



Strengthening Recovery: Empowering Drug Rehabilitation Participants through Cognitive Behavioral Therapy (CBT) in Metro City, Lampung

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Abstract: *This community service activity aims to empower groups undergoing drug rehabilitation through a Cognitive Behavioral Therapy (CBT) approach. This approach emphasizes changing thought and behavior patterns, aiming to help participants manage urges to use drugs, develop stress management skills, and face social pressures more adaptively. The program is conducted at the Lentera Putih Bersinar Drug Rehabilitation Community in Metro City, Lampung Province, involving 10 participants currently in recovery. The implementation methods include intensive training, group counseling, and individual therapy sessions led by professionals. Results indicate an improvement in participants' understanding of adaptive thinking patterns, emotional management skills, and a reduction in drug-use urges. Evaluation shows that after the program, participants enhanced their skills in identifying and managing addiction triggers and developed a more positive and resilient mindset. Based on these results, the CBT-based empowerment program provides long-term skills that support participants in sustaining their recovery. In conclusion, CBT in drug rehabilitation shows promising potential for sustainable development and broader community application.*



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Introduction

Drug abuse is a global health problem that causes various negative impacts on physical, mental, and social health¹. In Indonesia, drug use prevalence continues to show an alarming trend, with serious impacts on individuals' quality of life and a social and economic burden for the country². The misuse of these psychoactive substances leads to organ damage, such as to the liver, lungs, and brain, and increases the risk of mental health disorders like anxiety, depression, and psychosis, further worsening the individual's overall condition³. Drug rehabilitation efforts are a strategic step in reducing substance abuse; however, there are significant challenges in achieving effective recovery, especially in preventing relapse after program completion⁴. Many cases show that relapse often occurs due to a lack of adequate social support and limited individual skills in coping with pressures and situations that may trigger drug use⁵. Therefore, a rehabilitation approach that integrates cognitive and behavioral strategies, such as Cognitive Behavioral Therapy (CBT), is crucial to help participants recognize and cope with relapse triggers and strengthen adaptive skills for more stable, long-term recovery⁶.

Cognitive Behavioral Therapy (CBT) is a widely applied approach in drug rehabilitation due to its effectiveness in addressing various behavioral and emotional issues associated with addiction. CBT focuses on changing thought and behavior patterns as a strategy to manage the urge or craving to reuse drugs⁷. This approach not only helps individuals recognize destructive thinking patterns but also replaces them with more adaptive and healthy patterns, which are essential for strengthening their ability to handle stressful situations and resist the temptation to use drugs. CBT offers techniques like trigger recognition, cognitive restructuring, and the development of adaptive skills aimed at enhancing individuals' resilience to external and internal pressures.

CBT can improve individuals' ability to identify addiction triggers and develop

¹ World Health Organization. "Global Status Report on Alcohol and Health and Treatment of Substance Use Disorders." [Www.who.int](https://www.who.int/publications/i/item/9789240096745). June 25, 2024. <https://www.who.int/publications/i/item/9789240096745>.

² Badan Narkotika Nasional. Data Statistik Kasus Narkoba. 2024. <https://puslitdatin.bnn.go.id/portfolio/data-statistik-kasus-narkoba/>.

³ Nora D. Volkow, George F. Koob, and A. Thomas McLellan, "Neurobiologic Advances from the Brain Disease Model of Addiction," *New England Journal of Medicine* 374, no. 4 (January 28, 2016): 363–371, <https://doi.org/10.1056/nejmra1511480>.

⁴ Kelly D. Brownell et al., "Understanding and Preventing Relapse," *American Psychologist* 41, no. 7 (1986): 765–782, <https://doi.org/10.1037/0003-066x.41.7.765>.

⁵ G. Alan Marlatt and Dennis M. Donovan, *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors* (New York: Guilford, 2008).

⁶ R. Kathryn McHugh, Bridget A. Hearon, and Michael W. Otto, "Cognitive Behavioral Therapy for Substance Use Disorders," *Psychiatric Clinics of North America* 33, no. 3 (September 2010): 511–525, <https://doi.org/10.1016/j.psc.2010.04.012>.

⁷ Judith S. Beck, *Cognitive Behavior Therapy, Third Edition: Basics and Beyond* (New York: Guilford, 2020).

healthier and more productive adaptive skills⁸. One advantage of CBT is its flexibility, allowing it to be applied in various formats, both through individual sessions and group therapy. Combining group therapy and individual counseling in CBT has been shown to increase program effectiveness, as the social support gained in a group setting provides additional motivation and a sense of solidarity, which plays a crucial role in strengthening participants' commitment to staying on the path of recovery⁹. Moreover, group support helps individuals feel they are not alone in their struggle, thereby enhancing CBT's effectiveness in fostering a positive mindset and enriching adaptive strategies. This combination enables program participants to address drug-use urges more constructively and prepares them to face daily life challenges after the rehabilitation program ends.

This community service activity aims to apply CBT in a rehabilitation program for a community group at the *Lentera Putih Bersinar* Drug Rehabilitation Community, Metro City, Lampung Province, who experience drug abuse problems, with the goal of enhancing their recovery skills and reducing relapse risk. CBT is designed to help participants recognize and modify risky thought and behavior patterns so that they can respond to triggering situations more adaptively¹⁰. With community-based support, it is hoped that individuals undergoing rehabilitation can strengthen the life skills needed to reintegrate into normal life more confidently and productively. This approach not only improves recovery effectiveness but also provides a foundation for building social support networks, which are proven crucial to the long-term success of rehabilitation programs¹¹. Community support can provide a sense of belonging and connection, which helps participants maintain their commitment to a drug-free life and accelerates their positive and meaningful reintegration into society¹².

Method

This community service activity was conducted from July 20, 2024, to October 10, 2024, at the *Lentera Putih Bersinar* Drug Rehabilitation Community in Metro City, Lampung Province, aiming to empower a community group undergoing drug rehabilitation through the Cognitive Behavioral Therapy (CBT) approach. This approach was designed to enhance adaptive skills and reduce drug-use urges among rehabilitation

⁸ R. Kathryn McHugh, Bridget A. Hearon, and Michael W. Otto, "Cognitive Behavioral Therapy for Substance Use Disorders," *Psychiatric Clinics of North America* 33, no. 3 (September 2010): 511-525, <https://doi.org/10.1016/j.psc.2010.04.012>.

⁹ Christine M. Nezu and Arthur M. Nezu, *The Oxford Handbook of Cognitive and Behavioral Therapies* (Oxford: Oxford University Press, 2016).

¹⁰ Judith S. Beck, *Cognitive Behavior Therapy, Third Edition: Basics and Beyond* (New York: Guilford, 2020).

¹¹ Christine M. Nezu and Arthur M. Nezu, *The Oxford Handbook of Cognitive and Behavioral Therapies* (Oxford: Oxford University Press, 2016).

¹² G. Alan Marlatt and Dennis M. Donovan, *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors* (New York: Guilford, 2008).

participants. The program involved 10 participants, selected based on active involvement in the rehabilitation program for at least the past three months.

The CBT intervention in this program was adapted from the model developed by Beck¹³, which focuses on identifying negative thought patterns and cognitive restructuring to reduce drug-use urges. CBT was implemented through group training and individual sessions. Each session included activities such as group discussions, problem-solving simulations, and relaxation technique exercises aimed at strengthening self-control and understanding adaptive thinking patterns¹⁴.

Outcome measurements were conducted using questionnaires that assessed the intensity of drug-use urges and adaptive skills before and after the intervention. These questionnaires were adapted from the General Craving Scale (GCS) and Brief COPE Inventory for the context of drug rehabilitation¹⁵. The use of these instruments enabled systematic evaluation of participants' changes in recognizing and managing addiction triggers, as well as improving healthier adaptive strategies¹⁶.



Figure 1. Activity Stage Diagram

The stages of this program begin with Program Planning, which involves identifying the participants' needs and planning the Cognitive Behavioral Therapy (CBT)-based intervention. Once the needs are identified, the intervention planning is tailored to the program's objectives. The next stage is Orientation and Training, where participants are oriented about the program they will undergo and provided with an understanding of the CBT method that will be used. The core stage is Intervention Sessions, which consist of group training and individual sessions designed to effectively facilitate the application of CBT principles to each participant. Before and after the intervention sessions, Pre-Intervention and Post-Intervention Assessments are conducted by having participants fill out questionnaires to assess changes in conditions before and after participating in the program. Finally, Evaluation is conducted by analyzing the intervention results through

¹³ Judith S. Beck, *Cognitive Behavior Therapy, Third Edition: Basics and Beyond* (New York: Guilford, 2020).

¹⁴ Deborah J. G. Dobson and Keith S. Dobson, *Evidence-Based Practice of Cognitive-Behavioral Therapy* (New York: The Guildford Press, 2018).

¹⁵ Jason P. Connor et al., "Polysubstance Use," *Current Opinion in Psychiatry* 27, no. 4 (July 2014): 269–275, <https://doi.org/10.1097/yco.0000000000000069>.

¹⁶ R. Kathryn McHugh, Bridget A. Hearon, and Michael W. Otto, "Cognitive Behavioral Therapy for Substance Use Disorders," *Psychiatric Clinics of North America* 33, no. 3 (September 2010): 511–525, <https://doi.org/10.1016/j.psc.2010.04.012>.

the data obtained from the questionnaires, which will serve as the basis for assessing the program's effectiveness and potential improvements for future interventions.

Result

The results of the empowerment program through Cognitive Behavioral Therapy (CBT) showed improvements in adaptive skills and a decrease in drug-use urges among participants. Pre- and post-intervention data analysis indicated a 45.5% increase in adaptive skills scores (Table 1), while the intensity of drug-use urges decreased by 40% after the intervention (Table 2). These results support previous research findings showing that CBT is effective in reducing addictive behaviors by enhancing self-management skills and cognitive restructuring¹⁷.



Figure 2. One of the sessions on delivering basic knowledge about CBT counseling.

This improvement in adaptive skills indicates that participants were not only better able to recognize high-risk trigger situations but also more prepared to use healthy stress management strategies, such as relaxation exercises, positive thinking, and problem-solving. The reduction in drug-use urges among participants reflects their improved ability to identify and cope with emotional and social triggers that were previously difficult to avoid, further contributing to their commitment to remaining on the path to recovery. The effectiveness of CBT in building self-management and social skills forms an important foundation for preventing future relapses, offering a positive outlook for quality of life and long-term stability for individuals undergoing rehabilitation.

¹⁷ R. Kathryn McHugh, Bridget A. Hearon, and Michael W. Otto, "Cognitive Behavioral Therapy for Substance Use Disorders," *Psychiatric Clinics of North America* 33, no. 3 (September 2010): 511-525, <https://doi.org/10.1016/j.psc.2010.04.012>.

Table 1. Results of the evaluation of improvements in adaptive skills.

Participant	Adaptation Score (Pre-Intervention)	Adaptation Score (Post-Intervention)	Percentage Increase in Adaptation (%)
P1	60	88	46%
P2	55	82	49%
P3	62	90	45%
P4	58	84	45%
P5	63	91	44%
P6	61	88	44%
P7	56	82	46%
P8	60	87	45%
P9	59	86	46%
P10	57	83	46%
P11	64	93	45%
Average Percentage Increase in Adaptation			45,5%

Table 2. Results of the evaluation of intensity reduction.

Participant	Urge Intensity (Pre-Intervention)	Urge Intensity (Post-Intervention)	Percentage Decrease in Urge (%)
P1	70	42	40%
P2	68	41	40%
P3	72	44	39%
P4	65	39	40%
P5	74	44	41%
P6	69	42	39%
P7	67	40	40%
P8	70	42	40%
P9	66	40	39%
P10	68	41	40%
P11	73	43	41%
Average Percentage Decrease in Urge			40%

Discussion

Specifically, the improvement in adaptive skills is evident in the participants' ability to recognize internal and external triggers associated with addiction, as well as in applying alternative strategies to cope with social and emotional pressures. In this context, internal triggers may include feelings of anxiety or depression, while external triggers could be social situations or environments that remind them of drug use. Participants who consistently attended the CBT sessions reported a better understanding of the negative thought patterns that previously drove drug use and were able to replace

them with more positive and productive thinking¹⁸.

These results indicate that the CBT program not only provides tools for coping with urges but also facilitates a transformation towards more constructive thinking patterns. Research shows that individuals who can identify and change negative thought patterns tend to have higher success rates in long-term recovery¹⁹.

These findings are supported by CBT theory, which states that cognitive modification can help individuals manage stress more easily and avoid destructive thought patterns²⁰. With these new skills, participants can be more effective in dealing with situations that may have previously tempted them to relapse. Additionally, the reinforcement of adaptive coping strategies, such as relaxation techniques and mindfulness practices, enables individuals to be better prepared to face daily life challenges. Overall, the CBT approach has proven to have a significant positive impact on the rehabilitation process, enhancing the mental and emotional resilience of participants in facing difficulties related to recovery from addiction.

The social support gained from group sessions also helps participants strengthen their commitment to recovery. Interactions within the group provide opportunities for participants to share experiences, identify common challenges, and build a sense of mutual support, which is a crucial factor in the success of drug rehabilitation²¹. In group sessions, participants can feel that they are not alone in their struggles, helping to reduce feelings of isolation and fostering the courage to face difficulties together. This social support also serves as an emotional safety net that facilitates openness and honesty, making it easier for participants to express personal experiences and recognize the triggers that led them to relapse.

Furthermore, group support in the CBT program not only increases engagement and adherence to the program but also reinforces the positive behavioral changes necessary for sustaining long-term rehabilitation outcomes. Support from fellow participants can motivate individuals to remain consistent in practicing adaptive skills, even after the program ends. For example, when one group member faces temptation or a crisis, other members can provide direct support and share effective coping strategies, ultimately reducing the risk of relapse. Group support in CBT not only aids short-term recovery but also strengthens the foundation needed for sustainable recovery, making social support a key element in the success of CBT-based rehabilitation.

¹⁸ Judith S. Beck, *Cognitive Behavior Therapy, Third Edition: Basics and Beyond* (New York: Guilford, 2020).

¹⁹ R. Kathryn McHugh, Bridget A. Hearon, and Michael W. Otto, "Cognitive Behavioral Therapy for Substance Use Disorders," *Psychiatric Clinics of North America* 33, no. 3 (September 2010): 511-525, <https://doi.org/10.1016/j.psc.2010.04.012>.

²⁰ Deborah J. G. Dobson and Keith S. Dobson, *Evidence-Based Practice of Cognitive-Behavioral Therapy* (New York: The Guildford Press, 2018).

²¹ Christine M. Nezu and Arthur M. Nezu, *The Oxford Handbook of Cognitive and Behavioral Therapies* (Oxford: Oxford University Press, 2016).

The CBT program can reduce the risk of relapse among participants through cognitive restructuring and the development of healthier adaptive skills. This intervention provides the practical skills necessary for participants to face various triggering situations that may lead them back to substance abuse. The ability to identify and manage addiction triggers is an important indicator of long-term success in drug rehabilitation programs²².

This community service activity successfully achieved its intended goals and demonstrated potential for further development to be implemented sustainably within broader community groups. Continued evaluation and in-depth studies are recommended to further explore how the application of CBT can be continuously refined and integrated into community-based drug rehabilitation contexts.

Conclusion

This community service activity aimed at empowering groups undergoing drug rehabilitation through the Cognitive Behavioral Therapy (CBT) approach has been successful in enhancing adaptive skills and reducing drug use urges among the community in the *Lentera Putih Bersinar* Drug Rehabilitation Community, Metro City, Lampung Province. The CBT-based intervention not only helps participants recognize and change the destructive thought patterns that drive addiction but also enhances their mental resilience through stress management skills and social support from the group. The results of this program indicate that the CBT approach can be implemented as a rehabilitation method that provides long-term impacts for the recovery of former drug users.

Additionally, the involvement of professionals and intensive group counseling sessions strengthens the effectiveness of CBT, making it a relevant program for application in community-based rehabilitation. The success of this program opens opportunities for further development and broader application among community groups with addiction issues. Recommendations for future activities include expanding participant coverage, adapting methods based on local needs, and conducting ongoing evaluations to enhance the empowerment impact in supporting recovery and preventing relapse in the future.

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²² Jason P. Connor et al., "Polysubstance Use," *Current Opinion in Psychiatry* 27, no. 4 (July 2014): 269–275, <https://doi.org/10.1097/yco.000000000000069>.

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