



Community Empowerment and Support Initiatives (CESI) – UK

**Greenwich Nepalese / Gurkha Integration Project
(Funded by The Big Lottery Fund- Reaching Communities)**

**Report on
Raising Awareness on Drugs Abuse, Prevention and Treatment Workshop**



Venue: Clock house Community Centre, Defiance Walk, Woolwich Dockyard, Woolwich;
London SE18 5QL Royal Borough.

December, 2013

Section 1

Introduction

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A one day workshop on drugs awareness was organised by CESI under the Reaching Community project. The workshop was facilitated by Mr. Basanta Kunwar from Narconon, Nepal. This workshop was attended by 61 people of Nepalese/ Gurkha community who are living in the Royal Borough of Greenwich.

Laxman Sah, Chair person of CESI welcomed the participants and highlighted on the objectives of the project funded by The Big Lottery Fund England- Reaching Communities. Mr Sah also highlighted on the importance of outcome no. 2 of the project "150 Gurkha elderly people per year, both men and women, will have reported improvement in their health through specialised health and healthier consultation provided by the project".

Mr. Arka Timsina, Project Administrator, had played key role to help the facilitator to run all three sessions of the workshop.

Arka Timsina also presented the workshop programme and schedule for the day. He explained the objectives of the workshop and said that CESI is organising health awareness programmes in the borough for Nepalese and Gurkha communities.

Objectives of the workshop

The objective of the workshop was to create awareness about drugs abuse, its prevention and treatment.

Section 2: Drugs awareness programme

The facilitator gave a brief history of NARCONON program. Narconon programme was started by William Benitez founded the NARCONON program (NARCOtics-NONe) on February 19, 1966. Today, the Narconon program has spread from that one program in Arizona State (USA) Prison to include community programs in many states and countries such as Denmark, Italy, Holland, Germany, France, Sweden, Spain, Canada, Russia, Ukraine, Kazakhstan, Mexico,

Colombia, Switzerland, New Zealand, South Africa, Ghana, the United Kingdom, Australia, Indonesia, Taiwan, Argentina, Nepal and Brazil.

2.1. Drug information

The facilitator informed that accurate drug information is key to preventing drug use and abuse. False information about drugs gets passed from person to person and weaves its way into our society. Therefore, accurate information about the signs, symptoms of drugs is the key to drug prevention and successful recovery from addiction. He said that there are many drugs but the following are the most common ones that are found to be abused by many people.

1. Alcohol
2. Cocaine
3. Marijuana
4. Hashish
5. Heroin
6. Cannabis

He mentioned that many Nepalese people have been a victim of alcoholic drinks. People don't drink responsibly and that creates many problems. The other type of drugs as mentioned above have also been a major concern among the Nepalese people.

2.2. Drug education

People are facing big challenge on how to save young children from drug uses. Children who are in secondary level education are more vulnerable to drugs like marijuana.

The Facilitator further mentioned that the trend of use of drugs is increasing dramatically, that must be reversed if we are to enable our children to grow up strong and capable. This is why Narconon, an international non-profit drug rehabilitation and prevention organization developed a comprehensive drug education curriculum. He stressed that young people must know the real effects they risk if they decide to use drugs.

2.3. Community Activities against Drug abuse and addiction

The facilitator said that parents, community volunteers and activists have a great role to play to help guide the young generation in the right direction. Community can start some of the programmes as listed below.

- Community drug education programme
- Responding to drug violence
- Start an anti-drug campaign
- Parent network/parent centres
- Drug free driving
- Distribute Narconon Drug education Videos
- Drug education specialist team come together

- Start Drug prevention programme
- Faith community come together to fight with drug abuse

2.4. Parent Centre against Drug abuse

Charity or community groups can start their own parent centers where they can meet on regular basis to understand;

- What are the signs and symptoms of drug use?
- How does a parent prevent a child from using drugs?
- How do you talk to your kids about drugs?
- What are the most successful methods of drug prevention?
- What should you do if your teen is using drugs?

The facilitator said that these were just a few of the questions parents are faced with today. Narconon mission is to provide parents with useful information and effective methods for keeping their kids away from drugs.

Signs and symptoms of drug use.

- Sudden change in behavior
- Mood swings; irritable and grumpy and then suddenly happy and bright
- Withdrawal from family members
- Careless about personal grooming
- Loss of interest in hobbies, sports, and other favorite activities
- Changed sleeping pattern; up at night and sleeps during the day
- Red or glassy eyes
- Sniffly or runny nose

How does a parent prevent a child from using drugs?

- Reaching Our Children Before It's Too Late

How do you talk to your kids about drugs? and What are the most successful methods of drug prevention?

Drug prevention and Drug Education: There are a couple of key concepts that must be conveyed to youth in a way they can accept and understand to get them to start making educated choices in this area.

Young people must feel that the risks of using drugs far outweigh what they see as the benefits. The person offering to sell them a joint or share beer or prescription pills with them is not going to fill them in on the risks before he hands over the drugs. Drug education must fill this void with accurate information about the risks of drug use, presented in a believable manner.

1. Drug use appeals to young people because it seems like it is going to solve a problem. The problems could be shyness or inability to fit in, stress of social, school or family situations, boredom or lack of adventure or excitement in their lives.
2. Young people are capable of understanding this concept if it is expressed in their terms. Effective drug education must offer an alternative to the escape that seems like it will come from substance abuse.

The facilitator said that Narconon drug prevention and education curriculum makes the assumption that young people can understand these issues and learn how to make educated decisions about drug use. In thousands of deliveries to hundreds of thousands of students, it's been proven that they can and do gain an understanding of the risks of drug abuse and as a result, more often make their own decisions to abstain. That decision, coming from their own hearts, is stronger than any advice or counsel that comes from the outside. That's what makes the Narconon drug prevention and education curriculum one of the most effective choices for prevention of substance abuse among youth.