



Report On

Five-day Training on Drug Abuse Prevention for Officials of SAARC Member Countries . New Delhi, 25-29, February, 2008



**NATIONAL INSTITUTE OF SOCIAL DEFENCE,
MINISTRY OF SOCIAL JUSTICE &
EMPOWERMENT
GOVERNMENT OF INDIA, NEW DELHI**



A five-day training programme on Drug Abuse Prevention for officials of SAARC member countries were organized by National Institute of Social Defence, Ministry of Social Justice & Empowerment at New Delhi from 25 to 29 February, 2008.

The training course was attended by 21 participants representing seven SAARC Member Countries which includes the senior level officers as well as middle level functionaries of Departments/Ministries concerned with Drug Abuse Prevention Programmes.

Purpose of the Training Programme

The basic objectives of this training are:

- i) To provide a platform for sharing the drug scenario of Member Countries and their experience in implementation of drug abuse programmes.
- ii) To provide inputs on various issues relating to drug abuse and available approaches/interventions to deal with menace of drug abuse in view of the social cultural similarities of the region.
- iii) To explore possibilities for mobilizing and sharing of resources and technical support among all SAARC Member Countries for better implementation of Drug Abuse Prevention Programmes in the region.

Methodology

The Training Programme used various methodologies in order to make the learnings gained in each session, more effective. The resource persons used the following methods singularly or in combination in order to communicate the theme of the session in an effective manner:

- Mind Mapping;
- Lectures;
- Power Point Presentation;
- Small Group Activities;
- Large Group Interaction;
- Brain Storming;

Participatory methods, exposure visits, movie shows, games & energizers were woven into the training sessions to ensure the use of experiential adult learning model and to ensure the interest of the participants.



Day 1

Session 1:

Inauguration

Mr. M. Sunil Kumar, Deputy Director NISD, initiative the programme by welcoming guests of honor Smt. Kheya Bhattacharya, Joint Secretary, SAARC secretariat and Dr. Arbind Prasad, Joint Secretary, Ministry of Social Justice & Empowerment and briefly introduced the objectives of the training programme.

It was followed by opening remarks from Smt. Bhattacharya who welcome the participants and thanked them for their participation in the program on such short notice. She stressed upon the need for more such meets among SAARC member countries to resolve the problem of Drug Abuse with mutual cooperation. Dr. Arbind Prasad, Joint Secretary, Ministry of Social Justice & Empowerment in his speech, briefly mentioned on the approach of Govt. of India to deal with the Drug Abuse problem and the drug demand reduction strategy being implemented by the Ministry in partnership with NGOs and CBOs at the grass-root level. Dr. Arbind Prasad, Joint Secretary, Ministry of Social Justice & Empowerment in his speech, briefly mentioned on the approach of Govt. of India to deal with the Drug Abuse problem and the drug demand reduction strategy being implemented by the Ministry in partnership with NGOs and CBOs at the grass-root level.

Session 2:

Introduction, Ground Rules & Expectations:

Mr. M. Sunil Kumar, has briefly outlined the contains of the training programme. logistics etc., he along with Ms. Kalyani has initiated the icebreaker for the participants to get to know each other. In this activity the participants were told to write down the following on a piece of paper given to them:



- My most cherished relationship;
- My most valuable material possession;
- Skill I am best at;
- A quality I admire in myself the most

Once each participant answered the statements, they were told to mingle with the rest of the group & list down the names of the other participants who shared their responses. Each of them was then told to greet each other by a group activity with the theme “Phool Khile, Phool Khile” which she explained is from song and denotes the welcoming of new season, blossoming of flowers and singing of birds.

After the introduction & icebreaker participants were told to fill up a pre-assessment form on Drug Abuse.

Before the start of the training sessions the participants were told to brainstorm on expiations from the workshop. This was followed by the Ground Rules, which were suggested by the participants themselves. The following rules were established after the discussion:



- Punctuality
- No Cross questioning
- Use of “I” statements
- Frankness about ground realities
- Be attentive to what other participants & the facilitator is saying
- Active participation in the workshop
- Quires should be issue based

The rules laid down were reiterated several times throughout the workshop so that the workshop progresses in a smooth and harmonious manner.

Session 3:

Basics of Drug Abuse

This Session was facilitated by Dr. Rajat Ray, Chief, National Drug Dependence Treatment Centre, AIIMS, New Delhi. Following issues were discussed during the session:



- Various Drugs of Abuse
- Biological basis of addiction-issues
- Basic mechanisms
- Global Status Report on Alcohol-WHO, 2004
- Alcohol Control Policies in the South-East Asia Region, WHO, 2006
- Drug Use (Non-alcohol): GLOBAL
- Various Drugs of Abuse -Availability and Consumption
- Drug Abuse-South Asia
- Abuse of Various Drugs: India Vs other countries
- Treatment & Rehab:-
 - Identification
 - Dependence-clinical
 - Acute & Chronic Effects
 - Withdrawal symptoms
 - Screening & Assessment
 - Resources & Manuals

Session 4:

Drugs: Manifestations of Drug Abuse and Dependence

This Session was facilitated by **Dr. Atul Ambekar**, National Drug Dependence Treatment Center, All India Institute Of Medical Sciences, New Delhi.

Following issues were discussed during the session:

- Classification
- Classification by action
- Depressants
- Stimulants
- Hallucinogens
- Acute effects
- Terminology
 - Use
 - Misuse / harmful use
 - Abuse
 - Dependence
 - Addiction - older term, still used
- Withdrawal symptoms
- The usual drug-use 'career'



- Consequences of drug dependence
 - **Health**
 - **Social**
 - **Economic**
 - **Psychological**
- Relationship between substance use and HIV/AIDS
- IDU and HIV in South Asia
- HIV estimates in India, 2006

Day 2

Session 1:

Drug Demand Reduction - Treatment Protocols

This Session was facilitated by **Dr. B. L. Kantroo**, Association for National Brotherhood in India, New Delhi. Following issues were discussed during the session:

- Treatment settings

- Treatment services
- Treatment modalities
- Matter of concern
- Addiction dependence
- Commonly abused drugs
- Commonly used terminology
- Phases of treatment
 - ❖ Initial: Intense Medical
 - ❖ Middle: Medical & Brief Psychosocial
 - ❖ Late: Psychosocial & Rehabilitation

- Recovery model

Motivation → Detox → Actual Rehabilitation

Build

- a) Physical
- b) Mental
- c) Spiritual
- d) Social Planes of each Addict

- Techniques (vehicles)
- Objectives of the rehabilitation programme
- Recovery journey
- Key elements for effective rehabilitation

Session 2:

Preventing Drug Abuse among vulnerable youth groups

This Session was facilitated by **Mr. Pratik Kumar, UNODC Regional Office for South Asia**, New Delhi. Following issues were discussed during the session:

- ❖ South Asia: commonalities
- ❖ Common substances of abuse: South Asia
- ❖ Estimated DUs in South Asia
- ❖ HIV / AIDS Situation: South Asia
- ❖ NATIONAL DRUG SURVEY REPORT 2004
"Extent, Pattern and Trends of Drug Abuse in India"
- ❖ Survey findings
- ❖ Drug use and unsafe sexual behaviour
- ❖ The drug cascade
- ❖ What Makes Adolescents Vulnerable?
- ❖ Mean age of drug use *vs.* age at onset
- ❖ When do people start using drugs?

- ❖ Why is primary prevention important?
- ❖ Levels of Prevention
 - Primary
 - Secondary
 - Tertiary
- ❖ Strategies for Prevention
 - School-Based Drug Prevention
 - Community-Based Prevention
 - Family-Based Prevention Programs
- ❖ Risk & protective factors in the drug use scenario
- ❖ Individual risk factors
- ❖ Environmental risk factors
- ❖ Risk factor- Family
- ❖ Risk Factors among youth
- ❖ UNODC Drugs and HIV mandate

Session 3:

Family therapy

This Session was facilitated by **Ms. Shanthi Ranganathan, TT Tangathan Clinical Research Foundation**, Chennai. Following issues were discussed during the session:

- ❖ Family as a system
- ❖ Healthy families
- ❖ Dysfunctional families
- ❖ Alcoholism and altered family dynamics
- ❖ Dealing with addiction -Family's responses
- ❖ Co-dependency
- ❖ stages of codependency
- ❖ The strength of the family system in Asia
- ❖ Family therapy towards meeting the challenges
- ❖ Goals of family therapy
- ❖ Setting up a family therapy programme
- ❖ Problems in recovery
- ❖ Visible benefits for the family
- ❖ Recovery of the individual

Session 4:

Minimum Standards of Care

This Session was facilitated by **Ms. Shanthi Ranganathan, TT Tangathan Clinical Research Foundation**, Chennai. Following issues were discussed during the session:

- ❖ Covering 350 – 400 NGOs throughout the country, Introduced in the year 2001
- ❖ Issues prior to implementation
- ❖ Benefits of implementing
- ❖ Services provided by the Treatment-cum-Rehabilitation Centres
- ❖ Activities for Medical Care
- ❖ Activities for Psychological Care
- ❖ After - Care / Follow-up and Rehabilitation Services
- ❖ Records to be maintained
- ❖ Development of manuals
- ❖ Improvements achieved

Day 3

Session 1:

Psycho-Social Perspectives of Drug Abuse

This Session was facilitated by **Dr. Jitendra Nagpal, NIMHANS, New Delhi.** Dr. Nagpal in his presentation have discussed Psycho-Social perspective of drug abuse, conflux, and other impact on drug abuse resulting in accidents, domestic violence, crime etc. and also vulnerability of younger generation calling for early interventions.

Session 2:

Role of NCB (National nodal agency for all drug related matters)

This Session was facilitated by **Mr. A. Pandey, Narcotics Control Bureau, New Delhi.** Following issues were discussed during the session:

- ❖ Classification of drugs on basis of origin
- ❖ India's drug problem
- ❖ India drug trafficking routes
- ❖ Licit opium production in India
- ❖ Trafficking of heroin
- ❖ Trafficking of SWA heroin
- ❖ Trafficking of afghan origin heroin
- ❖ Synthetic drugs
- ❖ Effect of synthetic drugs abuse
- ❖ Precursor chemicals
- ❖ The narcotic drugs and psychotropic substances (NDPS) act, 1985
- ❖ Salient features of the act
- ❖ Drug administration in India

Session 3:

Preventing drug abuse in prison settings

This Session was facilitated by **Dr. Jaydev Sarangi, UNODC Regional Office for South Asia**, New Delhi. Following issues were discussed during the session:

- ❖ Project RAS/H71, Prison Intervention sites
- ❖ Aim of the intervention
- ❖ Realities on the ground
- ❖ Common traits of drug abusers
- ❖ The project's approach
- ❖ Intervention design
- ❖ Existing prison peer network
- ❖ Monitoring mechanism
- ❖ Milestones reached
- ❖ Coverage
- ❖ Lessons learned
- ❖ Site specific trainings

Session 4:

IT Initiatives for Service Providers (Working on Drug Demand Reduction) in India

This Session was facilitated by **Mr. Tushar Sampat, IT Consultant**, National Centre for Drug Abuse Prevention, NISD, New Delhi.

Day 4

Session 1 to 4:

Field Visit to the National Drug Dependence Treatment Centre, AIIMS, Ghaziabad.

Day 5

Session 1:

Networking & Partnership for the Prevention of Drug Use in SAARC Countries

In her presentation she emphasized that networking should take place at the global level. According to her, civil society is a people's movement and NGOs are the bridge between people and government. NGOs, therefore, should give their best and quality services. She held that NGOs play a very important role in advocacy which was the key to networking. She added that there should be transparency and accountability in the works of NGOs. The NGOs should produce their best under their available resources and capacities. She said that team spirit is the most essential thing for the success of any NGO.

Further she said that networking provided big opportunities to the mentors and the peer groups. It helped in developing better skills and forming better policies for any program. By this networking forum of NGOs, SAARC has given a very big recognition to the civil society organizations of its member countries.

This Session was facilitated by **Dr. Zeenat N., Chairperson**, Society for Promotion of Youth & Masses & Secretary Federation of Indian NGOs for Drug Abuse Prevention, New Delhi.



Session 2:

Drug Abuse SAARC Countries Regional Profile - Interventions by UNODC

This Session was facilitated by **Mr. Gary Lewis, Regional Representative**, UNODC Office for South Asia, New Delhi. Mr. Lewis has informed the participants on the various pilot initiative/interventions taken for drug abuse prevention in collaboration with SAARC member countries.

He elucidated the communal of the problem of drug abuse in the region and the various interventions being executed by UNODC basically looking into the vulnerability of various localities and groups to drug abuse.



Session 3:

Evaluation & Feedback

This Session was facilitated by **Mr. M. Sunil Kumar**, wherein the participants expressed their appreciation for providing opportunity to undergo this training, provide information and exposure to various interventions, and for effective management of logistics. The following are the major recommendation given by the trainings:

- i) More such training programmes and workshop should be organized on regular basis so as to provide a platform for sharing and learning the upcoming scenario and development in the drug abuse sector.
- ii) Develop a compendium of resource person, experts and organization working in field of drug abuse prevention at the SAARC region.
- iii) Website at the SAARC region level wherein member countries can participate and share information and experiences.
- iv) Strengthening networking of NGOs.
- v) Resources of member countries should be mobilize for promoting best practices and providing more opportunities for exchange programme.

**NATIONAL INSTITUTE OF SOCIAL DEFENCE
MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT
GOVERNMENT OF INDIA**

**FIVE – DAY TRAINING COURSE ON “DRUG ABUSE
PREVENTION” FOR SAARC COUNTRIES**

(25 – 29 FEBRUARY 2008)

List of SAARC Participants

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