

# **Substance use Prevention & Treatment**

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## **Abstract**

The researcher conducted online survey about substance use prevention and treatment for the purpose of this paper. The survey provided a result which stated the awareness among the general population about Nasha Mukh Bharat Abhiyaan in terms of prevention and treatment. The findings suggested that half of the surveyed individuals were well aware about the initiatives and the other half did not know about substance use prevention and treatment.

## **Background**

Alcohol is not just a health problem; it is a social and public health problem. In the case of addiction, it is important that prevention is better than cure. Because after getting addicted, it can be difficult for an individual to get rid of it. It can be beneficial for young people, mainly in college, to have an awareness program in college on substance use prevention and treatment through life skills.

In the series of seminal meta-analytic studies of school-based substance use prevention program studies conducted by the late Nancy S. Tobler and colleagues concluded that programs with content focused on social influences, knowledge, drug refusal skills, and generic competency skills and that use participatory or interactive teaching strategies were more effective than programs focused on knowledge and attitudes and favoring traditional didactic instruction.

## **Main content**

Alcohol / Drug Abuse has become a global threat. No part of the world is free from drug addiction. Drug abuse has become a serious concern, adversely affecting the physical and socio-economic well-being of the country. It has a huge presence on public health in various sections of society. Drug abuse among the younger generation has reached alarming proportions in India. The stresses and strains of modern life have made a person more vulnerable to the problem of drug

abuse. Alcohol / drug addiction affects not only the person concerned, but also the family and the community.

Recognizing the seriousness of the multifaceted consequences of drug abuse incidents in the country, the government has implemented plans to curb alcohol and drug abuse through various national action plans to reduce the demand for drugs. It provides a number of services including awareness creation, counselling, treatment and rehabilitation of addicts. The program emphasizes community-based prevention through educational programs and services for drug addicts and their caregivers. Magnitude of the problem According to the United Nations Office on Drugs and Crime (UNODC) 2018 survey on drug use among the general population, the extent of drug use among youngsters remains higher than that of older people. Exceptions have been reported, though, with the traditional use of drugs. Most researches suggest that early (12-14 years old) to late (15-17 years old) adolescence is a critical-risk period for the initiation of substance use and that substance use may peak among young people aged 18-25 years.

According to the Ministry of Social Justice and Empowerment's report on the "National Survey on Extent and Pattern of Substance Use in India" (2019), the magnitude of substance use is:

- a. 16 crore people (14.6%) between the age of 10 and 75 years are current users of alcohol, and out of them, 5.2% are alcohol dependents.
- b. About 3.1 crore individuals (2.8%) are cannabis users, and 72 lakh (0.66%) people suffer from cannabis problems.
- c. Overall opioid users 2.06% and nearly 0.55% (60 lakh) require treatment services/health.
- d. 1.18 Crore (1.08%) are current users of sedatives (non-medical use).
- e. 1.7% of children and adolescents are inhalant users as compared to adults of 0.58%. Nearly 18 lakh children need help for inhalant use.
- f. It is estimated that about 8.5 lakh people are injecting drugs (PWID – people who inject drugs)

Protecting children from the widespread prevalence of substance abuse is one of the biggest policy challenges being faced by India. Recent reports, of both official and private agencies, indicate that there has been a substantial increase in the prevalence of use and abuse of substances in young children.

The immediate need is to consider how children should be sensitised (having due regard for the age and stage of the child) to the dangers of drug use, the necessity to report drug use and the need to develop resistance to prevailing peer and social pressures.

This requires comprehensive prevention and control programmes in schools and the community, targeted towards school and college students, teachers and family members. Effective measures are required to encourage the shaping of the attitude of schoolchildren toward self-confidence and adequacy, so as to prevent risk behaviour among adolescents and children.

### **Conclusion**

Many substance users and their family members are unaware of the prevention and treatment of addiction. Therefore, in order to cure all such people, it is necessary to create awareness among them to provide information about de-addiction centers as well as counselling centers.

### **Reference**

A Comparison of Current Practice in School-Based Substance Use Prevention Programs With Meta-Analysis Findings by Judy Thorne, Louise Ann Rohrbach, Amy Viscus, Ashley Simons-Rudolph, Shelton Jones.

[http://www.nisd.gov.in/drug\\_abuse\\_prevention.html](http://www.nisd.gov.in/drug_abuse_prevention.html)