

2018

# Annual Report



## HIGHLIGHTS

In April 2018 the Society for Community-health Rehabilitation Education and Awareness (CREA) completed the 'Instituting Parenting Skills (IPS)' project, a one-year intervention undertaken with a matching grant of UNODC in May 2017. The project was aimed at minimizing the risks of substance abuse among the adolescent and youth in the greater Dhaka metropolitan area through imparting relevant parenting skills to their parents and caregivers.

CREA in November this year also opened a Psychiatric Clinic with standard hospitality and personal services. Other than the usual psychiatric and medical services, the clinic's treatment program includes:

- Psychiatric assessment
- Psychometric Assessment
- In-house Case Management
- Personal, group and family counseling service from clinical psychologists
- Psycho-education for client and his/her family members
- Follow-up of discharged clients
- Post-treatment psychotherapy and counseling as required

All the three CREA Drug Rehab centers (called Kriya) outside Dhaka – in Barisal, Rajshahi and Khulna – continued to perform well, while CREA also continued to offer other mental health services, mostly counseling, through its Psychological Research & Intervention Onward (PRIO) unit. The society in 2018 served more than 6,000 people through its projects and programs, generating a total turnover of Tk **33,146,952.00**. Here follows a summary of what CREA was able to accomplish in 2018.

## SUBSTANCE DEPENDENCE REHAB PROGRAM (KRIYA)

The year saw all the KRIYA units performing well. The following table offers an overview of the services rendered by the KRIYA centers.

Sl	Activities	Achievements				
		Dhaka	Rajshahi	Barisal	Khulna	Total
1	Guardians received consultation	478	205	312	93	1088
2	Regular admission	113	92	91	41	337
3	Review admission	41	7	22	21	91
4	Total admission & assessment	154	99	197	62	512
5	Drop-out	36	16	19	18	89
6	Psychiatric consultation	92	27	197	68	384
7	Medical (detoxification) support	154	99	79	58	390
8	Psycho-education session	1586	726	870	765	3947
9	Individual/group counseling	1204	27	-	100	1331
10	Family counseling	176	-	-	40	216
11	Follow-up attendance	34	29	18	11	92
12	Client referred to other facilities	05	-	-	02	07
13	Aftercare attendance	194	63	2	13	272

## **MENTAL HEALTH**

### **PRIO (PSYCHOLOGICAL RESEARCH & INTERVENTION ONWARD)**

#### **Counseling Service**

PRIO runs a mental health clinic which does psychometric assessment and provides psychotherapeutic assistance to adults and children with psychological and behavioral problems. A pool of clinical psychologists provides psychological/clinical psychological services throughout the year from the clinic from 9:00am to 9:00pm every day.

In 2018 in total 290 new clients registered with PRIO to avail of the services that were rendered through 1105 counseling and psychotherapy sessions.

Month	New Clients	Counseling Sessions
Jan	34	134
Feb	15	109
Mar	8	131
Apr	23	97
May	37	95
Jun	26	77
Jul	34	98
Aug	28	76
Sep	16	58
Oct	21	80
Nov	18	77
Dec	30	73
<b>Total</b>	<b>290</b>	<b>1105</b>

## **DRUG PLACEMENT**

CREA has been hosting a professional placement on drug abuse and chemical dependency for MPhil students of the DU Department of Clinical Psychology since 2004 with a view to narrow down the existing huge human resource gap in mental healthcare.

The aim of the placement is to enhance knowledge and clinical skills of the trainees in treatment and rehabilitation of chemical dependents. The trainees are required to go by the following objectives:

- Understanding the nature of chemical dependence
- Identify and apply functional techniques of managing urge/cravings for drug use
- Understanding different chemical dependency treatment approaches and receive training
- Application of different techniques and assess their efficacy
- Apply and evaluate the psychological tools for relapse prevention
- Involve family members in the treatment process and provide psychological support to them
- Adaptation of different psychotherapy models to work with the street-based injecting drug users
- Receiving counseling training on drug and HIV/AIDS-related risk behaviors to provide counseling to the targeted population and assess outcome

So far, 170 graduate students of the DU department have successfully completed this placement that includes extensive study, training and learning different

intervention approaches regarding substance abuse and chemical dependency/drug addiction. A direct outcome of this specialized professional placement hosted by CREA is the clinical psychologists now working at different public and private healthcare facilities. Almost all of them have been trained under the program that also has resulted in a positive quality shift in service provision in substance abuse treatment and rehabilitation.

## **IMPLEMENTING DONOR-FUNDED PROJECT**

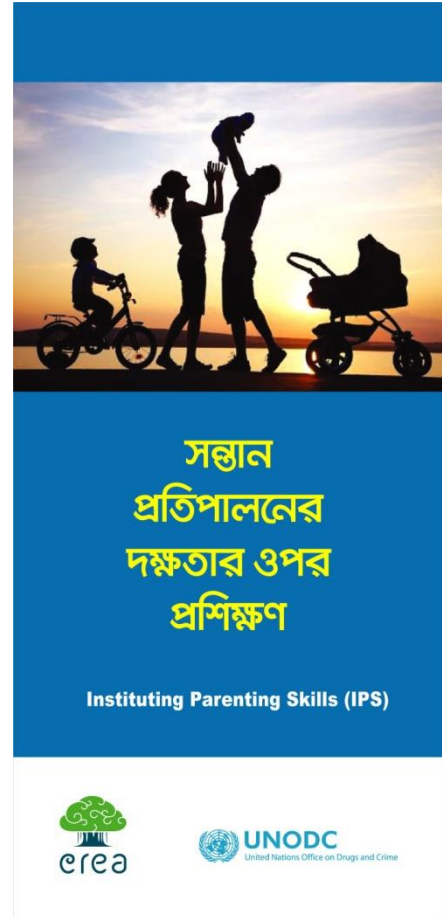
### **INSTITUTING PARENTING SKILLS (IPS)**

From the very early stage of its service provision for treatment and rehabilitation of substance dependent youths in Bangladesh, CREA, too, came to realize the centrality and high import of the roles parents and caregivers play in setting the context and conditions for and against the individual vulnerability of their wards to substance dependence. That understanding was the drive from which CREA initiated a forum to promote good parenting as early as 2001. However, as the country's health policy, law and health service delivery system has little or no focus on mental health and substance dependence, let alone such secondary issues as parenting, CREA has had little scope to launch a program that would promote and disseminate positive parenting skills until UNODC in 2017 awarded a DAPC grant to its proposed project titled Instituting Parenting Skills (IPS). This grant, though small in size, has been a great changemaker in this scenario, as before the launch of the IPS project, except some sporadic and short-term training events on parenting skills, there had been no significant intervention to improve parenting skills with a view to reducing substance abuse by children and the youth.

The project aimed at imparting positive parenting skills to parents and caregivers of children and the youth at risk of substance abuse in the greater Dhaka metropolitan area.

The specific objectives of the project were:

1. Introducing good parenting skills for the parents and caregivers of children and youth at risk of substance dependence
2. Assessing the status of current parenting skills among the parents and caregivers of children and youth at risk of substance dependence
3. Assessing the relevant issues of children and youth with their parents and caregivers





4. Developing and administering a training module and on parenting skills for the parents and caregivers of children and youth at risk of substance dependence
5. Developing and disseminating among the trainees two booklets containing, among other things, the key lessons, information and tips on rule-setting, monitoring activities, praising appropriate behavior, and pursuing a moderate, consistent discipline that would help parents and caregivers prevent substance abuse by their children and wards.
6. Setting a benchmark in parenting skills development by imparting training to approximately 120 guardians and caregivers of children and youth at risk of substance dependence
7. Assessing the efficacy of the training module through conducting an action research comprising a baseline study, a mid-course survey and a post-training survey
8. Raising public awareness on the importance of good parenting in preventing substance dependence among children and youth
9. Offering social media platforms to children and youth at risk of substance dependence to seek help and access information and other beneficial resources

The project, the first of its kind in Bangladesh, was implemented from May 2017 to April 2018. While the outreach, awareness raising, sensitizing and commitment building activities were going on, the project's research and training personnel drafted a two-step parenting training, each phase comprising of a two-day primer and a one-day booster/refreshers course, so as to allow the trainers to observe directly the efficacy and the further requirements to be built in a successful positive parenting skills training.



The picture shows 12 eminent national experts in parenting issues and development reviewing and discussing the draft training manual and materials threadbare and coming up with their views, feedback, and recommendations to make the manual come materials an effective one.

## Changes in Parenting Behavior Following the Training

The major changes reported in parenting behaviors following the training are listed below:

- Parents can better control anger now
- Parents are giving quality time - as a result child's TV time and smart phone use has reduced
- A number of positive changes in child behavior is noted
- 'Limits Setting' is working – child now play in a scheduled hour
- Due to better management of parental anger frequency of coercive situation with child has reduced even when the child is violent
- Stress and tension between parent-child interaction caused due to parental over expectation and perfectionism has reduced due to a realistic stance



*A training course in session at CREA conference room in Dhaka.*

- Stress in a mother role has reduced
- Mother can better handle daughter's boy friend issues
- Where applicable parents now help child think over any decision rather than imposing Seems child is more independent in daily chores
- 'Time out' is working
- Anger of the child has reduced as parents have stopped comparing with other child
- Parental control of anger has helped child socialize better than before
- Some parents have dropped hard-line parenting and become free with child as a result child shares their issues more than before
- Parents are paying more attention to child's behavior, needs and demands
- Child's sense of responsibility has increased

- Parent-child communication gap has reduced
- Scolding of children has reduced
- Due to positive parenting, gap between spouse is decreasing and mutual understanding seems increasing. Child is happy seeing parents overall change

A total of 60 therapeutic/counseling sessions were also conducted between November 2, 2017 and April 30, 2018. The major issues the counselors addressed included:

- low self-esteem
- indecisiveness
- anger and related problems
- emotion dysregulation
- depressed mood
- sleep problems
- marital discord
- communication problem
- fear about the child's future career
- fragmented/erratic mind
- addiction to Internet and video/online games
- parent-child conflict
- confusions regarding parenting decisions
- stress of single parent
- family discord, etc.

On 26 June, CREA Rajshahi received a crest of honor from the Department of Narcotics Control in recognition of its services rendered in substance abuse treatment and rehabilitation.

## **OTHER ACTIVITIES**

### **Peer Support**

CREA always plans and tries to provide peer support to its recoveree and follow-up clients. At CREA there is indoor sport facilities and snacks for them to hang out every evening. Other peer support activities include, but are not limited to:

- Three sharing meeting a week
- New birthdays to celebrate one year of sober life
- Picnics and trekking for recoveree groups
- Outing to places of natural beauty for follow-up clients
- An Iftar party for all CREA recoverees and staff every Ramadan. This year it was held on 18 June
- Recovery nights

### **Anti-Drug Awareness Programs**

Over the years it has become a custom for CREA to actively participate in any anti-drug awareness program including those hosted by Prothom Alo Bondhu Sobha and those aired by the electronic media. This year was more significant for CREA Rajshahi as it was the 28<sup>th</sup> founding anniversary of the branch. The month-long celebration of the long way traversed was culminated in a human chain and rally, as is seen in the following image.





Same as other CREA centers CREA Rahshahi, too, took proactive part in the anti-drug addiction campaign held by the Department of Narcotics Control (DNC) on June 26 to mark International Day against Drug Abuse and Illicit Trafficking across the country. But for Rajshahi, the day was different, as they returned from the day's campaign with a crest of honor accorded them by the DNC, Rajshahi branch. Well, CREA Rajshahi Definitely deserves it.

As part of the regular promotion, public relations, awareness raising, CREA centers regularly joins the meetings and other events organized by the DNC and the district administration on invitation. Under the CREA initiative to work along with the law enforcement agencies in scouring the menace of substance dependence, CREA personnel visited a number of police stations in Dhaka, especially from January through March.





A recent and comparatively more effective development of awareness against drug abuse has been proven to be webpage and various social media. CREA this year has undertaken an initiative to farther revamp:

1. Its webpage (<http://creasociety.org/>)
2. Its official Facebook page: <https://www.facebook.com/creasociety1999/>
3. A Facebook group of CREA recoverees: <https://www.facebook.com/groups/807926652877282/>
4. Websites and Facebook pages of projects, such as IPS: <https://www.facebook.com/parentingskillsbangladesh/> as well as its fan group: Parenting Skills Bangladesh Group: <https://www.facebook.com/groups/278872015908807/>

Within a month or two CREA will focus its promotion, motivation, public relations, outreach and such activities mainly online, with entertainingly informative way of video clips, graphics, GIF, info-graphs, etc gradually taking the control of CREA's awareness and advocacy program.

### **Supporting Research**

In 2018, CREA has been a place of attraction for public health researchers. CREA supports researchers from public and private universities by permitting its clients to get involved as research participants (sample) in innovative studies. CREA is strict about the ethical issues associated with any research and this side is taken care of by the Chief Executive himself following the Ethical Guideline of the Society. In total, 7 researchers collected data from CREA in 2018.

### **Mental Health Publication**

CREA also continued with extending all-out editorial, secretarial and publication supports to Bangladesh Clinical Psychology Society in bringing out its journal Monobhuban and drafting other documents.

# ABOUT CREA

## AN OVERVIEW OF CREA

The inception of CREA on November 01, 1999 was to serve the country's substance dependent people and their families by offering a culture-sensitive and, at the same time, low-cost, scientific treatment program that would ensure a lower rate of relapse, i.e., a higher rate of treatment success. The organization launched its operations by mobilizing local resources and with fulltime involvement of its founding directors, who were adequately conversant with treatment and rehabilitation of substance dependence. The initiation of CREA as a trendsetter had two dimensions – one was to set an example that a drug rehabilitation center could sustain completely on local resources, which was not the reality of the time, as similar centers were very much dependent on foreign funding and donation. This instance later inspired others—mainly ex-users at the grassroots—to venture into setting up such generic centers across the country. The second dimension was application and promotion of modern approaches (Social Learning Theory etc) in the understanding of and interventions in drug dependence and related high-risk behaviors.

CREA expanded its activities to other areas of development by incorporating the organization into a society in 2004 under Section 21 of the Societies Act, 1860.

## VISION

CREA envisages a human society of healthy and creative individuals who are aware of their rights and responsibilities, proactive to create a society free from stigma and discrimination, and open to new ideas for actualization of their potentials.

## MISSION

CREA will promote and advance public awareness, education, and health services for improving community wellbeing within the context of scientific knowledge.

## CORE VALUES

**OPENNESS:** (we are) open to new ideas and criticism and (keen to) unprejudiced study of the changing phenomena.

**NON-DISCRIMINATION:** (we are) responsive to the needs of the beneficiaries irrespective of sex, race, ethnicity, nationality, religion, socio-economic condition, and type of morbidity.

**COMMITMENT:** (we are committed) to build a society of healthy and creative individuals.

&

**INTEGRITY:** (we value integrity) of intention and honest transparent action.

## THEMATIC AREAS

In pursuance of its vision and mission and considering a “political economic social and technological” (PEST) situation analysis of the country, CREA has chosen public health as its main domain of work. It has further narrowed down its focus, considering its track record and expertise, to the following thematic areas:

1. Substance abuse;
2. HIV/AIDS;
3. Mental health; and
4. Community health.

## GENERAL OBJECTIVES

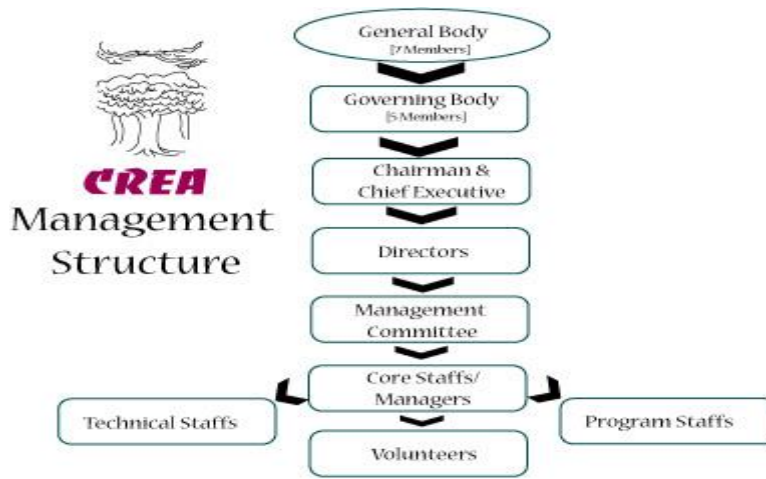
CREA has set forth three general objectives and supporting strategies that address its thematic areas. The objectives are:

1. To improve people’s access to prevention, treatment, care, and support services to reduce substance abuse, HIV/AIDS, mental health and community health vulnerability.
2. To exclusively advocate for supportive policies for persons affected by issues related to substance abuse, HIV/AIDS, mental health, and community health.
3. To develop the knowledge base on substance abuse, HIV/AIDS, mental health, and community health.

## OBJECTIVES WITH SUPPORTING STRATEGIES

- A. Being an effective organization (institutionalization).
- B. Raising awareness of the masses on issues like substance abuse, HIV/AIDS, and general and mental health and do advocacy at policy and all stakeholder levels on the same issues.
- C. Developing a number of health service delivery systems.
- D. Developing the knowledge base on thematic areas (*i.e., substance abuse, HIV/AIDS, and mental & community health*) through social and scientific research and related publications.
- E. Building networks and partnerships with national and international organizations pursuing human development objectives.
- F. Ensuring sustainability of the CREA Society.

## ORGANOGRAM



## GOVERNING BODY

Tarun Kanti Gayen	-	Chairperson
Iftakhar Ahmed Chowdhury	-	Member
Sajedul Murad	-	Member
Iqbal Faruk Milky	-	Member
Naimul Haque Joarder	-	Member