

SONARPUR MOONLIGHT FOUNDATION



COURAGE TO WALK FORWARD

ANNUAL REPORT 2019-2020

ADMINISTRATIVE OFFICE :

122 N.S.C Bose Road, Uttarayan, P.O – Dakshin Jagaddal,

P.S – Sonarpur, Kolkata – 700151.

Contact Number – (033) 2477 2211 // 8017995475 // 9163957993

Email – smoonlightfoundation11@gmail.com

Website – www.sonarpurmoonlightfoundation.com

Facebook Page URL - <https://www.facebook.com/sonarpurmoonlightfoundation>

Message from Secretary :

We on behalf of Sonarpur Moonlight Foundation are happy to present our Annual Report for the year 2020-2021. First of all we want to thank all the frontline workers in their active participation in helping us contain the Covid – 19 pandemic, it has been an extremely difficult year as we are sorry for the loss. Due to the pandemic we were not able to perform the activities related to our AIDS campaign we had planned but we kept on giving support to the people in our locality.

With the active help of the local authorities and the permission of the local police we have arranged Covid-19 awareness camps, mask and sanitizer distribution ceremonies and food distribution camps for the socially unprivileged people. We have followed all Covid-19 safety measures while doing so.

We convey our sincere thanks to all officials in local administration, the panchayats proddhan, local M.L.A., all our, well-wishers, villagers and the staff of our organization for their active participation in the development field. Everyone's joint effort has helped our organization reach every milestone that we have achieved so far.

Secretary

Message from President-

Sonarpur Moonlight Foundation was founded in the year 2011 with the vision of making a drug free society, to provide a safe space for mentally ill people and help contain the spread of HIV and Hepatitis.

We mainly focus on creating an impact in today's society where drugs are poisoning the youth, domestic violence is rampaging and dangerous diseases are making our society inhabitable. We hope to provide mental health support to the mentally ill patients within our reach. Empower the women in our society by enlightening them about the various skills they can learn. Antidrug awareness is the core of our agenda as it helps stop the spread of AIDS. Mentally ill patients who are suffering from addiction, depression, anxiety, anger issues are also treated in our foundation as we feel that a person with a good mentality will also make a good member in our society. During our journey we have received a lot of help from our local authorities and support from the government. We want to thank everyone and expect their support in our future endeavours

WHO WE ARE -

De-Addiction centres exists to help people from all over the world to find relief and treatment for their addiction. We, The Moonlight Foundation are a therapeutic healing community for those who are struggling with their addiction to drugs, alcohol or behavioural disorder. We have been working in the field of De-Addiction and Rehabilitation since a pretty long time.

Although despite every thorough quest it cannot be understood why and how the substance abusers lack moral principles or will to stop using, but the reality is that addiction is a complex and chronic disease and to get rid of it only will power and good intention aren't sufficient as drugs changes the brain in ways that foster compulsive use. In many cases mental disorders may be triggered particularly in individuals having specific vulnerabilities.

ABOUT THE ORGANISATION -

Our treatment facility has developed excellent care and treatment programmes for anyone struggling with their addiction to drugs, alcohol or behavioural disorder. The Organisation was started by a social worker from the urban area of south 24 parganas. Other people gradually became associated or involved with the organisation, the de-addiction & rehabilitation centre and project activities. The Organisation, Sonarpur Moonlight Foundation, De-Addiction and Rehabilitation Centre started its journey in the year 2011-2012 at Rajpur, P.O- Dakshin Jagaddal, P.S- Sonarpur, Kolkata700151, West Bengal. Building on our success we have opened doors to clients from all over West Bengal and other states also. Since 2011-12, we have been proud to support hundreds of clients achieve their own personal recovery and live healthy and fulfilling lives; working hard to support countless families and loved ones as they rebuild their lives and repair years of hurt and concern. Across the group we have helped many employers to support their staff and workforce to tackle their addictions, enabling many employees to remain a productive member of their company and secure their employment and the investment from their employer for many years ahead.

Aims -

- Drugs free society.
- HIV and Hepatitis B & C free society.
- To Improve individual Mental Health.

Objective -

- To start National Viral Hepatitis Control program with Govt. of W.B.
- To start Target Intervention project with West Bengal State AIDS Prevention and Control Society to inspire different cultural programs among recovering addicts and mentally ill people.
- Skill development and capacity building training for mentally ill and recovering drug addicts.
- To inspire different cultural programs among recovering addicts and mentally ill people.



Dream –

Initially Sonarpur Moonlight Foundation began as a shelter to provide a secure recovery home to the poor and homeless addicts. Our vision is to enable substance users to accept and understand the addiction, especially the underlying psychosocial triggers and coping mechanisms.

In recent times we have seen a dramatic increase of usage of drugs among the youth and society. After closely observing for over a decade we found out that the root cause behind the problem is their mental health condition. So we dream to solve this problem by spreading awareness about Mental Health and its importance.

While we were dealing with addicts we found out that a portion of them were suffering from HIV . After Discussing with authorities we concluded that it was mainly transmitted mainly among injecting drug users. We as a organization dream to spread awareness among the society of the deadly diseases.



Vision -

We feel that a drug free society will lead to an overall wellbeing of the patient and also the family members. We aim to provide a safe space for recovering addicts and mentally ill patients to express their thoughts or feelings, helping them lead a normal and socially accepted life.

Apart from our efforts in the segment of mental health we aim to spread awareness about HIV . Spreading awareness about the disease will help us achieve our goal of making a HIV free society.

Mission–

Utilizing various approach, we are committed to improve the lives of individuals living with the devastating effects of drug addiction, and HIV lessening the adverse impact on families and society as a whole, through the provision of a range of harm reduction and supportive treatment modules



SONARPUR MOONLIGHT FOUNDATION
ORGANISING
SEMINAR
Venue: Administrative Office
Time - 06:00 PM Date - 22/08/2019
122 NSC Bose Road, Uttarayan, P.O. - Dakshin Jagaddal,
P.S. - Sonarpur, Kolkata - 700151
Cont : 033-2477 2211 / 8017995475 / 91633957993
WebSite : www.sonarpurmoonlightfoundation.com



Care giving facilities–Recovery from drug addiction is not an easy road patient tend to relapse. Aftercare is the most important it should be considered a type of continued treatment, which immediately follows a relatively shorter period of addiction treatment care, such as intensive outpatient treatment. It is important to pay close attention to a patient's post-treatment time interval, for it is during this crucial period that strides made during recovery are reinforced. There are many different kinds of aftercare treatment options which can help prevent relapse, the coping strategies learned during rehabilitation.

Outpatient treatment- The individual lives at home while attending treatment a few times a week when it is convenient for him or her.

Group counseling - The patient will listen to and share experiences associated with addiction

and work to build social and coping skills in a group setting.

Individual therapy- The patient will meet one-on-one with a therapist to build upon progress made after initial discharge.

12 step programs - After discharge fellowship programs, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), provide support and encouragement for the individual on the road to recovery.



Our Current Program-

1. Drug De-Addiction: Our staff consists of medical experts and drug counsellors who are trained in providing a safe and respecting environment for our clients to undergo detoxification and rehabilitation. Our assessment officer will note the facts around your addiction, medical conditions and your medication regime. A full history of addiction will be noted. During your stay the utmost importance is placed on respect and empathy. You will find many of our support workers have themselves been in your situation in the past. Following initial assessment for drug addiction you will be subject to detoxification. The duration of detoxification depends on the particular drug you are addicted to. Drugs such as heroin typically take more than 21-28 days for withdrawal symptoms to cease. During detoxification a number of prescription drugs may be offered to ease painful withdrawal symptoms. Upon completion of the detoxification process clients progress into therapy and counselling sessions. During this time clients are able to examine psychological reasons behind the addiction and learn coping strategies to fight off 'triggers of addiction' which become available upon leaving our rehabilitation centre. Therapy sessions come in the form of therapist-led group therapy and individual therapy session.

We believe long-term recovery requires psychological strength from within. It is the aim of therapy sessions to build psychological coping strategies which will achieve this aim.

Behavioural addiction is similar to Alcohol and Drug Addiction in the sense of a particular behaviour replacing alcohol and drugs leading to various problems in personal and other areas of a person's life.



Inauguration of our OPD and Counselling centre by honourable Professor Jibon Mukherjee (MLA Sonarpur South) & Mrs Sonali Roy (Councillor, ward 25 RSM)

2. Psychiatric Treatment:

Psychiatry is the **medical specialty** devoted to the diagnosis, prevention and treatment of **mental disorders**. These include various **maladaptation** related to mood, behaviour, **cognition**, and **perceptions**. Treatment varies with the type of mental disorder but almost always involves psychiatric counselling. Sometimes medication may be prescribed as well.

After the patient is admitted, treatment plan is made depending on the mental disorder of the individual. We treat patients with mild psychological problems with the help of general physician, psychiatrist, neurologist, clinical counsellor, psychologist and nursing staff.

Substance abuse problems are often coupled with mental health illness. Thus our team consists of general physician, psychiatrist, neurologist, clinical counsellor, psychologist and nursing staff who continuously communicate with the patients and motivate and educate them to sustain recovery for long time. We support our patients so that they can live healthy and fulfilling lives and can come back to the mainstream of life and create employment opportunities.

Major psychiatric problems -

- Substance use disorders with a primary psychiatric problem
- Anxiety Disorders
- Depressive Disorders
- Bipolar Disorder
- Schizophrenia & other psychotic disorders
- Stress Disorders

Our Future Plan –

- Spread awareness about the adverse effects of Substance dependency In south 24 parganas.
- Spreading awareness about HIV AIDS.

Our Thanks –

We want to thank all officials in local administration, the panchayats prodhan, local M.L.A., all our, well-wishers, villagers and the staff of our organization for their active participation in the development field. Our Sincere thanks to our honourable MLA Sonarpur South professor Jibon Mukherjee and Mrs Sonali Roy Councillor (Ward 25) for their continued support.