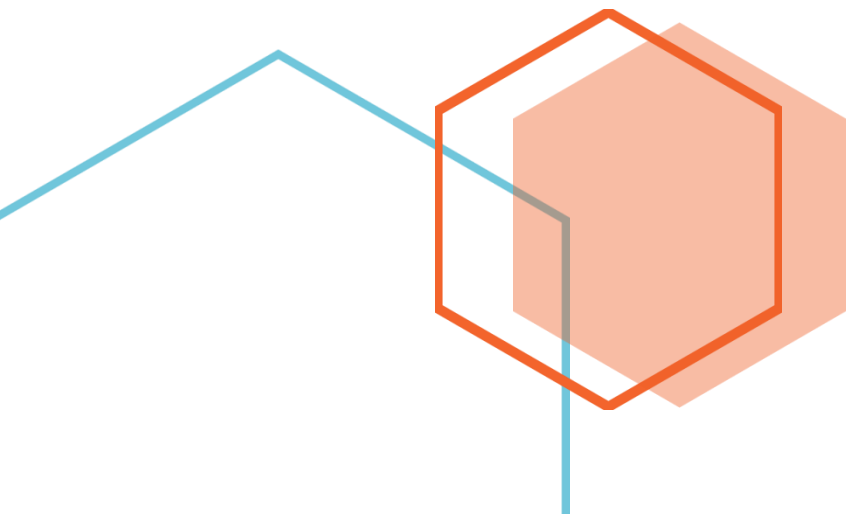




SUNNY TRUST ANNUAL/PROGRESS REPORT

2018



In the name of Allah, the most beneficent the most merciful

“O YE WHO BELIEVE! Truly intoxicants and gambling, sacrificing to stones, and (divinations by) arrows, are an abomination of Satan’s handiwork, avoid such (abomination) that ye may prosper. Satan’s plan is to sow enmity and hatred among you with intoxicant and gambling, and to hinder you from the remembrance of Allah and from salat.

Will ye not then abstain”

(Al-Maidah: 90-91)

اے ایمان والو! بات یہی ہے کہ منشیات، جوا، تھان اور مال نکالنے کے تیر یہ سب گندی باتیں شیطانی کام ہیں۔ ان سے بالکل الگ رہو تا کہ تم فلاح یاب ہو۔ شیطان تو یوں چاہتا ہے کہ منشیات اور جوئے کے ذریعے تمہارے آپس میں عداوت اور بغض واقع کر دے اور اللہ تعالیٰ کی یاد سے اور نماز سے تم کو باز رکھے۔ سواب بھی باز آ جاؤ۔

(سورۃ مائدہ ۹۰ - ۹۱)

Chairman's Message



I am pleased that despite the global financial crisis and the early signs of a worldwide recession that marked 2017, Sunny Trust achieved its mission & objectives, both in performance and its sustainability. Our diversified healthcare portfolio strategy underpinned our success in a difficult environment. Especially gratifying are the accelerated growth and improved efficiency of our Professionals. Our newly launched treatment strategies are transforming our portfolio. Treatment and Rehabilitation in ST continued to show dynamic growth, and enhancement of community-services is becoming our main objective.

We achieved our strong overall performance in 2017-18 against a background that remains difficult, despite fundamentally robust prospects for growth. Compared to many competitors, however, our strategy of focused diversification in healthcare puts us in a better position to improve on growth opportunities in a number of platforms and, at the same time, to spread our risks. It is interesting to note that our portfolio strategy now enjoys broad support and that a growing number of major treatment & rehabilitation organizations are also employing our techniques.

Despite drug addiction, unhealthy lifestyles and environmental pollution increase the frequency of chronic diseases. Changes in eating habits and lifestyles that include very little exercise, as well as pollution – especially air pollution – are taking their toll in obesity, chronic cardiovascular diseases, diabetes, cancer, lung diseases and drug addiction.

To provide cost-effective healthcare, all systems around the world must achieve three goals: quality assurance in diagnosis and treatment, access to all essential medical services and medicines, and financial sustainability. This requires greater transparency and comparability of treatment results with standardized treatment methods, measurement, databases and information technology systems. There has been little meaningful progress to date in these areas not only because systemic analysis and planning have been lacking, but also because politicians have been focused on short-term success. Moreover, there are many groups who are resistant to any fundamental change in healthcare.

Our commitment to patients is an integral part of our strategy. The same is true of the ethical principles anchored in the Sunny Trust's social culture. I am most pleased that

We are hopeful to start a treatment and rehabilitation centre for female drug addicts during next three years; separate healthcare dispensary and fully equipped diagnostic laboratory. Work for IDUs, HIV/AIDS, malaria, tuberculosis and viral infections in Islamabad and rural areas of other provinces are our targets, and we are designing a project to open new centers in other provinces as well.

There are many changes taking place at the moment, but one thing remains constant: Patients need the best and most cost-effective treatment & rehabilitation service. I am certain that if we never lose sight of this fundamental imperative, we will succeed in meeting the major challenges of the future.

The coming years will present significant challenges like poverty, insecurity, inflation, natural disasters that will affect the overall performance of organization, but I am hopeful that each of our employee is committed to achieve its targets with organization's expectations.

Dr. Munawar Fayyaz Sunny

ABOUT THIS REPORT

SCOPE:

In this report, we have tried to cover all the dimensions of our environmental, social and economic performance. This is one step forward to the last years' efforts of publishing our social reports.

REPORTING PERIOD

The occupational health, Safety, Environment, Social and Economic related performance is reported for the years 2017 – 2018.

INFORMATION CREDIBILITY

ST Management is responsible for the preparation and integrity of the information in this report. ST ensures reliability of data through independent checks and control system.

BOUNDARIES OF THE REPORT

Our hospital at Bhara Kahu, Islamabad is situated on main Murree Road. We have a close interaction with local communities. Most of the people of Bhara Kahu are illiterate & due to a rise in property prices, these people became millionaire by selling their inherited properties. So, these people use alcohol and other drugs during their leisure time. Similarly, their children are also becoming drug addicts. That is the major threat to local communities. ST is trying to create awareness against Injecting Drug Users (IDUs), HIV/AIDS and drug addiction through schools, colleges and local communities. Similarly our target is Rawalpindi, Islamabad and nearby villages, where we create awareness through banners, steamers and pamphlets.

Report Audience

This report has been prepared and published in order to communicate all the social endeavors of our organization to our stakeholders including employees, patients, volunteers, Academic Institutions, families, hospitals, laboratories, government and non-government organizations.

With our mission of continuous struggle for development, we believe and understand that sharing information with others can not only be beneficial for them but will also help to bring improvements in our own systems.

OBJECTIVES

The main objectives of Sunny Trust are as under:

- To provide detoxification and rehabilitation facilities, subject to availability of space, to the nearby villages and other adjoining districts of Rawalpindi and Islamabad, as well as those from elsewhere in Pakistan, AJK and abroad.
- Drugs related awareness and provision of resource material to general public.

VISION

Sunny Trust enshrines the vision of a healthy, smoke-free society that is free from the harmful effects of alcohol and all drugs. In furtherance of this vision, Sunny Trust strives to become most innovative, accessible and effective organization responsive to the needs of people with substance abuse problems.

MISSION

Sunny Trust is committed to serve humanity through untiring efforts and devotion to counter, cure and eradicate the menace of drug abuse to the best of their ability and resources. Sunny Trust is determined to pursue each stage in this long recovery process professionally, with patience and compassion, upholding human dignity, respect and self-esteem.

CORE VALUES

The main intention of treatment and rehabilitation is value formation therefore the organization sets up such norms as;

- Honesty
- Openness
- Transparency
- Integrity and
- Mutual Help



The shape

The logo consists of 2 graphic items: enhancing and reciprocating each other's presence. Sun is in the background representing life and STE in the foreground we have our target (the rehabilitated man).

Colours

Developed by 2 colors, where sun is represented by morning yellow and blue is more powerfully representing the liberated target.

It is manifesting life with sun at its back. In the night when darkness reigns there is no hope and there is no light. The horizon has despondency and then comes the STE which rises from the horizon as sun and enlightens the life. Ultimately gives it a new hope and a new boost.

Concept

Look & Feel Symbolizing rising & transiting life

Introduction

Our LOGO & Our Organization

We act as an inspiration and as enlightening phenomena to alleviate, cure and rehabilitate the patients with empathy. As we not only treat but psychologically, socially and spiritually rehabilitate the patients. Our action is directed toward a greater social cleansing and curing from all the darkness created by drugs.

Organizational Profile

Sunny Trust provides Treatment and Rehabilitation services to drug addicts, with HIV/AIDS and IDU awareness to deprived communities.

Sunny Trust is a social sector development focused entity. It has been working since 1995, registered under Trust Act 1882 & under Voluntary Social Welfare Registration and Control Ordinance 1961. Sunny Trust is a non-profitable, non-political and non-sectarian organization. Sunny Trust is delivering services to strengthen the health and the social sectors in Pakistan. Sunny Trust is running 50 beds Treatment and Rehabilitation centre for drug addicts, health care services for outpatients and creating awareness among general public and high-risk groups particularly the information on the ill effects of drugs and transmission of HIV/AIDS in Pakistan.

ST so far has treated nearly 8000 drug addicts, covering practically all the social spectrum and successive generation of drug patients. Besides, Sunny Trust has treated overseas patients those of Pakistani origin from different countries i.e. Britain, Russia and Switzerland. The majority of drug dependents suffer from chronic diseases due to their prolonged history of drug abuse, repeated treatment and relapse. They are usually brought to this center as a last hope.

ST is the oldest and largest drug free, self-help programme in Pakistan. ST acts on behalf of those who seek help from problems compounded by substance abuse. Sunny methodology is based on Therapeutic Community (TC), a highly structured family environment where positive peer interaction is emphasized.

Organization Information

Organization	Sunny Trust (ST)
Chairman	Dr.Munawar Fayyaz Sunny
Registered Office	Main Murree Road, Bhara Kahu, Islamabad.
Website	www.sunnytrust.org
Email	sunnytrust@hotmail.com

TREATMENT OF DRUG ADDICTS AND REHABILITATION

Drug

Any chemical substance of either synthetic, semi synthetic or natural origin that is used for its physiological and psychological effects.



Drug Abuse

Any use of drugs that causes physical, psychological, social, spiritual and legal harm to the individual or to the others affected by drug users' behavior.

Addiction

Addiction is state of being dependent on certain substance, which is harmful for the physical or mental health of the person, for his social well being and economical functioning.

Addiction can be defined as a physical or psychological dependence on a substance that is marked by;

- An increased intake
- Continued use despite consequences
- Physical withdrawal when use of drug is discontinued

Physical Dependence

It develops when user's body becomes totally dependent on the drug.

Psychological Dependence

It is a state characterized by emotional and mental preoccupation with the effects of drug and persistent craving for it.

TREATMENT

Intervention

The first step in treatment at Sunny Trust is to motivate the patient for treatment and bring him to rehabilitation centre, this is called Intervention. An effort to motivate, persuade or urge a person to change his/her attitudes or behaviors that are unacceptable by the community.

- An organized effort
- Carried out by significant or concerned others
- Meant to break through the person's denial and to diminish his/her delusion that has been pushing him/her to continue using drugs
- A collective effort planned after consulting experts or experienced people in field
- Aimed at securing the person's agreement to undergo treatment immediately

Purpose & Benefit of Doing Intervention

- Diminishing addict's addictive attitudes and behaviors like denying, blaming others, impulsive, compulsive, manipulative, etc.
- Bringing awareness to addicts about the impact of their destructive behaviors upon himself and others and that they need to focus on their treatment
- Obtaining addict's commitment to undergo treatment
- Creating an opportunity for other members to disengage themselves from the addicts
- Educating those involved how to be assertive and simultaneously eradicating their enabling behaviors
- Encouraging those involved to express their care and compassion to drug dependents
- Improving communication in a family
- Educating those involved exercising their right to voice out their grievances and concerns

Forms of Intervention in Treatment

- Family Intervention
- Peer Group Intervention
- Spouse Intervention
- Social Group Intervention
- Clinical Intervention

Guidelines for Treatment

- Recovery from addiction is possible
- Treatment program should be multidimensional and should be according to individual needs of client
- Adequate period of treatment is critical
- Involvement of family, community, workplace, and self help groups facilitate recovery
- Family, Patient and Doctor/Counselor make a triangle in recovery process
- For sustained recovery regular monitoring is very important
- Relapse is probability
- Recovery is lifelong process
- All professionals work together like a team e.g. Doctor, Psychologist and Social counselors
- Knowledge and Will power plays a key role in treatment

Core Components of Comprehensive Services at Sunny Trust

1. Information

Information officer explains in detail to family:

- Mode of treatment
- Duration of programme
- Activities of programme
- Treatment expectations
- Boarding and lodging
- Facilities of treatment
- Admission procedure
- Rules and regulation of system

2. Registration

After detail information family/guardian provides basic information about client including;

- Biodata
- Drug taking history
- Witness and guardian information
- Undertaking
- Intervention data

3. Detoxification

It is a process whereby individuals are systematically withdrawn from addicting drugs in an inpatient setting, typically under supervised care. Detoxification is sometimes called a distinct treatment modality but is more appropriately considered a precursor of treatment, because it is designed to treat the acute physiological effects of stopping drug use. Detoxification is not designed to address the psychological, social, and behavioral problems associated with addiction and therefore it is the first step of a comprehensive program of rehabilitation at Sunny Trust. It leads further towards;

- ASSESSMENT
- DRUG ABUSE SCREENING TEST (DAST)
- INITIAL ASSESSMENT
 - History
 - Examination
 - Investigation
- PSYCHO-SOCIAL ASSESSMENT

4. Counseling

Whether individual or group counseling is technique which involves;

- Insight
- Persuasion
- Suggestion
- Reassurance

This helps the client see himself and his problems more realistically and motivate him to find methods to cope. Drug counselors/Psychologists at Sunny Trust address issues of motivation, skills to resist drug use, facilitate interpersonal relationship and the individuals' ability to function in the community. Counseling techniques adopted by Sunny Trust includes;

- Individual Counseling
- Group Counseling
- Spiritual Counseling

- Family Counseling
- Group Lecture
- Group Therapy
- Follow-up
- Relapse Prevention Training

Recovery Process

“Recovery is the process of initiating and maintaining abstinence from substances as well as making intrapersonal and interpersonal changes”.

Phases of recovery

After enrolment at Sunny Trust an addict passes through following stages of recovery:

Pre-Treatment

(Life before coming for treatment)

In Pre-treatment clients learn from the consequences and negative effects of drug use. As the consequences become more and more severe, they attempt to control their drug use. When this fails, they attempt periods of abstinence. Finally they admit defeat and realize that they cannot control their drug use.

Stabilization

(Withdrawal and Crisis Management/Detoxification)

Stabilization involves recovery from acute withdrawal and physical health problems under close supervision of Medical Officer and supportive counseling by staff members. They learn to break the psychological conditioning causing the urge to use drugs and stabilize the crisis that motivated them to seek treatment. This prepares them for the long term process of rehabilitation.

Daily Activity Schedule

Sunny Trust International

Time	Activity	Taken By
05:30 am	Morning Call	Admin
06:00 to 06:30am	Namaz-e-Fajr + Zikr	Spiritual Counselor
06:30 to 07:00am	Surah-Rehman	Spiritual Counselor
07:00 to 07:30am	Exercise	Admin
07:30 to 08:30am	Breakfast	Admin
08:30 to 10:00am	Dars-e-Quran	Spiritual Counselor
10:00 to 10:45am	Morning Meeting	Social Counselor
10:45 to 11:30 am	Medical Round+ Medicine	RMO+ Dispenser
11:30 to 12:30 pm	Group Lecture	Psychologists
12:30 to 01:30pm	Lunch	Admin
01:30 to 02:05pm	Namaz-e-Zohr	Spiritual Counselor
02:05 to 02:30pm	Tea Time	Admin
02:30 to 03:30pm	Group Therapy	Psychologists
03:30 to 04:00pm	Asr Prayer	Spiritual Counselor
04:00 to 04:45pm	Recreational Activities	Social Counselor
04:45 to 05:30pm	Maghrib Prayer	Spiritual Counselor
05:30 to 06:30pm	Spiritual Lecture	Spiritual Counselor
06:30 to 07:00pm	Medicine	Dispenser
07:00 to 07:45pm	Dinner	Admin
07:45 to 08:15pm	Ishaa Prayer	Spiritual Counselor
08:15 to 08:30pm	Relaxation Therapy	Psychologists
08:30 to 10:30pm	T.V Time	By self
10:30pm	Sleep Call	Admin

Admin Manager
Sunny Trust International

Chairman
Sunny Trust International

Therapeutic Communities

Sunny Trust provides high quality treatment and rehabilitation services for drug user

in its residential therapeutic communities. Therapeutic communities are highly structured residential environments or continuums of care in which the primary goals are the treatment of substance abuse and the fostering of personal growth leading to personal accountability.

TC Goals

- Rehabilitation of the total individual
- Changing behavior and attitudes
- Development of drug free life

TC Programms

Focus on;

- Socialization
- Positive value formation
- Education
- Appropriate for hard core users
- Not specific to particular class of drugs
- Group encounter sessions
- Drug education
- Upon discharge client is referred for after care services
- Drug free supervised abstinence
- Accountability and confrontation
- Attempts to form a strong, positive, anti-drug culture
- Team work
- Rehabilitation

REHABILITATION

Rehabilitation is a process by which an individual with drug related problem achieves an optimal state of health, psychological functioning and social wellbeing. Sunny methodology emphasizes following components of rehabilitation:

Components of Rehabilitation

- Physical Rehabilitation
- Spiritual Rehabilitation
- Social Rehabilitation
- Psychological Rehabilitation
- Vocational Rehabilitation

Physical rehabilitation

Physical rehabilitation in Sunny methodology emphasizes on Physical growth by the administration of proper medicine, appetite and exercise.

Spiritual Rehabilitation

An addict would experience a profound personality change after involving in drug addiction. His spiritual, mental, emotional and physical needs are fulfilled through a relationship with an object. To restore his sanity he needs to develop a relationship with a Power that is love, caring and more powerful than any others. The addict needs to acknowledge his powerlessness over his addiction and to freely submit himself fully and completely to a higher power .i-e. ALLAH.

Effective treatment in Sunny Methodology is aimed at Whole Person Recovery (WPR). This implies the need to address not only the physical damage and psychological distress that the drug addict is suffering from but equally important is the spiritual or religious fulfillment of the individual.

Spirituality is a potent force in recovery process. The recovering individual needs to reconnect to his Maker and in the process redefine his role as the vice regent on earth. This goal is achieved through participation in following activities at ST;

- Dars-e-Quran
- Dars-e-Hadith
- Zikr
- Spiritual counseling

Psychological Rehabilitation

Psychological rehabilitation of recovering addicts is achieved by Sunny Trust through following components;

Clinical Assessment

A detail clinical assessment by psychologists is essential for continuing care of these patients. The aim is to collect accurate information about the past and current drug taking behavior. Assessment is an initial step in determining the cause of addiction and identifying the most appropriate treatment modalities for client needs.

Individual Counseling/Psychotherapy

A team of experts in the field of psychology at Sunny Trust performs tasks of giving individual sessions regularly to patients.

Individual counseling is face to face interaction between Psychotherapist and patient. The main objective is to resolve the psychological conflicts, to change the thinking pattern and to modify the attitude towards drugs. This process involves teaching the clients to establish sensible priorities, to think carefully and resist impulses, to see the situation as realistically as possible, to share one's true feelings with psychologist and value other people's point of view and to accept the help and guidance from other person.

Group Counseling/ Psychotherapy

Group therapy is a movement away from two persons' situation toward a group. The main objective is to develop interpersonal relationship skill amongst the patients, to enhance cooperation among them and to work as a team. At Sunny Trust group therapy is basic part of daily activity schedule in which patient is made aware of his problems, conflicts, abnormal behavior pattern, ego defense mechanism.

Family Counseling/Psychotherapy

Family psychotherapy is part and parcel of rehabilitation process. Involvement of family is essential in treatment as the patient can't recover in isolation and needs help and support of family members and significant others. Addiction is often called a family disease because it leaves its impact not merely on the abuser but on the members of his family as well. A family programme at Sunny Trust includes counseling, educative sessions, group sessions, individual counseling and an exposure to self-help programs.

The problems experienced during recovery and practical methods to deal with them are usually the focus of the educative sessions. In group discussions the family members are encouraged to share their feelings and problems. In the individual counseling sessions specific personal issues are handled, marital counseling is necessary as part of counseling.

Group Lecture

In group lectures given at sunny trust the Psychologist/ Counselor performs following tasks; Help the client to learn basic facts about nature of drug addiction, causes and effects of drug addiction, defenses, stages of treatment, recovery, recognizing the damage drug use has caused in one's own life. Clients respect the group not just by conforming to its norms but internalizing them. Thus the group serves as a micro-community that provides them with ample opportunities to develop and exercise self-discipline and social responsibility.

Follow-Up

Follow up is back bone of the rehabilitation program. The objective of the follow up is to keep the patient in touch with the treatment and rehabilitation program and overcome problems he faces in psychosocial aspect e.g. Post-Acute Withdrawal Management, Readjusting patient in to family and society. It emphasizes the importance of daily basis planning for recovering addicts. This is maintained for successful treatment and to sustain the motivation.

Sunny Trust offers three years follow up services to clients and ensures full sobriety.

Self-Help Group

“No one is so perfect that he needs no one else, and no one is so weak that he has to depend on others all the time”.

A self-help group is an association of people with similar problems who organize themselves as mutual resources of support and guidance under supervision of Sunny Trust. It encourages each member to talk about their experiences, problems, feelings and what actions he has taken to overcome the situation. Self help group is a very effective technique to prevent relapse and to sustain his psychosocial potential. The patient is trained to develop group and arranges his meeting out side the hospital after completion of indoor treatment and rehabilitation.

The objective of self help group is to share and enhance their experience as a person in the main stream of community and society.

Relapse Prevention Training

Relapse is defined as an unfolding process in which the resumption of substance use is the last event in a long sequence of maladaptive responses to internal or external stressor or stimuli.

Relapse prevention is an important component of drug demand reduction strategies followed by Sunny Trust and calls for the support of various sectors of the community.

Relapse Prevention is a systematic method for recovering addicts to recognize and manage the recurrence of addictive behavior.

Relapse prevention training is strictly stressed at Sunny Trust in which clients are fully trained to prevent their relapse by developing new coping skills and making healthy life style changes.

Social Rehabilitation

This aspect of rehabilitation involves socialization of the patient in treatment setup as well as his reintegration outside the set-up. By participating in daily routine activities e.g. morning meeting, recreational activities, group therapy and lecture at Sunny Trust, patients learn to share their problems in a group, learn social norms and ethics. They learn to respect each other. All patients admitted in Sunny Trust comprise Sunny Family. It involves feedback and confrontation of behaviors, attitudes & self-disclosure. Treatment effects last longer and clients report greater satisfaction.

REINTEGRATION

Reintegration with Self

Drug addicts, who have been using drugs for a long time, often live in a very isolated world, cutoff from mainstream society. Their whole life is centered on drugs in one form or another. At first using drugs may be for fun or to gain social acceptance then it becomes a habit and finally a necessity for survival. Once addicts come to realize that they are powerless over their drug addiction and life is unmanageable, they become open to seeking alternative forms of help.

However, the road of recovery is not an easy one as the addict has taken drugs to help him cope with life's difficulties. The pain and absence of drugs can lead to vacuum and intense feelings of desperation and anxiety. The addict person overcomes all the problems by participation in daily routine and goes through stages in the treatment and rehabilitation programme at Sunny Trust. He is fully supported by the Doctors, Psychologists, and Social workers of ST. He explores his underlying potentials, his existence and takes over the responsibility of his Recovery.

Reintegration with Family

Families of addicts do not acknowledge that problem exists: they develop behaviors (co-dependency) that help them deny, ignore or avoid difficult emotions. They don't talk about them as result family members learn to repress emotions and disregard their own needs.

Family support programme is corner stone of Sunny Methodology. Family services given at Sunny Trust include Education, Counseling and Support Group. In reintegrating recovering addicts with their families following steps are taken by the team of professionals;

- The first step is understanding and accepting co-dependency traits
- Instead of focusing on the addicts, shortcoming they are taught to recognize their own negative traits and make efforts to change them
- Family members are prepared to make a new beginning based on trust
- Efforts are made to discuss issues related to the families, planning activities for the future and discussing problems honestly and openly, listening to his views and suggestion helps bring the family closer and makes the recovering person feel that he is a part of the family
- The family members consciously make efforts to gradually reassign responsibilities to the recovering individuals
- Involving in hobbies to recovering addicts by family provides a feeling of self-worth and a sense of accomplishment
- Family members accept that it will take time for him to change positively. It is highly desirable to be patient and allow the recovering person to recover at his own pace

Reintegration with Society

The drug problem has proved to be one of the latest challenges that mankind is facing. There is no simple formula to solve it and it continues to defy various efforts and programs to control it. It is deeply rooted and indeed requires sustained and long term holistic solutions involving not only family, Government but no less important society. The Islamic approach which advocates the well being of the totality of what constitutes the human being could and should be able to significantly assist in combating the drug problem.

The Community can play an important role in recovery through its social organization where a great deal of emphasis is placed upon togetherness, unity, support and regular meetings at common points. This engagement helps addicts develop a network of social support and participate in community development initiatives, equally, this also inspires them to become organized and learn new life skills, leading to a change in the quality of one's thinking, feeling and action.

Sunny Trust has launched a community support programme in which popular community leaders from print and electronic media, faith based organizations and political background visit Sunny Trust and give re-assurance and moral support to our clients that they acknowledge their healthy life style.

Sunny Trust also arranges prevention programmes in collaboration with community to give them awareness about addiction as a disease not as a curse and also to diminish stigma which is a great factor in relapse.

PREVENTION

“Prevention is the cornerstone of all strategies adopted by Sunny Trust”

The problem of drug abuse & its aftermath upon society is no longer confined to any socio cultural or national boundary. Apart from its obvious sociological impact reflected in broken families and a rise in crime level, drug abuse also directly negates national efforts towards productivity. The rising demands for drugs among youth must be curbed & highly effective preventive strategies must be planned to prevent over new generation.

Primary Prevention is planned process, which aims to promote health by empowering people with the necessary resources to confront stressful life situations before they occur. It means avoidance of something from occurring, to keep from happening, to anticipate or counter in advance.

Prevention strategies are targeted towards educating people, to enhance their life skills, educating them on the causes and effects of drug abuse and providing alternatives to drug abuse.

Rationale

- Prevention promotes healthy individuals and consequently eases the burden on costly treatment demands
- Prevention helps save individuals and families from the ramifications of drug abuse
- Prevention enables individuals and families to engage in more rewarding and productive pursuits

Levels of Prevention

Universal Prevention

- Addresses entire population
- National, local community, educational institutions etc.

Selective Prevention

- Children of drug addicts
- Dropouts
- Teenagers
- Students who are failing academically

Indicated Prevention

- People showing warning signs
- Pattern of non-chemical addiction is pervasive

Goals of Prevention

- Disseminating correct and up-to-date information through education
- Developing awareness skills to target groups
- Developing life skills such as self-awareness, self-esteem, self-discipline, decision-making, problem solving and interpersonal skills
- Developing responsibility for a larger group such as young people, family, community and society
- Developing a life style that can be role model for others to emulate
- Offering early screening, diagnosing and evaluation strategies based on known causes of harmful conditions
- Developing legislations and public policies sensitive to human needs and supportive to healthy lifestyle

Strategies on Prevention Adopted By Sunny Trust**1. Educational Institutions based Drug Abuse Prevention Programmes**

If we work upon marble, it will perish, if on brass, time will efface it; if we rear temples, they will crumble into dust; but if we work upon immortal minds, and imbue them with principles, with the just fear of God and love for our fellowmen, we engrave on those tablets something that will brighten to all eternity.

Daniel Websters

The education in schools/colleges consists of a broad range of concerted activities related to teaching and learning experiences which tend to maximize opportunities for the intellectual, emotional, psychological development of young people. In any country its preventive drug education programme is the foremost strategy in combating drug abuse problem. Utmost effort should be given to preventive drug education in schools because;

- Higher incidence of young drug abuser
- Schools have the captive audience
- Schools are ideally located and equipped to provide many of cognitive, affective and skill components that are considered essential for effective prevention
- Schools are link between homes and wider community through which communication can pass in both directions
- Schools are micro-communities within which a wide variety of educational, environmental and policy strategies can be implemented

Sunny Trust has launched different programs in educational institutions e.g.

“Stopping Drug Use Before It Starts” “Know The Drugs”

Sunny Trust Coordinated with Islamabad Police and arranged **Summer School Camp**. In this program shields were distributed from Sunny Trust among students who performed brilliantly in sports and recreational activities. Batches carrying antidrug slogans were distributed among students. **“Drugs No Never”** & **“Sports Not Drugs”** were theme highly emphasized.

Students from various colleges & universities like Quaid-e-Azam University, Shifa College, Islamabad College for Girls, Burn Hall College Abbotabad, F-7/2 College for women and Bahria University visit regularly to Sunny Trust & take case histories of drug addicts, observe treatment and rehabilitation plan implemented here & learn valuable information about nature of addiction as a disease.



Health Care Services

Each year Pakistan witnesses preventable deaths of nearly 400,000 children under-five and 20,000 mothers due to causes related to pregnancy and child birth. Among the under-five deaths, two-thirds are in the newborn period (first 28 days of life) and the remaining are largely due to pneumonia (13%) and diarrhoea (11%), Pneumonia is a seasonal calamity, where a number of cases start rising in November and peak around December & January each year. About 52,000 children in Pakistan die due to pneumonia, every year. Most of these precious lives can be saved by simple knowledge about prevention, treatment and promotion of some key measures at home and appropriate health care seeking practices. Each woman should receive counseling on recognition of danger signs among mothers and newborns, health care services and immunization of child. So, health education sessions are the basic need of general community.

Internship

ST has built a reputation for offering useful and worthwhile placements for University students pursuing a career in the welfare professions. Throughout the last academic year the Trust provided placements for students from different Institutes and the Psychology Departments. During these placements students worked closely with their field supervisors and key workers in the different units of the Trust. Twenty students were given chance of internship during last three years.

Economic Rehabilitation, vocational training & Capacity Building:

Capacity works as a catalyst for social and environmental justice. At capacity we believe that a fair and equitable society can only exist if everyone has a right to participate in the major decisions that affect their lives. Only the full public participation can be effective in devising strategies for social justice, eradication of poverty, and, a healthy environment.

HIV/AIDS

A vast majority of people with HIV and AIDS live in lower and middle-income countries. But HIV today is a threat to men, women and children on all continents around the world. Millions of people continue to be infected with HIV every year. In low- and middle-income countries, less than half of those in need of antiretroviral therapy are receiving it, and too many do not have access to adequate care services.

World AIDS Day provides an opportunity for all of us - individuals, communities and political leaders - to take action and ensure that human rights are protected and global targets for HIV/AIDS prevention, treatment and care are met.

AIDS can affect anyone. But it is clear that it is spreading faster to people who live in poverty and lack access to education, basic health services, nutrition and clean water. Young people and women are the most vulnerable. Women are often powerless to insist on safe sex and easily become infected by HIV positive partners. When people have other diseases like sexually transmitted diseases, TB or malaria they are also more likely to contract and die from AIDS.

Pakistan is currently classified by WHO/UNAIDS definitions as a low prevalence but high-risk country for the spread of HIV infection due to a number of varied factors that include:

- Low literacy rate
- High prevalence of sexually transmitted infections
- Limited safety in blood transfusions
- Increasing numbers of injecting drug users and use of contaminated needles
- High injection use rate, coupled with use and reuse of un-sterilized syringes and medical equipment
- Highly mobile refugee population

The number of new cases of HIV infection continues to rise; the most predominant is injecting drug use.

One of Sunny Trust's major thrusts is to conduct drug abuse, HIV/AIDS & IDUs prevention campaigns and awareness programs on an ongoing basis in the community at large as well as in educational institutions and low-income target areas.

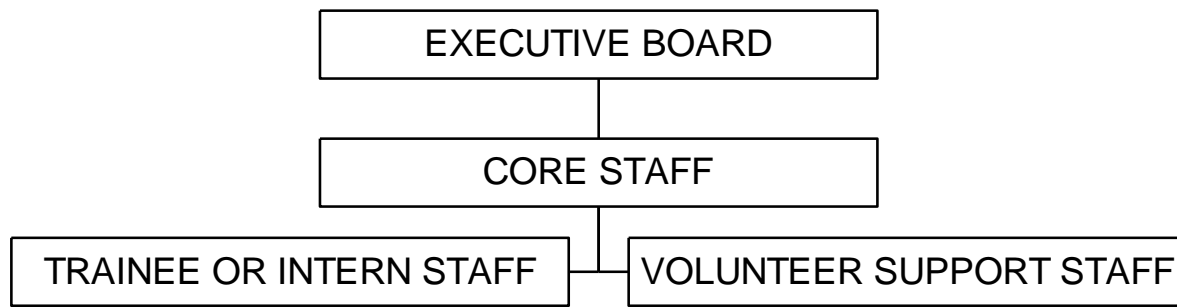
Sunny Trust's main target groups are the youth because they are considered the most vulnerable group. It is worth noting that people in the different settings are aware of Sunny Trust's assistance in creating awareness about drugs in the community. Other NGOs that also have access to these communities recognize and value Sunny Trust's role in reinforcing their initiatives and strategies.

The main objective of these campaigns and programs is to create awareness and educate people regarding the dangers in the abuse of alcohol and drugs and the impact of these on the health of the individual, the family and the community at large. It also aims to encourage those whose substance abuse has resulted in personal and/or social problems in order to develop a personal action plan to address their behavior.



2.3 Operational structure of the organization

SUNNY TRUST'S ORGANIZATIONAL STRUCTURE



THE EXECUTIVE BOARD

A Board of Management runs "Sunny Trust", which has representatives from different walks of life. Apart from these there are also other representatives from the community and professional institutions.

Sunny Trust operates through a Board consisting of 8 members. It is the policy making body. The Chairman is responsible to carry out the policy decisions of the Board, to write reports and proposals for new initiatives to the Board, to coordinate on-going work of the project in the field, to promote the development of the staff, and to represent Sunny Trust on any forum or consultation related to its programs.

The executive board consists of the following members: -

- **Chairman**
- **Vice Chairman**
- **General Secretary**
- **Joint Secretary**
- **Finance Secretary**
- **Information Secretary**
- **Executive Members**

The board responsibilities are divided among the members without any hierarchy.

Location of organization's headquarter

Location of organization's head office is Main Murree Road, Bhara Kahu, Islamabad.

ST has established its setup only in Pakistan, but patients from different countries come for their treatment.

Nature of ownership and legal form.

Sunny Trust is a social sector development focused entity. It has been working since 1995, registered under Trust Act 1882 & under Voluntary Social Welfare Registration and Control Ordinance 1961. Sunny Trust is a non-profitable, non-political and non-sectarian organization.

Target audience and affected stakeholders.

This report has been prepared and published in order to communicate all the social endeavors of our organization to our stakeholders including patients, volunteers, academic institutions, families, government and non-government organizations.

With our mission of continuous struggle for development, we believe and understand that sharing information with others can not only be beneficial for them but will also help to bring improvements in our own systems.

Reporting cycle (annual, biennial, etc.).

Report of Sunny Trust is designed annually.

Contact point for questions regarding the report or its contents.

Contact person: Farooq Ahmed

Designation: IT Manager

Email: sunnytrust@hotmail.com

Our hospital at Bhara Kahu, Islamabad is situated on main Murree Road. Patients come from different parts of the country. We have a close interaction with local communities. Most of the people of Bhara Kahu are illiterate & due to a rise in property prices, these people became millionaire by selling their inherited properties. So, these people use alcohol and other drugs during their leisure time. Similarly, their children are also becoming drug addicts. That is the major threat to local communities. ST is trying to create awareness against Injecting Drug Users (IDUs), HIV/AIDS and drug addiction through schools, colleges and local communities. Similarly our target is Rawalpindi, Islamabad and nearby villages, where we create awareness through banners, streamers and pamphlets.

Governance, Commitments, and Engagement Governance

A Board of Management runs "Sunny Trust", which has representatives from different walks of life. Apart from these there are also other representatives from the community like different committees from youth and professional institutions.

Sunny Trust operates through a Board consisting of 8 members. It is the policy making body. The Chairman is responsible to carry out the policy decisions of the Board; to write reports and proposals for new initiatives to the Board, to coordinate on-going work of the project in the field, to promote the development of the staff, and to represent Sunny Trust on any forum or consultation related to its programs.

Chairman of Sunny Trust is the overall in-charge & taking care of administrative matters as an executive officer. Sunny Trust is a system of 50-bedded hospital and its matters of management and arrangement are totally different from other organizations. As an administrator, chairman with an experience of 25 years in the field of drug addiction and psychiatry, takes care of patients. For the wellbeing of patients, he remains in the hospital during Eid and public holidays. So, no one can prove himself/herself fit for this post. All other departments and executive body members work under his supervision.

Sunny Trust has direct coordination with its stakeholders. All important matters like budget, annual report designing, designing new projects, selection of managers and changing in bylaws etc. is done through the suggestions and recommendations of executive members. Similarly, taking new initiatives, jobs placements, making Terms of References (TORs), HR/Administration related tasks and other decisions are taken with the directions of employees.

Among our stakeholders, we include:

- Employees
- Patients
- Local communities
- Private Organizations
- Non-government Organizations
- Academic Institutions
- Volunteers
- Families
- Government Organizations

Basis for identification and selection of stakeholders with whom to engage

Our main focus of work is drug addiction treatment, Rehabilitation, drug addiction/ smoking, awareness against HIV/AIDS & IDUs and pre-addictive behaviors. Our concentration is development of youth by promoting the healthy activities.

Stakeholders have different levels of involvement with ST's programmes and projects. We engage our stakeholders through meetings, discussions, lectures and festivals. Following is the perspective and engagement mechanism with different stakeholders:

Stakeholder	Perspective	Engagement
<p>Employees</p> <p>Sunny Trust is a small NGO comprising of 35 employees</p>	<p>Our employees are the valuable assets for organization. We have designed the HR Policies for the welfare of our employees, which clearly define the rights of its workers. We stress upon employee's career development and personal growth</p>	<ul style="list-style-type: none"> • Annual staff appraisals • Monthly meetings • Active participation in decision making of new initiatives for ST • Reports/policies sharing with employees • Communication in the form of hard/soft copy • Discuss all terms with our employees at the time of induction • Get together during festivals like Eid, Independence day etc.
<p>Patients</p> <p>ST is a hospital and our main focus is to work for the treatment and rehabilitation of clients</p>	<p>We have to get engaged our patients from Fajr prayer to sleeping time</p>	<p>We engage the patients in morning meeting, dars-e-quran and group session etc.</p> <ul style="list-style-type: none"> • Individual sessions • Family meetings • Follow-ups • Dars-e-Hadees • Daily recreational/ Sports activity • TV Time
<p>Community</p> <p>Communities play a vital role in spreading word against drugs and smoking</p>	<p>People from all walks of life participate in the activities of ST</p>	<ul style="list-style-type: none"> • World AIDS Day • World No Tobacco Day • International Day Against Drug Abuse • Training sessions • Awareness campaigns against drugs/tobacco • Musical night
<p>Private Org/NGOs</p> <p>With the help of NGOs, awareness and training session could be conducted for employees and stakeholders</p>	<p>NGOs are the backbone of development sector. They play a vital role in the development of partner organizations and communities</p>	<ul style="list-style-type: none"> • Functions/Seminars of ST or NGO • Meetings on different occasions for decision making • Training sessions • Annual No Tobacco day and Day Against Drug Abuse
<p>Academic Institutions</p> <p>It is a big source for awareness to youth, communities and families</p>	<p>These institutions play a triangular role between ST, students and families</p>	<ul style="list-style-type: none"> • Regular training sessions in different schools, colleges and universities for awareness campaigns against drug/tobacco and HIV/AIDS

		<ul style="list-style-type: none"> • Special training for students who are smoker/high risk groups • Training sessions for volunteer students • Seminars, festivals and training sessions
<p>Families</p> <p>With the proper training of families of patients, drugs addiction could be reduced & relapse cases could be minimized</p>	Regular visits of family are essential for the better treatment & rehabilitation of drug addicts	<ul style="list-style-type: none"> • Regular visit of family during patient's treatment • Training of family members for relapse prevention • Follow-ups
<p>Government Organizations</p> <p>To run the organization according to the rules and regulations of govt. organizations</p>	Evaluation of ST and regular survey is the basic need of organization	<ul style="list-style-type: none"> • Monthly data submission to ANF and Ministry of Narcotics • Meetings with different departments of ANF and Ministry regarding training and evaluation • Annual burning of drugs by ANF • Collaboration with Ministry of Youth Affairs • Campaigns against drug addiction and smoking with the collaboration of Islamabad / Punjab Police & Private Schools Network (PSN).

The workforce of STI comprises of a total of 35 employees at its Rehabilitation Centre at Bhara Kahu, which is suitable to the nature and scale of its activities; presently there are only 6 female employees, as ST requires a larger number of male staff to supervise male drug addicts.

Male and female serving in the same category are being paid comparable salaries and equal professional development opportunities in terms of different trainings at the programme staff and administrative levels. All staff members are encouraged to attend the in-house training sessions while for training elsewhere relevant staff members are nominated in line with their relevant field. During the last few years the ST staff members participated in various training sessions.

GRI Performance Indicators

AFFECTED STAKEHOLDER ENGAGEMENT

A board of management runs Sunny Trust, which has representatives from different walks of life. Apart from these there are also other representatives from the community and professional institutions.

The executive board consists of the following members:

Chairman, Vice Chairman, General Secretary, Joint Secretary, Finance Secretary, Information Secretary, Executive Members

The board responsibilities are divided among the members without any hierarchy.

All matters like budgeting, policies making, decision for new hiring, designing new projects, amendments in bylaws etc. take place with the approval of board members.

Similarly senior staff members of Sunny Trust suggest new initiatives and suggestions for future planning, programme and projects.

Involvement of affected stakeholder groups in the design, implementation, monitoring and evaluation of policies and programs.

FEEDBACK, COMPLAINTS AND ACTION

To improve our level of services and strong motivating force for all the staff members, Sunny Trust has designed a well-planned way of getting feedback and complaints from its patients, families, employees, other stakeholders and dignitaries. Comments on discharge by the patients and their families help us to improve our treatment & rehabilitation services. Similarly every family gives its comments on each meeting according to the policies of organization.

Mechanisms for feedback and complaints in relation to programs and policies and for determining actions to take in response to breaches of policies.

MONITORING, EVALUATION AND LEARNING

Sunny Trust has defined special procedure for monitoring its programmes effectiveness and their impacts on the overall progress of organization. Governing body members with the help of senior staff and stakeholders evaluate the services on regular basis. New initiatives or change in existing procedures are done on the positive feedback of stakeholders.

Sunny Trust's programmes, internal governance and financial matters were evaluated by Pakistan Centre for Philanthropy (PCP) during 2010 & 14. PCP awarded certification to Sunny Trust on successful completion of its certification process and getting 82% marks.

System for program monitoring, evaluation and learning, (including measuring program effectiveness and impact), resulting changes to programs, and how they are communicated

GENDER AND DIVERSITY

The rationale for integrating a gender perspective in the activities of ST lies in its mandate – to prevent and alleviate human suffering without discrimination. Gender equality ensures that there is no sex-based discrimination in the allocation of resources or benefits, or in access to services.

The purpose of this policy is to define the main approach of Sunny Trust as how to address gender issues in Civil Society Sector.

ST's focus is on gender, rather than specifically on women. Gender refers to the roles, responsibilities, needs, interests and capacities of both men and women. These are influenced by social and cultural factors. Therefore, the term "gender" does not replace the term "sex" which refers exclusively to biological differences. Men and women often play different roles in society and accordingly they may have different needs. A gender perspective is required to ensure that men's and women's specific needs, vulnerabilities and capacities (set in the broader context of class, ethnicity, race and religion) are recognized and addresses.

ST recognizes that discrimination is unacceptable and that it is in the interests of ST and its employees to utilize the skills of the total workforce.

It is the aim of ST to ensure that no employee or job applicant receives less favorable facilities or treatment on grounds of sex, marital status, disability, race, color, nationality, ethnic origin, religion, dependents or age or are placed at a disadvantage by imposed conditions or requirements which cannot be shown to be justified

Measures to integrate gender and diversity into program design, implementation, and the monitoring, evaluation and learning cycle.

PUBLIC AWARENESS AND ADVOCACY

ST has launched different programs in educational institutions e.g.

"Stopping drug use before it starts"

"Know the drugs"

During the year 2018, Sunny Trust organized public awareness sessions against drug addiction, IDUs, HIV/AIDS and smoking in the educational institutions of Bhara Kahu/Rawalpindi/Islamabad.

Processes to formulate, communicate, implement, and change advocacy positions and public awareness campaigns.

COORDINATION

Professional Memberships & Affiliations

Sunny Trust's affiliations/memberships with leading national & international bodies in the fields of drug addiction, treatment and prevention are an invaluable source of mutual interaction across cultures, regions and boundaries, sharing of experiences, learning and contributing to address this global problem confronting the entire humanity. Sunny Trust's engagement with these bodies and its benefits to the staff and patients in terms of

improved/refined treatment and rehabilitation protocols are documented in the report.

Sunny Trust Affiliations/memberships

- ANTI Narcotics Force (ANF), Pakistan
- Ministry of Narcotics Control, Pakistan
- United Nations Office on Drugs and Crime (UNODC), Pakistan.
- Board Member Country Coordinating Mechanism for Global Fund Grants (CCM),
- Pakistan Drug Advisory Program, Colombo Plan
- Member WFTC (World Federation of Therapeutic Communities)
- Member Board WFAD (World Forum against Drugs)
- Member AFTC (Asian Federation of Therapeutic Community)
- ASCAD Melaka, Malaysia
- Society for the study of Addiction studies, UK
- DayTop Village America
- Social Welfare Council, Islamabad
- Modern Institute of Informatics and Management
- Pakistan Centre for Philanthropy
- International Community of Professional Therapists (ICPT)

Processes to take into account and coordinate with the activities of other actors.

ETHICAL FUNDRAISING

Main source of funding of ST are the receipts collected by patients. Contribution by prosperous families for poor patients is another source of funding for organization. Very little amount is also contributed by local communities & friends in the form of cash or other utilities like sugar, flour, clothes etc.

We didn't get funding from International donors. For getting tax-exemption status, STI has already got the certification from Pakistan Center for Philanthropy (PCP). We are hopeful to succeed in getting funds from National and International donors in near future.

Sources of funding by category and five largest donors and monetary value of their contribution.

LABOR/MANAGEMENT RELATIONS

To deal with the workers grievances, Sunny Trust has designed HR Policies, which clearly indicate the solution of their complaints/problems. Special committees are formed to solve the problems of staff members.

So, there is an equal opportunity for employees in Sunny Trust and we take care of human rights, women rights, patients' rights etc.

Forms are designed for complaints against executives, senior staff and managers, all decisions are taken on merit.

Mechanisms For workforce feedback and complaints, and their resolution

All the vacant posts/Vacancies are filled through advertisement as widely as possible through pasting the ad posters at walls; bus stops, Internet (Job Portals), national and local media.

There is no discrimination on the basis of the Sex i.e. male or female; equal opportunity is provided to all men & women where ever applicable, keeping in view qualification, Experience, ability of the candidate in the best interest of the Trust. We try to hire the senior staff members from local community like doctors, psychologists and logistics manager etc.

Procedures for local hiring and proportion of senior management hired from the local community at locations of significant operation.

LABOR

Total Employees = 31

Permanent = 31

Female = 6

Male = 25

Volunteers = 25

Sunny Trust's staff comprises doctor, dispenser, psychologist, psychiatrist, logistics support, IT, security, mess, admin support, spiritual counselor etc.

Total workforce, including volunteers, by type, contract, and region.

Sunny Trust has well defined procedure of internal and external training of employees. During last year employees got training from:

ANF

Visit of Chairman for International Training

In-house training of junior staff members

Training of Security Guards

Sunny Trust is drug addiction hospital and it relies mostly on psychologists. So, the most of the training sessions are conducted for this category. We have the well-trained & best psychologists in the area.

Every psychologist got 70 to 80 man-hours per year training to improve the performance.

Similarly, security guards & other employees have under gone training of 50 man-hours during last year.

Average hours of training per year per employee by employee category.

About 100% of the professionals are receiving regular performance and career development during the reporting year. Work plan for each employee is designed during a year – due to which every employee gets technical knowledge & skills.

Percentage of employees receiving regular performance and career development reviews.

Its governance consists of 8 members of Governance Body. Seven executive members are male and one is female. All members comprising age groups of 38 – 60.

Sunny Trust has already divided the salary structures in to different categories, i.e. junior staff, senior staff, executives, doctors/psychologists etc. Executive members don't get salary for their services. They visit from other cities and provide their services free of cost. Although there is no discrimination among gender category; Sunny Trust has given the equal opportunities, salary and working environment to female staff members.

Composition of governance bodies and breakdown of employees per category according to gender, age group, minority group membership, and other indicators of diversity

SOCIETY

Sunny Trust has actively been involved in different activities of society like education, health, anti drug addiction/smoking, HIV/AIDS, IDU, community development, environment and skill training.

Nature, scope, and effectiveness of any programs and practices that assess and manage the impacts of operations on communities, including entering, operating, and exiting.

About 75% of employees are given awareness session of anti-corruption policy, and how to tackle the corruption cases within the organization

Percentage of employees trained in organization's anti-corruption policies and procedures.

RESPONSIBILITY

Regular programs for adherence to laws, standards, code of conduct and voluntary rules were introduced. Basically, clients of ST are the main advertiser & promoter of its services. Faith of families upon ST's services is very strong. Sunny Trust doesn't advertise in the newspapers or electronic media, but its services are promoted by its stakeholders especially by its patients and their families. Its all programs and projects comply with all laws & regulations and ethics policies. It includes news releases, hanging of posters and steamers during its campaigns, newsletter, literature, awareness programmes etc.

Similarly, ST organizes No smoking day, Drugs Day and other festivals regularly. Communities, students & employees participate in these programmes & play a very active role in the referral of patients. All executives and staff members of ST are very strict in obeying the laws, HR policies etc.

Programs for adherence to laws, standards, and voluntary codes related to ethical fundraising and marketing communications, including advertising, promotion, and sponsorship.

EVENTS AND ACTIVITIES

Drugs and Youth

The Buzz Myth and Sunny Trust organized seminar on Drug Awareness and Prevention on the grant of PUAN on 16th Aug, 2018 at National Library of Pakistan. There were total 65 participants who include students of colleges and universities, teachers, social workers, parents and media. Mr. Yoon Nam, Assistant Cultural Attaché at Embassy of United States of America, explained situation of opiates all over the world. Ms. Sahrish Ruba, Case Manager, Sunny Trust, gave presentation on “Drugs and Youth” to create awareness against drugs, warning signs and adopting prevention strategies in society, she also explained Sunny Trust Methodology in detail.



Drug Abuse

Pakistan Red Crescent Youth and Volunteer Department, Summer Mentorship Program, interns from project ‘Drug Abuse’ organized a seminar in collaboration with sunny trust in which Sunny Trust was invited as Guest Speaker. Ms. Sahrish Ruba, Case Manager at Sunny Trust, on behalf of organization participated and discussed about the current status of drug addiction among youth and how Youth can play a productive role to prevent it.



Drug Awareness and Prevention

Sunny Trust and the Buzz Myth organized seminar on Drug Awareness and Prevention by and for the youth of Twin cities on 30th July, 2018 at Islamabad club. There were total 120 participants including students of colleges and universities, teachers, social workers, parents and media. Miss Asia Ashraf, the Head of Psychology Department and Director Rehabilitation of Sunny Trust, gave presentation on Youth & Drugs to create awareness against drugs, warning signs and adopting prevention strategies.



Drug Abuse Awareness and Prevention

With the support of MNC and ST, a Drug Abuse Awareness and Prevention Seminar was organized at Police Training College Sihala, Islamabad on 3rd Sep 2018. There were 200 participants who includes officers and trainers, and Mr. Amir Khalil Syed, Superintendent of Police (force commander) of the college welcomed the Ministry of Narcotics Control and Sunny Trust team; Mr. Akbar Ghani Khan Khattak, Section Officer, Ms Asia Ashraf, Head of Psychology Department and Director Rehab, Ms Sahrish Ruba, Case Manager at Sunny Trust, Mr Khalil Mehmood, Chief Instructor and Inspector Rizwan were also present on the occasion.



International Conference in Moscow: “PARLIAMENTARIANS AGAINST DRUGS”

The State Duma of the Federal Assembly of the Russian Federation and the National Anti-Drug Union (as co-organizer) invited Dr. Munawar Fayyaz Sunny to the International Conference “PARLIAMENTARIANS AGAINST DRUGS”. Chairman Sunny Trust Dr. Munawar Fayyaz Sunny spoke about drug situation in Pakistan and his 25 years of experience in the field of drug addiction treatment, rehabilitation and prevention. He spoke about Sunny Methodology focusing on activities to ensure bio-psycho-social and spiritual rehabilitation. He emphasized, “Treatment works, it is more than Detoxification and Recovery is possible”. The Conference was held on December 9, 2017 in Moscow (the venue: Okhotniy Ryad str., 1, State Duma building, Plenary hall).



WFAD and ECAD Mayor Conference

The World Federation Against Drugs (WFAD) is dedicated to identifying and promoting effective and affordable laws, policies and programs consistent with modern culture and values that limit illegal drug use and illegal drug trafficking. WFAD organized 6th World Forum Against Drugs in relation to the 25th ECAD Mayor's conference from May 14-15, Gothenburg, Sweden. Chairman Sunny Trust Dr. Munawar Fayyaz Sunny and Ms. Asia Ashraf, Director Rehabilitation and Head Psychology Department Sunny trust participated in 6th WFAD and ECAD Mayor conference at Gothenburg, Sweden.



Workshop on Personal Grooming and Character Building of Police Officers

Two days workshop on personal grooming and character building was organized at Police College Sihala, Islamabad on 12-13th Nov 2018. There were 80 participants who include DSPs and Inspectors of police.

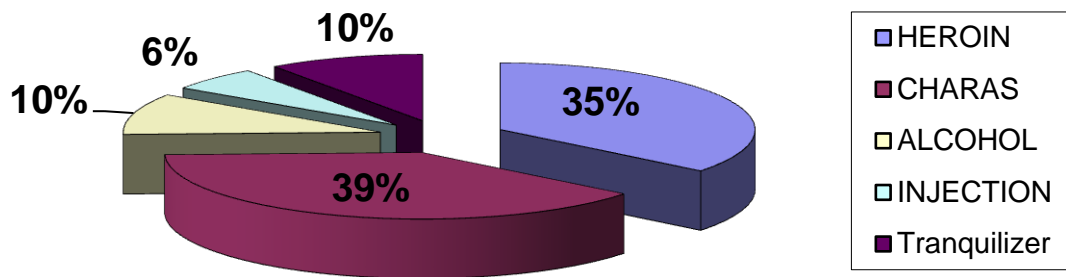
PIMS Nursing Staff

A visit of Nursing Staff from the college of Nursing Pakistan Institute of Medical Sciences consists of 47 students along with 03 teachers was held on 12 & 16 Oct at Sunny Trust. The aim of this educational visit was to aware the Nursing Staff about drug addiction, the ill effects of drugs, its warning signs, and myths about drugs.

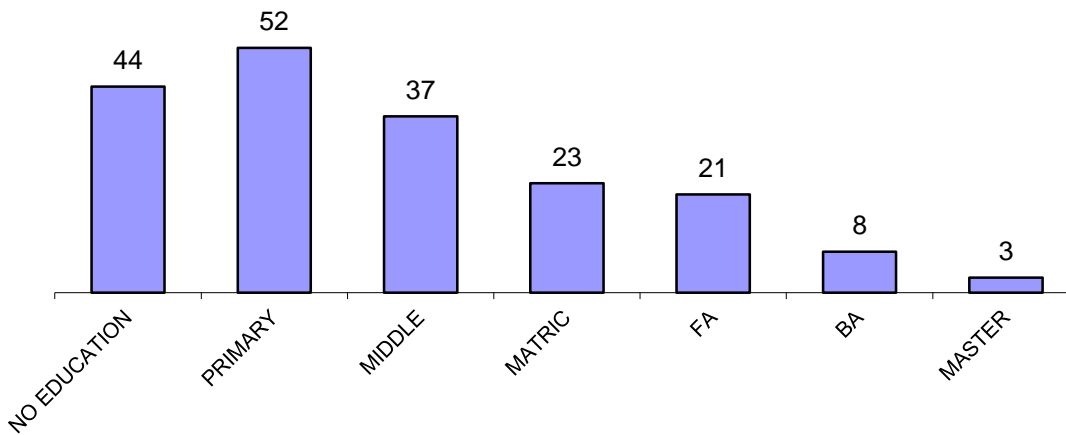
UNODC training of Addiction professionals:

- At Islamabad, 4-11 oct, 2018, UTC 1 & 2
- At Lahore, 19-28 Oct, 2018, UTC 3, 4 & 4A

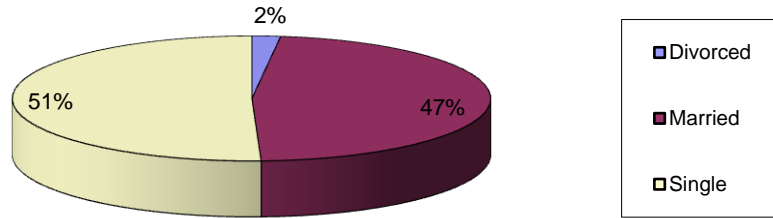
DRUG UTILITZATION PROPOTION AT ST



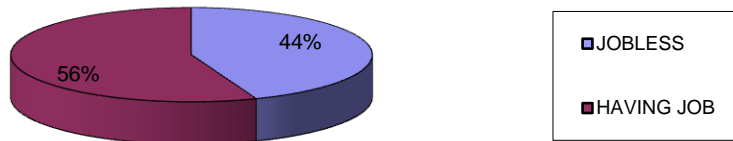
ADDICTION RATIO VERSUS EDUCATIONAL STATUS



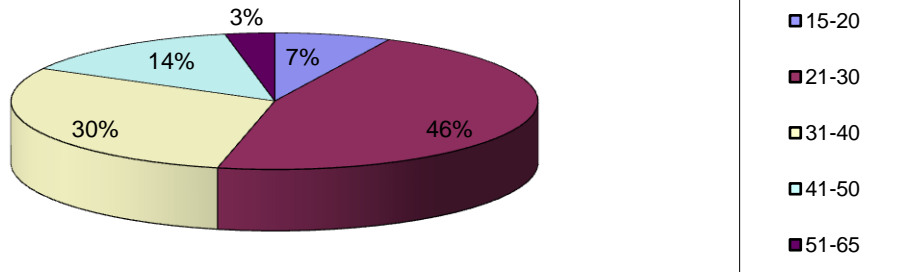
DRUG ADDICTION VERSUS MARITAL STATUS



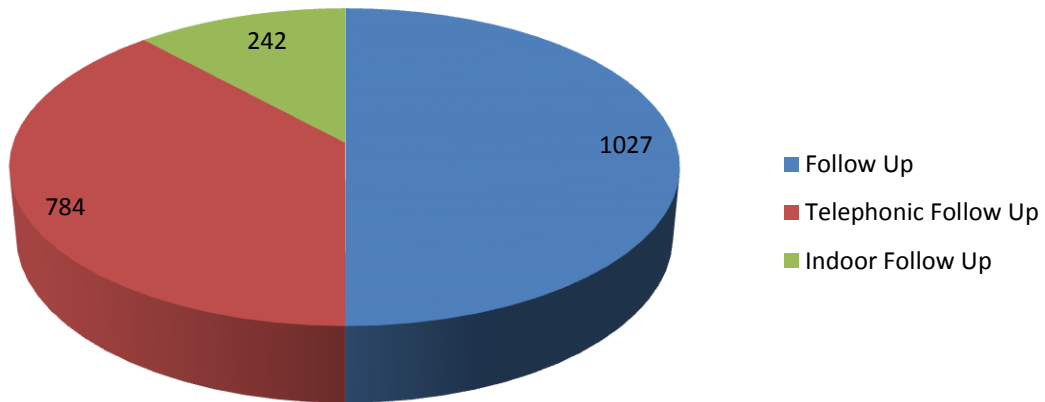
DRUGS ADDICTION VERSUS EMPLOYMENT STATUS



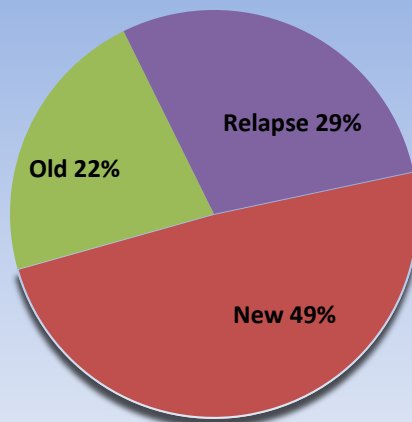
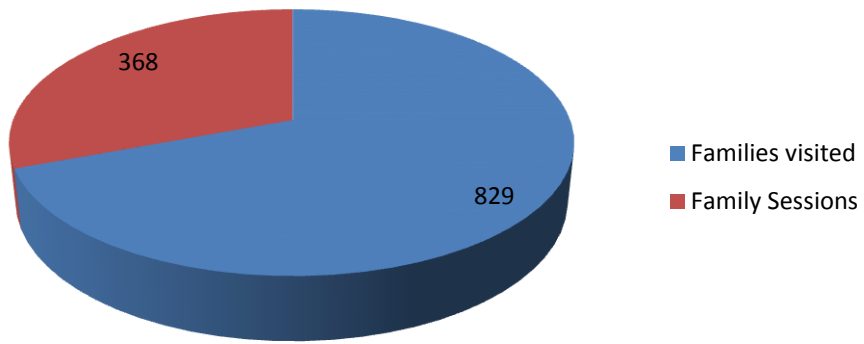
ADDICTION RATIO IN DIFFERENT AGE GROUPS



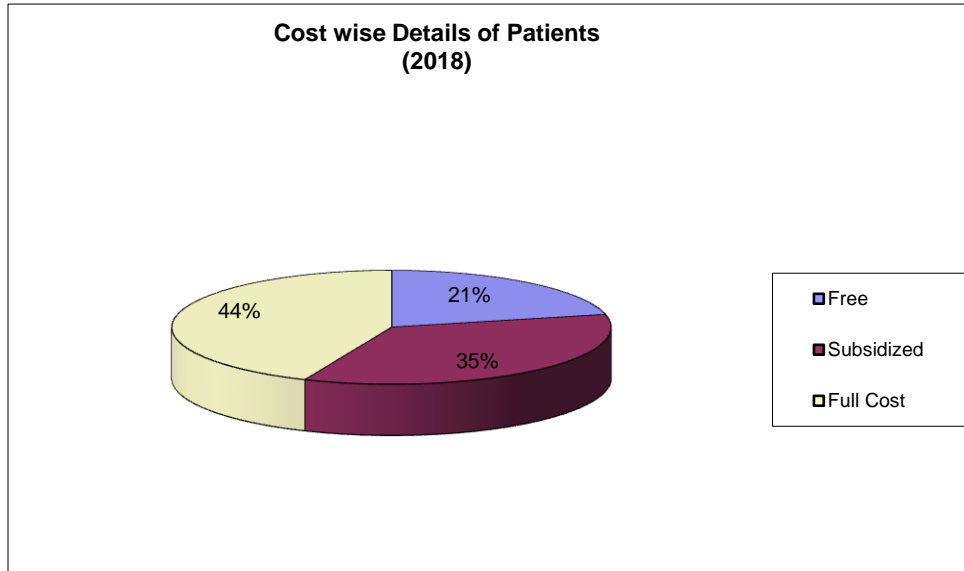
Follow Ups During 2018



Families Visited & Sessions



Admission Status at ST



SUNNY TRUST**INCOME & EXPENDITURE ACCOUNT****FOR THE YEAR ENDED JUNE 30 , 2018**

		2018
Receipts	Notes	(Rupees)
Gross Receipts/Donations	2.3	8,207,270
Total		8,207,270
EXPENDITURE	2.4	
Salaries		4,987,956
Rent		1,221,000
Electricity		232,522
Telephone /Mobile/Card		54,848
Printing & Stationery		9,218
Cable /Internet Charges		7,450
Repair & Maintinance off Equipments		30,984
Repair & Maintinance office/General		45,573
Repair & Maintinance Computer		1,100
Bank Charges		16,318
Patients General Expenses		29,290
Office Cleaning Expenses		10,935
Laundry Expenses		11,215
Travelling		5,500
Barbar Charges		12,240
Medical Expenses		212,372
Mess Expenses		1,344,816
Postage & Delivery		590
Depreciation		168,382

Misc. Expenses

4,747

Total Expenses

8,407,056

Excess of Expenditure Over Income transfer to B/s

(199,786)

Chairman

Auditor

SUNNY TRUST**CASH FLOW STATEMENT****AS AT JUNE 30, 2018****2018****CASH FLOW FROM OPERATION ACTIVITIES**

Excess of Income over Expenditure

(199,786)

Adjustments for:

Depreciation

168,382

Donations in kind

(100,000)

Operating profit before working capital changes

(131,404)

WORKING CAPITAL CHANGES

Increase / (Decrease) in current Assets

(2,882)

Increase / (Decrease) in current Liabilities

13,716

Net cash flow from operating Activities**(120,570)****CASH FLOW FROM INVESTING ACTIVITIES**

Fixed capital Expenditure

(108,800)

Net cash flow from investing activities

(108,800)

Net increase / (decrease) in cash & cash equivalents

(229,370)


Cash & Cash equivalent at the beginning of the year**616,003****Cash & Cash equivalent at the end of the year****386,633**

Chairman


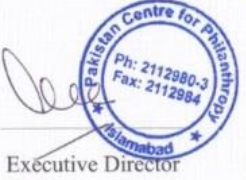
Auditor

PCP Certification

Sunny Trust is duly PCP (Pakistan Centre for Philanthropy) certified as per FBR requirement for non-profit organizations, trusts, etc. based on three-yearly rigorous institutional, professional, performance, financial audit in addition to annual audit by certified accountants.


Pakistan Centre for Philanthropy
NPO Certification Award
This is to certify that
Sunny Trust International (STI)
has been evaluated by Pakistan Centre for Philanthropy
and meets certification standards in the areas of
Internal Governance, Financial Management & Programme Delivery

Certificate No:	PCP-RJ/2014/190
Issued on:	02-10-2014
Valid upto:	02-10-2017
Place of Issue:	Islamabad



Executive Director

Drug Abuse Prevention is a social obligation. It is our common responsibility. We can do our part in drug prevention by:

- *Promoting a healthy lifestyle and being a positive role model*
- *Encouraging family and peers of drug users to seek professional help*
- *Supporting drug prevention programmes*
- *Encouraging peers to join organizations in music & the arts etc.*
- *Volunteering in socio civic activities*

**We invite you to join hands with Sunny Trust in Serving
Humanity,**

As we believe...

Coming Together is Beginning

Keeping Together is Progress

Working Together is Success

TOGETHER WE CAN ACHIEVE



SUNNY TRUST

TREATMENT AND REHABILITATION CENTRE

**MAIN MURREE ROAD, BHARA KAHU, ISLAMABAD,
PAKISTAN.**

PHONE: 92 51 2231207, 92 51 2304111, 92 51 2304112

EMAIL: SUNNYTRUST@HOTMAIL.COM

WEB: WWW.SUNNYTRUST.ORG

