



1. Introduction/Background

Different studies have shown the high prevalence of the HIV among the Intravenous Drug Users of Nepal. According to Integrated bio-behavior survey 2009, 8% of the IDUs are infected with HIV. Along with HIV they are also at high risk of other blood borne diseases like Hepatitis C and B. In response to reduce this risk, the project “Prevention of transmission of HIV among the Drug Users of Nepal” was started by Naya Goreto after signing the agreement with UNODC on 19th November.

2. Objectives

The broad objective of this project is to decrease the use of unsafe needles/syringe among the drug users in Lalitpur.

Beside other specific objectives are:

- To minimise the use of unsafe needles/syringe by the drug users.
- To educate the people about the importance and need of harm reduction.
- To change the negative thoughts of the community people towards drug using behaviour.

3. Target group and beneficiaries

a. Drug users:

DUs along with Intravenous Drug Users are the primary target groups of our organization and are benefited from different services provided from DIC and outreach services like Needle/Syringe Exchange, PHC services, counseling and referral services to various other organizations.

b. Partners and Family of IDUs

Family members and partners of IDUs are secondary target groups of Naya Goreto. They are also provided services like primary health care and free medicine



distribution. Proper counseling is also provided in order to present a healthy and suitable environment in the family to the drug users that may help them to quit their drug using behavior.

c. Community

Local community members are tertiary target group of Naya Goreto since they are also provided primary health care services and medicines. The community sensitization, programs conducted by Naya Goreto has helped the society to overcome the traditional thought of taking drug use as a crime. Collection of used syringes from the local areas and its proper disposal by our outreach workers has benefited the local community from being infected by various diseases accidentally and keep the surrounding clean and healthy.

4. Achievements

S.N	Particulars	Target	Achievements
1.	No. of Clients reached	400	408
2.	No. of male IDUs reached		329
3.	No. of Female IDUs reached		19
4.	No. of male DUs reached		44
5.	No. of Female DUs reached		5
6.	No. of FRSPs reached		3
7.	No. of deaths of male IDUs		2
8.	No. of deaths of female IDUs		1
9.	No. of referrals done		103

10.	No. of counseling done	50	62
11.	No. of PHC services provided in DIC		128
12.	No. of abscess management cases in DIC		70

5. Specific Activities Undertaken during the project period

Naya Goreto has undertaken various activities according to the work plan. The activities undertaken during the project duration are briefly presented below:

5.1. Staff Hiring

Vacancy notice was circulated through emails to local NGOs working in field of HIV, AIDS and Drugs on 19th and 20th November. The application and CV received were reviewed on 21st November by the Management and the appropriate candidates were called for the interview on 22nd of the November. The contract was signed with the selected staffs on 23rd November. During the project duration many staffs were replaced. The major reason behind the staffs leaving the organization was good opportunity at other places. (*For details please refer to quarterly reports of Naya Goreto*)

5.2. Spot Identification

Consultations were done with GOs, CBOs and NGOs working in the field of HIV, AIDS and Drug use like Youth Vision, Freedom Center, Richmond rehabilitation center and other stakeholders (Lalitpur DPHO, LSMC, DACC and Local Clubs) on 19th and 20th November.

Focus Group Discussions were also conducted among the recruited peer educators, outreach workers and outreach coordinators. The spots indentified from the FGD were visited and baseline information was collected by the staffs and required changes in the indentified spots were done. Finally, the identified areas were divided into four areas. The four areas are as follows:



- Area 1 Balkumari, Lohla, Chysal, Bangalamukhi, Sankhamul, Patan Dhoka, Chakupat, Jwagal, Kupondol, Hariharbhawan, Chhabahal
- Area 2 Maalpokhari, Sanepa, Dhobighat, Yatayat, Patipa, Bhalimandal, Nakkhu, Bhaisepati
- Area 3 Sundhara, Sinchahiti, kanibahal, Prayagpokhari, Lagankhel, Kumaripati, Manbhawan, Jwalakhel, Natole, Gabahal, Mangalbazar
- Area 4 Kharibot, Gwarko, Imadole, Satdobato, Harisiddhi, Thaiba

5.3. Office Setup

The space for the office was selected in one of the suggested spot from consultations and especial attention was given for easy accessibility of the clients. Natole-21 of Lalitpur was selected for DIC set up. But after facing some problems with the local community delivering service for several months Naya Goreto had to shift the office and it shifted at Balkumari in the month of May.

5.4. Especial Day Celebration

5.4.1. World AIDS Day

Naya Goreto organized documentary screening from 25th November to 1st December 2009, to observe the World AIDS Day 2009 at various places of Lalitpur. The program was financially supported by UNODC in collaboration with Etee Club and Tangal fellowship (Group of Ex-Drug Users).

The theme for this year's World AIDS Day was "Universal Access to Human Rights". According to the theme this program provided a platform for access to the information through documentary. IEC materials and free condoms were distributed through stall managed by the Naya Goreto.



Table: Summary of the Program and Achievement

S.N	Date	Place of Screening	Name of Documentary	No. of condom Distributed	No. of IEC Distributed	Estimated No. of Observers
1	25 Nov 2009	Agnishal	Maan Ko Aawaj	300	800	200
2	26 Nov 2009	Etee	Maan Ko Aawaj, Salim History	600	900	250
3	27 Nov 2009	Pulchowk	Maan Ko Aawaj	500	1100	300
4	28 Nov 2009	Chakra Bahili	Maan Ko Aawaj, Salim History	200	800	200
5	29 Nov 2009	Ikhalkhu	Maan Ko Aawaj, Salim History, Various Short Movies	200	820	300
6	30 Nov 2009	Mangal Bazaar	Various Short Movies Tikay ko Teen Mantra	1200	2200	700
7	1 Dec 2010	Tangal	Maan Ko Aawaj, Salim History	1200	1200	400
Total				3300	5300	2350

More than 2300 people got chance to realize the changing trends of HIV transmission from concentrated epidemic among most at risk population to general population through documentary shows.

5.4.2. Candle Light Day celebration

Naya Goreto could not celebrate Candle Light Celebration Day due to shifting of office and rush during it. But Naya Goreto utilized the money allocated for the candle light celebration in the Anti drug day celebration.

5.4.3. International Day against Drug Abuse and Illicit Trafficking

The International Day against Drug Abuse and Illicit Trafficking is celebrated each year on 26th June, with a principle to aware people all over the world on Drug abuse, it's illegal trade and its negative effects as well. Naya Goreto, in collaboration with Tangal Ward Development



Committee, Tangal Fellowship, Red Cross society and Ward Health Implementation Committee-6 conducted a whole day program to mark this day.

Following activities were performed during the day.

❖ **Awareness and Information**

- Mandala Painting
- Information Zone and Stall Exhibition
- Documentary Show

❖ **Services**

- Blood Donation Camp
- Mobile Volunteering, Counseling and Testing
- Drug Counseling
- World Cup 2010 Mania



(For details please refer to 3rd quarterly report of Naya Goreto)

5.5. Capacity building/Skill Development Trainings

5.5.1 Outreach Training for staff

The four days outreach training was conducted from 25th December 2009 to 28th December 2009 with an objective to develop required skill and increase the capabilities of the staffs and volunteers for outreach. The training was conducted at the training hall of W.H.I.C. Ward No 6 building, Kanibhal, Lalitpur with the participation of 20 staffs of Naya Goreto.



Contents

1. Basic Knowledge of HIV and AIDS

2. Basic Knowledge on STI
3. Basic Knowledge on Hepatitis C
4. Harm Reduction
5. Outreach and Outreach skills
6. Communication skills
7. Universal Precaution
8. Positive Living
9. Counseling and VCT
10. Stigma and Discrimination
11. Continuum of treatment options, after care and pathways to reintegration
12. Identifying the Outreach Sites, Mapping and Outreach Planning
13. Documentation and Record Keeping
14. Research Methodologies (Data collection, interpretation and reporting)
15. Referral Mechanism
16. Overdose and Wound Management

(For details please refer to 1st quarterly report of Naya Goreto)



5.5.2. Skill Development Program for beneficiary group (Injecting Drug Users)

Naya Goreto conducted skill development training for the beneficiary group so as to enhance their income generating capacity for sustaining their lives from 30th May 2010 to 2nd June 2010 at the Hall of Naya Goreto.

Mr. Deepak Maharjan, an expert in handicraft preparation, was hired as a resource person for the training. Altogether 24 members, representing different organizations, were skilled to create decorative items from bamboo like tea pads, pen holders, photo frames and different other decors. *(For details please refer to 3rd quarterly report of Naya Goreto).*



5.6. Community Sensitization Program on Harm Reduction

Naya Goreto conducted 4 Community Sensitization program to different groups of people at different places throughout the project. The major objectives of the program to educate and inform the community people on the importance of harm reduction program. All together 156 community people were sensitized on the Harm Reduction.



The detail information of the programs is briefly presented in the following table below:

S.N.	Date	Location	No. of Participants		Target Groups
			Targeted	Achieved	
1.	19 th December, 2010	Community Development Section, Lalitpur	30	38	Members of Tole Sudhar Samiti, Women's Group, City Volunteers and Local Leaders.
2.	27 th February, 2010	Lalitpur Youth Club, Jhatapole-18	30	40	Member Women's Group, City Volunteers and Local Community.
3.	8 th May 2010	Hall of Naya Goreto, Balkumari	30	32	Local community Members
4.	21 st August 2010	Guthi Bhawan, Dupat	30	46	Local community Leaders and youth groups

(For details please refer to quarterly reports of Naya Goreto)

5.7. Orientation Program on Harm Reduction

Naya Goreto conducted four One day orientation programs on Harm reduction at different places of Lalitpur with different stakeholders. The major objective of the programs was to



provide knowledge about the principles and need of Harm reduction as well as to change the negative thought of taking drug use as a crime. Altogether 158 people were oriented on harm reduction from four programs.

The detail information of the programs is briefly presented in the following table below:

S.N.	Date	Location	No. of Participants		Target Groups
			Targeted	Achieved	
1.	31 st December, 2010	Community Development Section, Chhabahal, Lalitpur	30	37	Drug Users and their family.
2.	8 th February, 2010	Community Development Section, Chhabahal, Lalitpur.	30	48	Community Health Workers
3.	29 th May, 2010	Uma Maheshwor Samudayik Swasthya Kendra, Tikhidewal, Lalitpur.	30	36	Community Health Workers and Local Community Members
4.	28 th August, 2010	Banglamukhi-22, Lalitpur	30	37	Women's Group and Local Community Members

(For details please refer to quarterly reports of Naya Goreto)

5.8. Advocacy program on Harm Reduction

Throughout the one year project, Naya Goreto conducted four Advocacy programs according to the work plan. The main objective of the programs was to motivate service providers and stakeholders of the society to initiate youth friendly services as well as to expand the service area as per the need of drug users. Altogether 136 people participated in four advocacy program.



The detail information of the programs is briefed in the following table below:

S.N.	Date	Location	No. of Participants		Target Group
			Targeted	Achieved	
1.	11 th February, 2010	Café de Patan, Lalitpur	30	39	Stakeholders, Youth Club members, Community Leaders
2.	29 th March, 2010	Café de Patan, Lalitpur	30	34	Stakeholders
3.	19 th June, 2010	Café de Patan, Lalitpur	30	26	YCL members
4.	29 th October, 2010	Community Development Section, Chhabahal, Lalitpur	30	37	Women Group members

(For details please refer to quarterly reports of Naya Goreto)

5.9. General Health Camp

Naya Goreto in the collaboration of LSMC/WHIC Ward No.6 and Luja Saving and Credit Cooperative of local Women Group, Naya Goreto successfully organized 2 Dental and General Health Camp respectively. The first Dental and General Health camp was conducted on 6th March 2010 at the building of LSMC Ward No.6 and the second camp was conducted on 24th April 2010 at the hall of Lalitpur Youth Club. A total of 237 community members were provided service through two Dental and General Health Camp.



On 26th June 2010 Naya Goreto organized blood donation campaign in collaboration with other stakeholders for providing support to the one who are in need of blood as a health camp. Finally on 13th November 2010 Naya Goreto in collaboration with



Shrawan Pharmacy and Chyasal Red Cross society conducted General Health camp at Chyasal that delivered services to more than 100 local people.

The detail information of the programs is briefed in the following table below:

S.N	Date	Venue	In Collaboration with	Number of Participants	
				Targeted	Achieved
1	6 th March,2010	W.H.I.C. Ward 6 Kanibahal, Lalitpur.	W.H.I.C. Ward 6	100	86
2	24 th April,2010	Lalitpur Youth Club, Jhatapole, Lalitpur.	Luja Saving and Credit Co- operative, local Women's Group	100	150
3	26 th June,2010	Tangal, Lalitpur.	Tangal Fellowship, Tangal Tole Sudhar Samiti, Red Cross Society, W.H.I.C. Ward 6	100	140
4	13 th November, 2010	Chyasal, Lalitpur.	Shrawan Pharmacy, Chyasal Red Cross Society	100	100

(For details please refer to quarterly reports of Naya Goreto)

5.10. Development and Distribution of IEC and BCC materials

Naya Goreto designed and developed 3000 pieces of IEC and BCC materials for the wider dissemination of information on Drug Use, HIV, AIDS and other blood borne infections among the IDUs in the 2nd quarter of the project. 1471 IEC Materials are distributed from DIC, during outreach and different programs conducted by Naya Goreto till date.

5.11. Needle Syringe Exchange Program

A team of 4 outreach workers and 10 peer educators provided safe and clean syringes and needles for IDUs through outreach and DIC in order to prevent the transmission of HIV and other blood borne infections and diseases. Along with clean needle and syringe, outreach of Naya Goreto also provided education about the safe behaviors to the Drug users and supports them to live a positive life.

The details of Harm Reduction Supplies provided by Naya Goreto are briefly presented below:

Types of Syringe	Received	Distributed	Remaining
Syringes (2ml)	3299	1718	1581
Syringes (3ml)	9006	7608	1398
Syringes (5ml)	13337	8662	4675
Needle	10000	2869	7131
Alcohol Swab	20000	19494	506
Bleach	155000 ml	1385 ml*	149000 ml
St. Water	11780	1131	10649
Condoms		9333	

* 4715 ml of bleach used for disinfecting used or old syringes.

5.12. Other activities conducted in field as well as in the DIC

S.N.	Activities	Number
1.	No. of sessions on condom demonstration (field/ DIC)	14



2.	No. of sessions on safer injecting practices with IDUs (field/DIC)	81
	No. of participants attended	151
3.	No. of support group meeting with IDUs/DUs	34
	No. of participants attended	136
4.	No. of group education (health, STI related issues etc.) held in DIC/field	9
	No of participants attended (IDUs/DUs/FRSPs)	31
5.	No. of one to one session held at field /DIC(IDUs/DUs /FRSPs)	97
	• IDUs (male/female)	88
	• DUs (male/female)	1
	• FRSPs	3
	• Community	5

5.12.1. Disposal of Used Syringes

Old used needle and syringes are collected from various shooting spots and received from clients during outreach with an objective to reduce the risk of various infections and create an enabling environment. These collected syringes are disposed by burning after disinfecting it with bleach water.

Disposal of collected syringes are done in following dates.



Date	1ml	2ml	3ml	5ml	10ml
31 st Jan10	55	-	235	176	95



4 th March 10	21	72	158	440	126
1 st April 10	9	35	240	419	42
31 st May 10	34	28	261	308	55
2 nd July 10	22	51	159	194	26
26 th July 10	31	30	339	291	17
15 th August 10	81	80	399	382	77
22 nd September 10	54	78	315	508	47
11 th November 10	7	9	80	300	61
Total	308	384	2287	3007	537

5.12.2. Referrals

Naya Goreto refers the clients to different other organization for the services they provide like VCT, STI test, Oral Substitution Therapy, Rehabilitation Center etc. after identifying their needs.

S.N.	Services	No. of referrals
1.	V.C.T.	35
2.	S.T.I. Testing	6
3.	O.S.T.	26
4.	Rehabilitation Centre	10
5.	Abscess Management	3
6.	Hepatitis C Testing	1
7.	Essential Package of Care	1

8.	Other Medical Problems	21
	Total	103

5.12.3. Counseling

Naya Goreto also provided proper counseling service throughout the project.

S.N.	Type of Counseling	Number
1.	Individual	54
2.	Family	4
3.	Partner	3
4.	Group	1
	Total	62

5.13. Social Audit

Naya Goreto conducted social audit program with the partner organizations on 14th November 2010. The main purpose of the program was to share the work done by Naya Goreto, according to its allocated budget with all the partner organizations. A total of participants of 28 stakeholders attended the program representing different partner organizations of the valley.

Objectives of the program

Naya Goreto conducted the social audit with different partner organizations with the following objectives:

- To share the work done by Naya Goreto with the partner organizations.
- To share the project activities along with their allocated budget as well as it's actual expenses
- To share the outputs of the program





- To take the feedbacks of the programs conducted
- To assess whether the programs were successful or not

6. Conclusion:

The project was successfully completed by Naya Goreto with the financial support from UNODC. Naya Goreto was well able to reach the target groups and successfully met the milestones of reaching and providing services to 400 targeted Injecting/ drug users. Naya Goreto was successful to get support from the local communities of different stakeholders of the society through its different awareness raising activities and sensitizing activities. Overall the whole project was performed well with coordination and cooperation among all the working members of the organization. Thus, the support from UNODC has paid well for providing services to the drug users; preventing them from infecting HIV as well as reducing stigma and discrimination towards them from the society as well as creating an enabling environment for the people who use drugs.

7. Challenges

While running the harm reduction program Naya Goreto had to face several challenges which can be summarized briefly:

- Naya Goreto had to shift the DIC because of the repulsive nature of the community towards the needle syringe exchange program
- Clients had to face challenges during the shifting of the DIC in getting appropriate services.

8. Suggestions and Future Considerations:

There are some suggestions and future considerations that needs to be considered in the future:

- There are needs of regular capacity building trainings to the staffs in order to make them highly efficient and productive
- There are needs of more community activities that strengthens the relation between service providers, community and the target groups