



From Addiction to Recovery

West Bengal Man Karan's Journey towards a Stable and Productive Life

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Timely and holistic rehabilitation support can help individuals overcome addiction, rebuild family relationships and move towards a stable and productive life. Otherwise, addiction can have a serious impact on an individual's emotional well-being, family relationships, financial stability and social life.

Karan (name changed), a 28-year-old male belonging to the Scheduled Caste (SC) community from Uttar Dinajpur district, West Bengal, was facing significant personal and social difficulties due to addiction. Although he was engaged as a full-time employee, addiction had affected his family relationships, emotional well-being and financial stability.

With rehabilitation support under the Scheme, he underwent treatment and counselling and is now progressing towards a more stable and self-reliant life.

Before receiving rehabilitation support, Karan experienced strained family relationships, social isolation and stigma associated with addiction. The situation also created financial and emotional stress for his family and resulted in a loss of trust. Despite these challenges, he remained determined to complete the rehabilitation process, distance himself from negative influences and unhealthy peer groups, and rebuild a stable and productive life.

Under the scheme, Karan received comprehensive rehabilitation support at Bamoir Bishnupur Vivekananda Smriti Sangha, a DDAC in Uttar Dinajpur. The intervention included inpatient treatment, detoxification services, medication support, individual counselling, group counselling, family counselling and art therapy. The holistic approach helped him address the physical and psychological dimensions of addiction and develop a more positive outlook towards life.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDDR)

FROM ADDICTION TO RECOVERY: KARAN'S JOURNEY TOWARDS A STABLE AND PRODUCTIVE LIFE

STATE: WEST BENGAL | DISTRICT: UTTAR DINAJPUR
GRANT-IN-AID CENTRE: BAMOIR BISHNUPUR VIVEKANANDA SMRITI SANGHA
TYPE OF CENTRE: DDAC

COMPREHENSIVE SUPPORT

- Treatment and detoxification;
- counselling and psychological care;
- family counselling; art therapy;
- after-care and relapse prevention;
- follow-up and skill engagement.

Ministry of Social Justice and Empowerment
Government of India

CHALLENGE

Addiction caused strained family relationships, social isolation, stigma, emotional and financial stress, and loss of confidence.

TREATMENT

Inpatient treatment, detoxification, medication support, individual counselling, group counselling, family counselling and art therapy.

RECOVERY

Positive recovery progress, improved emotional well-being, renewed confidence, regular labour work, improved financial stability and self-reliance.

ROLE MODEL

Staying away from negative influences and unhealthy peer groups, maintaining a healthy and productive lifestyle, and rebuilding family/social stability.

“ Rehabilitation and support helped me rebuild my life and move towards a stable future. ”

RECOVERY.

RESILIENCE.

REINTEGRATION.

Continuous follow-up and after-care support were provided to strengthen his recovery, prevent relapse and encourage engagement in constructive activities. Family counselling also supported the rebuilding of communication and trust, while regular guidance helped him remain focused on a healthy and productive lifestyle.

Today, Karan is showing positive progress in his recovery journey. He is engaged in regular labour work, contributing to improved financial stability and greater self-reliance. He is also making conscious efforts to stay away from negative influences and unhealthy peer groups. His improved stability and renewed confidence have helped him move towards a healthier and more productive life.

Extending his gratitude, **Karan expressed himself and said**, “*Rehabilitation and support helped me rebuild my life and move towards a stable future.*”

Karan's journey demonstrates how timely rehabilitation, counselling, family involvement and sustained after-care can help individuals overcome addiction and rebuild their lives. His progress reflects both his personal determination and the value of holistic rehabilitation services in supporting recovery, social reintegration and self-reliance.

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