



# The Role of Social Workers in Restoring Social Functioning in Addiction Recovery at Yayasan Grapiks

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**Abstract:** This study discusses the vital role of social workers in assisting the recovery process of individuals with drug addiction (NAPZA) at Grapiks Foundation, a social rehabilitation institution in Bandung, Indonesia. Addiction to addictive substances not only affects physical and mental health but also disrupts a person's social life. Therefore, recovery of addiction requires a holistic approach involving medical, psychological, social, and spiritual aspects. This research uses a qualitative approach through interviews to understand how social workers at Grapiks Foundation support clients in restoring their social functioning. The findings show that social workers act as companions, educators, facilitators, and connectors between clients and their social environment. They apply various methods such as counseling, motivational therapy, life skills training, and spiritual-religious approaches. The main challenges in this process include the risk of relapse and the clients' low awareness of their condition. These are addressed through empathetic support, family involvement, and continuous education. This study highlights the crucial role of social workers in helping individuals reintegrate into society as productive members.

**Keywords:** Addiction Recovery; Social Functioning; Social Workers; Drug Rehabilitation; Grapiks Foundation.

## Introduction

Substance abuse involving narcotics, psychotropic substances, and other addictive drugs (commonly referred to as NAPZA in Indonesia) represents a significant public health and social concern, with far-reaching effects on individuals and communities. Addiction, as a consequence of prolonged substance use, often impairs an individual's ability to maintain stable employment, build healthy relationships, and engage meaningfully in social life. The recovery process from addiction requires more than just medical or psychological treatment; it demands a comprehensive, person-centered approach that addresses physical, emotional, and social dimensions.

Social workers play a vital role in supporting individuals undergoing addiction recovery. Their professional training equips them to assist clients in rebuilding their social functioning, accessing necessary services, strengthening interpersonal networks, and reintegrating into society. By offering individualized support, facilitating connections with community resources, and promoting empowerment, social workers contribute meaningfully to sustainable recovery efforts.

This study seeks to explore the role of social workers in restoring social functioning among individuals recovering from addiction at Yayasan Grapiks. Specifically, it examines how social workers act as companions, educators, facilitators, and connectors in the rehabilitation setting to support the holistic recovery journey.

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## Method

This study employed a qualitative approach using a case study method to explore in depth the role of social workers in restoring social functioning among individuals recovering from addiction at Yayasan Grapiks. A qualitative design was considered appropriate for gaining a comprehensive understanding of the informant's experiences and perspectives within a specific social context.

Data collection was carried out through an in-depth interview with a single informant, a social worker who has been actively involved in addiction rehabilitation at Yayasan Grapiks for more than twenty years. The informant was selected using purposive sampling, based on their extensive experience and direct involvement in the recovery process of clients.

The interview was conducted face-to-face using open-ended questions that allowed the informant to share detailed narratives and insights. The collected data were analyzed using thematic analysis to identify categories, patterns, and meanings that emerged from the informant's responses.

## Result and Discussion

### *Profile of Yayasan Grapiks*

Yayasan Graha Prima Karya Sejahtera, known as Yayasan Grapiks, is a non-profit organization officially established on December 9, 1999. It originated from a rural community focused on education, providing scholarships, literacy assistance, and tutoring for village children.

In response to Indonesia's multidimensional crises, particularly rising poverty and street children, the community formalized the organization to empower society. Since 2001, Yayasan Grapiks shifted its focus to child protection programs, especially for children affected by drugs, street children, exploited children, and those in conflict with the law in Bandung and surrounding areas.

In 2004, addressing the increase in HIV-AIDS cases related to intravenous drug use, Yayasan Grapiks launched prevention programs supported by AusAID and IHPCP through the IDU Harm Reduction Implementation Program. Activities included outreach, accompaniment, education, voluntary counseling and testing (VCT), referrals for rehabilitation and health services, community-based information posts, economic empowerment, peer support groups, and nutrition assistance.

Between 2012 and 2017, the foundation ran HIV-AIDS prevention programs targeting marginalized groups such as transgender women, men who have sex

with men, sex workers, lesbians, bisexuals, and transgender individuals, supported by the Global Fund. The aim was to reduce new infections, AIDS-related deaths, and stigma toward people living with HIV/AIDS. In 2017, Yayasan Grapiks began addiction recovery programs, and in 2018, it was designated as a Mandatory Reporting Institution (IPWL) by the Ministry of Social Affairs of the Republic of Indonesia.

### *The Role of Social Workers at Yayasan Grapiks*

The role of social workers at Yayasan Grapiks holds a strategic position in supporting the recovery process of individuals overcoming drug addiction. Social functioning here refers to the individual's ability to effectively fulfill roles and responsibilities within their family, community, and workplace (Asmoro, 2016; Suradi, 2017). Social workers perform various functions including companion, facilitator, educator, and liaison between clients and the broader social system (Andari, 2020; Azzahroo, 2020; Laksaita, 2017). Their main tasks involve accompanying clients through addiction challenges and associated mental health issues, employing a comprehensive approach that addresses psychological, social, and spiritual aspects (Amaliah, 2024; Lubis, 2024; Utomo, 2017).

Families are also targeted through social workers' interventions, receiving education and psychosocial support to become a primary support system during recovery (Ernawati, 2018; Wulandari, 2018; Yunitasari, 2018). A family that understands addiction dynamics is expected to create a stable and conducive environment for behavioral change (Pratitis, 2024; Utami, 2024; Zulkarnain, 2018). Social workers at Yayasan Grapiks also facilitate educational and social activities such as HIV-AIDS and substance abuse awareness campaigns, psychoeducation on substance misuse, and raising awareness about mental health. These efforts aim to expand understanding, boost motivation, and restore the social functioning of individuals undergoing rehabilitation.

Prevention programs targeting substance abuse are also developed as part of promotive and preventive efforts (Augia, 2022; Marlina, 2024; Rahami, 2020; Rizqoh, 2021). These activities are community-based and carried out in collaboration with various stakeholders. The overall goal is to foster a more responsive and aware environment regarding substance abuse risks. Social workers play a crucial role in bridging recovering individuals back into productive and meaningful social participation.

#### a. Social Workers' Role as Companions at Yayasan Grapiks

Social workers at Yayasan Grapiks serve as companions who support clients throughout their recovery from addiction. This companionship is

characterized by an empathetic, non-discriminatory approach focused on client needs. At this stage, social workers assist clients in recognizing personal and social challenges, including managing emotions, family conflicts, and social pressures that may trigger relapse. The accompaniment involves individual and group counseling sessions that provide a safe space for clients to explore their experiences.

This role aligns with the "enabler" function, helping individuals identify problems, explore solutions, and develop self-capacity to overcome difficulties (Zastrow, 2017). Social workers also support clients during the critical transition from institutional care to community life, working to build trusting relationships so clients feel supported and less isolated throughout their recovery journey (Fiska, 2018; Octaviana, 2018; Sima, 2022).

#### b. Social Workers' Role as Educators at Yayasan Grapiks

As educators, social workers are responsible for increasing clients' understanding of the dangers of substance abuse, stress management techniques, and life skills to prevent relapse (Rihansyah, 2021; Ruhaedi, 2020; Zahara, 2020). Educational materials are delivered progressively and contextually according to clients' needs and readiness (Davis 2024; Hummam, 2023; Utama, 2018). This education covers health knowledge, social awareness, and spiritual values to strengthen motivation for recovery (Machsun, 2020; Rohman, 2017; Saefulloh, 2018).

This function reflects the educator role, which involves providing information and teaching adaptive skills to empower clients to make wiser decisions in daily life (Maulidi, 2015), (Naibaho, 2024), (Sitanggang, 2023), (Wulansari, 2021). Families are also involved in the educational process, as they form the main support system influencing clients' social functioning after rehabilitation (Ambarwati, 2015), (Pandiangan, 2021), (Pratiwi, 2020). Education not only focuses on relapse prevention but also empowers clients to build healthier and more independent futures (Apriani, 2023; Purnomo, 2016; Wijaya, 2021).

#### c. Social Workers' Role as Facilitators at Yayasan Grapiks

In their role as facilitators, social workers lead activities that help clients improve social skills, boost self-confidence, and build healthy interpersonal relationships (Mutti, 2023; Munthe, 2023; Putra 2023). One example is organizing group therapy sessions and skill training programs such as Grapiks Boxing Camp and Grapiks Concept (Purnama, 2021). These activities encourage clients to interact in positive and structured environments, replacing past settings filled with

stressors and addiction triggers (Adnan, 2023; Andini, 2024; Harahap, 2022; Mukidi, 2024; Nugraha, 2021).

This facilitator role corresponds to the concept of a "group facilitator," where social workers guide group activities to support learning and behavior change (Zastrow, 2017). In addition to facilitating activities, social workers foster supportive group dynamics so clients feel accepted and valued. Strengthening these capacities aims to promote sustainable social integration (Haifa, 2024; Hakim, 2024; Yanti 2021).

#### d. Social Workers' Role as Liaisons at Yayasan Grapiks

Social workers also act as liaisons, bridging clients with various community resources such as healthcare services, education, job training, and religious organizations (Purba, 2019; Susanti, 2024; Susiyanto, 2022). This function is crucial given many clients' social isolation and loss of access to public services (Fitria, 2025). Social workers help clients understand where and how to access appropriate assistance (Hasibuan, 2024; Nugroho, 2018; Sibagariang, 2024).

This role aligns with the "broker" function, which involves connecting individuals with available community services (Halevy, 2019), (Johnson, 2023), (Poocharoen, 2015). At Yayasan Grapiks, social workers develop networks and partnerships with agencies such as the Social Service Office, training institutions, and places of worship to ensure ongoing client support. Acting as liaisons becomes a vital bridge for social reintegration, linking clients' internal recovery process with the external world they face after rehabilitation (bin Sansuwito, 2025; Fomiatti, 2021; Korna, 2023).

#### *The Major Challenges Encountered by Yayasan Grapiks in Assisting Addiction Recovery and the Strategies to Address Them*

One of the main challenges faced by social workers at Yayasan Grapiks in supporting addiction recovery is the risk of relapse. Relapse can occur either during the treatment phase or after an individual has completed a rehabilitation program (Ginting, 2025; Samsudin, 2025; Yamani, 2023). In most cases, relapse is triggered by suggestions or cues that arise when individuals are exposed to environments, places, or people associated with their past substance use experiences (Aljasmi, 2024; Bowen, 2021; Indradewiand, 2021). These cues can generate a strong urge to use drugs again, even when the person is currently undergoing or has completed the recovery process.

Another significant challenge for social workers at Yayasan Grapiks is supporting clients who are still in the pre-contemplation stage. At this stage, individuals struggling with addiction are not yet aware of the dangers of substance use and often perceive drugs as a means of escape or a way to relieve stress. As a result,

their resistance to the rehabilitation process is typically high.

To address these challenges, Yayasan Grapiks strives to implement a more personal and inclusive approach to support. One of its core strategies is to embrace clients not only through formal counseling sessions but also emotionally and socially. Social workers are encouraged to foster a warm, empathetic, and non-judgmental environment so that clients feel accepted and not alone in their journey (Karo, 2021). This approach aims to reduce feelings of shame, guilt, or worthlessness that are often experienced by individuals in recovery.

Further efforts include ongoing education about the dangers of substance use and its physical, psychological, and social consequences. Family involvement is also a key component. Yayasan Grapiks actively encourages families to participate in counseling sessions and support their loved ones in daily life. With strong social support, clients are expected to develop emotional stability that can help them maintain their commitment to recovery.

Despite these efforts, Yayasan Grapiks still faces systemic barriers. The lack of an inpatient rehabilitation facility limits its ability to monitor clients on a daily basis. Regular support through scheduled sessions is often insufficient to ensure continuity in the recovery process, particularly for clients who are emotionally unstable. In such cases, the risk of clients discontinuing sessions or experiencing relapse without direct supervision becomes greater. Therefore, building meaningful connections and embracing clients holistically remains a key strategy to help them stay engaged in their recovery, despite the existing limitations in the support system.

#### *Approaches Used by Social Workers at Yayasan Grapiks to Support the Restoration of Clients' Social Functioning*

Social workers at Yayasan Grapiks apply various methods to assist clients with substance use disorders in gradually restoring their social functioning. This refers to the individual's ability to fulfill social roles within the family, community, and workplace. The methods used include medical, psychosocial, and spiritual or religious approaches, complemented by post-rehabilitation programs as part of ongoing support.

The medical approach is used to address the physical and psychological impacts of substance dependence (Nuryono, 2025; Patriana, 2025; Sulubara, 2025). This step is essential during the early phase of recovery to help stabilize the client's physical condition.

The psychosocial approach includes individual and group counseling, motivational therapy, and life skills training. Through this method, clients are encouraged to recognize their personal challenges, develop decision-

making abilities, and rebuild healthy social relationships. Social workers provide emotional support and help strengthen clients' self-confidence so they can function more effectively within their communities.

Yayasan Grapiks also implements a spiritual and religious approach to motivate clients to find a more positive sense of life purpose and develop moral awareness as a foundation for behavioral change (Rais, 2024). Religious activities, spiritual guidance, and personal reflection are integrated into the recovery process to support self-control and reinforce clients' spiritual values, reducing the temptation to return to substance use (Dubu, 2021; Istikomah, 2022; Zatrahadi, 2022).

In addition to these three core approaches, Yayasan Grapiks offers post-rehabilitation programs to maintain recovery and support social reintegration. One key program is Grapiks Boxing Camp, a martial arts-based activity that serves as both physical training and psychosocial therapy. Through regular sessions, clients learn values such as discipline, emotional control, teamwork, and perseverance. This program has proven effective in helping clients manage emotions and provides a positive outlet for stress (Firdha, 2016). It also fosters a supportive community where clients can rebuild their social interaction skills.

Another program is Grapiks Concept, which provides automotive and workshop-based vocational training. This initiative, mainly aimed at male clients, equips participants with practical job skills to support economic independence. Clients gain technical knowledge in vehicle repair and tool handling, while also learning responsibility, teamwork, and the value of productivity in daily life. Such programs play an important role in helping clients regain confidence and feel empowered to contribute to society.

Unfortunately, the program previously designed for female clients, which focused on handicrafts, is no longer running. This is due to the lack of available staff to manage the program consistently. As a result, there is a gap in activity-based recovery support for women at the yayasan. Yet, programs like this have strong potential to improve skills, build self-esteem, and increase social participation among female clients.

#### **Conclusion**

Based on the findings of the study, it can be concluded that the role of social workers at Yayasan Grapiks is crucial in supporting the recovery process of individuals with substance use disorders. Recovery from addiction involves not only stopping substance use but also restoring a person's ability to live a healthy, productive life and engage positively with their social

environment. At Yayasan Grapiks, social workers serve in multiple roles, including as companions, facilitators, educators, and liaisons between clients and the broader community. They apply various approaches such as counseling, life skills training, and religious activities to help clients rebuild self-confidence and social functioning.

The study also highlights significant challenges, particularly the risk of relapse and the lack of client awareness regarding their condition. Moreover, systemic limitations such as the absence of inpatient services and the discontinuation of skill-based programs for women pose additional barriers to recovery. Despite these challenges, the foundation's empathetic and holistic approach has shown positive outcomes in supporting clients throughout their rehabilitation journey.

#### Author Contributions

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#### Conflicts of Interest

The authors declare no conflict of interest.

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