

Coping Strategies of Clients of Drop-in and Aftercare Centre



KUTŘÍNOVÁ, L.

Psychiatric Department of the Most Hospital, Most, Czech Republic

Citation: Kutřínová, L. (2009). Strategie zvládání stresu klientů kontaktního a doléčovacího centra. *Adiktologie*, (9)3, 156–165.

BACKGROUND: Stress is a significant antecedent of drug addiction and relapse (results of long-term observation as part of internships in the Walhalla drop-in centre in Olomouc and the Sananim aftercare centre in Prague).

AIMS: The aim of the paper is to specify the character of stressful situations and detect the coping strategies used by clients of a drop-in and an aftercare centre. **METHODS:** The research methods included a stressful situation classification quadrant, the SVF 78 coping strategies questionnaire, and focus groups with workers of the relevant drop-in and aftercare centres. **SAMPLE:** The first research sample comprised 10 clients of a drop-in centre, long-term intravenous drug users who use the services of the Walhalla drop-in centre in Olomouc. The second research sample consisted of 10 clients of an aftercare centre, enrolled in both its outpatient programme and its sheltered housing project. They are ex-users who abstain after therapy in a psychiatric hospital or a therapeutic community.

RESULTS: The participants mainly identified long-term stressful situations; the clients of the drop-in centre identified uncontrollable situations, such as partnership and interpersonal problems, the social circumstances of drug users, and the accumulation of multiple stressors over time.

The clients of the aftercare centre identified controllable situations (given the perspective), especially strain at work and/or in their families. They tend to use negative coping strategies, such as avoidance, resignation, perseverance, and feelings of guilt. They lack positive control strategies.

CONCLUSIONS: The relevant organisations should incorporate the issue of stress and the respective coping strategies into their further work with clients. Practitioners should concentrate on a positive approach (to turn a threat into a challenge), support clients' self-efficacy in dealing with stress, help them find their favourite leisure activities as a substitute gratification for a drug, reinforce their self-confidence, and practice coping strategies.

KEY WORDS: STRESS – COPING STRATEGIES – DRUG USERS – DROP-IN CENTRE – AFTERCARE CENTRE

Submitted: 04 / JULY / 2009

Accepted: 23 / JULY / 2009

Grant support: The paper was awarded first prize in the Student Contest arranged within the grant OPPA–CZ.2.17/3.1.00/31484

Address for correspondence: Laura Kutřínová / lauryn.k@volny.cz / Psychiatric Department of the Most Hospital, J. E. Purkyně 270, 434 64 Most, Czech Republic