

# DREAM

DRUG REDUCTION ELIMINATION ACTION MISSION



# VISION

Deploy a multifaceted and coordinated strategy that leverages culture and community to eliminate the incidence of substance abuse and build a **DRUG FREE MEGHALAYA**

# STAGES OF TREATMENT AND RECOVERY

Addiction treatment and recovery is highly personalised and requires consistent support from the individual's family and the community. The treatment **consists of two steps i.e, detoxification and rehabilitation**. Completion of both is recommended; **simply detoxification is insufficient**.

## OBJECTIVES

- **Collaboration:** Effectively tackle substance abuse in the state through collaborative effort by all Departments, NGOs, Community and other stakeholders
- **Efficient Aid:** Provide immediate medical assistance to substance users
- **Prevention:** Create safety net for children and youth through early identification
- **Limit Supply:** Curb the supply of illicit drugs and trafficking for harm reduction



## 1 DETOXIFICATION - MEDICAL TREATMENT

- Detoxification duration is generally for 1-2 weeks
- Duration of treatment could vary based on the length of substance abuse

## 2 REHABILITATION - THERAPY & COUNSELLING

- Usually lasts for 3 months
- Involves counselling, personal and group therapy
- May include skills training to improve employability and reintegration into the community



# SUPPORT

Support	Information
District Mental Health Programme (DMHP)	DMHP provides counselling, psychiatric support and generate awareness
Rashtriya Kishore Swasthya Karyakram (RKSK) Counsellors for children aged 9-19	DMHP and RKSK are available in every District. Contact your nearest PHC/CHC/Civil Hospital to reach them
Mental Health Helpline - 14410	The helpline is available from 10AM-5PM on working days
School Health and Wellness Ambassadors (SHWA)	Mandated for all schools  School teachers designated as Health and Wellness Ambassador shall provide mental health assistance to students and refer them further

# IMPLEMENTATION

- Substance Use Prevention Mission Unit at the state level.
- District Mission Steering Groups, chaired by the Deputy Commissioner, to develop district plans
- Involvement of community leaders (village headman, teachers, faith leaders etc) to reduce stigma, raise awareness, and detect at-risk individuals early.

# KA THONG

Ban thaw bad pyntreikam iaka plan ban rat dyngkhong ia ka jingkyrni drok bad ban tei iaka **MEGHALAYA KABA LAIT NA U DROK**, lyngba ka jingiatreikam lang bad ki nongshong shnong

## KI JINGTHMU

- **Ka Jingiatrei lang:** Ka jingiatreilang hapdeng ki department baroh, ki NGO, ki nongshong shnong bad kiwei de ban rat dyngkhong ia ka jingkyrni u drok bad ka jingpyndonkam ia u
- **Ka Jingiarap:** Ban ai ka jingiarap kaba kloi da ki dawai dashin ia kiba pyndonkam droks
- **Ka Jingiada:** Ban thaw ki lad jingiada na ka bynta ki khynnah rit bad ki khynnah samla ba kin nym ngop ha ka jingdih droks
- **Ka jingkhnglad ia ka jingdie/-jingioh:** Ban pyrshang ban khang lad ia ka jingdie, jingioh pathar ia u drok

# KI KYRDON JINGPYNKHIAH BAN IOH KOIT PAT

Ban pynkhiah bad koit naka jingbrai ia u drok ka shong ha ka shimet, ryngkat bad ka jingkyrshan jong ki bahaiing hasem bad ki para shnong. Ka jingpynkhiah **ka don artylli ki kyrdon kata; ka detoxification bad ka rehabilitation.** Ka long kaba kongsan ba dei **ban pyndep ia baroh artylli ki kyrdon** ban ioh iaka jingpynkhiah kaba janai.



1

### DETOX - KA JINGPYNKHUID BAD JINGPYNKHIAH DA KI DAWAI

- Ka jingpynkhiud ia u droks na ka met ka ju shim por 1-2 taiew
- Ka por ban pynkhuid ka shong ruh ha ka jingjlan jong ka jingpyndonkam ia u drok

2

### REHAB - KA JINGPYNKOIT PAT IA KA MET: JINGSUMAR & JINGIASYLLOK

- Ka ju shim por 3 bnai
- Ka kynthup ia ka jingiasyllok ba marwei bad ka jingiasyllok bad ka shi kynhun
- Ka lah ban kynthup ruh ia ka jing hikai ia ki sap ban iarap ha ka liang ioh kam ioh jam



# KA JINGKYSRSHAN

Jinhkhyrshan	Jingpyntip
District Mental Health Programme (DMHP)	Ka DMHP ka ai ka jingkyrshan ha ka liang ka jingiasyllok, ka jingsumar ia ki jingmut jing pyrkhath bad ban ai ki jingtip bad jingsngewthuh ba kham bniah
Rashtriya Kishore Swasthya Karyakram (RKSK) Counsellors na ka bynta ki khynnah hapdeng ka rta 9 -19	Ki DMHP bad RKSK ki don ha man ki Distrik. Phi lah ban shem ia ki ha ki PHC/CHC/ Civil Hospital kiba jan tam ia phi
Mental Health Helpline - 14410	Lah ban phone ha une u nombor naduh 9 – 5 baje ha ki sngi long trei
School Health and Wellness Ambassadors (SHWA)	Dei ban don ki School Health and Wellness Ambassador ha man ki skul. Yn don ki nonghikai ki ba la thung kum ki School Health and Wellness Ambassador ki ban iarap ia ki khynnah skul kiba kwah ban ioh ia ka jingiasyllok shaphang ki jingmut jingpyrkhat jong ki

# JINGPYNTREIKAM

- Da ka Substance Use Prevention Mission Unit ha ka jylla baroh kawei
- Da ka District Mission Steering Groups ba shongknor da U/Ka DC ban shna ia ki plan na ka bynta ki Distrik
- Yn kynthup lang ia ki nongialam ha shnong ka thaw (Rangbah Shnong, ki Nonghikai, ki Nongialam niam) ban pynduna ia ka jingsngew budnam, ban pynsgewthuh bniah bad ban iarap ruh ban ithuh kloi ia kino kino kiba donkam ka jingiarap

## GOVERNMENT AIDED TREATMENT CENTRES

Institution	Address & Contact	Detoxification	Rehabilitation
Breakthrough De-Addiction for Men	Khliehtyrshi Village, Jowai (M): 8731098416	✓ (in an external facility)	✓
KJPA New Hope De-Addiction Centre for Men	Mawdiangdiang, New Shillong (M): 7085960258	✓ (in an external facility)	✓
Kripa Foundation De-Addiction Centre for Children (Boys)	Mawdiangdiang, New Shillong (M): 6909369388	✓ (in an external facility)	✓
KJPA New Hope De-Addiction Centre for Women	Mawdiangdiang, New Shillong (M): 9612617331	✓ (in an external facility)	✓
KJPA New Hope De-Addiction Centre for Children (Girls)	Nongstoin (M): 9402508117	✓ (in an external facility)	✓
Tura Civil Hospital Addiction Treatment Facility, In-Patient Department	Tura (O): 03641-232076	✓	✗
Civil Hospital, Addiction Treatment Facility, Out-Patient Department (IPD)	Jowai (M): 7005504373	✓	✗
	Shillong (O): 0364-2224100	✓	✗
	Baghmara (M): 9199841704	✓	✗



SCAN TO REACH OUT  
OR VISIT:  
[HTTPS://FORMS.GLE/A2C1EEDRO91KNBV08](https://forms.gle/A2C1EEDRO91KNBV08)



## KI JAKA AI SUMAR NA KA SORKAR

Jaka ai sumar	Address & Contact	Detoxification	Rehabilitation
Breakthrough De-Addiction for Men	Khliehtyrshi Village, Jowai (M): 8731098416	✓ (Ha kawei pat ka jaka)	✓
KJPA New Hope De-Addiction Centre for Men	Mawdiangdiang, New Shillong (M): 7085960258	✓ (Ha kawei pat ka jaka)	✓
Kripa Foundation De-Addiction Centre for Children (Boys)	Mawdiangdiang, New Shillong (M): 6909369388	✓ (Ha kawei pat ka jaka)	✓
KJPA New Hope De-Addiction Centre for Women	Mawdiangdiang, New Shillong (M): 9612617331	✓ (Ha kawei pat ka jaka)	✓
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	Shillong (O): 0364-2224100	✓	✗
	Baghmara (M): 9199841704	✓	✗



SCAN BAN WAD JINGTIP BA KHAM BNIAH  
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