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REFLECTIVE ANALYSIS ARTICLE

THE DAILY LIFE OF RELATIVES OF CRACK USERS: A REFLECTIVE ANALYSIS O COTIDIANO DE FAMILIARES DE USUÁRIOS DE CRACK: UMA ANÁLISE REFLEXIVA LA VIDA COTIDIANA DE LOS FAMILIARES DE LOS USUARIOS DE CRACK: UN ANÁLISIS REFLEXIVO

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ABSTRACT

Objective: to reflect on the phenomenon of crack, in view of the daily life of families living with this problem, in order to raise questions about the reality experienced by these subjects. **Method:** from a review of articles published in indexed journals, reflected on the theme, focusing on the addiction, the crack user and his family. **Results:** the study was divided into topics and showing that there are few studies that consider the family of drug users, as well about crack on the topic. **Final remarks:** it shows the need for advances in research on the issues, seeing the need of studies about mental health of the family of crack users. **Descriptors:** Family; Addiction; Illicit Drugs; Nursing; Mental Health.

RESUMO

Objetivo: realizar a reflexão sobre o fenômeno do crack, tendo em vista o cotidiano de familiares que convivem com essa problemática, a fim de despertar questionamentos sobre a realidade vivenciada por esses sujeitos. **Método:** a partir de revisão de artigos publicados em periódicos indexados, reflete-se sobre o tema, enfocando a dependência química, o usuário de crack e a família. **Resultados:** o estudo foi dividido em tópicos e evidenciando que há escassez de estudos que contemplem a família dos usuários de drogas, bem como acerca do tema crack. **Considerações finais:** mostra-se a necessidade de avanços em pesquisas sobre as temáticas, vislumbrando-se a necessidade de estudos sobre a saúde mental da família dos usuários de crack. **Descritores:** Família; Dependência Química; Drogas Ilícitas; Enfermagem; Saúde Mental.

RESUMEN

Objetivo: reflexionar sobre el fenómeno del crack, en vista de la vida cotidiana de las familias que viven con este problema, con el fin de suscitar preguntas sobre la realidad experimentada por estos sujetos. **Método:** revisión de artículos publicados en periódicos indexados, reflexionase sobre el tema, centrándose la adicción, el usuario de crack y la familia. **Resultados:** el estudio se divide en tópicos y evidenciándose que existe escasez de estudios que abordan la familia de usuarios de drogas, así como acerca del tema 'crack'. **Consideraciones finales:** se muestra la necesidad de avances en la investigación sobre las cuestiones, al ver la necesidad de estudios sobre la salud mental de la familia de los consumidores de crack. **Descriptores:** Familia; Adicción; Drogas ilícitas; Enfermería; Salud Mental.

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INTRODUCTION

The approach of the authors with crack users began with the work of supervision practices of Undergraduate Nursing courses, along with outpatient care services and emergency. When contacting crack users, was instigated the need to unravel the universe of these individuals psychologically distressed in social vulnerability.

It is observed in the services that meet drug users, professionals coming from different areas of health that operate in this context have difficulties in attendance, making one effective care to the needs and demands of users and families. In this context, specifically crack cocaine, that substance abuse is becoming more pronounced, and this presents a serious problem in public health.

A study conducted in five centers and hospital outpatient treatment in four Brazilian cities found that 39.4% of the patients sought treatment in these services due to the use of crack.¹ However; the problem of crack is not restricted to the user, but also to families who become codependent.

In a study of relatives of drug addicts in a Psychosocial Care Center Alcohol and Drugs - CAPSad, identified that family members suffer from the condition of addiction and show users that suffering through various feelings and changes in lifestyle.² Thus, it is considered appropriate reflection and deepening of the issues relating to the theme of the crack and its repercussions, as well as focusing attention to the care of relatives of crack users in view of their daily lives. The family is an important motivational factor, is to encourage the overcoming addiction, and is to disregard the efforts of those trying to recover, providing even more reasons for the use of psychoactive substances.

In this sense, the relationship between causes and effects of the use and abuse of drugs is a paradox because of the complexity of family processes and interactions between members of a family. The crucial issues to think about and deepen this theme as questions arise about how a familiar feel of a crack user, realize how their involvement in this situation and what you want and what expectations you have with a family member affected by this problem.

Restlessness: main questions that arises from reflection about the meanings to be familiar of a crack user. It means understanding the user as part of a system - the family-which the dependency as a symptom, is the result of reciprocal interactions between its members, and also

understand the family as part of an even broader universe, which is the society.² On the other hand, health services, professionals need to raise awareness of issues related to the care user of drugs. Thus, the posture of the health professional must be free from judgment biases, which implies having empathy for those who experience this situation and to divest himself of retrograde attitudes and behaviors in relation to this matter.

In compliance with the addict, there is a little performance of health professionals in relation to their family, viewing them as a codependent, ie, as the person who also suffers from chemical dependency.²

Based on these, the need arose to find articles in indexed journals that addressed a reflection and discussion on this subject. It found a significant gap with regard to scholarship on the theme crack and family. There is a diversity of clinical studies focusing on drugs and a range of research directed to the drug user, with both a quantitative and qualitative. Due to the lack of production on crack and family and the lack of studies with family members of addicts, the need arises for such study on the daily lives of relatives of crack users, from a reflection on the experiences of these families. Therefore, this theoretical paper aims to develop a reflection on the phenomenon of crack, in view of the daily life of families living with this problem, in order to arouse questions about the meaning of reality experienced by these subjects.

Believed to be crucial to understand how the relatives of crack users experience this reality considering the possibilities of constructing a care to the whole family-user to better intervene with families who live with this reality, in order to provide a reduction in psychological and emotional impact of family-user and give voice and visibility to the subjects involved in this situation.

• The phenomenon of crack

With respect to the drug phenomenon, context and vulnerability, the consumption of psychoactive drugs can be considered a form of perception and expression of the person itself, involving relationships involving others and the environment in which they live.² The drugs are part of people's lives in a universal, causing victims every time. The family should be seized, in the process, in its historical and constant transformation, involving purposes, meanings, values, lifestyle and culture.³ The use of psychoactive substances, often consisting of a solution found by the individual

to cope with the stress generated by the family environment.⁴ The use of drugs as a way to deal with problematic situations is a complex phenomenon that can be understood by analyzing the socio-cultural and family context.⁵ The income families living in social exclusion facing chronic risks that put them in continuing vulnerability to develop drug problems, in view of the recurrent exposure to adversities, difficulties presenting the seductive appeal of removal of the drug.⁶ Considering the role of the family, several unfavorable events can act as inducing factors to the use of drugs of abuse: loss of family member in childhood due to death, illness in the family; fights and parental separation, family violence, social violence and coexistence of young man with the crime.⁷ Other studies show that among the risk factors for drug use by children and young people are drug use by parents, the non-integration to school activities, family dysfunction, domestic violence, peer pressure, the need for integration social and the search for self-esteem and independence family.⁸⁻⁹

In recent decades, the frequency of drug use has increased alarmingly in the world. Consumption increased from ritualistic form in small quantities for production, consumption and distribution on a large scale as a commercial product. This situation became serious public health problem, due to the harmful consequences of its use.³ Thus, the use and abuse of drugs is a complex phenomenon, whose origin and consequences of the biological, psychological and social.⁸ The consumption of drugs is a complex and essentially beyond international borders, making it one of the biggest public health problems worldwide, exacerbating a result of globalization.¹⁰

The finding that the use of alcohol and other drugs have taken the proportion of a serious public health problem in Brazil and in the world, took the evidence of the relationship between the consumption of these substances and the damages that result from social or reinforce.¹¹ The substance-related disorders usually cause significant damage and serious complications, resulting in deterioration of the general health of the individual, as well as negative effects in contexts personal, social and professional.¹²

Regarding the crack user, the first investigation of crack consumption in Brazil was an ethnographic study conducted in São Paulo, with 25 users, who reported that the appearance of the substance and the popularization of consumption began in 1989. They had the following profile: male, under 30

years, with low education and incomes, unemployed and from dysfunctional families.¹³ According to the same study, crack users compared with users of cocaine, a pattern seemed to have more serious consumption, greater involvement in illegal activities, increased risk of adverse effects, as well as greater involvement in prostitution, with a increased chance to live or have lived on the street.¹³ Furthermore, have more health and social problems than cocaine users. In recent years, however, the crack user renumbered also among those with higher income, although even more prevalent in the less favored class financially.¹⁴

The crack user is poly-user, having started, usually at an early age and has a history of use of other illicit substances such as marijuana. Among the older, snorted cocaine and injectable drugs and cocaine also prior to the use of crack.^{7,13} Among the illicit drugs, crack is a substance whose demand for treatment increased the most in recent years. Your profile young, unemployed, low education, low income, from dysfunctional families with a history of injecting drug use and risky sexual behavior makes it difficult for an individual treatment adherence.¹⁶⁻¹⁷ Studies have shown that inhaled drugs, especially those that are smoked, have a power to produce quick installation dependence. In this case, crack, cocaine a byproduct, is a substance with higher power induction dependence on the user, with a short period between the administration and effect.¹ Therefore, the crack is a potent form of cocaine that results in rapid and remarkable stimulating effect when smoked.¹⁸

With respect to chemical dependence and codependence, qualitative study, using workshops and artistic experiences developed with families of addicts in treatment, identified as codependency is expressed in the group of family members of addicts.² Participants in this research were familiar components that had the status of escort addicts who were being assisted in a CAPSad. The techniques employed have served to facilitate the expression of feelings and subjectivity, becoming aware and plus meanings for the participants of the group. Through the proposed activities, the study participants exposed as codependency is expressed in their lives, revealed five expressions: fear, guilt, care and / or control, lifestyle changes and distrust. The group proved to be a codependent family is be someone who experiences many pains, needing help and professional assistance because the family have ambivalent feelings

between wanting to change their behavior before they experience or between wanting and achieving.²

In another qualitative study, on the concepts of families of school-age students in relation to drug use, found himself feeling of helplessness, guilt, grief and despair. All were affected because they feel powerless as they begin to live according to the dependent person.³

In another article researched⁵, the family appeared as co-author of both the emergence of drug abuse and as a protective institution for the health of its members. Typically abusers do not have a family or have difficulty in sustaining family structures functioning, due to the difficulty in regulating the relations and affections as well as the fact that replacing the addicts relate to people by relating with substance abuse.

• Reflections on Family of crack users

Studies show the importance of family drug user as a protective factor in the prevention of addiction as treatment adherence. The articles surveyed the thematic family and substance user, but there is still no specific publication on the family of crack users. The second study conducted on codependency in relatives of addicts and found significant results that are very close to the problem focused on that reflection. It is considered the role of families in preventing the misuse of psychoactive drugs, as well as the recovery and social reintegration of the addict. The chemical dependencies involve at least someone other than the primary user, ie: the codependent partners that are inseparable from the user and, at the express desire to help, need to be called to participate in treatment, they constitute an important resource for power it exerts on the set of relationships in which the addict is the central element.²

Because it is qualitative research² with methodological resources workshops experiences, the study on the expression of codependency in relatives of addicts, codependency reveals indicators present in the experience of the addict's family, including the phenomenon of addiction as the manifestation of a symptom that reflects and hides an intricate network of relationships in which the individual is present.

With greater or lesser extent, all family members who participated in the study² were emotionally dependent on their loved ones; unaware of his reality, they could not set limits for themselves and for chemically dependent relative, lose some, or all, of their identity and autonomy. Observed feelings

from this relationship indicative of codependency, which include: low self-esteem, difficulties with applying and denial, feelings of delusion, suffering, anxiety, fear, helplessness, failure, emptiness, and lack of own feelings.²

This corroborates the proposal that reflection, in order to understand the experiences of family and daily life of crack users, realizing the experience of this phenomenon as unique to the individual involved and implicated in this process, in order to grasp the subjectivity and specificities experienced by each family.

In another study, carried out by reviewing the literature on the importance of family in the treatment of drug abuse, confirmed the major contribution to the success of family engagement to treatment. It also indicates the complex influence of the family in the case of the manifestation of drug abuse, especially in adolescence⁵. In this perspective, the family structure is of relevance, for his role as co-author of both the emergence of drug abuse as creative possibilities of health for its members.

FINAL REMARKS

This trial aimed to perform a reflection from a search for articles that addressed the issue of addiction, specifically crack, and the experiences of family members. The aim was to raise questions and provide gaps regarding the issue of crack and family. The most recent publications address the issue of the relationship between user and family, but still very punctual, always from the perspective of cause and effect, codependency and implications of family involvement in treatment. It is noteworthy that few studies are focusing on the family of drug users and, in general, do not address the context of crack and their families.

Given the profile of crack users in Brazil still characterized by belonging to disadvantaged sections regarding the socio-economic aspect, low education and therefore with greater vulnerability factor for addiction and difficult adherence to treatments, considering this phenomenon, currently a serious public health problem, this situation requires a more accurate and less general.

Accordingly, when faced with this reality, no need to strip the values, principles and preconceptions about crack addiction and the social environment in which they live users of this substance. This is a very hard and exercising with a huge load of availability, considering the stigma of this issue and all impotence due to deal with this issue in the

context of mental health care. The study on the expression of codependency in relatives of addicts was the one closest to the proposed theme this reflection, and the most recent publication with this approach. Thus, this study served as a starting point and a basis of this reflection, raising questions about issues that were not understood, since the family has a variety of relationships that does not end so easily.

The dearth of research involving the family of drug users, the poor work in relation to this issue and the difficulty in working with the subjective aspects of the family of addicts, is a cause for concern. This suggests how the mental health care is focused on the individual user, forgetting to take care of family and omitting to the size of the family suffering.

Realizes the purpose of the studies still very focused on hypotheses of family structure responsible for the emergence of drug problem, as well, victimize her, in a process of guilt and / or victimization. Some studies address a retrograde fashion the theme of addiction and have a reductionist view on family structure, interactions and responsibilities of its components. Other studies have only a concern for delineating obvious aspects of the family's involvement with the issue of illicit drugs, always bringing the same moral discourse and recurrent.

The question about the finalization of this reflection, which is the contribution that specific studies on the experiences of relatives of crack produce this theme, in case of the family and chemical dependency. What can add such a study the subject so complex? Responding to this question, it is urgent that seek in-depth knowledge about the daily lives of relatives of crack users in a perspective of understanding the experiences of those involved in this situation, taking care not to make inferences about the phenomenon. Enable family members bring important elements of their experience, including without limitation this experience established a priori concepts providing subject to free expression of their subjectivity, without inducing participants' responses. You must understand that problematic family relationships can trigger the search for substance. However, the families considered structured are also subject to this situation, ie, how individuals experience this familiar experience in any context without family model established and considering that family relationships are much more complex and increasingly distant from that institution

designed along the lines of the traditional nuclear family and predictable.

New arrangements and family structures are organized in a new dynamic and changing family ties. The research related to nursing care in mental health, more precisely, under the theme drugs and family, should broaden perspectives and renew paradigms with regard to the new family configuration, settings and user-subjectivity of the binomial family. The crack to be devastating, acting in effect and dependence very fast, and because it is a substance of low cost, easy access in an exclusive reality as we live today, attracts so daunting a significant portion of individuals in a situation of social vulnerability.

When thinking about producing study that includes an understanding of the experiences of relatives of crack users are part of a new perspective, feelings of the unveiling of the same, without assigning connotations and concepts of common sense, eliminating inferences on this subject, putting family as a starting point for care, is itself an essential part of this process and as a collaborator in the recovery of those who are dependent on the crack.

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