and their families in the United Arab Emirates?
- 2- What are the legal and strategic efforts encouraged addicts towards treatment and rehabilitation?
- 3- What are the international guidelines for effective substance abuse and addiction treatment and rehabilitation, highlights the best behavioural approaches that was proven its effectiveness through research?

The Aims of the Study

The research aims to present UAE's Addiction Rehabilitation and treatment services provided to the addicts and their families, by presenting addiction treatment and rehabilitation centres in the UAE, including Al Amal Hospital, the National Rehabilitation Centre, the Erada Centre for Treatment and Rehab, and the Ownak Aftercare Centre. In addition, this study aims to discuss the UAE efforts from a legal and strategic perspective, highlighting the recent changes in substance abuse law and Abu Dhabi Strategy to combat drug abuse 2022-2024. Moreover, this study aims to demonstrate evidence-based guidelines for effective substance abuse rehabilitation and evidence-based behavioural approaches that are published by the National Institute on Drug Abuse.

The Importance of the Study

This study deals with a topic that was recently considered one of the topics that needs a focus on it because the complex of substance abuse issue, which is related to biological, social, psychological explanations. In addition, it is important to raise awareness and bring

important developments and transformations knowledge in general on this topic, it has become necessary and urgent to address such a topic. This constitutes feedback for those working in the field of addiction treatment and policy development, in order to formulate policies and develop helpful methods to reduce demand on substance abuse and reduce the relapse rate in accordance with controls and procedures that ensure a high quality of life in the family and community cycle. The importance of this study also comes from the fact that it will represent the evidence-based information and latest approaches that has an effective outcome on treatment of substance abuse. It helps to identify the UAE efforts on addiction treatment field which will be represent their efforts on the research field and among academic professionals.

This research will provide the guidelines for professionals for the principles of effective substance abuse treatment and rehabilitation to be used in their enhancement process for the treatment services and updating their policies and procedures to include these standards. This will help in having easy access to treatment services from the addicts and their families. It will also affect individual treatment plans by offering diffract treatment options as per each individual needs. Moreover, this study will provide the clinicians and therapist with the evidence-based approaches for behavioural therapies, which will help them to evaluate their current practices and include new therapies of the program of addiction treatment. This research also will guid the therapist to plan their professional training based on the up to date and approved therapy programs which will effect on the success of the treatment. This study will help policy makers as well to evaluate the current services provided to the targeted group, and plan for improvement needed on these services in the field of addiction treatment based on the best practices and international guidelines.

Study Methodology:

The method used in preparing this scientific paper is the documentary method, which depend on mainly on gathering secondary resources (the latest international reports and reliable and specialized experimental studies), and examining them, in preparation for extracting indicators indicating the principles of effective addiction treatment comparing it to the current services provided in the UAE in the field of addiction treatment and rehabilitation, in its quantitative and qualitative dimensions. In addition, this review will draw the important conclusions on the current substance abuse treatment status in the UAE and will allow answering the questions of the study. The search on secondary data was by using the below search titles: the UAE addiction treatment centres, the international guidelines for

substance abuse treatment, evidence-based behavioural approaches in therapy setting, legal framework of substance abuse in the UAE, and UAE strategy to combat drugs.

Literature Review:

The World Health Organization highlighted the standards of the criteria for effective treatment for substance misuse and addiction (Global Standards for the Treatment of Addiction, 2020) and the emphasized on applying treatment based on scientific evidence and ethical principles. Using evidence-based approaches in treatment will enhance the prosperity of a healthy life, will reduce the potential risk of substance abuse for youth and will reduce the relapse rate among addicts who recovered from drug addiction. Relapse was defined as a part of the definition of the disease of addiction, which highlights the support is require during recovery process throughout their life (WHO, 2020).

The study of Simak and his colleagues in 2016 was focused on Matrix treatment program for addiction treatment, as this model is considered one of the evidence-based programs applied in the field of addiction rehabilitation. The study focuses on the reasons for early dismissal from the program by interviewing 10 addicts who left the program. The study results showed that lack of family relationships, lack of support from others, lack of financial support are main reasons of leaving treatment. In addition to that, leaving treatment were because of the structure of the program in the treatment center and the professionals experience in the field of addiction treatment. It is important to provide all kinds of support addicts need to continue their treatment and prevent the relapse (Simak and his colleagues, 2016).

Another study was conducted by Al-Hourani and Al-Othman (2019) emphasized the importance of utilizing the community support services to reduce the relapse rate by offering aftercare support groups and offering participation on community activities. The study also discussed the importance of family support during rehabilitation programs as they play an important role in supporting addicts' recovery process. The study pointed to the role of addict's friends who influence on relapse to substance abuse after treatment which treatment programs needs to highlight this issue (Al-Hourani and Al-Othman, 2019).

Another study was conducted by the National Rehabilitation Center, aimed to assess the status of drug abuse in the UAE, it was found that there is a lack on number of treatment centers in the UAE, 3 centers only to offer only addiction services exclusively. This will have an impact on reducing the chances for treatment for individuals

who require treatment and will reduce treatment completion chances. The increased awareness about addiction as a disease in the UAE community has an impact on the families to accept it as a disease which has an effect on reducing the social stigma of addiction (Abed, 2015).

Substance Abuse Treatment services have a significant impact on increasing recovery rate and decreasing relapse rate, according to multiple studies. The current study will focus on these services provided for addicts in the UAE by examining the principles of drug treatment, the treatment centers services, and the legal and strategic framework of addiction treatment. Studies have also shown that the evidence-based treatment approaches are a crucial component in increasing the chances of recovery, preventing relapses among those who abuse it, and will improve their family relationships and enhance their skills.

Results Discussion:

Principles of Drug Addiction Treatment:

Addiction to drugs and alcohol are significant health problems that can destroy lives and, in some instances, lead to death. The positive aspect of this is that people who want treatment are able to recover from their addictions. Professional treatment programs aim to provide individuals with the resources they require to recover from addiction.

The National Institute on Drug Abuse (NIDA) created 13 principles to guide successful treatment of drug dependence (2018). Those concepts are being proven to be useful to assist individuals address their dependency issues, overcome them, and repair their personal lives. It emerged through many years of studies and proof demonstrating that all of the above have to be used together to allow treatment to be effective.

The National Institute on Drug Abuse (NIDA) is a centralised agency affiliated with the National Institutes of Health (NIH). The mission of the organization is to apply scientific research about drug and alcohol abuse to aid in prevention, treatment, and public policy.

The next principle of efficacious treatment encompasses:

1. Addiction is an illness that is difficult yet manageable

Addiction is a long-term brain illness. a chronic brain condition: most addicts are not the ones who choose this lifestyle; instead, their ancestry or painful childhood events have dragged them into it.

2. There isn't a single treatment that works for everyone

An individual's reaction to a specific drug or behavioural therapy strategy depends on a variety of factors, such as their childhood,

inheritance, and present circumstances. Treatment for addiction must therefore be customized to the requirements and situations of each patient. The most effective way to support recovery is to connect the person in need with the type of support that best suits their requirements.

3. Treatment needs to be easily accessible

Because addiction is a chronic illness that impacts every part of your life, accessibility is crucial. Addicts should have easy access to treatment no matter where they are. Addiction treatment begins with acknowledging the issue and seeking assistance. If there are no resources in the community where the person lives or works, this could be challenging.

4. A successful course of treatment addresses the patient's many demands

Treatment programs that are effective assist individuals in overcoming substance abuse disorders by treating all aspects of their problems (TRACEY, 2022). It would be hard to present a comprehensive list of all the psychological, physical, and emotional demands related to addiction here, even though there are many that need to be met. But some typical areas that might be the focus of treatment are as follows:

- Physical wellness concerns, such as poor diet and sleeping patterns;
- Psychological health issues including anxiety or depression;
 - Isolation from society and low desire for day-to-day tasks;
 - Spirituality or belief systems that may facilitate or obstruct healing.

5. It's imperative to stick with treatment for enough time

Some people can overcome their substance misuse habits after just a few visits to an addiction treatment program, while others may need more than one (TRACEY, 2022). Most patients see a noticeable improvement following three months of treatment. Programs for therapy that are effective should incorporate techniques for involving patients and promoting sustained compliance.

6. The two most common types of treatment for drug misuse are counselling and behavioural therapies

The most popular forms of treatment for drug misuse are behavioural therapies and individual as well as group therapy. Through therapy, you might learn more about your drug use and the reasons it turned into a problem. Counseling is an integral part of a whole treatment plan, even though it might not be helpful on its own.

Counsellors frequently assist their clients in creating relapse prevention plans.

7. For a lot of patients, medicines are a necessary component of their treatment

For several people, pharmaceuticals can be quite important, particularly when paired with behavioural therapy like counselling. In addition to helping to prevent signs of withdrawal and insomnia, medications can be used to assist treat concerns including cravings, depressive disorders, and anxiousness. For certain people to effectively finish the treatment protocol, medications may be necessary.

8. Treatment regimens must change as the patient does

To make sure that the treatment and care strategy for the individual fits their evolving needs, it has to be continuously evaluated and adjusted as needed. This is essential to successful addiction therapy since patients' needs are ever-changing. Successful rehabilitation programs will interact one-on-one with their clients to ensure that they get these essential services continuously, without any interruptions in their treatment.

9. A large number of drug addicts also suffer from other mental illnesses

A mental health illness coexists with substance use disorders in a minimum of fifty percent of cases, and vice versa (TRACEY, 2022). Drugs change the human brain's system of reward, which leads to difficult to break habits. While addressing the root causes of addiction, rehabilitation centres assist people in regaining authority over their life by teaching them new habits that can replace their destructive behaviours.

10. Detox with medical care is just the initial phase of treatment for addiction

A medical technique called detoxification is used to help the body's process of healing from the effects of drug misuse. It includes stopping alcohol and drugs in a safe setting under the supervision of a medical professional. Detox is sometimes thought of as an addiction treatment, but it's important to realize that it doesn't treat concurrent medical conditions or deal with the root causes of addiction. Rather, it is the initial phase of a continuous program of treatment that teaches them the skills they need for living a life free from substance misuse (TRACEY, 2022).

11. Effective treatment does not require participation that is voluntary

In a perfect world, all treatments would be optional. However, not all addicts are willing to receive assistance. Some patients will be

forced to receive therapy even if they do not want to. Being sanctioned or encouraged by familial, professional, or legal surroundings can frequently improve treatment for addiction rates of success.

12. Drug usage should be monitored during treatment as relapses happen

Using substances during treatment could indicate a return to substance abuse or an effort to discover new ways to obtain drugs during rehabilitation. Testing for drugs should be performed on frequently, and the findings examined prior to sessions with therapists or specialists.

13. Treatment programs should screen patients for HIV or AIDS, Hepatitis B and C, TB, and other infectious illnesses, give risk reduction counselling, and connect patients to treatment if necessary

Addiction to drugs may be linked to dangerous actions, such as unsafe sexual relationships. Testing for HIV/AIDS, hepatitis B and C, TB, and other infections must be offered, and users must receive psychoeducation to decrease their risk of these illnesses (TRACEY, 2022). Screening must be done when therapy starts and at least yearly after treatment is completed. Behavioural treatment can assist patients avoid risky conduct and help those who are already sick manage their health issues.

Evidence-Based behavioural therapy

Behavioural interventions in addition to helping people stay free of using drug, behavioural techniques also help them change their views and actions associated with substance abuse and improve their life skills in dealing with stressful situations and factors in their environment that could set off a strong craving for drugs and start a new cycle of obsessive abuse (NIDA, 2018). The following list of behavioural therapies has been demonstrated to be successful in treating substance abuse (the success of the interventions with specific drugs of abuse is indicated in parenthesis):

1. Cognitive- Behavioural Therapy (CBT) (Alcohol, marijuana, cocaine, methamphetamine, and nicotine)

CBT originally designed as a relapse prevention technique for problem people who drink, CBT was later modified to be used with cocaine addiction. The foundation of cognitive- behavioural techniques is the idea that acquiring knowledge mechanisms are important in the formation of dysfunctional behavioural patterns, such as addiction to drugs. By using a variety of techniques that can be utilized to address a number of issues that frequently are present with drug addiction as well as to quit drug usage, people in CBT learns to

recognize and alter harmful behaviours (Carroll and others, 2008). Identifying foreseeable issues and improving individuals' discipline by assisting them in creating useful ways to cope are essential components of cognitive behavioural therapy (CBT).

Developing strategies for managing cravings and avoiding high-risk circumstances are some specific techniques, as are analysing the advantages and disadvantages of continuing drug use. Self-monitoring is another technique that helps detect situations that may put one at risk for drug use and trigger cravings. Studies show that once treatment is over, people retain the abilities they learned from cognitive-behavioural therapies (NIDA, 2018). Present study focuses on how to combine CBT with additional behavioural therapies and drugs for drug abuse to create even more potent results. Additionally, an electronic CBT system has been created and proven to be useful in assisting in the reduction of drug usage after receiving conventional therapy for drug misuse.

2. Contingency Management Interventions/Motivational Incentives (Alcohol, Stimulants, Opioids, Marijuana, Nicotine)

Studies have shown that treatment strategies based on contingency management (CM) principles—which entail providing patients with material incentives to support positive behaviours like abstinence—are efficacious. Research on methadone and psychological counselling interventions show that reward-based therapies are very successful in improving treatment compliance and encouraging abstinence from drugs (Roll et al., 2006).

When used in conjunction with other community-based interventions, Voucher-Based Reinforcement (VBR) is beneficial for individuals who mainly abuse amphetamine (like cocaine) or opioids (like heroin). Every time the patient provides a free of drugs sample of urine in VBR, they earn a gift card. The cash value of the gift can be used for cinema passes, groceries, or other products or services that align with an absence of drugs. The value of the vouchers starts off low and rises as more continuous free of drugs samples of urine are collected; positive urine results return the vouchers' value to their starting low value. It is being demonstrated that VBR helps individuals going through drug detox stay away from cocaine and opioids.

3. Community Reinforcement Approach Plus Vouchers (Alcohol, Cocaine, Opioids)

Community Reinforcement Approach (CRA) Plus Vouchers is an intensive 24-week outpatient therapy for treating people addicted to cocaine and alcohol. It uses a range of recreational, familial, social,

and vocational reinforcers, along with material incentives, to make a non-drug-using lifestyle more rewarding than substance use (Brooks and other, 2010).

The intense 24-week outpatient therapy known as Community Reinforcement Approach (CRA) Plus Vouchers is used to treat cocaine and alcohol addiction in patients. It makes living a drug-free life more rewarding than abusing drugs by using a variety of recreational, family, social, and professional reinforcers in addition to monetary incentives (Brooks and others, 2010).

The two major objectives of treatment are to: 1) keep patients abstinent for as long as possible so they can acquire new coping mechanisms to help them stick with it; and 2) cut back on alcohol intake for patients whose drinking is linked to cocaine usage. Clients engage up to two weekly individual therapy sessions where they get career counselling, learn various techniques to reduce drug usage, improve relationships with family members, and create fresh social networks and leisure activities. Individuals who misuse alcohol are also prescribed disulfiram (Antabuse) under clinical supervision.

Patients get coupons for samples that are cocaine-negative when they provide urine two or three times in a week. Similar to VBR, the vouchers gain value with each subsequent clean sample and can be redeemed for retail items that support a drug-free way of life (NIDA, 2018). Research conducted in rural as well as urban areas has revealed that this strategy helps patients participate in their care and effectively supports them in achieving extended durations of cocaine sobriety.

The Therapeutic Education System (TES), a computer-based adaptation of CRA Plus Vouchers, has been shown to be almost as successful as therapy delivered by a psychotherapist in encouraging dependent on opiates patients in outpatient treatment to abstain from opioids and cocaine. Teenagers can benefit from a form of CRA that emphasizes problem-solving, coping, and interpersonal abilities in addition to encouraging active engagement in constructive recreational and social activities.

4. Motivational Enhancement Therapy (Alcohol, Marijuana, Nicotine)

Motivational Enhancement Therapy (MET) is a type of counseling which assists people get over their conflicting feelings about getting support and quitting drugs. Instead of guiding the patient step-by-step through the healing process, this technique seeks to elicit quick and inwardly motivated transformation (Haug, Svikis, and Diclemente, 2004). Two to four individualized sessions for treatment with a psychologist follow the initial evaluation session in this form of

therapy. The therapist gives feedback on the initial evaluation during the initial treatment session, which sparks a conversation regarding the patient's own substance usage and inspires individual's motivational remarks.

To increase motivation and create a transformation strategy, motivational interviewing methods are applied. The patient is given suggestions and has a discussion about coping mechanisms for high-risk circumstances. The therapist keeps an eye on progress, goes over the cessation techniques being employed, and keeps pushing for prolonged abstinence or commitment to change in upcoming sessions.

It is occasionally encouraged of patients to attend sessions with a significant other. According to research on MET, participants' drug use and the intervention's objective will determine how effective it is (NIDA, 2018). This strategy has been effectively applied with alcohol addiction to decrease problem drinking and increase treatment engagement. When paired with cognitive behavioural therapy, MET has also been utilized with efficacy in treating adult marijuana dependence, resulting in a more all-encompassing therapeutic strategy. For those who abuse other drugs (such as heroin, cocaine, or nicotine) and for teenagers who often use various drugs, the results of MET are not entirely consistent. MET appears to be more successful in getting drug addicts to participate in treatment than in causing changes in drug use overall.

5. The Matrix Model (Stimulants)

The Matrix Model offers a framework for treating amphetamine abusers and assisting them in achieving abstinence, such as those who misuse cocaine and methamphetamine. Patients get advice and assistance from a qualified therapist, gain knowledge about factors crucial to addiction and relapse, and become acquainted with self-help methods. Urine tests are used to check on substance abuse in patients. In addition to being an instructor, the psychotherapist also serves as a mentor, helping the patient develop a healthy, supportive connection that is used to support good behaviour change. The patient and therapist engage in genuine and straightforward communication that is neither controlling nor combative. Treatment sessions are led by therapists who are educated to support their dignity, feelings of worth, and sense of confidence (NIDA, 2018).

Maintaining a good rapport between the client and the psychotherapist is essential for client maintenance. Therapy resources incorporate components of drug awareness, family and group treatment options, voluntary involvement, and prevention of relapse since they substantially draw from other proven treatment approaches.

The worksheets for individual therapy sessions are included in comprehensive treatment manuals; additional elements include urine testing, 12-step programs, relapse analysis, combination sessions, early recovery skills groups, family education groups, and prevention of relapse groups. Multiple studies have shown that individuals treated with the Matrix Model have improvement in psychosocial signs, a statistically significant reduction in drug and alcohol use, and a decrease in hazardous sexual activities linked to the spread of HIV (NIDA, 2018).

6. 12-Step Facilitation Therapy (Alcohol, Stimulants, Opiates)

The goal of 12-step facilitation therapy is to encourage abstinence by increasing the possibility that a substance abuser may join and participate actively in 12-step self-help groups. Three main concepts are dominant: (1) acceptance, which entails realizing that substance abuse is an ongoing, progressive condition over which one has little control, that drugs have made life overwhelming, that addressing the issue will require more than determination, and that the only option is sobriety; (2) give up which is submitting to a greater power, accepting the companionship and assistance system of other addicts in recovery, and adhering to the 12-step program's prescribed course of recovery; and (3) active participation in the meetings of the 12-step program along with actions (Donovan and Wells, 2007). Although 12-step programs (including 12-step facilitation) have been shown to be effective in addressing alcoholic dependency, there is currently limited study on the program's applicability to other types of substance misuse. Nevertheless, the treatment seems to have promise in assisting drug addicts in maintaining their recovery process.

7. Family Behavioural Therapy

Family behaviour therapy, or FBT, is a treatment that aims to address concurrent issues like melancholy, anxiety, maltreatment of children, behaviour illnesses, family conflict, and unemployed in addition to addiction to substances. It has shown promising outcomes in adults as well as adolescents. Contingency management and behavioural contracting are combined in FBT. In family behaviour therapy (FBT), the patient is involved with at least one significant other, such as a parent or living together spouse (in the case of teens). Psychologists work to help families learn new skills to enhance the home environment and to use the behavioural methods they learn in therapy.

According to Lapota et al. (2011), patients are urged to create behavioural goals that are linked to a contingency management system in order to prevent substance abuse and HIV transmission. Parents

who abuse substances are encouraged to make goals pertaining to good parenting practices. The behavioural goals are evaluated at each session, and when objectives are met, significant others give rewards. Patients select particular interventions from a menu of evidence-based therapy options as part of their participation in treatment planning. In a set of studies comparing teenagers with and without conduct disorders, it was discovered that FBT outperformed supportive counselling.

8. Behavioural Therapies Primarily for Adolescents

Adolescents who abuse drugs and are addicted require special therapy. Studies reveal that in order for treatments intended for and tested on adult populations to be effective in teenage populations, they frequently need to be adjusted. In treatments aimed at young people, family participation is especially crucial (NIDA, 2018). The behavioural therapies listed below use these concepts and have proven successful in treating adolescent addiction.

A. Multisystemic Therapy

Multisystemic therapy, or MST, focuses on the elements linked to severe antisocial behaviour in kids and teenagers who misuse drugs and alcohol. According to Henggeler and others (2006), these variables include the child's or adolescent's traits (e.g., positive attitudes towards drugs use), the family's traits (poor discipline, conflict within the family, parental drug abuse), the peers' positive attitudes toward drug use, the school's traits (dropout, poor performance), and the neighbourhood's traits (criminal subculture). For the most part, kids and families that receive intense treatment in their homes, educational institutions, and neighbourhoods finish their entire course of treatment. During treatment and for at least six months following treatment, MST dramatically lowers teenage drug use. The expense of keeping the physicians' light caseloads and offering this intense service is offset by a decrease in juvenile placements and incarcerations.

B. Multidimensional Family Therapy

For youth who abuse alcohol or other substances, Multidimensional Family Therapy (MDFT) is an outpatient, family-based therapy option. According to MDFT, lowering undesirable action and boosting desirable act can happen in a variety of ways in a variety of situations. It sees teenage drug use as the result of a network of factors that includes the individual, family, peer, and neighbourhood (Liddle and others, 2004). Individual and family therapy sessions can be provided at the clinic, at home, at the family court, school, or other community venues with family members. In

individual sessions, the therapist, and the adolescent concentrate on critical developmental tasks like problem-solving, negotiation, and capacity for decision-making development. Adolescents develop emotional intelligence and communication skills in order to better handle life's stresses.

Adolescents develop emotional intelligence and communication skills in order to better handle life's stresses. Sessions are held in parallel with members of the family. In order to have a positive and developmentally appropriate impact on their children, parents assess their parenting approaches and learn to differentiate between influence and control.

C. Brief Strategic Family Therapy

Targeting family interactions that are believed to sustain or worsen teenage drug misuse and other associated problem behaviours, Brief Strategic Family Therapy (BSFT) was developed. According to Santiago and others (2006), these problematic actions include oppositional acts, delinquency, joining antisocial peer groups, aggressive and violent act, hazardous sexual action, and conduct issues both at home and at school. The foundation of Behavioural Science Family Therapy (BSFT) is a family systems approach to treatment, which assumes that the actions of members of the family are interrelated. As a result, signs of one member—the drug-abusing adolescent, for example—may be a good indicator, at least partially, of other issues within the framework of the family.

The BSFT counsellor's job is to find the family interaction patterns linked to the adolescent's behavioural issues and help modify the patterns that keep the adolescent's behaviour problems going. In a variety of settings (such as mental health clinics, addiction treatment programs, various social service settings, and families' homes), BSFT is intended to be a versatile approach that can be tailored to a wide range of family situations. It can also be used in a variety of treatment modalities, including as a primary outpatient intervention, in conjunction with inpatient or the day treatment, and as a follow-up services service to continue care after inpatient treatment.

D. Functional Family Therapy

Another family systems-based treatment is called Functional Family Therapy (FFT), which views a family's dysfunctional interaction patterns as the cause or perpetuator of an adolescent's behavioural issues. By enhancing parenting, interaction, problem-solving, and conflict resolution abilities, FFT seeks to lessen troublesome behaviours (Waldron et al., 2005). Every session of the intervention involves the teenager and a minimum of one family

member. The two main strategies for treating families are: (1) involving them in the process and increasing their desire to change; and (2) utilizing behavioural contracts, interaction and problem-solving strategies, contingency methods of management, and other behavioural interventions to influence the behaviour of those in the family.

E. The Adolescent Community Reinforcement Approach

Another thorough drug misuse treatment strategy that incorporates the teenager and his or her family is the teenager Community Reinforcement Approach (A-CRA). It aims to strengthen the family, societal, and educational/vocational reinforcers in order to aid in the person's rehabilitation. The therapist selects among 17 ACRA methods to address problem-solving, coping, and communication skills as well as to encourage active engagement in positive social and recreational activities after evaluating the adolescent's needs and functioning levels (Godley and others, 2010).

Behavioural rehearsal and roleplaying are components of A-CRA skills training. A home-based continuing care strategy called Assertive Continuing Care (ACC) aims to stop relapses. Following an adolescent's discharge from inpatient, intensive outpatient, or standard outpatient treatment, weekly home visits occur for a duration of 12 to 14 weeks. ACC combines A-CRA and assertive case management services (e.g., use of a multidisciplinary group of experts, round-the-clock protection, assertive outreach) to help adolescents and family members gain the skills to participate in positive social interactions. These services involve using both positive and negative reinforcement to shape behaviours as well as training in problem-solving and communication abilities.

UAE Law and strategy to Combat Drug Misuse and Addiction

1- UAE anti-narcotics law (Federal Decree Law no. 30 of 2021)

The UAE anti-narcotics law, which is eager to put strict and harsh consequences on anyone who attempts to spread dishonesty in all its forms within society and stop the stability and security of society, is a clear example of the United Arab Emirates' wise the leadership's relentless pursuit of preserving the safety and protection of its society.

As per the amendments made in 2021 to federal law No. 14 of 1995 on the control of narcotic and psychotropic substances, any synthetic or natural substance listed in the annex tables Nos. 1, 2, 3, and 4 is considered an illegal drug substance. Similarly, any natural or synthetic substance stated in the annex tables Nos. 5, 6, 7 and 8 is considered a psychotropic drugs substance. The same law's Article 34

states that no person may take narcotics or psychotropic drugs in any form unless prescribed by a treating physician and only for medical purposes (UAE Drug Law, 2022).

According to Article 39 of the same law, if someone is found guilty of abusing any of the drugs or psychotropic drugs listed in tables 1.2.4.5, they could face a minimum two-year imprisonment or a fine beginning at ten thousand dirhams.

Any abuse of psychotropic drugs or narcotic substances specified in tables 3.6.7.8 may result in jail time for a minimum of six months and a maximum of two years, or, in compliance with Article 40 of the same law, a fine beginning at 10 thousand dirhams (UAE Drug Law, 2022).

As to Article 41 of the same statute, an individual who knowingly possesses or uses narcotic drugs with the goal of causing brain anaesthesia or causing any kind of damage to the brain will be imprisoned for a maximum of one year.

Additionally, the law gives the Ministry of Population and Health Policy (MOHAP) and the Ministry of Social Affairs and Labor the power to create specialized treatment for addiction units. These units would be staffed by representatives from the public prosecutor's office, Islamic affairs, labor and social affairs, MOHAP, and the Interior ministries. Treatment or rehabilitation cannot last longer than a two-year period (UAE Drug Law, 2022).

Article 43 of the same law states that an individual who uses drugs for narcotics or psychotropic drugs and goes to the addiction treatment unit on his own, with the help of the Prosecution Service, the police, or a relative, such as a spouse, parent, or first- or second-degree dependent, will not be prosecuted and will not be placed in treatment there until the unit determines when it is suitable to let go him after he fully recovers and comes back him to the community as an effective and meaningful individual (UAE Drug Law, 2022).

It should be mentioned, nonetheless, that the individual seeking therapy would no longer be eligible for this punitive exemption in two situations:

- If he disregards the recommended treatment plan.
- Prior to requesting treatment, he did not turn over any drugs to the police or the public prosecutor if they were discovered to be in his possession.
- If somebody introduces drugs into someone's food, drink, or in any other way with the goal of making them hooked, they may be imprisoned for a minimum of seven years and occasionally for life.
- If these offenses are committed again, the punishment will be life in

jail or a fine of at least AED 20,000.

- The execution if a victim dies as a result of these drugs.

2- Abu Dhabi Integrated Strategy to Combat Addiction (2022-2024)

On the other side, Abu Dhabi's Department of Community Development (DCD) has launched the Abu Dhabi Integrated Strategy to Combat Addiction, which will run from 2022-2024. Its goal is to safeguard society from drugs and assist individuals in remaining productive members of society.

As part of the policy, community members will be educated on the dangers of drugs, and patients will be assisted in reintegrating into their families and society (Zawaya, 2022). The strategy's goals include ensuring that narcotics are exclusively provided by authorized dealers, increasing border restrictions, and eliminating illegal drug distribution networks. Furthermore, it intends to conduct awareness and preventive efforts while implementing a proactive intervention program. It also seeks to provide high-quality treatment and rehabilitation services.

The strategy is split into five pillars: supply decrease (control), early detection and treatment, reintegration, and the enabling part, which includes delegates from multiple organizations in the Emirate representing the various sectors that contribute to the Strategy's full execution. They will also collaborate to create a policy that protects patient privacy and confidentiality, start an integrated case management system, establish strong processes for keeping track of risk indicators early on in order to provide suitable treatment and reduce abuse, and form a committee with specific expertise for substance abuse and addiction cases (Zawaya, 2022).

Recent studies and global figures released by competent organizations in the field of addiction control show that adolescents and young people are among the categories and groups most vulnerable of beginning to abuse substances for a variety of reasons, including poor parental skills, neglect of the emotional needs of the child in early childhood, adolescence and relationship issues, and a lack of social or life abilities. A number of studies additionally point to pressure from peers as an indicator for abuse; thus, this approach emphasizes educating children, parents, and adolescents with the skills they require to successfully deal with group pressure (Zawaya, 2022).

Treatment Centres in the United Arab Emirates:**Al Amal Hospital:**

The Joint Commission International (JCI) has approved Al Amal Hospital as the first internationally recognized specialty hospital for mental health in the Middle East. Additionally, the British accreditation agency has awarded it worldwide accreditation for workplace safety and health. Patients from Dubai and the Northern Emirates are served by the newly constructed hospital, which opened on December 13, 2016 (Maryam, 2023).

Thanks to the unrestricted support and ongoing oversight of the Emirates Health Services Corporation, which is committed to enhancing the quality of healthcare in the Emirates and strives to consistently meet the needs and requirements of every individual, the hospital offers patients the best addiction treatment services by utilizing the best international practices in this field. with its plans and the state's astute leadership's instructions.

To determine the proper diagnosis for the patient and whether there are any psychiatric conditions that may be co-occurring with his addiction, the patient is subjected to a battery of medical examinations during the evaluation process. This allows the treatment strategy to be decided upon using scientific data and best practices.

At AlAmal Hospital, the program's initial goals are to teach the patient some relaxation techniques and to use a technique called motivational interviewing to help them overcome their addiction. Later, the patient is encouraged to participate in programs like the Therapeutic Matrix and the Twelve Step Program, which are designed to help them gain confidence. It helps the patient modify his perspective on addiction (Maryam, 2023).

The treatment program's policy does not rely on coercing the patient to continue attending, as this could be interpreted as the patient's refusal to accept therapy, his unyielding pursuit of recovery, and his negative reaction. Except for total lack of commitment, the patient is free to finish the treatment plan. In certain situations, this program may result in therapeutic failure or a delayed recovery.

The program assists the person in identifying the concepts he needs to strengthen his personality and understand that addiction is a disease that can be cured with determination and strong will by emphasizing that the policy of the treatment program depends on the person's ability to abstain from using narcotic substances and that he has the will for treatment and to build a new life.

For a purpose, the hospital is eager to assist the patient's family in comprehending the treatment mechanism, to inform them of it, to elucidate the family's position in the recuperation process, and to monitor the treatment and rehabilitation program's performance indicators. In order to achieve national indicators aimed at improving the quality of life, relapse and recovery, as well as scientific research specialized in the treatment and prevention of addiction, as well as offering an outpatient service dedicated to treating opioid addiction through weekly or monthly injections, are all important. (Maryam, 2023).

The outpatient clinic also offers a variety of unique, well-thought-out events and activities run by licensed experts in their respective fields. These programs last anywhere from three months to over two years, with the possibility of an extension based on assessment. The patient's condition determines the treatment team.

The hospital has internal sections, such as a program for psychological and social rehabilitation and a detoxification centre. The internal departments offer a wide range of unique, well-intentioned programs and activities led by experts in their respective fields. These courses run between four weeks and three months, and they can be It is expanded in accordance with the treatment team's assessment and the patient's condition; for example, a weekly workout regimen given by a professional trainer (Maryam, 2023).

The NRC

The National Rehabilitation Center (NRC) was established based on the vision of the late Sheikh Zayed Bin Sultan Al Nahyan in 2002 to serve and provide a sight of hope for all drug addicts.

The NRC was established in 2002 and instructed to raise awareness, establish prevention, treatment, and rehabilitation services, and to conduct research relating to substance misuse. Afterward, additional scope of services was added to the main functions, such as aftercare services, staff training, policy and legislative development, and advocacy program to the community to accept the addicts and give them chances to be an active member in the society.

NRC programs aims to provide better care for the community needs following the latest evidence based scientific methods of drug addiction treatment. The capacity of the beds has been increased to supply the demand from the community, as the referrals from Khalifa Medical City hospital increased.

In 2010, the Outpatient program was opened to provide follow up services for the clients, which it was noticed high increase on the number of the cases following in the outpatient. It also give the chance

for the patients who went back to their work, to receive his follow up sessions in the out-patient program (NRC, 2024).

In 2012, the new branch of NRC was opened under the name of Khalifa Rehabilitation Compound (KRC). NRC offers the programs and services to all UAE citizens from different emirates. The centre provides treatment and rehabilitation services by a multi-disciplinary team who are world-renowned experts and experienced therapists, by consideration Emirati cultural characteristics as well as adhering to Islamic values.

Erada Centre for Treatment and Rehab

The law of Erada Centre for Treatment and Rehabilitation establishment was published in 2017 by His Highness Sheikh Mohammed bin Rashid Al Maktoum and the initiative of His Highness Sheikh Hamdan bin Mohammed Al Maktoum. The centre aims to treat substance use disorder which has a negative impact to the addict himself, his family, and his community from psychological, economic, social, and physical perspectives. The centre offers substance abuse treatment and rehabilitation services, the awareness program to raise the awareness level in the community about the negative impact of drug abuse, and research contributions in the field of addiction (Gulf News Web Report, 2019).

The Erada Centre for Treatment and Rehab, the first internationally CARF accredited Behavioural Health Addiction Centre in UAE, is tasked with devising policies and strategies related to rehabilitation and treatment of addiction in collaboration with the Dubai Health Authority and related entities in Dubai, apart from providing best-in-class rehabilitation and treatment (Gulf News Web Report, 2019).

It is also assigned to provide a comprehensive program and a safe environment for addicts to recover and reintegrate with community in coordination with concerned local authorities. The Centre provides their programmes to UAE nationals, and can also offer rehabilitation services to non-citizens, however there are additional condition set from them from the centre council (Gulf News Web Report, 2019). The person who admitted to the program has the right to receive medical and psychological treatment in the centre. In addition, the centre is committed to the confidentiality policy and to maintain their privacy of their information.

Ownek After Care Center

The Community Development Authority in Dubai announced the launch of “ Ownak” the social rehabilitation centre in 2013 for recovering drug addicts, which provides aftercare services for people at-risk of relapsing or abusing psychotropic substances (WAM, 2013).

There are three stages of rehabilitation and aftercare which are divided into, the first of which is the rehabilitation stage, which aims to return the person recovering from addiction to his ability and effectiveness in his field of work and treat the issues that prevent his return to work. If he could not return to his work successfully, there are training program for empowering him to reintegrate in his community.

The second stage is social rehabilitation stage which comes after rehabilitation, this stage aims to reintegrate the person recovering back to his family and community as the addiction will leads the person to be isolated from his family relationships and community engagement. At this stage the rehabilitation will work on improve the relationships between the addict and his family members by accepting him again in the family, gaining his trust, giving him a new opportunity to reengage in the community to help in his recovery and live as a normal life (WAM, 2013).

The third stage is aftercare program which includes prevention of relapses through therapeutic follow-up of the person who has recovered for periods starting between six months and two years from the beginning of treatment, in addition to the training programs to the family on how to early detect warning signs of a possible relapse and prompt preventive action towards it.

The centre is located in Al Khawaneej area in Dubai, provide its services through awareness programs, spreading the culture of combating addiction, relapse prevention programs, social skills development programs, in addition to aftercare programs and a training program for those in recovery (WAM, 2013).

The inclusion criteria include recovered male and female citizens of the Emirate of Dubai who have passed through the first and second stages of recovery, those released from correctional institutions, referred by entities that provide rehabilitation programs, and people who request support by themselves or from their families, knowing that each case will receive an individualized care plan after comprehensive assessment and evaluation.

Conclusion:

Based on research evidence provided by various organizations and sources, the United Arab Emirates (UAE) has made significant progress in addiction treatment through a combination of specialized facilities, government initiatives, multi-disciplinary approaches, comprehensive treatment programs, rehabilitation services, and legislative support.

Therefore, most of UAE treatment centres has been internationally accredited such as Al Amal Hospital, the National Rehabilitation Centre (NRC), the Erada Centre for Treatment and Rehab. This demonstrates the country commitment to provide high-quality care to individuals who suffer from addiction.

The Treatment plan of the patients at these centres are tailored to each individual, which starts by a detailed assessment. After that, the suitable treatment program is selected which may include detoxification, therapy, counselling, and a variety of therapies and recreational activities which help in expediting recovery and improving patients' quality of life. These programs also offer required aftercare services such as partial rehabilitation programs, vocational education, and support with reintegration into the community. As these efforts will help in reducing the possibility of relapse.

The multidisciplinary team approach to addiction treatment ensures that patients receive comprehensive care from a group of professionals who collaborate to develop individualized treatment programs based on each patient's specific needs. This will help in considering cultural aspects and Islamic beliefs while developing the treatment plan and delivering evidence-based programs.

Lastly, this paper emphasizes the significant effort and focus made into the treatment of addiction in the UAE. The UAE has achieved significant accomplishments in combating addiction and encouraging social well-being through applying innovative tools and techniques, specialized centres, initiatives from government, multidisciplinary team approaches, comprehensive rehabilitation and treatment programs, and aftercare services.

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خدمات وبرامج إعادة التأهيل من تعاطي المواد المخدرة في دولة الإمارات العربية المتحدة: دراسة تحليلية

علياء الجسمي

أ.د. محمد الحوراني

جامعة الشارقة - كلية الآداب والعلوم الإنسانية والاجتماعية

المستخلص:

تقدم دولة الإمارات العربية المتحدة نهج إنساني رائد في خدمة الإنسان والحفاظ عليه وحمايته سواء على المستوى المحلي أو الدولي. وعليه، قامت دولة الإمارات العربية المتحدة بتصميم استراتيجيات وتنفيذ العديد من البرامج في المؤسسات الحكومية ومراكز الخدمة في مختلف المجالات. وفي مجال علاج تعاطي المخدرات والإدمان عليه، تلتزم دولة الإمارات العربية المتحدة بتوفير مراكز متخصصة في علاج تعاطي المواد المخدرة لمرضى اضطراب استخدام المواد المخدرة وأسرههم. حيث أن هذه الخدمات تقدم عن طريق نخبة من المتخصصين والخبراء في المجال الطبي والنفسي والاجتماعي. بالإضافة إلى ذلك، تقديم هذه المراكز العديد من الخدمات المتخصصة في علاج الإدمان ومنها خدمات إزالة السموم والعلاج الطبي وبرنامج إعادة التأهيل النفسي والاجتماعي والاستشارات الفردية والعائلية، وخدمات الرعاية اللاحقة المستمرة. ويجب أن تتبع جميع هذه الجهود المبادئ التوجيهية ومعايير التميز العالمية لضمان حصول المرضى على الرعاية المبنية على الأدلة العلمية خلال رحلتهم في برنامج إعادة التأهيل والرعاية اللاحقة.

يتناول هذا البحث عرض لخدمات مراكز علاج وتأهيل الإدمان في دولة الإمارات العربية المتحدة، بما في ذلك مستشفى الأمل للصحة النفسية والمركز الوطني للتأهيل ومركز إرادة للعلاج والتأهيل ومركز عونك للرعاية اللاحقة. وبالإضافة إلى ذلك، سيشمل هذا البحث الضوء على جهود دولة الإمارات العربية المتحدة على المنظور القانوني والاستراتيجي لمكافحة الإدمان وتعاطي المواد المخدرة، مع تسليط الضوء على التغييرات الأخيرة في القانون الاتحادي لتعاطي المواد المخدرة واستراتيجية أبو ظبي لمكافحة تعاطي المخدرات لعام 2022-2024. علاوة على ذلك، ستناقش هذه الدراسة المبادئ التوجيهية القائمة على الأدلة لبرنامج إعادة التأهيل النفسي والاجتماعي الفعال لتعاطي المواد المخدرة والمناهج السلوكية القائمة على البحوث التي تم نشرها من قبل المعهد الوطني لتعاطي المخدرات. استخدمت الدراسة المنهج التحليلي والوثائقي من المصادر الثانوية في جمع البيانات وتحليلها.

الكلمات المفتاحية: خدمات التأهيل، تعاطي المخدرات، علاج الإدمان

*** وقع المؤلفون على نموذج الموافقة والموافقة الأخلاقية الخاصة بالمساهمة البشرية في البحث**