



**2<sup>ND</sup> INTERNATIONAL SYMPOSIUM ON DRUG-RELATED  
STUDIES 2024**

**AND**

**1<sup>ST</sup> NATIONAL SYMPOSIUM ON COMMUNITY  
INTERVENTIONS IN DRUG PREVENTION AND TREATMENT**

# **CONFERENCE PROCEEDINGS**

**NATIONAL DANGEROUS DRUGS CONTROL BOARD (NDDCB)**

**IN CO-PARTNERSHIP WITH THE JAPAN INTERNATIONAL COOPERATION  
AGENCY (JICA) AND THE COLOMBO PLAN SECRETARIAT**

**3<sup>rd</sup> & 4<sup>th</sup> December 2024**

**2<sup>nd</sup> INTERNATIONAL SYMPOSIUM ON DRUG-RELATED  
STUDIES 2024**

*"Balanced and Coordinated Strategy for Building a Drug-Free Community: with Active  
Citizen Engagement"*

**1<sup>st</sup> NATIONAL SYMPOSIUM ON COMMUNITY  
INTERVENTIONS IN DRUG PREVENTION AND TREATMENT**

*"Strengthening Communities: Showcasing Innovative Approaches and Best Practices in  
Drug Prevention and Treatment"*

03<sup>rd</sup> and 04<sup>th</sup> December 2024

**CONFERENCE PROCEEDINGS**



**NATIONAL DANGEROUS DRUGS CONTROL BOARD**

**MINISTRY OF PUBLIC SECURITY AND PARLIAMENTARY AFFAIRS**

Proceedings of the 2<sup>nd</sup> International Symposium on Drug-Related Studies 2024 and  
1<sup>st</sup> National Symposium on Community Interventions in Drug Prevention and Treatment

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## Acknowledgement of Co-partners

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"We sincerely acknowledge the invaluable contributions of our co-partners in making the 2nd International Symposium on Drug-Related Studies 2024 and 1st National Symposium on Community Interventions in Drug Prevention and Treatment a success. Their unwavering support and collaboration have been instrumental in organizing this event and fostering meaningful discussions on drug prevention, control, and treatment. We extend our heartfelt gratitude to [list key partners, The Japan International Cooperation Agency (JICA) and The Colombo Plan Secretariat for their partnership, which has greatly enriched the quality and impact of this symposium. Their dedication to addressing the challenges of drug-related issues is truly commendable, and we look forward to continuing this collaboration in the future."



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## MESSAGE FROM CHAIRMAN OF NDDCB

Dr. Indika Wanninayake  
Chairman



It is with great pride and anticipation that I welcome you to the **2<sup>nd</sup> International Symposium on Drug-Related Studies 2024** and the **1<sup>st</sup> National Symposium on Community Interventions in Drug Prevention and Treatment**. This dual-event platform represents a significant milestone in our collective journey toward addressing the multifaceted challenges of drug abuse through evidence-based approaches.

The National Dangerous Drugs Control Board (NDDCB) is deeply committed to fostering a culture of research and innovation in drug prevention and treatment. This symposium is a manifestation of that commitment, providing an invaluable opportunity for researchers, academics, policymakers, and practitioners from across the globe to converge, exchange ideas, and share their latest findings. It is only by embracing a collaborative and interdisciplinary approach that we can unravel the complexities of drug abuse and its societal impacts.

Research serves as the foundation for effective strategies in drug control, offering insights that guide policy, inform prevention programs, and enhance treatment modalities. By bringing together a diverse array of expertise, this symposium aims to create a dynamic environment for dialogue and discovery. The inclusion of a national focus on community interventions underscores the importance of local-level initiatives in combating drug-related challenges, emphasizing the role of empowered communities in achieving sustainable solutions.

I am particularly grateful to our partners, sponsors, and contributors who have made this event possible, and to the esteemed speakers and presenters who will enrich our understanding of critical issues. Your participation signifies a shared commitment to addressing one of the most pressing global health and social concerns of our time.

Let us seize this opportunity to strengthen partnerships, inspire innovation, and lay the groundwork for impactful interventions. Together, we can advance the frontiers of knowledge and reaffirm our dedication to a drug-free society.

Wishing you a productive and insightful symposium.

**Chairman,  
Symposium Chair  
National Dangerous Drugs Control Board**

## MESSAGE FROM SYMPOSIUM SECRETARY

It is a great honor to welcome you to the **2<sup>nd</sup> International Symposium on Drug-Related Studies 2024** and the **1<sup>st</sup> National Symposium on Community Interventions in Drug Prevention and Treatment**. This remarkable event serves as a critical platform for bringing together researchers, academics, and practitioners committed to addressing the multifaceted challenges of drug abuse through collaboration and evidence-based strategies.

The dual focus of this symposium highlights the global and local dimensions of drug prevention and treatment, underscoring the critical need for research that bridges these two spheres. By convening experts from diverse disciplines and regions, we aim to foster an environment where ideas flourish, partnerships are forged, and solutions emerge. This gathering is not only a celebration of progress but also a call to action to tackle the complex and evolving nature of drug-related issues.

I extend my heartfelt gratitude to all contributors who have worked tirelessly to bring this symposium to fruition. The dedication of our organizing team, the insightful contributions of our speakers, and the unwavering support of our sponsors and partners have been instrumental in shaping this event. Your collective efforts reaffirm the importance of collaborative endeavors in achieving our shared goals.

As we engage in meaningful discussions and exchange knowledge throughout this symposium, let us be inspired to push the boundaries of research and innovation. Together, we can pave the way for evidence-based policies and interventions that create lasting change in our communities and beyond.

Wishing you all a fruitful and inspiring symposium experience.

**A.T. Darshana,**  
**Assistant Director – Research,**  
**Symposium Secretary,**  
**National Dangerous Drugs Control Board**



## MESSAGE FROM COLOMBO PLAN

**Dr. Benjamin P. Reyes**  
**Secretary-General of the Colombo Plan**



On behalf of the Colombo Plan, I extend heartfelt felicitations to the National Dangerous Drugs Control Board (NDDCB) of Sri Lanka for organizing the 2<sup>nd</sup> International Symposium on Drug-Related Studies 2024.

This symposium serves as a platform to demonstrate the power of collaboration and shared commitment among relevant stakeholders, including scholars, practitioners, policymakers, and organizations, in addressing drug-related issues. The Colombo Plan is honored to partner with the NDDCB in this significant initiative for the second time. The theme of this year's symposium, "Balanced and Coordinated Strategy for Building a Drug-Free Community: with Active Citizen Engagement," underscores the importance of collective responsibility and evidence-based interventions in tackling the complexities of drug prevention, treatment, and control.

I commend the National Dangerous Drugs Control Board (NDDCB) for organizing this vital symposium, which provides a platform for the dissemination of evidence-based research on drug prevention, control, and treatment, fostering collaboration among key stakeholders.

The Colombo Plan's Drug Advisory Programme, with decades of experience in drug demand reduction, supply reduction, and prevention across many regions, firmly believes that knowledge sharing, and evidence-based practices lie at the heart of meaningful progress. This symposium's diverse tracks—spanning prevention, treatment, and policy development—serve as a roadmap for addressing evolving challenges, such as synthetic drugs and emerging patterns of substance abuse.

The discussions, insights, and partnerships cultivated during this symposium will undoubtedly inspire innovative and effective solutions to address the complexities of substance abuse. Together, we can build resilient communities and a future free from the devastating impact of drug use.

## MESSAGE FROM JICA

**Mr. YAMADA Tetsuya**

**Chief Representative (Japan International Cooperation Agency)**



It is a great honor for the Japan International Cooperation Agency (JICA) Sri Lanka Office to support the International Research Conference 2024 organized by the National Dangerous Drugs Control Board (NDDCB). This conference serves as an invaluable platform to bring together experts and practitioners from around the world, fostering the exchange of knowledge and innovative practices in the fight against dangerous drugs.

JICA has been privileged to partner with NDDCB in its efforts to address the challenges posed by drug use in Sri Lanka. Since 2022, we have conducted a country-focused training program on the prevention of illegal drug use, including a visit to Japan. This initiative provided participants the opportunity to learn from Japan's experiences and practices, inspiring actionable strategies for Sri Lanka.

Building on this collaboration, JICA has supported the development of treatment and prevention manuals based on the action plan devised during the visit to Japan. These manuals aim to standardize and enhance the quality of practices among public sector and civil society organizations, ensuring consistency and effectiveness in addressing drug-related issues.

Our partnership has also introduced innovative, community-centered approaches to treatment and prevention, drawing on Japan's expertise. In particular, we have shared methodologies incorporating spiritual practices such as Zen teachings, which complement Sri Lanka's existing mindfulness-based rehabilitation programs. We are heartened by NDDCB's reports of reduced relapse rates, reflecting the sustainability and success of these combined approaches.

In addition to these initiatives, JICA has proudly supported NDDCB in hosting its annual symposium for three consecutive years, strengthening global collaboration and dialogue in this critical field.

We commend NDDCB for its unwavering commitment to creating a drug-free Sri Lanka and wish the International Research Conference 2024 every success. JICA remains dedicated to supporting Sri Lanka in its journey toward a safer, healthier society.

## **2<sup>nd</sup> International Symposium on Drug-Related Studies 2024**

### **Keynote speaker**

### **Ms. Sheila Kamdar**

Regional Technical Officer for the International Narcotics Control Board (INCB), United Nations



Ms. Sheila Kamdar is the Regional Technical Officer for the International Narcotics Control Board (INCB), United Nations. She is based in New Delhi and she covers the South Asia region. Ms. Kamdar is part of the Global Rapid Interdiction of Dangerous Substances (GRIDS) team which is focused on the illicit trafficking of new psychoactive substances (NPS), non-medical synthetic opioids, fentanyl and related substances (FRS), and other dangerous substances. She has conducted international trainings throughout Asia for front-line officers to raise their awareness on NPS and to provide practical guidance on the safe interdiction of dangerous substances.

Ms. Kamdar has fifteen years of professional experience with the U.S. Department of Homeland Security and a Master's degree in Criminal Justice Administration from the American University in Washington D.C.

## Summary of the Keynote Speech

On behalf of the International Narcotics Control Board (INCB), I am pleased to be the Keynote speaker for the 2<sup>nd</sup> International Symposium on Drug-Related Studies 2024.

I thank the National Dangerous Drugs Control Board for graciously hosting this symposium and I extend a warm welcome all participants.

Globalization has led to an increase in the trafficking of very dangerous substances which have a devastating impact on public health. Due to their high potency and effectiveness, misuse and abuse have led to an unparalleled epidemic of overdoses every year in some regions of the world. This epidemic has led to an escalation of serious health issues at national and international levels.

The biggest challenge today before law enforcement is containing dangerous substances which are not yet under international control. These include new psychoactive substances, non-medical synthetic opioids, fentanyl, and fentanyl-related substances. These substances are manufactured anywhere, from clandestine labs to chemical factories, and warehouses located in obscure areas. They are produced in mass quantities using specialized equipment. Highly organized borderless criminal networks thrive on large profits without jurisdictional restrictions.

The Global Rapid Interdiction of Dangerous Substances (GRIDS) Programme, supported by the INCB, addresses these challenges. Through its operational responses which include enhancing global communication platforms, the program aims to support the efforts of governments in significantly reducing the supply of these dangerous substances in the consumer market.

Best regards,

**Sheila Kamdar, Regional Technical Officer, South Asia**  
**United Nations, INCB, GRIDS Programme**

**1<sup>st</sup> National Symposium on Community Interventions in Drug Prevention and Treatment**

**Keynote speaker**

**Dr. L.L. Amila Isuru**

Head, Department of Psychiatry,

Senior Lecturer in Psychiatry,

Faculty of Medicine and Allied Sciences,

Rajarata University of Sri Lanka

Honorary Consultant Psychiatrist, Teaching Hospital, Anuradhapura



Dr. Amila Isuru is a dedicated psychiatrist and academic with extensive experience in mental health care and research. Dr. Isuru combines clinical expertise with a passion for teaching and research. He holds an MBBS from the University of Ruhuna, MD in Psychiatry from the Post Graduate Institute of Medicine at the University of Colombo and obtained membership from the Royal College of Psychiatrists, UK.

Dr Isuru is a member of the substance subcommittees of the Sri Lanka Medical Association, the Sri Lanka College of Psychiatrists, and the World Psychiatric Association. He won the Presidential Research Award, the National Research Council merit award, and the Overseas Bursary Prize from the Royal College of Psychiatrists, International Congress 2017.

## Summary of the Keynote Speech

### **Strengthening the communities: Prevention of substance use disorders at community level.**

Sri Lanka's unique healthcare system operates with a minimum budget and human resources. However, it delivers satisfactory healthcare comparable to resource-abundant countries. Substance use disorders are one of the significant challenges encountered by the Sri Lankan Healthcare system due to the large amount of money spent on physical and psychological disorders caused by psychoactive substances. Psychoactive substance use increases the rates of suicide rates, crimes, and road traffic accidents in the country. It has been shown that substance use is one of the determinants of poverty in low-income families in Sri Lanka.

Prevention of substance use disorders at different levels is being practised in Sri Lanka with many challenges. Healthcare professionals pay major attention to individuals with substance dependence, while individuals who misuse substances get lesser attention. Nonetheless, individuals with substance misuse represent a larger proportion of individuals with substance use, and the outcome of interventions is cost-effective compared to individuals with substance dependence syndrome.

Many community interventions have been shown to be effective in different countries. However, there is no silver bullet in the prevention of substance use disorders, and it should be adapted to the given community. The focus on the implementation of well-designed community interventions is one of the important strategies in the prevention of substance use disorders in Sri Lanka.

### **Dr. L.L. Amila Isuru**

Head, Department of Psychiatry,

Senior Lecturer in Psychiatry,

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Rajarata University of Sri Lanka

Honorary Consultant Psychiatrist, Teaching Hospital, Anuradhapura

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## **SESSION I**

# **DRUG PREVENTION AND EARLY INTERVENTIONS**

**"Preventing the Problem Before it Starts: Innovative Strategies for Prevention and Early Intervention"**

### **Session Chair:**

Dr. Alan Ludowyke, Chairman – National Authority on Tobacco and Alcohol

### **Panelists:**

*Dr. Manuja Perera, Senior Lecturer, Senior in Public Health, Faculty of Medicine, University of Kelaniya.*

## **STUDY ON DRUG ABUSE AMONG UNIVERSITY STUDENTS IN DHAKA, BANGLADESH AND POSSIBLE SUPPORT TO REDUCE THE INCREASING DRUG DEMAND**

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Drug-addiction is becoming an increasing threat with widespread social catastrophe in Bangladesh, nationwide study identified prevalence of 3.3% among population of 18 to 30 years that include the age group of university students. This cross-sectional study aimed to explore the status of drug-addiction among university students, their knowledge and attitude towards drug abuse and prevention. Study was conducted in early-2024 among 1060 randomly selected university students in Dhaka. Data were collected on age, sex, reason behind using drug, impacts and prevention through a multiple-choice questionnaire. Student's age ranging from of 18 to 28 years, 71% were male and 29% were female. Mostly from general university (74.5%), medical (11.6%), engineering (10.7%) and agricultural university (3.1%). Prevalence of drug use was 4.7%, highest frequency belongs to cannabis (37%). About 68% of students used drugs for the first time in student's parties. The majority (79%) think that drug-addiction is detrimental to health and 90% of students are aware of treatment for addiction. Study result suggests that counseling on effect of drugs addiction is a timely demand, also public health approach about how to minimize impact and preventive measures, developing an educational curriculum about the adverse consequences, teaching life-skills that reduce demand for drugs.

**Key words:** *Drug, addiction, university, students, prevention*

Abstract ID 03

## UNDERSTANDING SUBSTANCE USE INITIATION IN SRI LANKA: A DESCRIPTIVE CROSS-SECTIONAL STUDY AMONG INDIVIDUALS ENROLLED IN RESIDENTIAL REHABILITATION PROGRAMS

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Substance use is a public health concern. It leads to significant consequences for users, who often consume legal or illegal substances for nonmedical reasons. Research indicates that individuals who start substance use at an early age face more severe long-term outcomes. This study aimed to determine characteristics of first-time substance use among individuals who were admitted to residential rehabilitation programmes in Sri Lanka. A descriptive cross-sectional study was conducted among 424 individuals. Data were collected using an interviewer-administered questionnaire. A systematic random sampling technique was applied to select the study participants from selected residential rehabilitation centers in Sri Lanka. Ethical approval was obtained from the Ethics Review Committee of Sri Jayewardenepura University (46/10). The mean age of the participants was  $29 \pm 7$  years, with the most being young adult males ( $n=421$ , 99.3%), between the ages of 18 and 35 ( $n=416$ , 98.1%). The majority of the participants (64.9%) were unmarried, and most identified as Sinhala (90.1%) and Buddhist (78.5%). Over half of the participants had completed education only up to Grade 8 (57.5%), and 87.3% were employed. A considerable number of participants ( $n=84$ , 19.8%) had substance-addicted family members. Most of them ( $n=378$ , 89.2%) reported that the substances were available in their residential area and that their friends ( $n=413$ , 97.4%), and neighbors ( $n=311$ , 73.3%), were using the substances. Substance use typically began at age  $18 \pm 5$  years, with cigarettes being the most common initial substance (66.0%) and curiosity (78.8%) cited as the main reason for use. The majority ( $n=294$ , 69.3%) had approached the substances for the first time through the assistance of a friend. The study concludes that substance use initiation in young adult males in Sri Lanka may be influenced by factors such as peer force, curiosity, and easy access to substances in their communities. The findings highlight the need for targeted interventions that address these social influences and promote education about the risks of early substance use. Strengthening family and community support systems is crucial for reducing the prevalence of substance abuse in vulnerable populations.

**Keywords:** *Substance use, first-time substance use, Substance use disorder, Residential rehabilitation*

Abstract ID 04

## THE CITIES AS CORE IN THE DEALING WITH DRUGS: A SOUTH ASIAN PERSPECTIVE

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Can cities emerge as experimental sites in framing drug policies that are realistic, coherent and flexible? There is a consensus-emerging globally, though gradually on the critical role of cities as catalysts for innovations in drug policy. Modern cities are exposed to the whole gamut of experience and encounter with drugs, from recreational to problematic use and users with a range of related health, social and security problems. Nevertheless, cities have varying power, competencies or resources and restricted formal powers in shaping core issues related to drug smuggling, trafficking etc. Can the boundaries and capacities of the cities contribute to pragmatic solutions to the unique needs of cities and local communities? Can a city-level drug policy be a fresh push for change, focusing more on issue-specific strategies? This essay proposes that the prevailing and evolving drug problems across cities of the South Asian region (SAR) can be better managed by designing and implementing local drug policies, one that puts the health and security of the city dwellers as priority. It addresses four major areas- drug use in urban spaces, drug markets, urban drug related issues as safety, violence and law enforcement and innovative urban drug policy. The paper is based on three data sources, a review of scientific literature, grey literature, national annual reports of the drugs and addiction monitoring centre of the countries of the region as well as drugs strategy documents. Qualitative data from the three sources analyzed to present an account of the crucial issues reveal that cities can become vectors of experimentation and efforts at supporting, assessment and planning to deal effectually with drug related challenges, and interventions to address specific health-related challenges and harms. There are models on the ground as in case of Nepal's 'Guidelines to the Local Level on Implementation of Programmes Related to Narcotic Drugs and Prevention and Control, 2076,' as obligated by the 'Narcotic Drug Control Guidelines' prepared by the Government of Nepal, which can motivate innovative and 'out-of-the-box' thinking for effective drug policies.

**Keywords:** *South Asia, Cities, Drug Policy, Coherent, Flexible, Sustainable.*

Abstract ID 06

## KNOWLEDGE, ATTITUDES, AND PRACTICES ON TOBACCO AND ALCOHOL USAGE AMONG ESTATE COMMUNITIES IN NUWARA ELIYA AND BADULLA DISTRICTS IN SRI LANKA

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This study investigates the knowledge, attitudes, and practices related to tobacco and alcohol usage among estate communities in the Nuwara Eliya and Badulla districts of Sri Lanka. These areas, particularly estate populations, face significant public health challenges due to tobacco and alcohol consumption. The main objective is to assess the extent of knowledge, attitudes, and practices surrounding these behaviors among estate workers. The study also explores awareness of health risks and legal regulations related to tobacco and alcohol use in Sri Lanka. A cross-sectional quantitative survey was conducted among 409 individuals from estate families, using a structured questionnaire administered through face-to-face interviews. The survey assessed knowledge, attitudes, and consumption behaviors, including the use of smokeless tobacco and alcohol. Findings revealed low knowledge of the health risks associated with tobacco and alcohol, with over 50% of respondents showing limited awareness. 31.4% of participants reported current alcohol use with arrack, moonshine, and beer being the most common types consumed. Smokeless tobacco was used by 62% of participants at least once, and 47.8% had tried alcohol at least once. Smoking tobacco was reported by 18.5% of participants, and 53% confirmed using smokeless tobacco products such as betel nut. Alarmingly, over 95% of participants were unaware of Sri Lanka's legal regulations on tobacco and alcohol sale. More than 60% participants had negative inaccurate attitudes regarding the tobacco and alcohol usage. The study concludes that while knowledge of the diseases related to tobacco and alcohol use is moderate, awareness of legal regulations is significantly lacking. Attitudes towards consumption are largely negative, though many continue these harmful practices. Women predominantly use smokeless tobacco, while beer is the most consumed alcohol among them. Among men, arrack and Gold Leaf cigarettes are most commonly used. These findings highlight the need for targeted educational initiatives and support programs to help users, particularly women, reduce or quit tobacco and alcohol consumption. The study recommends to increase awareness of health risks, educate on tobacco and alcohol laws, create support programs to help users quit, address gender-specific behaviors, and enforce stricter regulation and sales policies.

**Keywords:** *Tobacco consumption, Alcohol consumption, Estate communities, Public Health, Sri Lanka, Knowledge, Attitudes, Practices*

Abstract ID 08

## **GENDER-SPECIFIC TRENDS IN DRUG USE: AN ANALYSIS OF SUBSTANCE USE PATTERNS AMONG YOUNG MEN AND WOMEN IN SRI LANKA**

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In recent years, Sri Lanka has witnessed a noticeable increase in substance use among young people. While the country has traditionally held conservative views on drug use, socio-economic changes, exposure to global cultures, and evolving social norms have contributed to an uptick in drug consumption among young adults. In this study, the gender-specific trends in drug use among young men and women in Sri Lanka were examined. Accordingly, the study sample was 40 inmates, 20 male and 20 female, aged 22 and 30 years, from the Welikada Prison. The data was collected using a semi-structured interview. The study utilized quantitative and qualitative data to examine substance use patterns, motivations, socio-cultural factors, and barriers to seeking assistance. According to the study, the majority (81.3%) of the sample were aged between 25-28. Most of the sample's participants first encountered each other through peer influence, which 66% of the sample and 23% of the sample had used first instant with curiosity. The study's findings show that gender norms, social stigma, and different substance preferences all have an impact on drug use patterns and experiences. Most of the participants also had low levels of education, which were 65% under Ordinary level education. Also, both have experienced a deprived upbringing and a history of juvenile delinquency. Additionally, drug use was primarily initiated during early adolescence in both males and females, and it subsequently progressed to chronicity and the development of drug dependence. The pattern of drug use was similar with both males and females who were interviewed. According to both males and females who were imprisoned, they used tobacco and alcohol. Consequently, the study suggested community awareness campaigns, gender-sensitive prevention programs such as targeted outreach, schools, and community-based programs, and the need for gender-sensitive drug prevention and rehabilitation strategies within Sri Lanka's criminal justice and health sectors.

**Keywords:** *Drug Abuse, Gender, Intoxication, Trends, Patterns*

Abstract ID 20

**INTERVENTIONAL STUDY ON 5A SMOKING CESSATION METHOD AT EASTERN NAVAL AREA (ENA) IN 2021/22.PUBLIC HEALTH APPROACH RESILIENCE IN POST COVID PANDEMIC PERIOD.**

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Non-communicable diseases (NCDs) are the leading global causes of morbidity and mortality, with tobacco use being a significant causal factor. Smoking is the predominant preventable cause of premature death and poses a significant risk for cardiovascular mortality among modifiable risk factors. Post-COVID-19, the emergence of NCDs as a "long COVID" pandemic emphasizes the urgent need for effective health interventions. Smoking cessation using the evidence-based 5A's approach (Ask, Advise, Assess, Assist, and Arrange) is recommended for individuals willing to quit smoking. This non-randomized, purposive interventional study was conducted from March 2022 to October 2022 among sailors exhibiting smoking behaviour in the Eastern Naval Area (ENA). The study included 147 participants, of whom 87% (n=128) presented with NCD or pre-NCD conditions such as impaired glucose tolerance (IGT >100 mg/dL), high BMI, or LDL >116 mg/dL. Participants were grouped demographically: 19.8% (n=30) aged 20–29, 66.6% (n=105) aged 30–39, and 13.2% (n=12) aged 40–49. Educational qualifications revealed only 17% (n=28) had completed advanced-level education, and 83% (n=120) were junior sailors. Participants underwent a brief interventional program incorporating the 5A's method and were followed up for six months by naval nurses, counselling officers, and public health inspectors. At three months, 72.34% (n=107) of participants had quit or reduced smoking, with an average reduction of 39.8%. Key factors influencing outcomes included age, educational level, military discipline, and seniority. The 5A's smoking cessation method is a low-cost, effective intervention to reduce smoking prevalence, particularly in the post-COVID-19 era, where resilience against long COVID-associated NCDs is critical. This study demonstrates the potential for scalable application within military and similar structured populations to mitigate NCD risks.

**Keywords:** *Non-communicable diseases, 5A's method, smoking cessation, post-COVID-19, resilience, Eastern Naval Area*



Abstract ID 22

## UNDERSTANDING THE SOCIO-ECONOMIC FACTORS AND YOUTH SUBSTANCE ABUSE IN DOLUWA DIVISIONAL SECRETARIAT, KANDY

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Substance abuse, a pervasive global crisis, significantly impacts the youth in Sri Lanka, posing various challenges to their health and socioeconomic well-being. Various research indicates that Sri Lankan youth are increasingly engaged in drug and alcohol use during their school years and early substance use is associated with numerous long-term effects. Limited understanding of substance abuse among plantation sector youth highlights the need for in-depth research on the interplay of social factors to develop culturally sensitive, effective intervention strategies. This research aims to examine the interplay between substance abuse and socioeconomic factors among youth in the plantation community in Doluwa Divisional Secretariat in Kandy. The study utilized a mixed-method research design, selecting 24 young adults from Masgolla and Pupuressa Grama Niladhari Divisions through purposive sampling. The sample was identified with the assistance of relevant officers involved in drug control and rehabilitation at the community level. For the cross-sectional survey, the data were collected using an interviewer-administered questionnaire while substance users were interviewed to gather additional qualitative data. Three key informant interviews were conducted to gain qualitative insights into the nature of substance abuse in the area. Descriptive statistics and thematic analysis were employed for data analysis. The results reveal that 79.2% of drug users initiated substance use before age 18, with Cannabis being the most commonly used, followed by heroin, alcohol, and cigarettes. Key socio-economic drivers include socialization through family and family background, low income, unemployment, stress, and peer influence. According to the key informant interviews, alcohol, and Kerala Cannabis use is prevalent among the youth in this area, the overall drug problem is less widespread compared to urban settings. Although limited by the sample size, this study provides insights into the patterns of substance abuse in this community. School-based education and interventions led by trained professionals are recommended alongside addressing stigma towards users to promote effective help-seeking behaviour.

**Keywords:** *Substance abuse, youth, socio-economic factors, poverty, peers,*

Abstract ID 23

## VAPING AMONG UNIVERSITY STUDENTS IN SRI LANKA'S WESTERN PROVINCE: SOCIAL INFLUENCE AND REGULATION

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Tobacco-related deaths total approximately 8 million annually, including 1.3 million caused by second-hand smoke and the use of vape may exacerbate these figures over time. A nicotine vape is a battery-powered device that diffuses aerosols containing nicotine, flavourings, and other chemicals. In recent decades, "vapes," have gained popularity, particularly among younger demographics. The effects of vaping are reportedly distinct and potentially more harmful than traditional smoking, due to its availability, accessibility, and social acceptance. Despite its popularity, the manufacture and sale of e-cigarettes and vaping liquids remain illegal in Sri Lanka. This study explores vaping trends among university students in Sri Lanka's Western Province, focusing on the influence of social and familial acceptance. A mixed-methods approach was adopted, with data collected through an online survey targeting 157 students aged 16–27 from government and private universities. The survey combined quantitative questions to examine the prevalence of vaping, and usage patterns with qualitative questions to capture attitudes toward health impacts and motivations for vaping. The data analysis used descriptive and correlative methods for the quantitative responses and applied a thematic approach for qualitative insights. Results showed that 55% of respondents, mainly private university students, view vaping as socially acceptable at their institutions, consistent with the 21% who actively vape. The findings highlight the significant role of peer influence and raise concerns about increased dependence among those using vaping as a smoking cessation aid. Vaping trends are rising among university students and potentially individuals under 21. Early exposure to nicotine and carcinogens could significantly impact life expectancy rates and the country's long-term health outcomes. Addressing misconceptions about vaping and establishing strict regulations on its promotion and sale are essential steps to mitigate these risks.

**Keywords:** *Vaping, Nicotine, University students, Public health, Regulations*

Abstract ID 27

**DESIGNING AND EVALUATING A DRUG PREVENTION AND  
EARLY INTERVENTION PROGRAM FOR DEGREE COLLEGE  
AND UNIVERSITY STUDENTS IN MYANMAR**

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This study evaluates the design, implementation, and impact of a Drug Prevention and Early Intervention Program tailored for college students in Mandalay, Myanmar. The program aims to address rising concerns about drug use among youth by enhancing awareness, promoting healthy decision-making, and providing early support to at-risk students. A mixed-methods approach is employed, engaging 50 students and 5 educators through pre- and post-program surveys, focus group discussions, and structured observations. The intervention incorporates workshops, peer-led discussions, and life skills training to foster resilience and encourage healthy lifestyle choices. Quantitative data measure changes in students' knowledge, attitudes, and behaviors, while qualitative insights explore their experiences and perceptions of the program. Findings are expected to demonstrate improvements in drug-related awareness and decision-making, alongside practical challenges in program implementation. This study highlights the feasibility of integrating preventive education into institutional frameworks and offers actionable recommendations for scaling such initiatives across higher education institutions in Myanmar, contributing to national efforts in combating youth drug use.

**Keywords:** *Drug Prevention, Early Intervention, Youth Drug Use, Higher Education, Mixed-Methods, Awareness Campaigns, Life Skills Training, Peer-Led Discussions, Behavioral Change, Preventive Education, Program Evaluation, Resilience, Educational Interventions, Myanmar, Policy Recommendations*

Abstract ID 30

## MYTHOLOGY TOWARDS ALCOHOL CONSUMPTION AND BEHAVIOUR IN AN ESTATE COMMUNITY: WITH SPECIAL REFERENCE TO PITAKANDA ESTATE, MATALE

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Alcohol consumption and behaviour are prevalent in the Pitakanda Estate, Elkaduwa Plantation, leading to numerous social issues due to widespread misconceptions. Many community members make excuses and adopt maladaptive behaviours and norms that favour alcohol consumption, which have become blindly accepted over time. This alcohol consumption has become a part of their culture and daily life, with people only believing in the misconceptions built around this behaviour, rather than the scientific rationale, due to socio-economic background and poor education levels of the community. The perception of people towards alcohol consumption and behaviour differs based on social modernization, subjective opinions or experiences, cultural background, social norms, social statuses, vulnerability, and societal misconceptions regarding alcohol consumption and behaviour. These perceptions often overshadow the scientifically proven rationale behind alcohol consumption and the unfavourable behaviours associated with it, eventually leading to social problems such as domestic violence, child abuse, addiction, suicide, and poverty within the community. The primary objective of this study was to examine the perception of people towards alcohol consumption and behaviour in the Pitakanda Estate, Elkaduwa Plantation, and to identify the differences between scientific facts and mythological beliefs regarding alcohol consumption and behaviour. To achieve this, a mixed methodology was utilized, incorporating both quantitative and qualitative methods to collect data through questionnaires, key informant interviews, and case studies. An exploratory research design was utilized, with snowball and expert sampling techniques to select respondents for the study. Quantitative data were analysed using Excel sheets and tabulation methods, while qualitative data were analysed using thematic analysis. The major findings revealed that misconceptions about alcohol use and behaviour are leading to family disputes and dysfunction within the community. There is a significant difference between the scientific effects of alcohol and the mythological effects that the community believes in. These myths, perpetuated by the alcohol industry and political influence over time, conceal the social issues that emerge from alcohol use, which the community fails to recognize at a glance. Addressing these myths and educating the community on the scientific facts about alcohol consumption is crucial for resolving these social issues and improving overall community well-being.

**Keywords:** *Mythology, Alcohol Consumption, Behaviour, Estate, Community*

## SESSION II

# DRUG PREVALENCE, EMERGING TRENDS AND SCIENTIFIC EVIDENCE

**“Leveraging Scientific Evidence to Tackle Drug Prevalence and Emerging patterns”**

### **Session Chair:**

Ms. Sandya Rajapaksha, Government Analyst, Department of Government Analysts Sri Lanka

### **Panelists:**

*Dr. Ruwan Wijayamuni, Chairman of National Transport Medical Institute*

*Mr. Ranjith Wickramasinghe, Assistant Director – Scientific Research, NNL, NDDCB*

*Andra Galindo, Public Information Officer, Precursor Control Section, INCB*

*Mr. Chang Hian Twan, Analytical Toxicology Laboratory - Drug Abuse Testing Unit (ATL-DAT), Singapore*

*Ms. KWANG JIA YI, Senior Forensic Scientist, Illicit Drugs Laboratory, Illicit Drugs Division, Singapore*

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**Plenary Presentations:**  
**Expert insights from invited panelists**

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**International Narcotic Control Board (INCB) Precursor and Equipment Programme**

Andrea Galindo,

Public Information Officer, Precursor Control Section, International Narcotic Control Board (INCB)

The government's efforts to address illicit traffic in narcotic drugs and psychotropic substances are mainly guided by the [1988 Convention](#), which provides, inter alia, for an international framework on precursor chemicals and equipment used in illicit drug manufacture.

Under the 1988 Convention, the International Narcotics Control Board (INCB) monitors and promotes measures taken by Governments to prevent the diversion of precursors and other chemicals into illicit traffic. The Board identifies weaknesses in national and international control systems and contributes to correcting such situations. Every year, INCB publishes a report on the implementation of the relevant parts of the 1988 Convention.

Specifically, INCB supports Governments' efforts through electronic platforms for the exchange of actionable information among countries on licit international trade (PEN Online, PEN Online Light) and trafficking incidents (PICS), and with relevant guidance material and publications.

INCB is also responsible for assessing chemicals to determine whether they should be placed under international control. Most recently, INCB proposed to schedule under Table I of the 1988 Convention two groups of closely related chemicals, to prevent drug traffickers from switching between similar substances to avoid controls. INCB's scheduling recommendation was approved by the Commission on Narcotic Drugs in March and it enters into force today.

INCB has alerted Governments over the years that illicit drug manufacturers often circumvent controls by replacing chemicals scheduled under the 1988 Convention with other, often closely related chemicals, so-called "non-scheduled chemicals". Some of them have legitimate uses in licit industries, while others ("designer precursors") are exclusively made for use in the illicit manufacture of drugs.

INCB encourages Governments to cooperate with relevant industries to prevent the diversion of chemicals and equipment for illicit purposes and to have a greater focus on the equipment used in illicit drug manufacture. It also promotes the monitoring of virtual markets on the Internet (surface) web to identify and address suspicious postings involving precursors and, eventually, equipment, excipients, cutting agents, and adulterants.

Finally, INCB has other initiatives under development, such as an electronic tool to monitor virtual markets, and the expansion of the equipment strategy to include excipients, cutting agents, and adulterants.

## **NAVIGATING NEW FRONTIERS: ANALYTICAL STRATEGIES FOR DETECTION OF NEW PSYCHOACTIVE SUBSTANCES**

Ms. Kwang Jia Yi,  
Senior Forensic Scientist,  
Illicit Drugs Laboratory, Illicit Drugs Division,  
Applied Sciences Group (Health Sciences Authority), Singapore

New Psychoactive Substances (NPS) represent a growing global challenge, emerging as alternatives to traditional illicit drugs and posing significant threats to public health and regulatory systems. In Singapore, the NPS landscape is dynamic, with various types of substances from synthetic cannabinoids, stimulants, and designer benzodiazepines to plant-based NPS. This presentation offers an overview of NPS trends in Singapore and the types of NPS seizures encountered locally. It also provides the analytical strategies used by our laboratory, focusing on the analytical techniques and workflow for NPS detection through a case study demonstrating the application of GC-MS and LC.



## **UNPACKING THE PAST: REVISITING LLE-GCMS FOR AMPHETAMINES ANALYSIS IN URINE**

Mr Chang Hian Twan,  
Analyst,  
Analytical Toxicology Division,  
Applied Sciences Group (Health Sciences Authority, Singapore)

This presentation shares the typical approach for analysing drugs of abuse in biological specimens, focusing on the application of liquid-liquid extraction (LLE) coupled with gas chromatography-mass spectrometry (GCMS) for the detection and analysis of amphetamines in urine. As foundational methods in drug analysis, LLE and GCMS have been widely employed for their simplicity and capability to provide reliable qualitative and quantitative results. The methodology, including sample preparation, derivatization, and common challenges, alongside strategies to address these issues are discussed.

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# ABSTRACTS

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Abstract ID 12

## PILOT STUDY ON ROADSIDE EXAMINATION OF DRUG IMPAIRED DRIVERS

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Road traffic accidents cause due to drugged driving has become an epidemic around the world. It is identified that some of traffic accidents reported in Sri Lanka, caused as a result of drug impaired driving. Currently in existing Sri Lankan law, there are legal provisions to identify alcohol impaired drivers and accordingly the regulations are established to conduct a breath test for suspected driver by a police officer. Further even there is a legal provision in Section 151 of Motor Traffic Act to conduct onsite test for suspected driver who has consumed any drug, the regulations are not established by prescribing the mode and manner in which any onsite test may be conducted. With the aim of identifying most effective roadside drug test strategy in Sri Lanka and to provide necessary recommendations for amendment in laws and regulations to assess drug impaired drivers, the National Dangerous Drugs Control Board (NDDCB) has initiated a pilot study on “Roadside examination of drug impaired drivers” in collaboration with relevant stakeholders. The present study focus the results obtained from the pilot study conducted from May 2023 to February 2024 within the western province and southern province in Sri Lanka. The oral fluid samples of 3852 suspected drivers were screened using Enzyme immunoassay technique (EIA) at the roadside by police officers and 114 drivers in western province and 28 drivers in southern province were given positive results for the drug test. Positive results were further confirmed by a urine test conducted by government medical officers. EIA analysis revealed the presence of methamphetamine in 94 samples (2.4%), cannabinoids in 58 samples (1.5%), heroin in 34 samples (0.9%), MDMA in 24 samples (0.6%), Benzodiazepines in 7 samples (0.2%) and cocaine in 3 samples (0.07%). Polydrug users (1.5%) also identified in both provinces. It is concluded that this is an evidence that oral fluid has a great potential to be applied by law enforcement agencies in roadside drug testing for identification of drug impaired drivers in Sri Lanka.

**Key words:** *Drug impaired driving, oral fluid samples, Enzyme Immuno Assay technique (EIA),*

Abstract ID 15

## DEVELOPMENT AND VALIDATION OF A BIOANALYTICAL METHOD FOR QUANTITATIVE DETERMINATION OF FUROSEMIDE IN SALIVA AS AN ALTERNATIVE MATRIX FOR DOPING CONTROL BY LIQUID CHROMATOGRAPHY–TANDEM MASS SPECTROMETRY

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Since doping analysis is usually performed using urine, athletes are often required to provide urine samples in the presence of an official, raising privacy and ethical concerns. Saliva, as opposed to urine, is gaining popularity as an alternative matrix. Diuretics, a seemingly innocent class of drugs, are often abused by athletes to either reduce body weight or mask other prohibited substances. This study investigated the feasibility of using saliva to detect and quantify Furosemide, the most commonly abused diuretic. An LC-MS/MS method was developed and validated according to ICH M10 guidelines for the quantitative determination of Furosemide in saliva. Sample extraction was performed by adding acetonitrile to saliva in 2:1 ratio. Analysis was performed using a C18 column (50x2.1 mm, 1.8  $\mu$ m particle size) with 0.1% formic acid in water and 0.1% formic acid in acetonitrile under binary gradient conditions, with a flow rate of 300  $\mu$ L/min. Detection was performed using a tandem mass spectrometer coupled with an electrospray ionization source, using Furosemide-D5 as the internal standard. The retention time was 2.11 minutes, with a total analysis time of 7 minutes. The validated method was linear between 2-100 ng/mL. Within-run accuracy and precision were within  $\pm$ 4.71%, and 7.34%, respectively, and between-run accuracy and precision were within  $\pm$ 18.48% and 11.82%, respectively for all levels. The Limit of Detection and the Limit of Quantitation were 0.25 and 1.00 ng/mL, respectively. The calculated matrix effect across 6 different saliva sources ranged from 91.76-102.82%. Additionally, Furosemide was found to remain stable in saliva for at least 11 days, and processed samples were stable for at least 12 days. The method was tested using study samples obtained from patients prescribed Furosemide; 7 out of 8 samples tested positive for Furosemide, with quantifiable salivary concentrations ranging from 4.98 to 310.56 ng/mL. These findings indicate successful detection and quantification of the drug in saliva, paving the way for the development and use of saliva-based doping tests—an athlete-friendly alternative.

**Keywords:** *Furosemide, bioanalysis, LC-MS/MS, doping, saliva*

## PREVALENCE AND EMERGING TRENDS IN PRESCRIPTION DRUG ABUSE IN SRI LANKA

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Prescription drug abuse is defined as the use of prescription drugs in a manner other than prescribed, by the United Nations Office on Drugs and Crime (UNODC). According to the National Prevalence Survey on Drug Use (2019), approximately 0.2% of individuals aged 14 and above engage in nonmedical use of pharmaceutical drugs in Sri Lanka. However, the true scale of this problem remains unrevealed due to limited data and gaps in monitoring legal use. Therefore, this review aimed to examine the prevalence and emerging patterns of prescription drug abuse in the 21st century in Sri Lanka. Peer-reviewed publications on prescription drug abuse from 2001 to 2024 were searched in databases including Google Scholar and PubMed. Resultantly, in Sri Lanka, the most misused prescription drugs include tramadol, benzodiazepines, pethidine, cough mixtures containing dextromethorphan, antipsychotic quetiapine, anticonvulsants and chronic pain medications like pregabalin and gabapentin. Nearly, 98.8% of the estimated population who misused prescription drugs were male, and 59.8% of the cases were Western Province in 2019. The Handbook of Drug Abuse Information in Sri Lanka (2023) highlights a significant rise in prescription drug abuse and drug-related arrests from 2018 to 2022. In 2022, psychotropic substance use accounted for 0.458% of all drug-related arrests. Although Sri Lanka has various regulations, such as the Opium and Dangerous Drugs Act, there are no specific regulations in place to monitor medication prescriptions. UNODC states that early misuse of drugs linked to lifetime dependence. According to the National Prevalence Survey on Drug Use (2019), 19.4% of prescription drugs misusers in Sri Lanka are under 18 years old. Due to easy access, limited regulations, and various socio-economic factors, the non-medical use of prescription drugs is becoming a critical and growing public health issue. Misuse of prescription drugs can cause life-threatening respiratory depression, dependence, cardiovascular problems, hostility, paranoia, heightened tolerance, and withdrawal symptoms, particularly with high-dose stimulants and depressants. The findings suggest the urgent need for implementing public health strategies, including better prescribing practices, increasing public awareness of the risks associated with prescription drug abuse, and targeted interventions for high-risk groups such as young adults in the country.

**Keywords:** *Non-Medical Use of Prescription Drugs, Prescription Drug Abuse, Psychotropic substances, Sri Lanka*

Abstract ID 19

**A STUDY TO ANALYSE THE POTENTIAL FOR DRUG TOXICITY**Wimansha E.D.I<sup>1</sup>, Korala S.K.D.C.H.<sup>1</sup>, Kavindya G.M.T.<sup>1</sup>, Madusanka A.P.T.<sup>1</sup> and Hansani K.G.P.<sup>1,\*</sup><sup>1</sup>Department of Mathematics, University of Ruhuna, Wellamadama, Matara, Sri Lanka.*\*[prasadi@maths.ruh.ac.lk](mailto:prasadi@maths.ruh.ac.lk)*

This study focused on how well a drug would distribute throughout the body with the changes in different pharmacokinetic parameters while analyzing the possible stages of reaching toxic levels. A single-compartment model was used in this study for an oral hypothetical drug. The results were also obtained focusing on some known pharmaceutical drugs: Morphine and Fentanyl which are usually prescribed to manage severe pains in patients. The findings of this study showed that Morphine only becomes toxic at extremely high doses. However, Fentanyl has a narrow safety margin, reaching dangerous levels at five times the recommended dose. The study used toxicity factors like absorption and elimination rates, distribution volume, and dosage to obtain both quantitative and qualitative results. This research provides valuable insights for pharmacologists and healthcare professionals in creating safer dosing guidelines, particularly for medications that possess a high risk.

**Keywords:** *Pharmaceutical drugs, Pharmacokinetic parameters, Single-compartment model, Toxicity*

Abstract ID 24

## EFFECT OF SOLVENT AND TIME FOR THE EXTRACTION OF TETRAHYDROCANNABINOL FROM HASHISH

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Hashish is a major product of cannabis typically appear as dark brown solid slabs, and is been controlled in Sri Lanka due to its potential for abuse, as it contains psychoactive component Tetrahydrocannabinol (THC). Five boxes containing total of 347 greenish-brown colored slabs suspected Hashish, submitted to the Narcotic Laboratory of the Government Analyst's Department in Sri Lanka for further examination by the Police Narcotic Bureau. The aim of the study is to develop a more suitable, less time consuming and eco-friendly method for the extraction of THC from Hashish. The current conventional THC extraction method involves use of solvent followed by solvent evaporation and reconstitution in to methanol. This method is both time consuming and generate significant chemical waste. Qualitative analysis was performed by using specific color tests, Thin Layer Chromatography (TLC) and the Gas Chromatography- Mass Spectrometry (GC-MS). Quantitative analysis of THC was conducted with the Gas Chromatography coupled with Flame Ionization Detector (GC-FID). To detect most effective solvent system for the extraction of THC, three solvent systems were tested (1) methanol: chloroform (9:1), (2) chloroform: methanol (9:1), and (3) acetonitrile: methanol (8:2). The effect of extraction time was evaluated by performing extraction over varying durations: 2, 4, 6, 8, 10 and 24 hours. Results that obtained were compared to the conventional method to determine the efficiency. The qualitative analysis confirmed the presence of THC in Hashish. Quantitative analysis revealed that the solvent system acetonitrile: methanol (8:2) combined with an extraction time of 6 hours was the most efficient method for the extraction of THC. Reduction of chemical waste and effective use of time are the most crucial objectives of the study. Since the world is researching towards the eco-friendly and greener methods; results of this study confirm this new approach could be a practical and sustainable improvement for narcotic laboratory of GAD for the analysis of THC.

**Keywords:** *Hashish, THC, Solvent extraction, GC-FID, Eco-friendly*

Abstract ID 26

## METHAMPHETAMINE ADULTERATION IN SRI LANKA: A FORENSIC ANALYSIS

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Methamphetamine, a synthetic drug belonging to the Amphetamine-Type Stimulants (ATS) group, has emerged as one of the most widely abused illicit substances in Sri Lanka in recent years. Commonly referred to as "Ice" in the illicit drug market due to its crystalline appearance, methamphetamine is typically encountered as needle-shaped or irregular transparent crystals. During its illicit production and distribution, MA is often adulterated with various substances, including cutting agents, fillers, or toxic chemicals, to increase volume and mimic its effects. Its high market value has led to widespread adulteration and dilution by illicit drug traffickers to maximize profit margins. The Narcotic Laboratory of the Government Analyst's Department, Sri Lanka, plays a pivotal role in analyzing the majority of methamphetamine cases seized by law enforcement agencies, including the Sri Lanka Police, Excise Department, and other regulatory bodies. This study primarily focused on the qualitative analysis of different adulterants found in illicit MA samples in Sri Lanka. Understanding these adulterants is vital as they may interfere with analytical methods and complicate forensic profiling. The most common adulterants identified in street-level MA samples were menthol, magnesium sulfate ( $MgSO_4$ ), monosodium glutamate and sucrose. For primary identification, spot tests such as Simon's test and Marquis test were performed. For qualitative analysis of these adulterants, advanced techniques including Fourier Transform Infrared Spectroscopy (FT-IR), Gas Chromatography-Mass Spectroscopy (GC-MS), and Raman Spectroscopy (RS) were utilized. The findings underscore the importance of identifying adulterants in methamphetamine samples for accurate drug profiling, forensic analysis, and supporting law enforcement efforts in combating drug abuse.

**Keywords:** *Methamphetamine, Adulterants, GC-MS, FT-IR, Raman Spectroscopy, Spot Tests*



## SESSION III

# TREATMENT APPROACHES

**“Pathways to Recovery: Exploring Diverse and Evidence-Based Treatment Models.”**

### Session Chair:

**Dr. Malsha De Silva, Consultant Psychiatrist, National Institute of Mental Health  
Sri Lanka**

### Panelists:

*Dr. Chulani Herath, Director, Center for Quality Assurance, Senior Lecturer, Department  
of Psychology and Counseling, Faculty of Health Sciences,  
The Open University of Sri Lanka*

*Dr. Avanka Fernando, Senior Lecturer, Department of Sociology, University of Colombo.*

*Dr. Kumudu Ekanayake, Creative Psychotherapist*

*Ms. Kaori Koume, Expert from UNODC*

*Professor Klimenko Tatyana Valentinovna*

*Mr. Sungjoo Park, MPH - Program Officer, ICUDDR-GCCC*

*Dr. Carmel Clancy, Ph.D; - Director, ICUDDR-GCCC*

*Kevin P. Mulvey, PhD, Executive Director  
International Consortium of Universities for Drug Demand Reduction (ICUDDR)*

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**Plenary Presentations:**  
**Expert insights from invited panelists**

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## **MEDICAL AND SOCIAL REHABILITATION OF PATIENTS WITH DRUG ADDICTION IN THE RUSSIAN FEDERATION**

T.V. Klimenko, A.V. Sakharov

V. Serbsky National Medical Research Centre for Psychiatry and Narcology, Moscow, Russia

In the Russian Federation, a comprehensive treatment and rehabilitation process has been organized for patients with drug addiction to restore the mental, somatic, and neurological health of patients, and teach them the skills of normatively oriented social adaptation and successful re-socialization, based on the principle of drug abstinence.

The therapy of patients with drug addiction begins in medical organizations where the treatment of acute and residual mental, somatic, and neurological disorders and medical rehabilitation, are aimed at restoring the mental and somatic health of patients. After this stage, patients are included in social rehabilitation programs, which are organized by institutions of social protection of citizens, various public organizations, and religious denominations of all kinds.

After the completion of the treatment and rehabilitation process, various models of their re-socialization are provided for the successful re-socialization of patients, including their employment in industrial enterprises, where they work together with intolerant workers under the patronage of medical psychologists and psychiatrists-narcologists.

The experience of organizing this therapeutic approach over the past 10 years has shown its high effectiveness. The rate of remission of drug addiction in the year 2023 has risen to 23,8% of all patients who are under the supervision of a psychiatrist-narcologist. This is the most adequate indicator of the effectiveness of therapeutic interventions. From 2015 to 2023, the incidence of drug addiction in Russia decreased from 1811,1 to 1169,5 per 100,000 populations, and the incidence of harmful drug use decreased from 159,0 to 108,9 per 100,000 population.

## **BIRS MODEL BASED ON CREATIVE PSYCHOTHERAPY, AS A REMEDIAL INTERVENTION FOR DRUG ADDICTED YOUTHS.**

**Dr. Kumudu Ekanayake**  
**Consultant Creative Psycho Therapist, Lecturer, Trainer.**

I'm honored to contribute to the upcoming symposium with a presentation addressing the global challenge of drug addiction and introducing innovative strategies for its prevention and rehabilitation. The presentation will explore the transformative potential of **Creative psychotherapy**, the limitations of conventional therapeutic methods, and the remarkable success of the **BIRS MODEL** Breathing, Imagination, Role-Play, and Self-Talk, a pioneering approach introduced to the field based on research.

### **Overview of the Presentation:**

#### **1. Creative Psychotherapy in Addiction Recovery**

Creative psychotherapy is a transformative approach that integrates expressive and imaginative modalities into traditional therapeutic practices to address the multifaceted challenges of addiction. This method involves guided breathing exercises, visualization, art, music, drama, storytelling, role play and reflective writing. Creative psychotherapy enables individuals to explore and process deep-seated feelings, build self-awareness, and develop healthier coping mechanisms by tapping into non-verbal and emotional avenues of expression.

In the field of addiction recovery, creative psychotherapy is vital as it goes beyond conventional talk therapy by engaging both the mind and body in the healing process. It fosters emotional regulation, reduces stress, and strengthens the individual's capacity for self-reflection and resilience. These elements are crucial for individuals struggling with substance abuse, as addiction often stems from unresolved emotional conflicts and psychological pain. Creative psychotherapy provides a safe, supportive space for clients to confront these issues, reframe negative behavior patterns through positive thoughts generated, and envision a drug-free future.

This holistic and client-centered approach has gained increasing recognition for its ability to enhance therapeutic engagement and achieve sustainable recovery outcomes.

Despite the widespread adoption, of conventional therapeutic methods, CBT (Cognitive Behavioral Therapy) has often been a challenge to deliver consistent success in preventing addiction and ensuring sustainable rehabilitation worldwide due to the cognitive weakness which is a salient feature in the drugs addicted. Therefore, to bridge the gap, The BIRS Model has been introduced using creative psychotherapeutic techniques to support such addicts in cooperating with CBT.

The **BIRS Model**—Breathing, Imagination, Roleplay, and Self-Talk—is a pioneering therapeutic framework. This innovative model addresses the complex psychological and emotional dimensions of addiction through an integrative, client-centered approach. Rooted in the principles of creative psychotherapy, the BIRS Method equips individuals with practical tools to navigate their recovery journey while fostering long-term resilience and personal growth.

**Breathing;** controlled breathing techniques form the foundation of the BIRS Model. Breath control techniques are trained through creative, and active exercise. These evidence-based practices regulate stress, alleviate anxiety, and enhance emotional stability. By mastering their physiological responses, individuals gain the ability to remain calm and composed during moments of craving or emotional distress, reducing the risk of relapse and fostering mental clarity.

**Imagination;** Guided visualization exercises encourage clients to envision a healthier, drug-free future while mentally rehearsing positive behaviors. This imaginative practice leverages the brain’s neuroplasticity, allowing individuals to reshape their thought patterns and emotional responses. By focusing on goals and possibilities, imagination becomes a transformative tool for building hope, motivation, and a sense of purpose.

**Role Play;** Role play in creative psychotherapy adds a dynamic and experiential dimension to the therapeutic process. This approach encourages individuals to actively engage in

simulated scenarios that mirror real-life interactions within a structured and supportive setting. Role play helps substance-addicted clients explore unresolved conflicts, practice effective communication, and rehearse coping strategies for challenging situations. It fosters self-awareness, empathy, and creative problem-solving skills, allowing individuals to identify behavioral patterns and experiment with tailored solutions. Moreover, role play serves as a safe and imaginative outlet, providing opportunities to build confidence, enhance emotional expression, and reinforce positive therapeutic outcomes.

**Self-Talk;** Positive self-talk is the final pillar of the BIRS Model, empowering clients to transform their internal dialogue using story with dramatic dialogue. Individuals are guided to replace negative, self-defeating thoughts with affirming, constructive messages. This restructured internal narrative builds self-confidence, bolsters resilience, and enhances the ability to face challenges without resorting to substance use. Self-talk becomes a mental defense mechanism, equipping individuals to combat cravings and maintain their focus on recovery goals.

**Transformative Impact of the BIRS Model;** The BIRS Method has been validated through rigorous research and practical application, consistently demonstrating exceptional results in addiction prevention and rehabilitation. Clients who adopt this approach report significant reductions in relapse rates, improved emotional regulation, and enhanced overall well-being. Reflective writing, in particular, has been a standout component, fostering deeper insights and promoting meaningful behavioral shifts.

This holistic and adaptable framework makes the BIRS Method suitable for a wide range of therapeutic settings and diverse populations. Its unique integration of emotional, cognitive, and reflective practices ensures that it not only addresses the immediate challenges of addiction but also lays the foundation for lifelong personal growth.

By combining the therapeutic power of breathing, imagination, reflective writing, and self-talk, the BIRS Method revolutionizes addiction therapy, offering individuals a comprehensive and empowering pathway to recovery. It redefines rehabilitation as a journey of self-discovery, resilience, and transformation.

## **CREDENTIALING IN THE SUBSTANCE USE WORKFORCE: ENSURING COMPETENCY, GROWTH, AND PUBLIC HEALTH IMPACT**

(Primary) **Mr. Sungjoo Park**, MPH - Program Officer, ICUDDR-GCCC

(Secondary) **Dr. Carmel Clancy**, Ph.D; - Director, ICUDDR-GCCC

The substance use workforce plays a critical role in addressing the growing public health crisis surrounding addiction and substance use disorders (SUDs). As demand for services continues to rise, it is essential that professionals in this field are equipped with the necessary skills, knowledge, and expertise to deliver high-quality care. Credentialing is a key strategy for ensuring competency, promoting professional growth, and holding practitioners accountable. It also fosters trust, enhances ethical practice, supports interdisciplinary collaboration, increases access to funding, and ultimately contributes to improved public health outcomes.

This presentation will provide an introduction of credentialing in the addiction workforce, with a focus on the International Certified Addiction Professional (ICAP) credential.

### **Learning Objectives:**

#### **1. Understand the Importance of Credentialing:**

Participants will gain a clear understanding of why credentialing is critical for ensuring competence and professional accountability in the addiction/SUDs workforce.

#### **2. Explore the Current Credentialing Landscape:**

A review of the existing credentialing systems in the addiction and SUDs field, identifying strengths, gaps, and challenges that need to be addressed.

#### **3. Learn About the ICAP Credentialing Process:**

An introduction to the ICAP credentialing system, including the steps involved, benefits for professionals, and how it supports career development and public health goals.

#### **4. Identify Key Benefits and Challenges of Credentialing:**

Understand the advantages of credentialing for individuals, organizations, and the broader healthcare system, as well as the common challenges and potential solutions.

#### **5. Explore Collaborative Efforts to Build Systems of Care:**

Learn how ICUDDR, GCCC, and partner organizations are working together to develop and implement comprehensive systems of care that support a well-trained and credentialed workforce.

By the end of the session, participants will have an understanding of the role credentialing plays in strengthening the addiction workforce, improving service delivery, and advancing public health outcomes.

**"Developing the Global Workforce"****Kevin P. Mulvey, PhD, Executive Director****International Consortium of Universities for Drug Demand Reduction (ICUDDR).**

The prevalence of substance use disorders around the world demands a well-trained, professional workforce to deliver effective prevention, treatment, and recovery services. This session outlines the critical need for professional workforce development, highlighting both persistent challenges in drug demand reduction efforts and international collaborative initiatives to strengthen the global addiction care workforce. This discussion illustrates how workforce organizations are collaborating to build comprehensive systems of care through interconnected efforts at both global and regional levels. Through a global consortium of institutes of higher education, these initiatives link science, policy, education, and service delivery to address substance use challenges and strengthen communities worldwide.



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# ABSTRACTS

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Abstract ID 05

**LEVERAGING MOBILE HEALTH (mHEALTH) AND ARTIFICIAL INTELLIGENCE (AI) FOR COMMUNITY-BASED DRUG PREVENTION AND TREATMENT PROGRAMS**

Alex Chrishanthan

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Substance abuse remains a pressing public health challenge, with traditional prevention and treatment programs often hindered by barriers such as limited access, lack of personalization, and societal stigma. This study investigates the potential of integrating mobile health (mHealth) and artificial intelligence (AI) technologies into community-based prevention and treatment initiatives to overcome these challenges. Through a mixed-methods approach, the research gathers quantitative data from 50 healthcare providers and 100 individuals utilizing mHealth and AI tools, complemented by qualitative interviews and focus groups exploring user experiences. The findings reveal that mHealth applications significantly enhance access to healthcare, particularly in underserved areas, with over 80% of participants reporting improved accessibility to treatment. AI-powered tools facilitate the development of personalized care plans, leading to a 75% improvement in patient outcomes. Additionally, mHealth platforms are associated with a 20% reduction in relapse rates, attributed to real-time support and continuous monitoring. Despite these benefits, challenges such as digital literacy gaps and the need for sustained user engagement emphasize the importance of designing user-friendly systems and providing ongoing support. This research demonstrates the transformative potential of mHealth and AI in addressing substance abuse at the community level. It proposes actionable recommendations, including implementing digital literacy initiatives, investing in supportive infrastructure, and fostering public-private partnerships to scale these technologies. By emphasizing the accessibility, personalization, and real-time support capabilities of mHealth and AI, this study highlights innovative approaches that can enhance the impact of community-based prevention and treatment programs, ultimately contributing to more effective and inclusive public health strategies.

**Keywords:** *mHealth, artificial intelligence, substance abuse, drug prevention, community-based programs*

Abstract ID 11

**THE IMPORTANCE OF DEVELOPING PSYCHIATRIC AND ADDICTION MEDICINE TO REDUCE RISKS AMONG DRUG ADDICTS IN SRI LANKA**Samaraweera KTC<sup>1\*</sup><sup>1</sup>Faculty of Graduate Studies, University of Colombo, Sri Lanka[\\*tharinducharith@outlook.com](mailto:*tharinducharith@outlook.com)

Addiction is a brain disease, and drug addiction is a global crisis due to sociological or biological factors that raising many social and personal risks. Year by year increasing the substance use population. Once exposed to a drug, occurring a risk led to a user, and users to addicts. Risks are staring from physical and mental disabilities to deaths. In Sri Lankan drug addictions, marijuana, heroin and methamphetamine can found mostly. Medicinal treatments are available for alcohol addictions. With structured non-medicinal services for others, showed 75% unfortunate relapses. Findings based on modern treatment strategies such as medicinal treatments that globally indicated higher success in abstinences and risk reductions for drugs addicts are exhibit rarity due to the research gap in Sri Lanka. The study initiates the importance of developing psychiatric and addiction medicine to reduce risks among drug addicts in Sri Lanka as a review of 05 main scientific resources that selected via a systematic search on internet. Globally, methadone, buprenorphine, naltrexone and clonidine are recommended as medications. Empirically, medicinal treatments positively proved 32% to 69% reduction of illicit opioid uses and risk reductions of some sexually transmitted infections. There is some interdependence among drug addiction and psychiatric conditions, 72% drug addicts develop psychiatric conditions and 44% to 90% psychiatric patients develop drug addictions. Mutually develop these areas will be more effective to mitigate risks and enhance abstinence. Globally, these methods are ongoing with mandatory psychosocial support for positive outcomes. Some studies showing negative impacts including misusing of medications. Findings are mainly based on western sociocultural background and validity to Sri Lanka is low. The ability to apply these strategies to fight with drug crisis in Sri Lankan contexts are not properly researched yet and experts can implement research with clinical trials to study about the applicability in future.

**Keywords:** *Addiction medications, drug addiction, psychiatric medications, psychosocial support, risks*

Abstract ID 13

## THE ROLE OF PSYCHOLOGICAL COUNSELING IN THE REHABILITATION OF SUBSTANCE USE DISORDER OFFENDERS: INSIGHTS FROM COMMUNITY-BASED CORRECTIONS IN SRI LANKA

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Psychological counselling plays a critical role in the rehabilitation of substance use disorder (SUD) offenders under Community-Based Corrections (CBC) in Sri Lanka. This study investigates the contribution of counselling interventions to the recovery and reintegration of offenders, utilizing data from 100 individuals aged 15 to 50 years across Kurunegala, Rathnapura, Matara, Puttalam, and Galle. Anuradhapura and Kegalle. Data was collected through structured interviews and analyzed using SPSS, focusing on the effectiveness of psychological counselling in reducing substance use and recidivism. Results indicate that individual counselling significantly contributes to abstinence, with 70% of participants reporting positive outcomes in managing cravings and reducing substance use. Offenders highlighted counselling sessions as essential in addressing underlying psychological issues, enhancing coping mechanisms, and promoting behavioral change. Additionally, 63% of offenders perceived CBC's holistic approach, combining surveillance with counselling as a major factor in maintaining sobriety. Key therapeutic techniques such as cognitive-behavioral therapy (CBT) and motivational interviewing (MI) were found to be particularly effective, especially for offenders with long-term substance use histories. The analysis also revealed that offenders faced several barriers to sustained recovery, including social stigma, lack of support networks, and challenges in accessing continued psychological care post-CBC. Recommendations include expanding access to psychological counselling services, increasing the availability of trained counsellors within the CBC framework, and establishing follow-up programs to support long-term recovery. In conclusion, this study underscores the substantial impact of psychological counselling on the rehabilitation of SUD offenders, highlighting its potential to reduce recidivism and support reintegration. These findings offer valuable insights for policymakers aiming to enhance the effectiveness of CBC programs by integrating comprehensive psychological interventions. Strengthening these support systems is crucial for addressing substance use behavior and promoting sustainable recovery in Sri Lanka.

**Keywords:** *Psychological Counseling, Substance Use Disorder, Community-Based Corrections, Offender Recovery, SPSS Analysis*

Abstract ID 14

## EFFECTIVENESS OF COMMUNITY-BASED CORRECTIONS IN THE REHABILITATION OF SUBSTANCE USE DISORDER OFFENDERS: INSIGHTS FROM OFFENDER DATA IN SELECTED DISTRICTS OF SRI LANKA

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Substance use disorder (SUD) is a significant yet often overlooked public health issue in Sri Lanka, with the potential for severe social and criminal ramifications. Community-Based Corrections (CBC) offers a rehabilitative alternative to imprisonment that focuses on intervention and social reintegration. This trial aims to evaluate the effectiveness of CBC in reducing substance use and recidivism among SUD offenders in the districts of Kurunegala, Rathnapura, Matara, Puttalam, Kegalle, Anuradhapura, Galle, and Badulla. The study population comprised 100 offenders aged between 15 and 50 years under CBC supervision, with data collected in October 2024 and analyzed using SPSS. Among the participants, 90% identified as Buddhists regarding marital status, 53% of the individuals were married, 37% were unmarried, and 6% were separated. Furthermore, 45% of the offenders were daily wage earners, 7% were self-employed, and the remaining percentage indicated unemployment. The patterns of substance use revealed a significant prevalence of illicit liquor at 41%, followed by heroin at 18%, legal liquor at 16%, smoking at 7%, and other drugs at 5%. Regarding the duration of substance use, 42% reported using substances for over 10 years, 22% for five to ten years, and 15% for three to five years. 17% percent used substances for 01 to 03 years, while 4% had been using them for less than a year. Notably, 76% of the offenders were first-time participants in the CBC program, while 18% and 6% were repeat offenders with two or more than three CBC orders, respectively. Results revealed that 63% of offenders perceived CBC as a positive contributor to abstinence, citing appropriate treatment programs, surveillance by officers and counselling as important contributors. The most effective intervention was individual counselling; 70% of participants reported that this aided positively in their recovery. Offenders cited barriers to participating in residential treatment and noted the difficulty of sustained abstinence when returning after treatment to "the same place I was using all the time." One was to open more residential treatment centers, provide financial support for self-employment, and enhance legal assistance during the period of rehabilitation. The study concludes that while CBC shows promise in rehabilitating SUD offenders, addressing systemic gaps in treatment and support services is crucial for enhancing its effectiveness. This research provides actionable insights for policymakers to strengthen CBC frameworks in Sri Lanka.

**Key Words:** *Community Based Corrections, Rehabilitation, Substance Use Disorder, Offender*

Abstract ID 21

## HOLISTIC TREATMENT & REHABILITATION FOR MILITARY ADDICTION RECOVERY: A CASE STUDY OF THE SRI LANKA NAVY'S 6+1 INTERVENTION MODEL

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Addiction among military personnel is a significant challenge, affecting individual well-being and compromising the operational integrity of the armed forces. In Sri Lanka, an increasing trend in addictions substance misuse, including drugs and alcohol and online gambling addictions has highlighted the urgent need for effective treatment & rehabilitation initiatives. The Sri Lanka Navy, recognizing addiction as a chronic medical condition, launched a comprehensive rehabilitation program in April 2022, employing a multidisciplinary model tailored for naval personnel. The program utilizes the 6+1 Intervention Model, initially developed for rehabilitating violent extremists, and adapted to address addiction recovery. This holistic model incorporates six core components: educational development, vocational training, spiritual/religious guidance, psychological well-being, sports/extracurricular activities, and social/family reintegration, with community engagement as an additional focus. The rehabilitation process consists of three phases: pre-rehabilitation (identification and referral), a three-month rehabilitation period, and a post-rehabilitation follow-up phase that includes a probationary period for ongoing support and reintegration. As of the current date, 118 naval personnel have completed the program, with the eighth batch underway. Results indicate substantial improvements in psychological well-being, self-esteem, resilience, and social intelligence, as measured by standardized psychological assessments. For instance, the Rosenberg Self-Esteem Scale (RSES) scores improved from a baseline of 16.84 to 22.25 by the end of the program. Depression, anxiety, and stress levels, assessed using the DASS-21, showed a significant reduction from a mean score. The Tromsø Social Intelligence Scale (TSIS) scores also improved, demonstrating enhanced social skills and awareness. The Navy Rehabilitation Center's program has proven effective in facilitating holistic recovery and reintegration into naval duties. The structured approach addresses multiple dimensions of addiction, contributing to reduced relapse rates and long-term positive outcomes. Extended post-rehabilitation monitoring is conducted upto 3 years. The findings highlight the importance of comprehensive, tailored interventions for addiction recovery in military settings, offering valuable insights for future program development.

**Keywords:** *Rehabilitation, addiction recovery, 6+1 theory of rehabilitation, online gambling addiction, post rehabilitation*

Abstract ID 25

**MENTAL AND PHYSICAL PROBLEMS FACES BY FEMALE PRISON INTIMATES WHO HAVE DRUG USE BEHAVIOUR: WITH SPECIAL REFERENCE TO SELECTED PRISONS IN SRI LANKA.**

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There are some studies have done regarding female drug use and this study tried to reveal the physical and mental problems of drug-used female prison intimates from a few selected prisons in Sri Lanka. This study used Bogambara, Kalutara, Negambo, Wariyapola and Welikada prisons of Sri Lanka. At the moment of the study there were 636 female prisoners in prisons and 80 of them were used for the study that has ever used drugs. Study was conducted by using the Survey method. The main data collection tools are structured questionnaires and non-participatory observation. Moreover we used ASSIT V3.0 screening test to select the main study population and also to test the drug use patterns, trends and level of use. The data revealed from structured questionnaire were analysed by using SPSS software. Study results pointed out the main reasons for drug use are; introduced drugs by friends, previous imprisonment (4%), body pain, by force by boyfriends, husbands and as a solution for problematic situations. The study pointed out the majority of the female prison intimates used heroin 50(62%) in someday; Methamphetamine users were 27(34%) and cannabis by 26(32%). Amphetamines, cocaine, Hallucinogens such as LSD were also included in the study sample. Considering drug use in last three months 28(35%) used Tobacco once or twice, used Alcohol once or twice 6(8%), monthly and weekly 7(9%), used Cannabis once or twice 3(4%), weekly 5(7%), monthly 1%, used Cocaine monthly 3(4%) and Amphetamine used 4(5%) once and twice. Regarding the total study population 22 (26%) inmates were suffering from physical problems/ illnesses such as respiratory diseases 6(7%), high blood pressure 1(1%), Heart attack 5(6%), tiredness caused of sleeping problems 10(12%). Considering the total study population there were 28 (31%) intimates were suffering from mental illnesses and problems such as; Depression 2(2%), Anxiety 2(2%), mental distress 17(18%) and loss of memory (memory problems) 7(9%). Overall it was concluded that some women have faced physical and mental illnesses due to the drug use and it relates to the reasons for previous and after behaviours of imprisonment. It will be more useful to introduce drug prevention and treatment programs including short term and long term interventions for female prison inmates.

**Keywords:** *Drugs, Heroin, Prison inmates, Methamphetamine, Mental problems*

Abstract ID 29

## COMPARATIVE ANALYSIS OF SUBSTANCE USE DISORDER (SUD) OFFENDER CARE: SRI LANKA VS. UNITED STATES OF AMERICA

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Substance Use Disorder (SUD) poses significant challenges to criminal justice systems worldwide, requiring effective approaches for offender rehabilitation and reintegration. This study compares the frameworks for SUD offender care in Sri Lanka and the United States, focusing on legal, social, and community-based interventions. The research draws on firsthand experiences during the Hubert H. Humphrey Fellowship, including fieldwork, seminars, expert interviews, and secondary data from government reports and peer-reviewed literature. Sri Lanka's criminal justice system remains punitive mainly, with a reliance on incarceration and limited access to rehabilitative care. The lack of community-based interventions and the social stigmatization of SUD offenders further hinder their reintegration. In contrast, the United States employs evidence-based practices, such as drug courts, Medication-Assisted Treatment (MAT), and cognitive-behavioral therapy (CBT), which prioritize rehabilitation over punishment. Social reintegration programs, including vocational training and peer recovery networks, are integral to U.S. practices, although disparities between urban and rural areas remain. Despite these successes, both countries face challenges: Sri Lanka struggles with overcrowded prisons, inadequate healthcare infrastructure, and resource constraints, while the U.S. grapples with systemic inequities and persistent recidivism. The study highlights the need for Sri Lanka to adopt community-based strategies, enhance evidence-based treatments, and address cultural attitudes. At the same time, the U.S. must challenge to work to reduce regional disparities in program access. The findings suggest that both countries can benefit from mutual learning and collaboration to improve SUD offender care and rehabilitation outcomes.

**Keywords:** *Substance Use Disorder, offender care, rehabilitation, legal frameworks, community-based interventions, recidivism, evidence-based practices*



## SESSION IV

# LAW ENFORCEMENT AND SCIENCE AND INNOVATIONS FOR DRUG CONTROL

**"Advancing Law Enforcement, Science, and Innovations in Drug  
Demand and Supply Reduction"**

### **Session Chair:**

**Mr. Sanjeewa Dissanayake, Deputy Solicitor General, Attorney General's  
Department, Sri Lanka**

### **Panelists:**

*Lieutenant Commander (N) Prasanna Eriyawa, Staff Officer (Operations)  
Sri Lanka Coast Guard*

*Colonel Nalin Herath, Director- Media, Ministry of Defence & Overlooking Director  
General Institute of National Security Studies*

*Mr. W.D.P. Senarathna, Assistant Superintendent of Police, Police Narcotics Bureau.*

*Captain Indika Gunawardena, Sri Lanka Navy.*

*Mr. W.P. Jayanethsiri, ASP, Computer Crime Investigation Division, Sri Lanka Police.*

*Mr. Nuwan Abeynayake, Deputy Director of Customs, Narcotics Control Unit, Sri Lanka  
Customs.*

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**Plenary Presentations:**  
**Expert insights from invited panelists**

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## **COUNTERING DRUG RELATED VIOLENCE: THE ROLE OF NATIONAL SECURITY FORCES IN SRI LANKA'S FIGHT AGAINST THE DRUG TRADE**

Colonel MBB Nalin Herath RSP

The Overlooking Director General and Acting Director (Research)  
Institute of National Security Studies

The fight against drug related violence in Sri Lanka is a critical issue intertwined with national security, as the country's strategic location in the Indian Ocean positions it as a significant hub for international Trade. While historically seen as a transit point for commodities, recent trends indicate that Sri Lanka has increasingly become a destination for illicit drugs, leading to rising public health concerns, crime rates, and socio-political instability. The urgency to address this crisis has prompted the Sri Lankan government to enhance the role of National Security Forces (Army, Navy and Air Force), particularly with Police and Special Task Force (STF), in combating drug trafficking and associated violence. The escalation of drug use, particularly among adolescents, has been exacerbated by socio-economic challenges and a lack of comprehensive national drug policies.

Drug trafficking is closely linked to organized crime, money laundering, and even terrorism, creating a complex landscape that threatens the nation's stability and safety. Efforts to counter drug-related violence also focus on community engagement, evidence based interventions, and addressing socio-economic factors that contribute to drug abuse. International collaboration with organizations such as the United Nations Office on Drugs and Crime (UNODC) has played a pivotal role in shaping Sri Lanka's response to the drug crisis, emphasizing the importance of an integrated approach that balances law enforcement with public health and human rights considerations. As the nation navigates these complex challenges, the role of National Security Forces remains crucial in ensuring a cohesive strategy to mitigate drug related violence and enhance the well-being of its citizens.

## **Enhancing Maritime Border Security: The Role of Sri Lanka Coast Guard in Preventing Drug Trafficking and Transnational Organized Crime**

Lieutenant Commander (N) Prasanna Eriyawa, MSP (GRIPS), M.CPS (Col), BNavalSt (Maritime Warfare), PG Dip (BIDTI), Dip in D & WA  
Staff Officer (Operations)  
Sri Lanka Coast Guard

The Sri Lanka Coast Guard (SLCG) is instrumental in safeguarding the nation's maritime borders and combating drug trafficking and transnational organized crime (TOC). Sri Lanka's strategic location in the Indian Ocean has made it a target for TOC networks using the region as a transshipment hub for narcotics originating from the "Golden Crescent" and "Golden Triangle." This summary examines the SLCG's operational strategies, achievements, and challenges in ensuring maritime security and promoting a drug-free Indian Ocean.

The SLCG, established under the Coast Guard Act No. 41 of 2009, has evolved into a law enforcement body with extensive powers to stop, search, seize, and investigate. Its responsibilities include countering smuggling, piracy, illegal fishing, and preserving marine biodiversity. Collaborations with stakeholders such as the Sri Lanka Navy, Customs, and international organizations like JICA and UNODC have bolstered its effectiveness. Significant achievements include record-breaking drug seizures, interception of smuggling vessels, and efforts to curb Illegal, Unreported, and Unregulated (IUU) fishing.

Advanced training, tactical drone deployments, and international collaborations have enhanced SLCG's operational capacity. However, challenges such as workforce limitations, budgetary constraints, and gaps in information sharing persist. Strengthening regional partnerships, improving intelligence sharing, and investing in maritime technologies are essential to address these issues.

The SLCG remains committed to securing Sri Lanka's maritime borders and eradicating TOC, emphasizing the need for collective action among local and international stakeholders to ensure regional stability and a drug-free Indian Ocean.

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## LEVERAGING SURVEILLANCE TECHNOLOGY FOR MARITIME DRUG PREVENTION

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The rise in global drug trafficking has become one of the most significant challenges faced by law enforcement agencies, governments, and international organizations. Similar to the share of the maritime transport in legitimate trade, maritime drug trafficking is a critical component of the global narcotics trade. The vastness of the oceans and the relative anonymity of ships make it difficult for law enforcement agencies to track and intercept illicit shipments. Traffickers often use commercial cargo ships, fishing vessels, and private yachts and speed craft to smuggle drugs such as cocaine, heroin, and synthetic drugs across borders..

Drug trafficking via sea poses a wide range of threats, including destabilization of governments, increase in organized crime, public health crises, and funding for terrorist activities. The complexity and scale of maritime drug trafficking necessitate measures beyond the traditional policing methods. It's crucial to employ advance technologies to monitor detect and intercept illegal shipment to deter the often exploitation of maritime routes for drug smuggling. In this endeavor it is essential to conduct visual, electronics and physical surveillances. In visual and electronics surveillance technology play a pivotal role play.

Key surveillance tools leveraging the latest technology, includes satellite imagery, drones, Automatic Identification System (AIS), radar and sonar technologies, phone monitoring and artificial intelligence (AI). Those tools assist law enforcement as follows and support monitoring detection and interception s in following ways:

- **Satellites** offer wide-area monitoring, detecting suspicious vessel activity and tracking potential drug routes.
- **Drones** provide flexible, real-time surveillance of harbours and open seas, using cameras and infrared sensors.
- **AIS and Vessel Tracking systems** allows tracking of vessel movements, identifying ghost ships or abnormal routes indicative of illegal activity.
- **Radar and Sonar** are vital for detecting hidden or submerged vessels, such as semi-submersibles used in drug trafficking.
- **Phone monitoring System** allows the interception of communications between criminals and drug cartels.
- **AI and Machine Learning** improve data analysis, automating threat detection and improving predictive capabilities for intercepting drug shipments.

Above tools enable collection, overlaying and analysis of information providing improved situational awareness for the law enforcement official. However, there are some technical challenges such as weather interferences and system reliability. Legal and ethical concerns regarding privacy and national sovereignty must also be addressed when using the latest technology. Further, international coordination remains a challenge due to resource constraints and political barriers. To overcome the limitations and t maximize the effectiveness of above technologies, it is recommends improving technological integration, investing in AI and machine learning for better decision-making, strengthening international cooperation, and addressing legal and ethical issues.

## Responsibilities Challenges and Drug Trends

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The social responsibility of Sri Lanka Customs in combating the drug traffickers is well understood and actions executed to accomplish commitments. Sri Lanka Customs established a dedicated unit for achieving this goal of combating the trafficking of illicit drugs. This unit is driven by the experienced officers at Customs.

While Sri Lanka Customs plays a vital role in the fight against drug trafficking, the challenges are immense due to the evolving tactics of traffickers, resource constraints, and the complexities of international cooperation. Addressing these challenges requires continued investment in technology, personnel, intelligence-sharing, and international collaboration, alongside efforts to combat corruption and improve the legal framework.

Sri Lanka has seen a rise in the abuse and trafficking of substances from Malaysia like methamphetamine (locally known as "ice"). Unlike traditional drugs such as heroin, meth is more affordable and easier to manufacture, making it a growing issue in the country. It has become particularly concerning among youth and urban populations. Further, there is a trend in trafficking Cannabis (Kush) from Thailand using Thailand nationalities.

## Digital Challenges in Drug Enforcement for Law Enforcement

*Mr. W.P. Jayanethsiri, ASP,  
Computer Crime Investigation Division,  
Sri Lanka Police.*

The rapid advancement of digital technologies has significantly transformed the landscape of drug enforcement. Law enforcement agencies face several challenges in tackling drug-related crimes in the digital era:

1. **Dark Web Operations:** Drug traffickers exploit the anonymity of the dark web to conduct illicit trade, making it difficult for authorities to track and trace transactions.
2. **Cryptocurrency Transactions:** The use of cryptocurrencies for payments in illegal drug markets complicates financial tracking and seizure efforts due to their decentralized and pseudonymous nature.
3. **Encrypted Communication:** Traffickers use encrypted messaging platforms and apps to coordinate activities, posing significant hurdles for surveillance and intelligence gathering.
4. **Data Overload:** The vast amounts of data generated on social media, online marketplaces, and communication channels make identifying drug-related activities resource-intensive and time-consuming.
5. **Artificial Intelligence and Automation:** Criminals increasingly leverage AI for operations like chatbots for sales or automated processes to evade detection, demanding equally sophisticated countermeasures.

To combat these challenges, law enforcement must prioritize technological investments, strengthen international collaboration, and enhance the digital skills of personnel to adapt to the ever-evolving nature of cyber-enabled drug trafficking.

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# ABSTRACTS

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Abstract ID 01

## **SRI LANKA NAVY'S ROLE IN HEROIN TRAFFICKING PREVENTION AND EMERGING DRUG TRENDS: STRATEGIC MARITIME INTERVENTIONS AND EARLY PREVENTION**

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This paper explores the Sri Lanka Navy's (SLN) role in preventing heroin trafficking through strategic maritime interventions and early prevention methods. Positioned along crucial drug trafficking routes in the Indian Ocean, Sri Lanka is vulnerable to drug smuggling, especially from the Golden Crescent and Golden Triangle regions. The SLN's efforts to counteract heroin trafficking are anchored in a comprehensive Maritime Domain Awareness (MDA) framework, which integrates fleet capabilities, foreign cooperation, intelligence, surveillance, and modern technology. This study employs a mixed-methods approach, analysing heroin seizure data from 2018 to 2022 and interviewing SLN officials to assess their strategic responses. Findings reveal that heroin trafficking follows a seasonal pattern, with traffickers using sophisticated methods, including modified vessels and new routes. The study emphasises the importance of technological upgrades, enhanced naval diplomacy, and continuous capacity building to counter these evolving threats. The MDA Matrix proposed in this paper highlights a holistic strategy combining international cooperation, advanced surveillance, and intelligence sharing to safeguard Sri Lanka's maritime domain.

**Keywords:** *Sri Lanka Navy, Heroin Trafficking, Maritime Security, Maritime Domain Awareness (MDA), International Cooperation, Aerial Detection, Surveillance*

Abstract ID 09

## CROSS BORDER DRUG TRAFFICKING BETWEEN MYANMAR AND BANGLADESH: THE ROLE OF ROHINGYA REFUGEES

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This study investigates the critical issue of cross-border drug trafficking between Myanmar and Bangladesh, with a specific focus on the role of the Rohingya refugee population residing in Bangladesh. The influx of Rohingya refugees since 2017 has led to significant socio-economic challenges, and there is growing evidence that some individuals within this population have been involved in drug trafficking networks, particularly in the trade of methamphetamines, known locally as "yaba." This research aims to explore the extent of Rohingya involvement in drug trafficking activities, examine the underlying socio-economic factors driving this involvement, and evaluate the challenges faced by law enforcement in addressing these issues. A mixed-methods approach was employed, combining quantitative analysis of trafficking incident reports and qualitative interviews with law enforcement personnel, local residents, and select Rohingya community members. Data were collected from official records, including arrest and seizure statistics, and were further supported by field interviews conducted in the Cox's Bazar and Teknaf regions. This allowed for an in-depth analysis of trafficking patterns, hotspots, and the role of socio-economic vulnerabilities. Results indicate that a subset of the Rohingya population has been coerced or incentivized to participate in drug trafficking due to limited employment opportunities and financial hardships within the camps. The research further reveals that traffickers exploit the precarious situation of refugees, using them as couriers in exchange for small sums of money. Challenges identified include difficulties in monitoring porous borders, limited resources for patrolling, and the complexities of distinguishing traffickers from vulnerable refugees. In conclusion, the findings highlight the urgent need for comprehensive interventions that address both security and socio-economic factors. Strengthening border security, implementing community-based livelihood programs within refugee camps, and fostering closer collaboration between Bangladeshi and Myanmar authorities are recommended to mitigate drug trafficking. This study provides a foundation for policy recommendations aimed at reducing the involvement of vulnerable populations in illegal activities and enhancing regional security. The role of humanitarian support and economic opportunities is emphasized as essential components for sustainable solutions in managing cross-border trafficking issues involving refugee populations.

**Keywords:** *Rohingya, Drug, Yaba (methamphetamine), Border*

Abstract ID 16

**THE NEXUS BETWEEN DRUG ABUSE AND RISING CRIMINAL ACTIVITIES IN SRI LANKA: A SECONDARY DATA ANALYSIS**

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Drug abuse has emerged as a significant social and public health concern globally, with profound implications for societal stability and safety. In Sri Lanka, the escalating prevalence of drug-related issues has drawn attention to its association with increasing criminal activities. This study aims to explore the influence of drug abuse on the rising rates of crime in Sri Lanka through a secondary data analysis approach. By reviewing existing literature, official crime statistics, and reports from law enforcement and rehabilitation agencies, this research seeks to uncover the patterns, underlying factors, and socio-economic consequences of this critical issue. The findings reveal that drug addiction often serves as a catalyst for various forms of criminal behavior, including theft, assault, trafficking, and organized crime. Individuals addicted to drugs frequently resort to illegal activities to finance their substance use, while the lucrative nature of drug trafficking fosters violence and corruption within communities. Moreover, the study highlights the role of socio-economic disparities, unemployment, and inadequate rehabilitation systems in perpetuating the cycle of drug dependency and crime. In addition, the analysis underscores the adverse impact of drug-related crimes on public safety and the justice system. Law enforcement agencies face significant challenges in curbing the spread of narcotics due to limited resources and the sophisticated networks of drug traffickers. The judicial system, in turn, grapples with an overwhelming caseload of drug-related offenses, further straining its capacity to address the root causes of criminal behavior effectively. This study advocates for a multi-faceted approach to mitigate the dual challenges of drug abuse and crime. Recommendations include strengthening law enforcement mechanisms, implementing comprehensive rehabilitation programs, and promoting community-based prevention strategies. Special emphasis should be placed on education, early intervention, and socio-economic development to address the root causes of drug addiction. By shedding light on the intricate relationship between drug abuse and criminal activities in Sri Lanka, this research aims to inform policymakers and stakeholders in developing evidence-based strategies to combat this pressing issue and foster a safer, more equitable society.

**Key words:** *Crime, Drug abuse, Rehabilitation, Society, Sri Lanka*

Abstract ID 18

## SOCIO-ECONOMIC STATUS OF NARCOTIC DRUG CRIME ARRESTEE

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Nepal's socio-economic landscape, combined with its position between India and China, has exacerbated drug abuse issues, particularly affecting low-income youth who are vulnerable to addiction and legal issues (Sharma, 2010; Ojha et al., 2014). This study investigates the socio-economic backgrounds of individuals involved in narcotic drug offenses, analysing demographic profiles, economic conditions, and the influence of social and family environments. Employing a mixed-method approach, data were gathered from 50 narcotic arrestees at the Narcotics Control Bureau (NCB) headquarters in Kathmandu. Structured interviews provided quantitative data, while observations and key informant interviews with NCB officials offered qualitative insights. The study shows that most offenders are young males, predominantly unemployed, and from low-income backgrounds, with poverty (50%) and unemployment (42%) being primary contributing factors. Drug abuse, particularly of pharmaceutical drugs and cannabis, is widespread, with significant impacts on family stability, legal status, and personal health. Despite NCB's focus on law enforcement and trafficking disruption, socio-economic disparities continue to challenge drug crime reduction efforts. The study recommends strengthening socio-economic support, expanding rehabilitation programs, and increasing public awareness campaigns to address the root causes of narcotic crime. Effective interventions require coordinated efforts from law enforcement and social service sectors to foster sustainable solutions.

**Keywords:** *Socio-economic factors, narcotic drug crime, Nepal, Narcotics Control Bureau, rehabilitation*

## **SRI LANKA'S WAY FORWARD TO COUNTER ILLEGAL DRUGS & NARCOTIC SUPPLY AND CONSUMPTION IN THE COUNTRY TO STRENGTHEN THE NATIONAL SECURITY**

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The Government of Sri Lanka was able to successfully conclude the counter-insurgency operation against LTTE in the year 2009 and it was evident that the LTTE has brought warlike materials to the country via sea route. Subsequently, it has been observed that a significant increase in illegal drugs & narcotic items apprehended in Sri Lankan waters including inland areas since the year 2009 and created significant threats to national security. Importantly, the unique and strategic location of Sri Lanka in the Indian Ocean has become vulnerable, due to the centralized location of the famous Golden Triangle and Golden Crescent. Furthermore, there is various literature revealing that Sri Lanka is a drug trafficking hub. Moreover, the SLN along with other stakeholders used to apprehend mainly inbound illegal drugs & narcotics rather than outbound transfers. The problem of the study is that there are, continuous apprehending of illegal drugs & narcotics out at sea and it is believed that quantity is not for consumption in Sri Lanka. However, due to the illegal drug trafficking taking place in Sri Lanka, drug dealers and drug-addicted people in the country have already created numerous challenges for national security. The primary objective of the study is to understand how illegal drugs & narcotic supplies impact the national security of the country and the second object of the study is to identify how illegal drugs & narcotic items are landing in Sri Lanka. Also, the third objective of the study is to forward recommendations to counter illegal drugs & narcotics supply, to secure the country's national security. This study uses a qualitative research methodology and used primary and secondary data. For instance, the key respondents were derived using the purposive sampling method and primary data were collected by interviewing respondents from various backgrounds. A triangulation strategy was used to improve the finding's validity and reliability. Importantly, the study has found that illegal drugs & narcotic-related issues impacted the national security of the country in terms of economic, health, human and community security. Furthermore, prevention or countering the narcotic supply and consumption in the country must be addressed at three different levels such as strategic level, operational level and tactical level to remove the root causes of supplying and consumption of illegal drugs & narcotics in the country. In particular, the Strategic Level approach recommendations include the revising of existing law of the country to destroy apprehended narcotics at sea, in the same location rather than tracking them into the country for further legal proceedings. Also, revising the existing law of the country to speed up and strengthen the punishments for accused persons, making deterrence and tangible psychological impact for culprits engaged with narcotic supply. Likewise, the recommendations on operational level approaches include the enhancement of conducting of joint operations and enhancing maritime domain awareness with the collaboration of inter and intra-regional countries that are capable of conducting maritime-air surveillance including providing real-time satellite imageries. At the tactical level approaches the study recommends including empowering the education system and enhancement of conducting joint intelligence surveillance out at sea as well as inland area cooperating with related stakeholders. The study further recommends conducting a study to identify the method of outbound illegal drugs & narcotics transits from Sri Lanka to other countries.

**Key Words:** *Illegal Narcotics, National Security, Sea Routes*



## SESSION I

# “COMMUNITY-BASED DRUG PREVENTION AND TREATMENT APPROACHES”

**"Engaging Communities: Holistic Solutions for Drug Prevention and Treatment"**

### **Session Chair:**

**Dr. Prabath Wickrama, Consultant Psychiatrist**

### **Panelists:**

*Dr. Sanath Mahavithanage, Senior Lecturer, Faculty of Medicine,  
University of Sri Jayewardenapura*

*Dr. Avanka Fernando, Senior Lecturer, Department of Sociology, University of Colombo*

*Dr. Dilan Gunaratne, Commissioner, Department of Community-based corrections*

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පේරාදෙණිය විශ්වවිද්‍යාලය

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ශ්‍රී ලංකාවේ විශ්වවිද්‍යාල විද්‍යාර්ථයින් අතර මන්ද්‍රව්‍ය දර්භාවිතය ඉහළ යාම අධ්‍යාපන සහ මහජන සෞඛ්‍ය යන දෙයාංශයම අභියෝගයන්ට ලක් කිරීමට හේතු වී ඇත. වත්මනයේ මෙම අභියෝගවලට මුහුණ දීම සඳහා විශ්වවිද්‍යාල තුළ සම වයසේ මිතුරන් විසින් මෙහෙයවන මන්ද්‍රව්‍ය ආශ්‍රිත ගැටලු පිළිබඳ දැනුවත්භාවය වැඩි කිරීම, වර්යාත්මක වෙනස්කම් ප්‍රවර්ධනය කිරීම, ප්‍රතික්ෂේප කිරීමේ කුසලතා වර්ධනය කිරීම සහ ද්‍රව්‍ය භාවිතය පිළිබඳ විවෘත සාකච්ඡා සඳහා ආධාරක පරිසරයක් පෝෂණය කිරීම ආදී වැඩසටහන් හොඳ උපාය මාර්ගයක් ලෙස මතු ව තිබේ. එවන් වාතාවරණයක් තුළ ශ්‍රී ලංකාවේ විශ්වවිද්‍යාල විද්‍යාර්ථයින් අතර දැනුවත් කිරීම, හැසිරීම් වෙනස් කිරීම සහ ප්‍රජා සහභාගීත්වය පෝෂණය කිරීම කෙරෙහි සම වයසේ මිතුරන් විසින් මෙහෙයවන මන්ද්‍රව්‍ය නිවාරණ වැඩසටහන්වල බලපෑම කුමක් ද? යන පර්යේෂණ ගැටලුව පාදක කරගනිමින්, ශ්‍රී ලංකාවේ විශ්වවිද්‍යාල තුළ සෞඛ්‍ය ප්‍රවර්ධනයේ දී සම වයසේ මිතුරන්ගේ බලපෑමේ භූමිකාව අවබෝධ කර ගැනීම මෙමගින් අරමුණු කර ඇත. ගුණාත්මක පර්යේෂණ සැලසුමක් භාවිත කරමින්, අරමුණු සහගත නියැදීම යටතේ පේරාදෙණිය විශ්වවිද්‍යාලයේ මෙම වැඩසටහන්වලට සහභාගී වූ විද්‍යාර්ථයින් 30 දෙනෙකු සහ මන්ද්‍රව්‍ය නිවාරණ අභියෝගවලට මුහුණ දීමට සහ ඔවුන්ගේ විශ්වවිද්‍යාලය තුළ අන්‍යෝන්‍ය සහයෝගය ප්‍රවර්ධනය කිරීමට අවශ්‍ය කුසලතා සහ තොරතුරු සම වයසේ අධ්‍යාපනඥයින් ලෙස විශේෂිත පුහුණුවක් තුළින් දැනුම ලබා ගත් සම වයසේ අධ්‍යාපනඥයින් 10 දෙනෙකු පර්යේෂණය සඳහා භාජනය කෙරුණි. එහිදී ගැඹුරු සම්මුඛ සාකච්ඡා සහ නාභිගත කණ්ඩායම් සාකච්ඡා හරහා දත්ත රැස් කර, ඒවා තේමාත්මකව විශ්ලේෂණය කරන ලදී. විශ්ලේෂණයේ ප්‍රතිඵල දැනුවත් කිරීම, හැසිරීම් වෙනස් කිරීම සහ ප්‍රජා සහභාගීත්වය යන තේමා ඔස්සේ සිදු කරමින් දැනුවත්භාවයේ සැලකිය යුතු වැඩි වීමක් අනාවරණය කෙරුණි. එසේම සහභාගිවන්නන් මන්ද්‍රව්‍ය සම්බන්ධ ගැටලු පිළිබඳ වැඩි දියුණු කළ දැනුම ප්‍රදර්ශනය කිරීම සහ අවදානම් හැසිරීම්වල අඩුවීමක් වාර්තා කරන ලදී. මීට අමතරව බොහෝ සහභාගිවන්නන් වැඩිදියුණු කළ ප්‍රතික්ෂේප කිරීමේ කුසලතා නිරූපණය කරන ලදී. එහිදී සම වයසේ අධ්‍යාපනඥයින් හා විද්‍යාර්ථයින් අතර සාමූහික වගකීම පිළිබඳ හැඟීමක් ඇති කරමින් මන්ද්‍රව්‍ය භාවිතය පිළිබඳ විවෘත සාකච්ඡා සක්‍රීය කරන ආධාරක පරිසරයකට හේතු වන බව අවධාරණය කරන ලදී. එහෙයින් මෙම සොයා ගැනීම් හරහා තීරසාර, ධනාත්මක වර්යා වෙනසක් ඇති කිරීම සඳහා විශ්වවිද්‍යාල සැකසුම තුළ සම වයසේ මිතුරන් විසින් මෙහෙයවනු ලබන වැඩසටහන්වල විභවය තහවුරු කර දක්වයි. ඒ අනුව මේ සම්බන්ධ අනාගත පර්යේෂණ ශ්‍රී ලංකාව පුරා විවිධ විශ්වවිද්‍යාල සන්දර්භයන් වෙත ව්‍යාප්ත කළ යුතු බව යෝජනා කර ඇත. බලපෑම උපරිම කිරීම සඳහා සම වයසේ අධ්‍යාපනඥයින් සඳහා පුහුණුව දීර්ඝ කිරීමට සහ පුළුල් ජනවිකාස ඇතුළත් කිරීමට විශ්වවිද්‍යාල දිරිමත් කළ යුතු බව දක්වයි. තවද, මෙම පර්යේෂණයේ දාර්ශනික සන්දර්භය උසස් අධ්‍යාපනයේ මන්ද්‍රව්‍ය නිවාරණ අභියෝගවලට මුහුණ දීම සඳහා උපාය මාර්ගික ප්‍රවේශයක් ලෙස සම වයසේ අධ්‍යාපනය ස්ථානගත කරමින් අන්‍යෝන්‍ය සහයෝගය සහ ප්‍රජා සහභාගීත්වය දිරිමත් කළ යුතු බව ද යෝජනා කරයි. ඒ අනුව මෙම පර්යේෂණය ශ්‍රී ලංකාවේ විකාශනය වන තරුණ අභියෝගවලට ප්‍රතිචාර වශයෙන් ප්‍රතිපත්ති අනුවර්තනය සඳහා ඇඟවුම් සහිතව, මන්ද්‍රව්‍ය නිවාරණය පිළිබඳ පුළුල් අවබෝධයක් සඳහා දායක වන බවක් දැක්විය හැකිය.

**ප්‍රමුඛ පද :** සම වයසේ මිතුරන්, විශ්වවිද්‍යාල විද්‍යාර්ථයින්, මන්ද්‍රව්‍ය නිවාරණය, මන්ද්‍රව්‍ය භාවිතය.



**මත්ද්‍රව්‍ය නිවාරණ අධ්‍යාපනය ශ්‍රී ලංකාවේ කනිෂ්ඨ ද්විතීයික පාසල් විෂය මාලාවේ සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය විෂයට ඒකාබද්ධ කිරීමේ සඵලතාවය පිළිබඳ අධ්‍යයනයක්**

කේ. එන්. මධුශංක

අධ්‍යාපන විද්‍යා දෙපාර්තමේන්තුව, පේරාදෙණි විශ්වවිද්‍යාලය, පේරාදෙණිය.

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ඒකාබද්ධ ඖෂධ අධ්‍යාපනය යනු පුළුල් ජීවන කුසලතා, සෞඛ්‍ය අධ්‍යාපනය සහ ප්‍රජා සහභාගීත්ව වැඩසටහන් තුළ මත්ද්‍රව්‍ය පිළිබඳ අධ්‍යාපනය කාවැද්දීම මගින් මත්ද්‍රව්‍ය අනිසි භාවිතයේ අවදානම් සහ බලපෑම් පිළිබඳව පුද්ගලයන්ට ඉගැන්වීමේ ප්‍රවේශයකි. මෙම ප්‍රවේශය මත්ද්‍රව්‍යවල අන්තරායන් පමණක් නොව, කායික, මානසික සහ සමාජ යහපැවැත්ම පිළිබඳ පුළුල් අවබෝධයක් පෝෂණය කරයි. ඒ අනුව මත්ද්‍රව්‍ය නිවාරණ අධ්‍යාපනය පාසල් විෂය මාලාවට ඇතුළත් කිරීම ගෝලීය වශයෙන් සහ ශ්‍රී ලංකාවේ නව යොවුන් වියේ දරුවන් අතර ඉහළ යන මත්ද්‍රව්‍ය අවහාවිතය විසඳීම සඳහා අත්‍යවශ්‍ය වේ. කෙසේ වෙතත්, පාසල් විෂයමාලාව තුළ ව්‍යුහගත මත්ද්‍රව්‍ය නිවාරණ අධ්‍යාපනයේ බලපෑම සිසුන්ගේ හැසිරීම් සහ මත්ද්‍රව්‍ය පිළිබඳ ආකල්ප කෙරෙහි තක්සේරු කරන සීමිත පර්යේෂණ පවතින බැවින් අධ්‍යයන ගැටලුව ඒ වටා කේන්ද්‍රගත වේ. ඒ අනුව මෙම පර්යේෂණයේ මූලික පරමාර්ථය වන්නේ, සෞඛ්‍ය හා ශාරීරික අධ්‍යාපන විෂය මාලාවට මත්ද්‍රව්‍ය නිවාරණ අධ්‍යාපනය ඇතුළත් කිරීම මගින් මත්ද්‍රව්‍ය අවදානම් පිළිබඳ සිසුන්ගේ අවබෝධය වැඩිදියුණු කළ හැකි ආකාරය සහ කනිෂ්ඨ ද්විතීයික සිසුන්ගේ ධනාත්මක හැසිරීම් සංවර්ධනයට සහාය වන්නේ කෙසේද? යන්න ඇගයීමයි. ශ්‍රී ලංකාවේ කනිෂ්ඨ ද්විතීයික පාසල්වල සෞඛ්‍ය හා ශාරීරික අධ්‍යාපන විෂය මාලාව තුළ මත්ද්‍රව්‍ය නිවාරණ අධ්‍යාපනය ඒකාබද්ධ කිරීමේ කාර්යක්ෂමතාවය ඇගයීම සහ එය ඒකාබද්ධ කිරීම සිසුන්ගේ දැනුවත්භාවය, ආකල්ප සහ මත්ද්‍රව්‍ය භාවිතය සම්බන්ධයෙන් වැළැක්වීමේ කුසලතාවලට බලපාන ආකාරය කෙරෙහි අවධානය යොමු කිරීම පර්යේෂණයේ අරමුණ වේ. ඒ අනුව ගුණාත්මක අධ්‍යයන ක්‍රමවේදයක් භාවිත කරමින් අරමුණු සහගත නියැදිය ඔස්සේ ඇඹිලිපිටිය අධ්‍යාපන කලාපයේ කනිෂ්ඨ ද්විතීයික සිසුන් 50 දෙනෙකුගේ සහ සෞඛ්‍ය හා ශාරීරික අධ්‍යාපන ගුරුවරුන් 10 දෙනෙකුගෙන් යුක්ත සාමාජිකයන් හැට දෙනෙකුගෙන් දත්ත ලබා ගන්නා ලදී. එලෙස ලබාගන්නා දත්ත තේමාකරණය ඔස්සේ තේමා පහක් හඳුනා ගනිමින් විශ්ලේෂණය කරන ලදී. එනම්, සිසුන් දැනුවත් කිරීම, ආකල්පමය වෙනස්කම්, හැසිරීම් වෙනස් කිරීම, ගුරුවරයාගේ බලපෑම සහ විෂයමාලා අදාළත්වය යන ප්‍රධාන තේමා පහ කෙරෙහි අවධානය යොමු කර ඇත. අධ්‍යයන සොයා ගැනීම් අතරට පළමුව, මත්ද්‍රව්‍ය නිවාරණ අධ්‍යාපනය සෞඛ්‍ය විෂයට අන්තර්ගත කිරීම මත්ද්‍රව්‍ය භාවිතය හා සම්බන්ධ අන්තරායන් පිළිබඳ සිසුන්ගේ දැනුවත්භාවය ඵලදායී ලෙස වැඩිදියුණු කරයි. දෙවනුව, මත්ද්‍රව්‍ය වැළැක්වීම සඳහා ක්‍රියාශීලී ආකල්ප දිරිමත් කරන බව පැහැදිලි විය. ඒකාබද්ධ මත්ද්‍රව්‍ය අධ්‍යාපනයට නිරාවරණය වූ සිසුන් මත්ද්‍රව්‍ය වැළැක්වීමේ හැසිරීම්වල සැලකිය යුතු වැඩි වීමක් පෙන්නුම් කරන ලදී. ඒකාබද්ධ ඖෂධ අධ්‍යාපනය සෞඛ්‍ය මාතෘකා පිළිබඳ පන්තිකාමර ක්‍රියාකාරකම් සැලකිය යුතු ලෙස වැඩි කරන බව ගුරුවරුන් හඳුනා ගත්හ. ඒ අනුව මෙම ප්‍රවේශය පන්තිකාමර නියැලීම සහ සෞඛ්‍ය මාතෘකා පිළිබඳ සාකච්ඡා වැඩිදියුණු කළ බව ගුරුවරුන් හඳුනා ගත්හ. අවසාන වශයෙන්, අධ්‍යයන සොයා ගැනීම් වලින් යෝජනා කෙරෙන්නේ, මත්ද්‍රව්‍ය නිවාරණ අන්තර්ගතයන් ඒකාබද්ධ කිරීම සංස්කෘතික සන්දර්භය සමඟ මැනවින් පෙළගැසෙන බවයි. ඒ අනුව මෙම අධ්‍යයනය නිගමනය කරනු ලබන්නේ, සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය තුළ මත්ද්‍රව්‍ය නිවාරණ අධ්‍යාපනය ක්‍රමානුකූලව ඇතුළත් කිරීම නව යොවන මත්ද්‍රව්‍ය භාවිතය මැඩලීම සඳහා සැලකිය යුතු බලපෑමක් ලබා දෙන බවයි. ඒ අනුව විශේෂිත ගුරු පුහුණු ක්‍රියාත්මක කිරීම, සෞඛ්‍ය බලධාරීන් සමඟ සහයෝගීතාව වැඩි කිරීම සහ දිගුකාලීන බලපෑම් තක්සේරු කිරීම සඳහා අඛණ්ඩ අධීක්ෂණ යාන්ත්‍රණයන් ස්ථාපිත කිරීම අධ්‍යයනය නිර්දේශ කරයි.

**ප්‍රමුඛ පද :** ඒකාබද්ධ ඖෂධ අධ්‍යාපනය, මත්ද්‍රව්‍ය නිවාරණය, සෞඛ්‍ය අධ්‍යාපනය, කනිෂ්ඨ ද්විතීයික පාසල් අධ්‍යාපනය, වර්යාත්මක බලපෑම

Abstract ID 04

## INTERVENTION METHODS FOR THE PSYCHOLOGICAL PROBLEMS FACED BY THE WIVES OF INDIVIDUALS WITH SUBSTANCE USE DISORDERS.

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In contemporary Sri Lanka, substance use has emerged as a significant societal issue, profoundly affecting not only the users but also their families, particularly spouses. The repercussions of substance use disorders (SUD) extend beyond the individual, imposing considerable psychological, social, and economic burdens on their families. Among these, wives of SUD offenders are particularly vulnerable, as they face a range of psychological issues that arise from their husbands' substance use behaviors. This study aimed to identify and evaluate the most effective coping strategies for addressing these psychological challenges among wives of substance use-disordered offenders. A mixed-method research approach was adopted, incorporating both quantitative and qualitative methodologies. Data collection involved the use of questionnaires, in-depth interviews, and case studies, with purposive sampling applied to select 35 wives of community-based correctional offenders. The research included 30 questionnaires and 5 in-depth interviews to assess the psychological impact and preferred coping strategies. Upon analysis, the psychological issues were categorized into four main subgroups: anxiety, depression, mental illnesses, and somatoform disorders. The findings reveal that 93% of the respondents suffer from anxiety, 50% experience depression, 10% have been diagnosed with psychotic or somatoform disorders, and 20% report physical illnesses related to their psychological distress. Regarding coping mechanisms, 50% of the participants favored pharmacotherapy, 30% preferred behavioral therapies and psychological counseling, and 20% indicated a preference for a combination of both approaches. The study concludes that integrating pharmacotherapy with behavioral therapies and psychological counseling offers the most promising outcomes for mitigating psychological distress among these women. Such a combined approach is essential in addressing the complex psychological issues faced by the wives of SUD offenders, helping to improve their mental health and overall wellbeing.

**Keywords:** *SUD, Offender, Gender, Psychological issues, Intervention methods*

Abstract ID 05

## AN ANALYTICAL STUDY OF STIGMA AND DISCRIMINATION AS A CHALLENGE FACING ON COMMUNITY BASED INTERVENTIONS FOR DRUG PREVENTION

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The efficacy of community-based drug prevention initiatives is severely hampered by stigma and discrimination. The public's opinion of people with substance use problems is shaped by these social difficulties, which also restrict their access to essential health care. According to research, stigma increases social isolation and decreases treatment seeking. In order to develop inclusive, successful solutions that support drug prevention initiatives, it is imperative that these issues be addressed. The issue is the detrimental impact that stigma and discrimination have on community-based drug prevention initiatives. The goal of this study is to provide insights into how stigma and prejudice can be lessened to enhance public health outcomes by examining their multifaceted roles. This study employed related literature as a source of secondary data. The study's qualitative setting inspired the use of thematic analysis to examine the information gathered. The study found a number of significant obstacles to successful community-based drug prevention programs. Participation is severely hampered by stigma and prejudice since people with substance use problems are frequently viewed negatively by society. These viewpoints reduce community involvement and program reach, which eventually lowers the overall efficacy of prevention initiatives. Furthermore, stigmatizing attitudes in the general public erode support for these initiatives and reduce group efforts to prevent drug use. Individuals are further marginalized by discriminatory actions taken by service providers, which erode confidence and discourage involvement. Furthermore, stigma exacerbates social differences within communities, making it more difficult to put inclusive and cooperative preventative initiatives into practice. Important tactics for lowering stigma in programs aimed at preventing drug use. By putting people first and not categorizing them according to their substance usage, person-first language protects dignity and lessens stigma. Culturally competent methods that are adapted to the sociocultural context of the area increase the efficacy of treatments. Safer, more supportive environments are created through trauma-informed practices that address the connection between trauma and substance use. Furthermore, harm reduction strategies encourage gradual change and lessen institutional discrimination, as does policy campaigning for legal rights.

**Key words :** *stigma, discrimination, community, drug, trauma*

Abstract ID 06

## A STUDY OF EFFECTIVENESS THE COMMUNITY-BASED TREATMENT APPROACHES IN REDUCING DRUG ADDICTS

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Community-based treatment approaches focus on rehabilitating offenders within their own communities rather than in institutional settings. Key strategies include probation, parole, restorative justice programs, community service, and rehabilitation programs targeting issues like substance abuse and mental health. The research problem that we have is How effective are the community-based treatments approaches in reducing the drug addicts and its rehabilitation out comes. In this research the methodology that we have used is the qualitative data and found the resources are secondary data with paper articles. The study revealed as the findings that community-based treatment approaches are significantly effective in reducing drug addiction and enhancing rehabilitation outcomes. Analysis of multiple case studies and meta-analyses showed a marked decrease in recidivism rates among drug addicts who participated in community-based rehabilitation programs compared to those in institutional settings. Programs focused on integrating individuals into their communities, such as outpatient counseling, support groups, and vocational training, demonstrated improved long-term recovery rates. Furthermore, interventions addressing underlying issues like mental health and socio-economic conditions played a crucial role in sustaining sobriety. Key components contributing to success were continuous support, personalized treatment. The conclusion of this study is that community-based treatment approaches are a more effective and sustainable model for reducing drug addiction and enhancing rehabilitation outcomes compared to traditional incarceration or institutional rehabilitation. By addressing the root causes of addiction and providing continuous community support, these programs not only reduce relapse rates but also promote social reintegration and long-term recovery. Therefore, expanding access to community-based interventions and tailoring them to individual needs are crucial steps in advancing drug rehabilitation efforts and reducing the societal impact of drug addiction. Plans, and involvement in restorative justice initiatives.

**Keywords:** *Community based treatments, drug addicts, personalized, programs, social reintegration, justice initiatives*

**විශ්වවිද්‍යාල ශිෂ්‍යයන් මන්ද්‍රව්‍ය නිවාරණයෙහිලා ඇති දායකත්වය පිළිබඳ අධ්‍යයනයක්**  
(ශ්‍රී ජයවර්ධනපුර විශ්වවිද්‍යාලයේ මානව ශාස්ත්‍ර හා සමාජීය විද්‍යා පීඨයේ දෙවන වසර ශිෂ්‍යයන් ඇසුරෙන්)

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විශ්වවිද්‍යාල ශිෂ්‍යයා හා මන්ද්‍රව්‍ය අතර ඇති සබඳතාව ගසට පොත්ත සේ එකට බැඳී පවතී. විශ්වවිද්‍යාල ශිෂ්‍යයන් තම ජීවිතයේ තීරණාත්මක සංක්‍රාන්ති අවධියක සිටිය ද ඔවුන් මන්ද්‍රව්‍ය නිවාරණයෙහිලා ප්‍රවේශ වීමේ ඇති ප්‍රවණතාව ඉතා අඩු මට්ටමක පැවතීම මෙම පර්යේෂණ ගැටලුව බවට පත්කොට ගෙන ඇත. මන්ද්‍රව්‍ය නිවාරණ කාර්යයේ යෙදීමට ඇති රුචිකත්වය හඳුනාගෙන විශ්වවිද්‍යාල ශිෂ්‍යයන් සක්‍රීයව දායක කර ගැනීමට යෝජනා ඉදිරිපත් කිරීම මෙහි මුඛ්‍ය අරමුණ වේ. පර්යේෂණය සඳහා ප්‍රාථමික හා ද්විතීයික මූලාශ්‍ර ද්විතීයික යොදා ගන්නා ලදී. ද්විතීයික මූලාශ්‍ර ලෙස මන්ද්‍රව්‍ය සම්බන්ධව මෙතෙක් සිදුකර ඇති පර්යේෂණ කිහිපයක් හා මන්ද්‍රව්‍ය සම්බන්ධව ලියැවී ඇති ග්‍රන්ථ යොදාගත් අතර ප්‍රාථමික මූලාශ්‍ර ලෙස ප්‍රශ්නාවලි ක්‍රමවේදය යොදා ගැනුණි. අධ්‍යයන දත්තදායකයන් ලෙස ශ්‍රී ජයවර්ධනපුර විශ්වවිද්‍යාලයේ මානව ශාස්ත්‍ර හා සමාජීය විද්‍යා පීඨයේ දෙවන වසර සිසුන් 1000 ක් අහඹු ලෙස ගෙන ඉන් 10% ක් යොදා ගෙන සසම්භාවී ක්‍රමයට දත්තදායකයන් සම්බන්ධ කර ගන්නා ලදී. මන්ද්‍රව්‍ය වැඩසටහන්වලට සහභාගි වූවා යැයි අනාවරණය වූ පිරිස 87% ක් වන අතර, සහභාගි නොවූ පිරිස 13% ක් ලෙස හඳුනා ගත හැකි විය. මන්ද්‍රව්‍ය නිවාරණ වැඩසටහන් විශ්වවිද්‍යාලය තුළ ස්ථාපිත කිරීමට ශිෂ්‍යයන් 90% ක් තම රුචිකත්වය පළකොට ඇති බව අනාවරණය කරගත හැකි වූ අතර, 10% ක පිරිසක් තම අකමැත්ත ප්‍රකාශ කොට ඇති බව හඳුනා ගත හැකි විය. අධ්‍යයනය ඇසුරින් අනාවරණය කර ගැනීමට හැකි වූ මූලික කරුණ වන්නේ, විශ්වවිද්‍යාල ශිෂ්‍යයන් මන්ද්‍රව්‍ය නිවාරණය උදෙසා සක්‍රීයව දායකවීමට තම රුචිකත්වය පැවතියත් ඒ සඳහා අවශ්‍ය සම්පත් නොමැති බවයි. මන්ද්‍රව්‍ය නිවාරණය උදෙසා රටේ එක් බුද්ධිමත් කණ්ඩායමක් වන මොවුන්ගේ දායකත්වය ලබා ගැනීම උදෙසා අධ්‍යාපනික ව්‍යාපාර හා වැඩමුළු මගින් මොවුන්ව පෙළඹවීම, මන්ද්‍රව්‍ය නිවාරණ මාතෘකා විශ්වවිද්‍යාල විෂය මාලාවට එක් කිරීම, ශිෂ්‍ය සංවිධාන හා ඒවායේ නායකයන් සවි බලගැන්වීම ආදිය මෙම පරීක්ෂණය මගින් යෝජනා කොට ඉදිරිපත් කර ඇත. විශ්වවිද්‍යාල ශිෂ්‍යයන් මන්ද්‍රව්‍ය නිවාරණය උදෙසා සක්‍රීයව දායක කර ගැනීමට අවශ්‍ය දැනුම සම්ප්‍රේෂණය කොට ඇත.

**ප්‍රමුඛ පද :** විශ්වවිද්‍යාල ශිෂ්‍යයන්, මන්ද්‍රව්‍ය නිවාරණය

Abstract ID 08

## **A STUDY ON HOW LIMITED AND INCONSISTENT FUNDING AFFECT TO THE SUSTAINABILITY OF COMMUNITY BASED DRUG PREVENTION INTERVENTIONS.**

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Community-based drug prevention interventions play a vital role in combating substance misuse by utilizing local resources and fostering collaboration between social services, healthcare providers, and community networks. However, their sustainability is often at risk due to scarce and inconsistent funding. This financial instability negatively affects the long-term efficacy of these programs, leading to reduced service quality, staffing shortages, and challenges in staying updated with emerging drug trends. The research aims to explore how financial constraints impact the sustainability of these initiatives, offering insights for stakeholders and policymakers to develop stable funding mechanisms that support long-term success. The study uses secondary data from related literature and employs thematic and documentary analysis for data examination. Findings indicate that irregular funding leads to high employee turnover, decreased program capacity, and the inability to maintain essential services over time. Programs reliant on short-term grants often struggle with continuity and effective long-term planning, which hampers their ability to respond to changing drug trends or implement innovative strategies. As a result, the effectiveness of community-based interventions is limited, reducing their capacity to combat substance misuse effectively. Erratic funding disrupts service delivery, which in turn undermines community trust and engagement. Additionally, funding shortages make it difficult to recruit and retain skilled staff, a critical factor for ensuring the quality and continuity of program services. This financial instability threatens the ability of community-based drug prevention initiatives to adapt to evolving demands and deliver effective care. The study identifies several potential solutions to address these challenges. Diversifying funding sources, such as through government grants, corporate partnerships, and individual donations, can reduce reliance on a single income stream. Long-term financial planning and public-private partnerships can also enhance funding stability. Furthermore, advocating for legislative changes to secure consistent funding for community-based initiatives is essential. By adopting these strategies, community-based interventions can build financial resilience, maintain their critical role in reducing substance misuse, and continue supporting at-risk populations effectively.

**Key words:** *Community based, Drugs, Funding, Sustainability, Inconsistent*

**තරුණයන් මත්ද්‍රව්‍ය භාවිතයට පෙළඹීම හා ප්‍රතිකාර මත නැවත නැවතත් මත්ද්‍රව්‍ය භාවිතයට පෙළඹීම අවම කිරීම.**

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නව ගෝලීයකරණය හා සමාජය දියුණු වීමත් සමගම සමාජය තුළ පැන නැගුණු ගැටලු ද අතිවිශාල විය. කාලීන වශයෙන් සමාජය තුළ පැන නැගී ඇති ප්‍රබල සමාජයීය ගැටලුවක් ලෙස මත්ද්‍රව්‍ය සම්බන්ධයෙන් පැන නැගී ඇති ගැටලුව දැක්විය හැකිය. මෙම ගැටලුව මිනිස් වර්ගයාගේ සමස්ත ජීවිතයම අඩාල කරන්නන් බවට පත් වී ඇති අතර ඒ සම්බන්ධයෙන් විවිධ පර්යේෂණ මෙන්ම වැඩසටහන් ව්‍යාපෘති ක්‍රියාමාර්ග සමාජය තුළ සිදු කරනු ලබයි. ඒ අර්ථයෙන් තරුණයන් මත්ද්‍රව්‍ය භාවිතයට පෙළඹීම හා ප්‍රතිකාර මත නැවත නැවතත් මත්ද්‍රව්‍ය භාවිතයට පෙළඹීම අවම කිරීම යන පර්යේෂණ මාතෘකාව යටතේ පර්යේෂණයක් සිදු කළ අතර මෙම පර්යේෂණයේ නියැදිය ලෙස වයස අවුරුදු 20 - 35 අතර විවිධ ක්ෂේත්‍රවල නියැලී ප්‍රදේශ කිහිපයක තරුණයින් සිය දෙනෙකු තෝරා ගත් අතර ඔවුන් අබේපුස්ස විශෝධන මධ්‍යස්ථානයේ තරුණයන් දස දෙනෙකු, වැලිකඩ බන්ධනාගාරයේ සිරකරුවන් දස දෙනෙකු, ත්‍රිකුණාමල ධීවර කලාපයේ ධීවර තරුණයන් දස දෙනෙකු, පැල්මඩුල්ල මිතුරු මිතුරෝ තරුණ විශෝධන ආයතනයේ තරුණයන් දස දෙනෙකු, නුවරඑළිය වතුකරයේ කම්කරුවන් දස දෙනෙකු, කොළඹ දිස්ත්‍රික්කයේ ප්‍රදේශ කිහිපයක ත්‍රීරෝද රථ හිමියන් විසි දෙනෙකු, විශ්වවිද්‍යාල සිසුන් විසි දෙනෙකු හා බකමුණ ප්‍රදේශය හා කන්තලේ ප්‍රදේශයේ තරුණයන් පනස් දෙනෙකු මෙම පර්යේෂණ නියැදියට ඇතුළත් විය. මෙම පර්යේෂණය සඳහා ප්‍රාථමික මූලාශ්‍ර මෙන්ම ද්විතීයික මූලාශ්‍ර යොදාගත් අතර පරීක්ෂණ ක්‍රමවේදය ලෙස සම්මුඛ සාකච්ඡා ක්‍රමය, ව්‍යුහගත ප්‍රශ්නාවලි ක්‍රමය සහ නිරීක්ෂණ යන ක්‍රමවේද භාවිත කරන ලදී. පරීක්ෂණයෙන් ලබාගත් ප්‍රතිඵල ලෙස තරුණයින් සිගරට්ටු, මද්‍යසාර, දුම් කොළ ආශ්‍රිත මත්ද්‍රව්‍ය, බියර්, මදනමෝදක, බාබුල්, ගංජා, මත්පෙති වර්ග, හෙරොයින්, මෙතැම්පිටමින් (අයිස්) ආදී මත්ද්‍රව්‍ය භාවිත කරන බව තහවුරු වූ අතර ඒ සඳහා බලපාන හේතු ලෙස පවුල් පරිසරයේ ඇති ගැටලු, අධ්‍යාපන මට්ටම, ආතතිමය හේතු, සමවයස් කණ්ඩායම් හා සමීපතමයන්, ආත්ම තෘප්තිය යනාදී කරුණු බලපාන බව තහවුරු විය. මෙහිදී එක් එක් සාධකය වෙන වෙනම විස්තර කරමින් ඉදිරිපත් කර ඇති අතර මෙහිදී ලබාගත් නිගමනයන් ලෙස මත්ද්‍රව්‍ය සඳහා පෙළඹීමෙන් පසු නිවාරණ ප්‍රතිකාර වලට යටත්ව නැවත මත්ද්‍රව්‍ය සඳහා පෙළඹීමට ඇති අවස්ථාව 70% ක් වැඩි බවයි. එසේම නිවාරණය වීමට කැමති පුද්ගලයන් ප්‍රමාණය 65% ක් වන අතර නිවාරණය වීමේ අත්‍යවශ්‍යතාවයක් නැති බව පැවසූ පිරිස 35% ක් බව නිගමනය විය. තවදුරටත් ග්‍රාමීය මෙන්ම නාගරික ප්‍රදේශ ආශ්‍රය කරගනිමින් මත්ද්‍රව්‍ය නිවාරණ වැඩසටහන් ක්‍රියාත්මක කිරීම හා මත්ද්‍රව්‍ය භාවිත කර ප්‍රතිකාර ලැබීමෙන් පසුව නැවත මත්ද්‍රව්‍ය භාවිත කිරීමට ඇති හේතු මූලිකව දැමීමට අවශ්‍ය ක්‍රියාමාර්ග ගැනීම, උපදේශන සේවාව සක්‍රීය ලෙස ස්ථාපිත කිරීම ආදී නිගමනයන්ට එළඹිය. මේ අනුව මත්ද්‍රව්‍ය භාවිතය පුද්ගලයාට මෙන්ම සමාජයට ද අහිතකර වන නිසාත්, මේ මොහොත වන විට සමාජයම ගිලගත් පිළිලයක් වන නිසාත් මත්ද්‍රව්‍ය නිවාරණය කිරීමේ වැඩසටහන් ක්‍රියාත්මක කිරීමට මෙන්ම ඒ ආශ්‍රිතව ගොඩනැගී ඇති ආයතනයන්ට ප්‍රතිපත්ති සම්පාදනයට මෙන්ම නිර්දේශ කිරීමට අවශ්‍ය යම්කිසි වූ තොරතුරක් ලබා ගැනීමට මෙම පර්යේෂණය වඩාත් ඵලදායී බව පෙන්වා දිය හැකිය.

**ප්‍රමුඛ පද :** මත්ද්‍රව්‍ය නිවාරණය, තරුණයන්, ප්‍රතිකාර

**පාසල් සිසුන් මන්ද්‍රව්‍ය භාවිතයට අභිප්‍රේරණය වීම කෙරෙහි බලපාන සමාජ සම්මත මතවාදයන් පිළිබඳ අධ්‍යයනයක්**

(වැල්ලව්‍ය අධ්‍යාපන කලාපයේ තෝරාගත් පාසල් දෙකක් ඇසුරින්)

ඩී. එම්. ඒ. ශ්‍රීමාල්

අපරාධ විද්‍යා හා අපරාධ යුක්ති අධ්‍යයනය, ශ්‍රී ජයවර්ධනපුර විශ්වවිද්‍යාලය, ශ්‍රී ලංකාව

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මිනිසාගේ චින්තනය හා ක්‍රියාකාරීත්වය විකෘති කරවන මන්ද්‍රව්‍ය ව්‍යාප්තිය ගෝලීය ගැටලුවක් බවට පත් ව ඇත. මන්ද්‍රව්‍ය භාවිතයට වැඩිහිටියන්, යෞවනයින්, ළමුන් ගොදුරුවීම සීග්‍ර වර්ධනයක් පවතින අතර ඊට ප්‍රතිවිරුද්ධව සමාජය බලගැන්වීමෙහිලා අධ්‍යයන යෝජනා පර්යේෂකයින් විසින් ඉදිරිපත් කර ඇත. මෙහි පර්යේෂණ ගැටලුව නම්, නූතනයේ පාසල් ශිෂ්‍යයින් අතර ද මන්ද්‍රව්‍ය ජනප්‍රිය වීම සඳහා සමාජ මතවාදයන් හේතු වන්නේද? යන්න යි. පාසල් ශිෂ්‍යයා හා මන්ද්‍රව්‍ය අතර බැඳීම ඇතිවන ආකාරය හඳුනා ගැනීමෙන් අනාගත පරපුර මත් උවදුරෙන් ගලවා ගැනීමට ගුණාත්මක හා ප්‍රායෝගික යෝජනා ඉදිරිපත් කිරීම මෙහි මුඛ්‍ය අරමුණ වේ. පර්යේෂණය සඳහා ප්‍රාථමික හා ද්විතීක මූලාශ්‍ර ද්විත්වය ම යොදා ගන්නා ලදී. ද්විතීක මූලාශ්‍ර ලෙස ආයතනගත දත්ත යොදාගත් අතර ප්‍රාථමික මූලාශ්‍ර ලෙස ප්‍රශ්නාවලි හා සම්මුඛ සාකච්ඡා යොදා ගැනිණි. අධ්‍යයනයට දත්තදායකයින් ලෙස වැල්ලව්‍ය අධ්‍යාපන කලාපයේ විජයබාහු ජාතික පාසල හා දුටුගැමුණු ජාතික පාසලෙන් අහඹු නියැදියක් ලෙස සිසුන් 540 ක් ගෙන ඉන් 20%ක් යොදාගෙන සසම්භාවී ක්‍රමයට දත්තදායකයින් සම්බන්ධ කරගන්නා ලදී. ඊට අමතර ව දත්තදායකයින් ලෙස ප්‍රදේශයේ වැඩිහිටියන් හතළිස් දෙනෙකුගෙන් (20%) තොරතුරු ලබා ගනිමි. ශිෂ්‍යාවන්ට සාපේක්ෂව පිරිමි සිසුන් මන්ද්‍රව්‍ය භාවිත කරන බව අනාවරණය වූ අතර කෙදිනක හෝ කුමන හෝ මන්ද්‍රව්‍යයක් භාවිත කළ සිසුන් ගණන 67% කි. එම සිසුන්ගෙන්, සමාජ සම්මත මිත්‍යා මතවාදවල බලපෑම නිසා මන්ද්‍රව්‍ය සඳහා අභිප්‍රේරණය වූ සිසුන් 73% ක් වන අතර එම මතවාද ලෙස, කායික හා මානසික ශක්තිය වර්ධනය කර ගැනීම, තෙහෙට්ටුව මගහරවා ගැනීම, ක්‍රීඩා කිරීමේ දී ක්‍රියාශීලීත්වය වර්ධනයට, මිතුරන් අතර කැපී පෙනීමට, තාවකාලික විනෝදය හා දුක නැතිකර ගැනීම ආදිය වේ. මීට අමතරව අන්තරාශ්‍රය, පවුල හා වෙනත් හේතූන්වල බලපෑම මත මන්ද්‍රව්‍ය වලට අභිප්‍රේරණය වී ඇති අතර එහි ප්‍රතිශතය පිළිවෙලින් 22% ක් හා 05% ක් වශයෙනි. මෙම අධ්‍යයනයේ දී උක්ත මතවාද බලපෑමෙන් සිසුන් මන්ද්‍රව්‍ය අත්හදා බැලීම් සිදුකරන බවත්, අඩු අධ්‍යාපනයකින් හෙබි තරුණ හා නව යෞවනයින් අතර එම මතවාද මුල් බැසගෙන ඇති බවත් හා කායික උත්තේජක ලෙස මන්ද්‍රව්‍ය භාවිත කරන බවත් නිගමනය විය. පාසල් සිසුන් මන්ද්‍රව්‍ය වලට ආකාර්ෂණීය වන සාධක නිෂේධනය සඳහා යෝජනා වශයෙන්, සමාජ සම්මත මතවාද බිඳහෙලීමට විධිමත් අධ්‍යාපනික රාටාවක් තුළ මන්ද්‍රව්‍ය පිළිබඳ සාක්ෂරතාව දියුණු කිරීම, සිසුන් අතර මන්ද්‍රව්‍ය විරෝධී ප්‍රජාපාදක වැඩසටහන් සංවිධානය ආදිය මගින් ශිෂ්‍යයාගේ දැනුම, පෞරුෂය හා සන්නිවේදන සංවර්ධනයට අදාළ නිර්දේශයන් හඳුන්වාදීම තුළින් නූතන ශිෂ්‍ය ප්‍රජාවන්, අනාගත වැඩිහිටි ප්‍රජාවන් මන්ද්‍රව්‍ය සඳහා ප්‍රේරණය වැළැක්වීමට අවශ්‍ය දැනුම සම්ප්‍රේෂණය කර ඇත.

ප්‍රමුඛ පද : අභිප්‍රේරණය, පාසල් සිසුන්, මන්ද්‍රව්‍ය, සමාජ සම්මත මතවාද



Abstract ID 11

**DOES ASSERTIVENESS SKILLS TRAINING PROGRAM AFFECT THE SOBERING BEHAVIOR AMONG DRUG-ADDICTED ADOLESCENTS AND YOUNG ADULTS IN SRI LANKA.**

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Drug use among adolescents and young adults is a growing concern globally, with significant psychosocial and economic impacts in Sri Lanka. Addressing this issue, the present study explores the potential of Assertiveness Skills Training (AST) as an intervention to reduce drug addiction among adolescents and young adults. The study's objectives were to Measure the assertive level of adolescents and young adults participating in the research through pre and post-tests; To develop an assertiveness skills training program; To develop assertive skills among drug-addicted adolescents and young adults using the training program; To investigate the effectiveness of assertiveness skills training to the development of sobering behaviour as an intervention for drug-addicted adolescents and young adults in Sri Lanka. A quasi-experimental design was employed, utilizing quantitative data collected through pre- and post-tests. The sample consisted of 32 participants, aged 14-23, undergoing treatment at the Kandy Rehabilitation Center under the Dangerous Drugs Control Board. Data were gathered using the Demographic Survey, Drug Abuse Screening Test (DAST) Adolescent version, Rathu's Assertiveness Scale, and Commitment to Sobriety Scale (CSS). The AST program was implemented over six weeks. The results revealed significant increases in assertiveness and sobriety in post-intervention. A positive correlation between pre-assertiveness and pre-sobriety scores suggests that higher assertiveness may be linked to increased sobriety. These findings underscore the potential of AST as a valuable intervention for reducing drug addiction among adolescents and young adults globally, especially in Sri Lanka.

**Keywords:** *Assertiveness skill training program, Drug addicted adolescent, Drug addicted young adults, Sobriety behavior.*

**ආයතනගත පුනරුත්ථාපන ක්‍රියාවලියෙන් පසුව මත්ද්‍රව්‍ය භාවිතයෙන් නිදහස් වූවන්ගේ ජීවිතයේ ගුණාත්මක බව පිළිබඳ අධ්‍යයනය**

**මධුනංසි. පී.පී.ඒ.<sup>1</sup>, රේණුකා. ඒ.එන්<sup>2</sup>, රණසිංහ ජේ.සී.<sup>3</sup>, දර්ශන ඒ.ටී<sup>4</sup>, කුමාර එස්. ඩබ්ලිව්.පී.<sup>5</sup>**  
**අන්තරායකර ඖෂධ පාලක ජාතික මණ්ඩලය<sup>1</sup>**  
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මත්ද්‍රව්‍ය භාවිත අක්‍රමතා සඳහා මේ වනවිට ලෝකයේ ප්‍රතිකාරාත්මක ක්‍රම කිහිපයක් ක්‍රියාත්මක වන අතර එම ක්‍රම ප්‍රතිකාර ක්‍රමයක් තුළින් පුනරුත්ථාපනයට පත් වූ පුද්ගලයකු වුව ද ප්‍රතිකාර ක්‍රියාවලියෙන් පසුව නැවත මත්ද්‍රව්‍ය භාවිතයට යොමු වීමේ ප්‍රවණතාවක් පවතින බව සමාජ පර්යේෂකයින් විසින් අධ්‍යයන තුළින් තහවුරු ගෙන ඇත. එම නිසා ප්‍රතිකාර හා පුනරුත්ථාපන සේවාවන්වල ප්‍රතිඵලදායක බව අධ්‍යයනය කිරීම ඉතා වැදගත් වන අතර මෙම අධ්‍යයනය මඟින් මත්ද්‍රව්‍ය භාවිතයෙන් නිදහස් වීමත් සමඟ මත්ද්‍රව්‍ය භාවිතයට යොමු වූවන් ඔවුන්ගේ ජීවිතය ගුණාත්මකව පවත්වාගෙන යාම පිළිබඳව අවධානය යොමු කර ඇත. මෙම අධ්‍යයනයේ නියැදිය ලෙස අන්තරායකර ඖෂධ පාලක ජාතික මණ්ඩලයේ ප්‍රතිකාර ක්‍රියාවලියට සම්බන්ධ වූ සේවාවලාභීන් 83 දෙනෙක් දිවයිනේ සියලු දිස්ත්‍රික්ක නියෝජනය වන පරිදි ඇතුළත් කරගන්නා අතර ව්‍යුහගත ප්‍රශ්නාවලි, ගැඹුරු සම්මුඛ සාකච්ඡා සහ නිරීක්ෂණය මඟින් දත්ත එක්රැස් කරන ලදී. මෙම අධ්‍යයනයේ ක්‍රමවේදය ලෙස, මිශ්‍ර පර්යේෂණ ක්‍රමය යොදා ගන්නා ලද අතර ද්‍රව්‍ය භාවිතයෙන් නිදහස් වූවන්ගේ ජීවිතයේ ගුණාත්මකභාවය මැනීම සඳහා ලිකට් පරිමාණය (Likert Scale) යොදා ගන්නා ලදී. අධ්‍යයනයට ලක් කරන ලද සේවාවලාභීන් 83 දෙනාගෙන් 36 දෙනෙක් සම්පූර්ණයෙන් ම මත්ද්‍රව්‍ය භාවිතයෙන් නිදහස් ව සිය ජීවිතය පවත්වා ගෙන යන බවට තොරතුරු අනාවරණය කර ගන්නා ලද අතර එහි දී කායික, මානසික, සමාජීය වැනි තත්ත්වයන් තුළ ඔවුන්ගේ ජීවිතයේ සැබෑ තත්ත්වය විමසා බලන ලදී. මෙම අධ්‍යයනයේ ප්‍රතිඵල අනුව, කායික රෝග වැළඳීමේ අවදානමක් නැත යන ප්‍රකාශය සඳහා 18 (50%) දෙනෙක් “එකඟ වෙමි” ලෙස ද, 12 (33%) “දැඩි ලෙස එකඟ වෙමි” ලෙස ද අනාවරණය කර ගෙන ඇත. තවද, නින්ද ආශ්‍රිත ගැටලු නොමැත යන්න සඳහා 19 (53%) දෙනෙක් “එකඟ වෙමි” ලෙස ද, 12 (33%) “දැඩි ලෙස එකඟ වෙමි එකඟ වෙමි” ලෙස ද, එසේම, ජීවිතය පිළිබඳ සුබවාදී අපේක්ෂා බලාපොරොත්තු ඇත යන ප්‍රකාශය සඳහා පුද්ගලයින් 20 (56%) දෙනෙක් “එකඟ වෙමි” ලෙස ද, 13 (36%) දෙනෙක් “දැඩි ලෙස එකඟ වෙමි” ලෙස ද, 2 (6%) දෙනෙක් “එකඟ නොවෙමි” ලෙස ද පිළිතුරු දී ඇත. තවද, එදිනෙදා ගැටලු/ අභියෝග නොමැතිව කලමනාකරණය කරගත හැකිය යන නිර්ණායකය සඳහා 27 (75%) දෙනෙක් “එකඟ වෙමි” යනුවෙන් ද 6 (17%) දෙනෙක් “දැඩි ලෙස එකඟ වෙමි” ලෙස ද 2 (6%) දෙනෙක් “දැඩි ලෙස එකඟ නොවෙමි” ලෙස ද අනාවරණය වී ඇත. මෙම ප්‍රතිඵල අනුව, ආයතනගත පුනරුත්ථාපන ක්‍රියාවලියෙන් පසුව ද්‍රව්‍ය භාවිතයෙන් නිදහස් වූවන්ගේ ජීවිතයේ ගුණාත්මක බව පිළිබඳ ධනාත්මක නැඹුරුවක් ඇති බව නිගමනය කළ හැක.

**ප්‍රමුඛ පද-** ද්‍රව්‍ය භාවිතය, පුනරුත්ථාපන ක්‍රියාවලිය, ප්‍රජා මැදිහත්වීම, ජීවිතයේ ගුණාත්මකභාවය

**ප්‍රජා ප්‍රතිකාර ක්‍රමය සමඟ සේවලාභීන්ගේ වර්ගාමය වෙනස්කම්**

එස්. ඩබ්. පී. කුමාර, පී. පී. ඒ. මධුහංසි, ඒ. ටී. දර්ශන, කේ. ඒ. ඩී. මධුශානි, ඒ. එන්. රේණුකා, ජේ. සී. රණසිංහ  
අන්තරායකර ඖෂධ පාලක ජාතික මණ්ඩලය  
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ප්‍රජා පාදක ප්‍රතිකාරය, මන්දව්‍ය භාවිතය නිසා පීඩාවට පත් වූ පුද්ගලයන් සඳහා විශේෂ වූ ඒකාබද්ධ ප්‍රතිකාර ආකෘතියකි. මෙම අධ්‍යයනය ප්‍රජා පාදක ප්‍රතිකාර ක්‍රමය පාදක කරගත් ප්‍රතිකාර වැඩසටහන්හි එදායීතාව තක්සේරු කිරීම සඳහා සිදු කරන ලද අධ්‍යයනයෙහි එක් පැතිකඩකි. ප්‍රජා ප්‍රතිකාර ක්‍රමය සමඟ සේවලාභීන්ගේ වර්ගාමය වෙනස්කම් කවරේද? යන්න මෙහි ගැටලුව වූ අතර ප්‍රජා ප්‍රතිකාර ක්‍රමය සමඟ සේවලාභීන්ගේ වර්ගාමය වෙනස්කම් හඳුනා ගැනීම අරමුණ විය. විෂභරණය, අඛණ්ඩ රැකවරණය සහ සියලු සේවාවන් ඒකාබද්ධ කිරීම මගින් සේවලාභියාගේ කායික හා මානසික සෞඛ්‍ය, සමාජීය හා අනෙකුත් අවශ්‍යතා සඳහා පහසුකම් සැපයීමෙන් පසු සේවලාභීන් තුළ සිදුව ඇති වර්ගාමය වෙනස්කම් හඳුනා ගැනීම වැදගත් වේ. පර්යේෂණ ක්ෂේත්‍රය ලෙස අන්තරායකර ඖෂධ පාලක ජාතික මණ්ඩලයේ නිලධාරීන් විසින් ප්‍රජා පාදක ප්‍රතිකාර ක්‍රමය ක්‍රියාත්මක කර ඇති ශ්‍රී ලංකාවේ සියලු දිස්ත්‍රික්ක ආවරණය වන ලෙස ප්‍රජා පාදක ප්‍රතිකාර සේවා ලබාගන්නා සේවලාභීන් 59 දෙනෙකු අධ්‍යයනය නියැදිය සඳහා තෝරා ගන්නා ලද අතර සම්මුඛ සාකච්ඡා ක්‍රමය මගින් දත්ත රැස් කිරීම සිදු කරන ලදී. ප්‍රජා ප්‍රතිකාර ක්‍රියාවලියත් සමඟ සේවලාභීන්ගේ ජීවිතයේ ආර්ථික, සමාජීය, ආගමික, සෞඛ්‍ය සහ පවුල් සංස්ථාව තුළ යහපත් හැසිරීම් රටා ගොඩනැගී ඇති අකාරය අධ්‍යයනයේ දී අනාවරණය විය. පවුල තුළ වර්ගාමය වෙනස්කම් ලෙස පවුලේ සාමාජිකයන් සමඟ සමීප සම්බන්ධතාවයක් ගොඩනගා ගැනීම, දරුවන්ගේ සෞඛ්‍ය ගැටලු ඇති වූ අවස්ථාවලදී සහාය ලබාදීම, නිවසේ වැඩකටයුතු සිදු කිරීම, බිරිඳට වද හිංසා කිරීම නතර කිරීම (අඩංගේට්ටම් කිරීම, පරුෂ වචනයෙන් බැනවැදීම, පහර දීම නතර කිරීම), දරුවන්ගේ අවශ්‍යතා ඉටු කරමින් සතුටින් සිටීම, මුදල් ඉතිරි කිරීම සඳහා කටයුතු කිරීමට පියවර ගැනීම, කායික හා මානසික සෞඛ්‍යයෙහි වෙනස්කම් ලෙස ශරීර සෞඛ්‍ය යහපත් වීම, උද්යෝගයෙන් වැඩ කිරීම, ආහාර රුචිය ඇතිවීම, ක්‍රමවත් නින්දක් ලැබීම, උනන්දුවෙන් උපදේශන සායනවලට සහභාගී වීම සහ බාහිර පෙනුම, කතා විලාසය සමාජයට ප්‍රිය මනාප ලෙස හැඩගස්වාගෙන සිටීම හඳුනාගත හැකිය. සමාජ සම්බන්ධතා තුළ සිදු වී ඇති වෙනස්කම් ලෙස ගමේ පුද්ගලයින්ගේ පිළිගැනීම නිසා හොඳින් සමාජ සම්බන්ධතා පවත්වාගෙන යාම, මිනිසුන් සමඟ සුභද්‍රව කටයුතු කිරීම, බාහිර පාර්ශ්ව සමඟ ගැටුම් ඇති නොකර ගැනීම, නීතිවිරෝධී ක්‍රියාවලින් වැළකී සිටීම, මන්දව්‍ය භාවිත කරන මිතුරන් ප්‍රතිකාර සඳහා යොමු කිරීම සහ සමාජ සේවා කටයුතුවල නිරත වීම හඳුනාගත හැකි විය. අධ්‍යාපනික, ආර්ථික සහ ආගමික ක්‍ෂේත්‍රවල සිදුව ඇති වෙනස්කම් ලෙස අධ්‍යාපන කටයුතු සඳහා යොමු වීම, රැකියාවෙහි අඛණ්ඩතාවය, සේවා ස්ථානයන්හි පිළිගැනීම මත යහපත් සම්බන්ධතාවක් ගොඩනැගී තිබීම, මුදල් පාලනය නිසි අයුරින් සිදු කිරීම, අධ්‍යාත්මික සංවර්ධනය සඳහා කටයුතු කිරීම හඳුනාගත හැකි විය. පවුල තුළ, කායික සහ මානසික සෞඛ්‍ය සම්බන්ධයෙන්, සමාජ සම්බන්ධතා තුළ හා අධ්‍යාපනික, ආර්ථික සහ ආගමික ක්‍ෂේත්‍රවල සැලකිය යුතු වර්ගාමය වෙනස්කම් සිදුව ඇති බව නිගමනය කළ හැකි විය.

**ප්‍රමුඛ පද :** පවුල, ප්‍රජා පාදක ප්‍රතිකාරය, මන්දව්‍ය, මානසික සෞඛ්‍ය, සෞඛ්‍ය ගැටලු

Abstract ID 14

## **ROLES AND CHALLENGES OF BATTICALOA VIMOTCHANA HOME (BVH) IN PROVIDING REHABILITATION TO DRUG ADDICTS**

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Batticaloa Vimotchana Home (BVH) is playing a crucial role in providing rehabilitation to drug addicts. This study aimed to identify the role of BVH and to address the challenges faced by BVH in providing rehabilitation to drug addicts. This is basically a qualitative research based on primary data collection methods. The data have gathered from a group discussion with eight staff working in the Batticaloa Vimotchana Home and interview also was conducted with ten respondents who were admitted for rehabilitation and, a review of the document obtained from Vimotchana Home also employed in this study. Vimotchana Home undertakes rehabilitation of those who come from voluntarily, those who come through private organizations and those who come on the order of courts. BVH provides rehabilitation to more than 50 people per year. As per data analysis, this study found that the services provided by the BVH is more significant for rehabilitating the drug addicts from social, psychological and medical dilemmas. Numerous drug addicts were taken healthcare services as well as mental treatment successfully as a result of effective function of the BVH. Further, it provides meditation, yoga, individual and group counseling and conducting alcoholic anonymous meeting for rehabilitating the drug addicts from difficult conditions. Even though the social support and other assistance were provided by the BVH in a successful manner, the BVH is currently struggling with various challenges such as; lack of a permanent building, lack of funds for providing rehabilitation and treatment in a free of charge, unavailability of donor agencies in the country, poor coordination with government institutions and the lack of transportation facilities have been identified as major issues and challenges. Finally this study suggested recommendations to the policy-makers and donor agencies to improve the services provided by the BVH and to mitigate the challenges faced by BVH in a successful manner. This study would be an initial attempt and provide basic information for the researchers to address further issues related with drug addiction in future.

**Keywords:** *BVH; Rehabilitation; Drug addicts; Social support, mental treatment.*

Abstract ID 15

## PSYCHO-SOCIAL AND ENVIRONMENTAL RISK FACTORS FOR RELAPSE AFTER SUBSTANCE USE DISORDER TREATMENT: INSIGHTS FROM COMMUNITY-BASED CORRECTIONS IN SRI LANKA

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Substance Use Disorder (SUD) has emerged as a significant socio-economic challenge in contemporary Sri Lanka. Treatment modalities for SUD include pharmacotherapy and behavioral therapies, administered in both inpatient and outpatient settings. However, relapse remains a critical obstacle in the recovery process, defined as the resumption of substance use following a period of sobriety, often necessitating re-entry into treatment programs. This study seeks to identify the psycho-social risk factors contributing to relapse after SUD rehabilitation. The primary research question addressed is What is the psycho-social risk factors associated with relapse following SUD treatment? The objective is to systematically determine the factors that predispose individuals to relapse post-rehabilitation. A mixed-methods approach was employed, integrating quantitative and qualitative research techniques. Data collection involved administering structured questionnaires and conducting in-depth interviews and case studies. A purposive sampling method was used to select 50 individuals who experienced relapses after undergoing SUD treatment, comprising 40 respondents to questionnaires and 10 participants in the in-depth interviews. The analysis revealed that the predominant risk factors for relapse are categorized into psychological, sociological, and ecological domains. Additional factors include the type of rehabilitation method used, insufficient follow-up programs, lack of awareness regarding the detrimental effects of relapse, and deficiencies in law enforcement mechanisms. Psychological risk factors were further classified into nine subtypes: craving (88%), personality disorders (75%), low self-esteem (50%), feelings of disappointment (25%), mental confusion (10%), anxiety (75%), depression (20%), negative emotions (70%) and lack of emotional support (37%).

Sociological risk factors included family conflicts (37%), social stigma (50%), peer pressure (62%), inadequate family support (72%), and stigmatizing labels (62%). Ecological risk factors encompassed availability of substances (75%), ease of access (50%), and the necessity to remain in the same environment post-treatment (70%). The findings suggest that the most effective strategies to mitigate relapses include the implementation of evidence-based treatment protocols, robust follow-up programs, and the establishment of comprehensive aftercare systems that incorporate psychosocial support.

**Keywords:** *SUD, SUD Treatment, Relapse, Risk Factors*

**මත්ද්‍රව්‍ය භාවිත කරන තරුණ වැරදිකරුවන් ප්‍රජා විශෝධන ක්‍රියාවලිය තුළින් පුනරුත්ථාපනය කිරීමේ ඵලදායීතාවය පිළිබඳ අධ්‍යයනයක්**  
(නුගේගොඩ මහේස්ත්‍රාත් අධිකරණ බල ප්‍රදේශයේ ප්‍රජා විශෝධන ක්‍රියාවලිය ඇසුරින්)

පී. දිලාන් ගුණරත්න  
ප්‍රජා විශෝධන කොමසාරිස් ,ප්‍රජා පාදක විශෝධන දෙපාර්තමේන්තුව  
[\\*dilan.gunaratne@gmail.com](mailto:*dilan.gunaratne@gmail.com)

පුනරුත්ථාපනය වෙත දිශානුගත දක්වන ක්‍රමවේදයන් අතර මෙරට ප්‍රජා පාදක විශෝධන ක්‍රියාවලිය වෙත හිමිවනුයේ සුවිශේෂී ස්ථානයකි. එහිලා හෙරොයින්, මෙතැම්පිටමින් (අයිස්) වැනි මත්ද්‍රව්‍ය දුර්භාවිතයන් වෙත ඇබ්බැහි වී ඇති තරුණ වැරදිකරුවන් එකී සමාජාපවාරී ක්‍රියාවන්ගෙන් මුදවා නිවාරණය, සවිබල ගැන්වීම හා පුනරුත්ථාපනය කිරීම තුළින් යළි සමාජගත කිරීමෙහිලා විකල්පයක් වශයෙන් ප්‍රජා පාදක විශෝධන ක්‍රියාවලිය කවර සාර්ථකත්වයක් අත්පත් කරගෙන ඇත්තේ ද? යන්න විමසා බැලීම කෙරෙහි මෙම අධ්‍යයනය යොමු වේ. මත්ද්‍රව්‍ය දුර්භාවිතය හේතුවෙන් අධිකරණය මගින් විශෝධන නියෝග සඳහා යොමු කෙරුණු තරුණ වැරදිකරුවන් පුනරුත්ථාපනය කිරීමෙහිලා සමකාලීනව සම්භාවිත ප්‍රජා පාදක විශෝධන ක්‍රමෝපායන්හි සාර්ථකත්වය කෙබඳු ද? යන්න නුගේගොඩ මහේස්ත්‍රාත් අධිකරණ බල ප්‍රදේශය අධ්‍යයන ක්ෂේත්‍රය වශයෙන් යොදා ගනිමින් මෙම පර්යේෂණය විවරණය සිදු වී ඇත. එකී ප්‍රධාන අරමුණට අමතරව මෙම සමාජ අපරාධ විද්‍යාත්මක අධ්‍යයනයේ සුවිශේෂී අරමුණු අතර, මත්ද්‍රව්‍ය භාවිතය සඳහා උපස්ථම්භක වන සමාජ මනෝවිද්‍යාත්මක උත්ප්‍රේරකයන් හඳුනා ගැනීම, මත්ද්‍රව්‍ය දුර්භාවිතය සඳහා යොමු වී ඇති පුද්ගලයින් එම ඇබ්බැහිකාරී වර්තාවන්ගෙන් අත්මුදවා ඔවුන් සවිබල ගන්වා යළි සමාජ ගත කිරීම වෙනුවෙන් රාජ්‍ය හා පෞද්ගලික මට්ටමින් ස්ථාපිත කර ඇති ආයතන හා දියත් කරණු ලබන ක්‍රමෝපායන් පිළිබඳ සංසන්දනාත්මකව අධ්‍යයනයක් සිදු කිරීම, මත්ද්‍රව්‍ය දුර්භාවිත පුද්ගලයින් පුනරුත්ථාපනයෙහිලා දැනට අනුගමනය කරනු ලබන ක්‍රමෝපායෙහි සාර්ථකත්වය පිළිබඳව වරදකරුවන් හා අනුශාංගික පාර්ශ්වීය ආයතන දක්වන ආකල්ප විමසා බැලීම, නේවාසික හා පුනරුත්ථාපන ආයතනයන්හි සැලසුම් සහගත වූත්, ඉහළ වාස්ථවික පිළිගැනීම සහිත වූත් ආදර්ශ ප්‍රතිකාර සැලැස්මක් (Model Treatment Plan) සැකසීම සඳහා අදාළ නිර්දේශ හඳුන්වා දීම දැක්විය හැකිය. සාහිත්‍යමය වශයෙන්, න්‍යායාත්මක හා ප්‍රායෝගික වැදගත්කමක් උසුලන මෙම අධ්‍යයනය ප්‍රාථමික හා ද්විතීය මූලාශ්‍ර එක ලෙස උපස්ථම්භක කරගෙන සිදු කරන ලද අතර දත්ත ඒකරාශී කිරීමේදී සම්මුඛ සාකච්ඡා ක්‍රමය, ප්‍රශ්නාවලී ක්‍රමය, නිරීක්ෂණ ක්‍රමය හා සිද්ධි අධ්‍යයන ක්‍රමය යන පර්යේෂණ ක්‍රමවේදයන් භාවිත කරන ලදී. නෛතික ප්‍රතිපාදන වලට අනුව ප්‍රජා විශෝධන නියෝගය ලබා දිය හැකි සුළු වැරදි විශාල සංඛ්‍යාවක් පැවතිය ද මත්ද්‍රව්‍ය සඳහා පමණක් නියෝග ලද නුගේගොඩ අධිකරණ බල ප්‍රදේශයට පමණක් සීමා වූ තරුණ වැරදිකරුවන්ට අදාළව පමණක් මෙම අධ්‍යයනය දිශාගත වූ හෙයින් සමස්ත ප්‍රජා විශෝධන පුනරුත්ථාපනයෙහිලා නියෝගලාභීන් වෙනුවෙන් දිශාගත නොවීම මෙම අධ්‍යයනයේ සීමාවක් ලෙස හඳුන්වා දිය හැකිය.

**මූලාස පද:** පුනරුත්ථාපනය, තරුණ වැරදිකරුවන්, ප්‍රජා පාදක විශෝධන, ඇබ්බැහිකාරී වර්තාවන්

**බන්ධනාගාර තදබදයට ඵලදායී විකල්පයක් වීමට නම් ප්‍රජාපාදක විශෝධන ක්‍රියාවලිය තුළ සිදු විය යුතු සමකාලීන ක්‍රමෝපායික සංශෝධන**

(දඩ ගෙවා ගත නොහැකි වීම මත බන්ධනාගාර ගතව සිටින රැඳවියන් සඳහා ප්‍රජාපාදක විශෝධන නියෝග ලබා දීමේ ප්‍රතිපාදන පිළිබඳව විමසා බැලීමේ අධ්‍යයනයකි.)

කේ. සමිත සුධිෂ්වර පෙරේරා  
ප්‍රජාපාදක විශෝධන දෙපාර්තමේන්තුව  
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1999 අංක 46 දරන ප්‍රජාපාදක විශෝධන පනත බලාත්මක කිරීම මඟින් අභිප්‍රේරිත මධ්‍යගත අපේක්ෂාව වූයේ, මෙරට බන්ධනාගාර තදබදය අවම කිරීම වුවත් දශක දෙකහමාරක ඇවෑමෙන් සිදු කරනු ලබන පුනරාවලෝකනයන් තුළින් ස්ථූට වනුයේ, එකී අරමුණු ඒ අයුරින්ම සාක්ෂාත් කර ගැනීමට යම් යම් අනපේක්ෂිත තත්ත්වයන් නිශේධනාත්මකව බලපා ඇති බවයි. එකී සෘණාත්මක බලපෑමේ අනිටු ඵලයක් ලෙසින් ප්‍රජාපාදක විශෝධන ක්‍රියාවලිය තුළින් ප්‍රතිලාභ ලැබිය යුතු අන්‍යෝවිත පිරිසක් ඒ තුළින් ගිලිහී යාමත්, නොගැළපෙන නියෝගලාභීන් පිරිසක් ක්‍රියාවලිය හා සම්බන්ධ වීමත් මත නොවැලැක්විය හැකි අනපේක්ෂිත තත්ත්වයන් ඇතැම් අවස්ථාවලදී මතු වී ඇති ආකාරය මෙරට ප්‍රජා විශෝධන ක්‍රියාවලියේ හරස්කඩක් නිරීක්ෂණය කර බැලීමේදී පෙනේ. ඒ අනුව නිත්‍ය වශයෙන්ම ප්‍රජා විශෝධන නියෝග ලැබිය යුතු පිරිසක් පමණක් ඉහළ නිරවද්‍යතාවයකින් මෙම ක්‍රියාවලිය සමග සම්බන්ධ කර ගැනීමත්, නියෝග උල්ලංඝනය වීමේ ප්‍රතිශතයේ ඉතා අවම මට්ටමකට පත් කිරීමත්, ප්‍රජා විශෝධන ක්‍රියාවලියේ ඵලදායීතාවය ආත්මීය පුද්ගලානුබද්ධ තත්ත්වයන් කෙරෙහි විනිර්මුක්ත කිරීමත්, විශේෂයෙන්ම බන්ධනාගාර තදබදයට මධ්‍යගත වෛකල්පිත විසඳුම බවට ප්‍රජා විශෝධන ක්‍රියාවලිය පත් කිරීමත්, මෙම අධ්‍යයනය මඟින් අපේක්ෂිත ක්‍රමෝපායික සංශෝධනයෙන් යෝජනා කෙරේ. දඬුවමින් යම් කාලයක් බන්ධනාගාර තුළ අමිහිරි අප්‍රසන්න අත්දැකීම් ඔස්සේ විඳ දරා ගත් පිරිසකට ලබා දෙන විශෝධන නියෝගය සමාජ, ආර්ථික, මනෝ, කායික සෑම අංශයක් තුළින්ම අතිශය ඵලදායී ලෙස සම්පූර්ණ කිරීමට වැරදිකරුවන් තුළ ඇති ප්‍රේරණමය මෙකී නව්‍ය ව්‍යාපෘතියේ සාර්ථකත්වය සඳහා යොදා ගැනීමට හැකි වීම සුවිශේෂී වාසිදායක තත්ත්වයකි. අත්අඩංගුවට පත් වැරදිකරුවන් අධිකරණයට ඉදිරිපත් කිරීමෙන් අනතුරුව ප්‍රජා විශෝධන නියෝග සඳහා යොමු කිරීම සම්මත සාම්ප්‍රධායික ක්‍රමය වුවත් මෙම විවරණය තුළින් අවධාරණය කරනුයේ එම සම්ප්‍රදායට අමතරව, ක්‍රියාවලියේ ඵලදායකත්වය වඩාත් ඉහළ නැංවිය හැකි ක්‍රමෝපායික භාවිතයක් සම්බන්ධයෙනි. දඩ ගෙවා ගත නොහැකි බන්ධනාගාරගතව සිටින රැඳවියන් අතරින් ප්‍රජා විශෝධන නියෝගය සඳහා ඇති කැමැත්ත, වරදෙහි ස්වභාවය හා සෙසු මන්දිකාරක අවස්ථානුගත කරුණු සැලකිල්ලට ගෙන, බන්ධනාගාර තුළ සිදු කෙරෙන අනාවරණ පර්යේෂණයකින් නිසි හඳුනා ගැනීමකින් පසු අදාළ සුළු වැරදිකරු මෝෂන් පත්‍රයක් මඟින් අධිකරණයට ඉදිරිපත් කර, දඩ ගෙවීම හෝ බන්ධනාගාර ගත කිරීම යන දඬුවම්වලට විකල්ප වශයෙන් ප්‍රජා විශෝධන නියෝගයකට යටත් කිරීම මෙහිලා යෝජනා කෙරේ. පුනරුත්ථාපනීය භූමිකාවට අමතරව ප්‍රජාපාදක විශෝධන ක්‍රියාවලිය මඟින් අභිප්‍රේරිත බන්ධනාගාර තදබදයට වෛකල්පිත ආදේශක සැපයීමේ සමාජ භූමිකාව ද මේ හරහා ඉතා ඉහළ අගයකින් තෘප්ත වන බව ව්‍යාපෘතියෙන් නිගමනය විය. මීට අදාළව ගම්පහ සහ අත්තනගල්ල මහේස්ත්‍රාත් අධිකරණ බල ප්‍රදේශ මට්ටමින් සිදු කරන ලද එම ව්‍යාපෘතියේ නිරීක්ෂණ, නිගමන හා යෝජනා මත පදනම්ව එම ක්‍රමෝපායික සැලැස්ම දීප ව්‍යාප්තව බලාත්මක කිරීම සඳහා ඇති ශක්‍යතාවය තහවුරු කිරීම මෙම අධ්‍යයනයේ අභිලාෂයයි.

**ප්‍රමුඛ පද:** ප්‍රජාපාදක විශෝධන, බන්ධනාගාර ගත කිරීම, අත්අඩංගුවට පත් වැරදිකරුවන්

Abstract ID 24

## UNDERSTANDING OF THE REHABILITATION PROCESS FOR DRUG-ADDICTED YOUTH IN SRI LANKA

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Drug addiction significantly affects individuals, families, groups, and communities as a whole. Multidimensional causes are associated with youth drug addiction while the rehabilitation process for drug-addicted youth in Sri Lanka plays a crucial role in community organization. The nature of the rehabilitation process in Sri Lanka is poorly understood; therefore, understanding and identifying the rehabilitation process for drug-addicted youth and its prominent features is the main objective of this study. The sample included 12 participants (rehabilitees) under the purposive sampling method and four key informants were interviewed at the "Methsewana" treatment and rehabilitation center, in Kandy. Data was collected via a qualitative approach from the participants and analyzed using thematic analysis. Results indicated that this institution rehabilitates drug-addicted youth under the age of 21. The total staff is 15, including 12 treatment staff members. The organizational services and relationships are delivered and managed professionally though they interact with rehabilitees in a friendly manner. The main treatment practice is the psychological treatment process and Therapeutic Community Approach to enhance the cognitive or psychological and emotional aspects of the individuals and behavioral patterns. Rehabilitees are motivated by giving individual, family, and group counseling and ethnically they're Sinhalese, Tamils, and Muslims. The institution is open to all religious activities. A three-month rehabilitation process is included with the capacity of 30 rehabilitees at once. Empowerment, encouragement, behavioral shaping, and personality development are basic practices of the rehabilitation process which it include educational programs, entertainment programs, multicultural practices, playtime, and vocational programs. Rehabilitees are guided to work on a schedule to do the above activities including meal times and personal hygiene. The institutional purpose is to "create discomfort where there are drugs and comfort where there are no drugs". Follow-up, parent meetings, and home visits are the necessary tasks engaged by the staff. There is multidisciplinary collaboration within the institution, both internally and externally. However, due to social stigma, drug use continues even after rehabilitation, and an average of 30% re-admission is being reported. The rehabilitation treatment process has proven to be effective, incorporating various programs that contribute to positive outcomes for rehabilitees and their families. A clear understanding and identification of the rehabilitation process for drug-addicted youth can enhance public awareness and knowledge regarding these interventions. Moreover, it is essential to implement effective strategies to minimize drug-related readmissions.

**Keywords:** *Drug addiction, Empowerment, Rehabilitation process, Re-admissions, Therapeutic Community Approach*



Abstract ID 26

## AN OVERVIEW OF THE CONTRIBUTION OF E- CIGARETTE TO REPOLARIZE TOBACCO SMOKING AMONG YOUNGSTERS AND CHALLENGES OF PREVENTION.

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The electronic cigarette or other nicotine delivery systems (E – cigarette) is well-known all over the world as a safe alternative to controversial cigarettes which has influenced to repolarize tobacco industry among young people during the past few years. It is still controversial the exact contents of e liquid, the percentage of nicotine contents and the harmful effects are still being revealing. A number of global researches have revealed that e- cigarettes are less harmful than conventional cigarettes. But the impact of e - cigarettes is still unclear. Even admits the situation that impact of electronic cigarettes as a smoking cessation method still remain controversial, different countries use different approaches to regulate these products. COVID – 19 pandemic, economic crisis and three years school closure due to those issues affected in generating several social issues among children and youngsters. After the reopening of schools in the country it has been reporting considerable number of incidents of e- cigarette experimentation and sharing the products in the schools. Reporting the incidents are high in schools located in tourism promoting areas which highlights the need for more drug regulations and policy implementation with tourism. More over in Sri Lanka, legal definition of electronic cigarettes, regulation methods and policies still remain controversial. These controversies impact on youngsters providing more opportunities to expose. Tobacco smoking prevention strategies are challenged by e – cigarettes due to its’ promoting nature. Ability to adjust nicotine content of some products, choices of flavors, attractive innovative features compared to conventional cigarettes grab the youngsters making prevention more challenging. As the potential short term and long term effects are not fully revealed, in this review I discuss the findings of e – cigarettes, harmful effects, legal regulations and policies and challenges of preventing youngsters. The objective of this review paper is to study the harmful effects, chemical composition and challenges of preventing these newly introduced electronic cigarettes. This review paper is based on my working experience as a prevention professional and related literature.

**Key words:** *Electronic cigarettes, Nicotine delivery systems, tobacco Industry, Legal Regulations, Prevention Strategies*

**ප්‍රජා පාදක ප්‍රතිකාර කඳවුරු ක්‍රමය මඟින් පුනරුත්ථාපනය ලැබූ සේවාලාභීන්ගේ මන්ද්‍රව්‍ය භාවිතය සම්බන්ධ ආකල්ප**

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ප්‍රජා පාදක ප්‍රතිකාර කඳවුරු ක්‍රමය මන්ද්‍රව්‍යවලට ඇබ්බැහි වූ තැනැත්තන් සඳහා ප්‍රජා පරිසරයක් තුළ පුනරුත්ථාපන සේවා සපයන ව්‍යුහගත වැඩසටහනකි. මෙම ප්‍රතිකාර ක්‍රමයෙහි ප්‍රධාන අරමුණ වන්නේ මන්ද්‍රව්‍ය ඇබ්බැහිකාරීත්වයෙන් මිදීමට පුද්ගලයන් හට උපකාර කිරීමයි. ප්‍රජා කඳවුරු ප්‍රතිකාර වැඩසටහන්වලට බොහෝ විට මානසික සහ ශාරීරික සෞඛ්‍ය යන දෙකම ආමන්ත්‍රණය කරනු ලැබේ. ශ්‍රී ලංකා පොලීසියේ මෙහෙය වීම මත “සුවසාර කැඳැල්ල” නමින් ක්‍රියාත්මක කරන ලද ප්‍රජා ප්‍රතිකාර කඳවුරු 11 ක් පාදක කරගනිමින් මෙම අධ්‍යනය සිදු කරන ලදී. එම ප්‍රතිකාර කඳවුරු දින 14 කට සීමා වූ නේවාසික කඳවුරු විය. එහිදී ප්‍රජා පාදක ප්‍රතිකාර කඳවුරු ක්‍රමය සමඟ මන්ද්‍රව්‍ය භාවිතය සම්බන්ධ සේවාලාභීන්ගේ ආකල්ප හඳුනාගැනීම අධ්‍යනයේ අරමුණ විය. මෙම අධ්‍යනය පෙර සහ පසු වශයෙන් අදියර දෙකක් යටතේ සිදු විය. එනම්, ප්‍රතිකාර කඳවුරු තුළ ප්‍රතිකාර ලැබීම ආරම්භ කළ පළමු හෝ දෙවන දින පෙර තත්ත්වය ඇගයීමට ලක් කළ අතර පසු තත්ත්වය ප්‍රතිකාර අවසන් වීමට පෙර දින සිදු කරන ලදී. ප්‍රශ්නාවලියක් භාවිත කරමින් දත්ත රැස්කිරීම සිදු විය. අධ්‍යනයට ඇතුළත් වූ සියලුම සේවාලාභීන් සංඛ්‍යාව 274 ක් වූ අතර බහුතරය එනම්, 81 (30%) දෙනෙක් වයස අවුරුදු 21-30 ත් අතර වයස් කාණ්ඩයට අයත් විය. සේවාලාභීන් එකසිය හැට එකක් (58.8%) වැනි වැඩි පිරිසක් 6-10 ශ්‍රේණිය දක්වා අධ්‍යාපනය ලබා තිබූ අතර සේවාලාභීන්ගෙන් බහුතරයක් එනම්, 99 (36.1%) දෙනෙක් කම්කරු රැකියාවේ නිරත වන්නන් විය. පෙර අදියරේ දී 42 (15.3%) ක් මන්ද්‍රව්‍ය භාවිතය මානසික තෘප්තිය ඇති කරයි යන්න සම්බන්ධයෙන් දැඩි ලෙස එකඟ නොවූ අතර පසු අදියරේ දී 174 (63.5%) දෙනෙක් දැඩි ලෙස එකඟ නොවී තිබිණ. මනසට නිදහසක් ගෙන දෙන බවට පෙර අදියරේ දී 102 (37.2%) දෙනෙක් දැඩි ලෙස එකඟ වී තිබූ අතර පසු අදියරේ දී 156 (56.9%) දෙනෙක් වැනි වැඩි සංඛ්‍යාවක් එය එසේ නොවන බවට ප්‍රතිචාර දක්වා තිබිණ. ප්‍රශ්න අමතක කළ හැකි බවට 112 (40.9%) දෙනෙක් පෙර අදියරේ දී දැඩි ලෙස විශ්වාස කළ ද පසු අදියරේ දී එය එසේ නොවන බවට 149 (54.4%) දෙනෙක් තුළ දැඩි ලෙස විශ්වාසය ගොඩ නැගී තිබිණ. රැකියාවේ නිරත වීමෙන් පසුව ඇතිවන ශරීර වේදනාව දුරු කරන බවට පෙර අදියරේ දී 129 (47.1%) දැඩි ලෙස එකඟ වී තිබුණ ද පසු අදියරේ දී 150 (54.7%) දෙනෙක් වැනි බහුතරයක් දැඩි ලෙස එකඟ වී නොතිබිණ. එමෙන්ම මන්ද්‍රව්‍ය භාවිතය සමඟ විවිධ අහිතකර තත්ත්වයන්ට මුහුණ දීමට සිදු වන බව ද සේවාලාභීන්ගේ ප්‍රතිචාර තුළින් පැහැදිලි විය. එනම්, අබ්ණ්ඩව සේවා කටයුතු සිදු කිරීමට නොහැකි වීම, මුදල් හා දේපල විනාශ වීම, නීතිමය ගැටලු උද්ගත වීම, පවුල තුළ ගැටලු ඇති වීම, සමාජය තුළ කොන් වීම, ශාරීරිකව දුර්වල වීම සහ ලිංගික බෙලහිතතා ඇති වීම යනාදිය එයින් කිහිපයක් වේ. ප්‍රජාපාදක ප්‍රතිකාර කඳවුරු තුළ ප්‍රතිකාර ලැබීමත් සමඟ මන්ද්‍රව්‍ය සම්බන්ධයෙන් සේවාලාභීන් තුළ පැවති මිථ්‍යා ආකල්ප වෙනසකට ලක් වී ඇති බව නිගමනය කළ හැකි වේ.

**ප්‍රමුඛ පද:** ඇබ්බැහිකාරීත්වය, මන්ද්‍රව්‍ය, පුනරුත්ථාපනය, ප්‍රජා පාදක ප්‍රතිකාර කඳවුරු, සේවාලාභීන්

**මත්ද්‍රව්‍ය ඇබ්බැහිකාරී පුද්ගලයින් සඳහා වන ප්‍රජා පාදක ප්‍රතිකාරය තුළ සම්බන්ධීකරණය කරන නිලධාරීන්ගේ භූමිකාව හා කාර්යභාරය**

කේ.ඒ.ඩී. මධුශානි, ඒ.ටී. දර්ශන, එස්. ඩබ්. පී. කුමාර, කේ.ඩී.ඒ. රණසිංහ, බී.වී.එච්. ඩබ්. චතුරංග, පී.එන්.එස්.තිසේරා, එච්.එම්.බී.කේ.හේරත්

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මත්ද්‍රව්‍ය භාවිත කරන්නන් සඳහා යොදා ගනු ලබන ප්‍රතිකාර ක්‍රම අතර ප්‍රජා පාදක ප්‍රතිකාර ක්‍රමවේදය සුවිශේෂී වේ. ප්‍රජා පාදක ප්‍රතිකාර ක්‍රමයෙහි ඵලදායීතාවය තක්සේරු කිරීම සඳහා සිදු කරන ලද අධ්‍යයනයෙහි මත්ද්‍රව්‍ය භාවිතය සම්බන්ධ ගැටලු විසඳීමේ දී සම්බන්ධීකරණය කරන නිලධාරීන්ගේ භූමිකාව හා කාර්යභාරය කවරේද? යන්න හඳුනා ගැනීම එහි එක් පැතිකඩක් විය. පර්යේෂණ ක්ෂේත්‍රය ලෙස අන්තරායකර ඖෂධ පාලක ජාතික මණ්ඩලයේ නිලධාරීන් විසින් ප්‍රජා පාදක ප්‍රතිකාර ක්‍රමය ක්‍රියාත්මක කර ඇති ශ්‍රී ලංකාවේ සියලු දිස්ත්‍රික්ක ආවරණය වන ලෙස සේවාවලාභීන් 59 දෙනෙකු අරමුණු සහගත නියැදි ක්‍රමය යටතේ තෝරා ගත් අතර ප්‍රශ්නාවලි ක්‍රමය හා සම්මුඛ සාකච්ඡා ක්‍රමය මගින් දත්ත රැස් කර ගනු ලැබීය. දත්ත විශ්ලේෂණය සඳහා SPSS මෘදුකාංග හා අන්තර්ගත විශ්ලේෂණ ක්‍රමය භාවිත කර ඇත. මත්ද්‍රව්‍ය භාවිත සේවාවලාභීන් නේවාසිකව පුනරුත්ථාපනය කර ප්‍රතිකාර ලබාදීම මත පමණක් රඳා සිටිනවාට වඩා පුද්ගලයා ජීවත්වන පරිසරයේ සිටිමින් මත්ද්‍රව්‍ය ගැටලුවෙන් නිදහස් වීම සඳහා අවශ්‍ය කුසලතා සංවර්ධනය කර ගැනීමක් ප්‍රජා පාදක ප්‍රතිකාර ක්‍රමය තුළ සිදු වී ඇත. විෂභරණය, අඛණ්ඩ රැකවරණය සහ සියලු සේවාවන් ඒකාබද්ධ කිරීම මගින් සේවාවලාභියාගේ කායික, මානසික, සෞඛ්‍ය, සමාජයීය හා අනෙකුත් විශේෂ අවශ්‍යතා සඳහා අවශ්‍ය පහසුකම් සැපයීම ප්‍රජා සංවිධාන, සෞඛ්‍ය සේවා වෘත්තිකයන්, නීතිය ක්‍රියාත්මක කරන ආයතන, පවුලේ සාමාජිකයන්, මිතුරන් ඇතුළු විවිධ පාර්ශ්වකරුවන් සම්බන්ධ කර ගැනීමෙන් මත්ද්‍රව්‍ය භාවිත කරන්නන් සඳහා පුළුල් ආධාරක පද්ධතියක් සහ උපකාරී පරිසරයක් ගොඩනැගී ඇති ආකාරය අධ්‍යයනය තුළ දී හඳුනාගත විය. මත්ද්‍රව්‍යයට යොමු වූ පුද්ගලයන් ප්‍රතිකාර වැඩසටහන සඳහා සුදානම් කිරීමේ සිට පවුලේ සාමාජිකයින් ඇතුළු අදාළ කණ්ඩායම් සුදානම් කිරීම, දැනුවත් කිරීම, කාර්යය කොටස් සඳහා සහාය ලබා ගැනීම, ප්‍රතිකාර වැඩසටහන කෙරෙහි විශ්වාසය ගොඩනැංවීම, ප්‍රතිකාර ක්‍රියාකාරකම් දෛනිකව සිදු කිරීම, ඇගයීමට ලක් කිරීම හා ප්‍රතිකාරයෙන් පසු සාමාන්‍ය කටයුතු වලට සේවාවලාභියා ඇතුළත් කිරීම සහ පසුරැකවරණ කටයුතු ක්‍රියාත්මක කිරීම සම්බන්ධීකරණය කරන නිලධාරීන් විසින් සිදු කර ඇති ආකාරය අධ්‍යයනය තුළ දී අනාවරණය විය. ප්‍රජා පාදක ප්‍රතිකාර ක්‍රමය ආරම්භයේ දී සහ ප්‍රතිකාර සේවා අඛණ්ඩව පවත්වාගෙන යාමේ දී අදාළ නිලධාරීන් විසින් සේවාවලාභියාගේ පවුලේ සංස්ථාව, ආර්ථිකය හා වෘත්තීමය අංශ, සමාජයීය හා නීතීමය අංශ, ආගමික හා අධ්‍යාපනික කටයුතු, ප්‍රතිකාර සහ පසුරැකවරණය යන සෑම අංශයකදීම සහාය ලබා දී තිබිණ. උපදේශන සැසි පැවැත්වීම, කායික සහ මානසික සුවතාව සඳහා සහාය ලබා දීම, සේවාවලාභියාට මෙන්ම පවුලේ සාමාජිකයන් සඳහා ද සිදු කර ඇත. සමස්තයක් ලෙස ප්‍රජාව සම්බන්ධ කර ගැනීමෙන් පුද්ගලයන්ට ඇබ්බැහිකාරීත්වයෙන් මිදීමට, ඔවුන්ගේ ජීවිත නැවත ගොඩනගා ගැනීමට සහ සමාජයට යහපත් ලෙස දායක වීමට අවශ්‍ය සහාය ලබා දීම සම්බන්ධීකරණය කරන ලද නිලධාරීන්ගෙන් සිදු වී ඇති ආකාරය අධ්‍යයනය තුළ දී අනාවරණය විය.

**ප්‍රමුඛ පද:** ප්‍රජා පාදක ප්‍රතිකාරය, සම්බන්ධීකරණ නිලධාරීන්, මත්ද්‍රව්‍ය, ඇබ්බැහිකාරීත්වය

## SESSION 2

# “BEST PRACTICES AND SUCCESS STORIES IN COMMUNITY INTERVENTIONS”

### **"Realizing Results: Community-Based Best Practices in Combating Drug and Alcohol Abuse."**

The track on **"Best Practices and Success Stories in Community Interventions"** at the 1<sup>st</sup> National Symposium on Community Interventions in Drug Prevention and Treatment highlighted transformative initiatives from Community Outreach Workers diverse agencies and stakeholders across the country. Under the theme **"Realizing Results: Community-Based Best Practices in Combating Drug and Alcohol Abuse,"** these presentations showcased innovative strategies, collaborative efforts, and measurable outcomes in addressing substance abuse at the grassroots level. From successful school-based prevention programs and youth engagement initiatives to integrated treatment models involving community stakeholders, the shared experiences underscored the critical role of community ownership, multi-sectoral partnerships, and evidence-based approaches in achieving sustainable outcomes. These inspiring stories serve as a blueprint for scaling effective interventions nationwide, fostering resilience, and strengthening community-led action in the fight against drug and alcohol abuse.

## **2<sup>nd</sup> International Symposium on Drug-Related Studies 2024**

"Balanced and Coordinated Strategy for Building a Drug-Free Community:  
with Active Citizen Engagement"

## **1<sup>st</sup> National Symposium on Community Interventions in Drug Prevention and Treatment**

"Strengthening Communities: Showcasing Innovative Approaches and Best Practices in Drug  
Prevention and Treatment"