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# INTRODUCTION

This field guide has been designed to train and prepare those working in the area of drug addiction, as part of the Community Wide Drug Demand Reduction in India project of the Ministry of Social Justice and Empowerment and the United Nations International Drug Control Programme, Regional Office for South Asia. It brings together the expertise and resources of professionals with more than twenty years of experience in the arena of drug addiction prevention, treatment and research in India, and is intended for counselors, service providers and trainers. It is hoped that this guide will build capacity by helping to develop well-equipped, competent and effective professionals.

## Notes on Using this Guide

Working in the field of addiction is a challenging task. As service providers and trainers, you are expected to expand your knowledge base, sharpen your clinical skills and work with enthusiasm and sensitivity. This guide will provide you with the resources to meet the challenge.

For the sake of clarity and convenience, certain standardizations have been maintained through the guide. The client has been assumed to be male, and the counselor female. The client's significant family member has also been assumed to be female — usually wife/mother. However, this is not meant to imply that all drug abusers are men and all counselors are women.

This guide has seven chapters, each of which is made of three parts:

- *Information section* where facts are presented in a clear and concise manner
- *Skill sharpening tools* where problems and doubts that are likely to arise are discussed and clarified
- *Internalizing tools* that cover case studies and questions to help service providers internalize the concepts discussed in the chapter.

An attempt has been made to provide information necessary for the task of effective counseling as simply and briefly as possible. Where appropriate, questionnaires/forms have been provided for the counselors to complete or use in their work, and photocopies of these can enable multiple use.

A feedback form has been provided at the end of the guide for your comments. Please write to us at the address provided — we value your opinion.

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## DRUG ADDICTION – IDENTIFICATION AND INITIAL MOTIVATION

This field guide has been designed to train and prepare those working in the area of drug addiction. It brings together the expertise and resources of professionals with more than twenty years of experience in drug addiction prevention, treatment and research in India, and is intended for counselors, service providers and trainers. It is hoped that this guide will build capacity by helping to develop well-equipped, competent and effective professionals.

The Community Wide Drug Demand Reduction in India project of the Ministry of Social Justice and Empowerment and the United Nations International Drug Control Programme, Regional Office for South Asia was initiated in 1999. The National Center for Drug Abuse Prevention and eight Regional Resource and Training Centers set under the project focus their efforts on a large increase in skilled personnel and the training of trainers. A series of field guides is being developed towards this end.

*Drug Addiction: Identification and Initial Motivation* is designed to help counselors identify and assess the extent of substance abuse. It contains comprehensive information on the signs and symptoms by which abuse of specific drugs — heroin, cannabis, alcohol, and others — can be determined. This covers medical and psychiatric complications stemming from abuse, as well as behavioral patterns at home and in the workplace that serve as clues to the underlying problem. *Drug Addiction* also provides guidance in providing initial motivation counseling — encouraging drug users to seek treatment and helping their families recognize and come to terms with the fact of addiction.

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