**MODELS OF ADDICTION**

1. **Moral model of addiction**

* This is seen as the oldest perspective of addictive behaviors. It posits that addiction is a result of a weakness of character or moral failing. people who are suffering from this addiction lack self-discipline and willpower and it is seen as a result of poor decision-making and personal irresponsibility. This model has been influential in fighting drug abuse by prioritizing criminalization and punishment over treatment and support for addicted people. However, it is highly criticized for being oversimplified in the complex nature of addictive behaviors. This can lead to victims blaming people with addiction causing stigmatization and leading them to not having proper medical attention.
* Despite having limitations this model has contributed to people's understanding of addiction which has empowered individuals to take responsibility for their lives and take positive actions by highlighting the importance of personal responsibility and choice in addiction and recovery.

1. **Disease Model.**

* This came up as a result of the shortcomings that occurred in the moral model. It has gained a lot of acceptance, particularly in the medical and scientific communities.
* Consideration of this model is that addiction is a progressive and relapsing brain disease that affects a person's ability to control substance abuse.
* It also explains that addiction is influenced by a combination of genetic, environmental, and developmental factors that predispose other individuals to substance abuse disorders.
* In addition, it has various advantages over the moral model since it provides a well-explained concept of the biological basis of addiction.
* Some of the advantages are;

1. It has helped reduce stigmatization by framing addiction as a brain disease.
2. It has also been supported by numerous studies which have shown the neurological changes associated with addiction.
3. Its impact on treatment has been profound since addiction has been acknowledged as a medical condition rather than a moral failing.
4. Due to this, various drugs have been involved in treatment like methadone, buprenorphine, and naltrexone which help mitigate withdrawal symptoms.
5. **Psychological model**

* This model of addiction focuses on the role of mental health, cognitive processes, and emotional factors in the development and maintenance of addictive behaviors.
* According to this model, people turn to substance abuse to escape negative emotions and also try to deal with difficult situations or manage psychological symptoms.
* Its strength is that it is supported by a wealth of research that highlights the strong relationship between addiction and mental health issues
* Some of the common psychotherapeutic methods used are;

1. Cognitive Behavioral Therapy
2. Dialectical Behavior Therapy
3. Motivational Interviewing

* In conclusion, the psychological model of addiction offers valuable insight into the role of mental health and cognitive processes in the development and maintenance of addiction.

1. **Social model**

* It emphasizes the influence of social, cultural, and environmental factors on the development and maintenance of addiction.
* It explains that addiction is not solely the result of individual characteristics, but rather a complex interplay between the individual and their social context.
* Also it explains that a person's addiction can develop when they are exposed to an environment that promotes substance use.
* Additionally it has been found that social addiction is more common in people who are experiencing;

1. Socio-economic disadvantage
2. Social isolation
3. Discrimination.

* The treatment and prevention informed in this model focus on community-based interventions and public health policies. This aims at addressing the socio-determinants of addiction and creating an environment that promotes healthier behaviors and supports recovery.
* In conclusion, this model offers a valuable perspective on the role of social, cultural, and environmental factors in the development and maintenance of addictive behaviors.

1. **Spiritual model**

* This model explains that addiction is a result of a lack of connection with one's life.
* It is also a result of one wanting to fill an inner void or to find a sense of purpose and belonging.
* It emphasizes the need to develop a connection with a higher power, cultivating a feeling of inner peace and engaging in practices that promote spiritual growth.
* The treatment approaches often involve the intervention of spiritual practices and principles in the recovery process. They include;

1. Mindfulness and meditation.
2. Spiritual counseling and therapy.
3. 12-step programs like Alcoholics Anonymous and Narcotics Anonymous.

* In conclusion, this model offers a valuable perspective on the role of spirituality and existential concerns in the development and maintenance of addictive behaviors.

**MODELS OF CASE MANAGEMENT**

* Case management is one of the principal services provided to individuals and families confronting numerous challenges.
* The models are;
  + - 1. **The brokerage model case management.**
  + This is the first and briefest. It evaluates needs, refers to services, and synchronizes and supervises treatment.
* This model does not have merits or demerits as other models and it allows case managers to serve as many clients as possible thus limiting one interaction.
* However, this model is not considered ideal for some complex cases where the case managers must spend more time with the clients.
  + - 1. **The Clinical Case Management Model**
* This arose when there was the need for case managers to provide some therapeutic services.
* It bears similarities with the brokerage model except it has the additional components of therapeutic and environmental interventions including psychotherapy, psychoeducation, and crisis intervention.
* It is effective since the clinical case management is closer to the client and they can access the gaps and identify the areas of improvement.
* Its short come is that it may become more demanding and sometimes more exhausting for the case managers

**3. The Strength-Based Clinical Case Management Model**

* The model is built on clients' strengths.
* Strength-based practice has a strong theoretical foundation as an effective building strategy that builds on a person's success.
* The client feels enthusiastic when the care plan is built around the strengths and needs.
* In addition, the shortcoming occurs to the case manager since the model can be demanding as it requires an in-depth analysis of the client.

1. **Intensive Case Management Model (ICM)**

* It comprises the management of the mental health problem and the rehabilitation and social support requirements of an affected individual over an unspecified period
* It is designed to meet the needs of high-service users and focuses on low staff-to-client ratios, outreach, and services brought to the client.
* The goal is to deliver high-quality services in a short period.
* Clients here get a lot of time with their case managers thus doing more in a short period.
* Its shortcoming is that some clients may find it too intense and thus get stressed up.

**REFERENCES**

* + - 1. **STEVE ROSE PHD COUNSELLING (MODELS OF ADDICTION)**
      2. **PLANSTREET (CASE MANAGEMENT MODELS)**