

Annual Report

2019



HIGHLIGHTS

The country-wide all-out anti-drugs campaign conducted by law-enforcement did successfully and drastically curb the previously spiraling misuse and abuse of narcotics. This however has had some ramifications for KRIYA, the substance abuse treatment and rehabilitation program of CREA, with the number of its intakes slightly declining to 455 compared to that of 512 in the previous year. However, this year, the CREA Psychiatric Clinic opened in November 2018 came into full operations with a total of 21 clients taking treatment for various mental health disorders and duly discharged. All the three CREA Drug Rehab centers (called KRIYA) outside Dhaka – in Barisal, Rajshahi and Khulna – continued to perform well, while CREA at its Dhaka head office also continued to offer other mental health services, mostly counseling, through its Psychological Research & Intervention Onward (PRIO) unit. The society in 2019 served more than 5,000 people, generating a total turnover of Tk 2,49,54,361.00. Here follows a summary of what CREA was able to accomplish in 2019.

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	316	164	308	63	851
2	Regular admission	80	29	139	30	278
3	Review admission	32	06	38	12	88
4	Psychiatric admission	11	25	11	15	62
5	Short course admission	01	26	-	-	27
6	Total admission & assessment	124	86	188	57	455
7	Drop-out	33	06	10	04	53
8	Psychiatric consultation	67	25	78	15	185
9	Medical (detoxification) support	112	83	-	27	222
10	Psycho-education session	1586	523	867	700	3,676
11	Individual/group counseling	854	16	57	11	938
12	Family counseling	117	-	11	21	149
13	Clients referred by other facilities	-	-	02	-	02
14	Client referred to other facilities	03	01	-	01	05
15	Follow-up attendance	25	22	17	08	72
16	Aftercare attendance	122	74	-	-	196

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 2019 in total 187 new clients registered with PRIO to avail of the services that were rendered through 1182 counseling and psychotherapy sessions.

Month	New Clients	Counseling Sessions
Jan	13	89
Feb	9	84
Mar	14	80
Apr	12	87
May	21	100
Jun	29	112
Jul	15	119
Aug	12	88
Sep	20	135
Oct	12	114
Nov	19	99
Dec	11	75
Total	187	1182

CREA PSYCHIATRIC CLINIC

CREA launched the clinic in October last year under the leadership of Professor Dr. Md. Ahsanul Habib, MBBS, FCPS (Psychiatry), Fellow, WHO (India) with Dr. Avra Das Bhowmik, MBBS, FCPS (Psychiatry), as his associate and Dr. Baquirul Islam Khan, MBBS, and Dr. Shanchari Kundu, MBBS, working as medical officers, in addition to Likhon Mondol and Subas Biswas working as nurses and Md. Shafiqul Islam working as a cleaner.

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

This year a total of 21 clients received treatment and were duly discharged.

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, 188 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.

OTHER ACTIVITIES AND ACHIEVEMENT

CREA Head Office and all CREA centers 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 CREA Khulna, the day was different, as its staff returned from the day's campaign with a crest of honor accorded them by the Department of Narcotic Control, Khulna.

As part of the regular promotion, public relations, awareness raising, CREA centers regularly join the meetings and other events organized by the DNC and the district administrations concerned on invitation. Under the CREA initiative to work along with the law enforcement agencies in scouring the menace of substance dependence, CREA personnel also visit local police stations time to time.

A recent and comparatively more effective development of awareness against drug abuse has been proven to be the website of CREA and its presence in various social media like Facebook. CREA in 2019 boosted its promotional and awareness-raising activities through

1. Its webpage (<http://creasociety.org/>)
2. Its official Facebook page: <https://www.facebook.com/creasociety1999/> and
3. A Facebook group of CREA recoverees: <https://www.facebook.com/groups/807926652877282/>



ORIENTATION PROGRAM ON RORSCHACH INK BLOT TEST

CREA organized an orientation program on Mapping Personality through Projective Technique: Rorschach Ink Blot Test at its head office from 2.30 pm to 4.30 pm on 25 August. Akter Shahenour, a Psychologist from France, presented the keynote, with 15 participants from different organizations attending the program.



Supporting Research

In 2019, CREA continued to be 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, five researchers collected data from CREA in 2019.

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.

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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

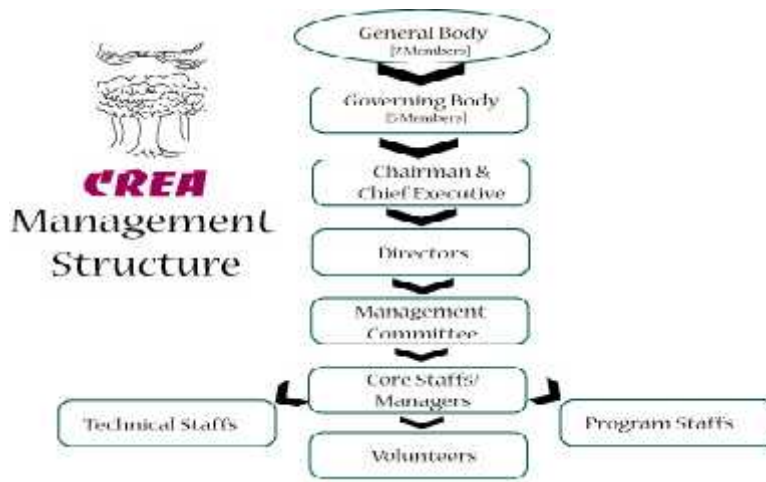
CREA has set forth three general objectives and supporting strategies that address its thematic areas. The objectives are:

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