

Benazir Shaheed ANF MODEL ADDICTION TREATMENT & REHABILITATION CENTRE (MATRC SINDH)



زندگی سے پیار
نشے سے انکار



MATRC ANF SINDH



ONE NATION, ONE DESTINATION



Project Director Message

Welcome to Benazir Shaheed ANF Model Addiction Treatment and Rehabilitation Centre's (MATRC) Sindh. I am delighted to express that MATRC is a dedicated team of Professionals who are working for Substance use disorder in Sindh, to improve their quality of health and well-being of SUD by providing evidence based practices in Sindh and affected lives by addictive consumptions. I am privileged to continue the work with MATRC, which was started in May 2010 at Lyari for male drug users for drug addiction and rehabilitation. This centre was provided a place for dialogue, collaboration and multidisciplinary research and led to the development of excellent and ambitious projects and programs in Sindh, as well as teaching



and supervision to build capacities in addictions workforce. This journey continued under the leadership of ANF officials and with the financial support of health department Sindh government and extended SUD services at Karachi, Hyderabad and Sukkur, free of cost for 30 to 90 days. I am thankful social welfare department government of Sindh with their assistance we were able to establish two centers in Karachi at Malir and Mangopir along with vocational training with Sindh Technical Education & Vocational Training Authority collaboration (SEVTA). MATRC aims to undertake impactful contribution towards community creating a healthier, fairer and more equitable society for SUD. This involves producing evidence that can inform national and international policy and practices. Additionally, through teaching and supervision we aim to continue build an effective workforce in the addiction field, one that is informed, knowledgeable, ethical and compassionate. These MATRCs are based on a set of values that guide how we work, namely, equality, public good, diversity of thinking, integrity, respect, collaboration and ethical relationship. Our efforts make the changes in a drug addict's life of reintegration back into Society as productive members of Society. I wish best of luck to MATRCs team.

Lt. Colonel Parvez Hassan



Objectives, Vision & Mission:

Aim and Objectives:

- To provide free of cost treatment and rehabilitation for Substance use disorder (SUD) patients.
- Detoxification and rehabilitation facility to drug users.
- Evidence based services
- Minimizing the risk of relapse and re-integration of the recovering addicts in the society.
- Rehabilitation and vocational training to the detoxified drug users
- Enabling them to be self-reliance.
- Be the valuable parts of the community.

Vision

Drugs free Society through Advocacy, Primary Prevention and Best Practices in Treatment and Rehabilitation.

Mission

Ensure best possible services directly and indirectly to reduce the drugs Demand and providing professional support in maintaining the recovery process to prevent the recurring relapse, ensuring reduction of supply.



Benazir Shaheed ANF

TREATMENT & REHABILITATION CENTRE (MATRC SINDH)



Overview of MATRC

The treatment and rehabilitation of drug addicts can be defined as a journey from drug dependence to a healthy, drug - free lifestyle. The process is long and painful. Addicts need maximum assistance and care to be able to abstain from drugs and to break the addictive cycle; hence the need for comprehensive treatment and rehabilitation programs that conform to the biological, psychological and social needs of individuals. Hence the requirement of a separate specialized and independent centers/hospital for the drug abusing population.

MATRC is maintaining following centres in Sindh:



Karachi

Malir | Lyari | Mangopir



Hyderabad



Sukkur

MATRC Sindh:

Project of Benazir Shaheed ANF model addiction treatment & rehabilitation center at Karachi was established in May 2010 with male facility of 55 beds.

Female & children ward of MATRC Karachi was established in February 2017 with 50 beds.

Benazir Shaheed ANF MATRC Sukkur was established in Oct 2018 with male facility of 25 beds.

Benazir Shaheed ANF MATRC Hyderabad was established in September 2020 with male facility of 50 beds.

Benazir Shaheed ANF MATRC Malir established in 2023 with male facility of 100 beds.

Benazir Shaheed ANF MATRC Mangopir established in 2023 with male facility of 200 beds.



Overview of treatment process at MATRC

TREATMENT PROCESS FLOW CHART



Rehabilitation program:

The period of treatment is from 30-90 days

Our treatment plan is based on 3 Phases

Phase- I

Detoxification (10 to 15 days).

- Detoxification is the process of cleaning the body from drug that an individual has consumed.
- In this stage we provide symptom based medical treatment and support.
- Medications used in detox help keep patients comfortable while the drugs leave their body.
- The length of detox can vary; it could be up-to 2 weeks or longer.

Phase -II

Rehabilitation-I (30-45 days).

In second stage we provide psychological group counseling and individual counseling sessions, and strongly work on behavior modification.

Phase -III

Rehabilitation-II (45 to 90days).

In 3rd stage we make them engage in psycho-social activities such as psycho therapy sessions, basic vocational trainings.

Phase -IV

Social Re-Integration.

Vocational Training
Job Placement

MATRC Rehabilitation Program :

MATRC is a Free of cost facility where we provide free of cost treatment to all age group and gender under one roof .We



provide our clients with a full range of support and services. Our Residential Treatment Program. We provide 24/7 care and supervision where the Residential level of care is focused on more intensive clinical approaches, we offers a variety of therapy approaches with structured activities and life skills training.

Our drug addiction treatment also provides, Sober Living and follow up Services. MATRC programs provide medical and psychiatric analysis, individual therapy, small & large group therapy we also provide family and couple/ marital counseling. The support our clients receive does not end at the time of discharge. Treatment is only the beginning of developing a program of recovery. A daily connection to a recovering lifestyle is essential.

Our Team design treatment programs that can bring a change in the lifestyle of people who are struggling with substance abuse and co-occurring mental health conditions and its inevitable symptoms.

Rehab Activities Includes:

- Individual counseling
- Group therapy
- Relapse prevention
- Cognitive behavioral therapy (CBT)
- Dialectical behavioral therapy (DBT)
- Motivational enchantment therapy (MET)
- 12 steps
- Trauma therapy
- Mediation sessions
- Art and play therapy
- Occupational therapy
- Physical exercise
- Outdoor activities
- Family individual counseling
- Family psycho education
- Spiritual class
- Self-grooming class

Vocational Trainings:

- Computer class
- Stitching class





Dr Tariq Arain (Consultant Psychiatrist)

Current trend of Substance Use Disorders (SUD) in Sindh

Pakistan is the second largest country in the South Asian region with an estimated population of about 227 million. Karachi is the largest city of Pakistan with an estimated population of around 16.8 million and density is about 63,000 people per square mile. World drug report 2021 reveals an estimated 275 million people had used a drug at least once in the previous year, equivalent to 5.5 percent of the global population or 1 in every 18 people used drug. Even more worrisome is the fact that about 36.3 million of those drug users or 0.7 percent of the global population suffer from the drug use disorders and require treatment for harmful use. Most research suggests that adolescence and young adulthood (age 15-34) is a critical risk period for initiating drug use. Cannabis is the most widely used drug among in world. The number drug users in 2019 are 200 million cannabis, 62 million opioids, 37 million amphetamine and prescription stimulants, 20 million ecstasy, and 17 million cocaine. Globally, it is estimated that there were about 14 million cannabis among students aged 15-16 in 2019. This corresponds to an annual prevalence of cannabis use of 5.7 per cent among this age group, a rate that is higher than the rate among the general population aged 15-64 (4 per cent) and reflects regional variation.

The Drug technical report 2013 by United Nation of Drugs and Crime (UNODC) and MNC Pakistan (Ministry of Narcotic Control) reveals 5.8% or 6.45 million of total Population in Pakistan used drug in last 12 months aged between 15 to 64 years. Approximately 4 million (3.6% of population) people used Cannabis, 2.4% opioids, 1.5% prescription Opioids, tranquilizers/ sedative 1.4% and 0.08% Amphetamine type stimulants between the ages 15 and 64. In Pakistan 2.9% of population of women used any illicit drug in year 2011. Sindh has 6.6 % drug prevalence, in which highest rate of hashish, bhang and charas 4.3%, Opioids 2.2% and almost



100,000 injecting drug users. Currently prevalence of Crystal (derivative of methamphetamine) drug has considerably increased in Karachi in last few years. 11 years statistical analysis of Model Addiction Treatment and Rehabilitation Centre (MATRC) Karachi reveals 74% Drug Users, 26% Injecting Drug Users registered for treatment facility. Most commonly used drugs among treated patients are Heroin (48%), Crystal (21%) Cannabis (13%) and Opium (8%). Highest 56% of age group found between 20- 29 years and reasons of drug use reported are peer pressure/friends, fun/pleasure, curiosity and frustration.

The health consequences of drug use can include a range of negative consequences depending on the substances used, how much and how often they are used, how they are taken (e.g., orally, sniffing, smoking, iv), and other factors. Substance use can have immediate, direct consequences for health ranging from effects on heart rate and regulation of body temperature to psychotic episodes, overdose, and death. Indirect consequences related to risky behaviors that often accompany drug use and can impair judgment, leading to risky behaviors including driving under the influence, unprotected sex, and needle/syringe sharing. The greatest harms to health are those associated with the use of opioids and with injecting drug use, owing to the risk of acquiring HIV or hepatitis C through unsafe injecting practices. Longer-term health effects on a person's physical and mental health: For example, heavy drinking can lead to hypertension, liver disease, and cancer; regular marijuana use is associated with chronic bronchitis; and use of stimulants such as cocaine can lead to heart disease. Longer-term societal consequences can include reduced productivity, higher health care costs, unintended pregnancies, spread of infectious disease, drug-related crime, interpersonal violence, stress within families, and many other direct and indirect effects on communities, the economy, and society as a whole.

To meet the challenges drug menace in Sindh we have limited service available in province among them Benazir Shaheed ANF MATRC Sindh is one of state of art of Centre which is providing Comprehensive Evidence based treatment and rehabilitation services to drug user free of cost with the support of Sindh Government. Keeping in mind the large numbers of drug users are reporting in the OPDs of MATRC, and we have long list of waiting numbers drug users for indoor services due to full occupancy of beds. There is strong need to more beds and Centre's to be established to cater the ongoing challenges of drug use in Sindh and reintegrate them as use member of community.

Dr. Tariq Arain



MATRC Events and Visits:

Awareness sessions:

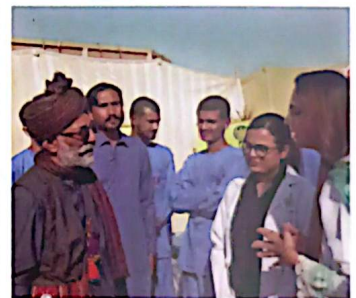


Medical Camps:



MATRC Events and Visits:

Events:



Visits:



MATRC Events and Visits:

Outdoor Activities:





MATRC - Lyari

**Plot No. 001, UC-1, Maripur Road, Street No. 18/C, Liyari Town
Off Suleman Azad Road Karachi. Contact: 02132500506**



MATRC - Malir

**Miraan Goth UC-5, Near Abu Bakar Masjid, Malir.
Contact: 03464882244**



MATRC - Mangopir

**Hub River Road adj. Govt Degree Collage UC 2, Manghopir.
karachi. Contact: 03111136444, 0311 1135444**



MATRC - Hyderabad

**Kohsar Icon Tower, Shahrah e Quaid, Phase V Kohsar,
Hyderabad. Contact: 0347-4882245**



MATRC - Sukkur

**Benazir Shaheed hospital, Main Dreha stop Shikarpur Road,
Sukkur, near HD Hotel. Contact: 03414882244**

Phone number: 02132500509

Email: matrckarachi@gmail.com

Facebook page: MATRC ANF Sindh

