

## POSITION AND RESPONSIBILITIES OF ADDICTION COUNSELOR IN THE FRAMEWORK OF REHABILITATION GUIDANCE FOR NARCOTICS USING PRISONERS AT CLASS IIB BANYUASIN NARCOTICS PRISON



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### **ABSTRACT**

*This study examines the role and responsibilities of addiction counselors in the rehabilitation of narcotics inmates at the Class IIB Banyuasin Narcotics Prison. It highlights the shifting function of correctional institutions from purely punitive environments to centers focused on recovery and reintegration. Using a qualitative descriptive approach, data were collected through non-participant observation, in-depth interviews with counselors and inmates, and analysis of relevant documents. The data were then analyzed thematically to generate comprehensive insights. The findings show that addiction counselors hold a legally mandated and strategically important role within the rehabilitation system. They act as a bridge between institutional security and therapeutic processes. Their work involves structured stages of assessment and intervention, implemented through the Therapeutic Community approach, which includes individual, group, and family counseling. The program demonstrates strong effectiveness, reflected in high levels of participant compliance and successful recovery outcomes, including sustained abstinence from drug use among inmates involved in the program. In conclusion, addiction counselors play a crucial role in supporting inmate recovery, maintaining institutional stability, and advancing the rehabilitative function of correctional facilities. Strengthening their capacity and institutional support is essential to ensure the sustainability and effectiveness of narcotics rehabilitation programs.*

**Keywords:** *Addiction Counselor; Rehabilitation; Narcotics Prison*

## INTRODUCTION

The global issue of narcotics abuse presents a persistent and complex challenge to public health and safety, fueling a significant portion of the world's prison population. Indonesia, like many nations, grapples with this crisis, where the intersection of drug use and crime places immense strain on the correctional system. Prisons are no longer viewed merely as facilities for punishment and containment but are increasingly recognized as critical arenas for intervention. A large percentage of inmates are incarcerated for drug-related offenses, and many suffer from substance use disorders. This reality has forced a re-evaluation of the purpose of incarceration, shifting the focus from simple retribution to the more complex and ultimately more effective goal of rehabilitation, aiming to break the cycle of addiction and crime (Firdaus dkk., 2021).

This philosophical evolution is formally enshrined in Indonesia's legal framework. The enactment of Law No. 35 of 2009 on Narcotics marked a pivotal moment, legally mandating medical and social rehabilitation for narcotics addicts and victims of substance abuse. This legislation signaled a departure from a purely punitive approach, reframing addiction as a health condition requiring professional treatment rather than solely a criminal act deserving punishment. This legal imperative has been further reinforced by Law No. 22 of 2022 on Correctional Institutions, which centers the mission of the modern prison system on the successful social reintegration of its inmates. Consequently, specialized facilities like narcotics prisons are now tasked with a dual mission: to enforce a legal sentence while simultaneously delivering evidence-based treatment programs designed to foster genuine, lasting change.

At the heart of this rehabilitative mission is the addiction counselor. This professional role is the linchpin that connects legislative intent with practical, on-the-ground implementation. Within the structured and often challenging environment of a facility like the Class IIB Banyuasin Narcotics Prison, the counselor is the primary agent of change. They are responsible for translating the abstract goals of rehabilitation into a tangible, day-to-day process of healing and growth. Moving beyond the traditional roles of prison staff, they employ specialized clinical skills to manage complex therapeutic programs, address the deep-seated psychological roots of addiction, and guide inmates on a transformative journey toward recovery (Nurlaily, 2025).

Given this critical function, a thorough understanding of the counselor's position is essential. Therefore, this article aims to provide a comprehensive analysis of the position and responsibilities of the addiction counselor within the rehabilitation framework at the Class IIB Banyuasin Narcotics Prison. It will explore the legal and institutional foundations that define their role, their strategic importance within the correctional system, and their core duties in assessment and program implementation. Furthermore, this paper will detail the specific therapeutic and educational interventions they employ and evaluate the overall effectiveness and impact of their work. The objective is to illuminate the counselor's indispensable contribution to achieving the rehabilitative goals of the modern Indonesian correctional system.

## LITERATURE REVIEW AND RESEARCH FRAMEWORK

The contemporary discourse on correctional policy continues to pivot away from purely punitive models, with a growing body of recent scholarship underscoring the limitations of retribution in achieving long-term public safety. Research from the last few years emphasizes that for a significant portion of the incarcerated population, particularly those with substance use disorders, punitive measures alone are ineffective at preventing re-offense. Instead, a strong consensus has emerged around the efficacy of rehabilitative

justice, which prioritizes addressing the root causes of criminal behavior (Johnson & Lee, 2021). This approach is grounded in the understanding that treating underlying conditions like addiction is a more effective strategy for reducing recidivism than simply punishing the resulting criminal acts.

In line with this, the prevailing scientific view frames addiction as a complex, chronic health condition affecting brain function and behavior, which necessitates a clinical treatment approach. Within correctional settings, the Therapeutic Community (TC) remains a highly relevant and evidence-based model, though recent literature highlights its evolution. Modern applications of the TC model now frequently integrate principles of trauma-informed care and address co-occurring mental health disorders, adapting the classic methodology to better suit the complex needs of today's inmate population (Chen et al., 2022). These updated TC models maintain the core philosophy of "community as method" but place greater emphasis on creating a psychologically safe environment and providing individualized care paths, moving beyond a one-size-fits-all structure.

The successful implementation of these sophisticated programs is entirely dependent on the skills of qualified professionals. The role of the Addiction Counselor in a correctional setting has been a subject of renewed focus, with recent studies defining their essential functions in this unique environment. A competent correctional counselor must possess a dual skill set: the ability to apply clinical best practices while simultaneously navigating the security protocols and inherent power dynamics of a prison (Rodriguez & Patel, 2023). Core competencies identified in recent literature include expertise in clinical assessment for dual diagnoses, proficiency in facilitating both individual and group therapy, and the capacity to manage a therapeutic environment that fosters accountability without compromising safety.

In the specific legal context of Indonesia, recent analyses continue to affirm the foundational importance of Law No. 35 of 2009 on Narcotics. Scholarship from this decade examines the ongoing implementation of this law, focusing on the challenges and successes of embedding a mandatory rehabilitation framework within the nation's correctional system (Sari & Hidayat, 2021). This body of work highlights the critical role of National Narcotics Board (BNN) regulations in standardizing the professional qualifications of addiction counselors, viewing it as a key mechanism for ensuring that the state's legal mandate for rehabilitation is executed effectively and ethically by a certified workforce.

## **Research Framework**

This research employs a conceptual framework designed to systematically analyze the addiction counselor's role at the Class IIB Banyuasin Narcotics Prison. The framework is structured as a linear process model, illustrating how foundational legal and philosophical inputs enable the counselor's multifaceted role, which in turn produces a series of measurable outcomes. This model provides a clear pathway to understand not only the specific duties of the counselor but also their strategic importance and ultimate impact on inmate recovery, institutional stability, and societal well-being.

### **1. Foundational Inputs: The Enabling Context**

The entire process is built upon two critical inputs that create the necessary environment for effective rehabilitation. The first is the Legal and Institutional Framework. This foundational layer is composed of Indonesia's key legislation, including Law No. 35 of 2009 and Law No. 22 of 2022, alongside the professionalizing regulations set forth by the

BNN. Recent analyses confirm that this legal structure is the primary driver, legitimizing the counselor's authority and mandating their presence as a professional requirement (Sari & Hidayat, 2021). The second input is the Correctional Philosophy of Rehabilitation. This is the guiding ideology adopted by the prison administration, which is informed by contemporary evidence on rehabilitative efficacy (Johnson & Lee, 2021) and prioritizes inmate transformation and successful reintegration over mere punishment. These inputs work in tandem to create an organizational ecosystem that empowers and supports the counselor's mission.

## 2. The Central Process: The Counselor's Role in Action

At the heart of the framework lies the dynamic and multifaceted role of the addiction counselor. This central process is what the research seeks to comprehensively describe and analyze. It is composed of several interconnected functions:

### 1) Strategic Position

This examines the counselor's vital function as a mediator between the prison's security mandate and its therapeutic goals. It explores how they navigate the inherent tensions of the carceral environment to facilitate genuine rehabilitation.

### 2) Core Responsibilities (The Operational Process)

This details the day-to-day professional duties that drive the rehabilitation program forward. This is further broken down into three key stages:

#### a) Assessment

The initial and critical diagnostic stage, where the counselor evaluates an inmate's addiction severity, psychological health, and social history to create a tailored treatment plan.

#### b) Program Implementation

The practical management of the adapted Therapeutic Community (TC) model. This involves guiding inmates through the program's structured phases, upholding its core principles, and ensuring the community remains a safe and productive therapeutic environment, consistent with modern best practices (Chen et al., 2022).

#### c) Therapeutic and Educational Interventions

This encompasses the specific "tools" and techniques employed by the counselor. These are the active ingredients of change and include individual and group counseling, psychoeducational workshops, and family intervention, all of which must be delivered according to updated competency models (Rodriguez & Patel, 2023).

## 3. Measurable Outcomes: Evaluating the Impact

The framework culminates in the evaluation of the outputs and results generated by the counselor's work. These outcomes serve as the key indicators of the program's effectiveness and are categorized into three distinct levels:

### 1) Individual-Level Outcomes

The direct effects on the inmate, measured by verified abstinence from drug use, observable pro-social behavioral changes, and cognitive shifts such as increased self-awareness and knowledge of recovery principles.

### 2) Institutional-Level Outcomes

The impact on the prison environment itself, evidenced by high program adherence rates and a corresponding reduction in inmate misconduct, which contributes to a safer and more stable facility.

### 3) Societal-Level Outcomes

The ultimate goal and long-term measure of success, which is the successful reintegration of the inmate back into the community and a tangible reduction in recidivism.

The Legal and Philosophical Inputs enable the Counselor's Role (the Process), and the effective execution of this role leads to positive Outcomes at the individual, institutional, and societal levels (Hambali dkk., 2024).

## **METHOD**

This research utilizes a qualitative descriptive method to provide a rich analysis of the addiction counselor's role at the Class IIB Banyuasin Narcotics Prison. Data was collected through a combination of non-participant observation of rehabilitation activities, in-depth interviews with counselors and program participants, and document analysis of institutional reports and relevant legal frameworks. The collected data was subsequently analyzed using a thematic approach to synthesize findings into a comprehensive understanding of the counselor's position, responsibilities, and impact within the facility's rehabilitation framework.

## **RESULTS AND DISCUSSION**

### **The Legal and Institutional Framework for Addiction Counselor**

The position of an addiction counselor within Indonesia's correctional system, particularly in specialized institutions like the Class IIB Banyuasin Narcotics Prison, is not an ad-hoc or supplementary role. Instead, it is a formally recognized and essential profession built upon a robust and multi-layered legal and institutional framework. This framework serves to legitimize the counselor's authority, standardize their qualifications, and integrate their function into the nation's broader strategy for addressing narcotics abuse and promoting rehabilitative justice. The very existence and operational mandate of addiction counselors are direct consequences of a deliberate policy shift away from a purely punitive approach to one that recognizes addiction as a complex health issue requiring professional intervention, even within a carceral setting.

The cornerstone of this entire framework is Law No. 35 of 2009 on Narcotics. This landmark legislation fundamentally reshaped the national response to drug-related offenses. Crucially, it mandates that narcotics addicts and victims of narcotics abuse must undergo medical and social rehabilitation. This provision is pivotal because it legally reframes the status of a drug user from being solely a criminal offender to being an individual in need of treatment. For correctional facilities, this law created an imperative to evolve from mere places of confinement into centers for rehabilitation. It necessitated the introduction of structured, evidence-based treatment programs and, by extension, the professionals qualified to run them. The law provides the foundational *why* for the counselor's presence, establishing a legal obligation for the state to provide rehabilitative services to incarcerated narcotics users. Consequently, the work of an addiction counselor in Banyuasin prison is not just a matter of institutional policy but a direct fulfillment of a national legal mandate (Yonani, 2025).

Building on the legal imperative established by the Narcotics Law, the National Narcotics Board (BNN) has developed specific regulations to professionalize and standardize the role of the addiction counselor. This ensures that the mandate for rehabilitation is carried out by competent and qualified individuals. Two key regulations are central to this effort. First, BNN Regulation No. 3 of 2018 concerning the Professional

Certification of Addiction Counselors establishes a formal process for credentialing. This regulation ensures that counselors possess a verified level of knowledge, skill, and ethical grounding. Certification provides a quality assurance mechanism, guaranteeing that counselors have been trained in evidence-based practices and are equipped to handle the complex psychological, behavioral, and social dimensions of addiction.

Second, BNN Regulation No. 3 of 2020 concerning Technical Guidelines for the Functional Position of Addiction Counselors further embeds the role within the state administrative structure. This regulation goes beyond just certification to define the specific duties, responsibilities, career pathways, and performance metrics for counselors employed by the government. It formalizes their job description, clarifying their function as technical experts responsible for assessment, program implementation, and monitoring. Together, these BNN regulations elevate the role from a vocation to a recognized profession with clear standards and a defined place in the governmental hierarchy, ensuring consistency and quality in rehabilitation efforts across the country.

Finally, this legal and professional framework is operationalized within the specific context of the correctional system, which is governed by its own set of laws and institutional partnerships. Law No. 22 of 2022 on Correctional Institutions reinforces the modern philosophy of corrections, which is centered on the goal of successfully reintegrating offenders into society as productive and law-abiding citizens. The work of the addiction counselor aligns perfectly with this objective. They are the primary agents tasked with implementing the programs that facilitate this transformation. This synergy is further strengthened by institutional collaborations, such as the formal partnership between the Directorate General of Corrections and the Indonesian Addiction Counselors Association (IKAI). This collaboration ensures that the rehabilitation programs, like the Therapeutic Community model used in Banyuasin, are managed and delivered by a certified pool of professionals who adhere to a shared code of ethics and best practices. In conclusion, the legal and institutional framework is a comprehensive ecosystem that not only creates the demand for addiction counselors but also ensures their professional competence and integrates their work into the core mission of the Indonesian justice system (Nurlaily, 2025).

### **The Strategic Position of Counselors in the Correctional System**

Within the complex ecosystem of a correctional institution, the addiction counselor holds a uniquely strategic and pivotal position. They are not merely ancillary staff providing therapeutic services; they function as the essential linchpin connecting the prison's dual mandates of security and rehabilitation. In a specialized facility like the Class IIB Banyuasin Narcotics Prison, the counselor's role is elevated beyond daily tasks to become the primary vehicle through which the modern philosophy of corrections is enacted. Their strategic importance is best understood by examining their function across four critical domains: bridging punishment with restoration, implementing national policy, engineering internal transformation, and facilitating successful reintegration into society (Cheng, 2024).

#### **1. A Bridge Between Punitive and Restorative Justice**

A prison is inherently a place of conflict, caught between two opposing forces: control and healing. Its primary function is punitive and custodial to enforce a sentence, maintain strict order, and ensure public safety through the deprivation of liberty. This environment is, by design, rigid, disciplined, and coercive. In stark contrast, the process of rehabilitation is rooted in principles that seem antithetical to prison life: trust, self-discovery, emotional

vulnerability, and personal growth. The addiction counselor operates directly at the volatile intersection of these two worlds.

Strategically, they serve as the indispensable bridge between them. While uniformed officers and physical barriers constitute the prison's *hard infrastructure* of control, the counselor builds the *soft infrastructure* of recovery. They work to create a "therapeutic space" a pocket of psychological safety where inmates can confront their trauma, admit their failures, and express vulnerability without fear of exploitation. This role is strategic because, without it, the institution would fail in its rehabilitative duty, devolving into a mere warehouse for offenders. It would perpetuate a cycle of punishment that addresses the crime but leaves the root cause addiction untreated. The counselor humanizes the carceral experience, proving that restorative justice is not only possible but necessary within a punitive setting, thereby integrating two opposing philosophies into a functional model.

## 2. The Ground-Level Implementer of National Policy

High-level legislation, such as Law No. 35 of 2009 on Narcotics and Law No. 22 of 2022 on Correctional Institutions, represents the government's official commitment to rehabilitative justice. However, these laws are abstract frameworks until they are translated into concrete, on-the-ground action. The addiction counselor is the designated agent of this translation. When the law mandates social rehabilitation for narcotics users, it is the counselor who converts this legal text into a tangible program, such as the Therapeutic Community (TC) model implemented in Banyuasin.

Their position is strategic because they are not simply following orders; they are applying specialized, evidence-based clinical methodologies to achieve a specific policy objective. The success of the state's entire strategy to combat drug abuse and reduce recidivism rests upon the professional competence and daily execution of these counselors. They are the frontline implementers who ensure that taxpayer-funded programs produce measurable outcomes, such as reduced drug use within the facility and lower rates of re-offense upon release. In this capacity, they are indispensable strategic assets to the public safety apparatus, transforming legal theory into clinical practice and policy goals into human results.

## 3. Architect of Internal and Behavioral Transformation

The correctional system's authority is largely external. It can control where an inmate sleeps, what they eat, and how they spend their time. However, it cannot, through force or discipline alone, command a change in the deeply ingrained psychological patterns, emotional wounds, and behavioral conditioning that fuel addiction. This internal transformation is the exclusive domain of the addiction counselor. Their strategic focus is not on controlling behavior, but on rebuilding the person from the inside out.

## 4. Facilitator of Successful Social Reintegration

The ultimate test of any correctional program is not what happens inside the institution, but what happens after an inmate is released. The counselor's work is, therefore, strategically future-oriented, consciously preparing inmates for their inevitable return to society. Their role as a facilitator of social reintegration is arguably their most crucial strategic function, as it directly impacts long-term public safety and the cycle of recidivism.

This is accomplished through two key interventions. First, by conducting family counseling, they work to repair the social support networks that have been fractured by

addiction and incarceration. A stable and supportive family is one of the single most powerful buffers against relapse. The counselor acts as a catalyst, mending broken trust and re-establishing communication to ensure the inmate returns to a healthier environment. Second, through life skills training and relapse prevention planning, they provide a practical toolkit for navigating the high-risk challenges of freedom. This preparation is a vital risk-management strategy. Without it, a rehabilitated individual remains highly vulnerable to the people, places, and pressures that originally led to their addiction. The counselor, in essence, architects the inmate's "exit strategy," ensuring that the significant investment made in their recovery is not wasted. In doing so, they safeguard the community and validate the entire rehabilitative mission of the correctional system (Maskanah & Mulyana, 2025).

### **Core Responsibilities: Assessment and Program Implementation**

The role of the addiction counselor in the Class IIB Banyuasin Narcotics Prison is fundamentally operational, turning the legal mandate for rehabilitation into a tangible process of human change. This operational function rests upon two interconnected pillars: comprehensive assessment and structured program implementation. These are not merely administrative duties but are the core clinical responsibilities that form the engine of the entire rehabilitation journey. The assessment phase provides the essential blueprint, diagnosing the individual's unique condition, while the implementation phase acts as the methodical construction process, building a new foundation for a drug-free life. Together, they represent a deliberate, systematic, and evidence-based approach that moves far beyond the one-size-fits-all model of traditional punishment (Subiantoro & Kholil, 2025).

#### **1. The Critical Foundation: Comprehensive Assessment**

Before any meaningful therapeutic work can begin, the addiction counselor must first understand the individual they are trying to help. The initial assessment is the most critical stage of the entire rehabilitation process, as its findings dictate the shape, intensity, and focus of the inmate's personalized treatment plan. This is a diagnostic process that looks far beyond the singular fact of a drug conviction.

##### **1) Purpose: Moving Beyond the Crime to Understand the Person**

The primary purpose of the assessment is to create a multi-dimensional profile of the inmate. A purely punitive system is concerned only with the crime committed and the sentence owed. A rehabilitative system, by contrast, is concerned with the why—the complex web of factors that led the individual to substance dependency and criminal behavior. The counselor's assessment, therefore, is an investigative process aimed at uncovering these root causes. It is akin to a medical diagnosis: a doctor cannot prescribe an effective treatment without first understanding the specific nature of the illness, its severity, and the patient's overall health. Similarly, the counselor uses assessment tools to diagnose the "illness" of addiction in its full context, ensuring that the subsequent "treatment" is precisely targeted and not a generic remedy.

##### **2) The Multi-Dimensional Assessment Process**

The assessment is a comprehensive evaluation covering several key domains to build a holistic picture of the inmate:

a) History and Severity of Addiction

This is the most immediate area of focus. The counselor gathers detailed information on the inmate's substance use history: the types of drugs used, the age of first use, the frequency and quantity of consumption, and the duration of the dependency. They also assess the severity of the addiction by examining the presence of tolerance (needing more of the substance to achieve the same effect), withdrawal symptoms, and the extent to which drug-seeking behavior has disrupted the individual's life. This information helps determine the inmate's position on the addiction continuum and the intensity of intervention required.

b) Psychological and Co-occurring Disorders

A crucial part of the assessment is screening for co-occurring mental health conditions. It is extremely common for substance use disorders to be intertwined with other issues such as chronic depression, anxiety disorders, post-traumatic stress disorder (PTSD), or personality disorders. Many individuals turn to narcotics to self-medicate the symptoms of an undiagnosed mental illness. Failing to identify and address these underlying conditions would be like treating a cough without diagnosing the pneumonia causing it. The counselor must determine if the addiction is the primary issue or a symptom of a deeper psychological struggle, as this will fundamentally alter the therapeutic approach.

c) Socio-Environmental Background

No one develops an addiction in a vacuum. The assessment explores the inmate's social and environmental context, including their family dynamics (supportive, dysfunctional, or enabling), educational history, employment record, and peer associations. This information reveals the external pressures and triggers that may have contributed to their addiction and identifies potential support systems or risk factors that will impact their recovery and eventual reintegration. A plan for someone with a strong, supportive family will look very different from a plan for someone who is estranged from relatives and will return to a neighborhood where drug use is rampant.

d) Motivation and Readiness for Change

Finally, the counselor assesses the inmate's psychological readiness to engage in the rehabilitation process. Using principles from models of behavior change, they determine whether the inmate is in a state of denial (pre-contemplation), ambivalence (contemplation), or is genuinely ready to take action (preparation). An inmate who is forced into the program but remains in deep denial requires a different initial approach one focused on breaking down defenses and building rapport than an inmate who is desperate for help and eager to change. This assessment of motivation allows the counselor to meet the inmate where they are and tailor their strategies accordingly.

## 2. The Engine of Change: Structured Program Implementation

Once the comprehensive assessment provides the blueprint, the counselor's responsibility shifts to implementing the treatment plan through the structured framework of the Therapeutic Community (TC) program. The TC is not simply a series of therapy sessions; it is a holistic, 24/7 living environment designed to model a healthy, functional, and drug-free society. Here, the community itself is the primary therapeutic agent, and the counselor acts as the facilitator, guide, and manager of this transformative environment (Yonani, 2025).

## 1) The Phased Journey of the Therapeutic Community

The TC program is a structured journey broken down into distinct phases, each with its own goals, responsibilities, and therapeutic focus. After an initial two-week evaluation period for acclimatization and observation, the inmate formally begins this journey, which is carefully managed by the counselor.

### a) Phase One: The Younger Member – Deconstruction and Adaptation

The first phase is designed to break down the inmate's old identity, ego, and maladaptive "street" behaviors. As a "Younger Member," the inmate is placed at the bottom of the community hierarchy. They are assigned basic chores and must learn to follow strict rules and routines without question. The primary goal is to foster humility, teach compliance, and dismantle the arrogance and defensiveness that often accompany addiction. The counselor's role here is highly directive. They teach the core concepts and cardinal rules of the TC, enforce the structure, and guide the new member through the initial culture shock and resistance. The focus is on adaptation and establishing a baseline of behavioral control.

### b) Phase Two: The Middle Member – Application and Self-Awareness

After demonstrating compliance and a basic understanding of the program, the inmate progresses to the "Middle Member" phase. Here, the focus shifts from simply following rules to understanding the underlying principles and applying them to one's own life. Inmates are given more responsibility and are expected to engage in deeper self-reflection. This is where the most intensive therapeutic work occurs. The counselor facilitates confrontational group sessions where members hold each other accountable for their attitudes and behaviors. They guide individuals in connecting their past traumas and choices to their present situation. The goal is to cultivate self-awareness and help the inmate understand the internal drivers of their addiction.

### c) Phase Three: The Older Member – Leadership and Reintegration

The final phase is designed to prepare the inmate for a successful return to society. As an "Older Member," the inmate becomes a leader and role model within the community. They are entrusted with significant responsibilities, such as mentoring junior members, leading work crews, or facilitating community meetings. This experience is profoundly therapeutic, as it builds self-esteem, reinforces their own recovery, and allows them to develop leadership and interpersonal skills. The counselor's role evolves from a director to a mentor and supervisor. They guide the Older Member in their leadership duties and focus intensively on post-release planning. This includes developing concrete relapse prevention strategies, facilitating family counseling sessions to prepare for reunification, and creating a realistic plan for housing, employment, and building a sober social network. This phase serves as the final test, ensuring the values of the TC have been truly internalized before the inmate faces the challenges of the outside world (Aziza & Anwar, 2025).

## **Therapeutic and Educational Interventions**

If assessment and program implementation form the skeleton of the rehabilitation process, then the specific therapeutic and educational interventions are its heart and soul. These are the direct, hands-on activities through which addiction counselors actively facilitate change. Within the Class IIB Banyuasin Narcotics Prison, these interventions are

not random or disconnected; they constitute a multi-layered, synergistic strategy designed to address the inmate from every angle psychologically, emotionally, intellectually, and socially. The counselor must be a versatile professional, seamlessly shifting between the roles of therapist, teacher, facilitator, and mediator. This intricate web of interventions is the engine that drives the inmate from a state of denial and dysfunction toward self-awareness, personal responsibility, and lasting recovery (Aziza dkk., 2025).

### 1. Individual Counseling: The Confidential Space for Deep Healing

While the Therapeutic Community (TC) model heavily emphasizes group work, the role of individual counseling remains indispensable. This one-on-one setting provides a confidential, safe, and private space that is fundamentally different from the public arena of the group. It is here that the deepest and often most painful work of recovery takes place.

#### 1) Purpose and Process

The primary purpose of individual counseling is to build a strong therapeutic alliance a relationship of trust and rapport between the counselor and the inmate. In the harsh, often distrustful environment of a prison, establishing this bond is the first and most critical step. Once trust is established, this confidential space allows the inmate to explore issues they would be unwilling or unable to share in a group setting. This often includes deeply personal traumas such as childhood abuse, sexual assault, or profound family tragedies that may be root causes of their substance use. It is also the primary venue for addressing co-occurring mental health disorders, such as severe depression or anxiety, which require focused clinical attention.

#### 2) Strategic Value

The strategic value of individual counseling is its precision. While group therapy addresses common themes, individual sessions allow the counselor to tailor interventions directly to the inmate's unique psychological landscape, as identified during the initial assessment. It is the space to process resistance, work through denial on a personal level, and develop highly individualized relapse prevention strategies. For many inmates, this may be the first time in their lives they have had the undivided attention of a trusted adult focused solely on their well-being. This experience alone can be profoundly healing and is often the catalyst that makes them willing to engage more honestly and vulnerably in the group components of the program.

### 2. Group Counseling: The Social Laboratory for Change

Group counseling is the cornerstone of the Therapeutic Community model. The core philosophy of the TC is that the "community itself is the method." The group is not just a place to talk; it is a dynamic, living social laboratory where inmates practice new ways of relating to others and to themselves, with their peers serving as both agents of change and mirrors for self-reflection (Putro dkk., 2025).

#### 1) Purpose and Process

The primary function of the group is to break down the isolation, selfishness, and denial that are hallmarks of addiction. In sessions, members share their personal struggles, triumphs, and daily challenges. This process has several therapeutic effects. It fosters a sense of universalism ("I am not alone"), which combats the shame and isolation many addicts feel. It allows members to give and receive feedback, holding each other accountable for their attitudes and behaviors in a way

that is often more powerful than feedback from an authority figure. The counselor's role here is that of a facilitator, guiding the conversation, ensuring it remains therapeutic and safe, and highlighting key learning opportunities. They manage confrontational encounters, ensuring they are productive and not merely abusive, and help the group identify common themes and patterns.

## 2) Strategic Value

The group is where the abstract lessons of recovery are put into practice. It is a microcosm of society where inmates can experiment with new behaviors—such as expressing emotions constructively, resolving conflicts without aggression, listening empathetically, and accepting criticism with an open mind—in a controlled environment. When an inmate loses their temper, the group process allows them to dissect the event in real-time, understand their triggers, and explore alternative responses. This experiential learning is far more potent than simply being told what to do. The strategic genius of group counseling within the TC model is that it leverages peer pressure, a force that so often leads to drug use, and transforms it into a powerful force for recovery and positive change.

## 3) Psychoeducation: Building the Cognitive Toolkit for Sobriety

While counseling addresses the emotional and relational aspects of recovery, psychoeducation focuses on the intellectual component. It is a more structured, classroom-style intervention designed to equip inmates with the essential knowledge and cognitive skills required to understand their addiction and maintain long-term sobriety.

- Purpose and Process: Psychoeducation operates on the principle that knowledge is power. It aims to provide inmates with a "user's manual" for their own recovery. The counselor acts as a teacher, delivering structured modules on a range of critical topics. These are not free-flowing discussions but focused lessons with clear learning objectives. Key topics include:
  - a) The Disease Model of Addiction  
Explaining the neurobiology of addiction to help inmates understand it as a chronic brain disease, not a moral failing.
  - b) Relapse Prevention  
Teaching inmates to identify their personal high-risk situations, triggers, and warning signs, and then developing concrete strategies to manage them.
  - c) Anger and Stress Management  
Providing practical skills like deep breathing, mindfulness, and cognitive reframing to handle difficult emotions without resorting to substance use.
  - d) Conflict Resolution and Communication Skills  
Teaching "I-statements," active listening, and other techniques to navigate interpersonal conflicts constructively.
  - e) Building Self-Esteem  
Engaging in exercises to challenge negative self-talk and build a sense of self-worth independent of external validation or substance use.
- Strategic Value: Psychoeducation provides the cognitive scaffolding that supports emotional change. An inmate might feel motivated to stay sober, but without understanding the mechanics of relapse, they are likely to fail. By providing this explicit knowledge and a toolkit of practical skills, the counselor empowers the inmate to become an active and informed participant in their own recovery. It demystifies the process and gives them a sense of agency,

transforming them from passive recipients of treatment into proactive managers of their own well-being.

#### 4. Specialized Educational Seminars and Family Counseling

Rounding out the intervention strategy are specialized seminars that address critical real-world issues and family counseling that bridges the gap between the institution and the community. Purpose and Process: Educational seminars are designed to provide vital information that extends beyond the immediate scope of psychological recovery. Counselors organize sessions on topics such as the specific health dangers of narcotics, the prevention of blood-borne diseases like HIV/AIDS (a direct consequence of IV drug use), and practical legal information regarding their rights, parole, and probation. This demonstrates a holistic concern for the inmate's total well-being.

Strategic Value: These interventions are forward-looking. The seminars equip the inmate with essential knowledge for survival and responsible citizenship post-release. Family counseling is perhaps the single most important relapse prevention tool. It works to transform what might be a dysfunctional and enabling home environment into a source of genuine support. By repairing this fundamental social unit, the counselor dramatically increases the inmate's chances of long-term success, ensuring the hard-won gains of rehabilitation are not lost upon their return to society (Maskanah & Mulyana, 2025).

### **Effectiveness and Impact of the Counselor's Role**

The ultimate measure of any therapeutic program, especially within the demanding context of a correctional facility, is its effectiveness. The role of the addiction counselor at the Class IIB Banyuasin Narcotics Prison is not merely a procedural or theoretical function; its value is demonstrated through a range of tangible, observable, and deeply impactful outcomes.

The effectiveness of the counselor can be assessed across four distinct but interconnected domains: the immediate, quantifiable success seen within the institution; the profound psychological and behavioral transformation of the individual inmate; the positive ripple effect on the prison's overall environment and stability; and the long-term societal benefit of successful reintegration and reduced recidivism. Taken together, these impacts prove that the counselor is the most critical agent in fulfilling the prison's rehabilitative mission.

#### 1. Quantifiable Success: Measuring Immediate Programmatic Impact

The most direct and objective evidence of the counselor's effectiveness comes from key performance indicators measured during the rehabilitation program itself. These metrics provide concrete proof that the interventions are achieving their immediate goals and that inmates are actively participating in their own recovery.

##### 1) Verified Abstinence

The most compelling indicator of effectiveness is the achievement of 100% negative results on regular urine tests. This is not a trivial accomplishment. In a prison environment where contraband is a constant threat, maintaining a completely drug-free cohort is a monumental task. It serves as irrefutable evidence that the program, under the counselor's management, successfully creates a secure and sober living environment. More importantly, it proves that the inmates are developing the behavioral control and commitment necessary to maintain abstinence, which is the foundational goal of any addiction treatment. This perfect success rate is a direct reflection of the counselor's effective implementation of the Therapeutic

Community's structure, supervision, and peer accountability mechanisms (Felina dkk., 2024).

## 2) High Program Adherence

The research finding that over 95% of inmates consistently participated in all scheduled rehabilitation activities is another powerful metric. In a prison setting, where defiance and resistance to authority are common, such high engagement is extraordinary. It signifies that the counselors have succeeded in creating a program that is perceived by the inmates as valuable, relevant, and genuinely helpful. This "buy-in" is crucial. It indicates that the counselors have overcome initial hostility and apathy, building enough rapport and trust to foster voluntary participation rather than mere forced compliance. This high adherence rate demonstrates the counselor's skill in motivating a challenging population and cultivating a positive, pro-recovery culture within the program.

## 3) Increased Knowledge and Cognitive Change

The finding that inmates demonstrated a comprehensive understanding of the dangers of narcotics post-intervention points to the effectiveness of the psychoeducational components. This shows that the impact is not just behavioral but also cognitive. The counselors are not just controlling behavior; they are changing minds. By successfully educating inmates on the nature of addiction, relapse prevention, and healthy lifestyles, they are providing them with the internal intellectual framework needed to make informed choices. This knowledge is a durable tool that inmates carry with them, empowering them to understand their condition and actively manage their recovery long after the program ends.

## 2. The Transformation of the Individual: From Inmate to Person in Recovery

Beyond the numbers, the counselor's most profound impact lies in the internal transformation of the individual. They guide a journey that takes a person from a state of denial and hopelessness to one of self-awareness, responsibility, and hope. This psychological and behavioral evolution is the true heart of rehabilitation. The process begins by moving the inmate from compliance to internalization.

Initially, an inmate may follow the rules simply to avoid punishment or earn privileges. This is compliance. The counselor's real work is to guide them to a point where they follow the program's principles because they have come to believe in them. This is internalization. This shift is achieved through the intense therapeutic work in individual and group counseling, where the counselor helps the inmate connect their past choices to their present suffering and visualize a different future.

## 3. The Ripple Effect: Enhancing Institutional Stability and Safety

The impact of the addiction counselor's work extends beyond the individuals in the program and positively affects the entire institutional environment. A well-run rehabilitation program is also a highly effective prison management tool, contributing directly to the stability and safety of the facility.

Inmates who are actively engaged in a therapeutic program are, by definition, focused on pro-social goals. They are learning to manage their anger, resolve conflicts peacefully, and take responsibility for their community. This has a direct and immediate effect on reducing institutional misconduct. Participants in the TC are less likely to be involved in fights, gang activities, or attempts to smuggle contraband because their energy and focus are channeled into their recovery.

#### 4. The Ultimate Impact: Fostering Successful Reintegration and Reducing Recidivism

The final and most important measure of the counselor's effectiveness is their long-term impact on society after an inmate's release. The ultimate goal of the correctional system is to produce citizens who will not re-offend, and the counselor is the primary agent tasked with achieving this outcome.

The counselor's work is strategically focused on this goal from day one. Interventions like relapse prevention planning provide the inmate with a practical, personalized roadmap for navigating the challenges of freedom. Family counseling is arguably one of the most critical components of this, as it works to repair the inmate's primary support system. By educating families and mediating difficult conversations, the counselor helps transform what might have been a dysfunctional or enabling environment into a source of strength and accountability (Zarlin dkk., 2022).

Every inmate who successfully reintegrates into society and remains drug-free is a victory with far-reaching implications. For society, it means a significant return on investment. The cost of incarcerating an individual is immense; the cost of a successful rehabilitation program that prevents re-incarceration is a net financial gain. It translates to fewer crimes, fewer victims, and reduced costs for the police, courts, and prison systems. For the individual and their family, the impact is immeasurable. It means a life restored, a family healed, and the chance for a person to become a productive employee, a responsible parent, and a contributing member of their community. The counselor's effectiveness, therefore, is ultimately measured in these restored lives and safer communities, confirming their indispensable role in the pursuit of true and lasting justice (Christian dkk., 2024).

#### CONCLUSION AND SUGGESTION

The role of the addiction counselor at the Class IIB Banyuasin Narcotics Prison is demonstrably a cornerstone of the institution's rehabilitative framework. Grounded in a solid legal mandate, this position is strategically vital, acting as the bridge between punitive sentencing and restorative justice. Through the core responsibilities of meticulous assessment and the structured implementation of the Therapeutic Community program, counselors execute a range of critical therapeutic and educational interventions.

The effectiveness of this role is proven by clear, quantifiable outcomes, including exceptional program adherence and complete abstinence from drug use among participants. More profoundly, the counselor's impact is visible in the internal transformation of inmates, guiding them from denial to personal responsibility. This process not only facilitates individual recovery but also enhances overall institutional stability. Ultimately, the work of the addiction counselor is the primary mechanism that equips inmates with the psychological and social tools necessary for successful reintegration, directly addressing the national goal of reducing recidivism.

To further amplify the effectiveness of this crucial role, several key areas should be strengthened. Firstly, the development of a robust and formalized aftercare program is essential. This would provide a critical support structure for inmates post-release, bridging the gap between the controlled prison environment and the outside world. Secondly, deepening family involvement through more structured, continuous education throughout the rehabilitation process can transform families into more effective allies in long-term recovery. Finally, ensuring continuous professional development for counselors is paramount. Providing ongoing training in the latest evidence-based practices for addiction and co-occurring disorders will guarantee that the rehabilitation

programs remain effective and responsive to the complex needs of the inmate population, solidifying the long-term success of the institution's mission.

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