



ATF-PULWAMA

DISTRICT PULWAMA
FIGHTS AGAINST DRUG ABUSE



DRUGS END ALL DREAMS

 01933-294869

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DISTRICT HOSPITAL PULWAMA



Narcotics.

A drug or other substance that affects mood or behavior and is consumed for non-medical purposes, sold illegally.

A drug that relieves pain (Analgesic) and induces drowsiness, Stupor or insensibility.

E.g, Pathidine (Ing) is a narcotic which causes drowsiness

Morphine or Fortvin for Pain relief.

Codeine, heroin, methadone etc.



SUBSTANCE ABUSE





ADDICTION TREATMENT FACILITY DISTRICT HOSPITAL PULWAMA

نشے کے علاج کی سہولت ڈسٹرکٹ ہسپتال
پلوامہ

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes.

منشیات کی لت، جسے مادہ کے استعمال کی خرابی بھی کہا جاتا ہے، ایک ایسی بیماری ہے جو کسی شخص کے دماغ اور رویے کو متاثر کرتی ہے اور قانونی یا غیر قانونی منشیات یا دوائی کے استعمال کو کنٹرول کرنے میں ناکامی کا باعث بنتی ہے۔ الکحل، چرس اور نیکوٹین جیسے مادوں کو بھی منشیات سمجھا جاتا ہے۔ جب آپ عادی ہو جاتے ہیں، تو آپ اس کے نقصان کے باوجود دوا کا استعمال جاری رکھ سکتے ہیں۔

Call: 019329489
whatsapp: +911933294869

visti: District hospital pulwama
Addiction treatment facility



Types Of Drugs



Narcotics

Even termed as 'Opioids' and originally derived from substance 'Opium' and its common form includes morphine and heroin



Cocaine

Cocaine is a strong stimulant mostly used as a recreational drug. It is commonly snorted, inhaled, or injected into the veins.



Hallucinogens

Produces sensory hallucinations involving any of the 5 body senses. Common types of hallucinogens include LSD, PCP and peyote



Inhalants

Drugs that are to be inhaled and are available either as a Gas or Solvent. Most common Inhalant products like nail polish and gasoline



Amphetamines

Boosts alertness and increases activity of the central nervous system, the most abused form of stimulants are amphetamines



Cannabis

Marijuana use has been legalized in certain states by prescription because of its psychoactive effects.



Volatile solvents (Inhalants)



These are generally petroleum products which are used for variety of purposes. Most common volatile substances used in India are ink-removing fluids and glues. This form of substance use is most commonly seen amongst adolescents who have not yet experienced other higher forms of



Why Do People Take Drugs?

To feel good

To have novel:
feelings
sensations
experiences
AND
to share them



To feel better

To lessen:
anxiety
worries
fears
depression
hopelessness



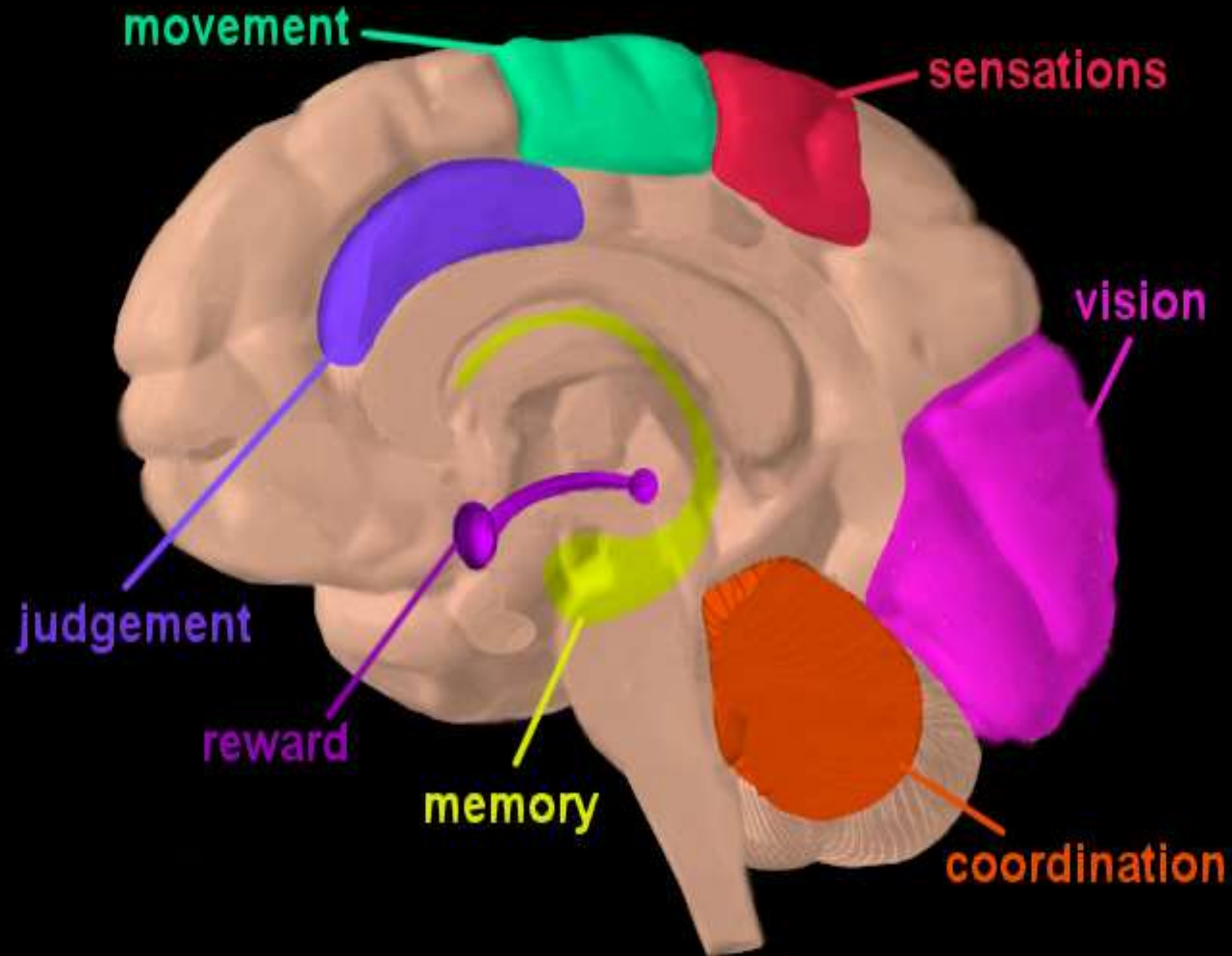
Vulnerability



Why do some people become addicted while others do not?



DRUG ADDICTION IS A COMPLEX ILLNESS





Bio psychosocial Model

There's a
Big Biological / Genetic
Contribution to
Drug Abuse and Addiction...

....Overlapping with **Environmental**
Influences that Help Make
Addiction a Complex Disease.



Drugs as reinforcers





Opioid withdrawal Symptoms

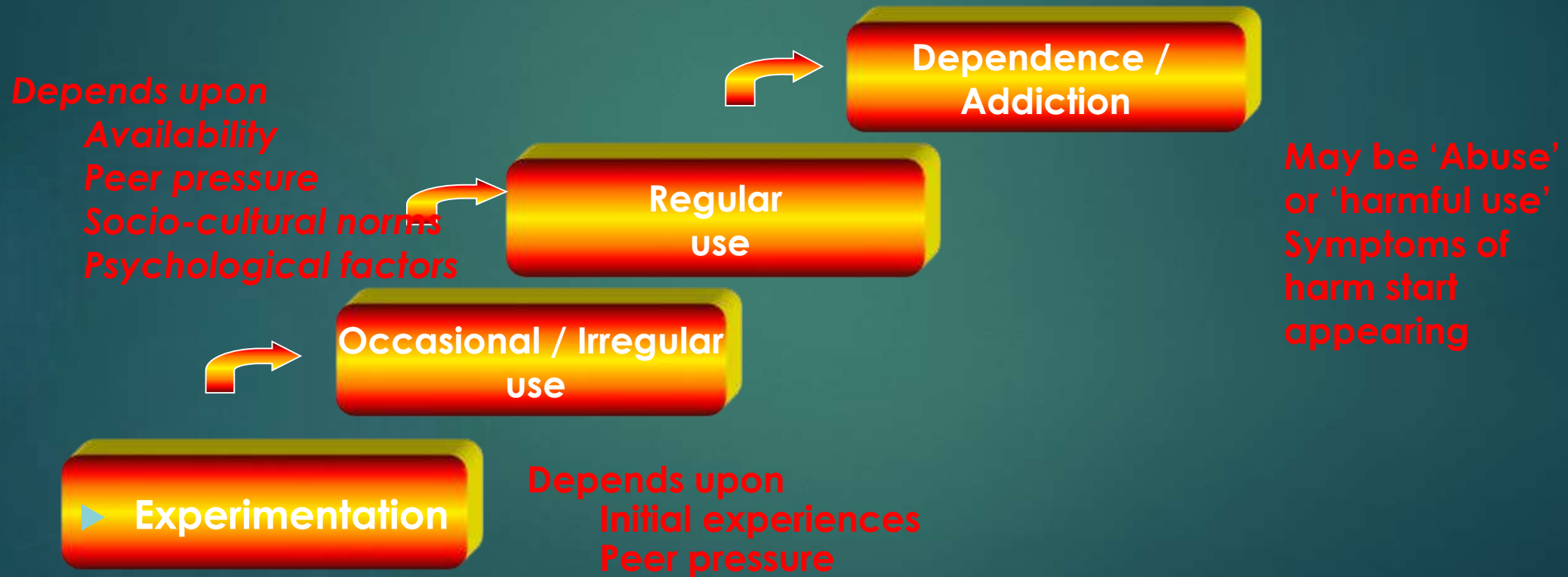
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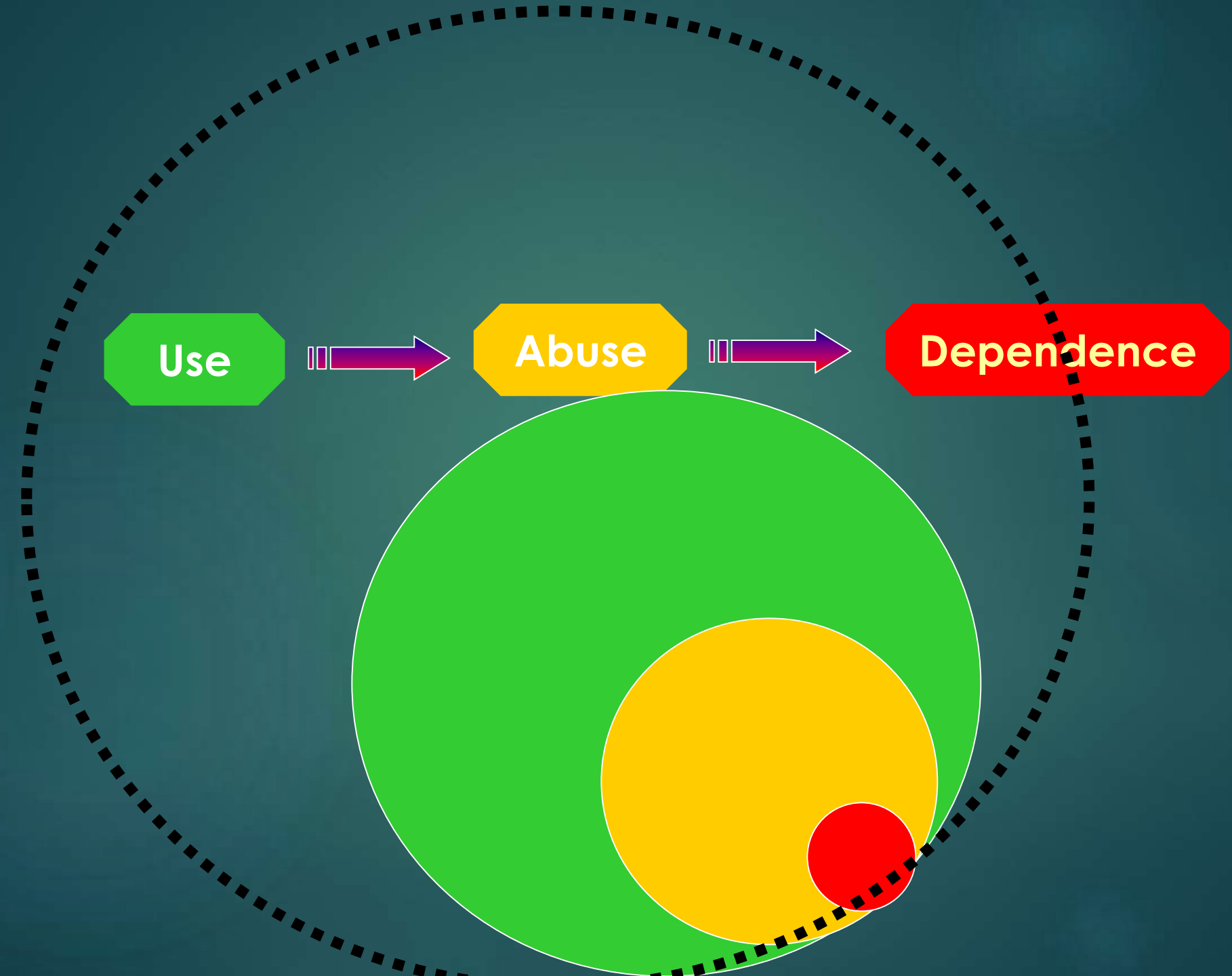
Very distressing, but never fatal !

- ▶ ***Opening of all holes !***
 - ▶ ***Watering from eyes, nose***
 - ▶ ***Vomiting***
 - ▶ ***Loose motions***
- ▶ ***Body ache / pain***
- ▶ ***Anxiety, restlessness, insomnia***
- ▶ ***Premature ejaculation***
- ▶ ***General discomfort, Lethargy.***
- ▶ ***Intense craving, Sad Mood, Anhedonia, Anger outbursts, Hopelessness, Worthlessness,***
- ▶ ***Anxiety, restlessness.***



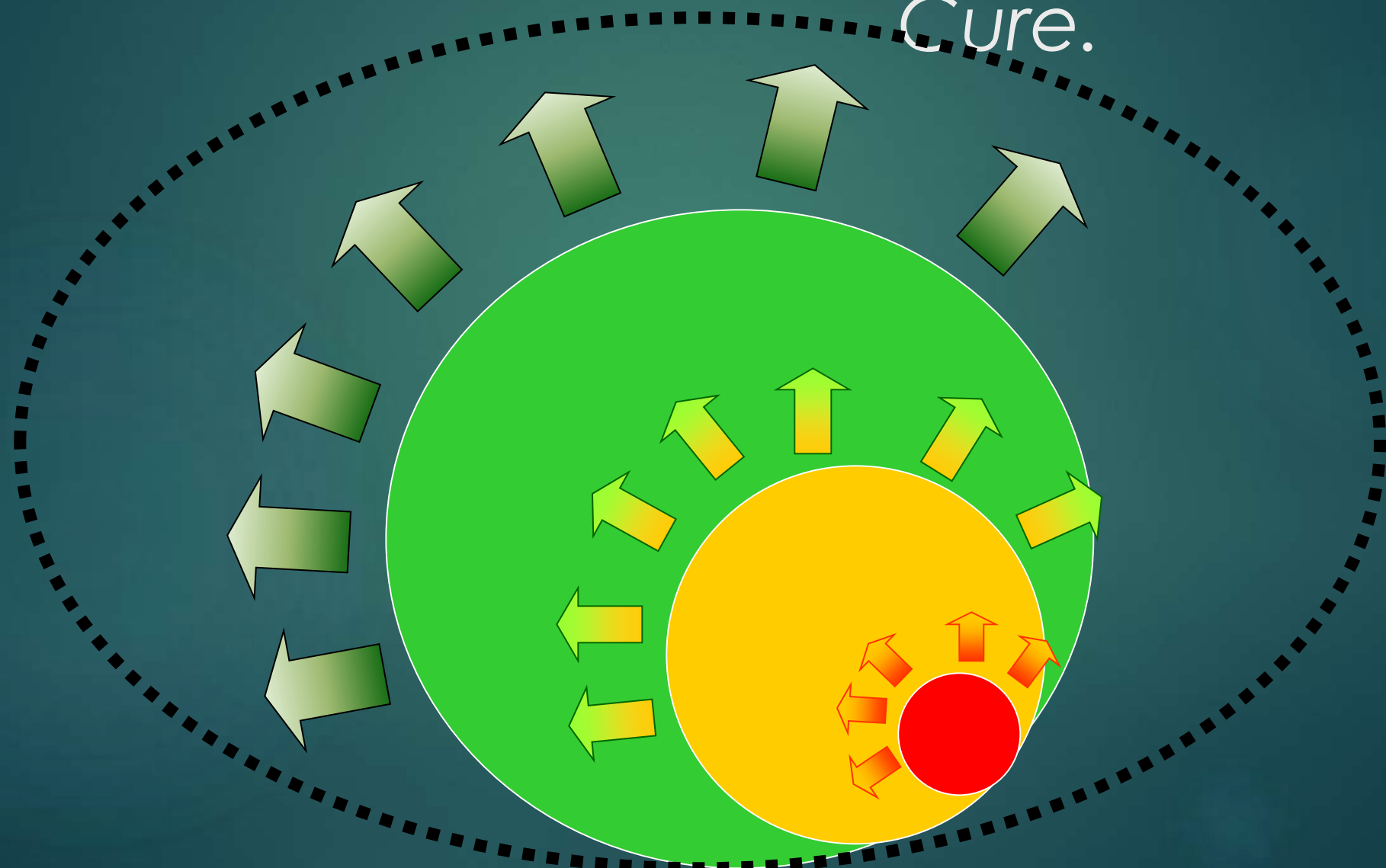
The usual drug-use 'career'







Prevention is Better than Cure.





Main components

1. Demand Reduction Strategies

- ▶ reduce the desire and willingness to obtain and use drugs;
- ▶ and to prevent, reduce or delay the uptake of drugs

2. Supply Reduction Strategies

- ▶ disrupting the production and supply of illicit drugs, e.g. cocaine, heroin
- ▶ And limit the access and availability of licit drugs, e.g. alcohol, tobacco



Refusal...

Say "No, thank you"

Make eye contact

Speak firmly and convincingly

Change the subject, or suggest an alternative activity

Ask for a change in behavior from friend



CRASH MODEL.

- C: Consequences** → remember your consequences
- R: Remove** → remove all substance use related cues
- A: Activity** → involve in an incompatible activity (distract yourself)
- S: Skills** → use coping skills learnt/taught earlier
- H: Help** → seek help from family members/non-drug using friend/counsellor

Seeking Help.....

Psychosocial interventions can help drug users identify their drug-related problems and make a commitment to change, help clients to follow the course of treatment and reinforce their achievements. supporting family members and creating a network to help facilitate the recovery process.



Global strategies

▶ **Stress management.**

- ▶ Relaxation training for stress management
- ▶ Prayers.
- ▶ Daily activity Scheduling.
 - ▶ Breathing techniques
 - ▶ Meditation
 - ▶ Yoga
 - ▶ Exercises Involve in other pleasurable activities:
 - ▶ “Positive addiction”

E.g. sports, exercise, music

Avoid drug using friends/places

Eat healthy foods to regain lost weight and well-being





NEED FOR PREVENTION

- ▶ Loss of productive years
- ▶ Cost of treatment exceeds that spent on prevention
- ▶ Risk of relapse even after treatment
- ▶ Health-related risks: HIV, cancer, Hepatitis B and C
- ▶ Accidents e.g. drunk-driving



Main components

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Risk Factors...

- ▶ Genetic Predisposition, e.g., alcohol-abuse in parent (s)
- ▶ Parental rejection
- ▶ Family dysfunction
- ▶ Childhood abuse
- ▶ Poor self-image
- ▶ Poor school performance
- ▶ Dysfunctional peer group
- ▶ Disadvantaged neighborhood
- ▶ Easy availability of drugs



Protective Factors...

- ▶ Supportive and nurturing family environment
- ▶ Positive self-esteem
- ▶ Positive school environment and teacher's commitment
- ▶ Sense of academic achievement
- ▶ Healthy peer group
- ▶ Society with moral values



Developing life skills.

Developing communication skills.

Developing Decision making skills.

Developing participation skills.

Developing resistance skills

Developing goal-setting skills

Developing stress-management skills

Enhancing social-skills

Enhancing Analytical skills. (pros n cons).



Always.....

- ▶ Be happy and try to make others happy.
- ▶ Don't waste energy on things you cant control.
- ▶ Appreciate yourself and others. (Self Care.)
- ▶ Be grateful and be helpful.
- ▶ Be a role model for others. Don't be afraid speak up.
- ▶ Try to analyze yourself.
(SWOT Analysis) .Strengths, Weakness, opportunities ,threats.
- ▶Youth listen to Youth
- ▶Lay a foundation for good life...

Be mentally strong



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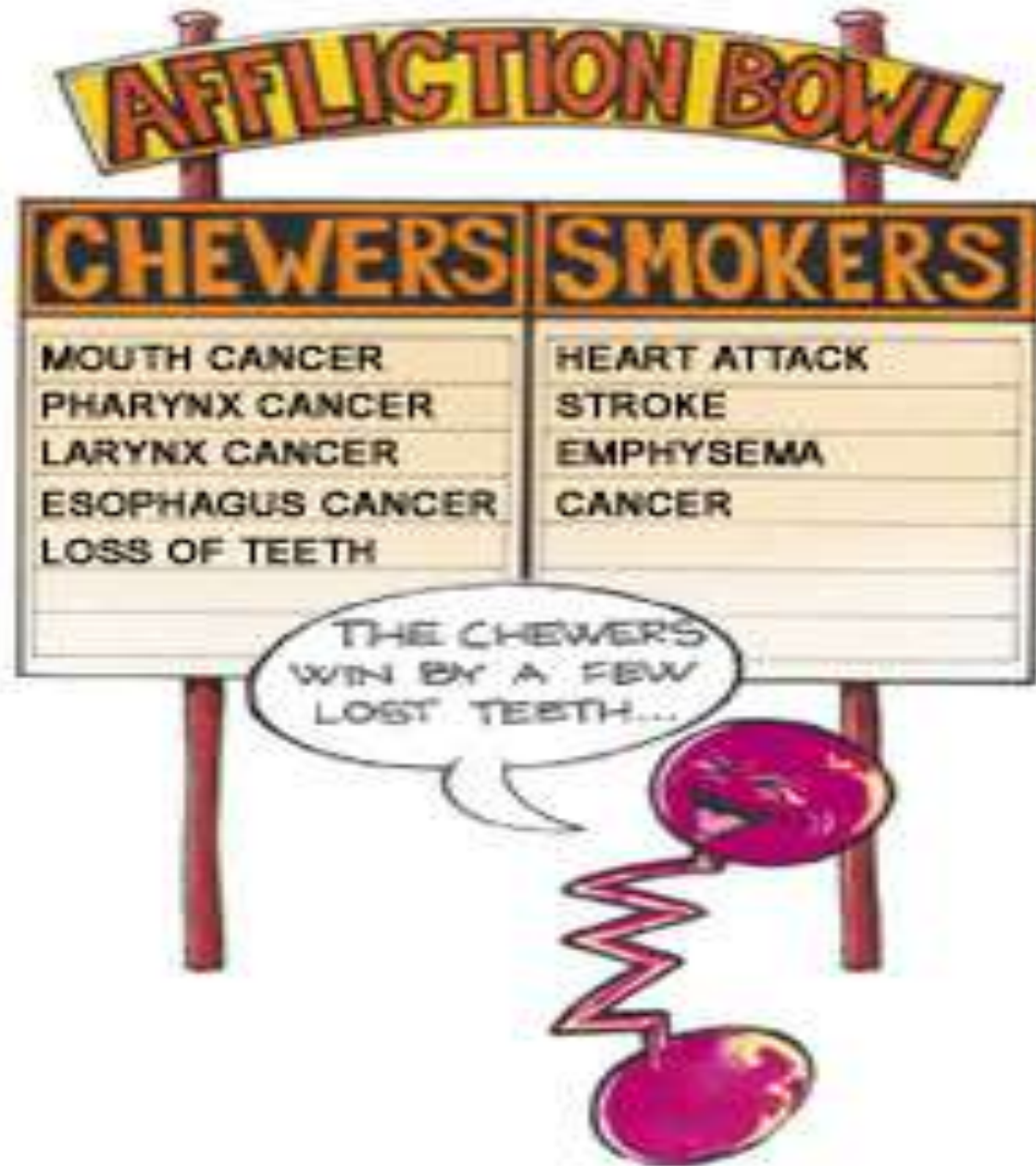
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THANK YOU