

RIC-ROSE CO-OPERATION NEPAL



Rehab center in Kathmandu city

RIC-ROSE is a registered NGO in Nepal. It is a non-profit, non-political, secular organization based in Kathmandu and the Indian border area of Nepal.

What we do: RIC-ROSE provides a variety of services at the local level.

- **Ric-Rose Drug Rehabilitation and Treatment Program** is a residential, 12-step, modified community therapeutic model, Vipassanna-based meditation, and modern and traditional detoxification treatment. This 3-month program works with people who want to overcome their addiction. The treatment centre is located in Kathmandu.
- **Community Awareness Programs on HIV/AIDS, drugs and alcohol** are carried out in the community and schools.
- **12-step Treatment Program in Prisons** has been implemented at the request of the Nepal Prison system for prisoners with addictions.
- **Support other community based projects** such as girl-women trafficking.
- **Ric-Rose School** is a free, early education program for children ages 3-6 years old in the poor, rural area of Bhairahawa near the Indian border.

What is unique about these programs:

The **Ric-Rose Drug Rehabilitation and Treatment Program** incorporates partial Vipassanna meditation and a modified community therapeutic model to the internationally recognized 12-Step Program in a residential setting. The meditation component helps drug users and alcoholics to develop awareness and live in the present reality, increase patience, and reduce anger and resentment. By living in a recovery community, drug users and alcoholics help each other. This intensive program has been proven to be an effective approach to long term recovery.

Staff has received international training in London, Poland, India and the USA to learn up-to-date treatment methods and to share information on the meditation-12 step model pioneered at the Ric-Rose Treatment Centre in Nepal.

Community awareness on HIV/AIDS, and drug and alcohol abuse are prevention programs using a combination of music, drama, lecture, FM radio in poor communities with a high illiteracy rate.

The **Prison Treatment Program** is the only 12-step program in Nepal prisons. Staff with the Ric-Rose Rehabilitation Program has been trained at the Brixton and Wandsworth Prisons in London, UK.

The Ric-Rose school is the only pre-school providing education to children of poor, rural families from different religious communities.

Why these programs are needed: The growing problem of addiction is starting to affect Nepali culture, the extended family and the community. Youth are particularly at risk. There are few jobs because Nepal is one of the poorest countries in the world. There is also political uncertainty and migration to the cities that leads to hopelessness about their future. More and more youth are turning to drugs and alcohol. Drug addiction leads to other addictions. The HIV/AIDS, STDs and other health problems are growing. The crime rate is increasing. People feel less safe. The social fabric of Nepal is starting to come apart. If Nepal is to progress, we need to reduce the growing addiction problem through awareness, prevention, and rehabilitation.

Our residential Treatment and Rehabilitation Program provides:

- Experienced counselors and group support
- Variety of intervention therapies tailored to individual needs
- A safe, peaceful place to start recovery
- Nutritious meals
- A modern facility complete with hot showers
- 24-hour supervision by trained staff
- On-call doctors and nurses for emergencies
- Separate rooms for male and female patients
- Female staff for female patients

Relapse Prevention Program after Treatment: Recovering drug users are encouraged to attend our free day program, AA and NA meetings, and occupational income generating training.

Family Counseling is available for family members of people with addictions. Counseling focuses on helping family members to understand the addiction, providing information on resources available for people with addictions, and educating the family on addictive behavior. After treatment, the family counseling introduces the family to the problem of co-dependency and promotes the understanding that substance abuse is a disease and further educates the family in how to communicate with recovering individuals.

Donations to Ric-Rose: We would appreciate financial support to continue the work of these programs. Ric-Rose Cooperation Nepal is a non-profit organization with no on-going funding. We need your help. You can give a cash donation to:

- Sponsor a patient who cannot afford the Rehabilitation program
- Subsidize income generating training for recovering addicts
- Provide support for staff training
- Help us pay the rent, program supplies, or staff wages,
- Assist with our long term plan to develop income generating projects that provide jobs to recovering addicts and will sustain the Rehabilitation Centre through the profits of the business, or
- Be a benefactor for building our new Rehabilitation Centre.

For more information:

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More info on:

http://addictionsupport.aarogya.com/index.php?option=com_content&task=view&id=290&Itemid=318