



From Critical Overdose To Sustained Recovery

Kamrup Assam's Amit's Journey Of Hope And Rehabilitation

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Timely medical intervention, evidence-based treatment and continued family support plays an important role in helping individuals overcome substance dependence and rebuild their lives.

The journey of Amit (**Name Changed**), a 31-year-old man from Kamrup Metropolitan district of Assam, highlights how coordinated medical care and sustained rehabilitation can support long-term recovery and social reintegration.

Amit is a graduate and self-employed individual whose journey towards recovery began following a life-threatening heroin overdose. He was admitted to the emergency department of the All India Institute of Medical Sciences (AIIMS), Guwahati, with severe respiratory depression requiring urgent medical attention. During his hospitalisation, he was also diagnosed with Hepatitis C. His opioid dependence had significantly affected his health and overall well-being, making timely and comprehensive treatment essential.

Despite these challenges, Amit remained motivated to overcome substance dependence. The encouragement and practical support of his family played an important role in helping him continue treatment and work towards recovery. Following initial stabilisation, he was shifted to the Neuropsychiatry ward, where he was initiated on Opioid Substitution Therapy (OST) using buprenorphine. He also received medical care for Hepatitis C and underwent relapse prevention therapy, addressing both his medical needs and the psychosocial challenges associated with substance dependence.

After discharge, Amit continued treatment under medical supervision, including buprenorphine-naloxone medication, psychosocial interventions, nursing support and regular follow-up consultations. Continuous monitoring and counselling helped him adhere to his treatment plan and maintain progress towards recovery. The coordinated approach ensured that his treatment extended beyond emergency care to include ongoing support for his physical and psychological well-being.

SUCCESS STORY

FROM CRITICAL OVERDOSE TO SUSTAINED RECOVERY

Amit's Journey of Hope and Rehabilitation

Timely medical intervention, evidence-based treatment and family support helped Amit, a 31-year-old graduate and self-employed man from Kamrup Metropolitan district, Assam, move towards sustained recovery from substance dependence.

BENEFICIARY	: Amit
AGE	: 31 years
STATE	: Assam
DISTRICT	: Kamrup Metropolitan
FACILITY	: Addiction Treatment Facility (ATF), AIIMS Guwahati

SUPPORT THROUGH TREATMENT
Coordinated medical care, counselling, nursing support and family involvement supported continuity of treatment.

IMPACT
Amit regained greater personal and financial stability and moved towards reintegration into society.

TYPE OF SUPPORT
Emergency medical care following heroin overdose; treatment for opioid dependence and Hepatitis C.

TREATMENT PROVIDED
Opioid Substitution Therapy (buprenorphine), relapse prevention therapy, buprenorphine-naloxone medication, psychosocial interventions and regular follow-up.

RECOVERY MILESTONE
Secured employment within two to three months of recovery and continued treatment under medical supervision.

SUSTAINED PROGRESS
Over one year of abstinence without relapse; medication doses are being gradually reduced under medical supervision.

HOPE. RECOVERY. REHABILITATION.

Ministry of Social Justice and Empowerment
Government of India

“ Recovery is possible with appropriate treatment, continued support and personal commitment. ”
— Amit's recovery journey

An important milestone in Amit's rehabilitation was securing employment within two to three months of recovery. This achievement enabled him to resume productive activities, contribute financially to his family and regain greater stability in his personal and social life. His progress demonstrated how appropriate treatment and continued support can help individuals rebuild their livelihoods and move towards greater independence.

Amit has maintained adherence to treatment and abstinence from substance use for over a year without relapse. With his recovery progressing steadily, his medication doses are now being gradually reduced under medical supervision. His journey reflects the importance of timely emergency care, evidence-based treatment, relapse prevention, regular follow-up and family involvement in supporting sustained recovery from substance dependence.

Through the Addiction Treatment Facility (ATF) at AIIMS Guwahati, Amit received coordinated medical and psychosocial support that helped him move from a life-threatening emergency towards sustained recovery. His experience highlights the importance of accessible treatment and rehabilitation services in helping individuals regain their health, strengthen family relationships, rebuild livelihoods and reintegrate into society. His journey offers a message of hope that, with appropriate treatment, continued support and personal commitment, recovery from substance dependence is possible.

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