

REASONS ATTRIBUTED BY USERS SEEKING TREATMENT IN A PSYCHOSOCIAL CARE CENTER ALCOHOL AND DRUGS

MOTIVOS ATRIBUÍDOS POR USUÁRIOS À PROCURA DE TRATAMENTO EM UM CENTRO DE ATENÇÃO PSICOSSOCIAL ÁLCOOL E DROGAS

MOTIVOS ATRIBUIDOS POR USUARIOS A LA BÚSQUEDA DE TRATAMIENTO EN UN CENTRO DE ATENCIÓN PSICOSSOCIAL ALCOHOL Y DROGAS

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ABSTRACT

Objective: to understand the reasons attributed to users of psychoactive substances seeking treatment in a Center for Psychosocial Care Alcohol and Drugs. **Method:** a phenomenological study in the light of Alfred Schütz's social phenomenology, which was carried out in a CAPS ad, located in the central-west region of the state of Rio Grande do Sul, Brazil. Eleven users of psychoactive substances that were treated in this service participated in the interview, from March to June of 2014. **Results:** it was possible to understand the reasons why and why the users seek treatment. Regarding the reasons why there are two categories: health problems and social relationships. And of the reasons for those who have a forward-looking perspective, what is expected to have emerged two concrete categories of lived experience: in view (re) build their family relationships; and, the expectation of social reintegration. **Conclusion:** this research allowed us to understand the reasons attributed by users of psychoactive substances when seeking treatment in a CAPS ad, not only in the individual context of the action but in a world of relations with others, in which it has an intersubjective meaning, contextualized in the Social world.

Keywords: Drug Users; Substance-Related Disorders; Substance Abuse Treatment Centers.

RESUMO

Objetivo: compreender os motivos atribuídos por usuários de substâncias psicoativas à procura de tratamento em um Centro de Atenção Psicossocial Álcool e Drogas. **Método:** estudo fenomenológico à luz da fenomenologia social de Alfred Schütz, que foi realizado em um CAPS ad, localizado na região centro-oeste do estado do Rio Grande do Sul, Brasil. Participaram da entrevista, no período de março a junho de 2014, 11 usuários de substâncias psicoativas que realizavam tratamento nesse serviço. **Resultados:** foi possível compreender os motivos por que e os motivos para a procura de tratamento pelos usuários. Em relação aos motivos por que, têm-se duas categorias: agravos na saúde e relacionamentos sociais. E dos motivos para, aqueles que têm olhar direcionado para o futuro, ao que se espera alcançar emergiram duas categorias concretas do vivido: tendo em vista reconstruir suas relações familiares; e, expectativa de reinserção social. **Conclusão:** esta pesquisa permitiu compreender os motivos atribuídos por usuários de substâncias psicoativas ao procurarem tratamento em um CAPS ad, não apenas no contexto individual da ação, mas em um mundo de relações com os outros, no qual possui significado intersubjetivo, contextualizado no mundo social

Palavras-chave: Usuários de Drogas; Transtornos Relacionados ao Uso de Substâncias; Centros de Tratamento de Abuso de Substâncias.

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RESUMEN

Objetivo: comprender los motivos atribuidos por usuarios de sustancias psicoactivas a la búsqueda de tratamiento en un Centro de Atención Psicosocial Alcohol y Drogas. **Método:** estudio fenomenológico a la luz de la fenomenología social de Alfred Schütz, realizado en un CAPS ad de la región centro-oeste del estado de Rio Grande do Sul, Brasil. Once usuarios de sustancias psicoactivas que realizaban tratamiento en ese servicio participaron en las entrevistas entre marzo y junio de 2014. **Resultados:** se entendió el por qué y para qué de los usuarios que buscan tratamiento. Con relación a los motivos por qué, hay dos categorías: por la salud y por las relaciones sociales. En cuanto a los motivos para qué de aquéllos que miran hacia adelante, a lo que esperan lograr, se hallaron dos categorías concretas: reconstrucción de sus relaciones familiares y la expectativa de reinserción social. **Conclusión:** esta investigación permitió comprender los motivos atribuidos por usuarios de sustancias psicoactivas al buscar tratamiento en un CAPS ad, no sólo en el contexto individual de la acción, sino en un mundo de relaciones con los demás, en el cual existe un significado intersubjetivo, contextualizado en el mundo social.

Palabras clave: Consumidores de Drogas; Trastornos Relacionados con Sustancias; Centros de Tratamiento de Abuso de Sustancias.

INTRODUCTION

The abusive use of psychoactive substances such as alcohol and other drugs, directly or indirectly affects the different sectors of society, causing health-related harm, as well as social and economic damages. Also, there are traffic accidents, the violence caused by the use of these substances, the reduction of self-control in young people that direct the possibility of adopting risky behaviors, related to the life of the users and the people of their conviviality.¹⁻³

Faced with the complexity that involves the abusive use of these substances and their consequences in the lives of users and society, the Ministry of Health, through the Policy of Integral Attention to Users of Alcohol and Other Drugs, recommends the construction of care networks composed of a specialized device, the Psychosocial Care Alcohol and Drugs Center (CAPS ad). The purpose of this service is to serve users who present disorders due to psychoactive substances abuse or cases that present severe socio-familial impairment.⁴

CAPS ad helps users of psychoactive substances, both preventive and rehabilitative, from the strengthening of health protection factors, prevention, and treatment through therapeutic intervention and community and social reintegration. The CAPS ad promotes the improvement of the health conditions of users and the general population, focusing on an assistance centered on control and repression.^{4,5}

When seeking treatment in CAPS ad, users of psychoactive substances find a reason to do it. In this sense, it is assumed that the understanding of the reasons is relevant to the professionals since they are involved in the care to understand the subjectivity of the user and to provide emotional support and therapeutic support to them and the people involved.

In view of the above, the research question was: what are the reasons attributed by users of psychoactive substances seeking treatment in a Psychosocial Care Alcohol and Drugs Center? The objective was: to understand the reasons attributed by users of psychoactive substances seeking treatment in a Psychosocial Care Alcohol and Drugs Center.

METHODS

It is a phenomenological research based on the Alfred Schütz's social phenomenology. The social phenomenology is based on the individual who experiences given phenomenon since only the actor involved can refer the reason for his action. Thus, it values the subject, his experiences, his conscious actions and his expectations⁶, seeking to understand the intentionality of the actions of an individual and/or a social group, that is, the actions of the users of psychoactive substances that seek treatment in a CAPS ad.

In social phenomenology, it is tried to establish the type of the action of the researched social group that experienced a common situation. Therefore, the typification in Schütz is summarized in the typical traits of a social phenomenon, characterizing the action in process⁶ as, for example, the action of the search of treatment of users of psychoactive substances.

In this perspective, social phenomenology enables to understand action through the reasons that represent a state of things. In other words, it is the purpose that one intends to achieve through the action. Thus, the reasons are conceptualized as "why" as those evident in the completed events. Therefore, it comprises a temporal direction turned to the past. And the reasons "for" or "with-the-purpose-of" are perceived as the reasons concerning something that one intends to accomplish, trying to achieve, having a temporal structure facing the future.⁶

The research was carried out in a CAPS ad located in the Midwest region of the state of Rio Grande do Sul, Brazil. Eleven users of psychoactive substances of this service participated. The inclusion criteria in the study were men and women aged 18 years old or over who attended the service. The exclusion criteria were users under the effect of some drug and with communication difficulties at the time of data production.

The information was collected through phenomenological interviews on days when users had activities in CAPS ad. Some data collection was done before or after groups or consultations, but all were previously scheduled according to user availability. The information collection period was from March to June 2014.

For the interviews, the following guiding question was used: "What prompted you to seek treatment at this CAPS ad?"

In the phenomenological interview, the interviewee refers to his reasons and his intentionality through the conversation. It enables the individual to expose his experience regarding the subject matter.⁶ The duration of the interviews was according to the availability of each participant. The number of participants for the interviews was not predefined since in the phenomenological interview the quantitative can be closed when there is a significant repetition of the information in the speeches since it is intended to reach in depth, not quantification.⁷ The interviews were carried out individually, with the authorization of each user. The speeches were recorded on a digital recorder and later they were transcribed.

For the analysis of the speeches, the methodological strategy⁷ was used to understand the reasons attributed by users of psychoactive substances seeking treatment in a Psychosocial Care Center based on the Alfred Schütz reference.⁶ For this, some steps were developed. First, the interviews were read and re-read, seeking to group them by affinity and to capture the reasons attributed by users of psychoactive substances seeking treatment in a CAPS ad. To understand the reasons, a clipping of the lines was made and then the common ideas included in these cuts were identified. Each interview was read and re-read in its entirety to confirm the ideas along the lines of the users.

Therefore, through the reading of the speeches, it was sought to identify the units of meanings, the relation of the concrete categories of the lived among them, reaching the type of the action of the users of psychoactive substances that seek the treatment, that is, what is common to this social group. The results were interpreted in theoretical conceptions of Alfred Schütz's social phenomenology.⁶

The anonymity of the users was preserved using the letter U for identification, followed by the number corresponding to the order in which the interview was performed. Thus, U1 represents the first user interviewed, U2 the second, and so on up to U11.

For the development of the research, the ethical aspects were observed, according to Resolution 466 of December 12, 2012, of the National Health Council.⁸ This research was approved by the Research Ethics Committee with Human Beings of the Federal University of Santa Maria (UFSM), under number 558,261.

RESULTS AND DISCUSSION

Based on the experiences of the users of psychoactive substances that seek treatment in a CAPS ad and from the analysis of the speeches based on the reference of the Alfred Schütz social phenomenology, it was possible to understand the *reasons why* and the *reasons for* the search of treatment by these users.

Regarding the reasons why there are two categories: health problems and social relationships.

HEALTH PROBLEMS

It was revealed that the health problems of users caused by the use of psychoactive substances were facilitative elements to motivate the search for treatment in a CAPS ad. The harmful consequences of the use of these substances occur in several aspects, mainly emotional and health. When perceiving these injuries, the users seek treatment for the suspension or diminution of the use of these substances.²

Users said that the use of psychoactive substances was compromising their health:

I'll get help. I cannot do it alone. I think my health condition is not going well and it can get more serious, I can die. So I tried to come here, otherwise, I'll die (U1).

It is the bad trip, hallucination, noise, listening to things. It's complicated! That's when I tried to get out of the bad trip, although the trip was bad I could not stop (U2).

Because I had pancreatitis and I still had an ulcer. Then they [doctors] told me: pancreatitis kills. I have to abandon the alcohol. I drank, but it was not just "cachaça". Then I got sick, I was really sick (U6).

Then, the health problems started again, the pressure was rising [...] the way I was, my heart would not beat, it would shake. The alcohol was taking away everything, the pancreas for sure, I detonated with the alcohol. Entering here [CAPS], I knew that I was going to get and help me with everything that was psychological, psychiatrically, clinically (U10).

As a result of the use of psychoactive substances, the user can have his health compromised since it includes biological and psychological damages. These causes emotional overload and states of tension, demonstrated by behavioral alterations due to the aggravation of dependence.^{8,9}

Understanding that the users sought treatment due to health problems, it is important to highlight that the reason for the search for treatment is present in the biographical situation of the users, which reveals the moment of life in which they are found, the influences of past experiences related to the use of psychoactive substances. Thus, the reasons establish a transient and dynamic process of the life-world of these subjects, where they live, considering their experiences, and interpersonal relationships.⁶

When experiencing the use of psychoactive substances, users were compromising their health and realized that if they continued in this situation, they could die. Therefore, they seek treatment at CAPS ad in search of a recovery of their health. Life-world situations, such as health problems, and the biographical situation of each user of psychoactive substances were present as motivations for the search for treatment in a CAPS ad.

SOCIAL RELATIONSHIPS

By pointing their gaze to the past, with the intention of understanding the motivations of seeking treatment, the users mentioned that the various losses they had were reasons for seeking treatment: family structure, abandonment of parents and children, companions, trust, morality, and respect.

My father, he abandoned me. I lost my family, I lost my loves, the person I loved and the society (U3).

I lost my wife, I lost my children, everything. They were all gone (U5).

I lost my family, my mother. And there's my daughter, who now also uses drugs before she did not use them. And we do not get along for it (U7).

I was drinking too much, losing my morale. We lose respect for people who like us and drive people away. And when the person is not drinking, everyone loves you (U8).

When users show their lived experiences, their stock of knowledge at hand given by their biographical situation reveal a lived of social losses, involving their predecessors, successors, and contemporaries. The stock of knowledge at hand refers to the experiences the person accumulates throughout his life, which enables his interpretation of the world., knowing the biographical situation of each person, understanding their motivations.⁵

In the world of life, people establish social relationships with each other and can happen with predecessors, successors, and contemporaries. Thus, the predecessor is the social relationship lived as a past way. The successor is lived as perspectives that anticipate a future. The contemporary is the one with which an exchange is effected, a current social exchange.⁶ With the loss of these social relationships, the rupture of face-to-face relationships has taken place.

The face-to-face relationship occurs when users share the same time and space with their predecessors, successors, and contemporaries and they do the same for them, so everyone is aware of each other. When this relationship breaks, there is

a relationship of anonymity that means that they do not share more of the same time, space, and biographical situation.⁶

From the stock of knowledge at hand and the social relationships experienced by users in their world of life, they revealed their intentions and choices, which resulted in the motivations for seeking treatment in CAPS ad. Also, the social relationships established by the users, whether with the family, ex-spouses, people from the workplace, health professionals from other health care services and from other users who were being treated at the CAPS ad.

The world of life in which social relationships occur is intersubjective, which means that it is not private but it is common to all people. It is in him that people coexist with whom one establishes different relationships, that is shared, experienced and interpreted by the subject and even by other similar ones. Living in the world of life means engaging interactively with multiple people in complex networks of social relationships.⁶ Thus, involvement in the life of users of psychoactive substances has had an influence on the motivation for seeking treatment.

I came through my ex-wife. We agreed. And in the company too (U5).

I searched here because I was too much, bothering too much, and went through badly. Then she [wife] said that I had to stop too, and she knows she told me to come and bring me here (U9).

In fact, who indicated to me was my mother before dying, because she had a problem with alcoholism (U11).

By being influenced by the social relationships the users have established with their predecessors and their fellows, they have revealed You-orientation. This was established by a person with whom the user had direct contact, in this study identified by the figure of the mother, ex-wife, and people with whom she works. You-guidance can be considered unilateral or reciprocal. Unilateral when only one of the subjects perceives the presence of the other; and reciprocal when both subjects are reciprocally aware of each other.⁶

When the subjects are aware of each other and share one of the lives of the other, however long it may be for a short period of time, it is called the We-relationship, which is the reciprocal form of the You-orientation.⁶ Thus, when users and their peers act with reciprocal perspectives on one another, they establish the We-relationship, which influence users' motivations in seeking treatment.

Psychoactive substances can be considered to interfere with people's lives since personal, affective and social losses are part of the daily life of users that have repercussions on family

life and the distance from society.¹⁰ These losses and the interventions of social relationships represented the reasons why users perform the search for treatment in a CAPS ad.

In the *reasons for* those who have a forward-looking perspective, two concrete categories of lived experience emerged: to rebuild their family relationships; and expectation of social reintegration.

TO REBUILD THEIR FAMILY RELATIONSHIPS

Users seeking treatment seek to rebuild their family relationships, striving to win back spouses and children. The use of the substance causes the family members to move away from the users, causing the rupture of the We-relationship. Thus, the family and the user do not establish a reciprocal relationship anymore. The breakdown of the We-relationship results on the You-orientation, in which people are no longer aware of each other and do not share one in the life of the other.⁶ When seeking treatment, they aim the reestablishment of the We-relationship.

When there is reciprocity between users and family members, there is reciprocal testimony, which is the way we deal with our consciousness, which can be modified from the relationship that the individual establishes with the other. There is an only true social relationship if the person responds in some way to the consciousness that he has of the other. The subjects in this relationship are mutually aware, having special implications for social interaction.⁶

I sought more to try to recover my wife, my ex-wife who is the mother of my son. And I would like to go back to her, to go back to having the normal family like we were before, but she dumped me because of the drink (U4).

I am determined to do this: my children will return to live with me now, two of them (U5).

Users seek treatment after realizing that they no longer have family support or when they begin to lose material goods, work, and bond with the people they live. The consequences that the use of psychoactive substances generates in the family interfere negatively in the family context since they can lead to the family disaggregation and the suffering.¹⁰ Thus, when experiencing these family losses, the users seek treatment in the CAPS ad aiming at the reconstruction of their family bond.

The search for treatment by users is motivated by the need to recover some values such as trust, pleasure and family respect, as well as the need to stop using psychoactive substances to help a sick family member.

The person's behavior towards the other is based, in the first instance, on the subject of unquestioned reasons regard-

less of whether or not they are their real reasons. Then, the peculiarity of the face-to-face relationship is established. The interaction does not consist of a specific structure of the context of reciprocal motivations but in a discovery of the reasons of the other person.⁶

I cannot drink anymore. My mother got sick, had surgery and I have to be always there to help her (U8).

The user sometimes initiates the therapeutic process in the health services, as a result of risk situations involving relatives, work, financial problems, legal and/or affective relationship disruption.¹¹ Thus, users believe that the redemption of some values such as the respect and trust of family members, consisting of the motivations for seeking treatment in CAPS ad.

THE EXPECTATION OF SOCIAL REINTEGRATION

Coupled with the reasons of users when seeking treatment in a CAPS ad, they have the expectation of achieving their social reintegration. They want to achieve a job, a home and material goods.

Social reinsertion enables the user to live with his family, friends and other members of society through the occupation of social spaces.¹² Thus, it is observed that the world of life is experienced by users as a close network of social relationships, with its particular structure of meanings, of institutionalized forms of social organization, of status and prestige systems.⁶

The act of drinking may be associated with the influence of established social relationships between family and friends, especially in young people. In this way, the use of substances may not be perceived as harmful to health, but understood.¹³ Users seek treatment for social interaction to build social status.⁶

In this sense, the subjective meaning that the social group has for its members is established in the knowledge of a common situation with the current system of typifications and relevancies. The of typification and relevancy system shared with other members of the group determines the social roles, positions, and status of each person.⁶

The expectation of achieving a status and social status is associated with the desire to be inserted, accepted or respected by a particular social group. Thus, it confirms the subjective meaning that the social group possesses for its members since it is usually presented by a feeling of belonging, of sharing common interests.⁶ For the users, interests shared with this social group are fundamental to the success of their social reinsertion.

My return to society because basically who drinks lives in a society, but is not part of it [...] Achieve a small apartment and touch my life (U1).

Getting a girlfriend, a decent job, because society is very unfair, sometimes so your physiognomy counts when selecting an employee (U3).

Users are aware that the dependence of psychoactive substances brings limitations in their life, such as the loss of employment and material goods. They believe that the CAPS ad, through the activities and services offered, contributes to their reintegration into society, as well as to their return to work activities.¹

Users want to continue their life, return to college, go to parties and have fun without using psychoactive substances. In this way, interest in the hand motivates thinking, projecting and acting, and it constitutes the problems to be solved by thought and the goals to be achieved by actions. The intrinsic relevancies are the result of chosen interests, constituted by our spontaneous decision.⁶

I hope to be who I once was. Resume my college, resume my good job (U11).

The subject's interest in the social world is remarkably practical, as it arises from his everyday life. It is a priority interest included in a larger system of interrelated interests, defining what will be thought and designed to carry out an action. The system of interest is not homogeneous, something unique, it can modify according to the role played by the social actor, in different spheres of the social world. It is not constant since it is able to acquire or more or less priority between the now and now that has just passed.⁶

Thus, users' motivation for seeking treatment at CAPS stems from their daily lives and their interests, since this service aims to rescue the autonomy, subjectivity, and self-confidence of people who have been historically excluded and deposed from their social roles.¹²

The world of life is a social world that appears to the subject in a pre-structured way. The subject assumes the social world around him as something determined, in which his experience, the use or rejection of some natural objects are already present in his daily life.⁶

The social world has its own meaning and structure of meanings for people who live, think, and act within it. These people pre-interpret it through a series of constructs of common sense about everyday reality. The objects of thought determine their conduct, define the intention of their activities and help them to be guided by their natural and sociocultural environment and to relate to it.⁶

Therefore, the reasons attributed by users of psychoactive substances have their own meaning in their social world, with meanings according to the reality of their daily life that determines their action of seeking treatment in CAPS ad.

FINAL CONSIDERATIONS

This research allowed understanding the reasons attributed by users of psychoactive substances when seeking treatment in a CAPS ad, not only in the individual context of the action but in a world of relationships with others, in which it has an inter-subjective meaning, contextualized in the social world.

It was revealed that the life of the user of psychoactive substances was permeated by the health problems. Also, intervention in social relationships, such as loss of family structure, loss of love, loss of confidence, loss of morale, loss of material assets, as well as the abandonment of parents and children include their reasons for seeking treatment. In this sense, users have the purpose of rebuilding their family relationships and achieving their social reintegration.

It is important that health professionals know the reasons that led the user to seek treatment to develop a singular care based on the need of each one. Thus, health care services can assist the user in finding strategies to deal with difficulties in the family and social context, stimulating him to reflect, design and act in his world of life.

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