

# **INTEGRATION OF SPIRITUAL VALUES INTO TREATMENT & REHAB PROGRAMS**



**PENGASIH MALAYSIA**  
**[www.pengasih.net](http://www.pengasih.net)**

**PENGASIH MALAYSIA**

# INTRODUCTION TO PENGASIH MALAYSIA

PENGASIH started as a Self-Help Group. In 1991, we became a registered NGO operating TC programs. Our members are recovering users.

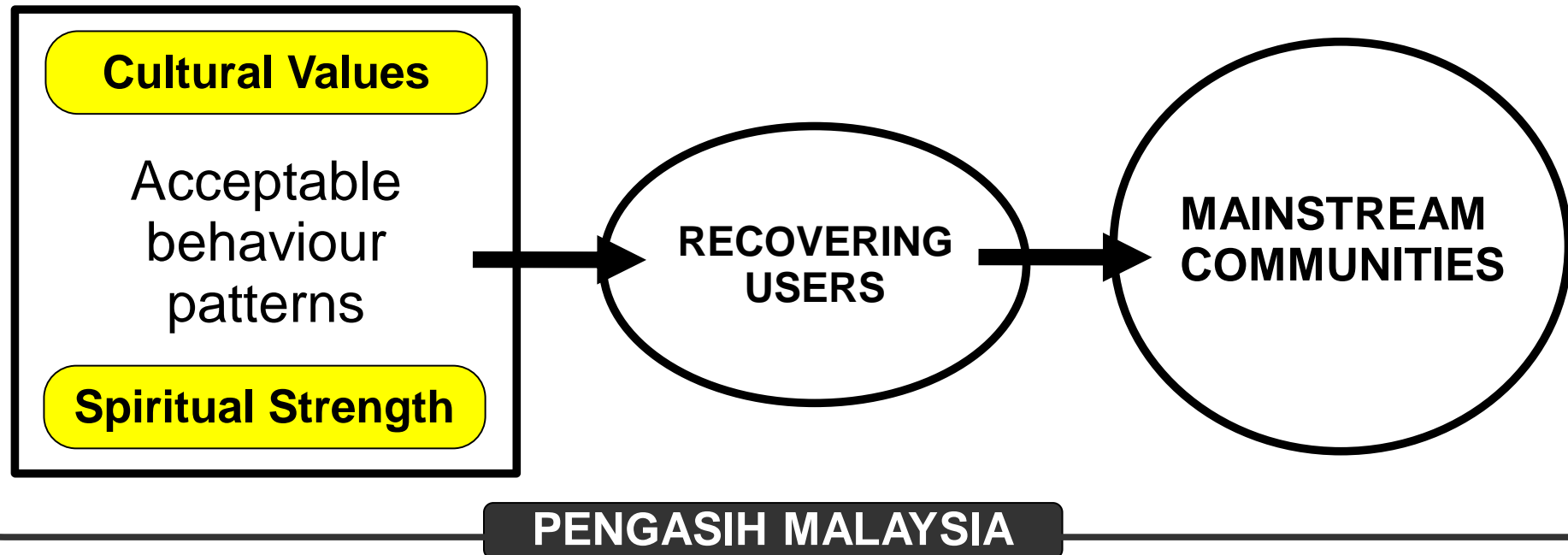


**PENGASIH MALAYSIA**

## MAIN GOAL OF PENGASIH

One of the main goals of PENGASIH is to return Recovering Users to the Mainstream Communities. They will return with acceptable behaviour patterns and an appreciation of their community beliefs, norms and values.

They are equipped by PENGASIH with new skills-set to better manage their issues and problems.



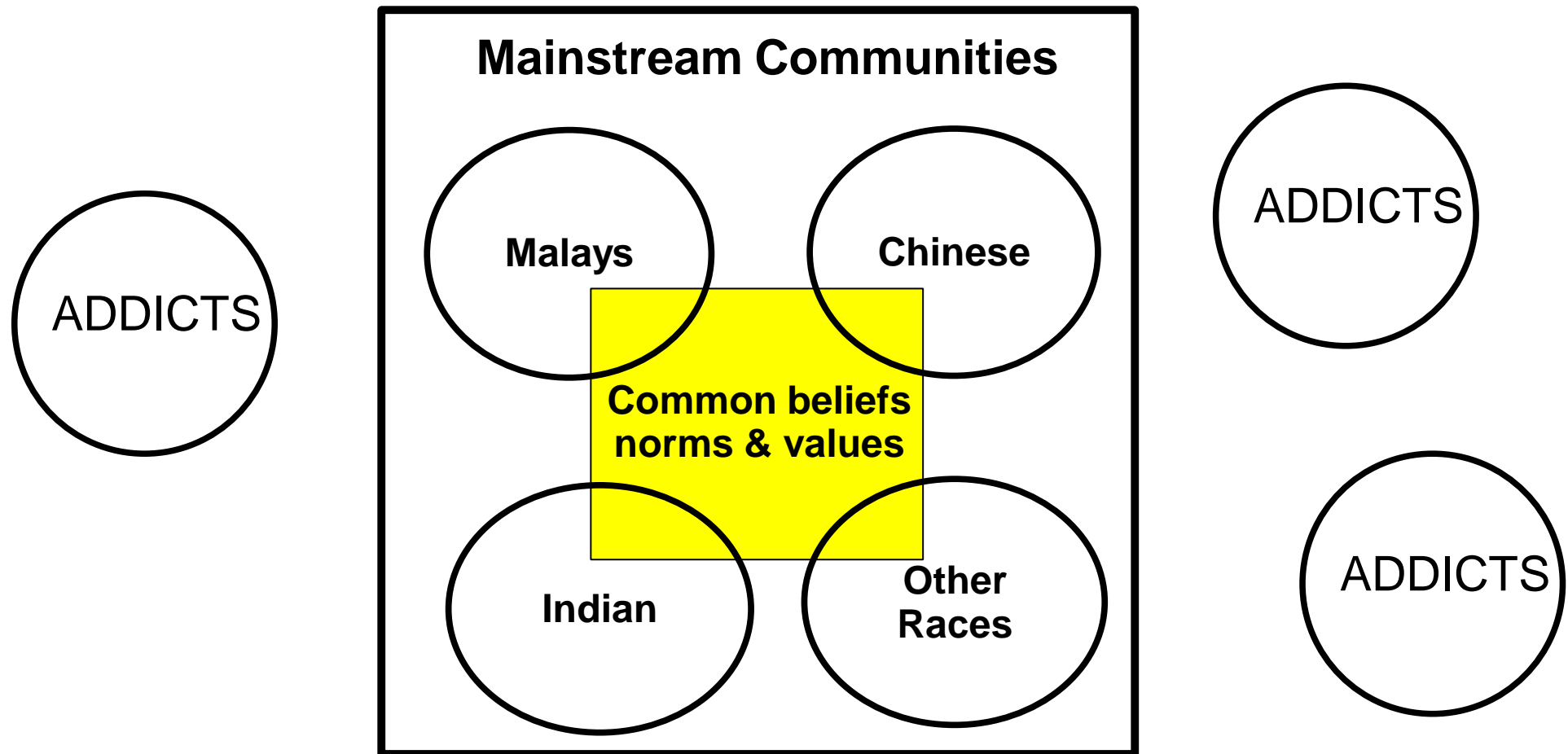
# LETS SEE WHAT HAPPENS WHEN A PERSON BECOMES AN ADDICT.



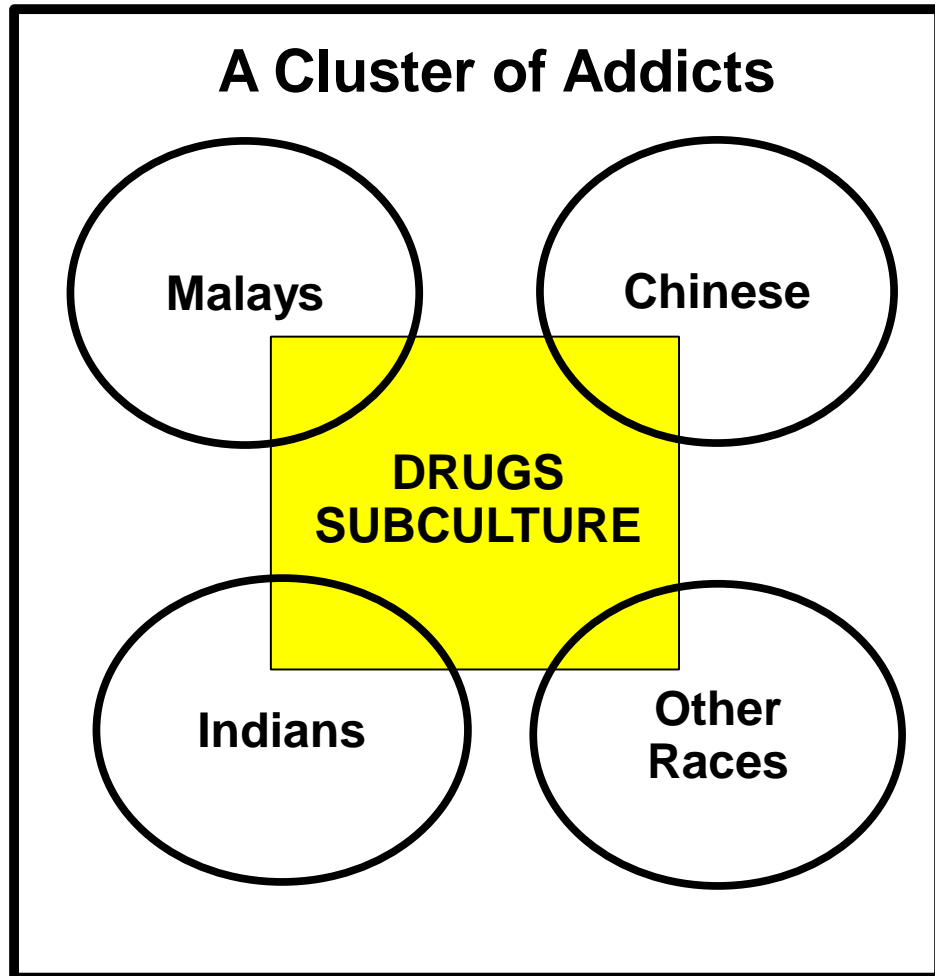
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# WHAT DRUGS DO TO ADDICTS

Drug addiction tear away anyone from his community, no matter how good they were brought up. Addicts will spend much of their time with other addicts. They are out of the mainstream.



## DRUGS ADDICTS HAVE THEIR OWN CULTURE



Addicts cluster together and formed their own culture. This is called as **DRUG SUBCULTURE**.

They are insensitive, anti-social, lawless and selfish. They trample on the rights of others. They abuse those who love them most.

In short, the Drug Subculture is a mess of unacceptable values and behaviours that affect every community they belong to.

**DRUG SUBCULTURE MUST BE BROKEN  
IF AN ADDICT WANTS TO RECOVER.**

**PENGASIH BREAKS DRUG SUBCULTURE  
OF USERS BY :**

**1. INSTILLING SPIRITUAL VALUES**

**2. INSTILLING CULTURAL VALUES**

# PENGASIH TREATMENT PROGRAMME

ADDICTS

FAMILY  
MEMBERS  
OF ADDICTS



FULLTIME  
PROGRAMME

MONTHLY  
PROGRAMME  
FOR FAMILY

AFTERCARE  
PROGRAM

SPECIAL  
EVENTS &  
FESTIVALS

PENGASIH MALAYSIA

# IMPORTANCE OF SPIRITUALITY IN TREATMENT

Spiritual development can influence the treatment and rehab processes in 2 ways:

## 1. **Spiritual perception**

Provide methods to recovering drug users on how to handle feelings such as guilt and shame after a sin is committed.

## 2. **Spiritual values**

Provide solution to recovering drug users on how to prevent themselves from committing a sin, in order to avoid feelings of guilt and shame.



# IMPORTANCE OF CULTURE IN TREATMENT

Culture can influence the treatment and rehab processes in 2 ways:

## 1. Social skills

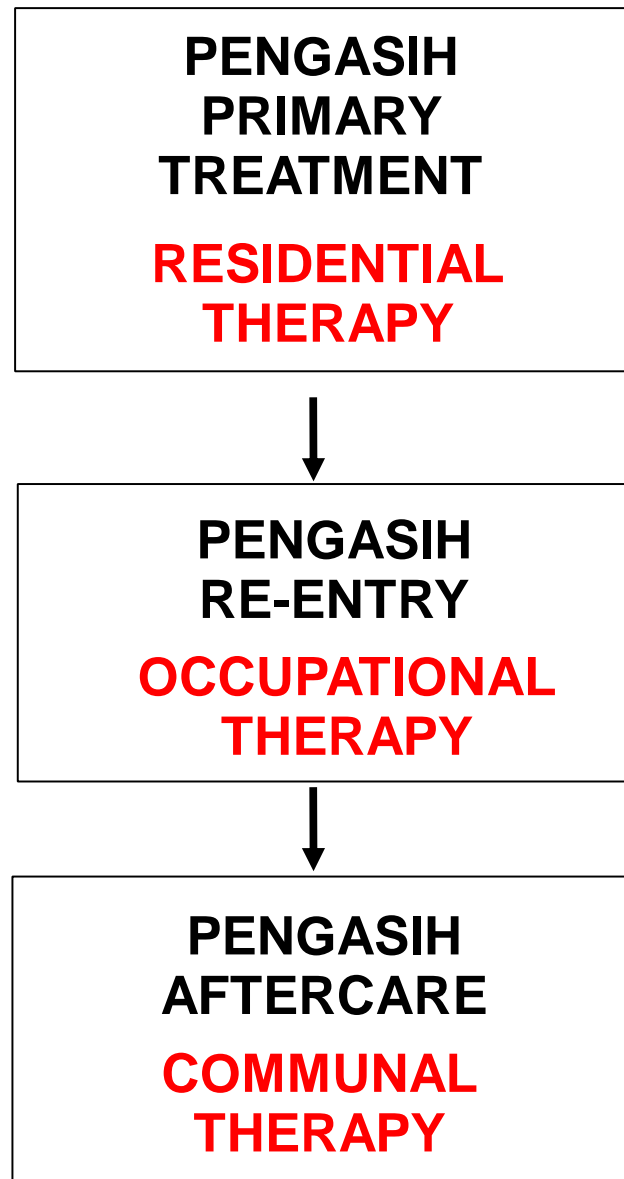
Provide recovering drug users the skills and the confidence to interact within their communities with acceptable behaviour patterns.

## 2. Cultural values

Provide self-esteem and appreciation of communal values to recovering drug users. This helps them to identify and avoid unacceptable subcultures.



# HOW PENGASIH HELP RECOVERING USERS



Our approach in rehabilitation contains 5 basic elements:

1. Behavioral management
2. Emotional management
3. Occupational therapy
4. Intellectual development
5. Spiritual development

The empowerment of cultural and spiritual values occur in every step of the way in all elements of treatment.

Each client is empowered to observe his/her own practices and festivals.

## **INTEGRATION OF VALUES IN REHAB AND TREATMENT**

To integrate Spiritual and Cultural Values in programmes, we must consider the following actions:

1. Take into account all religious and cultural events while planning programme activities for the year.
2. Identify acceptable values common in all races and communities. Integrate these values into programme content and activities.
3. Identify religious practices and empower residents of different religions to perform their daily rituals.
4. Be sensitive to different religious needs regarding food and social behaviour in daily operations of the programme.
5. Make it clear to all residents that co-existence of differing race and religion is more important than who is superior or inferior.
6. Ensure that all staff are familiar with and will observe all the above.

## SUMMARY

People are rich in cultural and spiritual values. Both elements make us strong, united, credible and lasting. Strengthening our programmes with these elements will empower our staff and enhance treatment services for recovering users.

To develop an effective spiritual programme, **there are no short-cuts**. We must take steps to monitor, get feedbacks and modify our activities. Spiritual programmes are dynamic. It requires hard work and persistence, before it becomes stable.

# THANK YOU



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