

Scheme for Youth Substance Abuse Prevention and Recovery Programme

1. Title of the Programme

Youth Substance Abuse Prevention and Recovery Programme

Theme: *Empowering Youth for Healthy, Drug-Free Lives*

2. Background and Rationale

Substance abuse among youth is a growing concern, affecting their health, education, relationships, and future. Peer pressure, stress, lack of awareness, and social influences contribute to substance use. Early prevention, awareness, counselling, and recovery support are essential to protect youth and help affected individuals recover and reintegrate into society.

3. Objectives

- To create awareness about the dangers of substance abuse
 - To prevent substance use among youth
 - To provide counselling and recovery support
 - To promote healthy lifestyles and positive coping skills
 - To support reintegration of recovering youth into society
-

4. Target Group

- Youth aged 13–30 years
 - School and college students
 - At-risk youth
 - Youth recovering from substance abuse
 - Parents and families
-

5. Programme Duration and Location

- Duration: On-going programme
- Frequency: Monthly awareness sessions and continuous support
- Location: Schools, colleges, community centers, and counselling centers

6. Key Components of the Programme

A. Awareness and Prevention

- Awareness workshops and seminars
- Educational campaigns on harmful effects of drugs and alcohol
- School and college awareness programmes

B. Counselling and Psychological Support

- Individual counselling sessions
- Group counselling and peer support
- Stress management and coping skills training

C. Recovery and Rehabilitation Support

- Referral to rehabilitation centers
- Follow-up support and mentoring
- Reintegration support

D. Life Skills and Capacity Building

- Leadership and life skills training
- Career guidance and vocational training
- Confidence-building programmes

E. Family and Community Involvement

- Parent awareness programmes
- Family counselling
- Community awareness campaigns

7. Programme Activities Schedule

Activity	Frequency
Awareness sessions	Monthly
Counselling sessions	Weekly / as needed
Peer support group meetings	Monthly
Parent awareness programmes	Quarterly
Recovery support follow-ups	On-going

8. Implementation Plan

Phase	Activity	Timeline
Phase 1	Needs assessment	Month 1
Phase 2	Awareness and prevention activities	Month 2 onwards
Phase 3	Counselling and recovery support	On-going
Phase 4	Skill development programmes	On-going
Phase 5	Monitoring and evaluation	Continuous

9. Roles and Responsibilities

Programme Coordinator

- Overall programme planning and management

Counsellors and Psychologists

- Provide counselling and therapy

Volunteers and Youth Leaders

- Conduct awareness programmes

Healthcare Professionals

- Provide medical guidance

Community and Family Members

- Support recovery and prevention
-

10. Resources Required

- Counselling space
 - Training and awareness materials
 - Professional counsellors
 - Educational materials and posters
 - Referral network with rehabilitation centers
-

11. Budget

Item	Estimated Cost (₹)
Awareness programmes	1,000
Counselling services	1,000
Training and workshops	1,000
Materials and supplies	1,000
Miscellaneous	1,000
Total	5,000

12. Monitoring and Evaluation

- Number of awareness programmes conducted
 - Number of youth receiving counselling
 - Recovery and reintegration progress
 - Feedback from participants and families
-

13. Expected Outcomes

- Increased awareness about substance abuse risks
 - Reduced substance use among youth
 - Improved mental health and well-being
 - Successful recovery and reintegration
 - Healthier and more responsible youth
-

14. Sustainability Plan

- Community participation and volunteer involvement
 - Partnerships with schools, NGOs, and healthcare institutions
 - On-going counselling and support services
 - Linkage with national programmes like National Action Plan for Drug Demand Reduction
-

15. Conclusion

Substance abuse prevention and recovery programmes help protect youth from harmful behaviours and support affected individuals in recovery. These initiatives build healthier individuals, stronger families, and safer communities.