

### **Statement by Dr. Munawar Fayyaz Sunny**

Thank you very much. Honorable dignitaries, guests, ladies and gentleman, we all know that, drug addiction is a global problem. Like other countries in the world, unfortunately it's greatly affecting Pakistan. Pakistan's location bordering land-locked Afghanistan, with long and porous border not only make it natural corridor for trafficking of Afghan opium and cannabis but also a consumer of illicit afghan drugs. According to UNODC, 6% or 6.7 million people had used any control substances in the year 2012, despite 22% or 1.5 million female drug users, female substance abuse is still under reported and understudied. Around 4.25 million drug users in Pakistan, they are considered dependent on substances and require structured evidence based treatment. Overall treatment services are highly deficient, and not evidence based, and is accessed by only 30,000 drug users in a year. Unfortunately services are male oriented. The onslaught of drugs targets everyone specially the youth. The challenge is to save those already lost to drugs and save the rest from falling into drug trap. I took on this challenge 25 years ago and established Sunny Trust. Sunny Trust is the oldest dedicated drug addiction treatment and rehabilitation center with 25 year of experience in transforming the lives of over 12,000 drug addicts, mostly chronic cases and poly drug users with multiple physical and mental health problems. Moreover we reach out to the public at large, targeted communities, students, youth and other vulnerable groups through various drug prevention campaigns. A lot of thinking and planning is invested in developing in the sunny daily cycle; comprising 24 sets of daily activities from early rise to bedtime, sound sleep and up again. Sunny Trust system of treatment and rehabilitation is based on 25 years of in house experience and emerging scientific knowledge and international best practices - adapted to local needs and conditions. Regular medical and psychiatric checkups, individual and family sessions, lectures, psycho-education groups, meditation, Spiritual rehabilitation, relapse prevention training, reintegration with the self, family and community and other recreational activities are part of daily activities cycle. Patients soon begin to plan and manage various activities. They own and enjoy the unique experiences as part of Sunny Family and assume leadership roles under Sunny Trust guidance. More senior patients act as big brothers, motivators, leaders, etc. They acquire much needed drugs related knowledge and life skills. Over 25 year experience has taught us that treatment is more than detoxification. Recovery is a continuous process of change. Physical treatment followed by psycho-socio-spiritual rehabilitation and reintegration is compulsive to promote recovery. I would conclude that treatment works and recovery is possible. We really need to promote recovery enhancing and social reintegration approaches.

Thank you once again.