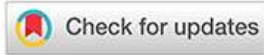


## IMPLEMENTATION OF THE THERAPEUTIC COMMUNITY METHOD FOR DRUG ABUSE IN CLASS IIB NARCOTICS PRISON PURWOKERTO



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### ABSTRACT

*The implementation of the social rehabilitation program using the Therapeutic Community (TC) method at the Narcotics Prison of Purwokerto has shown significant progress. The program consists of planning, execution, and evaluation stages. Initially, residents undergo a screening process, followed by orientation and the primary phase, where they engage in structured activities aimed at behavioral change. The re-entry phase, although hindered by the mixing of residents with other inmates, provides opportunities for adaptation through vocational training and family counseling. While the aftercare stage is not conducted within the prison, strategies are developed to prepare former residents for independent living. Challenges such as limited human resources and inadequate facilities are identified and evaluated for improvement. Recommendations include enhancing collaboration with relevant agencies and providing specialized training for staff to optimize the rehabilitation program's effectiveness.*

**Keywords:** Therapeutic Community; Social Rehabilitation; Narcotics Prison



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## INTRODUCTION

Drugs or narcotics, psychotropic substances, and other addictive substances are terms commonly used by law enforcement officials. Meanwhile, the health department often refers to them as NAPZA. The term narcotics is not found in legislation. According to Law No. 35 of 2009 concerning narcotics, Article One, Paragraph One states that narcotics are substances produced from plants or non-plants that have the ability to alter consciousness, relieve pain, and can create dependency.

Drug trafficking is a serious form of transnational crime that urgently needs to be addressed. Globalization is one of the driving factors behind the illicit drug trade. Advances in technology, along with increased ease of transportation and communication, have significantly enhanced human mobility and the movement of goods and services across national and continental borders. The rising circulation and trade of narcotics are influenced by the accessibility of technology, communication tools, and transportation facilities, making these illicit business transactions easier to conduct (Harum & Syarifah, 2023).

Indonesia, with its vast territorial area and known as an archipelagic country with open sea borders and weak border security, provides an opportunity for drug trafficking, making it vulnerable to drug smuggling. In addition to geographical factors, Indonesia's large population of around 270 million people positions it as an international market (Yusup, 2022). Currently, drug circulation is not only limited to entertainment venues but has also penetrated residential areas, educational institutions like schools, and even government institutions (BNN, 2019).

The issue of drug abuse has resulted in many victims, especially among the youth who fall within the productive age range. During adolescence, which is a productive age, the desire to try new things, follow trends, and a high curiosity are prevalent (Pramesti et al., 2022). The abuse and addiction to narcotics have serious consequences on the physical and mental health of those involved. The impacts include disruption of vital organ functions, such as the brain, heart, kidneys, lungs, and liver, and can lead to mental disorders resulting in prolonged suffering and even death (Pramesti et al., 2022). Moreover, the families of individuals who abuse narcotics also bear the burden; families experience shame when there is a member involved in narcotics abuse, and they also face economic burdens due to rehabilitation or treatment costs for the affected family member (Kadarmanta, 2022). Drug abuse not only affects the individual but also impacts the family, which must bear the economic, social, and prolonged suffering burdens. In 2019, national economic losses reached tens of trillions, while according to Dahlan (2017), the estimated economic loss in Indonesia due to narcotics abuse in 2017 amounted to seventy-four trillion rupiahs.

The number of correctional inmates with backgrounds in drug abuse cases, including producers, users, and dealers, whether they are detainees or convicts in correctional institutions, has continued to rise year after year. From 2020 to 2023, it can be observed that drug cases dominate correctional facilities in Indonesia. In terms of percentage, in 2020, 98.68% of correctional facilities were occupied by drug abuse offenders, in 2021 it was 98.43%, in 2022 it was 98.27%, and in 2023 it was 97.65% of the inmates in Indonesian correctional facilities were drug abuse offenders. With the increasing number of drug abuse cases in correctional facilities, it is evident that Indonesia remains an attractive market for the circulation of narcotics/psychotropic substances, even though the punishment they face may be the death penalty.

With the continuous increase in the number of correctional inmates with backgrounds in drug abuse cases, correctional facilities are expected to fulfill their role as a place for the rehabilitation of convicts, particularly those with drug abuse cases. It is the duty of correctional institutions to provide rehabilitation to correctional inmates, especially those with drug abuse cases, in the form of rehabilitation programs. This is regulated in the Minister of Law and Human Rights Regulation No. 12 of 2017 concerning the Implementation of Rehabilitation Services for Drug Offenders and Correctional Inmates. Rehabilitation provided to detainees and inmates with drug abuse cases, also referred to as correctional rehabilitation, is part of the health care and rehabilitation process and cannot be separated.

The Therapeutic Community is a form of social rehabilitation applied to victims of drug abuse, where there is a community consisting of individuals with similar problems but sharing a common goal: to help themselves and each other, led by one of their members, who is expected to facilitate a change in behavior from negative to positive (Linarsih & Andhika, 2021). In other words, the implementation of the Therapeutic Community is based on the principle of "man helping man to help himself," meaning that individuals provide support, assistance, and care to one another to aid in their recovery collectively (Ayu & Fitniwilis, 2022). If the Therapeutic Community method is implemented completely, the success rate can reach 80%, with residents able to maintain a substance-free condition for a longer duration (Islam et al., 2023).

Given the rising number of drug cases and the increasing rate of recidivism, the Therapeutic Community method is a potential solution to these issues at the Narcotics Class II B Purwokerto Correctional Facility. This research aims to observe how the Therapeutic Community method operates at the Class II B Purwokerto Correctional Facility. Naturally, many challenges and obstacles are faced by the Narcotics Class II B Purwokerto Correctional Facility. To support the effective implementation of the Therapeutic Community process, it is essential to understand how this method can be carried out effectively. Based on the background explained above, the researcher is interested in conducting a thesis study titled "The Implementation of the Therapeutic Community Method for Drug Abuse in the Class II B Purwokerto Narcotics Correctional Facility."

## **LITERATURE REVIEW**

The research findings in explained that rapid cultural changes in China and the transformation of rural areas into mid-level cities have led to drug use as an escape, resulting in social problems and public health issues (Hyde, 2019). The increasing consumption of illicit drugs has contributed to the burden of diseases such as hepatitis B and C, tuberculosis, and HIV/AIDS. The Therapeutic Community (TC) rehabilitation model, exemplified by Sunlight, the first residential therapeutic community for drug users in Yunnan Province, has shown success. However, the implementation of the Therapeutic Community program in China has faced challenges such as changes in leadership, detention of directors, and loss of funding. Despite various problems and challenges faced, the Therapeutic Community program has the potential to help individuals with drug addiction issues. To support the success of this program, appropriate implementation, consistent support, and availability of quality services are required. Additionally, to enhance the success of the Therapeutic Community program, coordination among various agencies and mental health organizations is essential to address drug addiction issues.

Richardson and Zini's (2021) research findings explain that there are challenges in evaluating the effectiveness of the Therapeutic Community program in prison settings. These challenges include difficulties in balancing therapy with security and the complexity of measuring and assessing factors that contribute to changes in individuals undergoing Therapeutic Community treatment. The Therapeutic Community model is considered effective when applied in prisons because TC programs can produce positive behavioral changes in inmates and strengthen relationships among them. The research shows that participation in the Therapeutic Community program reduces recidivism rates, and post-treatment outcomes indicate positive directions. This suggests that the Therapeutic Community is an effective tool for rehabilitating inmates and reducing the likelihood of reoffending. The article also discusses the challenges of implementing the TC method in prisons, one of which is balancing security needs with providing effective therapy. The importance of aftercare programs is emphasized as a means to improve outcomes for participants. Aftercare stages are considered crucial for maintaining the positive changes achieved during participation in the Therapeutic Community program, especially after inmates are released from prison.

The research by Hill et al., (2022) highlight that a significant number of Aboriginal youth access drug and alcohol (AoD) programs in Australia, and many exit before completing the program. Despite high demand for these programs, the number of Aboriginal staff remains low, posing challenges in providing adequate services. The Therapeutic Community method is one of the intensive drug and alcohol treatment options in Australia, involving therapeutic activities such as counseling, relapse prevention techniques, and life skills training, usually conducted over a month or more. The Therapeutic Community program is initiated by understanding the impact of their experiences to facilitate change. Here, youth share their experiences with staff, which is essential for staff to listen and understand their needs. Secondly, a holistic approach to healing is taken, which strengthens identity, restores secure relationships through improved physical well-being, and develops social and cultural connections. Thirdly, collective healing occurs through the roles of the community, family, and the individuals themselves. Families serve as motivators for positive change and sources of support while individuals participate in the TC program. Fourthly, healing is viewed as a lifelong ongoing process, involving counseling, journaling, receiving feedback, and conflict resolution. These aspects help youth gain control over their drug and alcohol use. The article notes that the outcomes of the TC program include significant reductions in alcohol and drug use and decreased contact with the criminal justice system.

## **METHOD**

According to Fiantika (2022), research methodology refers to a series of activities, rules, and procedures applied by researchers in a specific field of study. The function of research methodology is to serve as the main guide in the research implementation. The method chosen in the research plays an essential role as a tool for collecting accurate data. Researchers will process and analyze the data collected through the established methods to identify solutions to the researched problems

According to Creswell (1998), qualitative approaches are research techniques aimed at understanding social phenomena and the problems faced by humans. In this approach, researchers create complex representations by analyzing words, providing detailed reports based on respondents' perspectives, and examining events in their natural context (Eko, 2020). Meanwhile, according to Moleong (2016), qualitative research is research that aims to understand the phenomena experienced by research

subjects, such as behaviors, perceptions, motivations, and actions, holistically, and is described in the form of words and language, within a specific natural context, utilizing various natural methods.

## RESULTS AND DISCUSSION

### Implementation of the Therapeutic Community Program

#### a) Pre-Program Stage

To initiate the Therapeutic Community program at the Narcotics Prison in Purwokerto, meticulous planning is essential to ensure the success and sustainability of the program. This planning encompasses several aspects. First, in terms of timing, a detailed schedule must be established, including the overall duration of the program, session frequency, and specific stages that participants will undergo. Second, careful budget planning is crucial for efficiently allocating financial resources, including costs for equipment, program materials, and other logistical needs. Third, establishing partnerships with various parties is necessary to gain additional resources with specific expertise.

Regarding the implementation timeline, the Therapeutic Community program at the Narcotics Prison in Purwokerto will be conducted over six months, starting from March 4, 2024, to September 4, 2024. The budget for rehabilitation activities using the Therapeutic Community method will utilize the DIPA of the Narcotics Prison in Purwokerto for the 2024 fiscal year, Number: SP-DIPA-013.05.2.497727/2024. In terms of stakeholders, the Narcotics Prison in Purwokerto is collaborating with the Banyumas National Narcotics Agency (BNN), the AN Nur Haji Supono Foundation's Integrated Service Provider (IPWL) in Purbalingga, and the Banyumas Health Office.

In addition to preparing the budget, timing, and partnership aspects, the initial step in program preparation is forming a solid rehabilitation team. Each team member must have a clear understanding of their roles and responsibilities and possess competencies that align with the needs of the Therapeutic Community program.

The narcotics rehabilitation program team was established and approved by the Head of the Narcotics Prison Class IIB Purwokerto, as outlined in the Prison Decree Number W.13.PAS.PAS.29-297-PK.01.06.05 of 2024 dated February 9, 2024. The following personnel are part of the rehabilitation team, responsible for implementing the rehabilitation program at the Narcotics Prison in Purwokerto:

- Head of the Correctional Institution as the person in charge
- Head of the Guidance and Activities Section as the team leader
- Subsection Head of Care as the program manager
- Doctor as an instructor
- Nurse as an instructor
- Nurse as an instructor

#### b) Program Implementation Stage

The social rehabilitation implemented at the Narcotics Prison in Purwokerto adopts the Therapeutic Community method as the primary approach to assist the recovery of drug abusers. The Therapeutic Community is a social rehabilitation method specifically designed to address the issues faced by victims of substance abuse. The uniqueness of this method lies in its fundamental principle, where



participants with similar problems collectively form a supportive community, aiming to help each other while also facilitating their own recovery.

This social rehabilitation program is expected to bring significant positive changes in various aspects of the residents' lives. Through a series of structured group therapy activities, inmates are assisted in recovering and maintaining their overall well-being, encompassing biological, psychological, and social aspects. This is crucial given the negative impacts of substance dependency not only on physical health but also on mental conditions and social interaction abilities.

The Therapeutic Community program at the Narcotics Prison in Purwokerto aims to enhance the overall quality of life for inmates. This includes efforts to rebuild self-esteem, develop life skills, and instill positive values that will help them lead fulfilling lives after their release from the prison. Thus, this program not only focuses on recovery from addiction but also prepares participants to function effectively in society upon their reintegration.

Based on field findings, the TC program at the Narcotics Prison in Purwokerto is conducted over six months, with four main stages: induction, primary, re-entry, and aftercare. However, before entering these stages, an initial acceptance or participant selection process is conducted. This stage is crucial to ensure that prospective residents meet the established criteria and possess a strong motivation to participate in the program. Participant selection also aids in forming a cohesive TC group, which is a critical factor for the program's success.

#### 1) Acceptance Stage

The acceptance stage is a vital initial step in the Therapeutic Community program at the Narcotics Prison in Purwokerto. This stage is designed as a selection process to identify and prioritize inmates who most need and are likely to benefit the most from the TC program. The importance of this stage is emphasized by the limited program quota compared to the total number of inmates at the Narcotics Prison in Purwokerto. A total of 40 inmates are screened out of 100, and from these 40, 20 inmates will be selected to participate in the Therapeutic Community program.

#### 2) Induction

Induction, also known as the orientation stage, is a step in the Therapeutic Community program at the Narcotics Prison. Its main objective is to provide an overall introduction to the TC program for the selected residents. The orientation process is conducted by the program manager and instructors, who play a crucial role in providing a comprehensive understanding of various aspects of the TC program.

The first step is an introduction to the program, where details about the social rehabilitation program, its goals, and how it can assist in their recovery are explained.

Secondly, residents are introduced to the rehabilitation team structure, including the roles and responsibilities of each team member, such as the program manager, instructors, counselors, and other staff involved in the rehabilitation process.

Next, various activities and therapies that they will undergo during the program are explained, including individual and group counseling sessions, educational activities, and life skills development. Residents are also informed about the program's duration and the daily schedule they will follow. Additionally, they

are clearly communicated the rules that must be adhered to during the program and the consequences of violations.

As a supporting tool, residents are provided with a “walking paper,” which is a booklet containing important information about the program, schedule, rules, and other necessary details. This serves as a reference guide during their participation in the program.

The orientation stage in the TC program at the Narcotics Prison in Purwokerto encompasses not only the introduction of the program and its rules but also involves an addiction counseling process. This counseling is conducted by counselors from the Banyumas National Narcotics Agency (BNN). The addiction counseling process is a critical component of the orientation stage as it provides a deeper understanding of each resident's condition.

### 3) Primary Stage

The primary stage is a crucial phase in the rehabilitation program at the Narcotics Prison in Purwokerto. During this stage, participants begin to engage in a series of structured activities specifically designed to support positive behavioral changes. The primary goal is to help program participants break free from drug dependence and prepare to reintegrate into society as productive individuals.

### 4) Re-entry Stage

The re-entry stage is a follow-up process after residents complete the primary phase, where they start to readapt and interact with inmates outside of the residential community. Residents are prepared through programs that emphasize healthy and productive lifestyles. The main objective of this phase is for residents to become independent in managing their daily activities, to develop maturity in thinking, to be capable of interacting with their environment, and to participate in vocational activities provided.

Evaluation is also an integral part of this stage, one of which is through the WHOQOL (World Health Organization Quality of Life) assessment. Through this instrument, residents self-evaluate their feelings, social life, and various aspects of their quality of life. This assessment allows officers to measure changes in inmates' quality of life as a result of the Therapeutic Community program.

One component of the re-entry stage is the creation of a daily activity schedule. This aspect is crucial in the recovery process, considering that substance abusers often lack a structured time frame. By scheduling activities in a structured manner, residents are assisted in maintaining abstinence and avoiding a return to substance use. This regular schedule serves as an important foundation for building a healthy and productive lifestyle.

Vocational activities are another key element in the re-entry stage. Based on observations made by researchers at the Narcotics Prison in Purwokerto, residents receive training in a variety of job skills, such as culinary skills in making chicken noodles, bir pletok, banana chips, and siomay. In previous social rehabilitation periods, they were also trained in making tiedye batik, often known as batik jumputan. These trainings not only provide technical skills but also help residents develop a work ethic and social skills necessary for survival in society.

Family counseling is also an important component in the re-entry stage. This session involves staff, residents, and family members. The goal is to discuss the residents' family situations, identify barriers and supportive factors in the

recovery process, and address family issues related to the residents' addiction. This counseling also serves to assess the family's readiness to welcome back the residents. The main objective is to prepare residents for reintegration into their family environment, facilitate the family's acceptance of the residents, and establish agreements on steps to support ongoing recovery.

5) Aftercare Stage

Aftercare, or the post-rehabilitation stage, is the phase in the recovery process for ex-residents or alumni of the drug rehabilitation program who have graduated. This stage aims to help alumni form healthy and positive groups while understanding themselves better in a supportive environment. The primary objective is to prepare alumni for independent living outside of the Narcotics Prison in Purwokerto, facing situations and conditions different from the rehabilitation environment.

However, based on interviews with staff, it was revealed that the aftercare stage is not implemented at the Narcotics Prison in Purwokerto. This program is actually carried out outside the prison and is the responsibility of the Correctional Center (Balai Pemasyarakatan/Bapas). Therefore, once a resident has completed their sentence and is released from the prison, the rehabilitation officers at the prison, including counselors and instructors, can no longer directly supervise the former residents.

### **Obstacles in Implementing the Therapeutic Community Method**

a) Man

Obstacles related to human aspects in the Narcotics Prison of Purwokerto present several challenges that can affect the effectiveness of the rehabilitation program. Firstly, there is resistance from some inmates to participate in the rehabilitation program. Although they meet the criteria, not all inmates are willing to join the program, which necessitates additional efforts to seek and motivate other participants. This situation indicates a challenge in raising awareness and motivation among inmates regarding the importance of rehabilitation programs.

b) Machines

Obstacles related to machines in the social rehabilitation program at the Narcotics Prison of Purwokerto show limitations in facilities, means, and infrastructure required to run the program optimally. Based on the researcher's observations, there are two main issues affecting the effectiveness of the rehabilitation program's implementation.

Firstly, there is no dedicated block for rehabilitation participants. Ideally, rehabilitation program participants should be placed separately from other inmates who are not involved in the TC program. This separation is crucial for creating a conducive environment for recovery, minimizing negative influences, and maximizing participants' focus on rehabilitation programs. The absence of a dedicated block results in the rehabilitation program being unable to run optimally since participants are still exposed to the environment and interactions with other inmates who may not support their recovery process. The second obstacle is space limitations, which hinder the implementation of various activities in the Therapeutic Community program.

c) Money

Social rehabilitation activities utilize the DIPA (Budget Implementation List) of the Narcotics Prison of Purwokerto for the fiscal year 2024, Number: SP DIPA-



013.05.2.49.7727/2024. From interviews, it was found that there are funding challenges in the social rehabilitation program at the Narcotics Prison of Purwokerto. The DIPA issued by the Ministry only covers costs for 10 rehabilitation participants, while the target set in the circular or reference is 20 individuals. Consequently, the prison faces challenges in managing and funding an additional 10 participants not covered in the DIPA budget. This creates a gap between rehabilitation needs and available funds, forcing the prison to seek solutions in managing limited resources to meet the established targets.

d) Method

It is known that the application of the Therapeutic Community method in the Narcotics Prison of Purwokerto cannot be maximized as in other rehabilitation centers. One example is the smoking ban, which is a standard rule in TC but cannot be enforced in the prison because smoking is still permitted for inmates who are rehabilitation participants.

e) Materials

The implementation of the rehabilitation program for inmates at the Narcotics Prison of Purwokerto has shown positive developments, although there are still several aspects that need improvement. The Narcotics Prison of Purwokerto has made efforts to prepare everything well, including selecting rehabilitation participants and preparing the necessary facilities, means, and infrastructure. However, based on the researcher's observations during the study, the rehabilitation implementation in the Narcotics Prison of Purwokerto focuses on social rehabilitation using the Therapeutic Community method. This focus is based on the consideration that the majority of program participants are drug addicts who no longer require intensive medical rehabilitation and need more social rehabilitation interventions. This reflects the efforts of the Narcotics Prison of Purwokerto to optimize existing resources and tailor programs to meet the needs of inmates.

### **Stage After the Program is Completed**

After undergoing the acceptance and implementation processes, the final stage in the rehabilitation program using the Therapeutic Community method is the evaluation phase. During this stage, counselors conduct a comprehensive evaluation of the changes achieved, which is then reported to the program manager. This evaluation covers several important aspects, including the development of inmates after rehabilitation, such as any tendencies to relapse into drug use. Additionally, the evaluation team—which includes the Program Manager, counselors, instructors, and doctors—identifies the obstacles and motivations that inmates experience in their transformation process.

Internally, the Narcotics Prison of Purwokerto also evaluates the rehabilitation program's implementation over the six-month period, identifying encountered challenges and seeking solutions. If solutions to the issues faced cannot be found, these problems will be communicated to the Regional Office for further handling. Equally important, evaluations are also conducted concerning cooperation with third parties, assessing the extent of their support during the program's activities. Through this evaluation, it is hoped that the rehabilitation program can continue to improve its quality and provide optimal positive impacts for the inmates.

## CONCLUSION AND SUGGESTION

The implementation of the social rehabilitation program using the Therapeutic Community method at the Narcotics Prison Class IIB Purwokerto has been progressing quite well. This program consists of several stages, namely planning, implementation, and evaluation. In the planning stage, a schedule is developed, budget planning is conducted, cooperation with third parties is established, and a rehabilitation team is formed through a Decree (SK).

The implementation stage begins with the selection of inmates through the ASSIST screening process, informed consent completion, ASI assessment, and WHOQOL assessment. Once they pass the selection, the inmates become residents and enter the orientation stage, where they are introduced to the entire program. Next, the residents enter the primary stage, which involves various structured activities according to the established schedule, such as morning meetings, morning briefings, sharing circles, religious studies, seminars, PAGE, group dynamics, as well as sports and recreation. After completing the primary stage, residents enter the re-entry stage, where they start to adapt and interact again with the environment outside the residential community. However, this stage has not been optimal because the residents' living quarters are still mixed with other inmates, resulting in interactions outside the residential community during the rehabilitation process. To maximize the re-entry stage, various activities are conducted, such as evaluations using the WHOQOL, creating daily activity schedules, vocational training, and family counseling. At this stage, positive developments have been observed in residents, especially in behavior changes, emotional control, more mature thinking, spirituality, and social and work skills.

The final stage of the TC program, which is aftercare, aims to prepare former residents to live independently outside the prison while facing a different environment. However, since this aftercare stage falls outside the responsibility of the prison and is more under the authority of the Correctional Center (Bapas), this aftercare stage is not implemented at the Narcotics Prison of Purwokerto. As an alternative strategy, former residents who are still serving their sentences are used as 'tamping' because they are considered to have better behavior. This research also found several obstacles in the implementation of the program, such as limitations in human resources, budget, and facilities. These obstacles will be evaluated to ensure that the rehabilitation program using the Therapeutic Community method can run better in the future.

To enhance the effectiveness of the social rehabilitation program using the Therapeutic Community method at the Narcotics Prison of Purwokerto, it is recommended that the prison authorities improve collaboration and coordination with relevant agencies, as well as develop staff capacity through specialized training on the rehabilitation program using the Therapeutic Community method. Furthermore, in the implementation of the social rehabilitation program in the next period, it is essential to use the obstacles encountered in the previous program as a reference for improvement, particularly in enhancing the quality of human resources (HR) for correctional officers and providing supporting facilities and infrastructure for the rehabilitation program at the prison. This approach will help address existing challenges and allow the program to run more optimally.

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