

The experience of the Club of Treated Alcohol Addicts members during complete lockdown at the time of the Covid-19 pandemic

Summary

In the context of current developments related to the declaration of a pandemic, many experts in the field of working with people with alcohol problems are trying to look for a different way of providing treatment support. The point of having treatment clubs for addicts is to offer community treatment in a group approach. Due to epidemiological measures, primarily the inability to move and gather, group work could not be carried out. Therefore, this paper presents an important topic related to maintaining the treatment of resocialization of treated alcohol addicts and providing support in times of pandemic when the availability of professional and group support is limited. The main goal of the research was to gain insight into the experiences of people with addiction problems who are involved in the treatment of treatment within the club of treated addicts during complete closure, the so-called. lock down. The research questions sought to gain insight into the respondents' perception of the coronavirus itself, how they adapt to new circumstances and changes in everyday life, and what are their sources of support in maintaining abstinence when all other formal support mechanisms are at rest. The research used a qualitative approach as it is a topic that requires a personal approach of the researcher as well as a more detailed description of individual life situations and experiences of respondents in unusual times, using the method of semi-structured in-depth interview with multiple implementation. Given the specificity of the pandemic crisis and the new circumstances that limit contacts, the research was conducted individually and by telephone. The results of the research show that all respondents accept all restrictive measures and adhere to epidemiological guidelines, show difficulties in dealing with negative news about the number of deaths and infections, and express concern about existential insecurity. Also, the results show the importance that the group has even in times when it cannot

meet as such. Respondents express great concern for the collective survival of them as a group. The results indicate that it is important for the respondents that the therapist or other members of the group are available to them in case of abstinence crises. Also, the results showed that the respondents did not notice significant changes in everyday life compared to the time before the declaration of complete closure. Most respondents cited self-support as key in terms of personally seeking motivation and discovering the meaning of abstinence, relying on one's own strengths, adopting group rules outside the group, recognizing triggers, and living experience. Some cited work-occupation activities and family support as sources of support.

Key words: *people with alcohol dependence and Covid-19 problems, treatment in clubs during complete confinement, resocialization, perception of coronavirus, adaptation to changes in everyday life, sources of support, group cohesion*