

## **Facilitators of family involvement in promoting participation of adults with substance use disorders in meaningful occupations**

Theodora Chikwanha<sup>3</sup>, Lana Van Niekerk<sup>1</sup>, Moses Ikiugu<sup>2</sup>

<sup>1</sup>*Stellenbosch University, Cape Town, South Africa*, <sup>2</sup>*University of South Dakota, South Dakota, USA*, <sup>3</sup>*University of Zimbabwe, Harare, Zimbabwe*

**Introduction/Rationale:** Approximately 60% of re-admissions at the two main acute Psychiatric units in Zimbabwe comprise patients with substance use disorders. The absence of psychosocial support services for these patients following discharge has been identified as a problem. Community occupational therapy services may bridge this gap in the continuum of care. There is need to explore how families may be involved as partners in these community services to hasten recovery of adults with substance use disorders.

**Objectives:** The presentation will focus on the facilitators to family involvement in the rehabilitation process of adults with substance use disorders. The extent to which family involvement in rehabilitation facilitates resumption of participation in meaningful occupations will be explored.

**Method:** Ten families living with an adult family member recovering from substance use disorders were selected using purpose sampling. Narrative interviews were conducted and transcribed; then analysed using interpretive narrative analysis strategies.

**Results:** Key themes that emerged were: 1) undoing the damage, 2) diverse occupational opportunities, 3) taming the neighbourhood, 4) innovative support, and 5) defying cultural beliefs.

**Conclusion:** Occupational therapists should capitalise on opportunities to involve families as partners in the rehabilitation process. Family involvement was shown to promote participation in meaningful occupations by adults with substance use disorders.