

Working hands are more holier than praying lips.

- Mother Theresa

The above thought is a welcome one, but due to the trifles of life not many of us can practice it, and those who do, live forever. These very fundamentals have given shape to Kamineni Foundation: a Non-profit, Service Organisation born out of Compassion, Care and Empathy.

the **Origin**

The Kamineni Foundation is a tribute to Sri Kamineni Giridhar, whom the unkind destiny took away from us. He has always been an epitome of selfless love & service. Though he is not there physically, his beautiful image and the grandeur shall be indelible and evergreen. His sweet and pleasant ways still move around us, console us, strengthen us to keep going. Yes; truly he lives forever ...

the **Mission**

Kamineni Foundation is dedicated & committed to

*spreading Light,
bringing Hope,
renewing Life...*

the **Foundation**

As a first step towards achieving its Mission, the Kamineni Foundation, in memory of Kamineni Giridhar has started the De-Addiction Center at Kamineni Institute of Medical Sciences. The De-Addiction Center will provide Medical and Psychological treatment to persons addicted to Alcohol & Drugs till total recovery is achieved. Vocational Rehabilitation of the patient and psychological support to the patient's family are an integral part of the treatment.

The De-Addiction Center at Kamineni Institute of Medical Sciences includes Emergency Ward, Detoxification Unit, Therapy Center, Counselling Unit, Family Therapy Center and Recreation Center.

the **Covergence**

The Kamineni Foundation, Freedom Foundation and Police Department, Nalgonda District have come together to reach out and benefit all those in need, to the maxima. In this joint effort, the Police Department identifies the addicts and directs them to the De-Addiction Center at Kamineni Institute of Medical Sciences. The basic needs like Food, Shelter and Medical Aid are taken care by Kamineni Foundation and Freedom Foundation addresses all the counselling issues. The De-Addiction Center started off with 15 beds, grown to 25 beds at present and aims further...

the **Team**

Project In-charge: Devika Rani, Psychologist: Pooja Taneja and Counsellors: Fredrick and Stanley Joshua form the core team, whose selfless & dedicated service inspires the rest of the staff, volunteers, beneficiaries, patients...

the **Statistics** (August' 03 to July' 04)

Admissions- 140, Relapse Admissions- 04, Lama Cases- 22,
Relapses- 30, Sober Cases- 52, Discharges- 97
Unknown Cases(Discharged)- 12, Recovery Rate- 53.6%

MEDICAL COMPLICATED CASES

- Liver Problem- 19 • Hypertension- 15 • Convulsions- 14
- Gastritis- 11 • Diabetes- 11 • Psychiatric illness- 9
- Tuberculosis- 5 • HIV Positive- 5 • Ortho Problems- 6
- HBSAG Positive- 3 • Hydrocele- 4 • Renal Failure- 2
- Piles- 2 • Heart Problems- 3

SURGERIES DONE

- Amoebic liver abscess • Nephrolithiasis • Hydrocele • Piles

All the patients were screened for HIV status, of which 5 were diagnosed HIV +ve. Post test counselling was done to patients.

REHABILITATION

Six treated patients were rehabilitated, two were absorbed as supporting staff and four were provided employment based on their abilities.

KAMINENI FOUNDATION

Kamineni House, King Koti Road, Hyderabad- 500 001
Tel: 040 23299987

KAMINENI FOUNDATION

spreading Light, bringing Hope, renewing Life...



*You are a unique and noble creation of God,
worth far more than any earthly treasure.
Cherish it.*

DE-ADDICTION CENTER

KAMINENI INSTITUTE OF MEDICAL SCIENCES

Sreepuram, Narketpally, Nalgonda Dt., A.P., INDIA
Tel: 08682 272692 Fax: 08682 272829

the **Facts: Drugs & Addiction**

Drugs are chemical substances which on ingestion intoxicate the user. In simple language drugs bring alterations in the mood, mind and behaviour of the user leading to ill-health. These affect the well being of body, mind, emotions and relationships. Some of the most abused drugs are Alcohol, Heroin(Brown Sugar/ Smack), Morphine, Pethidine, Cocaine, Tranquillizers etc.

Addiction is an intense craving for, or loss of control over alcohol/ drugs. It is a chronic disease affecting the patient physically, psychologically and socially.

the **De-Addiction Programme**

Treating the patient

Treating an intoxicated person is virtually rebuilding the person, both mind & body. The treatment is a residential, multi-disciplinary, therapeutic programme involving team of Psychiatrists, Psychologists, Gastroenterologists, Physicians, Counsellors, Social Workers and Nursing Staff. The 60 days treatment programme includes:

- Withdrawals Management Program(10 days).
- Specialists attend associated medical complications and intervention is carried out.
- All Patients follow a daily routine(lifestyle changes).
- Patients start their day with devotion.
- During the day they reflect on their past, attend therapy sessions, step sharing and AA meetings.
- Various therapy sessions are conducted by the Counsellors. This helps them to work on their denial patterns, attitudes towards their disease, stress management, coping mechanisms, etc.
- Customized Individual Therapy Sessions are planned time to time according to the needs of the clients.

Educating & Counselling the Family

Addiction is an illness that not only affects the individual but, also leaves it's impact on his family members. The family members also suffer from severe stress, living with the person. Hence, the family also needs help and emotional support which are an integral part of the treatment programme.

Therapy sessions for family are conducted to help them understand alcoholism, alcoholic personality and dealing with them. Individuals progress is discussed on a regular basis with the family members and employers in order to prevent relapse, as their support is vital for the patient to stay sober.

the **Alcoholic Anonymous (AA)**

Alcoholic Anonymous(AA) is a worldwide fellowship, where the recovering alcoholics come and share their experience, strength and hope, with newcomers, thus helping them to come out of addiction. The requirement to come into the fellowship is the desire to stop drinking. These meetings enable an alcoholic to be sober and also help others to achieve sobriety.

The program caters to the detoxification of the patients and then an in depth counselling, covering areas like emotional needs, relationship problems, spiritual needs as well as understanding their own needs, disease and role in recovery.

- Since Sept.'03 regular AA meetings are being organised at Narketpally, where discharged patients interact as part of an after care plan.
- As part of the after care plan the treated patients from Nalgonda are attending AA meetings being organised at a dispensary in Police Headquarters, Nalgonda since Feb.'04.
- AA meetings were also initiated in Nomula Gudivada(Nakrekal Mandal) and Miryalaguda in July'04.

The AA Meetings have received a good response from the Community. All the treated patients actively participated in celebrating festivals along with Counsellors and Staff.

the **Events**

- His Excellency, the Governor of Andhra Pradesh, Shri. Surjeet Singh Barnala visited the De-Addiction Center on Sept. 11' 2003.



- Home Minister, Mr. Devender Goud, visited the center on Nov. 20' 2003. He inquired about the treatment program and interacted with the patients and their families.



- The Patients who were discharged(6) attended the annual AA Convention held at Vijayawada on 4th and 5th of October'2003.
- 4 Patients from the Center, 3 treated patients with 2 staff members attended AA Convention at S.Kota, Vizag for 2 days (14/02/04 &15/02/04).
- 5 Patients with one staff member have attended AA Convention at Cheepurupalli, Vijayanagaram on 10th and 11th of July' 2004.
- AA members from Vijayawada (4) and Hyderabad (3) have visited the Center on 2nd July 2004.

the **Community Awareness Programs**

One of the objectives of the Center is to extend service to the Community by creating awareness about addiction and de-addiction.

- Awareness programs were conducted for APSP (Andhra Pradesh Special Police) on Jan. 25' 2004 and at Police Headquarters, Nalgonda on July 10' 2004. These programs were also conducted at Munagala, Mothe, Miryalaguda and Gudivada.
- Most of the criminal activities are done under intoxicated state. As a part of community awareness program we extended our services to the inmates of the District Jail with the help of Jail Superintendent, Nalgonda. Awareness programs are conducted once in a week in the jail.
- The De-Addiction Center has joined hands with 2 NGO's, 'Velugu' and 'Ankita' of Nalgonda dist., to conduct awareness programs in Miryalguda and Suryapet.

