



Social Support Networks and Substance Abuse Recovery among Urban Youth in Lagos: A Theoretical Framework Study

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Abstract

Urban youth in Lagos face significant challenges related to substance abuse, necessitating a comprehensive understanding of social support networks and their role in recovery. A mixed-methods approach will be employed, integrating qualitative interviews with quantitative surveys to explore the dynamics of social support and its impact on recovery outcomes over time. This study underscores the importance of integrating social support interventions into existing mental health services and highlights the need for culturally tailored approaches that leverage community resources. Policy makers should prioritise funding for programmes that strengthen social networks, such as mentorship initiatives and peer support groups, to enhance the effectiveness of substance abuse recovery efforts in urban youth settings.

Keywords: *Geographic, Substance Abuse, Urbanization, Social Capital, Network Theory, Community-Based, Longitudinal Studies*

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