



ASTHA FOUNDATION



In search of a solution

Alcohol and drug dependency are conditions afflicting a number of persons in present day society. Apart from the physical dependence, there is deep mental and emotional trauma, characterised by a general loss of control in normal life functions. The dysfunctional impact it has on families is no less destructive than the effects on the dependent individual.

Chemical dependence is a powerful force. It becomes increasingly difficult for the alcoholic or addict to arrest the process by themselves. The good news is that recovery and healing from this dependency is possible. Intervention holds out hope, both for users and for their families.

Astha Foundation: the message of hope

Astha Foundation has been specifically set up to assist people with chemical dependencies and addictive behaviours. Our staff has extensive years of experience in dealing with a condition that is admittedly complex; yet one that requires redressal with due concern for the human lives that are involved.

Our treatment plans are based on the realisation that addiction is a biopsychosocial disease. This approach has had a powerful and positive impact on our contributions. We have had a success rate of 50% in assisting individuals to regain control of their lives. The highest recognition of our work and results have been placed on record by a Member of Parliament with the Government of India.



Trust & professional care

- The Centre is operated with support of a Resident Manager and councillors. The community also has the facilities of a housekeeper and cooks.
- A doctor is available on call round the clock, should emergency services be required at any time.
- The treatment centre has a 50 bed resident facility.
- A medically managed detoxification facility is provided for.
- Recreational facilities for group and peer-to-peer interactions are available.
- High standards of hygiene are insisted upon. Periodical inspection by municipal authorities is conducted.
- Plans are underway to implement a separate in-patient facility for women alcoholics and addicts.



Councillors at the Centre have considerable therapeutic experience. They include professional workers, as well as people with substantial sobriety. Their experience with the recovery process provides a real motivation to help others and is a significant contributor to the success of the Foundation.

The road to recovery

Chemical dependence is a biopsychosocial disease. Treatment requires a holistic and systemic approach to address the physical, psychological, social and spiritual consequences of addiction. This is necessitated not only for patients, but for their families and significant others as well.

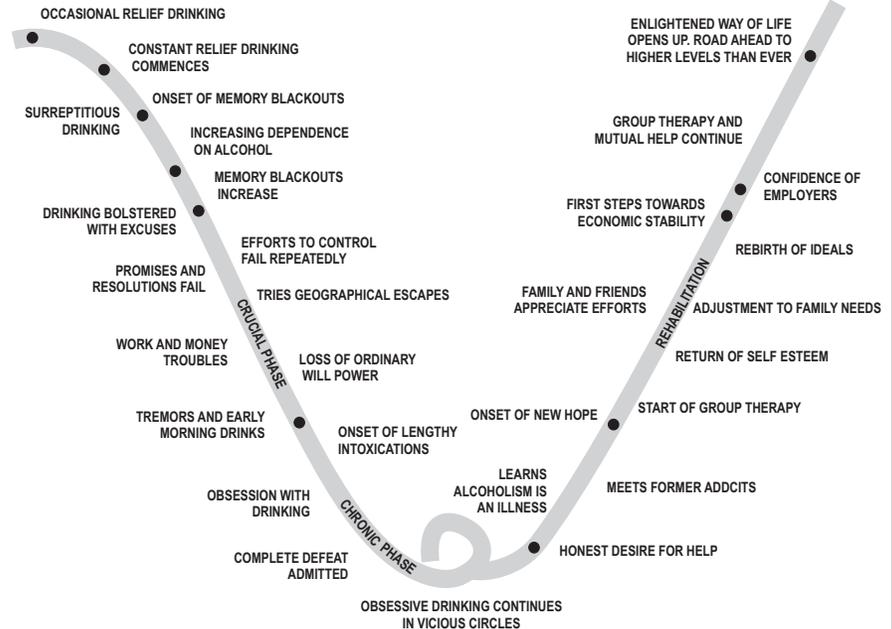
At Astha Foundation, **the spectrum of treatment services** range from basic awareness and counselling sessions to intense in-patient care and through to after-care and family support.

Addiction is far more than the mere use of alcohol or drugs on a frequent basis. It causes multidimensional impairment in several areas of life. Treatment needs to address all these issues.

At Astha Foundation, the focus is on addiction, not on the substance.

Recovery, like addiction, is a process. With identifiable stages and characteristic symptoms. Addiction is a primary disorder and it demands a biopsychosocial treatment process.

Addiction and Recovery: The Jellinek Curve



The treatment module

At Astha Foundation, we believe no drug or drinking problem is without a solution, provided the user has a desire to recover. Motivation is therefore, an essential first stage. This needs to be reinforced through a rehabilitative recovery process. Treatment includes a residential stay at the Centre. The process is detailed below:

Primary care

- Primary care is the patient's first point of contact with the treatment. It usually spans a period of up to one month.
- Medical assessment is arranged for.
- Diagnostic counselling is provided to assess motivational levels.
- If required, motivation is substantiated through awareness therapy.
- The construct of primary care includes prescribed group therapy, individual counselling and an induction to the 12-step programme of Alcoholics Anonymous and Narcotics Anonymous.
- The primary task at this stage is to bring the patient to introspect and to appreciate the need for change.



Extended care

- Extended care serves for the application and reinforcement of all that has been introduced in the primary stage.
- In-patient community therapy with a minimum stay of 5 months at the Centre.
- Treatment is based on the Minnesota recovery Model.
- It is combined with yoga and meditation therapies.
- Visits by family members on a monthly basis are encouraged.
- Dealing with co-dependant issues, reintegration within the family unit and coping with emotional fallouts is assisted with.



After care

- This is the post-discharge stage. It includes visits to the Centre and regular attendance at local Alcoholics Anonymous and Narcotics Anonymous meetings.
- Integration with society and society is focused upon.
- It is a process of maturity and the development of relationship skills.
- With the passage of time, it takes a more flexible approach, replacing personal visits with telephone calls.

Family care

- At Astha Foundation, we deal with chemical dependence as a 'family disease'. And so, family involvement is critical to the treatment plan.
- Group learning and individual counselling is part of family support that is extended.
- Weekly Al-Anon meetings – a voluntary self-help organisation to assist families of alcoholics and addicts – is held weekly at the Centre and families are encouraged to participate.
- Families are assisted in identifying and dealing with self-defeating behaviours. The objective is to provide for a conducive environment for recovery at home, both for the patient and for other family members.

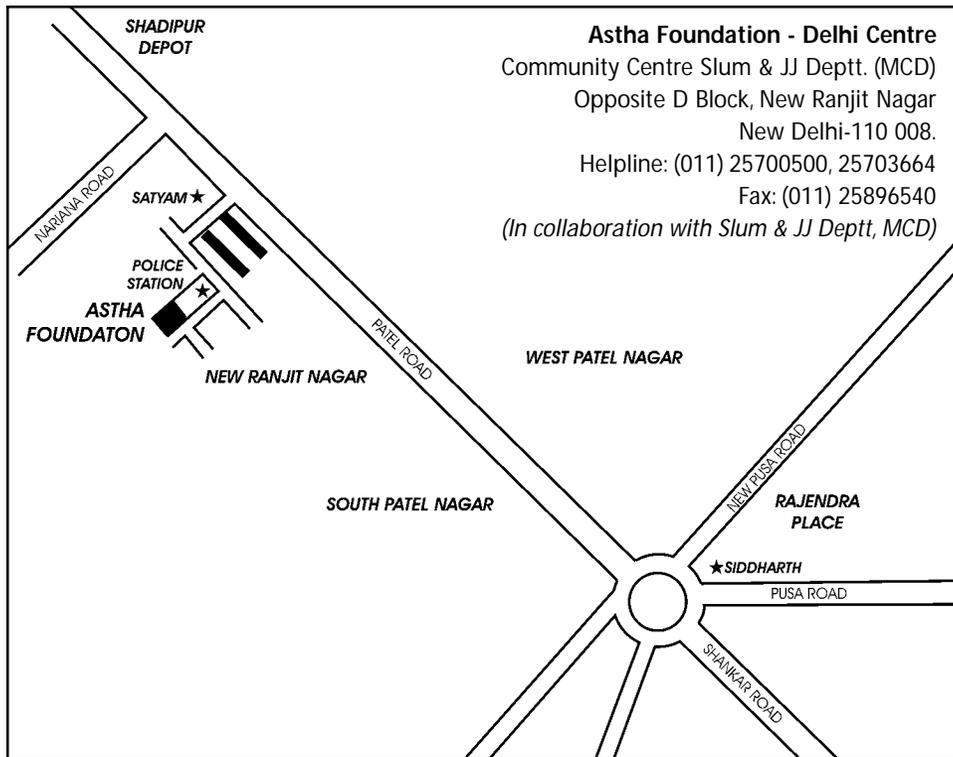




Confidentiality

Astha Foundation respects the right to confidentiality of all residents. Matters discussed with members of the staff will be maintained in good faith and information will not be passed on to outside parties.

All patients are treated equal, regardless of religion, caste, creed or social status.



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