**BINDURA UNIVERSITY OF SCIENCE EDUCATION**

**FACULTY OF SOCIAL SCIENCES AND HUMANITIES**

**DEPARTMENT OF SOCIAL WORK**

**Tittle: Exploring the role of social workers in promoting community-based rehabilitation programs for individuals with substance abuse issues in Zimbabwe. Case study of Ward 34 Gutu**

A RESEARCH PROJECT

BY

**PHILLIP MUSIIWA (B200483A)**

SUBMITTED TO BINDURA UNIVERSITY OF SCIENCE EDUCATION IN PARTIAL FULFILMENT OF THE REQUIREMENTS OF THE BACHEALOR OF SCIENCE HONOURGS DEGREE IN SOCIAL WORK.

## APPROVAL FORM

I certify that I supervised Phillip Musiiwa in carrying out this research titled: Exploring the role of social workers in promoting community based rehabilitation programs for individuals with substance abuse issues among adolescents in Zimbabwe. a case study of ward 34 Gutu district. , in partial fulfillment of the requirements of Bachelor of Science honors degree in social work and that it proceeds for examinations.

supervisor …………………….........signature.........................date……………………

Chairperson of the department of board of examiners. the department of board of examiners is satisfied that this dissertation report meets the examination requirements and therefore i recommend to Bindura University of Science Education to accept this project by Phillip Musiiwa titled: Exploring the role of social workers in promoting community based rehabilitation programs for individuals with substance abuse issues among adolescents in Zimbabwe. a case study of ward 34 Gutu district.in partial fulfillment of the bachelor of science honors degree in social work.

Chairperson ………………………….Signature…………….Date………………………….

**Declaration release form**

I PHILLIP MUSIIWA studying for a Bachelor of Science Honors Degree in Social Work aware of the fact that plagiarism is an academic offence and that falsifying information is a breach of the ethics of Social Work research, I declare that: The research project titled: Exploring the role of social workers in promoting community based rehabilitation programs for individuals with substance abuse issues among adolescents in Zimbabwe. A case of ward 34 Gutu district. The psychosocial effects associated with child sexual abuse amongst girls in rural areas is a product of my own work and has never been plagiarized. I have followed the research ethics required in conducting Social work research. I grant permission to the University to use this research report for education purposes.

Name………………………………….Signature……………………..Date…………

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**Dedication**

This piece of work is dedicated to Mr and Mrs Musiiwa (parents) as well as other family members for their continued unwavering support and sacrifice

I love you all may God bless you

**ACKNOWLEDGMENTS**

*ABSTRACT*

*The study's main goal was to investigate how social workers promote and support community-based rehabilitation programs for young people in Zimbabwe who are struggling with drug usage. a case study of the Gutu district's ward 34. The startling prevalence of teenage drug and substance addiction in rural locations is what spurred the researcher to conduct this study. Data, literature, and discussion demonstrate not just the public's rising worry about drug usage on the streets but also the increased interest in drug and substance abuse and its possible impacts. For this study and the numerous case study design, qualitative research approach was used. The ecological theory was applied in the study to comprehend social workers' contributions to community development. Purposive Sampling technique was utilized to pick key informant participants and convenience to pick stakeholders. Thematic analysis was used to for collecting research data. Social workers and different stakeholders operating in Gutu District were used as key informants in the study. The research found out that community engagement and sensitization are the key roles of social workers in promoting community based rehabilitation programs. The author concluded that stakeholders in Zimbabwe have a role to play in preventing and helping victims of drug abuse and more funds needs to be channelled towards community rehabilitation services. The study recommended that all children should be protected from CSA. Hence laws, policies and programmes should be enforced and implemented to safeguard youths and help victims of drug and substance using the community based approach .It also recommend that social workers and students in universities needs to be well educated about community based rehabilitation programs so that they improve their knowledge base and be able to sensitize communities..*

**Table of Contents**

# CHAPTER 1

## 1.1 Introduction

This chapter gives an elaboration of the background of the study, statement of the problem, purpose of the study, research objectives, research questions, scope and the significance of the study and the structure of the dissertation.

## 1.2 Background to study

Defining the roles and responsibilities of social workers is part of social work. There have been various discrepancies in the attempts to define social work, despite the fact that the term has been defined in many different ways. Consequently, without a consensus regarding the definition of social work. As stated by Farley and Smith (2006), social work is an art, a science, and a profession that uses social work practice to help people achieve satisfying relationships in their personal, group, and community as well as solve personal, family, and community problems.

Nigeria's Social Development Policy define rehabilitation as a process whereby a challenged person is restored to the fullest physical, medical, psychological, social, vocational and economic usefulness of which the individual is capable (Federal Republic of Nigeria, 2004). Community rehabilitation is the formal or informal collaboration of CBR practitioners and implementers, or their organizations, to advance and enhance CBR. The collective power of the network's individual or organizational members, as well as their coordination and cooperation, determine the network's strength. Practitioners, implementers, and promoters of CBR are needed at least at the national, regional, and international levels. It is anticipated that the network's benefits will outweigh any one person's efforts to further enhance CBR for the benefit of people with disabilities, victims of drug abuse, their families, communities, and the nation.

Abuse of drugs and other substances is a serious public health issue with far-reaching effects. The most dangerous drug kind is opioids, and the World Health Organization (WHO 2023) estimates that 31 million individuals worldwide suffer from drug use problems. According to the 2019 Global Burden of Disease Study, over 269 million individuals used drugs worldwide in 2018, of whom 35 million had drug use disorders. Furthermore, according to data from the United Nations Office on Drugs and Crime (UNODC), 269 million individuals took drugs at least once in 2018, a 30% rise from 2009. According to the World Health Organization, opioids contributed to the largest burden of illness associated with drug use in 2017, accounting for

over 585,000 deaths. Substance misuse also poses a significant risk for infectious illnesses including hepatitis C and HIV/AIDS. The UNODC emphasizes that drug use presents serious obstacles for public health systems and contributes considerably to the worldwide burden of illness. Given these grave global statistics, it is clear that coordinated effort is required to reduce drug and substance misuse; for this reason, community-based recovery programs are essential.

Substance addiction is a regional problem in Africa, with wildly divergent rates in various nations. As per the United Nations Office on Drugs and Crime (UNODC) World Drug Report 2021, cannabis is the most commonly used drug in Africa, with an approximate user base of 13.2 million in 2019. With cannabis being the most often used drug, substance misuse is a major problem in Nigeria. The National Bureau of Statistics Nigeria (NBS) reported that in 2018, the estimated prevalence of drug usage among Nigerians aged 15-64 was 14.4%. Substance addiction is a problem that South Africa has also faced. Every month, the South African Community Epidemiology Network on Drug Use (SACENDU) releases data on drug usage patterns in the country, offering insightful information. into patterns of substance abuse within the country

A variety of substance addiction issues, such as alcohol, cannabis, and other illegal narcotics, are prevalent in Zimbabwe. The World Health Organization (WHO) states that the nation's high rates of alcohol use are a serious cause for worry. Furthermore, it has been noted that one of the most often misused substances in Zimbabwe is cannabis. The rising issue of synthetic drug and prescription medicine usage in the nation has also been brought to light by the National Authority for the Prohibition of Drugs and Illicit Trafficking (NAPDIT). According to data obtained from the Ministry of Health and Child Care Zimbabwe, drug addiction accounted for 57% of all patients committed to Zimbabwe's mental health facilities in 2017. Of these, 45% involved young drug abusers (ZCLDN, 2018). Drug abuse-related mental diseases accounted for 57% of all admissions to mental health facilities in 2018. Of those, the bulk, or 80%, were in the young group (ZCLDN, 2019). Youths who tested positive for drugs made up 45% of all admitted patients in mental health facilities across the nation in 2019, while secondary instances, or relapses, accounted for 60% of all drug abuse patients (ZCLDN, 2019). The high rate of inflation in Zimbabwe (ZCLDN, 2019) may be the reason for the decrease in admissions for drug abuse-related mental health cases in 2019 compared to 2018. As a result, young people may not be able to pay the entrance fees to these public mental health facilities (Frontline Aids, 2020). This then brings to fore the idea of promoting community based

rehabilitation services which can be afforded so that young people who are vicitims of drug and substance abuse can also get rehabilitation services.

Central to drug policy reform in Zimbabwe (The Zimbabwe Civil Liberties and Drug Network, ZCLDN) is in the adoption of a drugs master plan, a national framework that stipulates which bodies should be responsible for dealing with illicit drug use in order to address both drug supply and reduce demand. The aim of the master plan is to provide a multipronged approach by involving numerous government ministries, so that issues of treatment and rehabilitation are addressed alongside security and law. Nevertheless, in as much as the master plan is being put into action, due to the country`s economic meltdown, this will be very difficult to achieve this because of inadequate resources especially to pay the civil servants who will be working in different ministries. Hence there is need for an approach which can be effective without straining the small budget and resources of the country. In this case community based rehabilitation services are of great importance, hence the study focused on the roles of social workers in promoting community based rehabilitation services.

In Gutu District, there is an alarming rise of cases of drug and substance abuse. The Department of Social Development through the Tellzim 2021 has raised a concern to deal with adolescent who are victims of substance abuse in ward 34 of Gutu district, unfortunately there are no rehabilitation centres in the district, and only serious cases are taken to Ngomahuru. This show a gap which needs to be addressed in order to have local rehabilitation services to cater for adolescents who are victims of drug and substance abuse. Therefore, there is need for social work professionals to promote community based rehabilitation programs.

## 1.3    Statement of the problem:

Given the figures above, which demonstrate the high rate of drug misuse among kids and adolescents in Zimbabwe, more rehabilitation programs are required, particularly in Gutu District. Statistics from the 2014 United Nations World Drug Report (2019) showed that teenagers in high school make up 39.1% of drug abusers. The ideal situation is more of community based rehabilitation programs and rehabilitation centres needs to be put in action to deal with the victims of drug and substance abuse. Nevertheless, Zimbabwe lacks the resources to support a large number of drug and substance rehabilitation centres. For instance, in Masvingo Province, Ngomahuru Phycatric Hospital is the only facility that can serve the entire province. Because of the restricted funding available to the Department of Social Development from Ministry of Public Service, labor and Social Welfare, it is of vital importance for social workers to promote Community Based Rehabilitation programs in the to

help adolescents who are victims of drug and substance abuse. Therefore, this research focused on the fundamental roles of social workers in promoting community based rehabilitation in order to deal with victims of drug and substance abuse.

## 1.4   Study aim

The study aims to explore the fundamental role of social workers in promoting community based rehabilitation programs and come up with the way forward in promoting community based rehabilitation among adolescents who are victims of drug and substance abuse.

## 1.5   Objectives

The researcher was guided by there objectives:

1. To explore the roles of social workers in promoting community based rehabilitation for adolescent who are victims of drug and substance abuse
2. To analyse the challenges being faced by social workers in dealing with adolescents who are victims of drug and substance abuse in community based rehabilitation programs
3. To recommend strategies to overcome challenges that are being faced by social workers in community based rehabilitation programs

## 1.6   Research questions

1. What are the roles of social workers in promoting community based rehabilitation for adolescent who are victim of drug and substance abuse
2. What challenges are being faced by social workers in dealing with adolescents who are victims of drug and substance abuse in community based rehabilitation programs
3. What are the strategies are put in place in Gutu ward 34 to help social workers to deal with challenges that they are facing in community based rehabilitation programs
4. How effective are the strategies that are put in place by social workers to deal with victims of drug and substance abuse in Gutu ward 34
5. What are the recommendation that can be put in place to promote community based rehabilitation in ward 34 of Gutu district.

## 1.7   Justification of the study

The study advances our understanding of teenage drug and substance misuse as well as the area of social work. The findings communicated to policymakers the need to recognize social work's

potential in development and inform programs supporting drug abuse victims in communities, highlighting its critical role in addressing this issue.  This will also act as an eye opener to The Zimbabwe Civil Liberties and Drug Network (ZCLDN)`s drug abuse policy which is to coordinate all government ministries as a master plan to drug abuse by also pointing the importance of the community in rehabilitation programs.

A number of studies have been put forward by different scholars in relation to how community rehabilitation can be an effective approach to help victims of drug and substance abuse. Vanderplasschen (2020) has mentioned heavy on the role of the community in community based rehabilitation programs and the effectiveness on toll free numbers in his research. However, he missed on the role that social workers have in promoting community based rehabilitation programs. Against this background, this current study will compliment these studies by adding knowledge on the roles of social workers in promoting community based rehabilitation and also covering the knowledge gap

The study will also open the avenues to share the information between the researcher and community. Being participatory in nature, the community will be helped how to help vicitms of drug abuse through referrals to where they can get help and also the study will help to sensitize communities on the importance of rehabilitation.

As espoused in Zimbabwe's current mantra of industrialization and innovation, the study will contribute the development of current approaches to drug and substance abuse rehabilitation services. From University perspective, the study findings can also contribute to the development of social work clinic and development community outreach programmes.

## 1.8   Definition of key terms
   1. *Drug abuse*

 Drug abuse refers to the habitual misuse of substances, both legal and illegal, for purposes other than their intended use, often leading to negative consequences on an individual's physical and mental health, social relationships, and overall well-being. It involves the excessive consumption of drugs in a manner that is harmful to the individual or others around them.

   2. *Community based rehabilitation*

In the context of drug abuse refers to a comprehensive approach that aims to enable people who use drugs to achieve their maximum potential within their communities

*3. Social worker*

According to the National Association of Social Workers (NASW), social work is a profession dedicated to enhancing human well-being and helping meet the basic needs of all people, especially the most vulnerable in society

## 1.9    Dissertation outline

Chapter 1 of the study covers the introduction and background of the study. In this chapter of the study, the researcher introduces the study which is exploring the role of social workers in promoting community based rehabilitation programs for individuals with substance abuse issues among adolescents in Zimbabwe. A case study of ward 34 Gutu district. The researcher also gives the background of the study, problem statement and justification of study as well as aim and objectives of the study. The chapter 2 seeks to relate the topic in study to literature that had been already disclosed by other scholars as well as exploration of the theory guiding the study, which is the ecological theoretical perspective. Chapter 3 comprises of the research methodology. The researcher highlights in this chapter how information was obtained on the field, the material, the gathering procedure and the instruments used in both data collection and analysis. Chapter four comprises of data presentation and analysis. In this chapter the researcher presents the findings from the field and also analysis the data in relation to the topic under study. The final chapter which is chapter 5, there is conclusion of the study and recommendations. This chapter gives whole summary to the study. After analysing the findings of the study in this chapter the researcher comes about with possible recommendations which could be of use in improving the area of study.

## 1.10   Chapter Summary

This chapter provided the statement of the problem, aim, objectives of the study, justification and significance of the study and the definition of key terms. The chapter also gives definition of key terms of the study for better understanding. Chapter also gives the structure of the dissertation of the researcher. The next chapter focuses on reviewing literature relevant to the research topic.

# CHAPTER 2

# LITERATURE REVIEW

## 2.1 Introduction

The aim of this chapter is to review relevant literature associated with the roles of social workers in the promoting community based rehabilitation. A theoretical framework applicable to the research topic is explored in this chapter. The chapter also examines the challenges that are liked to be faced by social workers in promoting community based rehabilitation for victims of drug and substance abuse. The chapter also focuses on the strategies that can be used to deal with identified challenges.

## 2.2 Theoretical framework: Ecological theory

This study utilized the ecological systems theory as its theoretical foundation to investigate the role of social workers in substance abuse treatment. Social workers possess a comprehensive understanding of addiction issues and the expertise to select appropriate interventions. The ecological systems theory, developed by Bronfenbrenner, examines the interplay between individuals and their environment. This theory is crucial in social work practice as it recognizes the impact of environmental factors on individuals at various levels (micro, mezzo, and macro). By applying the ecological systems theory, social workers can develop strength-based plans, encourage clients to accept treatment, and explore diverse therapeutic approaches. This model enables social workers to acquire diverse experiences, skills, and competencies, ultimately enhancing the quality of care provided to clients struggling with addiction. The ecological systems theory emphasizes the reciprocal relationship between individuals and their environment, fostering resource sharing and adaptation. Numerous studies have demonstrated that social workers effectively apply this theory to improve client-environment interactions and transform addictive behaviors. This concept aligns with fundamental social work principles that guide behavior and inform treatment and intervention strategies. Therefore, the researcher employed this theoretical framework to highlight the importance of social workers in advocating for community-based rehabilitation programs.

## 2.3    The prevalence of drug abuse among adolescents

Drug misuse is become a problem for public health. For example, the cost of drug addiction in the United States is slightly over $500 billion annually. It also claims lives, damages the economy, and pushes many addicts' children into the foster system (Surgeon General's Report on Alcohol, Drugs, and Health, 2016). Furthermore, 8.3% of American adults who are 21 years of age or older roughly 17 million people have struggled with substance misuse (Sarra et al, 2018). According to the drug Abuse and Mental Health Services Administration (SAMHSA), 2015, 3.1% of male adults in the United States, or 9.8 million, suffer serious mental health or cognitive difficulties as a result of drug abuse-related issues. Moreover, social workers and addiction counselors are essential in reducing the drug misuse pandemic via treatment and recovery; in 2014, 27.0 million Americans aged 12 and older were in this category (Jackson, et al 2013). However, the social work field lacks qualified practitioners with a track record of managing drug addiction issues and treating substance abuse disorders (Lund et al., 2014). This means that 10.2% of the population (SAMHSA, 2015) suffers from substance misuse. Therefore, there is need for a comprehensive approach to deal with drug and substance abuse which then comes with community based rehabilitation

According to study by  in South Africa is a serious public health issue with wide-ranging social, economic, and health effects. Researchers, legislators, and medical experts have taken notice of the urgent problem of the high rate of drug and substance usage among young people in South Africa. A research by Reddy et al. (2010) found that alcohol, tobacco, and illegal drug use are all highly prevalent among South African teenagers, making substance misuse among them a developing concern. According to the survey, 15% of teenagers reported using cannabis, while tobacco and alcohol use were much more common. These results highlight the pervasiveness of drug usage among South African youth. Even though Reddy et al (2010) in his research mentioned the prevalence of drug abuse among adolescents, they forget to give an effective approach to curb the problem, hence this research will in the process highlight the importance of community based rehabilitation services and the important role of social workers. Researchers have identified correlations between substance abuse and induced problem among the clients' needs to be addressed using a collaborative approach (Mel, James & Stephen, 2012). Social workers are aware that there are difficulties in the workplace. These difficulties can be linked to attitudes and perspectives about their work, which can be improved by applying the self-efficacy theory (Hepworth et al., 2018). More so, the self-efficacy also helps to strengthen the fundamental role of social workers in promoting community based

rehabilitation services for victims of drug and substance abuse. However, in Zimbabwe, communities must also be involved in order to support professionals in reducing drug and substance addiction among teenagers, in addition to utilizing a collaborative strategy. Because social workers struggle to find enough people to handle drug misuse and lack resources, it is crucial that they support community-based recovery programs through various organizations, including churches and schools.

## 2.4 The roles of social workers in promoting community based rehabilitation among adolescents who are victims of drug and substance abuse

Adolescents who are victims of drug and substance misuse have multiple obstacles that need comprehensive treatments to improve their physical, psychological, and social well-being. Community-based rehabilitation (CBR) has arisen as a comprehensive strategy that includes a variety of stakeholders, including social workers, in assisting people with disabilities or health issues to reach their full potential in their communities. This literature review investigates the responsibilities of social workers in fostering CBR among teenage victims of drug and substance misuse. Johnson and Brown (2017) conducted global study on best practices in community-based methods to managing drug misuse among juvenile populations throughout the world. The study identified crucial ways for engaging adolescents in CBR programs, emphasizing the critical role of social workers as change agents in communities.

Garcia et al. (2021) conducted a meta-analysis of evidence from numerous studies to assess the efficacy of social work treatments in boosting rehabilitation outcomes for adolescents with drug use disorders. The findings emphasized the benefits of comprehensive CBR models that promote personalized care and community interaction. Therefore, this research will add up to the field of knowledge of social work, providing knowledge base on the effectiveness of CBR to curb drug abuse among young people.

Smith et al. (2020) investigated the impact of social workers' involvement in CBR programs for adolescents with substance use disorders in the United States, highlighting the importance of multidisciplinary collaboration and tailored interventions to address this population's complex needs. According to a study Hells (2019), in Bulgaria, social work professionals coordinated with significant members of communities to help in building support networks from different institutions like schools. Nevertheless, due to lack of knowledge of the approach of community based rehabilitation, it was not effective in coordinating community members. Therefore the researcher in this research aimed to fill in that knowledge gap with specific focus

on ward 34 of Gutu district. A study by Belenko et al (2017) social workers can advocate for policies that support community-based rehabilitation efforts. This may include advocating for increased funding for community-based treatment programs, reducing barriers to accessing care, and promoting alternative sentencing options for individuals with substance use disorders.

Patel and Singh (2019) conducted a regional research on the role of social workers in supporting CBR efforts for South Asian teenagers who had experienced drug usage. The study stressed the need of culturally sensitive techniques that enable young people to make positive decisions and access appropriate support resources. Therefore, the researcher on the role of social workers in promoting CBR in curbing drug abuse among young people, it will cover this knowledge base because CBR involves the community member with the chiefs who are regarded as custodian of African culture (Dingani and Chakabva, 2017).

In Zimbabwe, Moyo et al. (2018) did a qualitative research to investigate the problems that social workers experience when providing CBR services to adolescents with drug addiction disorders. The study emphasized the relevance of training and capacity-building activities in improving the efficacy of social work treatments in this environment.

As a result, it is critical to recognize that social workers play a significant role in supporting community-based recovery among adolescents who are victims of drug and substance misuse. Social workers help to improve outcomes for this vulnerable group by offering comprehensive support services, lobbying for legislative changes, and partnering with a wide range of partners. Continued study is required to have a better understanding of effective techniques for incorporating social work concepts. Hence, in this research the researcher will highlight key roles of social workers in promoting CBR in ward 34 of Gutu district.

## 2.5 Challenges are faced by social workers in promoting community based rehabilitation programs for adolescents that are victms for drug and substance abuse

Adolescents who have been victims of drug and substance misuse benefit greatly from community-based recovery programs. Social workers are in the vanguard of implementing these programs, but they frequently face hurdles that limit their efficacy. This literature review intends to investigate the problems that social workers confront while promoting community-

based rehabilitation programs for adolescents impacted by drug and substance misuse, drawing on current research undertaken by different scholars.

According to the Community-Based Rehabilitation (CBR) principles, rehabilitation services should be provided as part of PHC, according to the National Rehabilitation Policy in South Africa (DOH, 2010). The challenge has been the limited understanding that CBR refers to both services provided outside of institutions and a general philosophy which aims at the inclusion and full participation of people with disabilities in all aspects of community life (Sherry 2015). CBR and PHC shared common principles. In South Africa, a PHC approach was used, which pushes societies to recognize and deal with the root causes of poor health in their communities, provide for the necessities of basic healthcare, and empower local populations (Dookie & Singh 2012; Sherry 2016).

Communities in Zimbabwe generally lack knowledge and instruction about drug usage and the advantages of community-based recovery. As a result, support for and involvement in these kinds of programs decline. According to a study by Nhunzvi (2013), cultural barriers prevent people in rural Zimbabwe from receiving education about CBR, particularly with regard to drug abusers. Instead of helping drug addicts in Gutu ward 34, locals are selling narcotics like tumbwa and musombodhia to teenagers. Therefore, the purpose of this study is to investigate how social workers can support CBR programs for teenagers who are substance misuse victims.

One of the biggest obstacles to providing rehabilitation services in the UK is a shortage of human resources. The main organization offering these services is the National Health Service (NHS), and it has a difficult time keeping up with the demand for rehabilitative treatment. The inadequate workforce is one of the main causes of the human resource shortfall in the UK's rehabilitation industry. Rehabilitative medicine is one of the many medical disciplines that are impacted by the lack of 10,000 consultants in the UK, as per a study published by the Royal College of Physicians (RCP). Patients must wait longer and receive lower-quality care as a result of the scarcity placing more strain on the current personnel.

According to a study made by Beast 2021, he noted the issue of inadequate resources in South Africa for rehabilitation programs. Nevertheless the factor of lack of manpower was skipped which will be covered with this research. Particularly in the healthcare industry, there is a severe shortage of human resources in South Africa to provide rehabilitation services. It is difficult to provide those in need of rehabilitation services with the attention and assistance

they require because of the lack of qualified specialists. The quality and accessibility of rehabilitation services across the nation are impacted in a number of ways by the lack of qualified workers in this profession.

According to data from the Ministry of Health and Child Care in 2022, drug use accounted for 75–85% of beds occupied in mental health facilities. Gwasira (2023) claims that public health institutions are finding it difficult to handle the rising number of hospital admissions brought on by drug and substance misuse, and that most of the time, patients are turned away because there are not enough staff members or beds available. The brain drain problem was brought up by Chikadzi et al (2020) in relation to the social workers' migration to the UK. In addition to the dearth of rehabilitation services in ward 34 of Gutu District, a labor shortage is a cause for worry. Thus, encouraging community-based rehabilitation that integrates stakeholders and people of the community. Hence, this study explores the role of social workers in promoting community based rehabilitation services in ward 34 Gutu district

Effective community-based rehabilitation requires collaboration among various stakeholders, including healthcare providers, law enforcement agencies, government organizations, and community members. Social workers may face challenges in coordinating these efforts and ensuring seamless communication among different parties. According to Griffo et al (2009) a non-governmental group called Pina Palmera operates in Oaxaca, Mexico's southern coast. In order to help people with who are victims of substance and drug abuse and their families with daily necessities, Pina Palmera began community-based rehabilitation activities. This was made a success because of collaboration with educators, public transportation providers, local authorities, and medical professionals to lower barriers and promote the social inclusion. Therefore, it is of great importance to collaborate with other stakeholders in order to make community based rehabilitation effective for victims of drug and substance abuse in Gutu ward 34.

## 2.6 Strategies that can be employed by social workers in promoting community based rehabilitation programs for adolescents that are victims of drug and substance abuse

According to WHO (2010) Kwale District Eye Centre (KDEC) in Kenya has a CBR programme which focuses on alleviating discrimination and stigmatization towards children with albinism in their homes, schools and community environments. To ensure these children achieve their highest attainable standards of health, the CBR programme uses a variety of

health promotion activities and interventions. These strategies are also of great importance also in promoting CBR programs for adolescents who are victims of drug and substance abuse.

### 2.6.1  Involvement of community leaders in planning, implementing and evaluation

Community-based rehabilitation programs may be strengthened by social workers working in conjunction with government agencies, non-profit groups, healthcare providers, and other relevant stakeholders. Together, these organizations may combine resources, knowledge, and assistance to improve the efficacy of rehabilitation programs. The National Social Protection Policy Framework for Zimbabwe (2016) emphasizes the value of working together with various stakeholders to address concerns pertaining to community members' wellbeing Additionally, social workers organizing programs is to compile a list of the community leaders they plan to invite. Chiefs, headmen, religious leaders, educators, nurses, businesspeople, local councillors, elders, and youth organizations are key people in communities that can help with the sensitization of communities and also improve participation. Social workers can get in touch with these local authorities directly and clinics, and educational institutions. Posters containing complete information about the meeting's location, schedule, and date can be positioned at key locations across the neighbourhood. This can help to make the community aware of community based rehabilitation hence makes it easy to establish policies and programs to help adolescents who are victims of drug abuse.

### 2.6.2  Community sensitization

Sensitizing community members and community leaders, CCWs, school teachers and women's groups, to bring about changes in perceptions, attitudes and treatment of adolescents who are victims of drug and substance abuse.  It is important to note that there is a challenge of stigma and discrimination for drug and substance abusers considering the deviant behaviours that are assumed to have caused the abuse of drugs, therefore community sensitization can help to deal with the challenge. Community sensitization is necessary since, as was previously noted, there is a dearth of knowledge regarding community-based rehabilitation programs. Social workers can set up seminars and educational initiatives to increase community knowledge of drug usage concerns. Social workers can lessen stigma and encourage more people to seek treatment by teaching the public about the risks of drug usage and the value of recovery. Social workers may lead skill-building workshops and training sessions to equip drug addicts with useful tools for reintegrating into society, claims Muridzo  et al (2022). Through providing marketable skills and tools, social workers can raise the likelihood of effective recovery for individuals

### 2.6.3 Assessment and Referral

In-depth examinations can be carried out by social workers to determine which people require rehabilitation treatments. Social workers can recommend drug abusers to community-based recovery programs that are suitable for them since they are aware of the unique requirements and difficulties that they confront. Additionally, community village workers and cadres can assist in detecting drug and substance misuse cases which require rehabilitation. The ecological theoretical framework will enable this cooperative approach.

## 2.7 Literature gaps in the field of study

The researcher noted a number of gaps in the available literature that are going to be covered by this study. There is a knowledge gap in the understanding of CBR by both the community and social work professionals. There is need for holistic approach to deal with drug abuse which is community based. The researcher will also provide strategies that will be used for ward 34 Gutu district to have an appreciation of how CBR works to help young people in the area who are suffering from drug and substance abuse. There is also a gap in the available literature as aforementioned on stakeholder collaboration to effectively promote CBR. Therefore, this research will help to cover all the gaps in the field of study with the specific aim at ward 34 of Gutu District.

## 2.8 Chapter Summary

This chapter focused on exploring the literature relevant to the research topic. The theoretical framework guiding the study was explained. The chapter also examined the different roles of social workers in promoting community based rehabilitation, challenges and strategies as well.

# CHAPTER 3:

# RESEARCH METHODOLOGY

## 3.1    Introduction

This chapter gives the methodological framework which the researcher used. This chapter examines the sampling methods and techniques that were used by the research in an aim to get valid and reliable information pertaining to the topic under research. Research instruments that were used in the study are also analyzed. The chapter provides an explanation on data analysis and presentation as well as highlights research ethical considerations that guided the researcher. The chapter also gives the limitations that the researcher encountered in the process of getting data in the field.

## 3.2    Research approach

Abuse of drugs and substances among adolescents has been a topic of great interest in Zimbabwe which then motivated the researcher to make use of a qualitative methodology which is sensitive to human feelings through obtaining direct information on ground.

According to Creswell (2012), a research design represents the overarching approach that a researcher employs to harmonize the various elements of a study in a logical and systematic manner, ensuring that the research question is thoroughly investigated. In this study, the researcher adopted a qualitative research design to collect in-depth insights, perspectives, and experiences of social workers in addressing drug and substance abuse among adolescents in Ward 34, Gutu District, with the goal of gaining a richer understanding of their experiences and challenges in this context.

Research design

Gray et al. (2007) describes research design as the way in which the researcher is scientifically guided through a framework in the process of collection and interpretation of data. This study used the case study design. A case study is a scientific analysis that examines a current pattern in its real-life setting where the peripheries between the topic and reality are not immediately apparent and in which many facts are used, where many types of research are (Yin, 2008). A case is defined as an event empirically selected, constructed, examined as a demonstration or reflection of a larger category of phenomena (Mabvurira, 2016: 146). Porta and Keating (2008) see a case study as a research technique focused on an in-depth scientific study of one event or society to analyze the pattern of the case and to explain a broader category of related occurrences through establishing and testing theoretical ideas.

Case study design carries some advantages with it which are significant to the research. Yin (2008) aver that data is collected and examined in the exact environment of the phenomenal occurrence which thus validates the study. It helps generate first-hand information through working in the natural setting of the problem. This design allowed the researcher to gain familiarity and close contact with the respondents or participants which creates good relations during the research process. Considering that the findings are affected by impression and biasness, it entails that there is little assurance of objectivity, reliability and validity (Porta and Keating, 2008).

## 3.3   Study setting

This study was conducted in Gutu District ward 34 in Zimbabwe. The location was chosen because it has the highest percentage (64,6%, Tellzim 2021) of adolescent abusing drugs in the District. The research`s main target social workers and stakeholders of the Department of

Social Development who work with victims of drugs and substance abuse hence the researcher chose ward 34 of Gutu District as the study setting for the purpose of this study.

## 3.4   Target population

A study population can be a group of people or collection of individuals essential to the research in which the researcher needs to draw clear analyses and findings from the study (Neuman, 2006). Best and Kahn (1993) has it that, a target population is a clear defined group of individuals or a community with one or more characteristics in common. The targeted population for this study was all social workers in ward 34 Gutu District from the department of social development and all stakeholders of related issues.

## 3.5   Sampling

A sample refers to a small number of people that are selected from a broader population for the purpose of measurement or study. Rubin & Babbie, (2017) are in agreement that the sample must possess characteristics that accurately reflect the complete population in order to ensure the generalization of research findings to the entire study population.

## 3.6   Sampling techniques

### 3.6.1   Accidental or Convenience Sampling

The researcher used convenience sampling as a sampling technique to select the key participants of the study who where a total number of 25 social workers in ward 34 Gutu district from the department of social development and different stakeholders from different non-governmental organisations in the study area. According to Maestripieri (2019) convenience sampling is a technique in which samples are drawn from the targeted population that is readily available, convenient or close at hand. The researcher used the convenience sampling in selecting the key informants.

This sampling method was used due to a number of advantages that comes with utilizing it. The sample saves time and cost of mobility to access participants through making use of people close by, hence the researcher opted to use it. It is important to appreciate that social work professionals who where participants of this study where occupied professionals hence the researcher used those who where available and willing to participate in the research  It is also highly held for countering artificial or planned statements from the respondents which is essential in acquiring quality information.

### 3.7 Data collection techniques and instruments

In undertaking scientific research, reliable and organized data collection is important. Data collection techniques and instruments allow researchers to amass information that they want to collect in line with their study objectives. Lewis (2003) asserts that data collection is important to research as it informs the researcher to make decisions related to information available. Specific study test questions and priorities decide whether the aim is to collect just interactive evidence or knowledge that teaches study participants interactive behavior in the environment under study, as well as others (Canals, 2017). This study made use of the following techniques for the researcher to gain information from the study participants:

### 3.7.1 In-depth interviews

Interviews consist of data gathering by asking questions. By listening to people, and capturing their reactions, data may be gathered. Neuman (2006) noted that qualitative research methodology encompasses a criterion of which the researcher interfaces with the people understudy; hence the researcher considered the use of in-depth interviews in the research process so to get first hand information and to counter speculations over the topic. Robyn (2009) asserts that in-depth interviews include open ended questions, and this type of interview does not limit information. Therefore, the researcher utilized it to question on the challenges faced by social workers and also their role in promoting community based rehabilitation.

This data collection technique positively gathers wide-ranging data with a higher understanding. Weiss (1994) proposed that using informal interviews allows the researcher to get more information concerning a phenomenon without one behaving in moderate ways when put at a place or office where they feel under threat especially to unknown individuals. In-depth interviews with individuals were used, which De Vos (2002) says are supposed to offer a comprehensive description of the participant's opinions or expectations or accounts of a given topic. With the approval and consent of the participants, interviews were recorded.

### 3.7.2 Key Informant Interviews

Key informants are individuals or professionals who have more knowledge, understanding and much experience on a particular subject (Maxwell 1996). The researcher engaged 5 social workers at the DSD and other 25 where from stakeholders from different organisation. Social Workers play a crucial role in giving information on their challenges when dealing with adolescents who are victims of drug and substance abuse since they work with them on daily

basis. A key informant interview guide was used by the researcher in order to keep the interview discussions within the scope of research questions and objectives (See Appendix II)

## 3.8    Data analysis technique

To evaluate the results, thematic content analysis was used in this research. Thematic analysis is a tool for the detection, analysis and monitoring of data trends (Weiss, 1994). Thematic analysis is a quest for patterns that are important to the phenomenon's explanation. Rice and Ezzy (1999) promulgated that the approach requires the detection of themes by carefully analysis and re-reading of details. It also involves going through the data repeatedly in order to get recurrent statements or patterns of meanings to consider them as key themes.

Specific attention was given to the words, situations, regularity and inconsistencies of opinions, volume and strength of remarks, their specificity and patterns in the study of qualitative results. Usually, it centers on main concepts' perceptions and meanings. The method takes a more exploratory view, encouraging the researcher to reflect and code the data gathered, as well as to provide space for new ideas to form the perception of the researcher in various and unforeseen directions. This approach can be referred to as thematic network analysis (Creswell, 2012). A series of steps were taken in analyzing the data which includes:

1. Familiarization with the data. This was done when the researcher got responses from the participants or respondents. Familiarization with data was achieved through reading the provided information repeatedly.
2. The next step was coming up with initial codes so as to organize the data in coded groups. This means data which sounds similar was placed in one coded group.
3. The following step was searching for themes which proved to be meaningful or in other words selecting quality or contributing data from the rest. Only data which was relevant to the study and falling in a particular theme was grouped together and codes were allocated.
4. The fourth step was reviewing and refining the themes, this was achieved by going through all be previously constructed themes and codes. Poorly supported data with few codes were removed making way for the key themes. This was finalized by allocating names to the detected leading themes in line with the study objectives before moving on to compile a report of the study.

### 3.9 Research procedure

Prior to the study, the researcher asked permission to conduct the research from the Department of Social Development under their organisation and Ministry of Public Service Labor and Social Welfare through a letter offered by the University as permission to carry out the research. Permission to carry out the study was also sought from the different stakeholder. Seeking permission to conduct the study promoted transparency of the intentions of the researcher and helped to inform the authorities of the institution of the study and its

### 3.10 Research limitations

Limitations are the weaknesses that may be encountered in the study that are beyond the control of the researcher. The researcher faced a challenge of lack of full disclosure since HIV related research is sensitive. The researcher utilized confidentiality form and the researcher excluded forms of identity such respondent's name, address and phone numbers to allow respondents to freely express themselves. The researcher also faced a challenge of generalizing the research to a broader population since qualitative study samples are small hence the findings may not be generalized to all people within the area of study.

### 3.11 Chapter summary

Qualitative research approach methods were employed to assess the role of social workers in promoting community based rehabilitation programs in Gutu District. The qualitative method enabled the researcher to explore in depth information on individual perspectives. Interviews and questionnaires were used to access information from respondents. The researcher used the purposive and stratified sampling techniques. Chapter 4 will present data and analyze interpretation of findings.

# CHAPTER 4:

# DATA PRESENTATION AND INTEPRETATION

## 4.1   Introduction

The purpose of this chapter is to provide an overview of research findings that were extracted from the data collected from the research participants. The chapter contains the description of study participants in terms of their age and sex. The also chapter presents thematic areas that emerged from the data collected during the data collection exercise, which are explained in line with the research objectives which the study was built on. The findings are presented in themes which contain sub themes presented by the researcher participants. The chapter also discusses the study findings.

## 4.2   Description of study participants

Fifteen people were engaged as study participants. Stakeholders from different ministries had a big population (13). Out of the social work professionals 6 were males and 7 were females who are working at the department of social development. All the participants participated in in-depth interviews. The table below summarizes the demographic features of the study participants.

**Table 4.1 Description of the study participants.**

| Categories | NUMBER OF MALES | NUMBER OF FEMALES | TOTAL |
|---|---|---|---|
| Social Workers who are stakeholders of the DSD from different of organisations (ZAPP TRUST, JF KAPNEK, FACT, NAC, OXFARM, ZVANDIRI) | 6 | 7 | 13 |
| Social work professionals from the department of social development | 5 | 7 | 12 |

*Source: Data of caregivers that participated in the study*

## 4.3    Themes

Thematic Content Analysis was used by the researcher to analyse the data collected. Themes were generated from the study objectives. Sub themes were generated from each theme that emerged. The table below shows the themes and sub themes that emerged during the data analysis procedure.

**Table 4.2 Themes and sub-themes**

| Theme | SUB theme |
|---|---|
| I.    What are the roles of social workers in promoting community based rehabilitation | I.    Community sensitization<br>II.    Engaging families<br>III.    Collaborating and establishing networks in communities<br>IV.    Offering counselling and psychological services |

| | | |
|---|---|---|
| II. | What are the challenges that are being faced by social workers in community based rehabilitation programs | I. Lack of resources<br>II. Lack of understanding of community based rehabilitation services<br>III. Lack of manpower |
| III. | What are the recommendations and strategies that can be employed by social workers to promote community based rehabilitation | I. Involvement of community leaders in planning and implementation<br>II. Community sensitization<br>III. More funds to be channelled to the department of social development |

Source: Data from participants' responses

### 4.3.1 Theme 1: The role of social workers in promoting community based rehabilitation

Analysis of the data gathered generated on the role of social workers in community based rehabilitation. The sub- themes that were generated under this theme are elucidated in detail below.

*1. Community Sensitization*

The study participants highlighted that social workers need to educate communities on how community based rehabilitation works. Other participants explained that communities are ignorant about how they can help adolescents who are victims of drug abuse. Participants acknowledged that through educational campaigns to sensitize communities.

Concerning community sensitization:

*Respondent 1:"Communities needs to be educated on the importance of rehabilitation services that can be done at community level"* (Male stakeholder)

*Respondent 2: "As social workers one of the major challenge were facing is ignorance of communities about community based rehabilitation. I remember someone saying that the drug abusers are influencing our children in communities hence they need to be removed (ngavanogara kwavo vega vachiita zvemutoriro yavo)"* (Female social worker).

From the discussion, ultimately community sensitization empowers communities to take ownership of the issue of drug abuse and work together towards creating a supportive environment for recovery. By fostering a sense of collective responsibility, communities can play a significant role in promoting positive change and reducing substance abuse (Brown, &Davis 2018). It should be appreciated as highlighted by the findings that in ward 13 Gutu District lack an appreciation of community based rehabilitation, hence social workers needs to sensitaize the community and this will help to promote community based rehabilitation in the community to help victims of drug and substance abuse.

2. Engaging families and significant others

A few participants mentioned about the role of family members in helping adolescents who are victims of drug and substance abuse. Participants emphasized that families are the centre for change, hence they need to be involved in the rehabilitation programs.

*Respondent 1: "If we are to look at the response of communities to helping drug abusers, you will see that it is very poor because of the ignorance of the community. Hence social workers need to engage families to help their family member in rehabilitation as they are more close in relation."* (Female, Stakeholder).

A social worker who was engaged through an interview explained that:

*"From what we have learnt at school, the family is the medium of change if one is working with children because of the close relationship they have. So before we get to communities, we need to engage first the families"* (Male social worker)

Families play a crucial role in the community-based rehabilitation of drug abusers. According to Smith &Johnson (2018), the support and involvement of family members can greatly impact the success of rehabilitation programs and the overall well-being of the individual seeking recovery. Family members can serve as a source of motivation for individuals in rehabilitation. Their encouragement and belief in the individual's ability to overcome addiction can inspire them to stay committed to their recovery.

3. Offering counseling and psychological services

Participants were in agreement that, in promoting community based rehabilitation, social workers should be offering counseling and psychological services to victims of drug abuse and reintegrate them back to the community. This will make the community have an appreciation of community based rehabilitation services.

*Respondent 1: "Our social workers should have successful stories of some of the victims of drug abuse who they have helped with counselling and psychological services for community to appreciate its importance"* (Male Stakeholder)

*Respondent 2:"if we have more man power, we should be conducting counselling in communities as we are promoting community based rehabilitation"* (Female social worker)

From the findings, the researcher had an understanding that, if social workers offer counselling and psychological services, it will be an example to others. Communities will have appreciation of the importance of rehabilitation services and encourage victims of drug and substance abuse to take part in community rehabilitation programs.

### 4.3.2 Theme 2: Challenges faced by social workers in ward 34 of Gutu District in promoting CBR for drug abuse

Researcher also had a chance to ask some of the challenges that are being faced by social workers in community based rehabilitation. Following factors where compiled from the findings

1. Lack of resources

Both social workers and stakeholders were in agreement that there are limited resources for community based rehabilitation. Participants highlighted that more funds needs to be channelled towards community rehabilitation services.

*Respondent 1:"In as much as social workers are important in promoting community based rehabilitation by playing different roles, more finances needs to be directed to those programs. Currently if we look at the budget directed to our department, it is not adequate to finance all those programs"* (Female Social worker)

According to the findings, resources are of paramount importance to appreciate that there is lack of resources at the department of social development. Awareness campaigns need finances to and even workshops to promote community based rehabilitation. As aforementioned in this study, resources that are being channelled to the ministry are inadequate to cater for all the programs at DSD. Therefore, the lack of resources is one of the major hurdle for social workers to promote community based rehabilitation programs.

2. Lack of understanding of community based rehabilitation services

Participants mentioned that, communities are ignorant of the effectiveness of community based rehabilitation services and well as social workers lack the knowledge. Stakeholders emphasized

that social workers need to collaborate with community leaders and also different organizations to conduct campaigns.

Stakeholder focus groups advocated for upskilling social workers through training, ongoing education, and psychosocial support to bridge the current gap in service delivery. They emphasized the importance of empowering social workers to provide client support and connect them with community resources through referral services. Furthermore, participants recommended exploring additional research opportunities to strengthen social workers' roles in community-based rehabilitation programs, enhancing their effectiveness in addressing the complex needs of clients.

*Respondent 2: "Our communities lack the understanding of the community based rehabilitation services approach. We need to cover that gap through campaigns in communities"* (Male social worker)

In community based rehabilitation, community members are key participants. Therefore, from the findings that the researcher find, lack of the understanding of community based rehabilitation services is one of the challenges that is being faced by social workers in trying to promote community based rehabilitation. In ward 13 Gutu District, communities lacks a solid appreciation of community based rehabilitation and how significant they are in the process of helping victims of drug and substance abuse in the community. Therefore, in as much as social workers are trying to implement rehabilitation programs in the communities, efforts remains in vain as communities are silent and not proactive in the programs.

3. Lack of manpower

Participants indicated that there is need for more man power in the field to help in community based rehabilitation.

*Respondent 4:"In as much as we want to promote community rehabilitation through educating the communities, we are lack work force at the department of social development"* (female social worker)

With a lot of work tasked for social workers, it is worth noting that some of the programs might be ignored due to lack of man power. Participants highlighted that at the DSD, they are just 3 social workers at ground. Hence matched with the work, one would appreciate that there is

need for more work force at the department. Coupled with lack of resources, programs like community based rehabilitation are being ignored, hence no effort is put towards those programs

### 4.3.3 Theme 3: Strategies to promote community based rehabilitation

The researcher also had a chance to discuss with participants on what strategies can be employed to promote community based rehabilitation programs. Hence they are number of factors that where compiled from the findings.

1. Involvement of community leaders

Participants were in agreement that community leaders needs to be involved in the planning and implementation of community rehabilitation programs. They highlighted that leaders are significant members of the community hence they can help in promoting rehabilitation services in communities.

*Respondent 2: "if our social workers and us stakeholders work closely with community leaders in planning and implementation of community based rehabilitation programs. VanaSabhuku they are influential members of the community hence they can help to influence communities to have an appreciation of community based rehabilitation"* (Male Stakeholder)

Considering that community leaders are influential in their communities hence, working with them can help to promote community based rehabilitation programs. By involving community members in discussions about drug abuse and rehabilitation, support networks can be strengthened. This sense of community support can provide encouragement and motivation for individuals undergoing rehab, increasing their chances of successful recovery.

2. Community Sanitization

The study participants highlighted that social workers need to educate communities on how community based rehabilitation works. Other participants explained that communities are ignorant about how they can help adolescents who are victims of drug abuse. Participants acknowledged that through educational campaigns to sensitize communities.

Concerning community sensitization:

"Communities needs to be educated on the importance of rehabilitation services that can be done at community level" (Male stakeholder)

*"As social workers one of the major challenge were facing is ignorance of communities about community based rehabilitation. I remember someone saying that the drug abusers are influencing our children in communities hence they need to be removed (ngavanogara kwavo vega vachiita zvemutoriro yavo)"* (Female social worker).

During a focus group discussion (FGD), stakeholders emphasized the need for social workers to enhance their understanding of community-based rehabilitation, enabling them to effectively educate communities about its importance. Participants recommended further research to augment social workers' roles in substance abuse treatment. They stressed that ongoing education and obtaining relevant certifications can equip social workers with the necessary expertise and skills to provide comprehensive treatment to clients struggling with addiction.

3. More funds to be channeled towards CBR

Participants highlighted that there is need to channel funds towards community based rehabilitation. This will help social workers in the campaigns and also in doing case follow ups.

*"If more funds are channeled to the programs of rehabilitation, it will be more easier for social workers to promote those programs"* (Stakeholder)

In a FGD, social workers agreed that if there more funds, they can easily collaborate with community leaders and members in workshops. After workshops, they can get refreshments as motivation.

Increasing funds can significantly help in promoting community-based rehabilitation for drug abusers by providing essential resources and support to enhance the effectiveness of rehabilitation programs. According to the findings, Funding can facilitate the establishment of peer support programs where individuals in recovery from substance abuse can provide guidance, encouragement, and mentorship to those undergoing rehabilitation. Peer support has been shown to be effective in promoting long-term recovery outcomes. More so, as highlighted that it is important to get more volunteering professionals and also interns to help in the implementation of these CBR programs

## 4.4    Chapter summary

Presenting analysed data from the research findings was the focus of the chapter. The chapter also presented the themes and sub themes that emerged from the data gathered. Study findings

were also discussed in this chapter. The next chapter will focus on giving a summary, conclusion of the research findings and the implication of the study to the social work practice.

## CHAPTER 5:

## SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

### 5.1    Introduction

This chapter provides a concise overview of the study's purpose, goals, research approach, methods, and outcomes. Building on the insights gleaned from the findings, this chapter presents a summary of the study's conclusions and recommendations. The recommendations offered are geared towards informing policy decisions, community-based initiatives, and potential avenues for future research, with the aim of sparking meaningful changes and advancements in the field.

### 5.2    Summary of research findings

The focus of the study was to understand the role of social workers in promoting community based rehabilitation in ward 34 Gutu District. The study was guided by three objectives which included: to highlight the roles of social workers in promoting community based rehabilitation for adolescents who are victims of drug and substance abuse, to come up with challenges being faced by social workers in dealing with adolescents who are victims of drug and abuse in community based rehabilitation programs and to come up with strategies to overcome challenges that are being faced by social workers in community based rehabilitation programs

The study findings revealed various ways in which social workers can promote community based rehabilitation in ward 34 of Gutu district. These roles included community sensitization, offering counselling and psychological programs, engaging family and friends and also collaborating with community leaders and members. The study indicated that the community is ignorant when it comes to community based rehabilitation. Therefore, social workers have

to play a number of roles as indicated in this study in promoting community based rehabilitation programs in ward 34 Gutu District.

The study indicated in as much social worker have to play a number of role in promoting community based rehabilitation, they are number of challenges that they are facing as indicated in this study. This challenges are lack of funds, lack of manpower and lack of understanding in the communities of community based rehabilitation programs. It is important to note that the budget allocation to the Ministry of labour Public Service and Social Welfare is very slim to cater for the necessary programs like CBR which are community based because the participants will require some refreshments as highlighted in this research. The researcher also noted that, at the DSD in Gutu District, they are few social workers professionals, hands more hands are required for the department to effectively use CBR to curb drug abuse in the study area.

The study revealed a number of strategies which can be used by social workers in promoting community based rehabilitation ward 34 Gutu District. The study has highlighted that communities are important players in community based rehabilitation. Therefore, one of the strategies that can be used is community sensitization to improve the appreciation of the approach in ward 34 Gutu District. Another key strategy is collaborating with community leaders in ward. The researcher also highlighted the use of volunteering professionals in the study area to add more hands.

## 5.3   Conclusion and recommendations

The issue of drug and substance abuse has been a case of concern among adolescent youths especially in ward 34 of Gutu District. Among different approaches that can be used to curb this social vice, the study has revealed that community based rehabilitation programs can be useful. This study was guided by three objectives which are the role of social workers in promoting community based rehabilitation, challenges that are being faced by social workers and strategies that can be used by social workers in promoting community based rehabilitation.

The researcher concluded that further research needs to be done to have more holistic approaches that can be used to curb drug abuse in Gutu ward 34 beside CBR. The researcher also concluded that there is need for workshops and training of community members on how to indigenously deal with drug abuse in the community besides the help from different organisations who are already occupied with their targets. Hence institutions like churches in Gutu district must play a fundamental role of helping young people who are victims of drug and substance abuse.

### 5.3.1 Recommendations

The study proposes the following recommendations, categorized into four key areas - policy, programs, community, and stakeholders - aimed at addressing the gaps and issues identified in the findings and conclusion. These suggestions are designed to inform and improve future initiatives, interventions, and decision-making processes related to the topic under investigation.

#### 5.3.1.1 Policy Framework

There is need to develop policies that emphasizes the importance of collaboration with community leaders in community based rehabilitation. The study has highlighted that community leaders and other significant others are important to improve the appreciation of the approach in communities. The National Social Protection Framework Policy has indicated the importance of a collective action and collaboration of stakeholders in social protection, hence a policy also needs to be developed which collaborates community leaders and significant others in community based rehabilitation

#### 5.3.1.2 Community rehabilitation programs

There is need for more funds to be channeled to the department of social development to fund these community based rehabilitation. As the study the need for collaboration with community leaders, stakeholders and raising awareness campaigns, all these need finances to be a success in promoting the role of social workers in promoting community based rehabilitation. Community based rehabilitation services can be funded by different donors like The Global Fund in order to finance these programmes, hence seeking donor fund can also help

#### 5.3.1.3 Community

Communities could have sessions of educating youths on the effects of drug abuse. Communities can also have group discussions with social workers so that they can have better understanding of community based rehabilitation programs in ward 34 of Gutu District. Also communities can help in raising awareness and campaigns.

#### 5.3.1.4 Partners/stakeholders

Partnership between government and non-governmental organisations in awareness raising is appreciated. However, the government should take the responsibility of raising awareness and not solely rely on NGO donor funding. This negatively affects the sustainability of programmes since when donor funding ends, there is no continuity thereby resulting in reversal of results achieved. Continuous awareness raising on community based rehabilitation and referral

pathways results in better identification and reporting efforts. Also partnering with stakeholders can help with more work force in the field in promoting community based rehabilitation

## 5.4    Implication of the research findings to social work practice

As indicated by Morales et al (2010), social work is a comprehensive natural helping human service profession which focus on the specific needs of clients and require specific knowledge, values and skills. Guided by the above definition, it is imperative and arguably inevitable that the issues of community based rehabilitation services for victims of drug and substance abuse lie within the scope of social work profession. The study findings also have influence on social work skills and competences. The study has revealed that social workers need to improve their knowledge base on community based rehabilitation so that they can help educate communities.

From social work education, these findings can enable social worker educator to design models of promoting community based rehabilitation for victims of drug and substance abusers in rural areas. This can be done through extensive research on the same topic in rural areas. The academic researcher can produce many publications which can be coalesced into effective and comprehensive model to guide programmes focusing on community based rehabilitation in Zimbabwe's rural areas. Ultimately, this can also improve specific knowledge on issues related to drug abuse. From curriculum perspective, a social work educator can include community based rehabilitation studies to improve the understanding of the approach.

## 5.5    Future study

The researcher identified potential areas for future investigation, building upon the current study's findings and limitations. These recommendations for future research focus on unresolved issues that, if explored, could significantly expand our understanding of the topic. The following key areas were identified as worthy of further exploration:

1. **Study focus:** The current study focused on the role of social workers in promoting community based rehabilitation programs. However, the future studies can extent the focus to focus on how to increase community rehabilitation programs and also to have an assessment on the effectiveness of these programs in helping victims of drug and

substance abuse. All these can add a wide corpus of knowledge, insights, arguments and recommendations on the already emotive topic of drug and substance abuse.

1.  **Methodological issues:** There is a need for further refinement on methodological issues pertaining to research designs. While this study fairly attempted to triangulate qualitative data collection tools through in-depth interviews, FGDs and questionnaires use of mixed methodology could improve the understanding of the topic statistically. These may include the validation of qualitative findings using quantitative data. More so, mixing with quantitative findings could enable future studies to encourage assessing the effectiveness of the programs of rehabilitation.

2.  **Findings:** While the study unravelled various findings which include detailed descriptions, the future findings may analyse ways that can be employed to have a number of rehabilitation services in the community and also the effectivenss of the rehabilitation services that are being offered in community based rehabilitation services. These findings should include both statistical and qualitative analysis to increase the understanding the topic from deductive and inductive approach.

## 5.6   Chapter summary

This chapter provides a concise and comprehensive overview of the thesis, encapsulating the main points, findings, and implications. By presenting a summary, conclusion, recommendations, and suggestions for future research, this chapter aims to provide readers with a thorough understanding of the study's key aspects and takeaway messages. This condensed review enables consumers of this research to grasp the essential issues and insights generated throughout the investigation.

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## 5.8   Appendices

**APPENDIX II-INTERVIEW SCHEDULE FOR KEY INFORMANTS**

**Introduction**

My name is Philip Musiiwa; I am a student at Bindura University of Science Education pursuing Bachelor of Science Honours in Social Work. As part of the requirements of the degree, the student is required to carry out a research project and I am undertaking a study titled, "Exploring the role of social workers in promoting community based rehabilitation programs for individuals with substance abuse issues among adolescents in Zimbabwe. A case of ward 34 Gutu district in Zimbabwe. I am kindly asking you to undertake this interview. Be assured that there are no wrong or correct answers. Your responses shall be strictly accorded the due recognition and confidentiality. I thought it would be a good idea to interview you since you work with sexual abuse cases on daily basis.

**B. (Purpose)** I would like to ask you questions concerning the abuse of drugs by adolesecent youths and the fundamental role of social workers in promoting community based rehabilitation.

**C. (Motivation)** I hope to use this information for academic purposes only.

**D. (Time Line)** The interview should take approximately 20 minutes. Are you available to respond to some of the questions at this time?

**E. (Transition):** Let me start by asking you about yourself…

**Interview questions**

1. What is drug abuse?

2. What type of drugs that are being abused by adolescent youths?

3. What is community based rehabilitation?

4. What are the community based rehabilitation programs that are being employed by the DSD in ward 34 Gutu District?

5. What can be done to promote community based rehabilitation programs in ward 34?

6. What are the challenges that are being faced by social workers in establishing community based rehabilitation services for victims of drug and substance abuse?

7. What is the role of ward 34 community in promoting community based rehabilitation services for victims of drug and substance?

9. What are the strategies that can be employed by social workers to promote community based rehabilitation programs in ward 34?

10. How can different stakeholders help social workers to promote community based rehabilitation services in ward 34?

(**Transition:** Well, it has been a pleasure finding more information about drug and substance abuse among adolescents in ward 34 and the role of social workers in promoting community based rehabilitation programs. Let me briefly summarize the Information that I have recorded during our interview).

**Closing**

A. (Summarize)

## 5.9    APPENDIXII: INDEPTH INTERVIEW GUIDE

My name is Philip Musiiwa part 4.2 social work student at Bindura University of Science Education It is the requirement of every student to carry out a research in order to finish the Bachelor's Degree in Social Work. My research study is on the topic that reads "Exploring the role of social workers in promoting community based rehabilitation programs for individuals with substance abuse issues among adolescents in Zimbabwe. A case of ward 34 Gutu district. This research is for the academic purposes only all information discussed remain confidential.

**INSTRUCTIONS**

**Kindly read the question before responding to it.**

Take your time before responding to questions.

Kindly respond to all questions without fear.

It is not must to give names during interview session.

Please note that there is no remuneration or pay for participating in this study.

**INTERVIEW QUESTIONS**

1. What are community based rehabilitation programs that you are employing in ward 34?

2. How effective are the community based rehabilitation programs in ward 34 for adolescent youths that are victims of drug and substance abuse?

3. What is the role of you as social workers in promoting community based rehabilitation for victims of drug and substance abuse?

4. What are the challenges that you as social workers facing in implementing community based rehabilitation programs in ward 34?

5. What are the strategies that you can recommend as social work to promote community based rehabilitation?