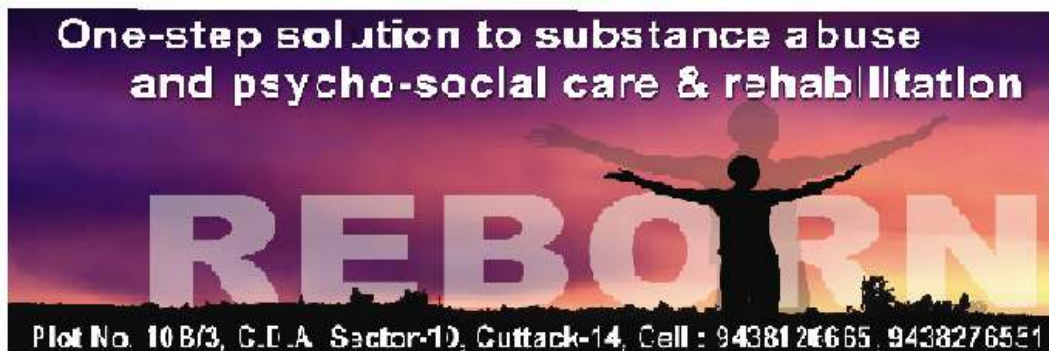


Drug-Clean Brotherhood out for the Operation Clean

Just as Hahnemann's principle of 'Similia similibus curentur' (let like be cured by like) or the age-old saying of India 'Only a thorn can pick out another thorn', strange may it seem, a band of young men, who only a few years back were rotting in gutters under the debilitating spell of narcotic drugs, are now out for a unique venture i.e. to cure the hapless members of their fraternity and re-integrate them into family and community as responsible human beings. What can be a better testimony to the bravado of these ex-addict zealots than the new treatment-cum-rehab centre named 'Reborn' set up by them at Cuttack. Located in a newly built house in Sector-10 of CDA Area, a little away northwards from the Naraj-bound ring-road, it enjoys the soothing breeze from Kathjori river and also the serene environ of sparsely inhabited surroundings. The overall job-profile of Reborn is evident from its glowing signboard that reads, 'One-step solution to substance abuse and psycho-social care and rehabilitation'.



Welcoming Signboard of Reborn

Freedom has different meanings for different people. For the hundreds of young men who are let down by the addiction to drugs and alcohol, freedom can't but mean release from the bondage to addiction and resuming the disrupted journey of life anew, with a motto for cleanness and sobriety for the rest of life. Believe it or not, giving up the bondage to narcotics on the part of an individual is as challenging in its intensity as throwing up an alien Raj on the part of a nation. As if to celebrate that unique spirit of freedom, the self-inspired group of addicts-turned-clean launched their dream venture Reborn on 15th August last, the 63rd day of India's freedom. Sans ceremonial hullabaloo, sans speeches by leaders, and sans media glare, it was launched amidst an informal, evening get-together of friends and supporters drawn from diverse walks of life from twin city of Cuttack-Bhubaneswar, such as lawyers, doctors, social workers, technocrats, women activists, housewives and above all several ex-addicts belonging to Narcotic Anonymous fraternity.



Yoga Session at Reborn

As to what inspired them to launch Reborn, a new venture, both Mr. Prashant Dalbehera and Mr. Prasan Mohanty were candid enough to admit, “We, the ex-addicts can remain clean only by our constant striving to keep others clean. Reborn is thus born more out of our own personal, therapeutic compulsions than out of any charitable or humanitarian consideration, not to talk of any personal ambition to make riches”. It was further wonderful to know that they could guarantee detoxification of an addict in lieu of a 6-month stay in their rehab irrespective of the substance abused or duration of abuse. Their brochure says, “REBORN promises individuals and families availing its professional services freedom from the pangs of alcoholism, drug-abuse and associated physical and psychic malaises in the quickest possible time. In a nutshell, its mission is to help you overcome your irritants and get back to a life of normalcy at the earliest, and thereby facilitate the people at large to move forward in the direction of a drug free society”. Can you guess- what is the secret behind their booming confidence, when most of us know that a case of chronic dependence on narcotics be it inhalers like brown sugar and ganja, or intravenous injectibles like heroin and morphine or even doctor-prescribed analgesics and sedatives is simply a gone case? “True, it is challenging”, say the founders of Reborn, “but at the same time, it is very simple too, because, our life experience tells us that the role of counselors and social workers is more critical to the treatment of addiction than that of medical officers or professional psychiatrists. And in our set-up, this role shall be played by only those very persons who have passed through the hellish entrapment of drugs and as well the liberation from it. They would apply the same physio-psychic therapy to the patients which was once applied to them in a de-addiction set-up.”



TV time at Reborn

Reborn further assures, “In keeping with our commitment to extend total solution in respect of each case, our doctor consultants and trained staff including the ever vigilant Recovery Brotherhood will answer all of your problems while maintaining impeccable confidentiality. Based upon a rich pool of work experience and professional expertise, our Counselor will offer you a treatment plan that is unique and foolproof. The said treatment plan shall comprise methods and procedures from both mainstream and indigenous therapies including Yoga, Meditation, Bipasana etc”.

In addition to the residential care, which is the main forte of Reborn’s service package, it also offers door-step service on demand, day care facility, home visit, and counseling to the patients, parents, peers and relatives. Though the duration of recovery shall vary from case to case depending upon the chronicness of addiction, general health condition and age factor, the Centre shall on an average implement a 4-stage treatment regime for its residential inmates, each stage to last about a month. The first stage shall focus on the withdrawal management and adjusting the patient to the treatment procedure. In this stage the patient shall be enabled to live with co-inmates only, but not be allowed to interact with any outsider

including family members. The second stage is a continuation of the first stage except some relaxation allowed in respect of contact with outsiders through phone and face-to-face. In this stage, he shall be escorted to NA/AA (Narcotic Anonymous/ Alcoholic Anonymous) Meetings by the concerned staff. The third, pen-ultimate stage focuses on relapse prevention and creation of positive motivation in the inmate for ultimate return to the social world, and therefore organizes guided social exposures for him, such as visit to home for one or two days. However, the inmate is required to maintain a constant therapeutic relationship with the staffs and co-inmates of the Centre. The fourth or final stage makes him ready to leave Reborn and helps him contemplate positive plans for himself and his near and dear ones. Gradually he gets accustomed to the routine of his daily life, be it about his family, educational institution or workplace. His plan to live a dutiful life without being a burden on anybody and rather to prove useful for everybody around matures in this Stage. The last Stage is also called the bridge to Long Term Recovery.



Inmates reading Newspapers at Reborn

To keep the inmates engaged, the Reborn prescribes a therapeutic and creative program-packed daily routine for its inmates that includes individual and group counseling, yoga session, sharing of life experiences, watching television, indoor games and above all talent show. As regards the funds necessary to manage such an ambitious project, what the founders of Reborn said was really eye-opening- "Instead of depending upon any external source i.e. grants from Government or donations from Corporate - though these are also welcome- we shall run the Centre on a self-help basis. Each addict willing to de-addict himself has to pay a consolidated monthly charge Rs.5000/- only, which is barely necessary to meet all his residential and medicinal expenses. And be sure, it is the lowest-cost service ever available in today's market and that too, for a guaranteed lifetime cure from a life threatening disease". As clarified in the Reborn's brochure, the above amount shall cover a sumptuous daily provision for breakfast, lunch, afternoon snack and dinner and also four times tea besides routine medical check-up and paramedical service and essential medicines.

With eminent psychiatrists from SCB Medical College & Hospital empanelled in its network of service provides, the residential services of Reborn are also open to those critical cases that have developed psychic illness related to addiction past or present. The amount of extra charges against the additional services required in the context of such patients shall depend upon the nature of each case.

The proverb goes, 'Morning shows the day'. Within only 10days of Reborn's inauguration, there are already 12 beds occupied out of its provisional capacity for 20.

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