

**CONCEPT NOTE**  
**Project Proposal for Prevention of Drugs and Alcohol in Kandy District**  
**Diocese of Kandy**

**Project title** : Prevention of Drugs and Alcohol in Kandy District

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**Brief description of Organization;**

SETIK organization functions as the social apostolic hand of the Catholic Church in the diocese of Kandy, which commenced its journey in 1964 as the Kandy Institute of Technology (K.I.T.) Vocational training centre for plantation youth. Rev. Fr. Antoninus functioned as the first director from 1964 to 1973.

Our Organization completed its 50<sup>th</sup> golden jubilee in the year 2014. During this period, SETIK has acquired remarkable experience in serving the rural and the plantation community in the diocese of Kandy. We are very glad to state that during this period, we have been able to enlighten the under-privileged & marginalized community to gain their rights and privileges for which we possess great capability and strength. We have been able to achieve our objectives of serving the masses with the proper guidance of His Lordship the Rt. Rev. Dr. Vianney Fernando the Bishop of Kandy and the devotion and dedication of the past and present directors of our organization and the talented staff, which consists of able and dedicated officers, proficient in linguistic belong to the ethnicity of Sinhala, Tamil and Muslim of different faiths. As a social organization 'SETIK' has gained fame and pride among the government institutions, non-governmental organizations and the community.

## 1. Background

In Sri Lanka the youth and the school children are addicted to liquor, drugs, smoking and various intoxicating substances such as capsules, betel and betel nuts. Even the adults are engaged in these immoral habits. Despite of the exorbitant price increase of cigarettes by the government, the percentage of smokers have rapidly risen as follows:-

<u>Age limit</u>	<u>Percentage of smokers (Males)</u>
Up to 15 years	33.2%
15 to 24 years	26.6%
25 to 39 years	36.9%
40 and above	38.9%

(Source: <http://www.unaids.org/en/religionscountries/countries/srilanka/>),  
2012, Research Alcohol and Drug Information

Not only that consumption of alcohol too has risen rapidly as per schedule shown below.:-

Arrack consumption	- 74.8%
Beer	- 43.8%
Toddy	- 28.7%

The above details were obtained from a study of sample carried out in 368 adults.

However Alcohol consumption among females is not common in Sri Lanka. But, Alcohol consumption among Estate Sector females is higher when compared to rest of the country. A study carried out in a sample of 368 females over 18 years in 15 sub-divisions of five Estates in the medical officer of health area, Kotmale to find out the percentage of Estate females who consume alcohol. It was revealed that 31.25% of Estate sector females are consuming Alcohol. This clearly shows that even the plantation community consume liquor in Sri Lanka.

It was also revealed from the narcotic unit of the Kandy Police, that arrack, toddy, heroin, cannabis intoxicating capsules, betel and betel nuts are being used by a large number of youth and adults within the 21 police areas in the district. Mahaiyawa, Dangolla, Suduhumpola, Augusta Watta, Ampitiya, Galtenna, Udawatta, Meekanuwa and Hantana are few such areas where alcohol and drugs are being used. The narcotic unit of the police has also revealed that the above immoral habit also spreads to the, leading schools in the island, specially the 'Kerala Ganja' used by the school children.

There are so many reasons which lead to this situation. Illiteracy, ignorance, hereditary characteristics and social and cultural environment of the community are some of the main reasons lead to this situation. However, Due to this drug menace, even the historical city of Kandy is faced with severe problems. Addiction to drugs and alcohol has led to collapsing of family life, economy and the education of the children. In addition to the above there is also the risk of spreading HIV/Aids in Sri Lanka.

The users of drugs and liquor could be categorized into three groups.

- Those who are addicted to drugs & liquor.
- Those who use drugs & liquor.
- Those who will use drugs & liquor.

The first of all they should be enlightened about the adverse effects of using drugs and liquor. They should be provided counselling. Those who are addicted should be referred to the centres for treatment (where the drug addicts below the age of 21 are being treated). Therefore necessity has arisen to commence a long term process, jointly with the police and the National Dangerous Drugs Control Board to get rid of this situation.

## **2. Project summary**

### **2.1. General objective**

Minimizing the usage of drugs and alcohol of the children, youth and the adults of the 21 authority areas of the police in Kandy district by developing their attitudes and abilities.

### **2.2. Specific Objectives**

The proposed project intends to achieve the following specific objective within the project period of three years.

- i. Implementing drug prevention programmes in the rural and plantation areas and in school level within the authority areas of 21 police stations in Kandy District and to create a positive change of the target groups at the end of the year 2019.
- ii. Formation of 15 groups of quality students in 15 selected schools in the 21 authority. Areas of the police stations in Kandy district at the end of year 2019.

### **2.3. Geographical Areas**

Rural, Plantation and urban areas and schools in the 21 police authority areas in Kandy district can be described as the geographical areas of this project.

- First year - 07 Police Authority areas.
- Second year - 07 Police Authority areas.
- Third year - 07 Police Authority areas.

### **2.4. Target Groups**

- Children, youth, adults and school children and the persons aspiring for drugs and alcohol.
- Those who used to drugs & alcohol (persons in the rural and plantation areas and school children).
- Those who are addicted to drugs & alcohol (Persons in the Rural and Plantation areas and school children)

### **2.5. Expected Outcomes**

- 30 youth groups will have been formed and actively engaged against drugs and alcohol in the target fields in the rural, plantation and urban areas. This can be confirmed properly through the relationship we maintain with the National Dangerous Drugs Control Board & the 'Vice' branch of Kandy Police station. Further, we maintain our relationship with the hospitals and the counselling centres.
- Fifteen groups of quality students in the fifteen selected schools have been formed actively in schools.
- Our organization maintains cordial relationship with the National Dangerous Drugs Control Board & the 'Vice' branch of Kandy Police station.
- Drugs and alcohol related incidents are being collected by our staff, to prepare a report on lessons learned.

## 2.6. Active Methodology

- Listening patiently, sharing the problems amicably, counselling, and referring for treatment.
- Conducting awareness programmes, seminars & workshops.

## 2.7. Following-up actions

- This project is to be followed up through the project staff.
- The quality group students are to be followed up through the school groups.
- This is to be followed by the youth groups too.
- Follow up action will be conducted through the weekly review meetings, monthly, bi-annual and annual meetings.

## 2.8. Venues and Dates

It has been planned to implement the following activities in three stages covering the 21 police authority divisions. Under this programme 07 police divisions and five schools will be covered per year.

1. Short term                    -            Common  
Identifying the addicted persons. Referring them for treatment and for counselling.
  
2. Long Term                    -            Rural / Plantation / Urban areas
  - Conducting awareness programmes.
  - Conducting personality development workshop.
  - Workshop for the trainers.
  - Formation of 30 youth groups to prevent drug & alcohol use comprising of members between 5-15.
  
3. School level                -            Awareness programme.  
Seminars.  
Formation of 15 quality students groups.
  
4. Publications                -            Handbills  
Posters  
Stickers

## 2.9. Participation

Participation means the persons who participate to the awareness programmes and to the seminars. We expect 25 participants each for awareness programmes and personality development programmes and 20 trainers for a training programme. We hope to participate 50 members for school programme. A group of 10 students (Quality group students) from a selected school will attend this programme. Not only that, officers in government institutions and local authorities, teachers and parents too will attend these programmes. In addition to the above resource persons (Internal and external) and the M & E officers (Internal & External) too will be present for these programmes.

## 2.10. Summary budget

No	Programmes	Budget Rs.
1)	Conducting Awareness Programmes	525,000.00
2)	Condcuting Personality Development Workshops	720,000.00
3)	TOT workshops	720,000.00
4)	Formation of 30 youth groups	90,000.00
5)	School Awareness	450,000.00
6)	School Seminars	900,000.00
7)	Handbills/Posters/Stickers	175,000.00
8)	Monitoring & Evaluation	300,000.00
9)	Staff Cost	4,074,000.00
		7,954,000.00
	Admin	397,700.00
	<b>Total Budget</b>	<b>8,351,700.00</b>

### Useful Documents:

- Detailed report of the discussion held with Officer-In-Charge of the 'Vice' branch of Kandy Police Station.
- Detailed Report of the discussion held with the National Dangerous Drugs Control Board
- Information & publications of Alcohol & Drugs information Centre.
- Data and Information of the Project unit of the SETIK Organization.