



PREFACE

Natural disasters including earthquakes, floods, cyclones and hurricanes and human-caused disasters like terrorism, racial conflicts and war are striking with frightening regularity in various parts of the world causing large scale death and destructions. Studies and research has revealed that disaster survivors bear a substantial burden of mental health problems. Increased alcohol and substance abuse is a well documented co-morbid factor accompanying post-traumatic stress disorders and other psychological disorders.

The recent Tsunami disaster, which has claimed thousands of valuable lives, has created a panic in South & South East Asia. As an aftermath of the disaster an increased prevalence of alcohol and substance abuse has been witnessed among the affected population.

The Health Workers and Service Providers had great difficulty in managing the crisis due to lack of training resources and technical skills. There were seldom any training modules available for the Health Workers and Service Providers on effective intervention strategies in the disaster affected communities, nor Self Help Materials to address the general public about the menace of alcohol and substance abuse.

It is in this context that Alcohol & Drug Information Centre (ADIC) - India with the support of the World Health Organization (WHO) - India Office has taken the initiative to develop and publish a Training Kit which include a Training Manual and a Handbook for Health Workers and Service Providers, besides, Self Help Materials consisting of Educational Pamphlets, Posters and Fact Sheets for the General Public. This Handbook will help in imparting special skills and techniques to Health Workers and Service Providers in effectively dealing with the alcohol and substance abuse problem in vulnerable population affected by disasters. This Handbook has to be used along with the Training Manual and the Self Help Materials as an effective resource tool during intervention programmes in disaster affected communities. We hope this Handbook will help a lot in dealing with the menace of alcoholism and substance abuse in vulnerable population affected by disasters.

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