

NEWSLETTER

M2M - An echo from the streets



Living life on life's terms

Being a person who use drugs means to be pressurized from the family, friend and the society. I do feel that the pressure for me to quit drugs is for my own good but it's like a destination without a proper navigation. Those message, suggestions and bargains from my well wishers meant nothing but a nuisance for me because I was not provided with a appropriate way out instead moral lectures.

After confronting my condition with the family and immediate friend, I felt I was free; they all now know what I am engaged in so there is no boundary for me. This concept further dragged me into troubles and more. Acquiring money for my fix is the number one priority for me at this stage. I became unaware of all the development around me. I felt like I can never quit.

My relation with family and friend plus my health started to deteriorate ; to make condition worst I got caught by the law.

As a cornered animal, I had no choice and then I had to see life from a different perspective. And then a strong feeling developed within me so I decided to take a break from using. The options that I have now for my treatment is more motivational at this stage; it feels good that I can choose for myself.

Message to my friends ? Well.. as I take it, drug use cannot be stopped at once therefore " take precautions while you use, be safe and don't share.....

Drug use is not a rocket science; it's just unwelcome aspect of the society.



Harm Reduction With Law Makers : Policy Reform

The parliamentarian came to action to support the community of the people who inject drugs and the people infected with HIV since 2009 which was initiated by Naya Goreto. More than three hundred parliamentarians participated in the seminars and trainings on Harm Reduction services that resulted in the positive commitments for initiating steps for acquiring favorable policies and strategies that can benefit the health and well being of the most at risk population including people who use drugs and people living with HIV. In 2010, NG members and other stake holders had a meeting with speaker of House Mr. Subash Nembang and handed over the joint statement on decriminalization of drug use from the community.



Editorial

M2M has been a friendly name for the people who use drugs in Kathmandu since early 2007. Almost three thousand people who use drugs have received the substitution therapy with Buprenorphine along with other harm reduction services.

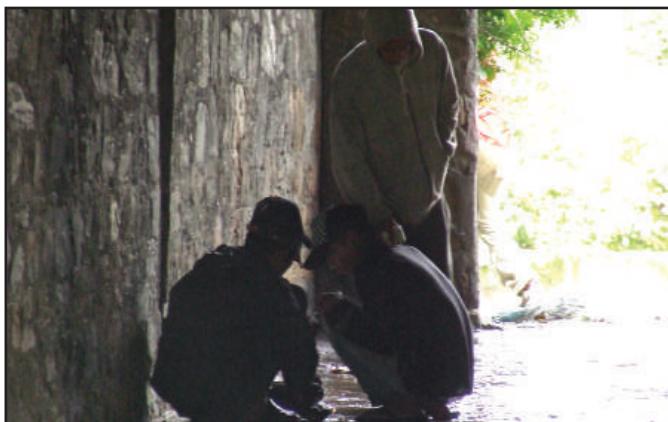
It is our honor and privilege to publish this newsletter M2M an echo from the streets. People who use drug strive desperately for abstinence only to relapse. This goes on until they find the delicate balance and move on to more controlled drug use. They may then go on to lead their lives using just enough to keep them in a state of normality, and it is in this state that social functioning improves and responsibilities can be met. Society should accept this and allow people who use drugs to get on with life.

Drug use is a complex social phenomenon involving the drugs which are used, the people using them, the context in which they are acquired and used, and the social construction of drug use by society and by governments. It is a popular yet controversial behavior which elicits extreme public opinion. Discourse about drug use is often polarized, emotional, and divisive. This is most evident in the approaches used or proposed to control drug use and the risks and harms associated with its use and control.

Despite this, there is almost no discourse about the human rights of drug users. For instance, when there is low access to social and health care services: Low coverage of services, it is violation of human rights, hence, discrimination and harassment from social and health care specialists are another aspect of human rights violation. Both as a person who use drugs or service provider we have found that, vast majority of people who use drugs are not able to solve their problems and to protect their rights properly because of lack in knowledge about human rights and skills to protect them and money to appeal for legal assistance. Most often, due to stigma and discrimination it is hard to find allies and to "prove the true".

As we stroll down the history lane, human rights of people who use drugs was first recognized in Holland in response to Hepatitis outbreak in the 1980's. Similarly, first legal program for the people using drugs started in the United States, Tacoma, Washington in 1988.

Facts on Drug Dependency



No single factor can predict whether a person will become addicted to drugs. Risk for addiction is influenced by a combination of factors that include individual biology, social environment, and age or stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction. For example:

Biology. The genes that people are born with in combination with environmental influences account for about half of their addiction vulnerability. Additionally, gender, ethnicity, and the presence of other mental disorders may influence risk for drug abuse and addiction.

Environment. A person's environment includes many different influences, from family and friends

WHY DO SOME PEOPLE BECOME DEPENDENT WHILE OTHERS DO NOT?

to socioeconomic status and quality of life in general. Factors such as peer pressure, physical and sexual abuse, stress, and quality of parenting can greatly influence the occurrence of drug abuse and the escalation to addiction in a person's life.

Development. Genetic and environmental factors interact with critical developmental stages in a person's life to affect addiction vulnerability. Although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it will progress to more serious abuse, which poses a special challenge to adolescents. Because their brains are still developing in the areas

that govern decision-making, judgment, and self-control, adolescents may be especially prone to risk-taking behaviors, including trying drugs of abuse.



“BRIDGING THE GAPS” :



It's been high time that, the government of Nepal should place treatment guidelines and protocols on Harm Reduction Services. Several attempts to review the old guideline published by NCASC, has been initiated by the concern authorities within the government bodies as well as from the civil society and UN bodies but only few has been materialized, this applies on OST guideline.

However, we believe that UNODC has already submitted a draft version of OST Guideline with consultation with civil society to MOHA but for no apparent reason it was being procrastinated for years.

Reliable Source from Government, has stated that , in high level meeting of MOHA, that the treatment part of people who use drugs should be looked after by Ministry of Health, so now, we civil society believe that NCASC has a clear mandate to finalize all this pertinent documents so that service delivery could be smooth.

A clear signal of this positive development was initiated by NCASC with support from NHRA, GIZ, UNODC, Save the Children. A meeting was held on NCASC premises on 27th April 2012 to develop a National Committee to develop harm reduction strategies of Nepal. The Horizon for the people who use drugs have indeed widened.



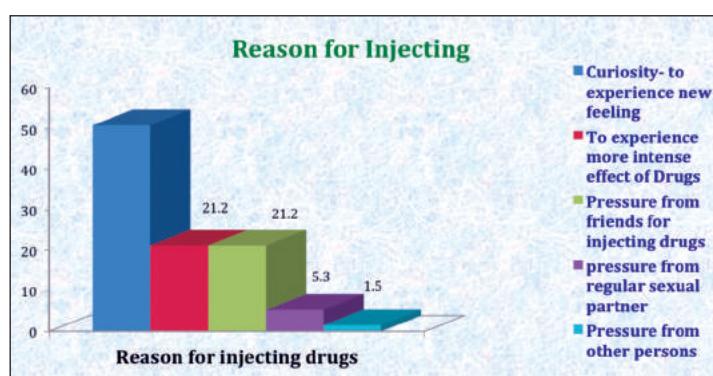
A STUDY RESULT

A study conducted among the people who inject drugs at Kathmandu came up with the following informations.

There were majority of the people who inject drugs from the age group of 20-24 and were

It was found that the mean age for the first drug use is 16 year.

from Newar cast. 89 percent of the total people who inject drugs were literate, however majority could only complete S.L.C or PCL.



The average expenditure for supporting drug using behavior was found to be NRS 1020 per day.

It was found that the mean age for the first drug use was 16.24 year.

The most common drug that is used was found to be buprenorphine in its injectable form.

Most of the people who inject drugs didn't visit the doctor for the management of their health problem. Local injuries and abscesses were found to be most common type of health problem among the people who inject drugs.

NOW AT M2M

Legal Consultation

The service targeting legal consultation for the people who use drugs had not been explored in adequate manner till date. The concept of legal consultation desires to protect and ensure enjoyment of the Human right of the people who use drugs and people infected with HIV.

Available on: 11:30-12:30 am on Wednesday

Consultation for Health Care

Health is a right of all human being and hence it must be accessible to all. Lets dedicate and commit to make health service accessible.

Available on

Wednesday: 10:45- 11:45 on 1st and 3rd Weeks for HIV related consultation and general health care.

Every Thursday: 8:00 am to 8:30 am for consultation on surgical problems.

SERVICE FOR PEOPLE WHO USE DRUGS

Service for Female Drug users

Richmond: 5536382
Dristi Nepal: 016214906
SPARSHA- 5537814

Post Rehabilitation Care

AVASH- 2273983

Harm Reduction Services

Naya Goreto- 5534293
SARATHI- 9851111665
Saathi Samuha- 4375712
Namuna- 4771301
Richmond- 4335956
Avash- 5573983



Service for People Living with HIV

SPARSHA- 5537814
Saathi Samuha- 4375712
Nava Kiran Plus- 4371753
Sneha Samaj: 012210202
Federation of Women Living with HIV- 5529153
PRERANA- 4352243

Opioid Substitution Therapy

AVASH- 5573983
Sarahi Nepal- 9851111665

Opioid Substitution Therapy

Youth Vision Services
YV drug treatment and rehabilitation Program :- 014990922
YV Harm Reduction Services (OST) : 5534253, 5536933, 4484077
Please contact Youth Vision for information regarding the treatment and service facilities