

ANNUAL REPORT: 2013 - 2014

Himalayan Anti Aids & Anti Narcotic Drugs Society

The success rate of recovery in chemically dependent people according to the statistics provided by UNODC is just 23% but HANDS, though serving in a much smaller area of Darjeeling district and Sikkim has managed to succeed and relatively gain better recovery percentage. In addition to the regular services rendered in the Rehabilitation and Day Care centers the staff and volunteers saw the need to come up with an innovative idea to tackle the relapse problems. This was done by introducing new treatment modules as a solution. Giving priority to the patients who come back as relapse patients, extensive and intensive research was done in the form of counseling and therapeutic classes. It was concluded that it was necessary to extend our support to such patients for a prolonged period. Hence the one year duration treatment was introduced this year providing rigorous therapeutic treatment for the first few months and then sustaining the support on a more practical basis in the second half of the treatment. Having implemented this new module such patients receive clear cut guidance and a chance to practice it immediately in the outside world with sustained support as the patient has to carry it out while he is still in the rehabilitation centre. Such efforts are just one of the many ongoing services rendered by the organization which can be categorized in two aspects, preventative and curative.

Preventive:

As always HANDS this year too kept up the mammoth task of making the public aware of the disease of chemical and Alcohol dependency and highlight its evil effects on the family and society on the whole. HANDS has always prioritized in safe guarding the youth and students from this menace so this year too there were several awareness programs and activities conducted targeting the youth.

On International Day Against Drug Abuse and Illicit Trafficking 2013, HANDS together with local media partner Kalimpong Television "KTV" and print media Himali Darpan, Kalimpong chapter, organized a day long program in the town hall where various dignitaries were invited like the Local Magistrate, ASP and IC Kpg Police, MLA Mr Harka Bhadur Chettri, educationist and prominent members of the society. The program started with the release of a **documentary film named "Trip, The Restoration in Process"** based on a success story of one of our own (HANDS) ex-patients. The documentary film was produced by HANDS in association with KTV. This film managed to reach out to the public in an emotional manner and highlighted the ends of addiction and its horrors. After the premier

documentary film show, there was a panel discussion anchored by Mr Naren Tamng of KTV, on the analysis of the root causes of substance abuse and the channels of trafficking of the contraband items. The carefully selected panelist were personalities representing concerned departments like Lawyer Mr Pravakar Dewan, Law enforcement ASP Mrs Songmit Lepcha, Administration The deputy Magistrate, Political representative Mr Suva Pradhan, HANDS Mr Bidhan Pradhan and representing transport for trafficking was the president of the commercial drivers union Mr T.D.Kazi. The entire program was telecast live on local cables to educate the masses of the ever growing substance related problems, be it Drugs or Alcohol.

On request of the MLLDB, Maya Lang Lepcha Development Board, on 6th November 2013, HANDS organized an awareness program on substance abuse for the Lepcha community youth. There were over 200 young boys and girls who participated and achieved a lot of knowledge in this field.

HANDS with its long standing relation with Don Bosco Jyoti, Kalimpong, kept giving Awareness program in its regular 3 months period to the students who have always been very receptive and eager to garner knowledge and equip themselves to combat the social menace of substance abuse.

HANDS never missed out on commemorating international events like World Aids Day. This year HANDS went out to the streets in order to reach out to the common man on a one on one basis, trying to break the denial that our community was free and safe from this disease. Members served as foot soldiers stopping people and requesting two minutes of their time in order to remind them of the reality that everyone is vulnerable to this disease unless we all know how to take correct precautionary measures.

Curative

Major portion of our endeavor was invested in trying to bring a change in the chemically dependent and Alcoholic patients in the Rehabilitation and Day Care Centers on a daily basis. As clearly shown in the performance chart, the number of patients being admitted in the rehabilitation centre showed a steady increase resulting in major space crunches and at times even being compelled to deny admissions. In order to create more vacancy and provide uninterrupted services and better living conditions the organization inaugurated an additional dormitory. Moreover, as mentioned earlier in this report, new treatment modules were introduced in the rehabilitation centre with tried and tested formatting in order not to make the duration too monotonous for the patients.

The day care centre too saw a lot of activities in terms of providing counseling to discharged patients, motivating using patients, recharging follow-up patients

and holding family counseling/therapeutic classes .The family classes in particular have turned out to be very vital as the family members learn how to live a trauma free life and in the process help the patient who has just completed his treatment. Many ways and means were thoughtfully and very painstakingly implemented to keep the organization running and make it accessible to people from all walks of life.

The 3rd anniversary celebration was observed this time with a lot of vigor and zest by the patients and staff of the Rehabilitation centre. The new additional extension of the rehabilitation centre to serve as dormitory was welcomed whole heartedly by all and was inaugurated by Mrs Rinku Singh on behalf of the patron of HANDS Mr Satnam Jit Singh. Also present was a keen social worker from Finland Ms Lous Sans Pegret. All the committee members and staff of HANDS were also present. The guests and members were very impressed by the talent displayed by the patients who put up a very entertaining program which ended with vote of thanks to all the well wishers. The day's program ended with a well laid out Lunch.

HANDS had again organized a very popular musical play "Across the Universe" based on the smash hit songs of Beatles performed by Eklavya Model Residential School, Gangyap, Sikkim on 15th November 2013 at Town Hall, Kalimpong. The fund raising program like always has helped HANDS give a helping hand and bring about changes in the substance abuse scenario to the financially weaker section of the society.

The figures as per the performance chart and registers, reflecting our success rates are as follows:

Rehabilitation Centre

Patients treated in the rehabilitation centre: 69

Chemically dependents: 34

Alcoholics: 29

Poly (Both): 6

Total no patients succeeded after being discharged: 37

Out of which its categorized as (Alcoholics - 18, Chemically Dependent-15 , Poly -4)

The annual success rate of the rehabilitation centre in percentage is - **53.62 %**

Day Care/ Drop in Centre

Patients treated in the Day Care Centre: 1452 (out of which 61 Individuals on a regular basis)

Chemically dependents: 44

Alcoholics: 13

Poly (Both): 4

Family Classes in Day Care Centre

Total No of family classes conducted on a weekly basis (every Saturday): 50

Total no of family members attending classes: 597

Many battles were won and few lost but the war against Drug and Alcohol abuse still rages, trying to bog down the foot soldiers who are the counselors and volunteers. The cause being of grave importance in safe guarding the future of the youth, HANDS team gets regenerated and motivated to keep fighting in order to make the chemically battered people responsible and productive members of the family and society. There is a great sense of achievement and happiness when the so called anti socials are transformed into respectable, lovable and most importantly honest citizens, like the ugly caterpillar turning into a beautiful butterfly.