

Training of Youth Drug Prevention Facilitators Arkari, Chitral

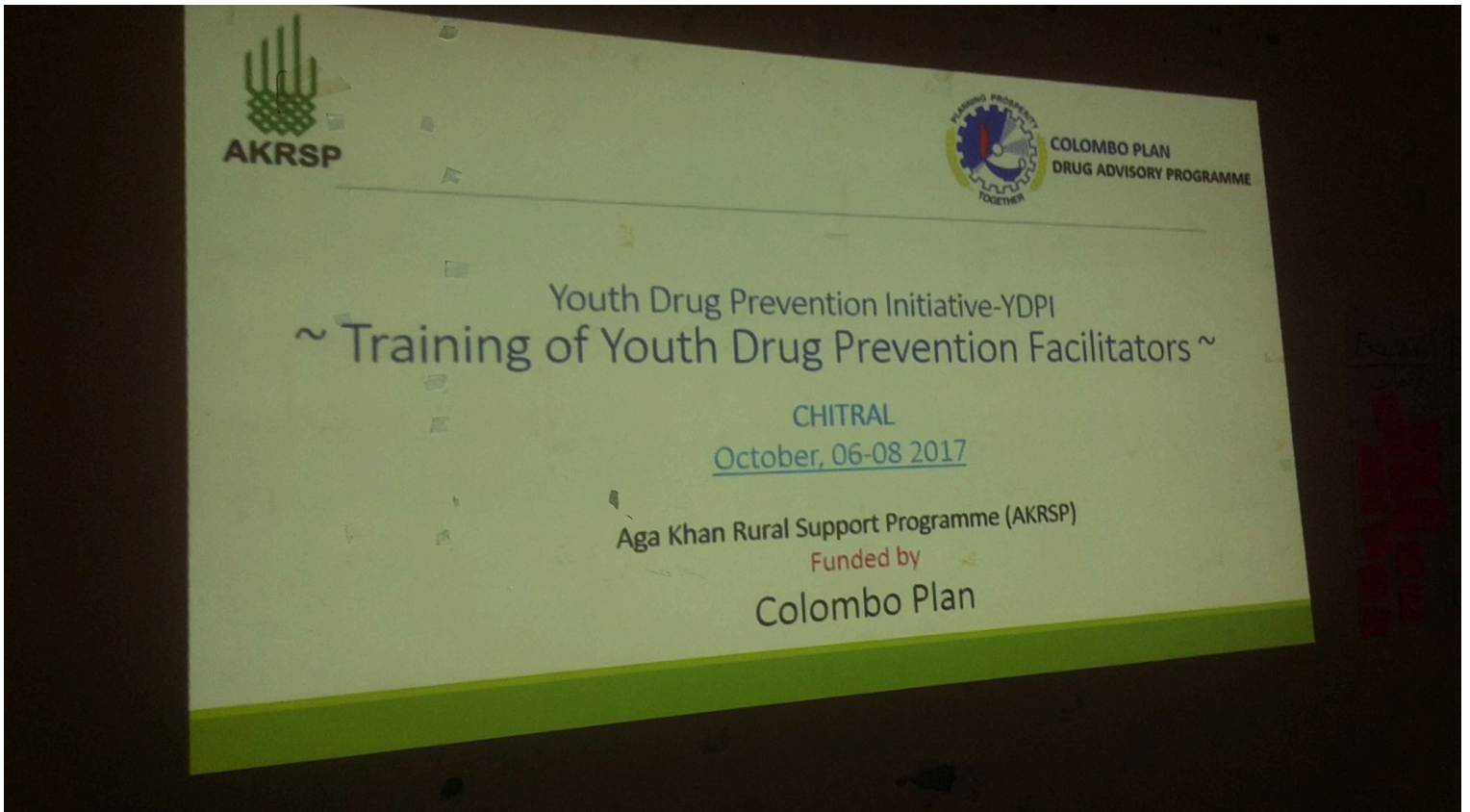
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Community Based Drug Awareness Session Garamchasma, Chitral

October 10, 2017

Aga Khan Rural Support Programme (AKRSP)

Funded by Colombo Plan (CP)



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Submitted by : Ahmad Shah

Young Prevention Professional (YPP)

ELP fellow- 2012- A Program of Atlantic

Council's South Asia Center & U.S.

Department of State

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I extend my regards to all members of the Chitral, AKYSB,Council, Local Support organization (LSO's,) Private and Government Schools and Colleges of Chitral, Local Administration & specially AKRSP, Colombo Plan family for making this visit a success.

Regards,

Ahmad Shah

Young Prevention Professional (YPP)

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Department of State

Acronyms

AKDN	Aga Khan Development Network
INL	Bureau of International Narcotics and Law Enforcement Affairs U.S. Department of State
CP	Colombo Plan
AKRSP	Aga Khan Rural Support Program
DDRP	Drug Demand Reduction Programs
LSO's	Local Support Organization
AKYSB	Aga Youth Sports Board for Pakistan
DFATDC	Department of Foreign Affairs, Trade and Development Canada
GOP	Government of Pakistan
ICP	Ismaili Council,s for Pakistan
AKES	Aga Khan Education Service for Pakistan
AKHSP	Aga Khan Health Service for Pakistan
DIGP	Deputy Inspector General of Police
GADO	Garamchasma Area Development Organization
GBC	Gilgit Baltistan Chitral
ITREB	Ismaili Tariqa Religious Education Board for Pakistan
ADO	Arkari Development organization
CBO's	Community Based Organization

Description

The Aga Khan Rural Support Programme (AKRSP) is Pakistani registered non-governmental organization, registered in 1982, and working in Gilgit Baltistan and district Chitral of KP Province. Best known for demonstrating a pioneer participatory rural development model, which was replicated throughout Pakistan in the form of Rural Support Programs (RSPs), AKRSP fosters community action and strengthening of community institutions and their linkages with government line departments through social mobilization approach. We have a network of over 4000 Village and Women Organisations in over 1100 villages, serving a population of over 1.4 million..

Aga Khan Rural Support (AKRSP) Mission

The Aga Khan Rural Support Programme (AKRSP) is Pakistani registered non-governmental organization, registered in 1982, and working in Gilgit Baltistan and district Chitral of KP Province. Best known for demonstrating a pioneer participatory rural development model, which was replicated throughout Pakistan in the form of Rural Support Programs (RSPs), AKRSP fosters community action and strengthening of community institutions and their linkages with government line departments through social mobilization approach. We have a network of over 4000 Village and Women Organisations in over 1100 villages, serving a population of over 1.4 million.

Currently we are implementing a large-scale youth employability and Leadership program, which includes Life Skills Programs with schools and educational providers. During the baseline assessments we found that drug abuse was one critical factor impacting quality of life of the youth, and that preventive measures are required, as part of the life skills program. In many of our program districts, opium, tobacco and alcohol consumption and demand is high, and we have been working with partners to work on demand reduction.

Drugs use in Chitral

Chitral valley is situated in the north west of NWFP. It share border with Afghanistan and Gilgit. If we study history it is clear that it used to be the gate way for the Central Asia, and business was conducted through this route for centuries. It remain cut off from rest of the areas for about six month due to heavy snow fall in the Laweri Top and Shandur Top which connect it with Dir and Gilgit respectively. Due to its backwardness, illiterate people, and isolation from other parts, and

unemployment majority of the people living in Chitral were addicted to different drugs. When situation changed due to education and people find job opportunities due to Government activities, NGOs the usage of drug reduced up to some extent, but a lot of people still use different drugs like Opium, Hashish, Naswar, Cigarette and wine. In previous time majority of drug was cultivated, store and sold in the area, due relaxation from govt. institutions, but the situation is totally different from the past. Although people use drugs nowadays, but is not cultivate and grown in the local area; rather it is imported from Afghanistan and other cities. The drug usage is very much high in people who are older than forty years, and are illiterate. Therefore it is important to give awareness and effect of drugs on the health and socio-economic condition of the people. So that people will be able to know and realize the bad effect of drugs and keep themselves away from drugs.

Significance of the Training :

Drug abuse is a major problem in every society. Especially in Pakistan's rural areas especially in Chitral, it is a big issue because many of male and female are using it from centuries culturally. Its use in society is increasing day by day specially in the study area. Drug abuses have a high correlation with mental disorder. It affects work productivity, employment opportunities, and incidences of violence, family deterioration, academic problems, and even terrorism. It is also a root cause of poverty. Due to its usage the five capitals such as Land, House, Money, and Relationship with society and potential Human resources are destroying. Keeping in view these issues this project was designed to investigate the extent of drug abuse, its root cause prevention and effect on the society. This would ultimately help in the establishment of better awareness among people society in study area through awareness about adverse effects of drugs on health, education, family income and social relationship with family and community.

Aga Khan Rural Support (AKRSP) has organized its first 4 days training program on evidence based School based drug abuse prevention and community based drug prevention intervention for the teachers in Chitral from 6th to 10 October, 2017 t in collaboration with Colombo Plan .

The main aim of this training was to strengthen and polish the capabilities of teachers. to be a part of our team for assisting in evidence based drug abuse prevention activities, to aware them about life skills and to prepare them with necessary skills and abilities to make their respective institutions "DRUG FREE". During the whole training the teachers figured out many

new drugs, their abuses, causes and symptoms of drug addiction and they also realized and promised that they will play an active role in drugs prevention which leads a person/student towards addiction.

The objectives of this drug abuse prevention and life skills training for teachers were:

- To train teachers in universal prevention curriculum especially in school based & community based prevention intervention and policies
- To prepare the teachers for assessing the scenario of drug problem in their school and its surroundings.
- To make a strong policies in their school regarding drug abuse prevention.
- To aware the teachers about different types of drugs, their signs and symptoms and about myths related to them.
- To educate them in evidence based drug abuse prevention
- To prepare them as counselors for their students at schools.
- To enhance the quality of their personal and professional management.
- To provide them with certain strategies for taking measures in field of Drug abuse prevention on individual and collective level.
- Create awareness and develop village level strategies and plans to combat the menace of youth drug abuse;
- Sensitize students and teacher about drug abuse and develop school level plans and strategies;
- Sensitize youth and youth groups about drug abuse and listen to their voices on how to deal with the problem;
- Develop common understanding of the problem and promote public-private partnerships, collaboration and linkages between communities, local intuitions and local administration.

DAY – 01 :

Aejaz Karim (Akrsp) / Ahmad Shah (Lead Facilitator)

1st teachers training program started with the recitation of Holy Quran which was followed by getting to know each other through teambuilding activity conducted by the enthusiastic as a Lead Facilitator Mr. Ahmad Shah to make the participants familiar with each other and energizes them to get ready for learning process. He discussed the training norms with the participants, briefed them about the purpose of life skill training and drug abuse prevention programs and what will be coming to them in those three days. After the training introduction Mr. Aejaz Karim –Project Manager Aga Khan Rural Support Program (AKRSP) introduced the participants with the Project introduction organization’s mission, vision, objectives and areas of working.

Ground Rules of the Training :

To make the training most effective, some ground rules were set for every individual to follow. These included; punctuality, discipline, respect for other’s opinion, avoiding use of cell phones during the training sessions/ activities and helping each other to participate more.

Compliment Wall of the Training :

People perform best when they feel good about themselves, especially when a compliment is received by someone else. To help the participants understand the positive aspects in each other, a “Compliment wall” was set up where each participant placed an empty envelope with his/her name visible and all the other participants were to write some compliments about that individual on a piece of paper and place in their envelope. The activity helped every participant in understanding the qualities they carry which they did or did not know about before and helped them feel confident about themselves.

Expectations of the Training :

Participants were asked to write down their expectations from the workshop and place them at a visible place in the training hall. The purpose of this activity was to assess the expectations of the participants and to evaluate the effectiveness of the training sessions to meet them. Some of the topics the participants expected to learn about are listed below:- *

- Psychoactive Active Substances

- Classifications
- Basic Life Skills
- Sustainable prevention
- Evidence Based knowledge
- Leadership Skills
- How we can make sustainable SMART projects?
- Experience of others while implementing their projects
- Two way communications
- Team work
- To become more practical and professional

The school based and community based training program was designed to address these expectations and the sessions were developed with most relevant UPC and evidence based content with the most suitable trainers to help the participants enhance their desired knowledge, skills and information.

Assessing Psychoactive Substances in Family based,School based,Work Place based and Community based ;-

By Mr. Ahmad Shah (Lead Facilitator)

A group discussion and brain storming activity was conducted by Mr. Ahmad Shah with the help of brain storming and group work.

the trainer got to know that teachers were not aware about the hazards of betel nut and pan. During the group activity teachers discussed types of drugs used in surroundings of their family, school,work place and community and presented it with the help of charts. They highlighted the use of opium, hashes and alcohol also highlighted the access use of easily availability, mostly girls and boys got addicted to it because of their mothers,fathers and brothers who used daily bases at home .

Psychoactive Substances and Classifications

By Mr. Ahmad Shah (Lead Trainer)

The first and very influential session of the first day on psychoactive substances and their classification was conducted by an inspiring drug prevention Lead Trainer Mr.Ahmad Shah. He described the brief psychoactive and classification, sign and symptoms related to psychoactive substances. He discusses the physical and psychological effects of psychoactive substances on humans and shared his own experiences related to drug. He also used motivational stories to inspire the participants to work in the field of drug prevention especially in school based and community based prevention intervention policies.

Risk and Protective Factors of Psychoactive Substances

By Mr. Ahmad Shah (Lead Trainer)

It is the leading session of Psychoactive substances and classification which was conducted by the most enthusiastic, motivated Lead Trainer in the field of Prevention. The session was started with a video holding the facts of Psychoactive substances in our society. He discussed five domains of risk and protective factors which affect people lives. In the end of the session an activity was conducted in which through brainstorming participants shared their ideas about the protective factors that one can use to overcome the risk factors.

DAY - 02 :

On second day Mr. Ahmad Shah took the reflection from participants regarding last day's activities and learning. There was a good change in teachers' motivation and their responses were great.

Teachers beyond Knowledge

By Mr. Aejaz Karim – Aga Khan Rural Support Program (AKRSP)

This session was very important for teachers. In this session the critical role of teachers in psychoactive substances and their prevention was discussed. The teachers motivated by the trainer to accept and perform their duty as a counselor. Teachers are not only for teaching or for enabling students to pass a class, but the teachers are the character builders. They need to guide their students about right and wrong and good and bad behaviors. Teachers should

look after the activities of their students and should keep maintaining its record. If they find some deviant behaviors by their students then they should quickly take actions and should discuss the issues of their students personally and confidentially so that if a student is suffering from a mental stress then teacher could help him/her to come out of it. Classroom is a place where teachers interact with students and also understand and build their personalities. Therefore Mr.Aejaz Karim described the strategies of dealing with students 5

effectively in a classroom. He discussed the concepts of reward and punishment and its effect on student's personality and also explained a behavior modification model to the teachers.

“Self Esteem”

By Mr. Ahmad Shah (Lead Facilitator)

A very young and passionate Lead Facilitator Mr.Ahmad Shah took a session on the importance of self esteem. Life skills are the building blocks of personality development and Self Esteem is considered the basic life 6

skill. In this session the concept of Self Esteem, High Self Esteem and Low Self Esteem was discussed with teachers. The Self Esteem of a person develops with his/her experiences of life. A person who develops a positive attitude towards his/her personality gets high self esteem and a person who develops negative attitude towards his/her personality suffers from low self esteem. People with high self esteem leads a healthy and productive life but people with low self esteem are at risk of undergoing any abnormal behavior such as drug addiction. Through the discussion and activities during this session the teachers were motivated to raise their self esteem and their students' self esteem to prevent them from drug abuse.

Personal Management

By Aejaz Karim (AKRSP)

Mr. Aejaz Karim educated teachers about the management of their time and stress. He also taught them how to enhance their decision making skill. He explained to the teachers

that all these skills are interlinked and if they lack in anyone, then they will face troubles with other skills too. Practice and command on these skills are helpful in their personal and professional management. He also performed some stress reducing exercises with the teachers to demonstrate them its healthy effects.

DAY – 03 :

Third day of training started with the reflection of previous days. Mr. Ahmad Shah took the centre stage and involved the participants in an activity. There was a wonderful response by participants while recalling the learnings of the previous day. Their motivation was even more increased and they were ready for more knowledge to come.

Understanding Child Psychology

By Mr. Aejaz Karim (AKRSP)

The first session of the 3rd day was conducted by our energetic & enthusiastic trainer Mr. Aejaz Project Manager- AKRSP . He thoroughly explained the developmental stages of child and explained its relationship with his/her behaviors. He highlighted that the needs of a person changes with every stage of life and it is necessary to deal him/her according to his needs and mental level. But he also shared a research that says 90% of the people who undergo drug addiction because of their genetic makeup. He also explained the relationship of environment with the development a person. The better the environment a person grows up in the better personality he will have. On this point he also engaged participants in group activity and chart presentation and teacher actively participated in this

Closing Ceremony of the Training :

Mr. Muhammad Ayub Senior Advisor/ Treatment Expert Drug Advisory Program The Colombo Plan and Aejaz Karim Project Manager Aga Khan Rural Support Program (AKRSP) distributed certificates to Master Trainers and shared his opinion in closing ceremony of this training. They appreciated the teachers for their participation and efforts throughout the training and encouraged them to join their hands together to diminish this menace and evil from the society. Further He briefed them that they implement the learning of training in their respective schools and made their schools and communities DRUG FREE. Trained teachers

were asked to organize awareness programs for parents and students of their schools and Aga Khan Rural Support Program (AKRSP) will provide them technical support as well as human resources (trainers). In the end, program was concluded with the teachers' oath that they will try their best to make their schools and communities Drug Free and also advocate a drug free life among their kith and kin

Community Based Evidence Based Intervention Sessions :

On 10th October, 2017 Aga Khan Rural Support Program (AKRSP) organized one day Community based Drug Awareness Programs in Garamchasma ,Chitral.Lead trainer Mr.Ahmad Shah and Mr. Aejaz Karim Project Manger AKRSP/trainer trainer sensitized parents, teachers, youth,law and enforcement agencies,religiou leaders,key informant of the community, about the dangerous effects of soft and hard drugs and also told them how to prevent their children from its ill effects. The role of community,family ,school and government was also discussed as a prior most preventive measure, because family is the first social place which develops a child's personality. Parents were told that special guidance should be provided to the children of developing age (adolescence), it is that crucial time when mostly children chooses the wrong way to fulfill their needs and also move towards drugs due to lack of attention. They were aware of the drugs used commonly in their surroundings but had no idea of its horrible effects on health. They realized the importance of having a strong personality and also made a promise that they will carefully and responsibly deal with their children to protect them from the stigma of drug addiction. In the end parents were motivated to first change themselves to become a role model for their children and then to bring change in their surrounding and society

Challenges Encountered :

No such challenges was faced during the program, a well managed program by the Aga Khan Rural Support Program (AKRSP),Colombo Plan and Partner organizations. I was very

much inspired by AKRSP. AKES. AKPBS, AKYSB ,Law and Enforcement Agencies , Chitral Community and Government worked as a team..

In the beginning of training teachers were less motivated and were not participating actively but after the activities and group discussions by our expert training staff and guest speaker, teachers were getting involved and shown active response in every session and activity. Furthermore there was an females participation problem due to which we had to use teambuilding, group work and energizers was continuously doing participants but our trainers grasp the attention of participants by engaging them in group or individual discussions.

Impact Evaluation of the Training :

Feedback received from the post evaluation form filled by participants was very positive. Teachers were heartened by attending this training because they learnt a lot about psychoactive substance and their clasification,Basic Life Skills Program, child psychology, counseling skills and personality development. According to them they wanted to learn more about child psychology and life skills to handle the behavioral problems prevailing among students of their school ,community and home.

Recommendations:

- Colombo Plan and US State Deaprtments needs to collaborate with Aga Khan Development Network – Agencies Aga Khan Rural Support Program in Drug Demand Reduction Sector in Pakistan especialy in Gilgit Balistan Chitral .Because they have a strong network in Pakistan as well as around the globe.
- In Pakistan there is more need to work in evidence based drug abuse prevention because according to UNODC research- 2016. Youngester is most vulnerable towards drugs
- The content should be Universal Prevention Curriculam (UPC) and evidence based in drug prevention should be activity ,video, and evidence based and easily understandable for the youth and community, not be hard terminologies based and not be hard grammer.
- Should be used UPC evidence based knowledge
- The holistic concept and approach for tackling drug demand reduction in the society..

- Research and publication should be enhanced.
- Compilation of existing local knowledge and integrating the knowledge into society.
- Successful case studies must be shared for better understanding of relevant themes and improvement in practices.
- Build and strengthen the regional and international partnerships, collaborations and experience sharing opportunities.

Training of Youth Drug Prevention Facilitator's Pictures :







COMMUNITY BASED DRUG PREVENTION AWARENESS SESSIONS PICTURES :



