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HOW TO TAKE THE FIRST STEP?

FOR DRUG DEADDICTION

A question that plagues the mind of almost individual is how to deal with addiction. While a substance user may wish to let go of his alcohol addiction, a teenager might wish to be free of social media addiction. To materialize these ideas, the most important question that is asked is:

“How do I start on my path to deaddiction?”

While many are clued up on the answer to this question, a large number of the Indian population remains in the dark. While it is easy to procure and use various substances, it is hard to let go. In light of this, it is imperative to know what institutions and organisations are available to the common people.

An innovative initiative by the Ministry of Social Justice and Empowerment, the **Nasha Mukht Bharat Abhiyan (NMBA)** focuses on providing knowledge and care to all with a focus on children, women and the youth. The aim is to create a sensitized society which can make informed decisions and be wholly responsible for these decisions.



Ministry of Social Justice and Empowerment
Government of India



Nasha Mukta
Bharat Abhiyaan

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Need help with Drug De-addiction? NMBA is with you..

The Ministry supports several institutions for drug demand reduction. They are:

1. Integrated Rehabilitation Centres for Addicts (IRCA)
2. Community Peer-Led Intervention (CPLI)
3. Outreach and Drop-In Centres (ODIC)

Each of these institutions has its own unique characteristics, goals and responsibilities.

IRCA:

Integrated Rehabilitation Centres for Addicts are de-addiction centres that provide inpatient facility for treatment and counselling for people dependent on substances. These institutions offer services for identification of users, detoxification, motivational counselling and enhancement, deaddiction and Whole Person Recovery.

CPLI:

Community Peer-Led Intervention targets vulnerable children and teenagers in the age group 10–18 years who are non-users. Their vulnerability is identified by looking at the history of substance abuse in the family and close people. Children are selected for this using various methods like community mapping and assessment, door-to-door surveys and visits to schools.

CPLI aims to teach children a variety of important life skills, leadership qualities, interpersonal relationship building, knowing oneself, maintaining well-being and staying away from various substances.



(Source: Nasha Mukta Bharat Abhiyan Instagram page)

ODIC:

While CPLI focuses on early age prevention of substance abuse, ODIC deals strictly with people who use substances. The ODIC centre in Chandigarh provides a doctor and a counsellor for help to people. A **doctor** can effectively assess the level of use of the patient and suggest a solution accordingly. A **counsellor** can dig for deeper information, collect patient history and eventually guide the patient through the use of various techniques and activities. There is also provision for an **outreach worker** who functions in the field to identify and motivate substance users to visit the ODIC for help. There is scope for the provision of both individual and family counselling to those affected.

VISIT TO CPLI/ODIC:

Talking from my personal experience from a visit to the OCID and CPLI centre in Dhanas, Chandigarh, a lot becomes clear. While they both aim to reduce substance abuse and help those who need it, they have separate and unique structures. The branch at **Chandigarh** seems to be an institution of its kind because of the functioning of both CPLI and ODIC in close contact with each other. CPLI through its outreach activities identifies substance users and provides linkage to counselling, treatment and rehabilitation services. ODIC helps provide counselling and medical aid to these people. This helps in successfully tackling two problems related to substances. Firstly, CPLI helps spread awareness with the help of its outreach worker and peer educators which in turn helps reduce the demand for substances. The ODIC helps users seek help and get better thereby again reducing demand and increasing the scope for healthy lifestyles for these people.

CPLI is unique in itself because it has successfully targeted vulnerable areas. The CPLI in Chandigarh is currently located in Dhanas but the office keeps shifting periodically to provide services to all other vulnerable areas in and around Chandigarh. This is beneficial because people seeking help would prefer to come to a nearby location. It would also be beneficial for the CPLI staff to be located in the area to easily familiarize themselves with their

surroundings.

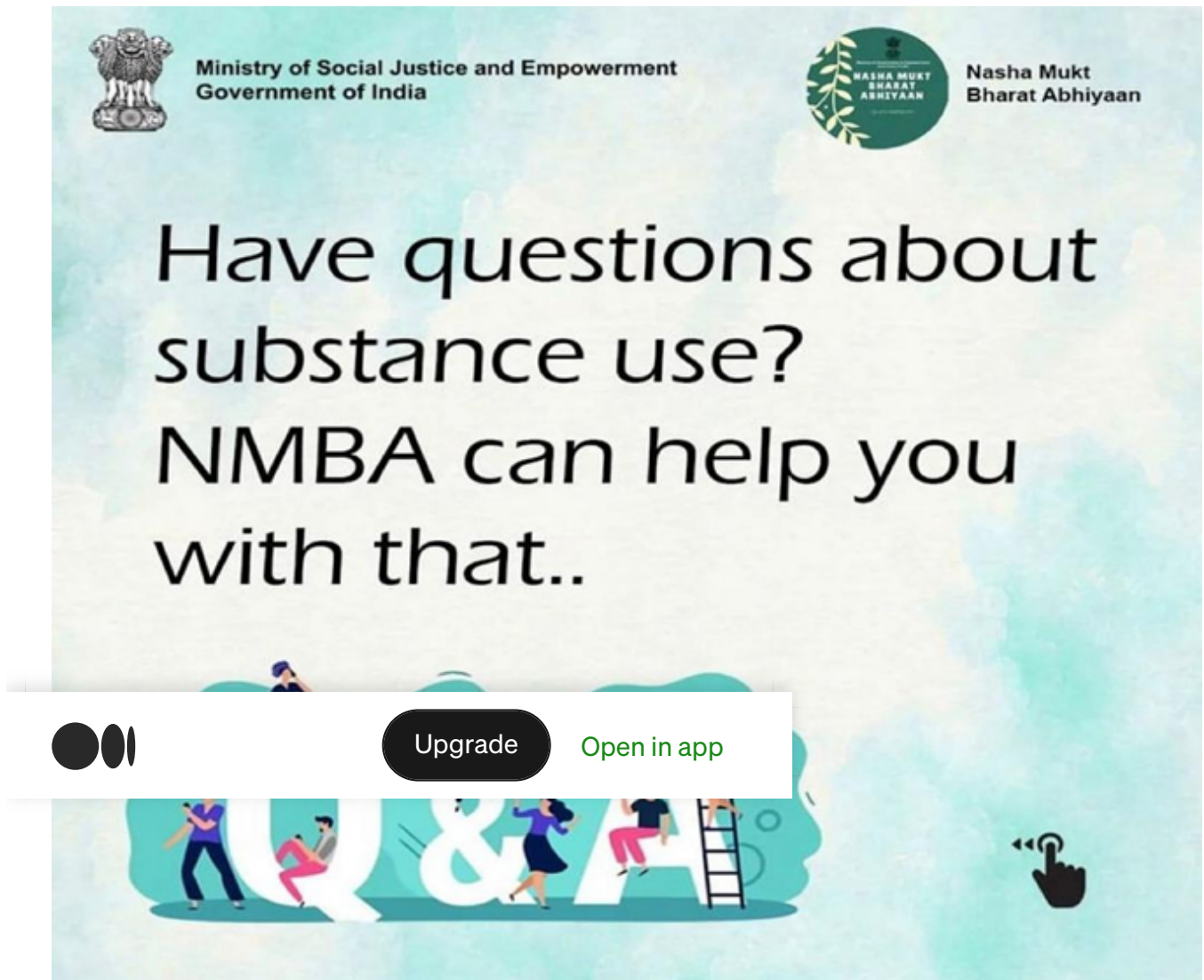
Another commendable trait of the CPLI is reflected in its work process. The branch in Chandigarh, for example, conducts 20 batches for a period of 3 months as mandated by national guidelines. Each batch comprises 10 peer volunteers and 1 peer educator. The educator is trained for 4 days on various topics including learning, self-awareness, building interpersonal relationships, use of effective body language, controlling emotions, maintaining health and staying away from substances. The peer educator then imparts this knowledge to the peer volunteers in an effective manner by conducting regular sessions with peer volunteers under the guidance of the CPLI staff. CPLI encourages the use of group discussions, role-plays, games, and storytelling among other methods to teach the volunteers effective life skills.

A unique feature of the **ODIC** is its role in linking various institutions dealing with substance abuse and rehabilitation. After understanding the extent of the problem of the patient, a counsellor at the ODIC is responsible for referring the patient to other institutions if necessary. In Chandigarh, the ODIC maintains contact with various government and private hospitals like PGIMER (Postgraduate Institute of Medical Education and Research), GMCH Sector 32 and GMSH, Sector 16 among others. This ensures a smooth flow of patients from one institution to another without confusion and lapses.

A linkage between the different institutions working to deal with the substance menace is not only extraordinary, but it is also exemplary. Successful linking of CPLI, ODIC, drug deaddiction centres, rehabilitation centres and hospitals can cover the entire range of issues related to substance abuse. They will be able to provide education and awareness, identify substance users, encourage them to quit, and necessary short-term and long-term medical help.

Answering the question asked earlier, it is clear that to seek help one only needs to take a step forward. The state has provided appropriate institutions which can help users by maintaining utmost confidentiality, providing

unconditioned positive regard and a way to live healthy and fruitful lives.



For further information please contact the National Toll-Free Deaddiction Helpline: **14446**

or visit:

website: <https://nmba.dosje.gov.in/>

Instagram handle: @nashamuktbharatabhiyaan

Facebook page: <https://www.facebook.com/NMBA.MSJE/>

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