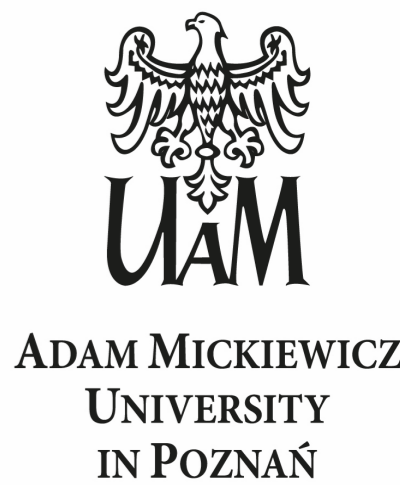


ACTIVITIES IN THE FIELD OF PREVENTION AND SUPPORT IN THE PROBLEM OF ALCOHOL TAKEN BY SOCIAL ASSISTANCE IN POLAND



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INTRODUCTION

Addiction to alcohol, reasons and effects of this phenomenon are a constantly-on-going problem both in Poland and in the world. In Poland there are from 600 to 800 thousand people addicted to alcohol, and about 3 million of our compatriots drink excessively and harmful. In addiction treatment centers that have a contract with the National Health Fund, around 354,000 were treated in 2015. people. According to the Central Statistical Office, there are 4.7 million people drinking alcohol up to 4 days a week (12 percent of the population). Over 820 thousand Poles (2%) drink alcohol 5 days a week or more [1]. According to PARPA (Polish Agency for Solving Alcohol Related Problems), in Poland in 2017, a consumption of 100% alcohol is 9.45 l per capita (spirits 3.3 l, wines and meads 6.1 l and beer 98.5 l). The negative effects of addiction affect the addict himself (in the sphere of his physical, mental and social functioning), but also his relatives. The life of the whole family is disorganized, its individual functions are disturbed. The problem of alcohol addiction in the family affects the course of children's socialization. A man learns new behavioral patterns, modifies them based on experience gained to meet social requirements and expectations [2,3]. In a family with an alcohol problem, children acquire the wrong role models. Through the imitation mechanism appropriate for socialization, they acquire patterns of inappropriate and socially undesirable reactions transmitted to them in the intergenerational transmission belt. In a family with an addiction problem, the basic economic and emotional needs of individuals remain unmet, neglect and violence occur. Research indicates that the occurrence of the problem of alcohol addiction in the family is one of the predictors of subsequent addiction of children raised in this family.

AIM

The aim of the study is to show the importance of the activities of social assistance entities in Poland in diagnosing the problem of addiction in the family, helping families of addicts, initiating procedures to cover the addict with treatment and therapy, and organizing specialist counseling and therapy for addicts and their relatives. The paper also aims to identify and discuss individual forms of assistance provided in the Act on social assistance for persons addicted to alcohol and their family members.

LEGAL BASICS

Actions aimed at counteracting the negative impact of alcohol addiction on the functioning of the individual and society as well as supporting addicts and their families are the task of the state (its statutory institutions) and are interdisciplinary.

The basis of actions taken to support addicts are various legal acts, including the Act of 26 October 1982. on upbringing in sobriety and counteracting alcoholism (i.e. Journal of Laws of 2018, item 2137, as amended), Act of 12 March 2004 on social assistance (i.e. Journal of Laws of 2019, item 1507, as amended), the Act of June 9, 2011. on family support and foster care system (i.e., Journal of Laws of 2018, item 998), An important role in preventive and support activities is played by units of the social assistance system (municipal social assistance centers, communal social assistance centers). They undertake activities related to diagnosing the problem of addiction in the family, organize help for addicts and their families (material and non-monetary assistance).

RULES OF GRANTING ASSISTANCE

Act of March 12, 2004 on social assistance [4] provides premises for providing assistance to the client. Help is given when a person finds himself in a difficult situation that he is unable to overcome using his own competences, capabilities and resources (art. 2)

Article 7 of the Social Assistance Act lists the reasons underlying the provision of help to a person or a family, including alcoholism that generates a number of other problems and dysfunctions (illness and related disability, domestic violence, unemployment). However, it should be emphasized that the assistance process requires the active and conscious participation of the supported person. The client is obliged to cooperate with the social worker providing assistance, co-design the next steps aimed at overcoming the difficult situation in which he finds himself (art.4).

SOCIAL ASSISTANCE BENEFITS

MONETARY BENEFITS

INCOME DEPENDENT BENEFITS

- permanent allowance (Art. 37)
- periodic benefit (Art.38)
- targeted allowance (Art.39)

INCOME INDEPENDENT BENEFITS

- targeted allowance (random events Art.40, par.1)
- targeted allowance (natural or ecological disaster, Art. 40 par.2)
- special targeted allowance (Art. 41point 1)
- temporary, purposeful allowance under the title of refund (Art. 41 point 2)

NON-MONETARY BENEFITS

- social work (Art. 45)
- specialist counseling (Art. 46)
- crisis intervention activities (Art. 47)
- payment of contributions for health and social insurance
- shelter, food and necessary clothing (Art. 48, 48a, 48b),
- care services and specialist care services at the place of residence
- and support center and family support homes (Art. 50, 51 and 51a),
- support in the form of protected housing (Art. 53)
- stay in a social care home (Art. 54).

THE IMPORTANCE OF SOCIAL WORK, SPECIALIST COUNSELING, CRISIS INTERVENTION AND FAMILY ASSISTANCE

SPECIAL COUNSELING

Specialist counseling is an institutional system with a specific organizational structure, it is also defined as a specific activity undertaken by professional advisers. [8]

- Thanks to **specialist legal counseling**, the supported can take actions to protect their rights, they gain greater awareness of the problem (family law, civil law, social law, criminal law labor law).
- **Psychological counseling** is based on diagnosis, preventive measures and therapy. The mental situation of family members with addiction problems is difficult. Psychological counseling allows the supporter to understand his emotions and their relationship to a difficult life situation. Proper psychological help enables you to start treatment for addiction or therapeutic proces. [9]
- **Family counseling** covers problems of family functioning, as well as family therapy. The alcohol problem in the family affects the construction and quality of relationships between family members, causes a feeling of danger, uncertainty, generates educational problems that are transferred to the children functioning in the school environment.

SOCIAL WORK

Social work focuses on supporting the client, finding and using his potential and undisclosed resources. Social work includes a pedagogical element that consists of educational activities carried out by transferring knowledge, focusing on its acquisition and activation [5]. In social work with an alcohol addicted client, can be also use the Motivating Dialogue (DM) method. A characteristic feature of work based on Motivating Dialogue with an addicted client is to avoid labeling and stigmatizing a person in favor of separating the client from the problem and minimizing the risk of resistance to change. Motivational dialogue is to lead to building a climate of trust, care for the client, strengthening his self-esteem by highlighting his strengths and potential. [6,7]

CRISIS INTERVENTION

A very important form of assistance, especially for the addicted person's family (their partner, children) is **crisis intervention**. It is necessary when there are acts of violence associated with alcohol addiction. It is a set of interdisciplinary activities undertaken for the benefit of individuals and families in a state of crisis. Its purpose is to restore the mental balance of the individual, the ability to cope independently in a new difficult situation (e.g. occurrence of domestic violence and the need to protect themselves and children), prevention of chronic psychosocial failure. (10) As part of crisis intervention, assisted immediate specialist psychological help, social counseling, legal and even shelter.

FAMILY ASSISTANCE

Working with families with the problem of alcohol addiction, bringing up children, can be supported by a family assistant assigned to the family on the basis of the Act of June 9, 2011. on supporting the family and foster care system. [11] **Family assistant** task is:

- supporting a family experiencing difficulties in fulfilling caring and educational functions, e.g. in the situation of a diagnosed alcohol problem.
- taking actions to strengthen the role and function of the family in developing care and education skills, raising parents' awareness of their functioning in specific social roles. [12]
- working with addicted client and family basing on motivating, advising, jointly developing goals and defining actions to achieve them, give the client a sense of agency and faith in the possibility of making the desired change. [13,14,15]
- cooperating with the family probation officer appointed by the family court.

CONCLUSIONS

- Assistance provided to people addicted to alcohol and their families by state institutions, including social assistance entities, is multifaceted. It is long-lasting activity.
- Support provided to persons in the problem of addiction can be financial but this kind of assistance should be subsidiary and temporary. At the same time, therapeutic measures aimed at normalizing the functioning of the family, activating its members should be implemented. Social work with clients supported by specialist counseling aims to motivate the addict to change, start treatment and launch the so-called "self-help".
- Its effectiveness depends on the use of support measures and methods appropriate for the diagnosed, individual needs of the individual and his family. Social work with an addicted people and their family, help in the form of counseling, cooperation with a family assistant is necessary. These activities are of an educational nature and make the addict and his relatives aware of the essence of the problem of alcoholism and its effects. They should aim to raise the will to change the situation and make an effort to overcome the difficulties arising from the addictive problem.
- The provision of effective, activating help for addicts and their families also requires public education and a change in the perception of the purpose and sense of helping both by the supporters and the supported themselves.

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