



From Recovery to Self-Reliance

Banka Bihar's Bittu's Journey towards a Healthy and Stable Life

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Access to timely rehabilitation and counselling support can play an important role in helping individuals overcome personal and socio-economic challenges and rebuild their lives. Continued medical care, family support and follow-up services can provide the encouragement needed to move towards recovery and a stable livelihood.

Bittu (name changed), a 28-year-old man from the OBC community in Banka, Bihar, was facing multiple socio-economic challenges that adversely affected his personal life, social relationships and overall opportunities for growth and development. These circumstances also affected his daily functioning, emotional well-being and overall stability, creating barriers to leading a healthy and productive life.

To support his recovery, Bittu received assistance under the National Action Plan for Drug Demand Reduction (NAPDDR) through the Drug De-Addiction Centre (DDAC), Banka. The Centre provided rehabilitation and support services including detoxification, medical treatment, individual counselling, psychoeducation sessions, family counselling and support, motivation enhancement interventions for behavioural changes, regular follow-up and relapse prevention support.

The intervention helped Bittu develop motivation towards recovery and encouraged positive behavioural changes. Emotional and psychological counselling, along with family guidance, provided him with a supportive environment during the rehabilitation process. Regular follow-up by counsellors and medical officers further helped him remain engaged with his recovery and work towards maintaining greater stability.

At present, Bittu is in the recovery phase and regularly attends counselling and follow-up sessions provided through the DDAC Centre. His condition has shown gradual improvement, and he is making consistent efforts towards maintaining a healthy and stable lifestyle.

SUCCESS STORY

DRUG DE-ADDICTION CENTRE (DDAC)

FROM ADDICTION TO A BRIGHTER FUTURE: BITTU'S JOURNEY TOWARDS RECOVERY AND SELF-RELIANCE

STATE: BIHAR | DISTRICT: BANKA
GRANT-IN-AID CENTRE: DDAC (DRUG DE-ADDICTION CENTRE)
TYPE OF CENTRE: DDAC (DRUG DE-ADDICTION CENTRE)

COMPREHENSIVE SUPPORT
Rehabilitation, detoxification, medical treatment, individual and family counselling, psychoeducation sessions, motivation enhancement, follow-up and relapse prevention support.

Ministry of Social Justice and Empowerment
Government of India

CHALLENGE
Bittu was facing multiple socio-economic challenges that affected his personal life, social relationships and overall well-being, leading to barriers in leading a healthy and productive life.

TREATMENT
Under the NAPDDR Scheme, he received counselling, psychosocial support and regular follow-up services through the DDAC Centre at Banka. This helped him develop motivation towards recovery and adopt positive behavioural changes.

RECOVERY
At present, he is in the recovery phase and regularly attends counselling and follow-up sessions. His condition has shown gradual improvement, and he is making consistent efforts towards a healthy and stable lifestyle.

INCOME GENERATION
Following treatment and rehabilitation support, Bittu has shown improvement in occupational functioning and income stability through his fruit-selling business.

“ With the right support and guidance, I got a new chance to rebuild my life. Today, I am healthier, more positive and working towards a better future.” – Bittu (Name changed) ”

RECOVERY.

SELF-RELIANCE.

A BRIGHTER TOMORROW.

Following treatment and rehabilitation support, Bittu has also demonstrated improvement in occupational functioning and income stability through his fruit-selling business. This progress has helped him move towards greater self-reliance while continuing his recovery journey.

Bittu while expressing his happiness said, *"The support and counselling I received helped me stay motivated towards recovery and work towards a healthier and more stable life."*

Bittu's journey demonstrates how sustained rehabilitation, medical support, counselling and family guidance can help individuals navigate difficult circumstances and take meaningful steps towards recovery, stability and productive participation in society. The support provided through the DDAC under the NAPDDR Scheme has strengthened his efforts to build a healthier and more stable future.

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