

Note: CM Meeting regarding Drug Dependence Treatment Centres (DDTCs) in Punjab

1. There are 34 Psychiatrists in the State Health Services of Punjab. Out of these 5 are with IMH (Institution of Mental Health), Amritsar, 2 are posted as SMOs in ESI Jalandhar & Hoshiarpur. The services of Psychiatrist are available in each District of Punjab. **(Annex 1)**
2. 20 Psychiatrists are Master Trainers in Drug Abuse Prevention from National Drug Dependence Treatment Centre (NDDTC), AIIMS, New Delhi.
3. 7 (Seven) Drug Dependence Treatment Centres (DDTCs) are functional at CH Jalandhar, CH Kapurthala, CH Phagwara, CH Tarn Taran, CH Bathinda, CH Ferozepur & CH Talwandi Sabo. Three (3) Drug Dependence Treatment Centres (DDTCs) are functional at Government Medical Colleges Amritsar, Patiala & Faridkot. All the Psychiatrists posted throughout the State are providing De addiction services as a part of their routine Psychiatric services.
4. There are 22 Voluntary Organizations in the State of Punjab which are providing De addiction services. **(Annex 2)**
5. In response to CM No 26374 of 2009, Honourable High Court Punjab & Haryana had formulated a committee of the experts to lay down the Minimum Standards of Care for Drug Dependence Treatment Centres (DDTCs). The core recommendation of the expert committee is that it is imperative that all treatment services for DDTCs should be managed by qualified and trained professionals as per clinical and human rights standards. To ensure this the services should be regulated

by appropriate statutory supervisory authorities. The regulation should include licensing, promoting work-force training, and establishing a collaborative network of services that supports those NGO centres which have limited resources. The State of Punjab is the only State to have agreed to the recommendations of the committee in the Honourable High Court Punjab & Haryana for implementing the Minimum Standards of care throughout the State of Punjab.

6. Salient Features of Minimum Standards of care are:

- i) The terms Drug Abuse/Addiction being currently considered as stigmatizing and unfair, the committee uses the internationally professionally preferred term Substance Use Disorder/s (SUD/SUDs).
- ii) The International Classification of Diseases (ICD-10, World Health Organization) and Diagnostic & Statistical Manual (DSM-IV, American Psychiatric Association) recognize SUDs as psychiatric disorders.
- iii) The treatment of SUDs involves *two overlapping phases*: **short-term detoxification** that lasts 1-4 weeks and focuses on mainly *physical treatment of withdrawal symptoms and physical and psychiatric co-morbidity*; **long-term rehabilitation** that lasts for many years and focuses on, in addition to *physical and psychiatric co-morbidity, the relapse prevention and psychosocial rehabilitation based on medications and/or changes in the occupation and life styles of the patient and the family*. For those unable or unwilling to give up intoxicants *harm reduction and opioid substitution therapy have emerged as integral components of a good treatment service*.

- iv)** The medical education, qualification, and training are recognized to make a psychiatrist best suited to be the team leader of a SUD treatment team. If a psychiatrist is not available, the treating doctor should be an MBBS with >3 month full-time training in SUD management from a recognized institution. Even with such a doctor in place, it is strongly recommended such treatment centers should have a psychiatrist as a Consultant to guide and supervise the services of the centre.
- v)** The prevalence of SUDs far outstrips the available treatment services. Thus there is need for more SUD treatment services/centres, including in the NGO sector.
- vi)** The less qualified personnel can be given minimum skills to fill the gap – a minimum of three month full time training in treating the SUDs for MBBS doctors, and Social Scientists (MA Psychology/Sociology/Social Work). The focus of SUD treatment should not be only short term Detoxification but should include Relapse Prevention, Psychosocial Rehabilitation, Harm Reduction including Opioid Substitution Therapy (OST).
- vii)** The psychiatric nursing homes/hospitals licensed under the Mental Health Act 1987 for treating the psychiatric disorder cases should ALSO be registered with the SUD licensing authority for the purpose of monitoring, evaluation and data gathering on treatment of SUDs at their centres.

viii) THE CASE MANAGEMENT

- A) Should involve NO VIOLATION OF HUMAN RIGHTS- forced admission/treatment/detention/ labor/duties/work/daily routine (including cooking or house cleaning for self/group), solitary confinement, violence, torture, aggression, humiliation, abuse, coercion, manipulation, deceit etc;
- B) There is a need to identify, register and license two types of SUD Management Centers.
- i. **SUD Treatment Centres (STC): With facilities for inpatient as well as outpatient treatment including** detoxification, antagonist therapy, opioid substitution therapy (OST).
 - ii. **SUD Counseling Centers (SCC): With facilities for SUD** Awareness, Counseling & Rehabilitation through psychosocial means and on outpatient basis – NO inpatient, detoxification or medical services. To ensure no medical complications hamper their work, the centers will accept clients only after a preliminary health screening – for which they should establish linkages with an MBBS doctor or allopathic health institution.

REGISTRATION/LICENSING OF THESE TWO TYPES OF CENTRES WILL BE BY THE DEPARTMENT OF HEALTH & FAMILY WELFARE IN COLLABORATION WITH THE DEPARTMENT OF SOCIAL WELFARE THROUGH A SINGLE WINDOW.

PSYCHIATRISTS STATE OF PUNJAB

S.No.	District	Hospital		Name of Doctor	Mobile No.	Office No.	email	Master Trainer
1	AMRITSAR	CH Amritsar	1	Dr. Rajeev Mehra	9417013306		rajeevmehracardio@yahoo.com	No
2	BATHINDA	CH Bathinda	2	Dr. Nidhi Singla				Yes
		CH Talwandi Sabo	3	Dr. Sunil Gupta	9888573730		sunilgupta.75@rediffmail.com	Yes
3	BARNALA	CH Barnala	4	Dr. Parvesh	9463280781	01679-233042	parvesh_sohal@rdiffmail.com	Yes
4	FARIDKOT	CH Faridkot	5	Dr. Gurmeet Kaur	9876050866			Yes
5	F.G.SAHIB	CH FG Sahib	6	Dr. Preetjot Kaur	9878673336		preet371259@yahoo.co.in	No
6	FEROZEPUR	CH Ferozepur	7	Dr. Rajesh Mittal	9417366540			Yes
7	GURDASPUR	CH Gurdaspur	8	Dr. Rajdeep Kaur	9872840399		dr.rajdeep@yahoo.co.in	No
8	HOSHIAPUR	CH Hoshiarpur	9	Dr. Raj Kumar	9814754324			Yes
9	JALANDHAR	CH Jalandhar	10	Dr. Aman Sood	9814705670			Yes
10	KAPURTHALA	CH Kaprthala	11	Dr. Sandeep Bhola	9814833131	01822-233750	drsandeepbhola@yahoo.co.uk	Yes
		CH Phagwara	12	Dr. Rajinder Maghu	9815077790	01812-203918		Yes
11	LUDHAINA	CH Raikot	13	Dr. Sushil Jain	9815854111			Yes
		Women Jail	14	Dr. Sudha Vasudev	9814074343		taurus.sudha@yahoo.co.in	Yes
12	MANSA	CH Mansa	15	Dr. Harpal Singh	9872089698	01652-222279	hs_saran99@yahoo.com	Yes
13	MOGA	CH Moga	16	Dr. Vijay Goyal	9814788250			No
14	MUKTSAR	CH Muktsar	17	Dr. Ranjit Kaur				No
		CH Badal	18	Dr. Rashmi Chawla	9872836774			Yes
		CH Malout	19	Dr. Rashmi Chawla	9872836774			No
15	NAWA	CH Nawan	20	Dr. Satish	9814232345		satish_raj@yahoo.com	No

	SHAHAR	Shehar		Thapar				
16	PATIALA	CD Tripuri	21	Dr. Vikas Goyal	9316208026	0175-2211670		No
17	ROPAR	CH Ropar	22	Dr. Harendra Singh	9872341758			Yes
18	SANGRUR	CH Sangrur	23	Dr. Balwant Singh	9988220396			No
19	SAS NAGAR	CH SAS Nagar	24	Dr. Harmeet Kaur	9815322020			Yes
		CS Office	25	Dr. SP Surila	9417177883	0172-2226343	idspsasnagar	No
20	TARAN TARAN	CH Tarn Taran	26	Dr. Rana Ranbir Singh	9814603903	01852-222755	ranaforyou2002@yahoo.co.in	Yes
21	CHANDIGARH	DHS Office	27	Dr. Arun Tandon	9888219177			Yes

LIST OF VOLUNTARY ORGANISATIONS RUNNING DE-ADDICTION CENTRES

Sr. No	District	Name of Organization	Phone Number
1.	Faridkot	Indian Red Cross Society, Sadiq Road, Drug Addiction Centre	01639-250228
2.	Mohali	Indian Red Cross Society, Drug Awareness & counseling centre	0172-2549434
3.	Patiala	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre, Saket Hospital, Near Khalsa College	0175-2229691 9464843243
4.	Nawan Shahar	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre, Dharamshala, Buchran near Anaz Mandi Railway Road	0172-2549343
5.	Mohali	Indian Red Cross Society, Drug Deaddiction, Gill Farm House, Village Khanpur, The. Kharar	0160-2283838
6.	Sangrur	Indian Red Cross Society, Drug Deaddiction centre, Ranbir complex, Guru Nank Sahai	01672-241737
7.	Gurdaspur	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre, Guru nanak nagar, Dera baba Nanak Road	01874-222422
8.	Moga	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre, Old DC Office, opposite Geeta Theatre	01636-283449
9.	Ludhiana	Dr. D.N Kotnis Health & Education Centre, Salem Tabri	0161-2881001
10.	Ludhiana	Guru nank Charitable Trust, Mullanpur Mandi, Gurmeet bhawan, harnek nagar, Ludhiana	0161-2783541
11.	Patiala	The Indian Rural & Social Welfare Society, v & P.O . Hariyao Khurd	9855598598
12.	Mohali	Society for the rehabilitation of Handicapped persons suffering from Social Evils, Town Zirakpur, Drug deadiction centre. The. Derabassi.	0172-2660396
13.	F.G Sahib	Indian Red Cross Society, Drug Deaddiction centreChunni Kalan, Block Khera	0172-660396
14.	Bathinda	Child welfare council, awareness and counseling centre, Goniana Road	0172-2748131 9417603745

15.	Patiala	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre for female, Kothi. No.1, Ajit Nagar, Near Lady Fatima School	0172-2229691
16.	Amritsar	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre, Guru Nank Dev Hospital Complex, majitha Road	0183-2422852
17.	Hoshiarpur	Guru Gobind singh Study Circle, Drug De addiction centre, tanda Bypass	0161-2450352
18.	Ludhiana	Guru Gobind singh Study Circle, Drug De-addiction Counsel Centre, Model Town Extension	0161-2450352
19.	Mansa	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre, Near Railway station	01652-232892
20.	Bathinda	Indian Red Cross Society, Drug Deaddiction centre, Treatment cum rehabilitation centre for female addiction, Opp. Lake No.2, Goniana Road, Near Thermal plant	0164-2212860
21.	Kapurthala	Indian Red Cross Society, Drug de-addiction Centre, Civil Hospital.	01882-233728
22.	Hoshiarpur	National Youth Development Centre, Nehru Yuva Kendra, Drug de-addiction Centre, SCF-7-D, Sector-2, talwara Township	01883-239888