

POLITEKNIK KESEHATAN KEMENKES PALANGKA RAYA: HEALTH FORUM AND INTERNATIONAL SEMINAR
THE NEW NORMAL: Creating a Pleasant Virtual Communication

Health education to the families of drug users: Establishing safe family conversations

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Family is the closest micro-system, owned by an individual. The relationship among the family members can be considered as the longest relationship an individual may have, from the time of pregnancy to the death of the age. Even the drug survivors are still part of their families, unfortunately, with the incident of drug users, they are often having communication problem with their families. When clients or families experience relationship conflicts, but unable to resolve them, they need professionals help (Shea, 1996; Wahlroos, 1995). This has prompted the community service team of Poltekkes Kemenkes Palangka Raya consisted of two lecturers and three students, to share their knowledge and skills regarding an effective communication within families. The community service activity was held on October 17, 2020 at the Galilee Drug Rehabilitation Center (hereinafter referred to as "Panti").



Figure 1. The Community Service Team of the Poltekkes Kemenkes Palangka Raya

Every month at the Pantí, there is a Family Support Group (FSG) activity, as part of the Therapeutic Community program for drug users undergoing rehabilitation. In the FSG, the Pantí officers invite families, describe programs given their family members, build dialogue, and hope that the relationship will affect the success of rehabilitation (Departemen Sosial Republik Indonesia, 2002). Therefore, in October's FSG, Pantí invited the community service team so that families of drugs survivors would get an understanding of the affective function of family care.



Figure 2. Mr. Dodi Ramosta Sitepu, Pantí's founder, share his experience to families of drug users

Having the first opportunity to speak to the family, Mr. Dodi Ramosta Sitepu, the founder and main leader of Pantí, shared his story of using drugs and recovery experience. Mr. Dodi said it is very important for the family to support its members who are undergoing rehabilitation at the Pantí. Without family support, the Pantí's efforts wasted. Pantí and families must work together to support the recovery of their family members. FSG exists for this purpose. In FSG, families attend seminars, discuss, and gather with family members who are residents of the Pantí at a group dinner.



Figure 3. Yeyentimalla, leader of the community service team, explains about affective role of family care

The next opportunity was given to the community service team providing health education about the role of family care. It aims to meet the psychological needs of its members. In a family, where the members are drug users, it is certainly important to balance control and warmth. The child's need is to be loved while the parents need to be respected by their children. Conversation in the family must be free from fear, obligation, and guilt. Therefore, a family needs to build safe comfortable communication (Eggerichs, 2014; Olson, et al., 2014; Silk, 2016; Sillars, et al, 2004; Thomas; 2015).



Figure 4. The mother of a drug user share the feelings and thoughts about the family care that triggers her son to take drugs

The team showed empathy when parents of drugs user share feelings and thoughts about the family care that has been carried out so far. There is a recognition that their upbringing does not foster an independent and responsible attitude toward their children. The mother said she would change the conversation style in the family to be more concerned with the security needs of family members.



Figure 5. The students were involved in coordinating community service as a provision for them to become a vocational nurse

This activity also involved students to fulfill their learning needs to see and feel firsthand the process of community service, especially to the families of drug users.



Figure 6. Ronald, Panti's mentor, asking a question

In this good opportunity, Ronald, one of Panti's mentors also expressed his view. Based on his experience unsafe conversations in the family are not only experienced by children, but parents also experience them. He asked what invited all participants to put the problem proportionally. When fear arises, identify the feeling, identify the parts that make you afraid, and start having a conversation that promotes security for each person in the conversation. The team encouraged parents to start showing acceptance and trust in their children. Everyone's deepest need is to be accepted and trusted, we can generously fulfill it (Olson, et al., 2014; Chapman, 2012).



Figure 7. Family dinner moment where residents have a quality time with their beloved one

This photo essay records a 5-hour health education session for the families of drug users in order to help them in establishing safe family conversations among the family members. After the discussion was over, the rundown included hospitality and dinner together. While enjoying the foods, the Panti residents joined the sharing session, and expressed their feelings missing their family and home. The residents want to connect hearts with their families. In the future, it is necessary to build a sustainable relationship for the success of the drug eradication program in our beloved country, Indonesia. Since the activity was held during the COVID-19 pandemic, the team also showed concern by providing masks to each participant.

Consent

The adults (identifiable) photographed have given their consent for their pictures to be used in the dissemination and publication of this research.

Conflict of Interest

None.

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