

# SADA

**A Voice Against Drug Abuse**

**Volume 16 May 2012**

**Real Stories**

**Al Quran**

**Hadith**

**Article**

**Intellectual Talk**

**Help Line**

**Latter to Editor**

**[www.sada.drugfreenation.org](http://www.sada.drugfreenation.org)**

## **Contents**

## **Page**

**Al Quran** 1

**Hadith** 2

**Latter to Editor** 3

**Intellectual Talk** 4-6

**Real Story:** 7-9

\* *Things are not the substitute of Love*

\* *My Motivation brought me back to life*

\* *Drug abuse brings multidimensional destruction*

**Article about Drug Abuse** 10-16

\* *Five Steps Model of Drug Abuse Prevention*

\* *Anger Management*

\* *Steps toward Recovery*

**Helpline** 17-18

**Golden Words** 19-20

## Al Quran

﴿يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ  
 وَمَنْفَعٌ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِنْ نَفْعِهِمَا وَسْأَلُونَكَ مَاذَا  
 يُنْفِقُونَ قُلِ الْعَفْوَ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ الْآيَاتِ لَعَلَّكُمْ  
 تَتَفَكَّرُونَ ﴿٢١٩﴾

They ask you about wine and gambling. Say, "In them is great sin and [yet, some] benefit for people. But their sin is greater than their benefit." And they ask you what they should spend. Say, "The excess [beyond needs]." Thus Allah makes clear to you the verses [of revelation] that you might give thought

**Verse 219 Surah Al Baqrah**



**Ibn 'Umar reported** Allah's Messenger (may peace be upon him) as saying: Every *intoxicant* is *Khamr* and every *intoxicant* is forbidden. He who drinks *wine* in this world and dies while he is addicted to it, not having repented, will not be given a drink in the Hereafter. [Sahih Muslim](#)

It was narrated from Salim bin 'Abdullah, from his father, that: The Messenger of Allah [SAW] said: "Allah has forbidden *Khamr*, and every *intoxicant* is unlawful." (Hasan)

[Sunan an-Nasa'i](#)

**Narrated Anas ibn Malik:** I was serving *wine* to the people in the house of AbuTalhah when it was prohibited and that day our *wine* was made from unripe dates. A man entered upon us and said: The *wine* has been prohibited, and the herald of the Apostle of Allah (peace\_be\_upon\_him) made an announcement. We then said: This is the herald of the Apostle of Allah (peace\_be\_upon\_him) ...

[Sunan Abi Dawud](#)

## *Latter to Editor*

**Dear Editor ,**

I visited your magazine and found it very good and appreciable. I will must say that this magazine should be available is PDF file also. If your technical team design it with proper magazine shape pages then it could be downloaded and it's readability will enhance.

With good wishes

**Rafiullah Mian**

Salam Alekum

I enjoyed every page and I congratulate you on its presentation. It is very easy to read and the language is simple and straight to the point. My first thrill was to read your Logos - Drug Free Nation. I am so glad that you did not call your group Nation AGAINST Drugs. By using the words" drug free" you have introduced an aspiration immediately without mentioning violence or opposition, like the word "against" suggests. There is great appreciation here for you and your group and our best wishes come with this email.

**Bill Cameron**  
**Scotland**

## *Intellectual Talk*

*Dr. Tariq Arain (M.B.B.S, F.C.P.S) is a psychiatrist and senior medial officer at Benazeer Shaheed Model of Treatment and Rehabilitation Centre (MATRC) in Karachi. He has a vast experience in the field of psychiatry and drug abuse problem. Following are the excerpts from his interview taken for SADA magazine;*

***Q-1:*** *Which types of drugs/substance abuse problems can be best explained by biological perspective?A: Behavioral and euphoric effect of substance use can be explained biological perspective by understanding brain reward systems. The reward system is made up of various brain structures i.e. hypothalamus, ventral tegmental area, frontal cortex and nucleus accumbens of limbic system. Neuronal pathways containing different neurotransmitters (i.e. Serotonin, Opioids, Gamma amino butyric acid (GABA), glutamate, peptides) regulates the activity of mesocorticolimbic dopamine system and also involved in medicating the reward properties of drug abuse. The mesocorticolimbic dopamine pathway appears to be critical in rewarding properties of stimulant drugs such as cocaine and amphetamines. Ventral tegmental area and nucleus accumbens appear to be important for opiate reward, while these same structure and their connections to other limbic areas, like amygdale, may play a in the rewarding properties of barbiturates and alcohol*

*Q-2: Which type of drug abuse problem is commonly seen in your daily practice? What is the reason behind that?*

*A; Cannabis is most commonest drug abuse problem in teen agers group in daily practice, cannabis is easily available and provide a quick, often inexpensive way to have "fun."They are curious and want to find out what the fuss is about. By using substances expresses opposition to adult authority and can be part of the process of separation from parents. Using substances symbolizes developmental transition (e.g., moving from a less mature to a more mature stage).Cannabis users might be trying to quell feelings of anger, frustration, stress, fear of failure or failure itself.*

*Q-3: Which age group is most affected by drug abuse problems?*

*A: The group of people falling between the age range of 17 to 30 years are more vulnerable to have drug abuse problems in Pakistan.*

*Q-4: Our young generation is the highly risk population to be suffering from drug abuse problems, what are the biological risk factors of various kinds of drug abuse problems among youngsters?*

*A: There is no definitive cause of drug use problems among young people, but experts have suggested many risk factors of individual which lead to adolescent substance use. Genetic vulnerability, reinforcing effects of drugs, withdrawal effects and craving , role of dopamine and nor epinephrine, co- morbid medical and psychiatric disorders and personality disorders are prominent biological risk factors of drug abuse among youngsters*

*Q-5: How biological factors can be handled that lead to drug abuse problems?*

*A: In the most vulnerable groups of community, we would like to plan strategies according to the level of intervention relevant to an effective response to drug abuse problems.*

*Level -1: Drug user, the family and friends. (Awareness can leads to spontaneous improvement influenced by health promotion)*

*Level -2: Employers, work colleagues, police and social welfare. (these agencies well placed to initiate an effective intervention)*

*Level-3: primary health care, hospitals, social work and counselors. (Primary level caring agencies can be NA effective with sufficient training and support)*

*Level-4: Ex drug addicts groups, specialist treatment services. (Specialist services)*

## Real Stories

### *Things are not the substitute of Love*

*Like others, my parents too desired to get me married as soon as possible. At the age of 21, my marriage was arranged to a guy belonging to upper family with the help of match maker. My parents were too happy with that because I was to going to be married in upper class. My husband was having master degree in mathematics but he never worked any where. After marriage, I found my husband to be extremely avoidant; he did not like to mingle with people, even he rarely discussed any thing with me. He was not as expressive as every girl wants her husband to be.*

*I endured it but after few months, I came to know that he was addicted to cannabis and medicines for 2 years. That was very shocking for me that he was addicted but my family was kept in dark. My in-laws, showing their property and status, found a girl for their son but never thought about me.*

*I was expecting when it was disclosed to me that my husband is a drug abuser. Therefore, I could not leave him. My father-in-law assured my parents to fully support me. He is still supporting me and I have two children who are taking quality of education. I have*

*enough money to raise my children and to live a good life. But money is not ever thing. I am dependent on others. I tried many times to get treatment for my husband but he could not quit drugs. Although, my in-laws are very nice but I have one complain that why they did choose me as a solution for their son's problem*

## ***My Motivation Brought Me Back To Life***

*I was an alcoholic abuser and wasted a lot of money on drinking with my friends. My brothers were settled in their lives but I could not due to my addiction. My mother used to be worried because of my problem. She wanted me to be settled in my live like my brothers but I did not care about that. When my relatives came to know about my addiction, they started avoiding me.*

*The time came when I felt that my sibilings did not like to spend time with me. When I complained to my mother she said," The time comes when they will not be willing to live with you". I thought about my problem and decided to be recovered from this disease. I heard about the treatment centre opened near to my home. I went there alone for getting treatment. I got admitted there for 2 months. After 2 month, I came back home with new enthusiasm*

*My mother was very happy and she wanted to arrange my marriage but I refused because I wanted to work more on myself. I kept in touch with the professionals of treatment centre and used to consult them with dealing my life problems. With the passage of time, I overcome many problems that led to my alcoholism. Now, I am recovery of 5 years, got married and have a son. My siblings also helped me a lot to adjust in my family. I think this was my motivation that led me to quit alcohol.*

## **Drug Abuse Brings Multidimensional Destruction**

*I started taking drugs in my school. One of my addicted class fellows offered me to test a cigarette filled with cannabis. I used that and became an addict. For this reason, I was rusticated from my school. My father forced me to work at appliance repairing shop. I did not use drug during 10 hours of working at shop that improved my efficiency and I used to be give good remuneration. I used to give money to my family. But I used to take cannabis in other time. My family asked me to get married despite being addict to cannabis. Finally, I got married. One day, I also tried heroin in my friend's company. Gradually, I started taking heroin during working time. I lost my job due to addiction that brought financial problem in my family. I started coming back home intoxicating drugs that irritated my wife. She forced me to quit drug but I did not. I used to quarrel and beat her; therefore, her family took her back and demanded for divorce. After divorce, my ex-wife delivered a baby girl whom I did not see yet.*

# Article

## *Five Steps Model Of Drug Abuse Prevention*

*By Haider Ali*

*Five Steps Model of Drug Abuse Prevention (FSMDAP) was proposed by the last Prophet Muhammad (p.b.u.h) to combat alcohol abuse problem in the society. Some of the steps of this model have been successful implemented in some non-Muslims as well as Muslim countries such as; China, Thailand and Saudi Arabia. This model comprises of five steps which are as follows;*

### ***1-Leadership:***

*Campaign/project. A good leader presents himself as a role model for others by preventing him from evils besides having controlling the social problems and immoral activities of people. Leader also should possess some qualities that make him different among all. Effective leadership also facilitates the implementation of law as well as makes the people follow the law appropriately. Prophet Muhammad (p.b.u.h) proved himself as effective leader who not only implemented the law prohibiting alcohol abuse but also made people realize the consequences of alcohol abuse.*

## **2-Imparting Information/Creating Awareness:**

*The prime responsibility of a good leader is to impart knowledge of social problems/evils in order to prevent the people from the hazardous of those evils. Alcohol/ drug abuse is one of those problems that need to be addressed at all levels. Prophet Muhammad (p.b.u.h) created awareness among people by conveying the message of Allah who strictly prohibited the use of alcohol and activities that harm the individual and whole society.*

## **3-Partially Restrictions:**

*Partial restriction is essential to eradicate the social evils. It also gives the opportunity to people to rectify their mistakes until the completion of awareness campaign. Moreover, it is difficult for people to bring drastic change in their habits. Prophet Muhammad (p.b.u.h) partially restricted the use of alcohol and other immoral acts by conveying the message of Allah so that people can get full understanding of these issues.*

## **4-Completely Prohibited:**

*After partial restriction, alcohol and drug abuse is completely prohibited in the society. When people learn to rectify their selves under partial restriction and awareness program, then they are expected to fully overcome their immoral acts and behavioral problems. Prophet Muhammad (p.b.u.h) fully banned the use of alcohol in the society*

### **5-Punishment:**

*After making people aware of the consequences of drug abuse, law of punishment is implemented as a last strategy for the eradication of drug abuse. When people adhere to their immoral acts, false beliefs and are not ready to be changes, then they deserve to be punished because of their dangerous habits. Prophet Muhammad (p.b.u.h) implemented punishment for those who did not show any change in the bad habits. Today, Saudi Arabia, China and other countries have implemented severe punishment to control drug abuse and trafficking.*



# Anger Management

*By Shereen Ismaeel*

Anger is a natural human emotion and every individual experiences some form of anger. It is not possible to be completely free from anger but we can manage it effectively in daily lives. Anger can lead to various behavioral problems such as; smoking and other drug abuse problems. Suppression of angry feelings and thoughts are not the solution but increase your negativity. There is need to express anger in productive way.

Following are some tips that help you to manage your anger.

## **1-Deep Breathing:**

Sit calmly on the chair, close your eyes and start inhaling and exhaling. First inhale and then exhale slowly. While exhaling say to you, relax. Do daily this exercise for 5 minutes. You will see improvement in yourself.

## **2-Physical Exercise:**

Do physical exercise such as; jogging, cycling etc. These exercises will release your physical energy and help you to express your anger.

**3-Accept Yourself:**

*Try to accept whatever you are. Accept your past, present, drawbacks, mistakes, capabilities, position etc. Do not compare yourself with others.*

**4-Forgive Yourself:**

*Whatever you did in past, try to forgive your self over that, learn from mistakes and go ahead. Every one does mistakes, do not regret too much what you have done*

**5-Forgive Others:**

*If someone has mistreated you, then forgive him/her. Do not ruminate about others; it will increase your pain. As a result, you will not be productive as you desire to be. People are not perfect, so forgive them so that you can achieve your life goal.*



# *Steps Toward Recovery*

*By Zahid Iqbal*

Program Officer  
Dhaka Ahsania Mission, Bangladesh.

*It really takes time, courage and strength to face up to drug addiction. When you are bogged down in drug abuse and drug addiction, sobriety can seem like an impossible goal. But recovery is never out of reach, no matter how hopeless your current situation seems. Definitely change is possible with the right treatment, care and support, and by making lifestyle changes that address the root cause of your addiction. Do not give up, even if you have tried and failed before. For many people struggling with addiction, the biggest and toughest step toward recovery is the very first one: deciding to make a change. It's normal to feel conflicted about giving up your drug of choice, even when you realize it's causing problems in your life. Change is never easy. Committing to sobriety involves changing many things and it includes-*

- *dealing with stress*
- *who you allow in your life*
- *utilize your free time*
- *how you think for yourself*

*Once you have made the decision to challenge your drug addiction, it is time to explore your treatment choices. There's no magic bullet or single treatment that works for everyone. When considering a program, remember that everyone's needs are different. Drug addiction treatment should be customized to your unique problems and situation. It's important that you find a program that feels right. Treatment should address more than just your drug abuse. Addiction affects your whole life, including relationships, career, health, and psychological well-being. Treatment success depends on developing a new way of living and addressing the reasons why you turned to drugs in the first place. It may have been because of an inability to manage stress, in which case you will need to find healthy ways to handle stressful situations. Drug addiction treatment is not a quick and easy process. In general, the longer and more intense the drug use, the longer and more intense the treatment you will need. But regardless of the treatment program's length in weeks or months, long-term follow-up care is crucial to recovery. There are many places to turn for help. Not everybody requires medically supervised detoxification or an extended stint in rehabilitation. The level of care you need depends on your age, drug use history, and other medical or psychiatric conditions. In addition to doctors and psychologists, many clergy members, social workers, and counselors offer addiction treatment services. As you seek help for drug addiction, it is also important to get treatment for any other medical or psychological issues you are experiencing. Your best chance of recovery is through integrated treatment for both the substance abuse problem and the mental health problem. This means getting combined mental health and addiction treatment from the same treatment provider or team.*

## Helpline

**Q-1:** *I am 37 years old and working at a reputable position abroad. I am a cannabis user that disturbed my functioning a lot. I want to get rid of it but I could not disclose it to any one. If I get treatment, I will have to loose my job. At the time of hiring, I signed an agreement that any kind of involvement in addiction or any other bad activity will result in termination of my job. Please suggest me how I could recover from drug addiction*

**Faisal- Masqat**

**A-***Dear Faisal, first you request your employer to grant you leave for at least 1 month. You come back to your country and get treatment from rehabilitation centre. During one month, you will be able to detoxify your body from cannabis; moreover, you will be benefit from psychological counseling that will teach you to learn skills necessary to maintain your recovery. You do not need to disclose your problem to any one there. In your own country, you will comfortably get the treatment. You are motivated to quit drugs and motivation is a force that brings changes at both individual and social level.*

**DFN**

**Q-2:** *My elder sister is a primary school teacher in government sector. Her husband is an alcohol user. He quarrels and uses abusive language after drinking. Last week, he argued with her after having drinking.*

*My sister was also continuously arguing with him. He tried to beat her with chair but her daughter rushed to rescue her. Then, my elder brother, living near to her home, came and tried to calm down her husband. He also made him realize about his behavior. Her children were afraid of that situation and my sister was weeping. Her husband provides all amenities to my sister and her children. She has no financial or any other problem except his alcoholic behavior. My brother-in-law also takes care of me and my other siblings when he comes to his senses. Only trouble is his alcoholic behavior. How could that problem be solved?*

***Farhat-Karachi***

*A-Dear Farhat, you suggest your sister not to argue with her husband while he is drinking. Alcohol diminishes the sense of right and wrong. In alcoholic state, he can severely harm your sister, children and himself. It is very risky to argue the person having drinking. It is better to avoid him instead of arguing. In a normal position, you and your family try to convince him for getting treatment. If he is very caring for your whole family, then he will definitely consider your suggestion. Try to show him dangerous side of using alcohol, the way it may harm his health, wife and children. **DFN***

***Name and places of senders have been changed to maintain confidentiality. Send your queries without any hesitation to DFN at [dfn.pak@gmail.com](mailto:dfn.pak@gmail.com)***

# Golden Words

## *I Never Asked You To Be My Dad*

© Ronald Doe

*I never asked you to be my Dad,  
To slap me around and treat me bad.  
I never asked you to drink alcohol,  
I never asked for anything at all.*

*I never asked for the hurt and pain,  
Or for the nights that were half insane.  
I never asked for fights that were wild,  
Or to grow up a bewildered child.*

*I never asked you to beat up my Mom,  
Or for a blanket to help keep me warm.  
I never asked you to leave me alone,  
Or to grow up in a broken down home.*

*I never asked for this horrible life,  
Or for the conflicts, the quarrels and strife.  
I never once asked that I be defiled,  
Or to grow up a bewildered child.*

*I never asked to be raised in prison,  
Or to see darkness though the sun had risen.  
I never asked you to raise Holy Hell,  
Or for my bedroom to be like a jail cell.*

*I never asked to be used and abused,  
Or to sit in my room dazed and confused.  
I never asked for the crap that has piled,  
Or to grow up a bewildered child.*

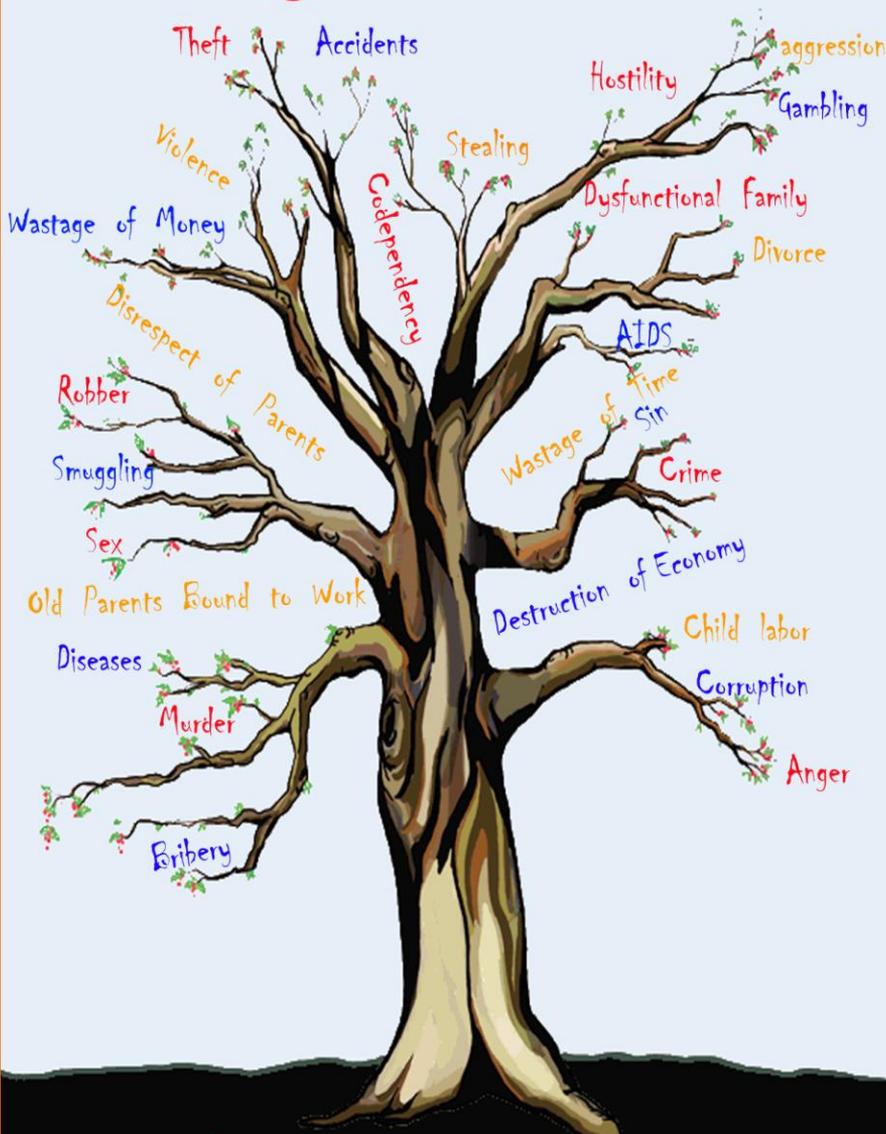
*I never asked for a brand new bike,  
Or for any toys that I used to like.  
I never asked you to throw me a ball,  
Or for the bruises when I took a "fall".*

*I never asked once but I'm asking you now,  
I hope you make me understand somehow.  
How you could treat me so freaking bad,  
That I never asked you to be my Dad.*

*By Ronnie Doe*

*Retrieved from  
<http://www.familyfriendpoems.com/poem/i-never-asked-you-to-be-my-dad>*

# Drug Addiction!



## A Tree of Evils

drug-free

NATION

Be alert, be aware, be alive