

XX MEETING OF THE DEMAND REDUCTION EXPERT GROUP
Inter-American Drug Abuse Control Commission

DRUG USE AND GENDER

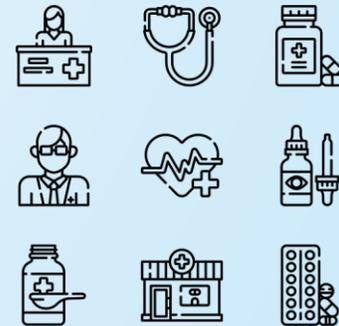
PHOENIX RECOVERY PROJECT GUYANA

*“Out of the ashes rose the mythical Phoenix.....,
so too the person afflicted with chemical
dependence could rise from vagrancy,
criminality, and even degradation”*

Ms. Sarita Nanku, NANA

Tuesday 27th August, 2019

Cartagena de Indias, Colombia



OVERVIEW OF PHOENIX RECOVERY PROJECT

Phoenix Recovery Project opened its doors on August 1st, 2000 in the home of Clarence and Samantha Young in Hadfield Street Lodge, Georgetown.

Mr and Mrs. Young worked with clients from their personal home after which a building was secured and they relocated to the community of Mon Repos on the East Coast of Demerara.

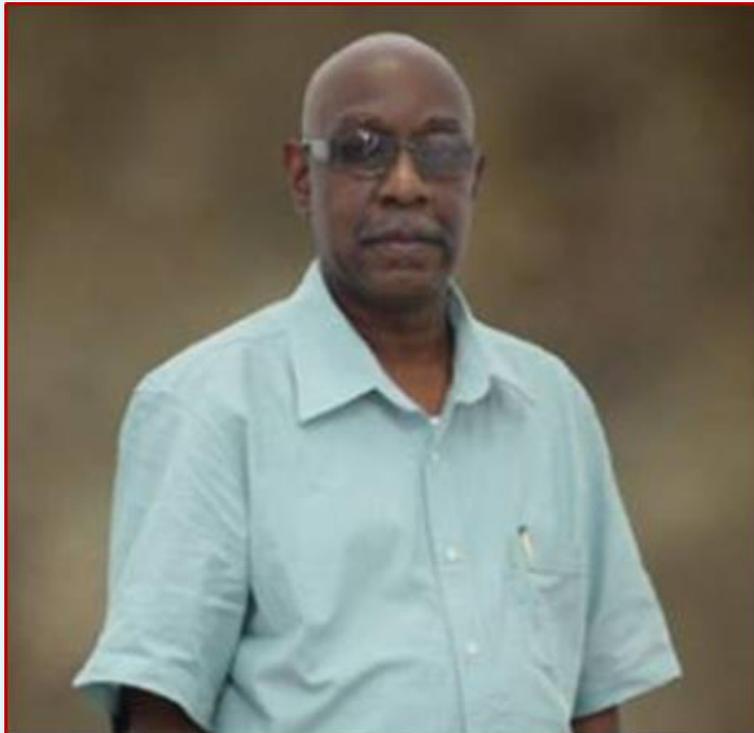
Treatment was offered to men only. However, in recognizing the need for a facility to target females, on the 13th August, 2008 the first FEMALE programme was launched. Additionally, they were able to secure partial funding from the United States of America, State Department through the Catholic Relief Services for females. The Female Facility was fully operational in September of 2008.

The Phoenix Recovery Project is the only rehabilitation centre that provides residential services for women with problematic drug use disorders in Guyana.

In 2011 Phoenix Recovery Project was conferred with one of this country's national awards, the Medal of Service (MS).

In 2018 a proposal was done and presented to the Government of Guyana for Phoenix Recovery to get a subvention to aid in carrying out their services. The subvention was approved in 2019.

DEDICATION



MR. CLARENCE YOUNG (1959-2017)

The late Mr. Clarence Young, Founder of Phoenix Recovery Project and long-standing member of the Guyana Drug Information Network. Mr Young's work in providing rehabilitation services to persons with substance abuse issues in Guyana is unmatched.

Thank you for your service, dedication and commitment to the fight against substance abuse. May your soul rest in peace.



PHOENIX'S



**ENCOURAGING CHANGE OF PEOPLE WITH SUBSTANCE ABUSE
PROBLEMS.....ONE PERSON AT A TIME**

**TO LEND SUPPORT TO THOSE PERSONS IN ATTAINING IMPROVED HEALTH AND
SOCIAL FUNCTIONING**

OBJECTIVES

The main objectives of Phoenix Recovery Project:

1. To decrease drug demand and abuse in Guyana
2. Heal and rehabilitate those afflicted with the disease of alcohol and drug addiction
3. The rehabilitation program attempts to restructure the lives of clients by healing and reawakening the spiritual, physical, mental and social areas that have been severely affected by the use and abuse of psychotropic substances.



CAPACITY

Phoenix Recovery caters for thirty (30) males and twelve (12) females.

There are full time nurses, psychologists and counsellors that provides clinical services and also the support of volunteer counselors and some clinical hours of psychiatric and physician professionals.

The age of acceptance into the programme is 18 years and above.

Cost of Programme: \$60,000 per month

SERVICES OFFERED/TREATMENT PHASES

► Phase 1

Residential Care: clients are required to stay at the centre for six (6) to twelve (12) months to undergo Primary Care. In Primary care, the clients participate in Group and Individual Therapy as well as workshops on Self-esteem, Stress Management, Communication, Human Sexuality, Assertiveness Training, Relapse Prevention amongst others.

There are also guest speakers from supporting services, daily physical exercise, NA meetings, Field Trips and occupational therapy skills.

Focus is also being placed on spirituality hence clients participates in daily Spiritual Sessions. The client can also attend devotions at a nearby Church, Mosque or Temple.

SERVICES OFFERED/TREATMENT PHASES

➤ Phase 2

Aftercare: the client is expected to return once weekly for a 90 minute group session. Contact is maintained with the client, his family, employer and support, when necessary family sessions are conducted. There is a half way house that provides services to clients. There are cases where clients after completing treatment does not have a home to go to and they stay in the half way house until they can find stable housing.

➤ **Additional Care:** the centre offers an additional care programme that caters to those persons who have relapsed or who may be on the road to relapse. This programme can vary from two (2) to eight (8) weeks of residential care.

➤ **Occupational Therapy:** clients are occasionally chosen to perform on jobs to gain firsthand experience in a working environment.

Note: Narcotics Anonymous and Alcoholics Anonymous Meetings are conducted as an adjunct to treatment. Additionally, detoxification and treatment is also being carried out by judicial order.

EXPERIENCES WORKING WITH PHOENIX RECOVERY PROJECT

- ▶ Phoenix Recovery Project has been apart of the Guyana Drug Information Network since it was first established in 2009.
- ▶ Phoenix has been utilizing the CICAD Standardized Treatment Intake Form to capture information on substance use disorders. The information is being submitted to the DIN on a quarterly basis.
- ▶ They also collaborate with key agencies such as the Ministry of Education, Ministry of Public Health and the Guyana Prison Service to carry out various outreach programmes and educative sessions to persons in need.

FOCUS ON FEMALE CLIENTS SEEKING TREATMENT

TREND ANALYSIS OF FEMALES

5 
2016

9 
2017

7 
2018

5 
2019

FOCUS ON FEMALE CLIENTS SEEKING TREATMENT

The age of first use among the females that sought treatment was **13** years old for **2018**.

Treatment data for **2018** indicated that out of the **7** females that sought treatment a total of **4** females had history of treatment for a psychiatric condition.

For **2018**, females in treatment primarily sought treatment for the following substances:

- Alcohol
- Tobacco
- Marijuana

As it relates to previous treatment, **2** out of the **7** females that was in treatment for **2018** indicated that they would have received previous treatment and did not complete.

In addition, **4** of the total females were seeking treatment for multiple substances.

FOCUS ON FEMALE CLIENTS SEEKING TREATMENT

The female programme is tailored to their needs and focuses on the following areas:

- ▶ Reproductive Health
- ▶ Hygiene
- ▶ Coping skills
- ▶ Life Skills

When it comes to addiction, men and women often differ in key ways. Although women may be slightly less statistically likely than men to abuse substances, women usually experience more unwanted consequences than men.

For example, women are at a higher risk of psychological issues stemming from their substance abuse. Depression, eating disorders and phobias are just some of the negative psychological side effects that women may experience.

In addition, female alcoholics are more likely to experience liver disease, and women have poorer health overall due to addictive behaviors. Women should, however, remember that it is always possible to recover health and happiness by breaking the cycle of addiction and seeking caring, professional help.

Although women may start abusing substances for a number of reasons, some women turn to addictive behaviors to cope with sexual trauma, physical illness or problems with family life.



CHALLENGES FACED

- Resistance to change by the clients during early weeks into the programme
- Adjustment to PRP's schedule
- Sleeping issues
- Complying with chores
- Withdrawal from drugs
- Lashing out at peer/staff
- Adhering to dress code
- Resisting medication
- Complains about food



CHALLENGES FACED

- Conflicts and fights between clients
- Medical conditions not being disclosed at the point of admission
- Hygiene condition
- Financial burden of clients to upkeep their monthly fees
- Lack of Certified training in the field of treatment and prevention
- Inter-Agency collaboration as it relates to the sharing of information particularly, with the Public Health System.
- Male and female clients having relationships



NEEDS

- ▶ Financial backings
 - ▶ Trained and Certified professionals
 - ▶ Professional security service
 - ▶ Monitoring and evaluation mechanism to measure performance of staff to ensure they are efficient with their work.
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THANK YOU!!!