

Economic and Social Commission for Asia and the Pacific

A Tool Kit for:

Building Capacity for Community-based Treatment and Continuing Care
of Young Drug Users in the Greater Mekong Subregion

SECTION ONE

Introduction, Case Studies and Videos



United Nations
ESCAP

A Tool Kit for:

**Building Capacity for Community-based Treatment and
Continuing Care of Young Drug Users in
the Greater Mekong Subregion**



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Acronyms

AA	Alcoholics Anonymous
ADHD	attention deficit hyperactivity disorder
CNS	central nervous system
GHB	gammahydroxybutyrate
GMS	Greater Mekong Subregion
HDS	Health and Development Section
HIV	human immunodeficiency virus
IDU	injecting drug user
LSD	lysergic acid diethylamide
MDA	methylenedioxyamphetamine
NSP	needle and syringe programme
OARS	Open ended questions, Affirmation, Reflective listening, and Summarizing
OD	overdose
PSI	Population Services International
RL	role lettering
STI	sexually transmitted infection
YIDA	Yunnan Institute for Drug Abuse



Preface

This Tool Kit was developed by ESCAP as part of the project “Building Capacity for Community-based Treatment and Continuing Care of Young Drug Users in the Greater Mekong Subregion”. The Tool Kit aims to provide “how to do it” guides for assessment of individual, group and family counselling interventions that can be applied in community or residential settings. It uses relevant subregional examples, accessible web-based resources and templates.

It is hoped that the techniques illustrated in the Tool Kit will assist you to work with young people, their families and communities to deal with substance use-related difficulties. However, the Tool Kit is NOT a textbook on counselling, and does not attempt to replace face-to-face workshops that try to develop counselling skills in participants.

Counselling of young drug users can involve participation from a number of trained people, from specialized professional psychologists, psychiatrists, doctors and social workers, to peer counsellors and peer educators who can offer “basic counselling”. The professionals are usually experienced in working with cases that are more difficult and can provide an approach that is more “in depth”. Nevertheless, not all young people need such a level of intervention, or they are not yet ready to engage with these professionals. Therefore, they can benefit from basic counselling provided by someone they trust. This may be sufficient, or it might help them realize that they are in need of more specialized interventions and the person providing the basic counselling can link them with the professionals, and even accompany them if they are anxious or afraid.

Young people respond well to **peer counsellors** and **peer educators**. Such peers can act as good “role models”, and have great insight into the lives of young people from similar backgrounds. Some of them might have previously been drug users, and young people can view them as coming from or living in similar situations to them, and having “recovered” from drug problems similar to those faced by the young people.

Teachers, community leaders, police, compulsory residential treatment centre staff also provide basic counselling and support. At times, all the types of “non-specialized” counsellors can encourage and support young people experiencing drug use-related difficulties to seek necessary assistance from “specialists”. This can include specialist attention for serious mental and physical health, and family and abuse issues.

This Tool Kit is expected to be of use to both those professionally trained, perhaps as a “refresher”, and those who need the skills to provide basic counselling to young people experiencing drug use-related difficulties. Those using the Tool Kit to facilitate the training of people from varying backgrounds and of different ages and experience can use the sections that will be of most use in preparing their trainees for the settings within which they will provide basic counselling. Those using the Tool Kit as a self-directed learning package may need some guidance from counsellors with more experience.

The assessment and family interventions are somewhat more specialized, as are some of the more advanced techniques of individual counselling. However, for those working with young people in community or residential settings, whatever their role, it is hoped that they may learn some useful techniques or approaches that can be adapted to assist individual young people, groups of young people, their families and their communities.

The Tool Kit comprises seven sections, a CD of useful forms for screening, assessment and follow-up, and a CD with four videos made by participating project partners.

The seven Sections are:

1. Introduction, Case Studies and Videos
2. Assessment and Action Planning, Re-test/Follow-up Questionnaire and General Treatment Principles
3. Stages of Change and Motivational Interviewing



4. Individual Counselling
5. Group Counselling
6. Family Counselling
7. Relapse Prevention Planning

The four Videos are:

1. “Noy Story” – Vientiane Youth Center for Health and Development, Lao Women’s Union – Lao People’s Democratic Republic
2. “Never too late to change: Payu’s Story” – Tulakarn Chalermprakiat Hospital of the Institute for Juvenile and Family Justice and Development – Thailand
3. “New Working Process of Nonthaburi Provincial Court: Juvenile and Family Division” – Thailand
4. “Seeking the way back” – the Yunnan Institute for Drug Abuse (YIDA) – China

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