DARE Network
Reduce the burden of drug related problems in rural communities in Myanmar
Drug and Alcohol Recovery and Education (DARE) Network

Established in 2000, DARE is a community-based grassroots organisation providing culturally appropriate treatment and prevention programmes to reduce substance abuse and associated social problems among youth in Kayin State, Myanmar. It serves those who are primarily addicted to alcohol, methamphetamines, marijuana, opium, betel nut and tobacco.

With the nation being the second largest opium producer and a major centre for the manufacture of amphetamine-type stimulants (ATS) in the world, Myanmar is “the epicenter” for drug trade and, increasingly, drug abuse (UNODC, 2017). There has been a significant increase in the number of drug addicts amongst young people within the displaced rural communities of refugees and ethnicities, now as high as 80%.

DARE saw the urgency to act and has been expanding their delivery of addiction treatment and prevention education to currently 30 villages across the state with a mission to overcome substance addiction and abuse, and promote well-being and functionality of the nation’s youngsters and communities.
## How It Works

The network is run by 61 staff including a programme coordinator to oversee the overall programme, an addiction services supervisor, an assistant coordinator, eight administration and finance staff, 20 addiction trainers, and 30 village coordinators.

Numerous programmes are designed to respond to various groups of beneficiaries:

<table>
<thead>
<tr>
<th>Programme</th>
<th>Details</th>
<th>Beneficiaries</th>
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</thead>
<tbody>
<tr>
<td>Treatment and rehabilitation of three cycles (Jan – Mar, May – Jul, Sep – Nov) annually at DARE’s treatment centre, followed by regular home visits</td>
<td>25 clients per cycle, 75 clients per year</td>
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<td>Addiction Prevention Education rotated among the targeted villages by (60 times/month)</td>
<td>14,151 villagers from 60 villages as beneficiaries</td>
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<td>Organic Farming Project (growing fruits and vegetables) as therapy treatment and sustainable food supply for boarders at the treatment centre</td>
<td>Over 100 direct beneficiaries</td>
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<tr>
<td>Addiction Knowledge Training for village coordinators to ensure that they continue to impart knowledge effectively to local community members</td>
<td>30 village coordinators as beneficiaries</td>
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The initiative is twofold:

1. **Treatment**
   - Based on an East meets West philosophy utilizing the knowledge of local people and western practice
   - Non-medical treatments of substance abuse
   - Therapies such as auricular acupuncture, traditional massage and local herbal medicine
   - Learning of self-care, positive coping mechanisms
   - Rebuilding relationships with family and the community.

2. **Prevention & Education**
   - Learning about the causes of addiction and how to prevent addiction and its relapses
   - Through reaching out to people early and often, we are able to prevent people from engaging in substance abuse
   - HIV/AIDS and Gender Based Violence prevention education
   - Coordinating with local district authorities and state level authorities. Share with them our work and deepen our relationship with them by inviting them to visit and participate.
Objectives

- Increase awareness of health issues related to alcohol and drugs
- Increase and deepen the knowledge about reproductive health and sexually transmitted diseases
- Promote more informed and healthier communities
- Reduce the stigma of drug addicts
- Enable a positive impact on beneficiaries and the surrounding community
- Maintain our professionalism and standard to ensure that our programmes and work continue to be appreciated by local authorities

Track Record and Sustainability

- High success rate against relapse
- Self-reliance for prevention and treatment programmes due to involvement of local community members
Success Story

“I started to use drugs and alcohol when I was a teenager. I started to become addicted step by step until without them I couldn’t do anything. Therefore I became under their control. During my addiction, local authorities came and encouraged me to stop using. Also, they let me know about the DARE treatment programme for my recovery. After that I agreed with them and went to the DARE treatment centre. I felt happy while I was there. The addiction workers showed good support for us. They gave us good knowledge and activities during the treatment period. I was satisfied with the addiction workers, who didn’t ignore me and had a good relationship with me. Therefore I am eager to change my mind and became a valuable person again.”

Client story after three-month residential treatment program, translated.
Budget

The total amount of DARE’s overall running costs is **USD 135,000** for 2018 (January – December).

Transfers from Child’s Dream to DARE Network are made in four instalments (quarterly) during the financial year.

Monitoring and Reporting

Payment is proceeded quarterly at reception of narrative and photo reports as well as monthly financial & activity reports. Feedback is also obtained directly during regular visits by our Yangon based team.

We report to donor(s) on a semester basis.