



A Handbook for Current Drug Supervisees

**“I’m in
Control.”**

I can stay DRUG-FREE!

ACKNOWLEDGEMENTS

Central Narcotics Bureau would like to express its gratitude for the write-ups given by the various halfway houses and hospitals in the production of this handbook.

If you have any enquiries on the anti-addiction programmes, please contact the agency directly.

The information listed in the handbook is correct at the time of printing.

Preface

This handbook contains information on the Drug Supervision Scheme under the Misuse of Drugs Regulation and Long Term Imprisonment under the Misuse of Drugs Act. Both are aimed at deterring ex-drug addicts from returning to their drug abuse habits.

It also provides information on the various organisations involved in the anti-drug effort, their anti-addiction programmes for walk-in clients, contact details and helplines.

It is hoped that those who require or are interested in the information enclosed will find this handbook a useful and convenient reference guide.

CENTRAL NARCOTICS BUREAU (CNB)

JANUARY 2011

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WHAT HAPPENS IF A DRUG SUPERVISEE DOES NOT TURN UP FOR A URINE TEST?

A drug supervisee who fails to report for a urine test has committed an offence. Upon conviction by the courts, he/she faces a fine not exceeding \$10,000 or an imprisonment for a term not exceeding 4 years or both. His/Her Supervision Order may also be extended.

CAN A DRUG SUPERVISEE TRAVEL OVERSEAS WHILE UNDER THE SCHEME?

A drug supervisee is not allowed to leave Singapore without the approval of the Supervision Officer. Under the MDR, it is an offence to violate this regulation. Upon conviction by the courts, he/she faces a fine not exceeding \$1,000 or an imprisonment for a term not exceeding 6 months, or both.

A drug supervisee who wishes to apply for permission to leave Singapore can contact his/her direct Supervision Officer for details on the application process.

CNB SUPERVISION UNIT	LOCATION	CONTACT NUMBERS
'A' Supervision Unit	Central Police Divisional Headquarters	6557 3239 / 6557 3232 6557 3231
'D' Supervision Unit	Clementi Police Divisional Headquarters	6779 4542 / 6872 8160
'E' Supervision Unit	Tanglin Police Divisional Headquarters	6299 3876 / 6295 8346
'F' Supervision Unit	Ang Mo Kio Police Divisional Headquarters	6482 4730 / 6483 6363 6483 6362
'G' Supervision Unit	Bedok Police Divisional Headquarters	6244 4420 / 6441 1855 6448 1203
'J' Supervision Unit	Jurong Police Divisional Headquarters	6267 8779 / 6267 8895 6861 3723 / 6267 8803

Long Term Imprisonment

WHAT IS IT?

Although the drug situation is under control, there is still a serious problem of drug abusers who are unwilling to kick the habit after going through repeated Drug Rehabilitation Centre (DRC) treatment. It has also been established that unrepentant abusers are more likely to be involved in criminal activities.

To effectively deal with these unrepentant drug addicts, they are subjected to long term imprisonment instead of DRC treatment.

WHAT ARE THE OBJECTIVES OF THE LONG TERM IMPRISONMENT?

The objectives of the Long Term Imprisonment are to:

- provide greater security and safety to the rest of society
- deter individuals from continuing to abuse drugs
- reduce the crimes committed by drug addicts

WHO ARE THE ONES AFFECTED?

Hardcore addicts of Heroin, Morphine, Opium, Methamphetamine, 'Ecstasy', Ketamine, Nimetazepam, Buprenorphine, Cocaine and Cannabis.

HARDCORE DRUG ADDICTS SHALL BE SUBJECTED TO THESE PENALTIES:

Long Term Imprisonment 1 (LT1)	Between 5 and 7 years of imprisonment, and 3 to 6 strokes of the cane
Long Term Imprisonment 2 (LT2)	Between 7 and 13 years of imprisonment, and 6 to 12 strokes of the cane

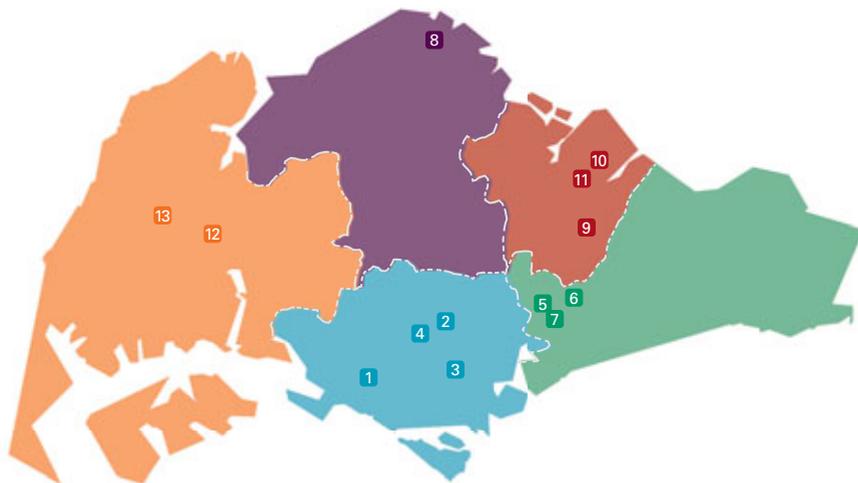
Those who have been through LT1 once will serve LT2 for subsequent offence of the consumption of the above drugs or failure to provide urine sample upon request.

The penalty for the offence of failure to provide urine sample is the same as that for the offence of drug consumption. If convicted, the accused will face up to 10 years of imprisonment or S\$20,000 fine or BOTH. Repeat offenders will face a minimum mandatory penalty of 3 years' imprisonment.

1 ST OFFENCE	2 ND OFFENCE	3 RD OFFENCE	PENALTIES
DRC Admission OR Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	DRC Admission OR Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Upon Re-offending LT1 → LT2
Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Maximum 10 years of imprisonment or S\$20,000 fine or BOTH
Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Failure to provide urine sample OR Consumption of Drugs in the Fourth Schedule of the MDA	Minimum 3 years of imprisonment Maximum 10 years of imprisonment or S\$20,000 fine or BOTH

MDA = Misuse of Drugs Act

Anti-Addiction Centres



Listed here are some organisations that offer anti-addiction programmes to help a person stay drug-free.

CENTRAL ZONE

- 1 Breakthrough Missions
- 2 Mount Elizabeth Hospital Behavioural Health Services
- 3 Raffles Counselling Centre (Raffles Hospital)
- 4 WE CARE Community Services Ltd

EAST ZONE

- 5 Christian Care Services Singapore (Care Centre)
- 6 HighPoint Halfway House
- 7 Pertapis Halfway House

NORTH ZONE

- 8 The Turning Point

NORTHEAST ZONE

- 9 National Addictions Management Service (NAMS)
- 10 The Helping Hand
- 11 The Hiding Place

WEST ZONE

- 12 Green Haven Halfway House
- 13 Teen Challenge Singapore

Breakthrough Missions

ADDRESS

24 Yew Siang Road,
Singapore 117758

TEL

6479 7734 / 6479 7756

FAX

6473 2970

E-MAIL

enquiry@
breakthroughmissions.org.sg

WEBSITE

breakthroughmissions.org.sg

OPERATING HOURS

Mondays – Saturdays:
9:00am – 6:00pm

At a glance...
Open to Chinese speaking male clientele; residential-based programme conducted in Mandarin.



Breakthrough Missions is a Chinese Gospel-based halfway house, set up in July 1983 to share the Gospel and to aid others in breaking free from their bondage to drugs.

Breakthrough Missions offers a 18-month (12-month training, 6-month aftercare) residential rehabilitation programme, free of charge to ex-addicts. Residents are equipped in four recovery areas, namely *spiritual, physical, social and vocational*.

Residents learn new skills and work ethics through placement in social enterprise projects (*vocational*). Some of these projects include services in nursery and landscaping, oil painting and banners, removal services, car grooming services and foot reflexology. As part of the reintegration process, residents are provided with spiritual teachings, social support and life skills lessons (e.g. positive goal setting and anger management) and extra-curricular

activities (e.g. computer, guitar, and language classes). To strike a balance in physical health and spiritual growth, residents are also encouraged to take up healthy recreational activities such as jogging, basketball, gym etc (*physical*).

The skills training and work therapy emphasised in the residential rehabilitation programme aim to cultivate a sense of responsibility and discipline so as to prepare the residents to be financially independent and contribute socially upon returning to the society.

Breakthrough Missions takes in Chinese male residents only as chapel services and classes are conducted mainly in Chinese. Prior to admission, clients are required to attend an interview session with Breakthrough Missions to assess their suitability for its programme. The primary requirement for admission is that the client must be willing to undergo and follow through the halfway house's Gospel-based programme, even if he is yet a Christian.

"You may have a fresh start any moment you choose, for this thing we call 'failure' is not the falling down, but the staying down."

Jim Morrison



Mount Elizabeth Hospital Behavioural Health Services

ADDRESS

Mount Elizabeth Hospital
(Level 10)
3 Mount Elizabeth,
Singapore 228510

TEL

1 800 738 9595

FAX

6731 2167

E-MAIL

enq_counselling@parkway.sg

WEBSITE

[www.parkwayhealth.com/
hospitals/singapore/mount-
elizabeth-hospital/facilities-
behavioural.asp](http://www.parkwayhealth.com/hospitals/singapore/mount-elizabeth-hospital/facilities-behavioural.asp)

OPERATING HOURS

*Mondays – Sundays:
8.30am – 6.00pm*

At a glance...

Open to all races; provides professional consultancy, medication, and in-patient treatment programmes.



"We all have dreams. But in order to make dreams into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

Jesse Owens

Established in 1986, Mount Elizabeth Behavioural Health Services is a private behavioural and psychological health service that operates within Mount Elizabeth Hospital's acute care infrastructure. Mount Elizabeth Behavioural Health Services specialises in treating individuals with mental, emotional, behavioural and addiction issues. Its inpatient ward provides a therapeutic environment where clients feel safe and secure as they embark on their journey of recovery.

TREATMENT

Mount Elizabeth Behavioural Health Services has a multi-disciplinary team of psychiatrists, psychologists, counsellors and nurses who collaborate closely to meet the needs of each individual patient and deliver professional and compassionate care. A Consultant Psychiatrist decides on the pharmacological intervention for the detoxification phase, while a Psychologist or Counsellor supports the treatment process with individual and family counselling sessions every day during their hospitalisation to focus on relapse-prevention strategies. There are also Inpatient Group programmes which include topics like problem-solving, stress and anger management, psycho-education, as well as art and activity therapy to facilitate the recovery process of patients. The average length of hospital stay for the detoxification programme is 5 days.

Consultation for intake assessment is only by appointment.



Raffles Counselling Centre (Raffles Hospital)

ADDRESS

*Raffles Hospital,
Raffles Counselling Centre,
585 North Bridge Road,
#13-00, Singapore 188770*

TEL

*6311 2330
6311 1222 (24hr hotline for
appointment making)*

FAX

6311 1186

E-MAIL

*counsellingcentre@
rafflesmedical.com*

WEBSITE

www.raffleshospital.com

OPERATING HOURS

*Mondays – Fridays:
9.00am – 6.00pm
Saturdays:
9.00am – 1.00pm*

At a glance...

Open to all races; provides professional consultancy, medication, and in-patient treatment programmes; open to individuals and families.



Raffles Counselling Centre is staffed by a multi-disciplinary team of addiction trained psychiatrists, psychologists, nurses and therapists.

Raffles Counselling Centre provides detoxification from drug abuse, and an ongoing relapse prevention programme. The programmes emphasise complete abstinence from the addictive behaviour. Medication is provided and there are individual, family and group therapy to support recovery.

Raffles Counselling Centre also provides customised programmes which include treatment of comorbid conditions.

WE CARE

Community Services Limited

WE CARE Community Services Limited (“WE CARE”), is registered under the Charities Act and has received its Institutions of Public Character (IPC) status on 1st December 2006. It is a full member of the National Council of Social Service and is a charity that advocates programmes and services for people and their families who are in recovery from addictions.

WE CARE is a free-standing community facility which provides counselling, prevention, education, recovery support groups, drop-in and support services to people struggling with addictions, so that they can recover their dignity and desire to live, renew their family relationships and move on to become productive members of society.

WE CARE’s motto “Recovering Together” underscores the philosophy of recovering people helping others recover from the many ills of the various behavioural and substance addictions. Presently, WE CARE houses 7 recovery support groups which meet weekly.

DROP-IN CENTRE

WE CARE also operates a Drop-in Centre that offers a 6-day-a-week, drop-in spot where those in recovery and their families can gather to chit-chat, watch TV, have a meal or a quiet cup of coffee. There are regular activities for families and festive gatherings, barbeque and

ADDRESS

*620 Tiong Bahru Road,
Singapore 158789*

TEL

6471 5273

FAX

6471 5344

E-MAIL

admin@wecare.org.sg

WEBSITE

www.wecare.org.sg

OPERATING HOURS

*Mondays – Saturdays:
9.00am – 9.00pm*

At a glance...

Open to all races; provides counselling, prevention, education, recovery support groups, drop-in and support services.

games for the children, mainly organised by volunteers. This supportive and safe environment encourages sustained recovery.

Clients (referred and drop-in) are assessed by WE CARE counsellors and placed in programmes which meet their needs. The programmes offered are listed below.

PROGRAMMES

1. F.R.E.E. (Facilitated Recovery Enabling Education) Programme

The programme aims to educate soon-to-be released offenders, pre-release Halfway House (HWH) residents and persons with behavioural and chemical addictions in early recovery who are referred by hospitals, doctors and community agencies. The centre facilitates maintenance of sobriety through intensive, structured group-based activities which enable the participants to develop coping, interpersonal and life skills. Participants actively engage with long term “clean” recovering people and learn that there is a safe place for them to go and are introduced to 12-Step Support Groups.

"One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go."

Sheila Murray Bethel

2. Family F.R.E.E. Programme

The programme is a brief intensive outpatient psycho-education experience for both the person caught up in the web of addiction as well as family members. In this programme, one will discover:

- Signs and symptoms of addiction
- How addiction affects family life
- How to arrest the disease of addiction and begin a programme of recovery
- How families can support the recovery of their loved ones
- Resources for recovery

3. The S.T.E.P.S. (Solution To Every Problem Sober) Programme

This provides halfway houses with a pilot programme using the 12-Step Recovery Model.

The objectives of the programme are to:

- introduce the 12-Step Programme as a lifelong programme for living and recovery
- provide linkage between halfway houses and the community 12-Step Support Groups
- provide linkage with other programmes offered by WE CARE including family programmes and counselling services
- support addiction recovery by learning and using the basic tools while in a protective environment
- allow residents to meet and build relationships with the existing recovering community

4. 12-Step Study Workshop

The 12-Step Programme provides a set of principles that guide the recovery of those who suffer from addiction or other behavioural problems. The therapeutic value of the 12-Step Programme is evident in the sense of empowerment that it instills in its participants, who progressively learn to tear down the wall of denial. Participation in 12-Step Recovery encourages its members to practice acceptance – a key to sobriety and serenity. The collective sharing process acts as a powerful deterrent from destructive behaviour and is an effective means of dissolving the impulsiveness and desperation that participants may experience. Studies have shown that addicts who worked the 12 steps were three times more likely to be alcohol or drug-free following their primary treatment, compared to those who did not.

Christian Care Services Singapore (Care Centre)

ADDRESS

*No. 1 Lorong 23 Geylang,
Blk 7, Singapore 388352*

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TEL

6440 8349 / 6440 8362

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FAX

6440 8027

.....

E-MAIL

enquiry@care-centre.org

.....

WEBSITE

www.care-centre.org

.....

OPERATING HOURS

*Mondays – Fridays:
9.30am – 4.00pm*

At a glance...

Open to male clientele;
provides six-month
residential-based
programme conducted in
English, Mandarin, or Tamil.

Christian Care Services Singapore (Care Centre) is a Christian halfway house that helps ex-drug abusers to stay drug-free through comprehensive residential and aftercare programmes. It provides a 6-month free residential rehabilitation programme to recovering male substance abusers. Walk-in clients will be considered.

It is open to all races of male substance abusers who are willing to change their ways. The programmes are available in English, Mandarin, or Tamil. All clients would be required to go for an assessment by appointment, the outcome of which would determine if they are suitable to be admitted into the care centre.



Family Counselling Ministry under the centre provides free individual, group, premarital and family counselling. A trained team of counselling staff with wide ranging experience is ready to help substance abusers and their families.

The above programmes are based on a 4-component approach:

1. ***Spiritual Component:*** to cultivate good Christian living.
2. ***Work Component:*** to foster daily routine of regular work activities to instill character, responsibility and discipline among residents.
3. ***Physical Component:*** to engage residents in sports and recreational activities to help them keep up with their health and to build teamwork.
4. ***Social Component:*** to allow residents the chance in social work so that they in turn understand the joy in giving back to society.

"There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other."

Douglas Everett

HighPoint Halfway House

ADDRESS

No. 1 Lorong 23 Geylang,
Singapore 388352

TEL

6440 2444

FAX

6440 1311

E-MAIL

administrator@highpoint.org.sg
halfwayhouse@highpoint.org.sg

WEBSITE

www.highpoint.org.sg

OPERATING HOURS

Mondays – Fridays:
8.30am – 5.30pm

At a glance...

Open to male clientele; provides six-month residential-based rehabilitation programme.



HighPoint Halfway House operates a residential rehabilitation programme for male ex-offenders who are addicted to illegal drugs and other substances, including sleeping pills, as well as other related addictive behaviours.

Residents undergo this holistic programme where the individuals’ recovery needs are addressed through counselling and group work. HighPoint also facilitates spiritual growth, and provides life skills preparation and on-the-job training to help residents re-integrate into society.

The duration of the residential programme is 6 months. This may be extended for another 3 months, depending on the review of the resident’s progress. Residents, guided by experienced staff, determine their own specific recovery goals and choices towards better self awareness and upgrading/growth through regular counselling and feedback sessions.

STRUCTURE OF RESIDENTIAL REHABILITATION PROGRAMME

1st to 3rd month

The first month involves confinement, and it is a time for rest and stabilising, as well as for starting self-reflection. The focus of the programme in the first 3 months is Spiritual Formation and the Counselling process. Residents go through a mentoring programme and individual counselling sessions to help residents develop their processing skills and provide structured guidance for them in breaking free of their addiction cycle. Residents also attend life skills courses in communication, basic English, basic computer, music etc to prepare them for re-integration into the society.

Residents have fortnightly visits to the elderly poor to provide them basic assistance such as flat cleaning and provisions etc as well as run monthly activities together with psychiatric patients to bring them cheer and encouragement. These are community service activities that help residents grow in their character development and sense of self-worth through contributing positively back to the community.

Residents also go through the We Care STEPS (Solution To Every Problem Sober) Programme which is an NCSS funded 12-Step addiction recovery programme for them to overcome their addiction cycle through learning and using basic recovery tools in a safe, supportive environment.

4th to 6th month

Work therapy and re-integration with family and society are the focus in the 4th to 6th month of the programme. The work therapy is central in the 4th to 5th month, while re-integration with family in the 6th month, in preparation of the completion of the programme.



In addition to the activities in the first 3 months, during the 4th to 6th month, residents have daily work therapy attachments with HighPoint Social Enterprise which includes removal delivery and rag-and-bone services. Residents also attend work skills development and training courses as well as life skills courses and coaching in intermediate computer and financial management etc.

To help residents re-integrate with their families, there are family counselling sessions, home visitations and family visits. HighPoint staff will visit residents' families to foster increased understanding and support for residents, as well as identifying families that need additional support so that they can be referred to the relevant resources. Family visits allow family members to visit residents at HighPoint up to twice weekly to strengthen and develop residents' family and social support.

Admission to HighPoint is done through an interviewing procedure whereby the client will be admitted based on his suitability for the residential programme.

HIGHPOINT LIFE CENTRE

Besides the halfway house, families of the ex-offenders are engaged and supported with necessary assistance and care by HighPoint Life Centre. HighPoint Life Centre is focused on helping those who have successfully completed the HighPoint programme and/or are currently HighPoint Three-quarter Way House residents (referral channel through HighPoint) through a weekly support group, as well as providing resources and guidance in addressing post-rehabilitation issues such as choosing a life partner, marriage, career development, workplace ethics, life and work skills e.g. personal grooming etc.

To find out more information on HighPoint Life Centre activities, please call Ms Evangeline Mok at 6745 3306.

*"Victories in life
come through our
ability to work
around and over
the obstacles that
cross our path.
We grow stronger
as we climb our
own mountains."*

Marvin Ashton

Pertapis Halfway House

ADDRESS

No. 50 Lorong 34, Geylang Road, Singapore 398239

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TEL

6746 4752

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FAX

6741 5066

.....

E-MAIL

phh_registry@pertapis.org.sg

.....

WEBSITE

www.pertapis.org.sg

.....

OPERATING HOURS

*Mondays – Fridays:
9.30am – 6.00pm*

At a glance...

Open to Muslim male clientele; provides three-month residential-based programme; review for another three months.



Pertapis Halfway House is a Muslim halfway house that provides a residential rehabilitative community for male ex-drug addicts in pursuit of total recovery and reintegration into the society and their families. It accepts inmates who are emplaced to the halfway house at the last stage of their mandatory rehabilitation period as well as volunteer admission.

Pertapis Halfway House’s programme is based on the Therapeutic Community (TC) Concept, which is a structured and demanding approach to assist the addicts in their treatment and rehabilitation. The treatment programme is mainly designed to assist the recovering addicts in underlying the areas that could contribute to relapse and focus more on the reintegration of each individual to maintain an abstinence lifestyle free from drugs.

Under the programme, residents will have a Case Manager or Case Worker that works with them through their residential care at the centre. Residents will attend counselling and therapy

sessions as recommended. There will also be seminars, courses and training programmes to help residents to pick up relevant work-related and personal development skills. Residents also participate in activities that promote positive healthy lifestyle for recreation, such as sports, religious as well as cultural activities.

Pertapis Halfway House only admits clients who are willing to seek treatment and fall under the following criteria:

1. Substance abusers
2. No mental or psychiatric problems
3. Not physically handicapped
4. Not under withdrawal symptoms
5. Not a deserter or absconder
6. Not suffering from serious illnesses



All volunteer admissions need to be screened for eligibility by the Central Narcotics Bureau. All voluntary admissions will be required to undergo 3 months residential care and be reviewed for another 3 months.

Besides the residential programme, the centre also provides the following services:

1. **Aftercare Support Group Meeting** every Tuesday at 8.30pm
2. **Family Support Group Counselling** on every Saturday and Sunday from 4.00pm to 6.00pm
3. **Aftercare Music Programme** on every Saturday from 4.00pm to 6.00pm
4. **Narcotic Anonymous (H&I)** session on the last Wednesday of each month

The Turning Point

ADDRESS

341 Jamaica Road
(off Falkland Road),
Singapore 757615

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TEL

6257 8364

.....

FAX

6257 8317

.....

E-MAIL

turningp@singnet.com.sg

.....

WEBSITE

www.tturningp.com

.....

OPERATING HOURS

Mondays – Fridays:
9.00am – 5.00pm

At a glance...

Open to female clientele; provides six-month residential-based programme conducted in English and Mandarin.



The Turning Point is a Christian halfway house that helps women drug addicts and women prisoners to recover from the lifestyle of drug abuse and recidivism. It reaches out to mandated clients from Changi Women’s Prison/Drug Rehabilitation Centre under the Community-Based Rehabilitation Scheme as well as direct entry (walk-in) cases. Besides the Residential Drug Recovery Programme, The Turning Point also provides aftercare services for ex-residents, job placement for ex-residents and telephone counselling services.

The direct entry clients are required to stay on a 6-month residential programme upon admission. They would need to be assessed to determine their readiness and suitability for the residential programme prior to admission. The Residential Drug Recovery Programme is based on Christian principles and teachings and is conducted in bilingual languages (English

and Mandarin). The Drug Recovery Programme and services include professional counselling, spiritual therapy, Christian-based moral education, life skills training, work therapy, Relapse Prevention Education, Volunteer-Befriending Scheme where volunteers are recruited from churches, referral to hospital detoxification services and aftercare services by staff and volunteers.

"Don't let the low times keep you down. Learn from them and reach for the high times."

David Wiemers



National Addictions Management Service (NAMS)

"If you want to accomplish anything in life, you can't just sit back and hope it will happen. You've got to make it happen."

Chuck Norris

ADDRESS

*Institute of Mental Health
Buangkok Green Medical
Park, 10 Buangkok View,
Singapore 539747*

TEL

6389 2000 / 6389 2200

WEBSITE

www.nams.sg

OPERATING HOURS

*Mondays – Fridays:
8.30am – 6.00pm*

At a glance...

Open to all races; provides outpatient service, residential detoxification, rehabilitation services and helplines.

Located at the Institute of Mental Health (IMH), the National Addictions Management Service (NAMS) includes the Specialist Outpatient Clinic C (SOC C) for outpatient services, and the inpatient Serenity Centre for residential detoxification and rehabilitation services.

NAMS treats substance addictions.

INPATIENT TREATMENT

The inpatient treatment lasts for 2 weeks, with the first week dedicated to detoxification, followed by a second week of rehabilitation. During the first week, acute emotional, behavioural, and physical symptoms are relieved through medication and nursing care. During the rehabilitation phase, the patients attend a series of individual and group sessions focusing on relapse prevention and emotion management.

OUTPATIENT TREATMENT

The outpatient treatment programme comprises 3 months of intensive counselling and psychiatric treatment, followed by regular reviews over 9 months.



Counselling involves motivating the patient to work toward abstinence, providing the patient with adaptive coping and relapse prevention skills, and leveraging on the patient's strengths to deal with difficulties and challenges that arise during recovery.

The first session will include an evaluation by both a counsellor and psychiatrist to determine the type of treatment required.

An appointment to see an IMH addiction treatment specialist can be made at 6389 2000 or 6389 2200.

In order to be eligible for subsidised rates, it is advisable to visit a polyclinic to obtain a referral letter before making your appointment.

OUTPATIENT GROUPS

There are several outpatient groups running throughout the week. These comprise a mix of psychoeducation and sharing, and support groups. For more information on the groups, please call the addiction helpline to speak to a counsellor.

The Helping Hand

ADDRESS

819, Upper Serangoon Road, Singapore 534678

TEL

6283 2204

FAX

6283 3748

E-MAIL

adminsupport@thehelpinghand.org

WEBSITE

www.thehelpinghand.org.sg

OPERATING HOURS

Mondays – Fridays:

8.00am – 5.30pm

Saturdays:

8.00am – 12.00pm

At a glance...
Open to male clientele; provides six-month residential-based programme conducted in English and Mandarin.



The Helping Hand was founded in 1987 as a Christian halfway house for the rehabilitation of ex-drug addicts. The Helping Hand seeks to transform the lives of ex-offenders through the faith and re-integrate them into society as stable and contributing citizens.

The Helping Hand takes in only male clients and all clients are required to go through an assessment interview to see if they are suitable for the halfway house's programme. The Helping Hand provides residents with a four-fold therapeutic programme to help them break free from their vices. The duration of the programme is six months.

THE HELPING HAND FOUR-FOLD THERAPY
Spiritual

The spiritual therapy plays the most important role in the programme. Through this therapy, the residents are introduced to the teachings of the Bible. They will learn the principles of the Christian faith and how they can apply them in their lives to achieve victory from the bondage

of drug addiction as well as other vices. Regular morning devotions are conducted separately in English and Mandarin from Mondays to Saturdays, with speakers from various churches, Bible colleges and Christian organisations.

Vocational

Vocational or work therapy was introduced so that residents are inculcated with proper work ethics and skills to enhance their opportunities to integrate back into society as useful, functioning people. They work in a controlled work environment with an incentive-based reward system to encourage good working behaviour. The vocational therapy helps to improve their self-esteem, a necessary step for their successful rehabilitation.

Physical

Years of drug consumption and undesirable activities would have taken a toll on the residents' health, leaving them in a dire state. To help restore these bodies to prime condition, time is set aside each day for exercise and outdoor games from 5.00pm to 6.00pm. The games usually played include soccer, basketball, jogging, cycling, swimming and bodybuilding. These healthy pursuits also help to take their minds off unhealthy desires.

Social

In the social therapy, The Helping Hand provides for its residents individual and family counselling, educational courses and practical skills upgrading courses. Through this therapy, The Helping Hand also seeks to promote a "no smoking" and "no drinking" lifestyle and to prevent residents from going back to negative old friends and environment. Instead, residents are encouraged to make new positive friends and pursue wholesome lifestyles through church-based activities and the halfway house's own social events.



The Hiding Place



ADDRESS

No. 3 Jalan Kayu,
Singapore 799434

TEL

6483 5348

FAX

6483 4071

E-MAIL

hidplace@singnet.com.sg

WEBSITE

www.hidingplace.com.sg

OPERATING HOURS

Mondays – Sundays:
24hrs

At a glance...

Open to male clientele, provides 12 or 18-month residential-based programme.

The Hiding Place, started in 1978, is a Christian Home set up for the spiritual rehabilitation of male ex-drug addicts, inhalant abusers, alcoholics, delinquents and individuals with related problems.

The Hiding Place seeks through its programme to transform lives and re-integrate them to their homes and society as useful citizens. The Hiding Place provides a 12-month and 18-month residential programme for adults and youths respectively, comprising three phases: *nurturing stage, growing stage and assimilating into home and society stage.*

Each stage takes up to four months. The rehabilitation programme stresses a balance of four aspects in living, namely, the spiritual, the vocational, the educational and the recreational.

Spiritual

Our programme will emphasise on many aspects, but the spiritual aspect is given top priority.

Vocational

The preparation of the residents to face the competitive world outside is next in importance in the Hiding Place Rehabilitation Programme. The vocational emphasis seeks to train the residents in work skills, to shape their attitudes and to inculcate responsibility.

Educational

Education is encouraged in our Rehabilitation Programme. In the re-building of lives through education we seek to help raise their confidence and self-esteem. School dropouts are given the opportunity to continue their studies. The objective is to let them reach the goal of obtaining an 'O' level. Such an achievement serves as a bridge for further education.

Recreational

We believe successful rehabilitation involves many aspects of life including healthy recreational activities. One clear fact is that drug-taking is contrary to exercise, sports and playing games. It never crosses the mind of an addict to spend time exercising nor does a true sportsman entertain the thought of drug-taking. Recreational activities are important for fitness and to help one remain mentally alert and active in a healthy lifestyle. It helps build character through discipline. In addition, we believe that if we can interest the residents and emphasise the importance and benefits of being involved in sports, it would divert their attention from drug-taking to more healthy recreational activities.

Green Haven Halfway House

ADDRESS

770 Jurong Road,
Singapore 649695

TEL

6565 6880

FAX

6565 5016

E-MAIL

enquiry@greenhaven.org.sg

WEBSITE

www.sbws.org.sg

OPERATING HOURS

Mondays – Fridays:

8.30am – 9.00pm

Saturdays:

8.30am – 2.00pm

At a glance...

Open to all male clientele; provides six-month residential-based programme.



Green Haven Halfway House, a Buddhist halfway house, is a subsidiary of Singapore Buddhist Welfare Services. Green Haven provides accommodation, drug rehabilitation programmes, spiritual and vocational training to ex-drug addicts.

Our services are open to walk-in clients. They will be assessed on their suitability prior to their acceptance to reside within the halfway house.

All residents will undergo a six-month residential programme which includes individual and group counselling, secular and religious talks/workshops, cultural and recreational activities and vocation placement. Green Haven also works with the family members and external agencies in the residents' rehabilitation process.

Our programmes aim to support our residents in the following areas:

1. **Employment:** to ensure residents secure employment prior to their discharge from the halfway house
2. **Education:** to provide opportunities for interested residents to continue their education in various vocational institutions
3. **Accommodation:** to ensure clients have appropriate external housing arrangement prior to their discharge from the halfway house
4. **Social Support:** to ensure clients have at least one family member or friend who can provide positive support prior to their discharge from the halfway house
5. **Coping Skills:** to ensure clients show the improvement in decision making, problem solving, goals setting, responsible thinking and money management
6. **Positive Lifestyle:** to ensure clients show the ability to lead a positive lifestyle prior to their discharge from the halfway house

Green Haven also provides aftercare support. Upon completing the programme, graduates are invited back for weekly evening meetings, relapse prevention training, family counselling, individual counselling and self help group meetings.



"Never think life is not worth living or that you cannot make a difference. Never give up."

Marcia Wright-Edelman

Teen Challenge Singapore

ADDRESS

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TEL

6793 8816

FAX

6792 8192

E-MAIL

tcdare@teenchallenge.org.sg

WEBSITE

www.teenchallenge.org.sg

OPERATING HOURS

*Mondays – Sundays:
24hrs*

At a glance...

Open to male clientele; provides one-year residential based programme.



The Teen Challenge DARE Centre (TCDC) is a Christian halfway house and Residential Community for male adults overcoming substance addictions and behavioural addictions. Walk-in clients will be assessed for suitability in the Aftercare Training (ACT) Programme. ACT is a one-year residential programme for male addicts confronted with life controlling problems like drug addiction, inhalant abuse and alcoholism. Teen Challenge's goal is to have each individual overcome his addiction and arrive at a point of wholeness, to attain and maintain self-acceptance and a sense of self-worth.

THE TC DRUGS & ALCOHOL RECOVERY (DARE) PROGRAMME

Voluntary Rehabilitation (Walk-in or WI) Clients:

These residents are enrolled into our programmes on a voluntary basis. They may be admitted on their own accord or be referred by their church leaders, family members, Institute of Mental Health, other agencies or concerned individuals.

Admission Criteria:

1. Applicants must be male Singapore citizens or permanent residents.
2. Applicants who have an addiction problem will be considered for admission.
3. All interested individuals must be able to read, write and speak at least simple conversational English.
4. Applicants must be willing to commit to undergo the Christian-based rehabilitation programme.

"So one thing I want to say about life is don't be scared and don't hang back, and most of all, don't waste it."

Joan Blos



Admission Procedures for Walk-in Clients:

1. Call the centre for an appointment for an interview with the Induction Co-ordinator who will set a date for the interview.
2. The applicant will be briefed on the programme.
3. Prospective clients will be required to be screened by the Central Narcotics Bureau. The clients will have to wait in the centre while the screening is processed and till approval is granted.
4. Programmes, procedures, policies and philosophies of the centre are explained.
5. The client decides whether or not to accept the programme. He signs an agreement form if he agrees to the terms and conditions of the programme offered by TCDC.
6. Induction Co-ordinator will set the date for admission.



Teen Challenge Enterprises (TCE) is the business, skill development and employment division of Teen Challenge Singapore. We are committed to assisting our residents in effectively and responsibly re-integrating into society via being trained and gainfully employed. Our main goal in the rehabilitation programme is to train our beneficiaries who walk through our doors to become useful citizens and to continue in their quest for education, skill development, entrepreneurship, and job and career advancement.

Tips to Stay Drug-Free

» MAKE A DECISION

- Make up your mind to stop abusing drugs.
- Tell yourself that you can be drug-free.
- Set a goal for yourself – to stay Drug-Free!

» ENCOURAGE YOURSELF

- Think about the benefits of being drug-free (free from fear, happy family, happy life, freedom).
- Think about the pain and sufferings you had brought to yourself and your loved ones when you were on drugs (withdrawal symptoms, embarrassment, broken families and broken lives).
- Think about the medical problems that drug abuse has caused to your body.

» REMOVE INFLUENCES THAT ENCOURAGE YOUR DRUG ABUSE

- End all friendships with those who still abuse drugs.
- Do not go to places where you used to go to buy and/or abuse drugs.
- Avoid situations where you can be tempted.
- Identify your triggers (can be people, places, things, events, activities etc) that make you think of abusing drugs. Avoid them.

» FIND A SUPPORT SYSTEM

- Join an anti-drug addiction programme or support group.
- Meet and make a new group of friends who are not drug abusers.
- Learn new and healthy coping skills to deal with stress and problems, as well as bad emotions.
- Find a fun activity or start a new hobby to occupy your free time. This could be reading, jogging, shopping, even stamp collecting. It sounds simple, but it is effective.

Be brave and say "NO" to drugs!

Your future is full of promises and abusing drugs will rob you of these beautiful things in life.

Helplines

ORGANISATION	CONTACT DETAILS
Central Narcotics Bureau	Tel: 1800 325 6666 Operating Hours: 24 hours
Chinese Development Assistance Council (CDAC)	Tel: 6841 4889 Operating Hours: Mon – Fri, 8.30am – 6.00pm Sat, 8.30am – 1.00pm
National Addictions Management Service (NAMS)	Tel: 6732 6837 (6-RECOVER) Operating Hours: Mon – Fri, 8.30am – 6.00pm
Samaritans of Singapore (SOS)	Tel: 1800 221 4444 Operating Hours: 24 hours
Singapore Anti-Narcotics Association (SANA)	Tel: 1800 733 4444 Operating Hours: Daily, 7.30am – midnight
Singapore Indian Development Association (SINDA)	Tel: 1800 295 4554 Operating Hours: Mon – Fri, 8.00am – 6.00pm Sat, 8.00am – 1.00pm
Teen Challenge Singapore	Tel: 1800 829 2222 Operating Hours: 24 hours
Yayasan Mendaki	Tel: 6245 5710 Operating Hours: Mon – Fri, 8.30am – 6.00pm Sat, 8.30am – 1.00pm

*"Life is not made by the dreams that you
dream but by the choices that you make."*



Central Narcotics Bureau

393 New Bridge Road

Singapore 088763

Tel: 1800 325 6666

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