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Breaking the Cycle: Legal Counseling for Drug Rehabilitation in Lido, Indonesia

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Article Info	Abstrak
<i>Article history</i> Received : Jan 30, 2024 Revised : Feb 14, 2024 Accepted : Feb 27, 2025	<i>Penyalahgunaan narkoba tetap menjadi isu utama yang mempengaruhi individu dan masyarakat secara keseluruhan. Sebagai respons, pemerintah Indonesia telah mengadopsi pendekatan rehabilitatif untuk pengguna narkoba, sesuai dengan Undang-Undang Narkotika. Konseling hukum menjadi bagian penting dari strategi ini, memberikan pengetahuan yang diperlukan kepada para residivis tentang hak dan tanggung jawab mereka selama proses rehabilitasi, terutama di Pusat Rehabilitasi Narkotika dan Obat-obatan Terlarang (NARKOBA) di Lido, Sukabumi. Sesi konseling ini mencakup penjelasan tentang hukum narkotika, proses rehabilitasi, serta diskusi interaktif untuk meningkatkan keterlibatan peserta. Keberhasilan konseling hukum terlihat dari umpan balik peserta, di mana 95% melaporkan pemahaman yang lebih baik tentang hukum rehabilitasi dan meningkatnya kepercayaan diri untuk kembali ke masyarakat, sementara hanya 5% yang masih merasa ragu tentang masa depan mereka. Untuk mengevaluasi efektivitasnya, wawancara dilakukan sebelum dan sesudah konseling untuk menilai pemahaman peserta. Inisiatif ini tidak hanya meningkatkan kesadaran hukum dan mendorong partisipasi aktif dalam rehabilitasi, tetapi juga membantu mengurangi stigma terhadap rehabilitasi narkoba, mendukung pendekatan pemulihan yang menyeluruh.</i>
<i>Keywords:</i> Narcotics, rehabilitation, legal counseling, alternative sentencing	<i>Drug abuse continues to be a major concern that affects both individuals and society as a whole. In response, the Indonesian government has adopted a rehabilitative approach for drug users, as detailed in the Narcotics Law. Legal counseling is a vital component of this strategy, providing recidivists with essential knowledge about their rights and responsibilities during the rehabilitation process, especially at the Narcotics and Drug Rehabilitation Center (NARKOBA) in Lido, Sukabumi. These counseling sessions feature presentations on narcotics laws, the rehabilitation process, and interactive discussions to engage participants effectively. The success of legal counseling is evident in participant feedback, with 95% indicating a greater understanding of rehabilitation laws and increased confidence in their reintegration, while only 5% express uncertainty about their future. To evaluate its effectiveness, pre- and post-counseling interviews assess participants' understanding. This initiative not only promotes legal awareness and encourages active participation in rehabilitation but also helps to diminish the stigma surrounding drug rehabilitation, supporting a comprehensive approach to recovery.</i>

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INTRODUCTION

Drug abuse continues to be a significant problem in Indonesia, deeply affecting public health, social stability, and economic growth (Berutu et al., 2024), (Isvany, Mahka, Wahid, & Amrullah, 2024). In 2023, around 3.3 million Indonesians between the ages of 15 and 64 were identified as drug users, resulting in a prevalence rate of 1.73% (AGUSTA, 2023), (Budiono, Budianto, Inayah, & KM, 2023). To tackle this issue, the Indonesian government has adopted a rehabilitative approach, as specified in Law No. 35 of 2009 on Narcotics, which requires medical and social rehabilitation for those struggling with addiction and abuse. This legal counseling explores the theoretical underpinnings of rehabilitation, its implementation within Indonesia's rehabilitation system, and its role in reducing drug abuse (Maula, n.d.).

Rehabilitation theory suggests that people struggling with substance abuse can find recovery through organized medical and psychological support, helping them reintegrate into society (Latifah, n.d.), (Mintarum, Cornelis, & Marwiyah, 2024). This method differs from punitive approaches, emphasizing the treatment of addiction as a health concern instead of a criminal issue (Ishaq, 2024), (Hakim, 2023). In Indonesia, the legal system reflects this viewpoint by providing rehabilitation as an option instead of imprisonment for drug users. This strategy seeks to tackle the underlying causes of addiction, lower the chances of reoffending, and ease the problem of overcrowded prisons (Kurniawan, 2023), (Cipta, n.d.).

Indonesia's approach to rehabilitating drug users focuses on reducing dependency through both medical and psychological support (Halik, Apriyanti, Aini, Sari, & Siagian, 2024). It aims to lower incarceration rates by prioritizing rehabilitation instead of imprisonment and to facilitate social reintegration through skill development (Rafsanjani, Prasetio, & Anggayudha, 2023), (Fransiska et al., 2020). Additionally, this strategy improves public health by preventing drug-related diseases and strengthens legal frameworks to ensure alignment with human rights protections. As of January 31, 2024, 48% of Indonesia's 266,497 prisoners were incarcerated for drug-related offenses (Jalan, n.d.), underscoring the urgent need for solutions centered on rehabilitation. Government reforms are shifting the focus from punishment to treatment, which helps reduce recidivism, enhances public safety, and eases the burden on the criminal justice system (Ani Purwati, Cpl, CPCLE, CLA, & CLI, 2020), (Ariyani, 2020).

Legal counseling during the rehabilitation process has several important goals. Firstly, it helps participants better understand their legal rights and responsibilities, allowing them to make informed choices about rehabilitation and alternatives to incarceration (Lesmana, 2021), (Nursapitri & Sahrul, 2024). Secondly, it clarifies legal procedures, addressing any confusion surrounding the rehabilitation process, court proceedings, and sentencing options. Thirdly, it seeks to lower recidivism by providing individuals with the legal knowledge they need to tackle challenges after rehabilitation (Kasmanto Rinaldi et al., 2022), (Bhakti & SH, 2021). Lastly, it builds greater trust in the justice system by showing that rehabilitation is not merely a policy but a legally recognized right. The anticipated outcomes of legal counseling are diverse. Participants are expected to gain a better awareness of their legal rights, which should lead to increased rates of enrollment and completion in rehabilitation programs (Azwar & Abdurrahman, 2022), (Sudewo, 2021). This awareness is also likely to result in lower reoffending rates, as individuals who grasp the legal implications of drug abuse may be less prone to relapse. Additionally, legal counseling could improve collaboration between rehabilitation centers and law enforcement, promoting a more effective and compassionate approach to drug policy (Putri, Sos, & Yasa, 2022). By closing the gap in legal knowledge, this initiative aims to enhance the overall rehabilitative system, ensuring that drug users receive thorough support that includes legal assistance along with medical and psychological care.

LITERATURE REVIEW

The theory of rehabilitation for drug users highlights the importance of a comprehensive approach to recovery from addiction, which includes medical, psychological, and social (Mahmud, 2024). This holistic perspective recognizes that substance use disorder (SUD) is more than just a physical dependency; it is a complex condition that requires ongoing support (Breslin, Reed & Malone, 2003; Adedoyin, Burns, Jackson & Franklin, 2014; Hoyland, Schuchert & Mamen, 2022; Magoon & Shalev, 2022;

Utomo, Dewi, Seman & Pratiwi, 2024). Unlike earlier theories that viewed addiction mainly as a moral failing or a criminal issue, modern rehabilitation models take into account biological, psychological, and environmental factors that play a role in addiction (Frank, & Nagel, 2017; Cabral Barata, Oliveira, Lima de Castro & Rocha da Mota, 2019). Recent studies indicate that addiction is not merely a personal shortcoming, but rather a complicated interaction of genetics, mental health, environmental pressures, and social influences (Heilig et al., 2021). As a result, effective rehabilitation combines therapeutic methods with social interventions, aiming not only to treat the addiction itself but also to tackle the underlying psychological triggers and social circumstances that perpetuate the addiction.

Modern rehabilitation models emphasize treatment over incarceration, moving away from past research that primarily focused on punitive measures. Earlier studies, like those by Beaton & Gerber (2023), supported strict punishment and incarceration as ways to combat drug abuse. However, these methods have faced criticism for not addressing the underlying causes of addiction, often leading to increased recidivism and deeper involvement in the criminal justice system. Recent research, including work by Harding, Western, & Sandelson (2022), indicates that punitive strategies frequently do not effectively reduce substance abuse or criminal behavior over time. In contrast, rehabilitation-focused approaches have been associated with lower recidivism rates and better long-term recovery outcomes (Berger, 2025). This shift towards rehabilitation signifies a growing societal understanding that substance abuse is a health issue rather than merely a criminal one, necessitating specific therapeutic interventions.

Legal counseling plays a vital role in the rehabilitation process, as legal challenges often add to the struggles faced by individuals with substance use issues. Those with drug-related criminal records frequently encounter stigma and have limited access to housing, jobs, and social services, which can hinder their recovery (Scher *et al.*, 2020). It is crucial to tackle these legal obstacles to help individuals successfully reintegrate into society after treatment. Legal counseling programs that offer support with criminal records, court matters, and employment rights have been shown to significantly lessen the challenges that recovering drug users encounter (Bernstein, 2024). Research indicates that incorporating legal services into rehabilitation programs not only helps in overcoming legal barriers but also improves overall recovery outcomes by lowering relapse rates (Fulham, Blais, Rugge & Schultheis, 2023). This holistic approach, which combines legal and therapeutic services, reflects the increasing understanding that recovery from addiction involves more than just overcoming substance use; it also requires addressing the wider socio-legal circumstances of the individual's life.

The main goal of combining legal counseling with rehabilitation is to disrupt the cycle of addiction and criminal behavior. By offering drug users access to both therapeutic care and legal assistance, these programs seek to tackle the underlying issues of addiction while aiding in their successful reintegration into society. Research by NeuroLaunch (2024) highlights the significance of a comprehensive approach, where legal and therapeutic support collaborate to empower individuals in rebuilding their lives. New evidence further supports the inclusion of legal counseling in rehabilitation programs as a strategy to lower recidivism rates, enhance rehabilitation success, and improve the social reintegration of former drug users (Balestrino, 2023). This strategy not only benefits individuals but also fosters societal well-being by alleviating the strain on the criminal justice system and promoting a shift towards more supportive, recovery-oriented policies (Mpofu, Mkhize & Akpan, 2024). Merging legal and therapeutic elements signifies a transformative shift towards a more compassionate and effective response to drug-related offenses, ultimately leading to better outcomes for both individuals and communities (Howieson, 2023).

METHOD

On November 26, 2024, a legal counseling session titled “Breaking the Cycle: Providing Legal Counseling and Rehabilitation for Drug Users at the Narcotics Rehabilitation Centre in Lido, Indonesia” was conducted at the Narcotics Rehabilitation Centre (*Pusat Rehabilitasi Narkotina dan Obat*) in Lido, Sukabumi, West Java. The selection of 103 participants was based on the criterion that they had a history of repeatedly committing narcotics-related offenses (recidivists). Legal counseling according to Lamberti (2016) is to promote treatment, evidence supporting the effectiveness of legal leverage-based interventions at preventing criminal recidivism. This was considered essential because these individuals

had already served sentences but continued to use narcotics, highlighting the need for them to receive counseling. This event is designed to help 103 participants grasp the legal aspects related to the rehabilitation process for drug users and to explore how legal strategies can aid in their overall recovery. The presentation method that uses materials and examples of effective rehabilitation for rehabilitators in Lido, Sukabumi, Indonesia, along with a Q&A session and testimonies from former drug users, offers a compelling educational approach (Figure 1).

The material was presented in an interactive manner, featuring group discussions and simulations of real-life scenarios. This method is designed to better equip them to tackle challenges once they finish the rehabilitation period. This method is not just informative but also engaging, providing a comprehensive view of the rehabilitation process (Mai, Minehart & Pian-Smith, 2019). Typically, the material in such a presentation includes thorough explanations of rehabilitation programs, highlighting evidence-based strategies and successful case studies. For instance, it may showcase rehabilitation models that integrate psychological, social, and medical support to facilitate a complete recovery. These examples help demonstrate the real-world applications of these methods and their effects on individuals battling addiction. The Q&A session plays a crucial role, allowing the audience to engage directly with experts and those who have gone through the rehabilitation process (Figure 2).

To assess the improvement in participants' understanding of law and rehabilitation, a Q&A session was held. During this session, participants answered questions about the sanctions for drug users and the advantages of rehabilitation for those who have previously used drugs. Furthermore, to gain a better understanding of how well participants grasped the rehabilitation materials, the accuracy of their responses to each question was also analyzed.



Figure 1: Material presentation



Figure 2: Q&A session

RESULTS & DISCUSSION

Indonesia has been grappling with a long-standing problem of drug abuse, with the number of users consistently increasing over the years (Antara, 2025). This rise not only burdens the country's healthcare system but also poses significant challenges to its legal and social frameworks. The Narcotics Rehabilitation Centre in Lido serves as a vital response to this crisis, emphasizing a holistic approach to rehabilitation that encompasses medical and psychological treatment, along with legal counseling. Legal counseling plays a crucial role in this rehabilitation process, helping to disrupt the cycle of addiction and recidivism. By tackling both the medical and legal hurdles faced by drug users, Lido provides a well-rounded solution that paves the way for recovery and reintegration into society.

The Complex Nature of Drug Addiction and Legal Barriers Drug addiction is not merely a personal struggle; it is closely linked to social, economic, and legal issues (Amaro, Sanchez, Bautista, & Cox, 2021). In Indonesia, the legal framework surrounding drug abuse often worsens the challenges

faced by those dealing with addiction. Drug users are frequently subjected to legal penalties for possession, use, or trafficking of illegal substances, which can result in long prison sentences. Many find themselves ensnared in a cycle of addiction and criminal behavior, hindering their access to proper treatment and the chance to rebuild their lives. Without sufficient legal support, these individuals encounter further obstacles, such as having a criminal record, which can further alienate them and complicate their reintegration into society.

The Narcotics Rehabilitation Centre in Lido understands that to effectively assist drug users in breaking the cycle of addiction, it is essential to tackle the legal challenges alongside the medical and psychological aspects. This comprehensive approach ensures that individuals not only receive the necessary support for recovery but also acquire the knowledge and resources to navigate the legal system. Legal counseling in Lido equips participants with vital information about their rights, the judicial process, and strategies to lessen the impact of their legal issues, empowering them to overcome the obstacles posed by the legal system. Moreover, legal counseling at the Narcotics Rehabilitation Centre is vital in empowering drug users by clarifying their legal rights and responsibilities. Many individuals entering the rehabilitation program feel overwhelmed by the intricacies of their legal situations. They often lack awareness of the legal alternatives to imprisonment, such as rehabilitation programs or diversion options that could lessen their sentences or offer alternatives to incarceration. The legal counseling provided at Lido helps clarify the legal process for participants, detailing the charges they face, the possible outcomes of their cases, and their rights during legal proceedings.

While legal counseling is important, it is just one aspect of the comprehensive rehabilitation approach at Lido. Drug addiction is a complex issue that demands a well-rounded solution, tackling not only the physical dependence on substances but also the psychological, emotional, and social dimensions of addiction. At Lido, participants begin with medical detoxification, the initial step in eliminating harmful substances from their bodies under professional supervision. However, detox alone is not enough for lasting recovery. The center also provides intensive psychological therapy, including Cognitive Behavioral Therapy (CBT), which aids individuals in understanding the underlying causes of their addiction and developing strategies to avoid relapse. Moreover, group support is a vital component of the rehabilitation journey at Lido. Group therapy fosters a sense of community among participants, allowing them to share their challenges and victories with others who can relate to their experiences. This social support is essential for creating a sense of belonging and alleviating the isolation that many individuals struggling with addiction often feel. Group therapy also helps participants cultivate emotional resilience, which is crucial for sustained recovery. Additionally, Lido offers family counseling to mend relationships that may have suffered due to addiction. This all-encompassing approach to rehabilitation ensures that participants receive the emotional, psychological, and medical support necessary to rebuild their lives.

Before attending legal counseling, the 103 recidivists shared their worries about reintegrating into society, mainly due to the negative views surrounding drug users. Many expressed fears of facing discrimination, stigma, and challenges in finding employment or gaining social acceptance (four questions were provided to each participant). The counseling sessions aimed to tackle these issues by offering legal knowledge, strategies for reintegration, and discussions about societal attitudes toward those who have been rehabilitated (table 1).

Table 1: Questions given to 103 recidivists prior to counseling.

Questions	Yes	No
Are you afraid of facing discrimination?		
Are you concerned about stigma from society?		
Do you think finding employment will be a challenge?		
Are you worried about gaining social acceptance?		

After the sessions, participants were asked four structured questions designed by legal counselors to assess their understanding of reintegration and their confidence in avoiding future drug-related offenses. Their responses were evaluated to measure the effectiveness of the counseling. The results indicated a positive impact, with over 95% of participants stating that they felt confident about reintegrating into society and were determined not to engage in drug-related crimes again. This suggests

that legal counseling plays a crucial role in changing perceptions, boosting self-efficacy, and supporting the rehabilitation process.

Five participants (5%) shared their worries about reintegrating into society after finishing their rehabilitation. They pointed out the stigma attached to being called “drug users,” which often results in social rejection, fewer job opportunities, and feelings of isolation. A few expressed concerns that, despite their efforts to change, society would continue to judge them based on their past rather than their progress. The discussion highlighted that social acceptance is a significant hurdle for former drug users, as misconceptions and biases still exist within communities. This situation emphasizes the importance of public awareness campaigns that frame addiction as a medical issue rather than a moral failing. By changing societal views, individuals in recovery would have a better opportunity to rebuild their lives with dignity and purpose.

The speaker encouraged participants not to feel disheartened about reintegration, highlighting that they had already completed their sentences and gone through rehabilitation. The conclusion of their legal and therapeutic journeys marks their opportunity for a new beginning, and having self-confidence is essential for overcoming societal challenges (Figure 1). The speaker pointed out that feelings of shame or unworthiness would only strengthen negative stereotypes, making it more difficult for them to progress. Instead, they were urged to get involved in community activities, seek stable jobs, and show positive changes in behavior to help shift public perception. Establishing a solid support system of family, friends, and rehabilitation programs would also aid in their successful reintegration. By embracing their second chance with determination and resilience, former drug users can confront existing biases and demonstrate that recovery is not just achievable but also life-changing.

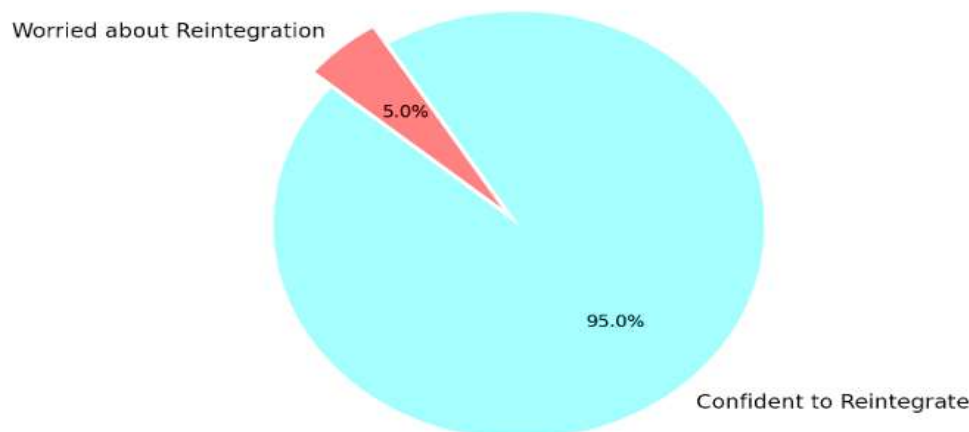


Figure 1: Recidivists' confidence in societal integration (n=103)

The results of this counseling are consistent with the research by Beaver et al. (2017), which indicates that criminal offenders, even those with a background of drug use, can successfully reintegrate into society if they show adaptability and personal growth. Their successful return hinges on their ability to embrace social norms, build healthy relationships, and make positive contributions to their communities. This counseling model can act as a foundation for future programs, as it has shown success in increasing recidivists' understanding of societal reintegration. By encouraging adaptability and personal development, it assists offenders in reconstructing their lives, lowering the chances of reoffending and facilitating successful integration into the community (Mpofu, Mkhize & Akpan, 2024).

Legal counseling at Lido not only tackles the legal challenges faced by drug users but also plays a vital role in diminishing the stigma associated with addiction. In many cultures, drug addiction is still perceived as a moral failing, leading to harsh judgments from society towards those affected (Whipple, Boyke, Ferrier & Horner, 2024). This stigma can foster feelings of shame and isolation, making it harder for individuals to seek help or reintegrate into society after rehabilitation. The legal counselors at Lido strive to confront these negative views, helping both drug users and the community understand that addiction is a medical issue that necessitates treatment and support. By alleviating stigma and fostering

empathy, legal counseling contributes to creating an environment where drug users can reintegrate into society with dignity. The assistance provided by legal counselors promotes a more compassionate approach from the legal system, as well as from family members, employers, and the wider community. This supportive atmosphere is crucial for long-term recovery, as it enables drug users to rebuild their lives free from the burden of societal judgment.

A follow-up counseling session that will focus on social aspects is scheduled for a later time. This session showed that the counselors effectively imparted knowledge and understanding to 103 pre-selected participants. Stakeholders (counselors) analyzed the responses of drug users and found that most participants grasped the material and were likely to apply it once they were no longer facing legal consequences related to drug use.

CONCLUSIONS

Legal counseling at the Rehabilitation Center in Lido, Indonesia, was provided to 103 recidivists to evaluate their readiness for reintegration into society. The findings show that 95% of participants felt confident about rejoining society, while 5% had lingering concerns about their future after rehabilitation. This high success rate indicates that the counseling effectively tackled important issues related to social reintegration, such as overcoming stigma, rebuilding self-esteem, and understanding legal rights. Through structured guidance, participants gained a better understanding of their reintegration journey and their ability to lead a law-abiding life. However, the program does have some limitations. A few participants still face anxiety regarding job opportunities and social acceptance. To improve future counseling efforts, it would be beneficial to include additional support mechanisms, like job placement programs, community engagement initiatives, and long-term mentoring. Enhancing post-rehabilitation follow-ups can also lead to better reintegration outcomes, ensuring that recidivists receive ongoing support as they transition back into society.

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