

Abstract

Background: Accessibility is a crucial factor in entering addiction treatment. Barriers and facilitating factors of starting treatment are well known from the perspective of clients, professionals, and the system. However, the experience of clients with starting treatment and related factors are not described and characterized enough in the Czech Republic.

Aims: The aim of this bachelor thesis was to describe how clients choose facilities and how does the process of starting in-patient addiction treatment looks like from clients' perspective, and what are the factors that influence this process.

Methods: Quality research was conducted using semi-structured interviews with clients addicted to alcohol, in in-patient treatment. The sample consisted of 22 clients. The data was analysed using interpretive phenomenological analysis, respectively the method of creating themes.

Results: Results showed that most of the respondents chose the organization based on the waiting period or because it was recommended by someone. Another theme was, that they picked it because of some specific characteristics (geographical accessibility, the length of treatment, strict regime). 4 factors which helped clients with starting treatment were analysed: enough information about treatment, previous experience with the facility, support of family and support of the facility and other patients. 6 themes of barriers were identified. The most important were absence of a problem, worry about their families, worry about treatment, financial problems, and fear of losing a job and the stigmatisation from others. Only a small portion of respondents stated that they had recommendation from some other organization and none of the respondents were helped through case management.

Conclusion: This bachelor thesis covers clients experience with starting in-patient treatment. Results showed that the waiting time is a very important aspect when choosing the facility, as well as practical factors such as recommendation of others and characteristics of the treatment. Barriers and facilitating factors of starting treatment were identified. It turned out that connection of addiction care and professional support when seeking and starting treatment is not sufficient.

Key words: barriers, facilitating factors, in-patient treatment, starting treatment, addiction