

From Addiction and Depression to Recovery and Renewed Ambition: How DDAC Support Helped Simhon Rebuild His Future

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For young people affected by substance use and emotional distress, timely treatment, counselling and rehabilitation support can be critical in helping them regain confidence, restore their well-being and work towards a stable future.

Demonstrating the impact of support provided through the District De-Addiction Centre (DDAC), Simhon (name changed), a 26-year-old Scheduled Tribe beneficiary from Karbi Anglong district in Assam, has made positive progress in overcoming substance use and rebuilding his life.

Educated up to the intermediate level, Simhon aspired to join the police service and build a secure and meaningful future. However, negative peer influence and depression gradually affected his personal and emotional well-being. Substance use became a major barrier to completing his education and disrupted his progress towards his goals.

Although his family had a stable financial background, addiction created serious emotional and personal difficulties that affected his overall growth and development. He remained unemployed and found it increasingly difficult to focus on his career aspirations.

SUCCESS STORY

DISTRICT DE-ADDICTION CENTRE (DDAC)

FROM ADDICTION AND DEPRESSION TO RECOVERY AND RENEWED AMBITION

SIMHON (NAME CHANGED)

26 YEARS | SCHEDULED TRIBE
KARBI ANGLONG, ASSAM



DDAC SUPPORT

- Medication & Counselling
- Meditation & Yoga
- Follow-up & Vocational Guidance
- Support received: 19 May 2026





Ministry of
Social Justice and
Empowerment
Government of India



CHALLENGE

Negative peer influence, depression and substance use disrupted his education and future goals.



STRUCTURED SUPPORT

Medication, counselling, meditation, yoga and regular follow-up supported his recovery.



POSITIVE PROGRESS

Improved mental well-being, renewed confidence and a clearer sense of direction.



FUTURE FOCUS

Preparing for employment opportunities and working towards self-reliance.

“ Timely DDAC support helped Simhon regain confidence, focus on recovery and prepare for a meaningful future. ”

RECOVERY. | RENEWED CONFIDENCE. | SELF-RELIANCE.

Simhon received support on 19 May 2026 from the Integrated Society for Development, a Grant-in-Aid Centre operating as a DDAC in Karbi Anglong, that proved a turning point. The Centre provided him with structured support through medication, meditation, counselling, yoga sessions and proper guidance.

These interventions helped Simhon address his substance use, improve his mental well-being and regain confidence. Regular follow-up services and continued motivation strengthened his commitment to recovery and encouraged him to focus again on his future.

Alongside treatment and counselling, he received vocational guidance to help him understand available livelihood opportunities. The support emphasised the importance of setting goals, becoming financially independent and building a meaningful and self-reliant future.

Simhon has shown encouraging progress and is now preparing himself for employment opportunities. While no change in income has yet been reported, he has developed a clearer sense of direction and a stronger understanding of the steps required to pursue his career aspirations.

His journey demonstrates how timely de-addiction services, counselling and vocational guidance can help young people overcome substance dependence, rebuild their confidence and move towards recovery, employment and self-reliance.

State: Assam | District: Karbi Anglong | Centre: Integrated Society for Development (DDAC)

Date of Support: 19 May 2026

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