

The Impact of Community Outreach on Addiction Recovery Outcomes a Statistical Analysis of Project Arunodaya

Devaki Vasudeo

Savitribai Phule Mahila Ekatma Samaj Mandal, Chhatrapati Sambhajanagar, Maharashtra, India

Abstract

Community-based mental health interventions play a critical role in addressing addiction and psychological distress in underserved rural populations. Project Arunodaya, implemented across 30 villages in the Marathwada region of Maharashtra, India, employs community mental health workers known as *Manas Mitra's* to provide psychosocial support, deaddiction services, and community-based rehabilitation. The present study aimed to evaluate the effectiveness of Manas Mitra visits on individuals' cravings, substance use patterns and self-reported wellbeing.

A survey-based quantitative research design was employed with a sample of 470 adult male participants identified as having substance use disorders. Data were collected through structured interviews conducted in person in participants' homes. Pearson Chi-square tests and Spearman rank-order correlations were used to examine associations between frequency of mental health worker visits, changes in cravings, recent substance use, and current self-reported wellbeing.

The results revealed a significant association between mental health worker visits (response categories were: Never, Sometimes, Always) and reductions in cravings (response categories: No Change, Slight Decrease, Significant Decrease), $\chi^2(4, N = 429) = 16.15, p = .003$, with a weak but significant positive correlation ($\rho = .14, p = .004$). A stronger association was found between visit frequency (responses categories: Never, Sometimes, Always) and recent substance use (responses categories: Everyday, Occasionally, Never), $\chi^2(4, N = 470) = 63.27, p < .001$, accompanied by a significant positive correlation ($\rho = .28, p < .001$), indicating that more frequent visits were associated with lower substance use. Furthermore, recent substance use (responses categories: Everyday, Occasionally, Never) demonstrated a significant relationship with current wellbeing (response categories: Bad, Anxious, Okay, Very Good), $\chi^2(6, N = 470) = 113.88, p < .001$, and a moderate positive correlation, ($\rho = .42, p < .001$), suggesting that reduced substance use was associated with improved self-reported wellbeing.

The findings highlight the positive role of community mental health workers (*Manas Mitra's*) in supporting recovery from substance use disorders and improving wellbeing in rural communities. The study provides evidence that sustained community outreach and regular psychosocial support can contribute meaningfully to addiction recovery and mental health promotion.