BRIEF NOTE ON DRUG DE ADDICTION AND MENTAL HEALTH

A problem that is threatening the future of generation next in rural Punjab is drug and substance abuse. Govt. of Punjab has been doing serious efforts to tackle this Problem under the National Mental Health Programme.

INFRASTRUCTURE

(A) FIVE MODEL DRUG DE-ADDDICTION CENTERS

- Five fifty bedded each
- Provide specialized services
- Function as training & research institutes.
- All are functional

(1) Guru Gobind Singh Medical College, Faridkot.
(2) Bathinda Model De-addiction Center attached with Guru Gobind Singh Medical College, Faridkot.
(3) Govt. Medical College, Patiala.
(4) Govt. Medical College, Amritsar.
(5) Model De-addiction Center Jalandhar attached with Govt. Medical College, Amritsar.

(B) Secondary district/sub-divisional hospital-level

- 32 Govt. Drug de-addiction Centres in the State
- 28 are functional at present.

Facilities Available in a Drug De-addiction Centre.

- Treatment of Substance Abuse in OPD by a Psychiatrist.
- Counseling by a qualified Counselor.
- IN-Patient facilities including medicines and food.
- 24 hours security.
22 Govt. Drug Rehabilitation Centres of 50 bed Capacity have been built in each District.

**Facilities Available in a Drug Rehabilitation Centre**

- Persons with Substance Abuse shifted here after detoxification in a De-addiction Centre.
- Facilities of Food, Medicine (as per requirement) and stay.
- 24 hours Security.
- Vocational Training for integration in mainstream society after discharge.
- Recreational facilities.
- Counseling by a qualified Counselor.

- **“The Punjab State Board for De-addiction and Rehabilitation”** has been constituted under the chairmanship of the Hon’ble Chief Minister which will oversee the work relating to drug de-addiction and rehabilitation in the state. The Board includes eminent medical professionals. Prominent civil society representatives are also being associated. Similarly, in each district, a drug de-addiction and rehabilitation society has been constituted under the Deputy Commissioner to supervise these efforts.

- In each District a District Drug De-addiction & Rehabilitation Society has been constituted under the Chairmanship of DCs of the respective Districts and Civil Surgeons, Psychiatrists, District Social Security Officers and SSPs as other members.

**OPD and In patients of de-addiction in the state since 2012 are as follows:**

<table>
<thead>
<tr>
<th>Year</th>
<th>OPD</th>
<th>INDOOR</th>
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<tbody>
<tr>
<td>2012</td>
<td>13,680</td>
<td>3,841</td>
</tr>
<tr>
<td>2013</td>
<td>58,561</td>
<td>5,212</td>
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<tr>
<td>2014</td>
<td>2,89,592</td>
<td>8,235</td>
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<tr>
<td>2015</td>
<td>1,80,088</td>
<td>7,779</td>
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<tr>
<td>2016</td>
<td>96052</td>
<td>4923</td>
</tr>
<tr>
<td>01-01-2017 to 28-02-2017</td>
<td>15860</td>
<td>1010</td>
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As far as services for mental health are concerned, Psychiatrist has been appointed in each district hospital. Psychiatrist along with Psychiatric Social Workers, Counsellors, Managers, Staff Nurse and Ward Attendant, are providing services to mentally sick patients in Psychiatry OPD and Indoor. To provide specialist consultation to the doctors working at district level, telepsychiatry has been started in which faculty from Psychiatry Department P.G.I. Chandigarh discusses various cases with Doctors posted in district hospitals.