

## **SOCIAL REHABILITATION OF DRUG ADDICTS IN RUSSIA: PROBLEMS OF ORGANIZATION AT THE CURRENT STAGE AND PROSPECTS FOR FURTHER DEVELOPMENT**

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In terms of the spatial and quantitative criteria drug use is assessed as an epidemic, in terms of quality it is considered as a global impact on society, which can be defined as narcotization of the community. At the same time there are the following worrying trends: a steady increase in the use of heroin and other hard drugs; spreading of intravenous way of drug injection and the concomitant spread of HIV/AIDS; the sharp decrease of age of those involved in drug dependence. This situation requires urgent action both in terms of improving the regulatory framework and the implementation of the project approach in the area of social rehabilitation of drug addicts. The article describes and analyzes various approaches to social rehabilitation, such as the approaches to the formation of motivation for a sober life, a therapeutic community, theories and models of behavior change, multi-professional team as a form of controlling the drug addicts' social rehabilitation process. The advanced international and Russian experience of implementing various concepts of drug addicts' rehabilitation has been summarized and presented. The authors have identified the ways to improve the organization of social rehabilitation: a social rehabilitation program is provided as a stepwise model of recovery process and formation of sober thinking in the drug addicts and their environment. The program developers have used the project-based approach as the most effective way to solve social problems. The article describes the diagnostic monitoring results of the implementation of social rehabilitation program for drug addicts.

**Keywords:** Social rehabilitation, drug addict, social rehabilitation program, social problem, social environment, multi-professional team.

### **1. INTRODUCTION**

#### **1.1. Introducing the problem**

The extent of the destructive impact of narcotization on public health, social stability, the economy and politics of our country is very significant. The dynamics of drug use growth in the post-Soviet state was considerably ahead in the worldwide during the same period. This is evidenced by the increase in dissemination and consumption of illicit drugs complicated by the spread of HIV/AIDS, the involvement of younger people in drug addiction (Vasilenko and Katkov, 2005). The increased aggressiveness of the impact on the human psyche, the structuring of the drug trade as a major part of criminal activity, a sharp focus on children and youth, turning into one of the main determinants of criminality are the main characteristics of drug use at the present stage.

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### **1.2. Specifying the relevance of the problem**

In the era of globalization and the penetration of information technologies in the living space of each person, narcotization acquires the character of an uncontrolled social epidemic. In Russia the number of drug users reached 2-2.5 million people (from the report of the State Antidrug Committee dated July 2015). In a number of the country's regions the prevalence of injection drug use (2-3% of the total population) is characteristic of mainly young people under 30 years, the average age of a dying drug addict is 28 years. According to the Ministry of Health of Russia, as of January 1, 2016 the number of drug users registered in the state narcological treatment facilities reached 547,081 people, including 356,936 drug addicts and 196,145 people who use drugs with disastrous consequences, in 2010 drug addiction was diagnosed for the first time in 24,908 people. Of all the registered drug users, injection drug users account for 72% (Onishchenko, 2014).

### **1.3. Studying the problem**

According to the World Drug Report 2015 of the UN Office on Drugs and Crime, in the world up to 272 million people used banned substances at least once (6.1% of the population aged 15-64 years). Approximately 263 000 people die annually as a result of drug use. The scale of drug use and its growth rate in Russia make it possible to ascertain that narcotization becomes one of the main problems of the country and its effects are felt in all spheres of public life. Moreover, these effects are of directly medical, social, judicial and economic nature. The increasing level of mortality, psychologically unhealthy young generation, decreased health quality, creation of conditions for the spread of serious infectious diseases, including the scale of the epidemic make medical consequences of drug use. The growth rates in the number of HIV-infected people in Russia are correlated with the rate of growth in the number of drug addicts. Nearly 65% of HIV-positive people identified nowadays are injection drug users. Addicts today constitute the majority of patients infected with HIV and the most severe forms of hepatitis B and C. The social and legal consequences of drug use are manifested mainly in the increasingly growing influence on the extent and nature of crime. Drugs become part of anti-social behavior, criminal world. According to the Russian Interior Ministry data, up to 70-80% of crimes are committed in Russia under the influence of substances, affecting the psyche (drugs, alcohol)

The economic consequences of drug use are mediated. These include damage from illicit drug trafficking and smuggling; damage caused by unlawful acts committed by drug addicts; damage from the socio-psychological maladjustment and decreased quality of health of the working population; expenses of the society for the system of medical treatment of drug addiction;

Social negative consequences of drug use, such as socio-psychological maladjustment, destructive social behavior of a considerable part of population,

especially young people, generate a phenomenon of special pro-narcotic social psychology. A mass model of human behavior is formed, its major determinant being drug use. It finds its expression at the philosophical, cultural, recreational, informational, communicative levels.

Currently social (socio-psychological, cultural, political, legal, ethical, and other) factors affecting motivation at the population level, the extent of consumption of psychoactive substances (PAS) and the severity of the negative medical and social consequences associated with it are actively studied.

The modern stage of development of the Russian society is characterized by political, economic and social reforms undertaken since the early 90s of the last century in a rather radical way, which had a negative impact, including in the form of the emergence and spread of socially dangerous diseases, including drug addiction.

Along with the acceleration of the pace of technological progress, many researchers stated the concomitant increase in social contradictions and, as a consequence, increase in the aggressiveness of social environment. The Russian researchers, including major ones, enumerate the following reasons for the rise in social tensions in the period of global changes: the loss of social confidence due to the low standard of living and non-guaranteed social assistance in emergencies; lack of personal security in connection with the growing criminalization of society; rising unemployment. The loss of stability of these factors leads to a state of emotional stress, distress and spread of the deviant behavior in the society which manifests itself in the use of drugs (Korolenko et al., 2007).

The results of studying the causes of the spread of social epidemics (Katkov *et al.*, 2002; 2004; Marasheva, 2006; Nurgazina, 2006) showed that one of the main factors determining high risks of involving different population groups in psychoactive substance dependence is the shortage of mental health properties – resistance to aggressive environmental influences, including to the aggressive informational pressure, practiced as part of the illegal business for the distribution of drugs and highly potent substances.

It can be seen that, on the one hand, in Russia the modern approaches to the treatment and rehabilitation of drug addicts are based on the Soviet school of biological form of disease development. On the other hand, the psychological concept of dependence progression is actively developing, which often denies the biological mechanism of the drug addiction development. The third concept is the attitude of experts to drug addiction as to a socially determined disease. In addition, in recent years in the Russian judicial system drug addiction has been considered as a crime, which leads to the criminalization of the personality of the patient with drug dependence and makes the problem worse. Representatives of the various concepts are currently in the theoretical dispute, as a result of which a comprehensive solution for the problem of drug addiction is unavailable for the absolute number of drug addicts.

Studies of I.V. Mindubaev (2007) showed that ‘the organization of the treatment process in a typical inpatient narcological department, operating according to modern medical and economic standards, does not meet the needs of patients: 67.4% of them are not satisfied with the quality of the treatment’.

#### **1.4. Hypothesizing**

In this study, it is proposed to carry out the drug abuse analysis on the basis of which the survey of this problem can be transferred from the unconnected medical, psychological, social and legal areas into a comprehensive bio-psycho-socio-spiritual plane.

Based on the above, the authors have identified a number of contradictions that make up the issue under consideration:

- Drug addiction is a major social problem that requires consolidation of efforts of social, psychological, medical institutions and organizations, however, all work with drug addicts is concentrated in treatment facilities – narcological hospitals and dispensaries. The medical issues of acute conditions – overdose, poisoning, psychosis, drug withdrawal syndrome management are effectively addressed in the in treatment facilities, in the best case the question refers to medical-social rehabilitation, often based on medication, but there are no material or methodological possibilities for social rehabilitation. This situation does not meet modern needs in treatment and rehabilitation of drug addicts. However, to date Russian legislation provides for no opportunity to work on the social rehabilitation of drug addicts in public institutions rendering social assistance to the population, which is reflected in the national standard of the Russian Federation GOST R 52498-2005 “Social services for the population. The classification of social service institutions”;
- In the system of medical, social and non-governmental organizations there are various services aimed at addressing serious problems and abnormalities of medical, judicial and psycho-social nature in drug addicts, but the drug addicts have no motivation for obtaining these services (treatment and rehabilitation);
- Based on the analysis of the legal framework the authors have found that from the perspective of modern legislation drug addict is seen primarily as a criminal, and only secondly – as a sick person who needs a specialized high-tech comprehensive care;
- Non-state rehabilitation centers, performing a crucial social and public problem social of drug addicts’ rehabilitation, do not have systemic state support. In the Chelyabinsk Region in 2010, the Office of the Federal Service for Drug Control, in conjunction with Regional Governmental

Institution of Healthcare “Chelyabinsk Regional Clinical Drug Treatment Hospital” developed a System of voluntary certification of centers for drug addicts’ rehabilitation ROSS RU.V568.04ZHU00 which aims to create conditions for controlling activities of non-governmental rehabilitation centers and providing them with government support. The system is registered in Federal Agency for Technical Regulating and Metrology Rosstandart and sets regional standards of assistance for rehabilitation of drug addicts and non-state rehabilitation centers. However, of the 30 non-governmental rehabilitation centers, operating in the Chelyabinsk Region, only 10 companies have applied for certification and only 2 centers successfully passed the procedure of voluntary certification and received a certificate of conformity. This situation with the voluntary certification of rehabilitation centers is formed in connection with the fact that many non-governmental centers operate virtually without a program, without the necessary theoretical, methodological and practical training, and some pursue exclusively commercial objectives;

- In scientific terms, there are many concepts related to the rehabilitation of drug addicts, but this problem remains quite promising in scientific terms, in connection with its multifaceted nature and insufficiently effective implementation of these concepts in practice.

The hypothesis of the study implies that the process of social rehabilitation of drug addicts will be effective if:

- a multi-professional team (MPT) is used as a means of interdisciplinary and inter-agency cooperation;
- these activities are implemented as a specific comprehensive non-pharmacological program in the social institution of a non-state non-profit organization;
- attitude to the drug addict (rehabilitant) on the part of law enforcement officers, social workers, government employees is implemented as to a patient with severe chronic disease, rather than as to a criminal;
- a social rehabilitation facility is transparent for the clients and their relatives; social rehabilitation techniques and program have a theoretical and methodical substantiation, are easily reviewed by controlling bodies.

## 2. METHODS

When solving the problems set out in this study general scientific and special methods of investigation were applied.

To study the problems of organization of drug addicts’ social rehabilitation, the authors use the method of the traditional analysis of the documents. It is through this method that it is possible to evaluate the content of a certain social process.

The authors use the tools of social science: interviewing, conversation, questioning, and modeling, without which it is impossible to study social problems of the modern society.

The method of comparative analysis is used to identify similarities and differences in the estimates of experts on a number of issues, namely: the quality of the organization of assistance rendered to drug addicts, variability of the rendered social services to the category of the population under study, ways of improving the drug addicts' social rehabilitation system and others.

In addition, the authors refer to the possibilities of the historical method. It is possible to assess the peculiarities of the drug addicts' social rehabilitation system development and to predict the future direction of its development only from the standpoint of a realistic assessment of the historical realities.

### **3. RESULTS AND DISCUSSION**

#### **3.1. Current approaches to the drug addict's rehabilitation**

Rehabilitation tasks are determined by the need to achieve its ultimate objective, taking into account the most important aspects of the patient's life situation – medical, personal, social – through its active aimed restructuring. The following approaches are identified: medicamental; judicial; psychological; therapeutic community which is based on a model of behavior change; interdisciplinary approach.

In this study, the authors consider all of the specified approaches, as this will give an opportunity to identify the strengths of each of these approaches and determine which of them can be used in the proposed social rehabilitation program.

Let us consider the medicamental approach first. From the viewpoint of the specific features of clinical picture of drug addiction, this disease does not provide for a full recovery. Since this disease is chronic, then in the process of overcoming it, including in the framework of the rehabilitation work, manifestations of pathological addiction to psychoactive substances and related affective and behavioral disorders may resume at any time, i.e. disease recurrence may develop. Therefore, in the early 21<sup>st</sup> century modern scholars (Agibalova and Vinnikova, 2005; Anokhina, 2006; Valentik et al., 2007; Ivanets and Tsetlin, 2008; Sirota and Yaltonsky, 20015; and others) began to talk about single treatment and rehabilitation process (TRP) during the implementation of which the necessary interaction of treatment (medical, biological) and actually rehabilitation (socio-psychological) activities is ensured with mutual reinforcement of their effect.

Another approach to the implementation of rehabilitation measures is a judicial one. Studying legislation and scientific literature, one can see that from the lawyers' point of view (Kulikova, 2002; Yevloyev, 2002; Zhuikov, 2002 and others) drug addiction has a specific legal status, that is, a drug addict is an offender who falls under a number of administrative and punitive articles. This situation enables law

enforcement agencies to 'fight' against drug abuse by criminalizing patients with severe chronic disease.

Psychological approach includes the main methods and means which can be divided into two groups differing in the nature of psychotherapy impact – techniques that use predominantly manipulative strategies addressed mainly to the pathological processes and client-oriented methods employing partnership relations with the client and proceeding from the client's needs.

The so-called 'therapeutic community' is one of the most effective approaches to the rehabilitation of drug addicts. The notion of therapeutic community is based on the environmental therapy. The environmental or situation therapy (from the French-English '*milieu therapy*' – a therapeutic effect of the environment) is the use of the therapeutic potential of the patient's interaction with the surroundings, the environment. Special teaching methods are applied to overcome the feeling of patients' addiction, to encourage their sense of personal responsibility and foster their social rehabilitation. Interpretation of the essence of the environmental therapy closely rests on the understanding of the relationship of biological and social in the etiopathogenesis of neuropsychiatric diseases (as well as in their treatment and rehabilitation).

A special place among the approaches to the drug addicts' rehabilitation, in our opinion, is taken by a multidisciplinary approach based on close collaboration of multi-professional teams (MPT). Distribution of responsibilities and lack of duplication of functions are very important for efficient operation of MPT. Since the intersection in the qualifications of specialists is possible (e.g., a social worker may have considerable experience in psychological counseling), it is necessary to establish clear inter-professional boundaries. Hence, one can see that the interdisciplinary approach is a unique one to achieve the goal of rehabilitation of low-motivated multi-problem drug addicts

### **3.2. International and Russian experience in organization of the drug addicts rehabilitation process**

The study and analysis of the international experience in rehabilitation of drug addicts has been carried out by the authors as exemplified by the "DayTop" Center (USA) and the "Monar" Association (the countries of Europe). These centers work according to the therapeutic community technology and are aimed at changing behavior through strict execution of the rules existing in the community. Behavior is changing rather slowly, because most of the time participants in these programs are busy at work aimed at self-sufficiency, and the community organization itself implies the possibility of advancement in the hierarchy of the community members by the degree of their position responsibility. Such promotion may move both up, in case of stable positive dynamics of behavior change, and down, when violating the rules and internal regulations.

As a rule, extrinsic motivation is a peculiarity of the organization of such communities. This is either a direction to the center by a court decision (DayTop, USA), or lack of resources, family, and the inability to get into the paid centers as in the Monar community. The therapeutic community has special procedures developed to maintain the desired 'correct' behavior, and penalties for violations of regulations.

Special attention should be paid to the rehabilitation program based on the principles of Narcotics Anonymous, "the 12 steps". The program developed in the US in the 30s of the 20<sup>th</sup> century and strongly supported by the particular culture and religiosity of the Americans that are expressed in a positive outlook and attitude towards the world, requires adaptation with its transition to the cultural layer of the Russian society.

Since June 2015, social rehabilitation has been carried out in the "Garant" Rehabilitation Center of Magnitogorsk Charity Foundation "Civil Initiative" according to the author's program which is based on an adapted program "12 Steps" and a therapeutic community program using motivational techniques and Trans-theoretical model of behavior change (a model for monitoring amendments occurring in the drug and adjustment of an individual plan).

### **3.3. Social rehabilitation program of the "Garant" Rehabilitation Center of Magnitogorsk Charity Foundation "Civil Initiative"**

Proceeding from the theoretical justification of the concept of social rehabilitation of drug addicts as a system of behavior change a social rehabilitation program was developed in the Magnitogorsk "Garant" Rehabilitation Center.

The goal of the program is to form a sober lifestyle – a bio-psycho-socio-spiritual improvement of a drug addicted person (dependence therapy).

The content of the Social Rehabilitation Program is elaborated on the basis of a client-centered non- medicamental approach and interdisciplinary interaction.

The program is grounded on the analyzed by the authors trans-theoretical model of behavior change (Prochaska and DiClemente, 1982), which includes the "Minnesota" model (the "12 Steps" program), the concept of therapeutic community, group therapy, information and discussion meetings.

In terms of organization the Social Rehabilitation Program is meant for up to 6 months and includes 3 phases:

- 1<sup>st</sup> phase (4 weeks) – adaptation;
- 2<sup>nd</sup> phase (4 weeks) – integration;
- 3<sup>rd</sup> phase (16 weeks) – socialization;

The Social Rehabilitation Program is implemented by a multi-professional team. MPT consists of the head, 4 consultants with experience in recovery from 6 to 18 years and specially trained, a physician, a psychologist, a social worker. The work of each team expert is carried out in accordance with the concept of the program, but has flexible individual specifics for each client. Team work is

organized on the principle of 'all work with all', but several rehabilitants are allocated to each consultant acting as a 'mentor'.

In the course of the program implementation labor adaptation, spiritual and physical development are carried out. In the process of social rehabilitation conditions are created for the development of trust relationships that contribute to personality changes of the convalescent drug addict: a consultant's evaluation of the degree of openness and sociability at the group sessions and while performing assignments. The program graduates have a sober lifestyle formed and the relapse prevention mechanism worked out.

### **3.4. The drug addicts' social rehabilitation program validation outcome**

The program is currently being validated, and this article presents the interim results of its implementation.

Interim results of the program implementation can be assessed on the following criteria: 'physical recovery', 'mental health', 'interaction with the society', 'spiritual health', 'motivation'. The above mentioned criteria are measured by analyzing a set of records: therapeutic community journal, the client's individual social card, a daily individual report on the rehabilitant's progress, the psychologist's reports, and the individual rehabilitation plan. Thus, the performance of the set out tasks of social rehabilitation can be monitored. All program activities involve all areas of work to a greater or lesser extent, but nevertheless every event has its own general line. Weekly all the members of multi-professional team take part in a clinical meeting where there each rehabilitant is discussed, all team members express their opinions and proposals on updating and developing an individual plan of social rehabilitation.

According to the estimates of specialists working in the field of rehabilitation (Voronovich, 1982; Novikov, 2003) rehabilitation program is formed over a period of 3 years. Validation of our program has lasted for 1.5 years; we are on the way of improving the process of drug addicts' social rehabilitation.

## **4. CONCLUSIONS**

Social rehabilitation is the main activity with drug addicts to overcome their illness. After studying various types of social practices, the authors came to the conclusion that this problem is not sufficiently developed at both the theoretical and practical levels. At the same time, there is an upsurge in the number of drug addicts, which requires the development and implementation of efficient programs for social rehabilitation.

### **4.1. The role of modern methodological approaches in the social rehabilitation of drug addicts**

Summarizing the results of the analysis of various approaches and methodologies applied for drug addicts' rehabilitation, the authors have seen an important

component in the modern methodological field. We agree that a successful rehabilitation and correction of social and psychological functioning of drug-addicted patients is largely determined by the efficiency of the entire process of providing drug dependency treatment in the socio-medical facilities.

The process of social rehabilitation is considered by the authors from the standpoint of social practices. By generalizing the Russian and international experience, the authors have studied approaches to the organization of the drug addicts' rehabilitation process and identified strengths of each approach, giving practical tools for developing and filling the content of our social rehabilitation program.

#### **4.2. Development and implementation of the drug addicts' social rehabilitation program**

In the course of studying this problem, we developed a program of social rehabilitation, based on the results of social marketing of our target groups – drug addicts and their inner circle. Having defined the needs and requirements of the clients, the authors identified approaches, models and methods of social rehabilitation that will allow meeting them at the fullest. Such approach to the development of the program is possible only from a position of a social worker as a manager.

Social rehabilitation program is based on the strengths of the various approaches studied by the authors and on the trans-theoretical model of behavior change offered by J.O. Prochaska and C.C. DiClemente in a complex interaction with the “Minnesota” model (the “12 Steps” program of Narcotics Anonymous), the concept of therapeutic community, group therapy, information and discussion groups.

#### **4.3. Diagnostic monitoring of the implementation of the drug addicts' social rehabilitation program**

Partial validation of our social rehabilitation program for drug addicts at the “Garant” Rehabilitation Center of Magnitogorsk Charity Foundation “Civil Initiative” has allowed the authors to make interim conclusions on the effectiveness of the proposed program.

In the course of the partial validation of the program which lasted for 1.5 years, the authors obtained encouraging results regarding the number of remissions among the graduates. Currently, the organizational component of the program is improved, but the preliminary results of our work suggest a proper theoretical and practical choice of the content part of the social rehabilitation program for the drug addicted persons.

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