



(A House of Peace & Tranquility)

Female Substance Abuse Treatment & Rehabilitation Center

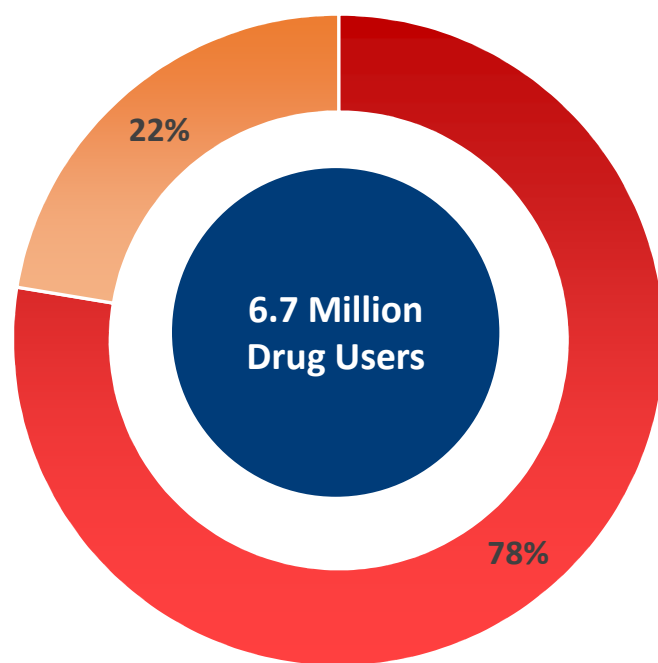
A Project of Sunny Trust , Pakistan

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Project Background & Rationale

Female Drug Problem in Pakistan



- Male Drug Users
- Female Drug Users



Prevalence of Drug Use By Gender

	Men		Women	
	Annual prevalence (95% CI)	Number	Annual prevalence (95% CI)	Number
Any illicit drug use	9.0 (7.4-10.6)	5.2m	2.9 (2.5-3.7)	1.5m
Injecting drug use	0.7 (0.6-0.9)	423k	0.01 (0.001-0.4)	7k
<i>Prevalence estimates for individual drug categories (sum will not reflect above total due to poly-drug use)</i>				
Cannabis (resin or herb)	6.7 (5.9-7.6)	3.9m	0.2 (0.1-0.2)	100k
Opioids	3.4 (2.7-4.0)	1.9m	1.4 (1.3-2.1)	800k
Opiates	1.8 (1.3-2.3)	1.04m	0.04 (0.001-0.6)	20k
Heroin	1.5 (1.1-1.9)	845k	0.03 (0.001-0.3)	17k
Opium	0.6 (0.3-0.8)	315k	0.01 (0.001-0.3)	5k
Prescription opioids	1.6 (1.4-1.7)	890k	1.4 (1.2-1.6)	730k
Tranquillisers/sedatives	1.3 (0.9-1.6)	725k	1.5 (1.4-1.7)	817k
Cocaine	0.01 (0.00-0.02)	13k	none detected	
Amphetamine-type substances	0.1 (0.07-0.14)	44k	0.14 (0.1-0.2)	49k
Amphetamines	0.1 (0.04-0.1)	27k	0.13 (0.1-0.2)	48k
Methamphetamines	0.03 (0.01-0.06)	18k	0.002 (0.00-0.1)	1k
Solvents/inhalants	0.06 (0.03-0.09)	35k	0.001 (0.00-0.004)	500



Why Female Use Drugs?



Survey shows alarming rise in drug use

A report by the Narcotics Control Division said this year that populations that had experienced stress, anxiety, and other difficult life experiences, including post-traumatic stress disorder, might be at a higher risk of painkiller, tranquilliser and sedative misuse. Unlike Pakistan, reports suggest, in many countries ATS is often used by women for weight loss.



— File photo



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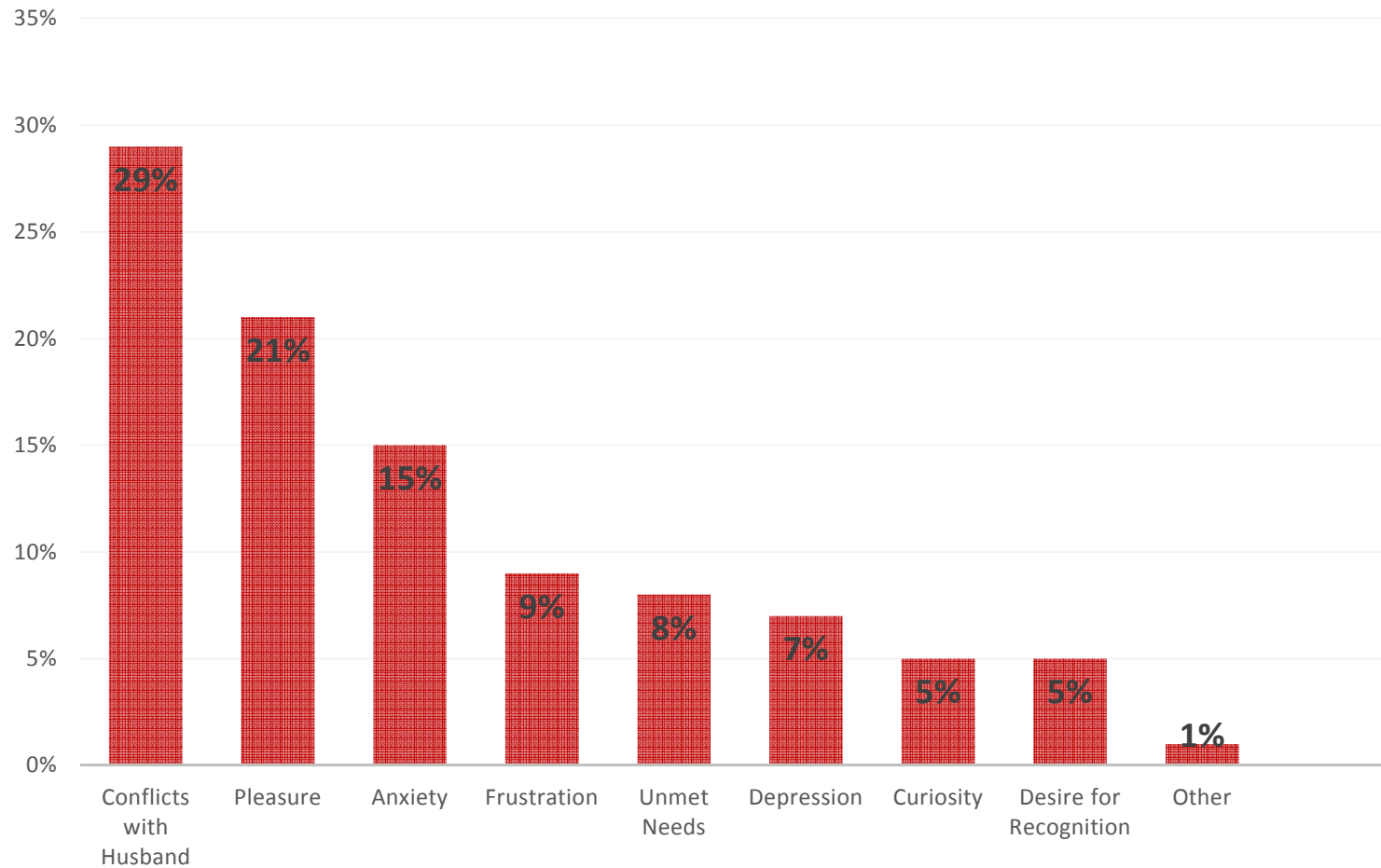
KARACHI: Although the ratio of women using drugs is far less than men in the country, the authorities are alarmed that the misuse of tranquillisers

that had experienced stress, anxiety, and other difficult life experiences, including post-traumatic stress disorder, might be at a higher risk of painkiller, tranquilliser and sedative misuse. Unlike Pakistan, reports suggest, in many countries ATS is often used by women for weight loss.

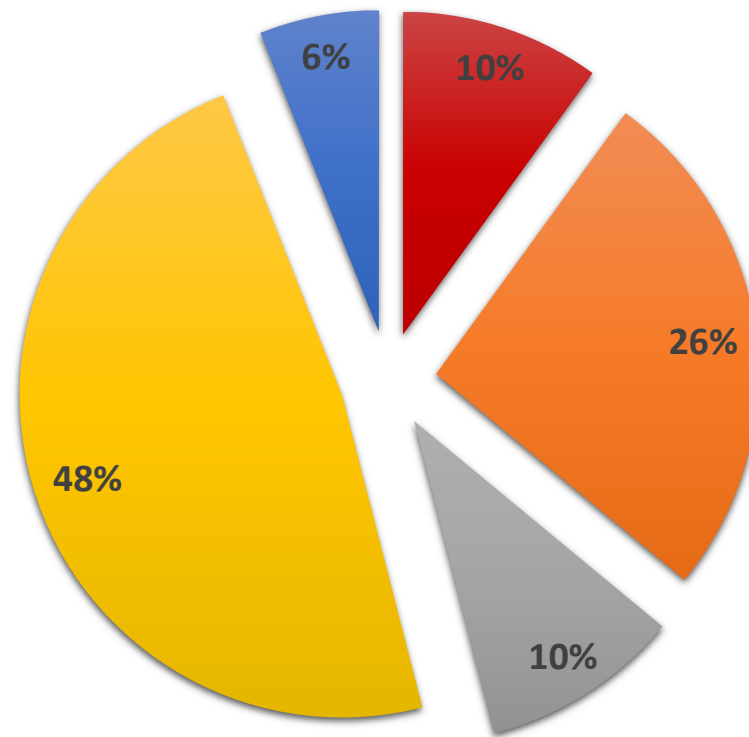
A 2010 report by the United Nations Office of Drugs and Crime questioned the low prevalence of drug use in Pakistani women. It said unlike male drug users who congregated and used drugs with others, drug use was a discreet, hidden and more of an individual activity for females.



Psychological Factors



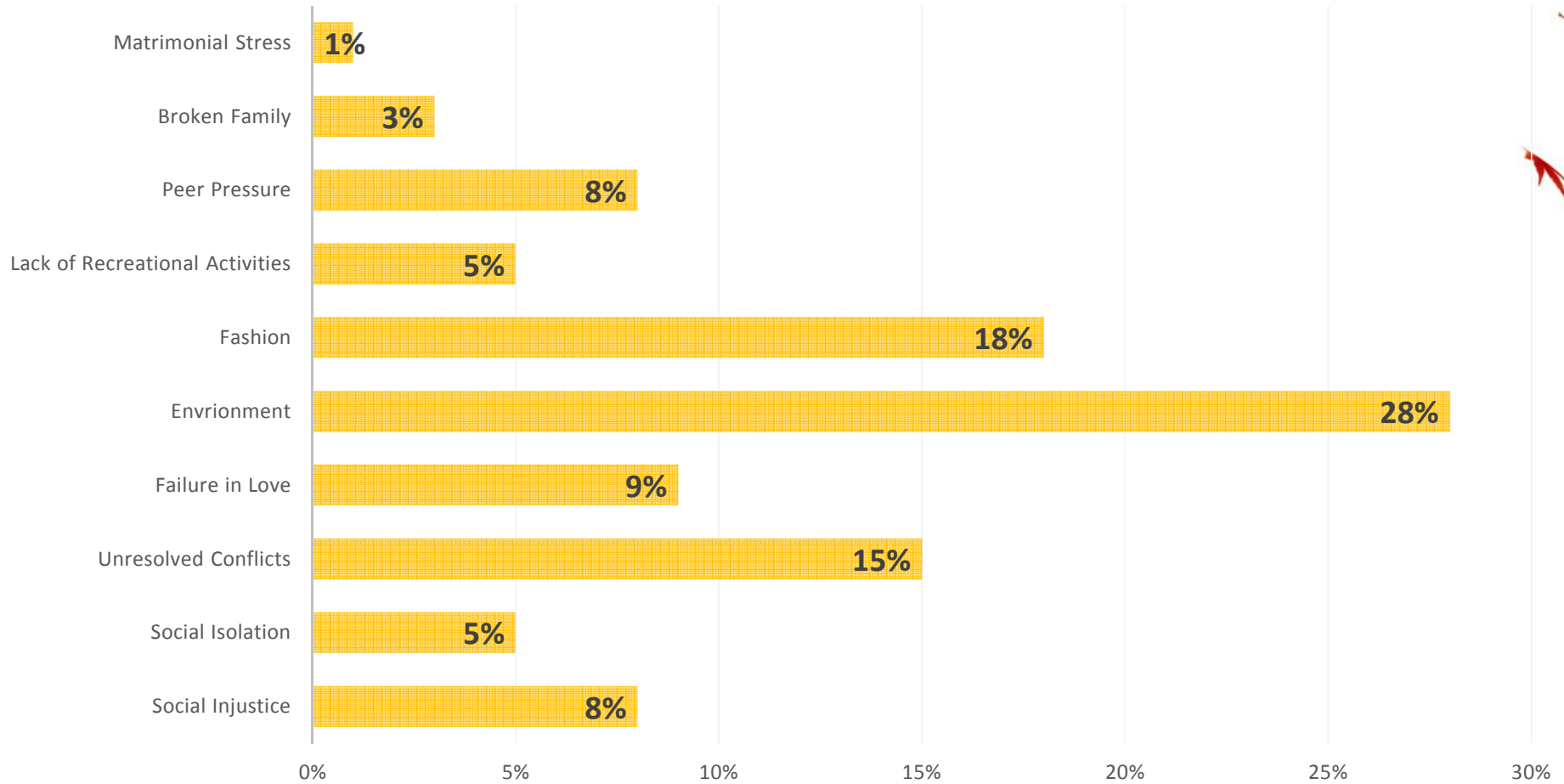
Economic Factors



■ Unemployment ■ Lack of Resources ■ Affluence ■ Poverty ■ Others



Social Factors



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Women of “Substance”: Drug Addiction in Pakistan

By Arshad Yusufzai 18 FEBRUARY 2011 2 COMMENTS



Ayesha is 28 years old and is addicted to heroin. She was studying in class nine when she first tasted heroin in her village in Swabi. “My brother used to sell heroin. Once I stole a small amount of white powder and smoked it in a cigarette. Initially it felt very good, but then I would become restless if I didn’t get any. I was simply unable to stop,” recalls Ayesha, as tears roll down her face.



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In 2001, when she was in her second year at college, her drug-addicted brother died of an overdose of heroin. It brought to an end the free supply of heroin that Ayesha used to obtain from her brother. So she decided to abandon home and head for Peshawar. It was the beginning of a life of hardship and misery. For the next eight years she roamed the streets of Peshawar looking for drugs and lost the urge to live.

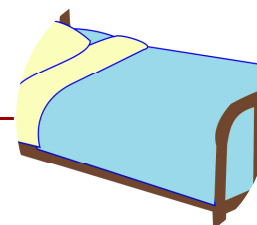
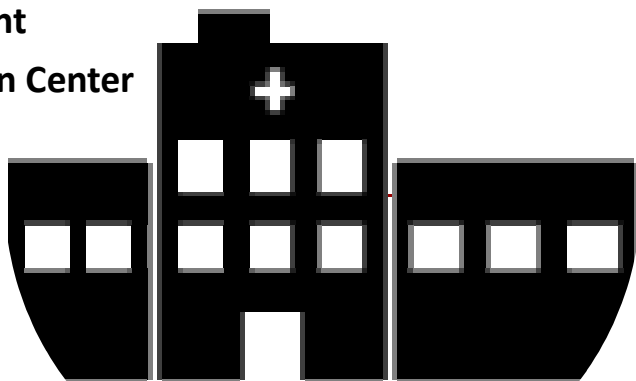


Other Factors

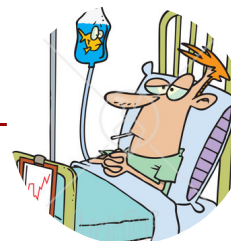


Overall Treatment Capacity

Around 96 Drug
Treatment
& Rehabilitation Center



30,000
Annual
Treatment
Capacity



Male
Oriented



No Female
Specific
Center

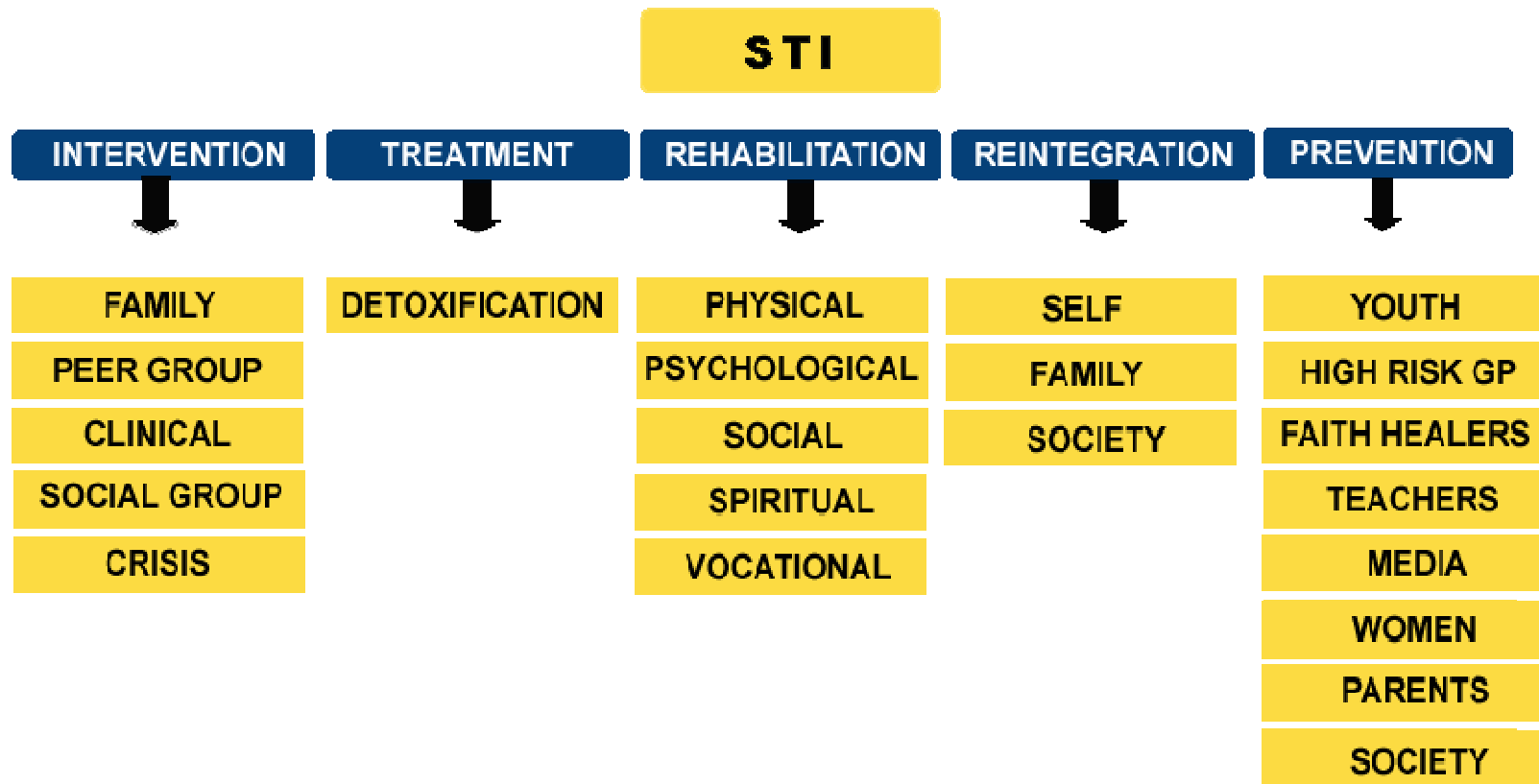


Why not?

- Drug addiction is considered typically a male problem
- Female reluctance to seek help
 - Social stigma
 - Family reputation
 - Marital risks
 - Cultural constraints
- Exploitation by quacks, faith-healers, non-professionals
- Lack of expertise in female drug treatment



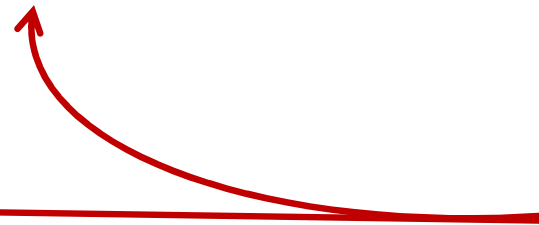
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Need for Separate Female Facility: Sakoongah

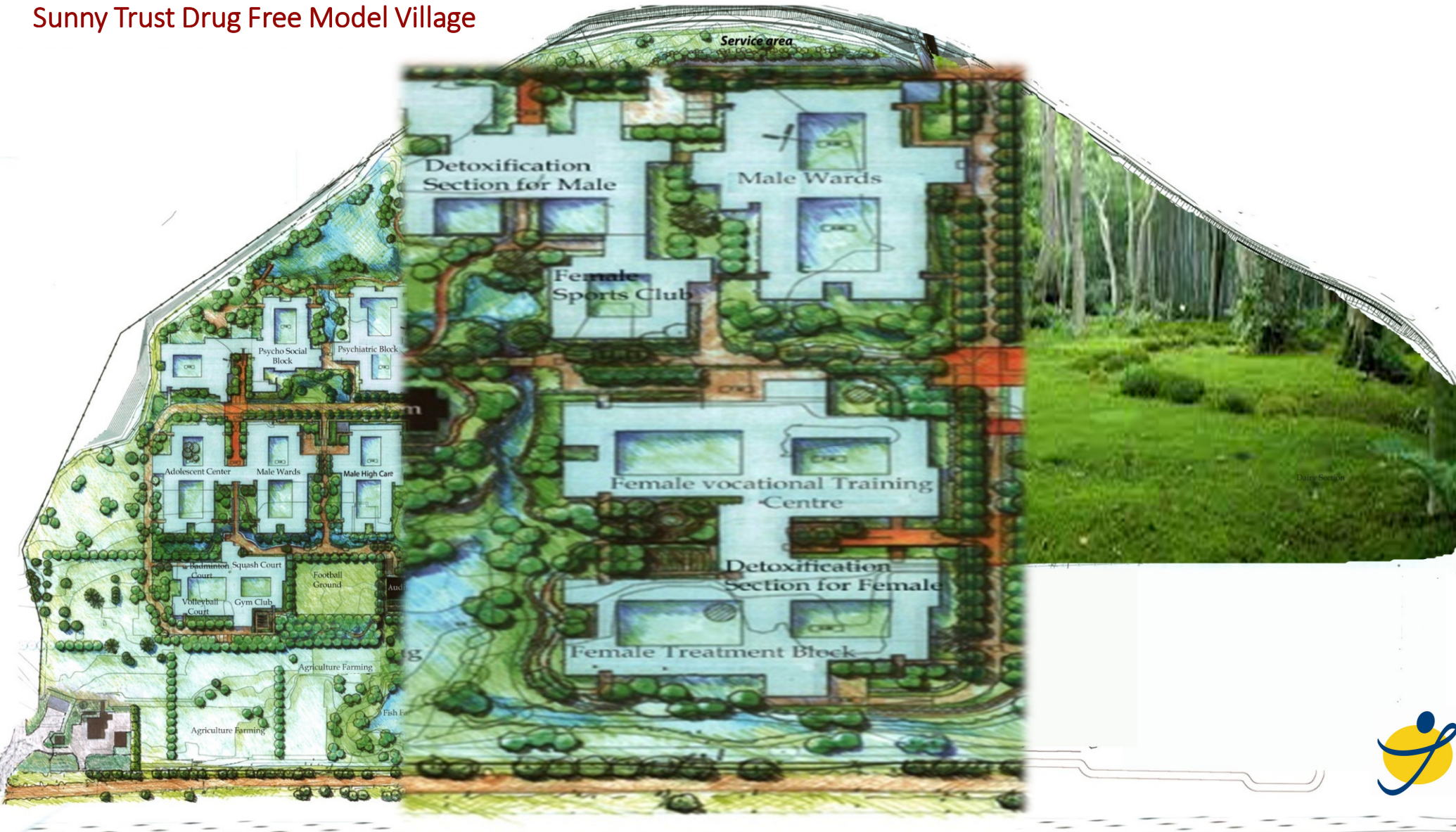


Sunny Trust International





Sunny Trust Drug Free Model Village



Sakoongah Goals & Objectives

Short Term

- Enhancing female accessibility to treatment by breaking social, cultural and other barriers
- Targeting vulnerable female groups, e.g. students, youth, slum dwellers
- Providing female-friendly treatment & rehabilitation services



Sakoongah Goals & Objectives

Long Term

- ❑ Mainstreaming of female drug problem & promoting drug free Pakistan



Sakoongah Services

Continuum of Care

The whole range of services a client may receive directly from Skoongah or coordinated by the Skoongah.

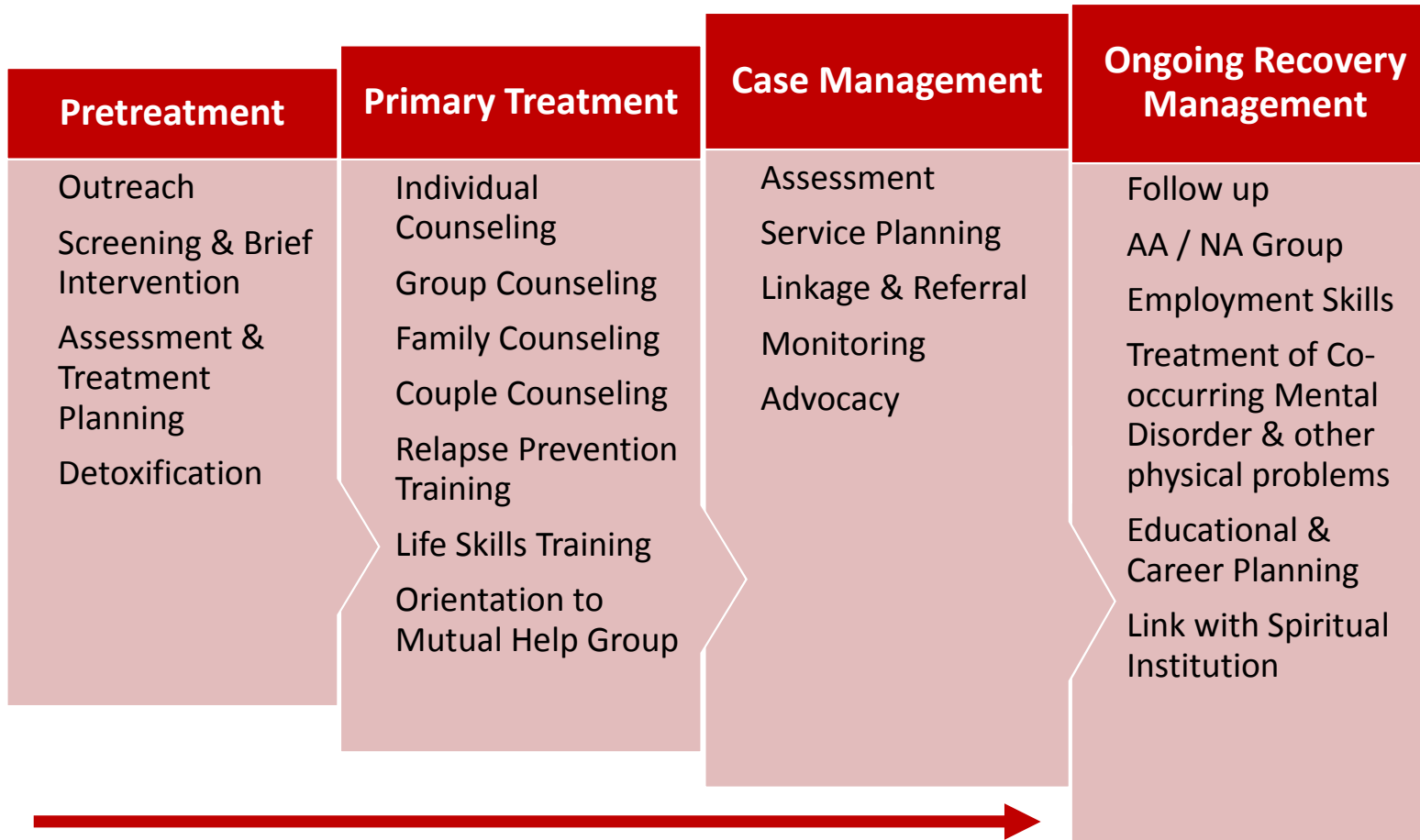


Not In Care

Fully Engaged

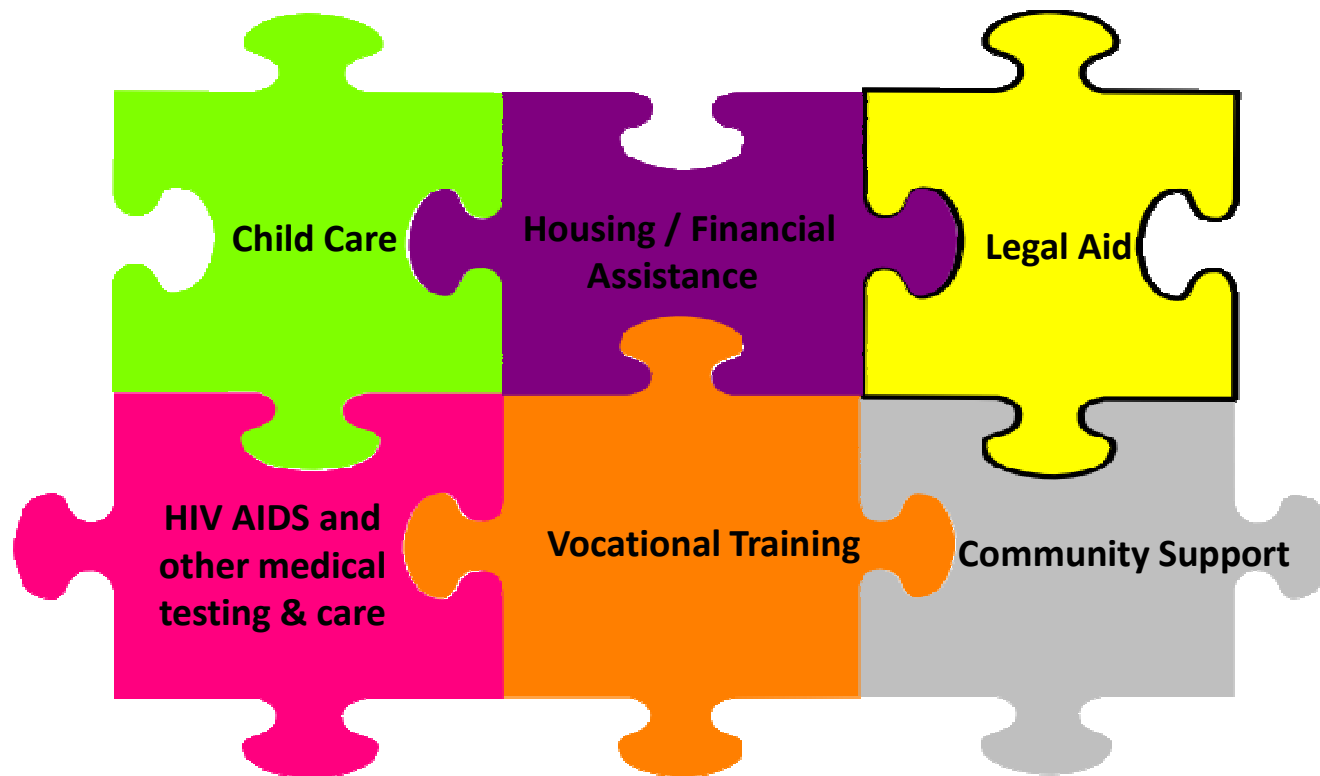


Four Parts of Continuum of Care



Case Management

Coordination of professional, social, and medical services to assist females with complex needs.



Where we are?



Physical Infrastructure-Land



Human Resource



Humphrey Experience

❑ Internship Experience- Women Services
Richmond Behavioral Health Authority,
Virginia, USA

❑ Keynote speech at UNGASS,
February 10, 2016

❑ Ongoing online interaction



The Reward For Good Work...

- Is the opportunity to do more (Jonas Salk)**
- 15 years old girl with history of cannabis and alcohol abuse
- Created one patient female ward (third time)
- Process of psycho-social rehabilitation is continued





***It Takes Someone Strong
To Make Someone Strong***

THANK YOU

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