

Post Rehabilitation Care

BULLETIN

Youth Vision

Volume 1, Issue 1
March 2013

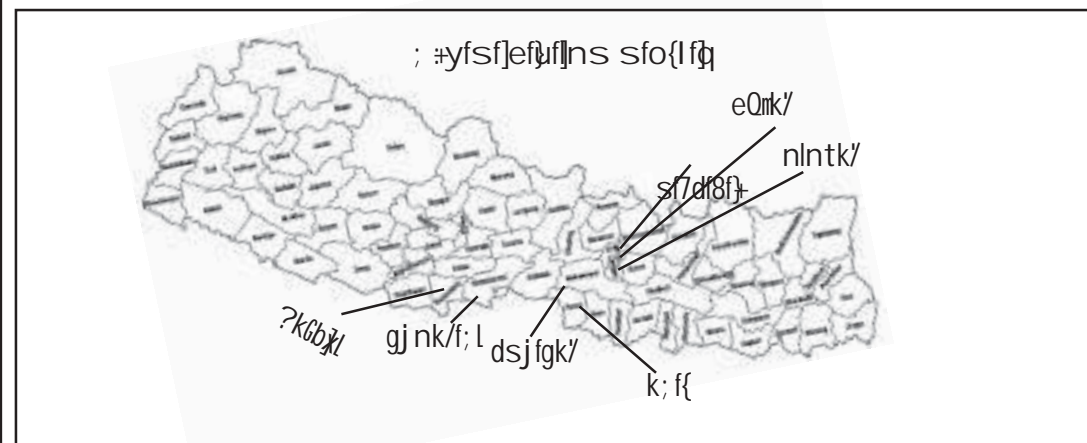
Inside this issue:

My Determination	2
Importance of PRC	2
Glad I made the decision	2
Do or Die is an Old Concept	2
I can do it any body can	3
PRC in Parsa: Context, experience	3
and way forward	3
What exactly recovery is?	3
Inside Story	3
No place like YV for me	4
To day I am happy, healthy & clean	4
PRC Outcomes	

Activity @ PRC

- Individual & Group Counseling
- Educational Session
- Capacity Building Training
- Vocational Skills Building Training
- Family & Social Reintegration
- Community Development Program
- School/College Awareness
- Coordination/Interaction
- Outreach

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Health rights

**"No one should be
stigmatized or discriminated
against because of their
dependence on drugs"**

*UN Secretary-General
Ban Ki-moon
24 June 2008*

Learning to listen to my inner self:

At Recovery I learned that my problems in life were caused by my own choice to abuse drugs and alcohol. The self-inventory helped me see where my addiction began so I could get some things out that I was holding inside. At first, I didn't think I could do the work, but I did! Now I have goals and I am learning to listen to my inner self.

Sober up. Life is waiting.



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I have too much heart "To let the dope tear me apart" I've learned that happiness is in the heart "I can't buy it, drink it, smoke it, snort it, or shoot it," Happiness is found in one's inner self.



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Glad I made this decision.

I have learned a lot about myself after returning to A Forever Recovery after my relapse. The group and PRC program helped me to better understand what I had missed during my initial stay. I can now say that I am glad I made the decision to come back and go through this program because there is not a better program available or a more determined staff to help you. I know now that I have to do this for myself, and that I am responsible for my own goals and my own final outcome. But this time I am in it for the whole program and I know that with the caring staff and the PRC programs I will make it.



Manish Thakuri

"DO or DIE" is an old concept DO IT BEFORE YOU DIE is a new one..... !

Sometimes there is no next time, no time outs, and no second chances; sometimes it's now or never. Yes....I had touched my Rock bottom and still in vain that I am all right, and I can handle it, don't try to go it alone. Having a solid support system is essential. The more positive influences you have in your life, the better your chances for recovery. Recovering from drug addiction isn't easy, but with people you can turn to for encouragement, guidance, and a listening ear, it's a little less tough. Having the support of friends and family members is an invaluable asset in recovery.



Tshering Tamang.

What exactly recovery is?

Recovery is an on-going process of progressively moving toward "enlightenment". Definition of enlightenment? Depends on the individual! I think it's correct to say that there are some who are "recovered", but I believe for the vast majority of addicts it might be better to say, "We are recovering". Why? Because our recovery is based on a daily reprieve from our substance of choice, contingent on our spiritual condition. (Those in recovery who are non-believers in a Higher Power have their own methodology). I believe part of an enlightened state is, or is on the way to, becoming "independent", one is in the process of getting, or has the ability to work if one in fact needs to; basic needs are met, Isolation is not recovery! Learning and striving for our full potential comes with changing.

My "self-directed life" is the cause of my addiction. The successful recovery programs I am most familiar with suggest taking a few steps and relying on God for direction. I would consider changing the words "self-directed life" to "God-directed life" all people want to change, improve, and meet their full potential (as individuals, all by themselves). It is what it is and life will always present itself as it happens. Today my recovery is based on Responsibility relationship and higher power, but let me make it clear, I actually don't know what higher power is and I am not yet closely in contact with him but I have no problem with the concept, because it's working for me and I am in peace.

I can do it anybody can do it.

Nothing easy in life but when you go down the rocky road of drugs it seems there no way back but there is. It starts with asking for help that the start of your recovery. It's not easy to tell you the truth. It takes time and good people around you. I have been away from drugs for 3 years now and i don't look back just forward. I can do it anybody can do it.

Buroon Jha

PRC in Parsa: Context, experience and way forward

Parsa is situated in Central Terai of Nepal. The Raksaul porous border between India and Nepal is in Parsa district, which is the main custom among Indo-Nepal trade routes. In addition to legal trade, it is also a main route for drug traffickers. Along with the drug trafficking, the number of drug users is also significantly growing in this district especially in Birgunj Sub-metropolitan City and the adjoining VDCs. The estimated number of IDUs by Integrated Bio-Behavioral Survey (IBBS) conducted in 2007 and 2011 is 1301 and 1518-1817 respectively. The estimates of the two IBBS survey show the growing trend in number of IDUs in the district.

The detoxification, treatment and rehabilitation service was started by BIJAM in 2006 with funding support from UNDP in the district. Though there is significant number of recovering drug users in the district according to the NA group members and the DRC itself, the quality of social reintegration and rehabilitation was a challenge for the service providers.

Drug dependency is a bio-psycho-social disorder; hence, it cannot be cured merely by detoxification and psychological counseling. The easy accessibility of drugs, lack of income generating skills, lack of financial support from family and low economic condition of family causes relapse in many cases. After the 3 month long residential treatment period, the recovering drug users had only choice of day care services with counseling support within the DRC to avoid relapse, which was somehow helping them but not sufficient for social reintegration process for those who did not have good support system for recovery. This

gap has always felt, realized and discussed in the service providing NGOs, INGOs and concerned GOs. Thus, the need of PRC service in Nepal was assessed and Save the Children International introduced PRC services in 8 districts of Nepal including Parsa from February 2010 under Global Fund round 7. The Single PRC approach is adopted, so that graduates from all DRCs in the district or the area can access to the PRC services. PRC service includes day care facility with refreshment, games etc. along with the counseling, input classes, vocational trainings, family meetings/counseling, relapse dynamics,

training on driving, 8 received mobile repairing training and 1 received English language training. As per the status update, which is collected in trimester basis, as per the date 15 March 2013 the status of PRC members graduated from Youth Vision PRC is as follows in the below table:

SN	Status of graduated PRC members	Number of beneficiaries
1	Self Employed	20
2	Involved in paid job	15
3	Involved in volunteerism	4
4	Involved in family business	9
5	Abroad employment	5
6	Continued education	1
7	Relapsed and under treatment	13
8	Under Observation	1
9	Exploring opportunities	11
	Total	79

HIV/STI awareness, mental health awareness, referrals, career counseling etc. It can be said that the area of care for achieving the goal of any individual, who is recovering from drug dependency, is widened in PRC with complete social reintegration process more precisely than previously practiced day care/after care facility. Youth Vision PRC has been successful to serve 79 DRC graduates of Parsa and surrounding districts till 15 March 2013. Among the 79 beneficiaries 45 participated in vocational skill development training. Although the range of the choice for the training was limited 22 beneficiaries received training on various courses on computer education, 14 beneficiaries received

be get to zero, by creating the opportunities to microfinance support. The resources can be generated by developing ownership of PRC program in the local community. The selection of the type of vocational training should also be widened by exploring new training opportunities so that the training itself may be helpful for starting the employment. In the other hand PRC must continue the other regular interventions in more synchronized manner by developing systematic and evidence based session plans to create more enabling environment for recovering drug users.

This article is based upon the working experience as Program Coordinator of PRC Parsa, from 15th February 2010-30th October 2012.



Madhu Sudan Sijapati



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; jfuflx?

Drug addiction is not a choice of lifestyle, it is a disorder of the brain and we need to recognize this.

NO Place like YV for me

PRC has taught me many things. I have learned how to enjoy my sobriety. I've realized that sobriety is a lot more fun and enjoyable than being high. I've learned to be honest with myself and with others. I've learned to trust myself and others. I've learned how to accept things that happen in my life. I would lie to myself to make my situation seem not so bad when in reality I was on a break down. I felt hopeless and lost. I feel like I've gotten my life back. I have a true purpose in life. I've learned I can be a valuable member of society that I deserve nothing but the best for myself. I've learned a lot of other people from all walks of life have been through the same things I've been through. I've learned how to live again. I sincerely thank the program and everyone at PRC.



Sahabir Hussien



Anti Drug Day Rally Program



World AIDS Day Rally Program



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Vision

"Achieve a stigma and discrimination free society/Community towards PLHA & Drug Users by protecting their rights, creating supportive environment, proper health care and empowerment for people infected and affected by HIV & AIDS, congeal the rapid HIV transmission and create awareness among the Youth, society and community for preventing HIV/AIDS transmission

Mission

"Youth Vision aims to increase the quality of life of drug users and PLHA by empowering them with positive attitude and providing a care and supportive environment where they can live with dignity and pride and to prevent HIV/AIDS transmission among the youth, society and community people."

Goal

To reverse & halt the HIV prevalence and combat HIV/AIDS & other blood borne diseases among drug using population, youth, and community people.

Today I am happy, healthy and clean

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Amit Saha

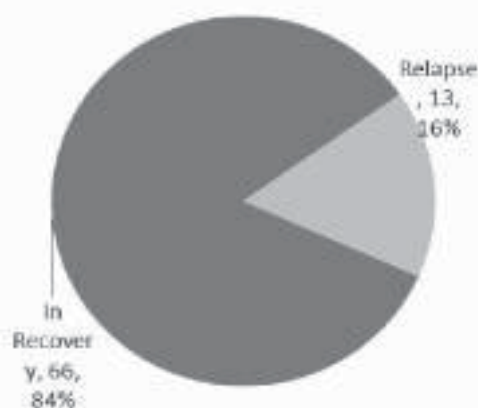


Graduate PRC member working his own clothing store.

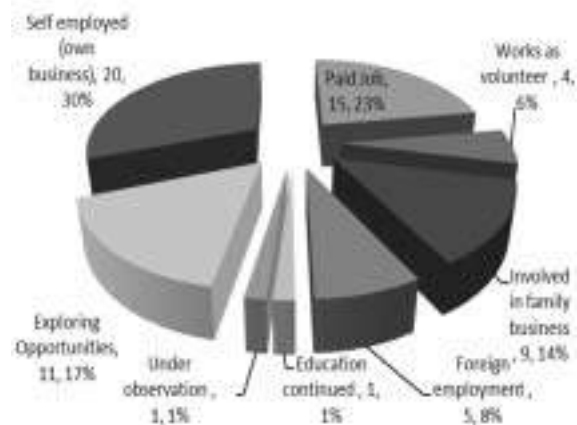


Graduate PRC member pulling his own rickshaw which is provided by YV.

Project Outcomes up to May 013



Status of Graduate PRC Member's up to March 013



Dear All

This is the first news letter of YV, PRC. Please pass it through all your contacts. And also feel free to send us feedback via email or telephone.

Thank you all for your special interest and supporting you have been giving to us. We look forward to coordinating with you all.

Best Regards

Rajiv Rijal

Program Coordinator
Youth Vision, PRC

"Addiction isn't about using drugs. It's about what the drug does to your life."