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## DROP – IN CENTRE DRUGS-A INCHIU THINTE ZINGAH



Project HIFAZAT: Strengthen the capacity, reach and quality of IDU harm reduction services

RUALKHAI ZAWKA HNATHAWH DAN TUR INKAWHHMUHNNA

**Year of Publication:** 2012

**Published by:**

United Nations Office on Drugs and Crime, Regional Office for South Asia

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# Rualkhai Zawka Hnathawh Dan Tur Inkaihhruaina Drop-in Centre Drugs-a Inchiu Thinte Zingah

Tunlai hian 'Injecting Drug Users' (IDUs) kan tihte hi 'People Who Inject Drugs' (PWID) tia koh an ni. Engpawh nise, he Lehkhabu-ah hi chuan 'Injecting Drug Users' (IDUs), tih hi National AIDS Control Program lama an hman dan nen a inan tlan theih nan hman a ni.

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Supported by The Global Fund to Fight AIDS, Tuberculosis and Malaria- Round-9 India HIV-IDU Grant  
No. IDA-910-G21-H with Emmanuel Hospital Association as Principal Recipient



# Preface

India ramah hian, National AIDS Control Program (NACP) ruhrel hnuia Targeted Intervention (TI) Drug-and-inchiu thinte (IDUs) zinga HIV darh zel tur venna atana hmalakna pawimawh ber pakhat a ni a. Hriselna bul atana rawngbawltu an ni a, heng Hriselna lam inzirtirte, panchhia buaipui te, enkawlna hmun pan tura rawn chungchangah te leh kawng dang danga thawktu an ni. Heng bakah hian na thalo zawk venna atan Inchiuna Hriau Thianghlim Thleng Program (NSEP) leh Opioid thlakna damdawi (OST) tih theihna hmun bik an ni bawk. Heng an rawngbawlna te hi anmahni anpui (peer)-ten an feh chhuahpui bakah Drop In Centre (DIC) atanga tih a nih avangin kan han tarlan tak thiltih hrang hrangte tihna hmun pawimawh tak a ni.

NACP hnuia heng hmunte tih chak leh zual a, dinhmun hlauhthawnawma ding inchiu thinte zau zawka dapchhuah kawngah India rama United Nations Office on Drugs and Crime (UNODC) chuan Global Fund Round 9 Project (i.e., Project Hifazat) leh mi dangte kaltlangin National AIDS Control Organisation (NACO)-ah technical assistance a pe a. Chumi avang chuan UNODC -in thiamna bika NACO a puihna atan heng ahnuia mite hi kalpui a ni:

- 1) Operational Research Buatsaih
- 2) Rualkhai zawka hnathawh dan tur kaihhruaina siamchhuah
- 3) Capacity Building/ Training Materials buatsaih
- 4) Master Trainer te Training pek

Hetiang a nih avang hian rualkhai zawka hnathawh dan tur kaihhruaina pasarih, tuna awmsa ‘Drop-in Centre’ nen siamchhuah a lo nita a ni. He lehkhabu ‘Rualkhai zawka hnathawh dan tur kaihhruaina’ hi NACP thiltum tihhlawhtlinna kawngah leh TI ten an rawngbawlnaa harsatna sutkianna atan te tangkai takin hman theih a ni ang.

He ‘Rualkhai zawka hnathawh dan tur kaihhruaina’ ‘Drop-in Centre’ bu hi kaihhruainabu siamchhuah pasarih zinga a pahnihna a ni. He kaihhruaina bu hi TI IDU-a DIC enkawlna lama thawktute tan hmanraw pawimawh tak a nih bakah Program tihhlawhtlin kawnga harsatna hrang hrang nitina hmachhawnna atan kaihhruaina tha tak a ni ang.

Chuvangin he Inkaihhruaina hi India rama IDU TI-a thawktute tan hmanraw hlu tak leh tangkai tak, an hna thawhna atan tha zawka an thawh theihna atan hmanraw pawimawhtak tur a ni ang. He inkaihhruaina atana an thiamna thawkhaawmtute zingah hengte hi an tel Technical Working Group of Project Hifazat, NACO aiawhte, Project Management Unit (PMU) of Project HIFAZAT, SHARAN, Indian Harm Reduction Network leh Emmanuel Hospital Association.



# Acknowledgement

UN Office on Drugs and Crime, Regional Office for South Asia (UNODC ROSA) chuan sorkar laipui-a HIV sector lam aiawh leh South Asia rama non-governmental organizations (NGO) rintlak tak tak te nen "Prevention of transmission of HIV among drug users in SAARC countries" (RAS/H13) project hi an kalpui a.

Ram bial chhunga hmalakna atan UNODC chuan Global Fund Round-9 IDU-HIV Project (i.e. HIFAZAT) hi akalpui mek bawk a. Project HIFAZAT hian India rama drug-a inchiu thinte zinga thil thalo thleng thei tih tlemna atana beihnaah te, anmahni dapchhuah leh an theihna tih chak sak a tum a ni.

Heng mite hi, NACO, Project Management Unit (PMU) of Project HIFAZAT, Emmanuel Hospital Association (the principal recipient of the grant 'Global Fund to Fight AIDS, Tuberculosis and Malaria-India HIV-IDU Grant No. IDA-910-G21-H'), SHARAN, Indian Harm Reduction Network leh mimal thiamna bik nei, he lehkhabu buatsaihna atana an hun hlu tak thawhtu leh thurawn petute an ni tih kan han tarlang a ni.

A bik takin UNODC Project H13 Team te chungah lawmthu kan sawi a, anni hian an thiamna leh theihna te, he lehkhabu atan hian an hun hlu tak sengin theih tawp an chhuah tak meuh a ni.

# Abbreviations

AIDS	Acquired Immunodeficiency Syndrome	NGO	Non-Governmental Organisation
ANM	Auxiliary Nurse Midwife	NSEP	Needle Syringe Exchange Program
BCC	Behaviour Change Communication	ORW	Outreach Worker
CEO	Chief Executive Officer	OST	Opioid Substitution Therapy
DIC	Drop-In Centre	PM	Project Manager
DOTS	Directly Observed Treatment Short-Course	PE	Peer Educator
HCV	Hepatitis C Virus	PEP	Post Exposure Prophylaxis
HIV	Human Immunodeficiency Virus	RTI	Reproductive Tract Infection
HRG	High Risk Group	SOP	Standard Operating Procedure
ICTC	Integrated Counselling and Testing Centre	STI	Sexually Transmitted Infections
IDU	Injecting Drug User	TB	Tuberculosis
IEC	Information Education and Communication	TI	Targeted Intervention
NACO	National AIDS Control Organisation	VCT	Voluntary Counselling and Testing

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# 1. A bulthut leh a tumte

National AIDS Control Programme(NACP) \hen thumna in a tum ber chu kum 2012 ah chuan HIV inkaichhawn hi tihtawp leh dankir hi ani. NACP peng pawimawh tak chu venhim, enkawl, ngaituah zui leh chhawmdawlna TI hnuiai HIV kai awlsam berte hnena pek hi a ni a. Damdawi hmanga inchiu thinte hian India ramah chuan HIV thehdarh leh midangte kaichhawn kawngah hian hma an hruai avangin ngaihpawimawh zual bik pawh a ni. Tun hnai lawka NACO in sentinel surveillance a neihna atanga a hmuhchhuahah chuan ram chhunga inchiu thinte zinga HIV pun nasat dan chu 9.2% ani. Hei bakah hian inchiu thinte zingah hian a ruka HIV hrik pai hi 10-15 % an awm bawk ang. Heng HIV awlsam taka kai maihei te hnena inkaichhawn zel venna hi tuna zirho tur atana pawimawh tak ani.

Service tam zawk TI in a pek chhuah te hi hlawm lian tak pahnih \hen hran an ni. Service tam

zawk inchiu mite hnena pek hi chu pawn lama vhchhuah(outreach) hmanga pek an ni. Pawn lama vhchhuah hian inchiu thin te awmkhawmna emaw inhmuhkhawna ah te kal in TI hnuai enkawllai inziaklut tawh te leh la in ziaklut lo te pawh an va hmu thin ani. An va tlawh \hinna te hi an inchiu hmun te, damdawi an hrighthna hmun te leh an inchiu zawh a an hahchawlhna hmun te ani. Heng an awmkhawmna hmunah te hmuh tur an awmlo anih chuan an in lamah te pawh kalchilh a service pawh pek thin tur ani.

TI -IDU hnuiai service pawimawh tak dang leh chu Drop-In Center(DIC) hi a ni, hei hi awmhmun atanga service pekchhuahna pawimawh tak a ni. Hetah hian vakchhuak a service pek bak leh a dangte pawh pek anni. TI kalphung tha takah chuan DIC an nei a, he hmun hi IDU te leh TI staff te tana hmun pawimawh tak ani.

## Rualkhai Zawka Hnathawh Dan Tur Inkaihhruaina Chungchang

He Inkaihhruaina hi inzawmkhawm pawlte, chhawmdawl leh DIC service, harm reduction programme hnuai a TI staff te theina leh hmasawna lama intih chak tawn te,DIC hnathawh nana hman tangkai leh hmasawn zel na tur atana duan ani. Inkaihhruaina hian centers dinna(establishment)ah leh DIC atanga srevice pek chungchang a kaihruaina a pe/ngaihtuah sak a,DIC enkawl leh kaihruai chungchang a staff te mawhphurhna leh chanvo te,DIC hmasawn nana zawm tur te leh a tawp na ber atan chuan DIC inkaihhruai na a thawh hona atana thil ngaihtuah fel tur chungchang a kaihruai tu tur atana siam ani.

Inkaihhruaina hi IDU TI staff zawng zawng te hman tur a tih ani a.A Maherawh chu project manager leh counsellors ten a bik takin nitin a DIC inkaihruaina atan an hmang ber ani.A tawp berah chuan he SOP hi programe endik tu te/enlawl tu emaw officer ten Inkaihhruaina bu-a inkaihruiana awm chi hrang hrang leh service pek tur a tih ang te an zawn ngei em tih enfiah nan a hman theih bawk ani.

## 2. Kamkeuna

DIC chu ruihlo hmang thin te, a bik takin inchiu thin,HIV kai hlauhthawn awm te tana innghahna awlsam leh remchang tak ani.Drop in center chu HIV kai hlauhthawn awm te mamawh phuhrusak na hmun leh an lawiluhna ber ani.Harm reduction DIC chuan client te a sawrbing bik a,a tum ber chu HIV inkaichhawn zel tih tlem ani.DIC chu IDU leh an kawppui te tan chuan zalen tak leh lungmuang taka an awm theihna hmun ani.IDU in an mamawh te an an remchan dan ang a an lamna leh dawnna hmun ani bawk.DIC chu pan nana hnaivai tak ani tur ani nitina client te contact a har anih pawhin,needle exchange nan leh Opiod Substitution Therapy atan a hman ani bawk.

DIC hi IDU ten hriselna lam a an mamawh an hmuhnna leh dawn na hmun ani a,hei bakah hian zahawm tak leh intiliar hranna awm miahlo in damdawi hmang thinte inenkawl na leh srevice dang an dawn na hmun ani bawk.Needle Syringe Exchange Programe (NSEP) kalpui nan DIC hi hman ani a, IDU ten an hriau hmansa / hman hnu te chu

a tharin an va thlenh thin ani.Service dang IDU te mamawh chhawmdawlna lam pawh a kalpui bawk ani.DIC ah chuan client ten rilru lama harsatna an neih pawn a tanpui thei reng a,an chawlh hahdamna tur hmun a siamsak mai bakah intuaitharna hmun leh Peer Educator(PE) ten IDU te hnenah an tawh hriat te hmangin sawikhawmna hun te an nei thin bawk ani.Case thenkhat ah chuan NACO in inkaih hruidan tur a siam an zawm that a endik an nih hnu ah OST sem phalna pawh an pe thin bawk ani.

### DIC tute tana thawk nge?

A hnuiai tarlan te hian DIC in service a pek te dawng turin an pan tlangpui thin:

- Damdawi hmanga inchiu thinte
- IDU kawppui te (an nupui / an kawp bikte)
- IDU chhung leh khatte
- Mipui mimir pangngai (thil chingchang hriat duh avanga DIC a leng lut thin te)

### DIC-ah eng Service nge an pekchhuah?

- Needle and syringe exchange – IDU te chuan an hriau hman tawh hnu te chu DIC ah a tharin an thleng thin.
- IEC – Leaflets leh pamphlets hmangin HIV,HCV leh STI chungchang ah te zirtirna pek chhunzawm zel.
- Inpawh tawnna leh inpuih tawnna – IDU leh PE dangte hnen atanga thil zu leh chiang zawka hriat leh inpuih tawnna.
- Psychosocial support – Damdawi hman avang leh natna kai hlauhthawn awm na lampang avanga nun zia lo danglam chungchang ah counellor te hnen atanga puina lak/dawn.
- Pan leh hliam enkawl-Pan awmdan hriat chian leh enkawl chungachang a doctor leh nurse te hnen atanga enkawlna pek

## DIC-ah eng Service nge an pekchhuah?

(zawmna.)

- ⦿ STI enkawl – Guideline in a tarlan anga hmeichhiat mipatna atanga natna inkaichhawn theihte enkawl
- ⦿ Condom semchhuah-A thlawn a condom semchhuah
- ⦿ ICTC leh DOTS ah te referrals siam
- ⦿ Bawlhhlawh/hnawmhawnak paifai lamah
- ⦿ Thlan bik thenkhat ah chuan NACO lamin an endik hnu a tha an tih chuan DIC chuan clients te hnenah OST a sem chhuak thin ani.

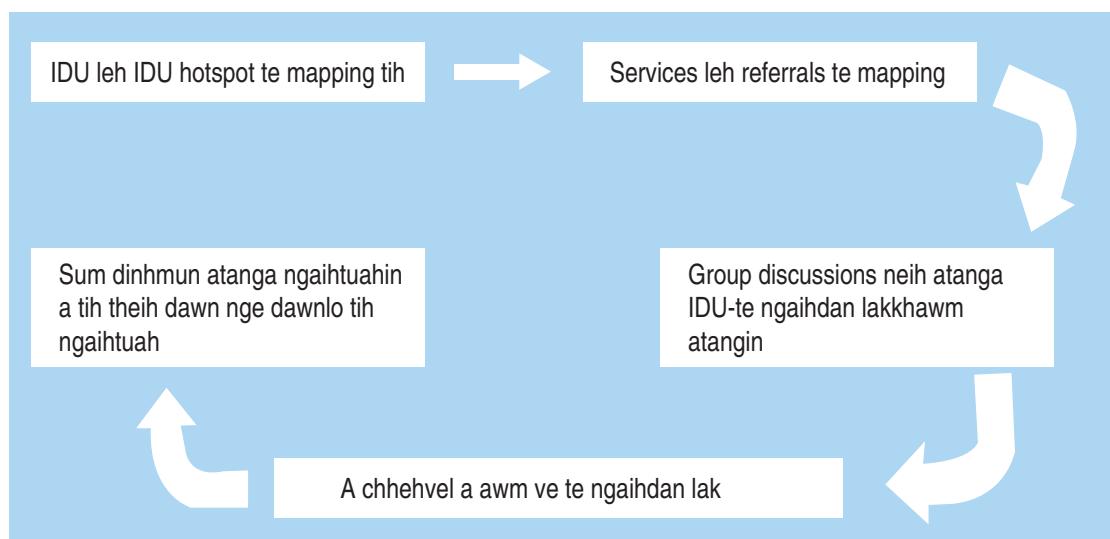
### 3. Drop-in Centre Inremkhawm dan ...

DIC chu IDU te inhmuh khawmna atanga awlsam taka an pan theihna hmun ah a awm tur ani. DIC set up tur chuan thill tam tak ngaihtuah a ngai a chung te chu-a awmna hmun tur (location) chungchang ah te, infrastructure chungchang ah te leh DIC in a mamawh tur staff chungchang ah te anni.

#### 3.1 A hmun hma

A hmun tur thlan fel hma in rilru ah A pathumna ngaihtuah tur ani. Chungte chu – *A vailability* (hman theih a awm), *Accesibility* (awlsam taka pan/tlawh theih leh *Affordability* (a senso in a phak tur ani).

A hnuiai tarlan rahbi te hi DIC hmun than fel hma a ngaihtuah tur te an ni:



Ruahman na zau tak, IDU community te an nihna hriatsak thei tura duan leh pawl dang (DIC awmna tur area a mite) nena thawh ho na tur,a bik takin referrals ah leh service dang chungchang ah in biakpawh leh chanchin hriat tawn zung zung theihna tur te, NGO te,social welfare leh damdawi lam a exercise an tih,outreach in a kentel zinga mi hian DIC awmna tur hmun awm tak chu chiang takin a tilang theiani.Chung hmun te chu awlsam takin a tam zawk ten an pan thei tur ani.Hemi bakah hian

IDU ten refferal service dang te awlsam taka an pan theihna tur ani bawk tur ani.Heng tarlan tak thenkhat mapping exercise tih hnu a a lan ve loh chuan a hmun chu thlan loh mai tur ani..

A hmun hawh tur chu budget in a phak leh phak lon ngaihtuah tel tur ani.He mi bakah hian IDU ten group discussion an neih na ah an tan a pan awlsam na tur leh an duhna hmun an thlang bawk tur ani.

A tawp berah chuan vantlang ngaihdan ngaihpawimawh sak a,an ngaihdan leh duhdan te ngaihtuah a ngai ani.A tan tirk ah chuan khawtlang

in an chhehvel a IDU te awmkhawmna hmun awm tur chuan an duh lo thin a,hemi avang hian inrem leh lungual taka awm thei turin hma lak a ngai bawk ani.

#### 3.2 Infrastructure

DIC chuan harm reduction chungchange service an pek thei te hman tangkaina turin hmun zau tha tak a nei tur ani a,a lo berah pidan 3 – 4 tal chu a awm tur ani. Pindan zau tak pakhat chu hahchawlhnan

te, (recreation) nan leh group meeting neihna tur atan a buatsaih tur ani. Pindan dang te zawk te chu counselling na atan te, doctor room atan leh damdawi lama inenkawlna atan te hman tur ani. Pindan lai ber chu boruak a lut tha in a eng tha tur ani a, felfai tak enkawl tur anih bakah tui in tur leh inthirna thianghlim tak a awm bawk tur ani.

### **Recreation Room**

Hei hi kawngka atanga luhna ah a awmin hmun zau tak anit tur ani. Recreation room chu mawihnlai takin client te hip thei tur ang bera recreation hmanrua a chei tur ani. He mi bakah hian room ah chuan in zirtirna lampang milem ziak (poster) te tar bawk tur ani.

#### **A Tumte:**

- IDU te hun hman nan.
- IDU te hahchawlh nan.
- Group discussion leh tihtur dang te tih nan.
- Intihhlim nan (heng-T.V te, corom board te, chess te, leh video games khelhna atan te hian ania recreation hmanrua te hi pek anih).

### **Counselling Room**

IDU client te, an chhungte leh an kawppui (sex partners) te counselling pek nan he pindan hi hman ani. Pindan chu thuruk sawi nan pawh a him tawk tur a siam tur ani.

#### **A Tumte:**

- Mimal, a bik takin IDU te leh an kawppui te nena inkawmna tur ani
- Referral service kawh hmuhna

### **Medical Room**

Medical examination tih nan te, enkawlnan te, pan enkawl nan leh dressing tihna hmun atan he pindan hi hman tur ani. Pindan chu thianghlim tak leh fai taka vawng tur ani.

#### **A tumte:**

- Medical examination tih nan leh client te chanchin chiang zawka hriat nan.
- Enkawlna lam pek chhuah nan.
- Pan/panchhia enkawlna tur.
- STI lam enkawl nan.

Heng pindan chi hrang hrang tarlan te bakah hian, records lam buajpui na tur leh damdawi lam dakhawmnna tur hmun siam bawk tur ani. Inthiar na hmun a awm tur ani a, a theih phei chuan choka, ei siamna tur pawh awm thei se duhthu sam ani.

### **3.3 Hmanraw pawimawh/mamawhte**

DIC chuan furniture mai bakah harm reduction service atan hmanrua tul, hna thawh nana neih ngei ngai te a awm a, chung te chu a hnuai a tarlan te hi ani ni:

- 1% Na Hypochloride solution siam nan bleaching powder
- IDU te thutna atan chair te leh carpet te
- Condoms
- Disposable gloves
- Emergency lights
- IEC material-inchiu dan him zawk leh hmeichhiat mipatna thianghlim zawk a hmandan tarlan na/lam pang
- Medical lampang hmanrua heng-stethoscope, BP check na te, khawsik en na (thermometer), hmeh en (torch), tongue depressor, in bukna, kidney tray te, disposable gloves leh hmaituamna9mask), hydrogen peroxide solution, pemthar damdawi (anti septic solution), solvent ether spirit, povidone iodine solution, eusol siam thar, cheatle forceps anti septic solution a chiah te, bawm (drums) thianghlim chhunga gauze leh bandage thianghlim awm te, in

thuina hmanrua (catgut, ethylon, prolene leh silk te), autoclave nana hman thin puan te, plaster, 2%xylocaine adrenaline tel lo leh thui phelhna bakcheh (suture cutting scissors) te hi an awm tur ani.

- Hriaui hman hnu tih chhiatna (needle destroyer /crusher)
- Needle leh syringe exchange tur.
- Thil pawimawh tarna tur notice board  
Damlo en na tur khum.
- Post Exposure Prophylaxis (PEP) a awmzia a lem nena awm, awlsam taka hmuh leh hriathiam maitheih.
- Inchiuna hmanraw hlui dahkhawmna tur Puncture proof container.
- Recreation atan hmanrua heng – carom, playing cards, television, chanchinbu leh magazine te an mamawh ang zelin.
- Hmanraw tih thianghlim na (sterilizer).
- Clients te thutna tur chair emaw stool.
- Pan enkawlna tur atan chair.
- Damdawi dah thatna tur.
- Staff te tan dawhkan leh chair te.
- Bawlhhlawh / hnawmhnhawk pahna tur bawlhhlawh bawm

### 3.4 TI DIC-ah OST kalpui tura mamawh belhte

OST Center-ah chuan, a hma a sawilan tawh medical leh counselling room mai piah lamah khan pindan dang a awm a ngai a, heng a hnuiai pindan (room) te hi a awm tel tur ani:

#### Dawmdawi semchhuahna pindan

Nurse in client-te hnena damdawi a sem/ pekchhuahna tur pindan ani. Pindan chhungah chuan nurse dawhkan leh nurse thutna tur mai bakah support staff leh client te thutna tur a lo berah chair

pathum tal a awm tur ani (client chu damdawi a ei zawn tawh hnu ah minute 5 tal damdawi a hmuamral chhung a thu tur ani a,nurse chuan midang damdawi a siam sak lai in ngun takin a vil tur ani bawk).

#### Bungraw dahthatna hmun him:

He hmun hi chu OST damdawi leh thil dang dah thatna tur ani.Fimkhur takin he hmun hi enkawl a vawn tur ani. Damdawi chu hmun ro leh ni eng in a chhun lohna hmunah cupboard emaw cabinet ah dah that thlap tur ani. He thil dahna hmun hi client te leh visitors ten awlsam taka an tlawhpawh zung zung theihlohma hmun ani tur ani.

### 3.5 DIC-a Thawktu inrem dan, Chango leh Mawhpfurhna

DIC a thawk staff zawng zawngte hian an mahni chanpual tih tur ani nei theuh a. IDU TI staff zinga pakhat chu DIC in-charge tura ruat tur ani. Hemi an ruat hi Project Manager emaw counsellor ani tur ani, thenkhat ah chuan Outreach Worker (ORW) pawh ruat theih ani bawk.

#### Project Manager

TI project a project manager chuan nitin emaw a tam thei ang ber DIC hna thawh dan leh inrelbawldan te endik turin a kal tur ani a,hemi bakah hian TI in inenkawldan tura a tih ang te zawn anih leh nihloh a endik tur ani bawk ani.Project manager chuan DIC a client te tan group discussions te a neih pui thin bawk tur ani.DIC function na atan a project manager chango leh mawhpurh na te chu:

- Clinic lama inrelbawl dante enpui.
- Advocacy meeting leh focus group discussion te neih pui.
- Performace indicator tur atan kar khat chhunga hna thawh dan tur (weekly work plan) ORW leh counsellor te a siam pui in a enpui tur ani.
- Thla tin leh kartin meeting te a neih pui tur ani a,he meeting ah hian chak tawklohma te

leh insiam that a ngaihna te a enpui in chu mi a chak zawk leh tha zawk a hmalak dan tur te a ruahman pui tur ani.

- Staff leh organisation tan thawh ho na tha a siam tur ani.
- MIS lam pawh a enpui tur ani
- DIC kal zel dan tur leh ruahman na te a siam tur ani
- Project hnathawh chi hrang hrang te a endik tur ani.

#### **ANM/Counsellor**

ANM/Counsellor chu outreach vanga hmun danga a kal te anih loh chuan nitin DIC ah a awm tur ani. ANM leh counsellor hi a hran a neih theih ni se hei hi DIC tan chuan duh thusam ani. ANM/counsellor chu DIC in charge tura ruat anih chuan tha takin a mawphurhna chu a hlen ngei tur ani.

#### **ANM/Counsellor in DIC-a mawphurhna leh chanvo a neihte:**

- Damlo leh an kawppui te enkawl, follow up chungchang a hmalak leh STI chungchang a counselling pek.
- Thisen test hma leh test hnuu counselling pek leh neihpui.
- Chhungkuu counseling neihpui.
- ORW te nen a thawhhona tha neih.
- Netwoking leh pawl dangte nena thawhhona tha neih
- Register siam leh vawn
- Condom hman dan dik zirtir leh a hman thatna te client te hnen a hrilhriat
- Thawh hona tha nei tura Project Co-ordinator tanpui

#### **Doctor**

Part – time Doctor (MBBS zir chhuak ngei) chuan karkhat chhungin vawi nga DIC a tlawh tur ani.

Doctor chuan IDU client te leh an kawppuite chu damdawi lamah a enkawlna a pe tur ani.

#### **DIC a Doctor chanvo leh mawphurhna te:**

- Rilru leh taksa hriselna lam enkawl sak.
- Enkawlna pek (pan enkawl, STI leh damlohma pangai ah)
- Refferal leh investigation chungchang a thurawn pek
- Follow up leh kawppuite enkawl chungchang a client te rilru tihdanglam sak.
- Damdawi lam chungchange staff dang te zirtirna pek.

#### **Outreach Workers (ORW)**

Outreach worker te chuan DIC a an in duty chhawk dan tur duty roster an siam tur ani. DIC in charge chu an enpui in a tulna ah te an tanpui tur ani bawk, hei mai bakah hian DIC a activities lo duan lawk te chu ti hlawhtling turin theihtawp an chhuah tur ani. ORW chu a theina in a phak phawt chuan DIC in-charge tur pawn a ruet theih ani.

#### **DIC-a ORW te chanvo leh mawphurhna bulpui:**

- IDU te DIC ah ngampa tak leh nuam ti taka awm thei tura siam.
- DIC activities ah IDU te an theih leh phak tawk ang te te a in hmamhnawih ve tura an rilru siamsak.
- DIC invawn dan leh enkawl dan te duan.
- Group discussion neihpui.
- DIC a service pekchhuah te hmang tangkai tura IDU-te fuih.
- Intodelh pawl (self help group) leh committee peng hrang hrang te siam leh din.
- IDU te thu leh hla ngaihthlak sak leh an thil sawi leh phut ang te TI management staff te hneha thlen sak

- IDU te tan hmun nuam leh zau tak siamsak.

#### **Peer Educator(PE):**

Duan lawk anga hna te thawk turin peer educator te chuan ORW te chu nitin a DIC inrelbawl na ah an tanpui tur ani a. Peer educator te chuan nitina DIC a duty tur routine felfai tak in an siam tur ani bawk.

#### **DIC-a PE-te chanvo leh mawhphurhna bulpui:**

- Client thar hnuhchhuah leh in register tir.
- Service awm te leh a hman tankai dan midang hnena hrilh hriat.
- IEC hmanrua te DIC a sem.
- Needle/syringe/condom te semchhuah.
- IDU-te chu mipat hmeichhiaitna kawng thianghlim leh him zawk hman dan zirtir leh STI chungchange harsatna an tawk anih pawh a service awm te hrilh hriat.
- IDU client te group dicussion neih pui thin.
- DIC-a support group din.
- DIC inenkawl dan leh dan zawm tur awm te zawm ngei anih thei nana hmalak.
- IDU te chu refferal chungchang leh damdawi lama in enkawlna dang heng – ICTC leh DOTS te hmang tangkai tura zirtir.
- ORW anmahni viltute hnena a hun taka report pek.

### **Drop-In Centre a thawktuten thiamna an mamawte**

- Harm Reduction, damdawi hmansual, mipat hmeichhiaitna him zawa hman dan chungchangah thiamna leh tawnhriat a lo nei tawh tur ani.
- Social mapping hre chiang tak ani tur ani a, hei bakah hian High Risk Group (HRG's) te group discussion neih pui thei tur leh an mamawh ang te a phuhruk sak thei tur ani.
- Syringe leh needle hman tawh hnu tih chhiat dan leh waste management lampanga hriatna zau tak a nei tur ani.
- A tul dan a zir a client te mamawhna a tanpui in a chhawmdawl thei tur ani.
- IDU te nihphung leh an nunzia chiang taka hria in a pawm thei tur ani.
- Khawtlang/vantlangin harm reduction awmzia leh pawimawhna te an hriatfiah theina tura hma a la thei tur ani.
- Clients te leh vantlangin hriselna chungchang a nasa zawa zirtirma leh hriat tur pawimawh te a hriat tir thei tur ani.
- Stock enkawl chungchang ah te, data lakkhawmna leh pawl inrelbawlna leh in enkawl na chungchang a rintlakin a rinawm tur ani.
- Damloh thil thu ah leh damdawi in lam leh inenkawl dan tlangpui a hre tur ani.
- Police te nen pawh a thawh ho na tha tak a siam thei tur ani bawk.

## 4. DIC-a Program leh Hnathawhte

### 4.1 Hnathawh nana hmasawn dan leh bawhzui dan turte

DU te hian outreach refer an nih avangin DIC hi an tlawh tlangpui thin a. Hetiang ah nian an mahni buajpui tu ORW emaw PE chuan an vawikhat kalna ah chuan an kalpui tur ani. Refer ni kher lo pawn a chang chuan client te pawh DIC a an mahni tawka rawn kal chang an nei ve thin tho ani.

IDU client in DIC a rawn tlawh hmasak ber chuan staff in-charge a hmu hmasa ber tur ani. Inbiakna hmasa berah chuan client chu intlahrung lo tur leh nuam ti taka siam tur ani. Client chu a vawikhat DIC kal na ah chuan service chungchang leh thildang vawikhata hrait sen loh tur khawp lo hrilh loh tur ani.

#### Tlawh nawn lehnaa hriattur:

Vawi tam a rawn kal tawh hnu chuan client chu DIC ah chuan a pawimawhin a telve ani tih hriat tir tur ani.

Client chu service chi hrang hrang DIC in a pek theih te hrilh tur ani a. TI staff te chuan a hnuia tarlan service te hi IDU client chuan a dawn ngei theih nan a pui tur ani:

- **Assessment leh diagnosis:** Doctor emaw, nurse emaw counsellor emaw – in a hnuia tarlan te hi a record fel thlap thin tur ani:
  - Hriselna lam chanchin chiangkuang takin..
  - Damdawi hmana thin leh hman dan chipchiar deuh takin.
  - Nghei tuma a lo beih tawh dan leh tanpuina a lo ngaihven tawh dan.
  - Natna hrik kai hlauhthawn awmin emaw thisen thianghlimlo lakah a fihlim leh fihlim loh chungchang ah te.

#### Tlawh vawikhatna atan

- Outreach staff DIC a rawn hruai tu chuan DIC in-charge nen chuan a inhmelhriat tir tur ani.
- DIC in-charge chuan DIC in a pek theih service hrang hrang te chu tawi fel takin a hrilh tur ani.
- Eng service nge tunah a mamawh chu hriat a tih sak nghal tur ani.
- Needle/syringe emaw condom te a mamawh anih chuan pek ngahl tur ani bawk.
- IDU client hnenah chuan DIC chhung tih tur leh tih loh tur te chiang taka hrilh tur ani.
- Follow-up a ngaihna tur te chiang taka hriat nghal bawk tur.
- Client chu DIC tlawh fo tura fuih tur ani.

Hei bakah hian client chuan engtiang chiah in nge heng natna – TB, STI, HIV leh AIDS bakah hepatitis B leh C ah te chungchang ah te hian hriatna a neih tih a zawt tur ani bawk.

- **HIV Leh A Kaihnawih Lama Refer:** IDU client chu thisen test tur leh tha taka pre-test counselling dawng turin ICTC hnai berah a tir tur ani a, client chu HIV positive a lo nih chuan ART center ah a rang thei ang berin refer tur ani..
- **Service Dang Kawhhmu:** Client in a mamawh dan a zirin TB center ah pawh a refer theih a, hei bakah hian center thenkhat ei leh in tur leh chen na tur a thlawn a lo pe thei hnenah te emaw, vocational center ah emaw, detoxification cum rehabilitation center ah te pawh reffer theih an ni.
- **Counselling:** Mimal te te (individual) in heng – inchiuna hmun him zawk chungchang te, hmeichhiat mipatna him zawk te, NSEP chungchang te, inchiu na hmanrua hlui paikh dan chuangchang ah te, panchhia laka in ven dan ah te, HIV chungchang ah te, hepatitis chungchang ah te leh thisen atanga natna dang inkaichhawn theih chungchang ah te counselling pek tur ani
- **Group Discussions:** Client chu group discussions a topic hrang hrang – damdawi lam kaihnawih te HIV leh hepatitis te, STI leh thil dang sawi ho na ah te a tel ve ngei thin tur ani. Group dicussions chu outreach worker in emaw counsellor in a kaihruai in a ho tur ani. Doctor pawhin heng natna hapatitis B leh C, HIV leh a kaihnawih te leh pan enlawl dan chungchang ah te zirtirna hun a hmang ve tur ani.
- Staff te chu a hun takah an thleng tur ani a,a mamawh tu te hnena service pe chhuak thei reng turin an in buatsaik tur ani.
- Client DIC rawn tlawh ten an mahni chungchang a hriat tur te an ziah na tur intake form chu chhawpchuah reng tur ani a, he intake form hi record that thlap tur ani,client pawh chu DIC ah chuan a in register nghal tur ani bawk.
- Client chu harm reduction chungchang a service pek theih chi hrang hrang te chu chiang taka hrilh tur ani.
- Activities thenkhat heng NSEP leh OST chungchang te,group discussion leh harm reduction nena inkaihnawih thil inziahma lekhka them(leaflet) te chu client te hnenah sem tur ani.Heta tang hian client chuan awlsam takin eng service nge a dawn theih a hriat phah dawn ani.
- Client chuan a mamawh ang service a dawn zagh tawh hnu ah chuan DIC chu hahdam nan a hmang thei tur ani, chanchinbu emaw lehkhabu te a chhiar thei a,T.V-te pawh a en thei a hemi bakah hian infiamma lampang corrom ah te pawh a tel thei bawk ani.
- Client chu group discussion mai bakah training na ah te emaw thil zirna hmun ah te a tel ve tur ani a, tin mimal emaw khawtlang lam atanga harsatna a nei anih pawhin counsellor a pan tur ani bawk.
- Client chuan DIC kaltlangin heng-HIV test leh ART lampang te bakah natna dang avang te pawhin referral service dang te a hmang tangkai tur ani.
- Client chuan mimal counselling te,a hu ho a counselling neih te,group discussions te leh sharing neih te a ngaipawimawhin a tel thin tur ani.
- Client thenkhat chenna neilo te chuan DIC address atan a hmang thei ani.

## 4.2 Thawhona tur atana ruahman fel ngaite

- DIC chuan hna thawh dan hun chhung pangai a zawm tur ani (9a.m atanga 5p.m thleng).

- Stock lampang leh inventory te, reports leh DIC records zawng zawng te chu DIC khar hma in siam fel vek thin tur ani bawk.

### **4.3 Damdawi hmanga enkawlna leh hnathawh theih te**

IDU te zingah hian a tlangpui in heng taksa lama harsatna-panchhia,hliam,pun,cell a natna hrik awm(cellulitis),tisen zam chhia,overdose te hi an tawk thin a,hei hian awm a ti nuamlo in nitin a an tihtur ang te a tih tir thei thinlo ani.Hemi avang hian DIC chuan an harsatna ah te chuan a pui in enkawlna te a pe tur ani.Heng service a pek te hian natna hrik kai hlauhthawn awm te a bik takin client in register tawh te nasa takin a tanpui thin bakah hlauhthawn awm lakah a veng thin ani.

A hnuai tarlan service-te hi a lo berah DIC chuan client te hnenah a pe chhuak tur ani:

- Pan Leh Hliam Te Enkawl:** Center chuan pan enkawl te, pan hnai awm tih fai te leh hliam dressing-te a ti tur ani a. Damdawi hman turte pawh a kawl ngei ngei tur ani a. Staff leh clients te chu hetiang ang enkawlna lamah leh mahni inenkawl thei turin training pek tur an ni.
- Drug Overdose EnkawL:** Centre chuan O.D an awm palha rang taka enkawlna tur hmanrua leh mamawhte a nei tur ani. Staff te chuan O.D enkawl dan leh O.D chungchang trainging an nei tur an ni. ORW leh PE te chu First Aid leh rikrum thila inenkawl dan an hre tur ani a. Lehkha ziak leh a lemah te tarin chiang takin hmuh theih turin O.D chungchang hi tarlan tur ani.
- Rilru Enkawl Leh Chhawmdawlna Lam:** Doctor leh clients te chuan an nungchang leh an awmdan inthlak danglamte chu rang takin an hre tur ani a, chumi a zir chuan enkawlna pawh dawng bawk tur ani.
- Hepatitis B Leh C:** Doctor leh Counsellor chuan Hepatitis B & C inkaichhawn theih dan te, a ven dante leh a enkawlna lampangte leh ngaihpawimawh a tul dante chu clients te hnenah an hrilh hre tur ani. Client ten thisen an test duh anih chuan thisen test-na hmun te an kawhhmuh tur ani.

### **4.4 Zirtirna, Hriattirna leh Inbiak pawh nana hmanraw tangkai**

Behaviour Change Communication(BBC) tipuitling tu tur atan chuan IEC hmanrua tam tawk te,center a sem chhuah tur leh mamawh thil tul ang te a awm mai bakah tih tak zet a hmasawn zel na tur atan a thawh angai ani.IEC hmanrua te chu heng-HIV,damdawi,inchiu vanga nunphung lo danglam thin te,condoms,STI leh hriselha chungchang inziahna te chu awlsam taka hmuh leh hman mai theih in a awm reng tur ani bawk.Heng IEC material tam zawk te hi chu National AIDS Control Organization in State Aids Control Society(SACS) te hnenah mahni tawng hman dan leh hriat thiam theih dan tur zawka siam tha leh turin a hlan chhawng thin ani.DIC a IEC material hman thin tlangpui te hi poster,flip books,brochures leh handbook te an ni.

### **4.5 Client-te tel vena tur lam**

Center a programe siam tu/duangtu te chuan an thil duan leh remruatna ah te chuan client te an telh ve tur ani.Programe duan na ah chuan client te chu an tel ve ngei ngei tur ani.Hemi tur atan hian group discussion an nei anga ruahman na an siam tur ani bawk.ORW leh PE te hian hemi kawng ah hian an chanvo a pawimawh hle a.Clients te chu thuk leh zuala programe a an inhmanhnawih theih nan an tanpui tur ani.Client te chu group ah te insiam in nitin a DIC inenkawlna ah an theih ang tawk a pui ve turin an insiam thei ani.DIC tih fai lampang te,recreational activities ah te,DIC a dan leh dun lekkawh chungchang ah te hian a chanvo nei in an chanvo te hlen chhuak turin sub-committee te pawh an din thin ani.Hemi mai bakah hian boruak duhawmlo lakah te DIC vawn hi te pawh an mahni mawhphurhna ah an dah in an control thei bawk ani.Heng thil zawng zawng te hi a hlawhtlin thein na tur atan chuan IDU community te chuan DIC chu an ta ani tih an pawm tur a nih mai bakah an mhani tana siam ani tih leh mawhphurhna an nei ani tih an hrethiam tur ani.

A hnuai ah hian DIC a khawtlang inhnamhnawih dan Case Study Avahan Publication in a buatsaib" From hills to valley: Avahan's HIV Prevention Programe among Injecting Drug Users in Northeast India" tih chu kan han enho dawn ani.

## Case Study: Kumbi-a Community Mobilisation leh Learning Site

Kumbi chu Manipur chhimlam a Bishnupur district,hmun khawhar leh ralmuang vak lo a awm ani a.Kumbi a NGO awm chu Dedicated Peoples Union(DPU) ani a,he NGO hi a hma a damdawi hmanga lo inchiu tawh thin te leh mi thiam tak tak ten inchiu mite zinga natna inkaichhawn theih leh thil dang lak ata an lo him zawk theih nana a din ani.Programe staff te chuan an mahni experience atangin midang te zirtirma an pek mai piahlamah service chi hrang hrang te pawh an pe chhuak thin a.DPU chuan inchiu thinte chu an thil tih na apianga tel ve turin leh an mamawh ang ang te phuhruk sak in an tanpui thei ani tih an hriat tir a.Service tih changtlun na lamah chuan support groups leh committee, inchiu thin te zingah an siampui in an dinpui a,hetah hian an hmasawn dan tur te leh an mamawh te an sawikhawm mai bakah a neitu nihna tak tak an put tir thei thin ani.Entirnan-Inchiu thinte chuan drop-in center a an thurel te chu NGO staff te tan feedback a lo ni thin ani.An mamawh dan a zirin hetiang feedback an pek atang hian center kaldan phung te pawh an ti danglam thin ani.Heng mai bakah hian mahni intodelhna lampang leh sum dehchhuahna lampang hawi zawngin hma an la thin bawk ani.An mahni puala sam mehna dawr an hawn te chu staff te leh DPU tan a sumhnar tha tak anih mai bakah an customer te chu DIC a service hrang hrang awmte hmang tangkai ve tur ten an hrilh thin a,tin STI clinic a an inentir anih chuan a thlawnin an sam an meh sak thei bawk ani.

Kumbi Learning Site chu damdawi hmanga inchiu thinten community mobilization leh pawl dangte hnena an practical praograme leh an tawnhriat te leh an lo tih tawh atanga thil tha zawk an zirchhuah te zirtir lah chhawng tura duan chhuah ani.Kumbi chuan outreach na atan leh community mobilization atan a thiam thil neite heng-outreach na tur duan te,thawh ho na tha nei tura inpuih tawn na te leh awmze nei taka pawl an din theina tur atan te hian tu te nge tangkai ang tih uluk takin an enfiah thin ani.An mahni tlawh tu te reng reng in case study te,field visit te an mahni te nena group dicussions neih te leh inzawmna tha tak te an nei thin ani.Training pe tu te hi 80% chu an mahni community atangin ani a,20% chu NGO staff te an ni.Kumbi Learning Site a induction training activities an neih chuan Kumsi staff leh community member te chuan community dang te leh NGO te nena thawh ho na tha nei turin in tihchak tawn/intihphur tawn na hun an hmang thin ani.

\*Thulakna: <http://www.gatesfoundation.org/avahan/Documents/injecting-drug-users-hiv-prevention.pdf>

Thulak ni: 11th January 2012.

## 5. DIC inrelbawlna leh enkawlna lama harsatna awm theite

### 5.1 Thawktute khawsak dan leh nunphung tur

DIC staff te inkaih hraina tur atan a dan chi hrang hrang te duan ani a, he inkaihruina hian chiang takin staff te hnen atangin TI project a professional staff te an nih angin enge a beisei tih a chiang tur ani. He dan hi staff zawng zawng te a lian ber atanga a te ber thlengin uluk takin an zawn vek tur ani.

Heng inkaihruai na dan siam te hian drop-in center in a tum tihhlawh tlin nan a a duan ani. Staff zawng zawng te chuan client te mimal nun an zahsak anga engtik lai pawhin leh enghmunah pawh an thuruk an vawn sak tur ani. Staff chuan programe tha leh hlawhtling tak leh inzawnkhawmna tha siam turin he dan te hi a kengkawh tur ani.

#### DIC –a thawktute dan kenkawh turt

- Staff zawng zawnge chuan an mahni hna theuhah an rinawmin zahawm takin an thawk tur ani.
- Staff zawng zawn te chuan client te thuruk an vawnpui thei tur ani.
- Staff member tupawhin programe leh client te dikna leh chanvo te chu an zahsak tur ani.
- Staff tumahin service pek avangin clients te hnen atangin thilpek emaw pawisa emaw an dawng tur anilo.
- Staff tumahin thil an zuarin client te thil zawrh an leisak tur anilo.
- Staff tumahin center-ah emaw hotspot ah damdawi an zuar tur anilo.
- Staff tupawhin a mimal ngaihdan emaw a sakaw zawn emaw therapy dang a chawilar tur anilo.
- Client te tan entawn tlak ani tur ani.
- Project Manager phalna tel lovin staff tumahin chanchinbu mite a kawmin emaw a interview tur anilo.
- Staff tumahin office ah emaw outreach naah damdawi emaw zu rui chungin an kal tur anilo.
- Client te ngenna an tihhawhtlinsak theih loh chuan a chhan chiang takin a hrilhfiah thei tur ani.
- Staff chuan client te leh a staff pui te chu a zahthiam tur ani.

## 5.2 Inlengte khawsak dan leh nunphung tur

DIC chuan center a zawm tur dan te chu chiang takin a tarin emaw hmuh theihin a siam tur ani. A hnuaia tarlante hi center a phalloh an ni:

- Center a damdawi zawrh leh lei.
- Tharum thawh leh midang tihnat theina tur hmanrua – chemte, silai, blade te chelek.
- Midangte harsatna siamsak, chhaih nawmnah emaw mipat hmeichhiatna lam pang zawnga infiam te.
- Rukruk.
- Rui lutuk leh mahni int hunun thei theilo khawpa damdawi emaw zu ruih.

- Midangte sakhua, dinhmun, tuizawng, an hnathawh emaw an rinnate zahsak loh leh ngaihnep sak.
- Staff leh midangte laka tawngkam thalo tak hman.
- Midang te thil hawksak emaw pek let loh te.
- Client te leh midang rēl.
- Midang te tan hnawksak leh tawngthei leh midangte enkawl tura tih a engmah sawilo a kalsawn san daih ten.

Heng mai bakah hian, DIC chuan thil pawimawh leh pawl tana hriat tur pawimawhte rel felna tur citizen's charter a nei tur ani. He citizen's charter in a tum ber chu client te hnena tha leh zual zawka services pek chhuah ani.

### Citizen's Charter-a hriattirna pholan turte

- Organization chungchang a tawi te a hriattirna pek chhuah.
- Organization in relbawl dan.
- Staff teh leh an contacts chungchanga hriattirna.
- Service pek chhuahna hmun.
- Hun vawn.
- Tanpuitu (helpline) numbers.
- Rikrum thila inbiakpawhna nambar.
- Hna thawh dan diklo emaw kalphung diklo a lo awm pawh a a tihdik na tur ngaihtuah.
- Service pekchhuah te.
- Area awmdan atanga hot spot awm zat leh project tana total target te project.
- Number of clients registered.
- Client in register tawh zat zawng zawng.
- Client engzahin nge NSEP hmang.
- Client engzahin nge OST hmang.

### 5.3 Thianghimna lama dan kenkawh ngaite

DIC in-charge emaw thianglimna lama staff chanvo

nei chuan ofis khar dawnah engkim a enfel tur ani a,thil vawnfai leh enkawl chungchang ah fel takin register a siam tur ani, thil vawnfai leh enkawl chungchang ah fel takin register a siam tur ani.

#### Nitin banhmaa faina lama zir tur.

- Thil vawnfai leh enkawl chungchang ah fel takin register a siam tur ani
- Carpet phah anih chuan tihfai tur
- Thuthleng emaw furniture dangte a awmna hmun pangai a dah fel.
- Dawhkan ah emaw reception counter ah te chanchinbu hlui te a awm anih chuan dah fel thlap tur.
- Hmun phiahfai a nawhfai tur.
- Bawhlawh awm te chu paihfai tur.
- Bungrua awm te chu puanthem a hruk fai tur.
- Thil tihfai lai in gloves bun ngei ngei tur.

### 5.4 Invehhimna lam

DIC chuan rikrum thil emaw thil emaw engemaw that a hman tur leh inralrin na tur a kawl reng tur ani. Rikrum thil ah te, intihbuai na chungchang ah emaw, center a damdawi zawrh emaw lei chungchang ah te hian DIC staff chuan center chu a chhunga awmte tan a him zawk nan hun enge maw ti chen chu a khar mai tur ani. Staff te chunga buaina emaw harsatna a awm chuan volunteers te leh staff dang ten emergency service lampang an pun vat tur ani. Tiang hun ah hian thu neitu te awmlai anih chuan center chu rang lama khar emaw Emergency Department-te punin thil awmzia a briattir vat tur ani.

#### a. Centre-a tharum thawnha hmachhawn dan

DIC a tharum thawnha lampang zawnga buiana a awm anih chuan management lampang hnen a hriat tir tur ani.Heitang lama buaina chungchang a action lak dan tur chiang taka ziakin a awm tur ani.Staff te zinga mi,buiana siamtu nena inpawhna ttha tak nei a awm chuan khap daih a tum tur ani a,a khap dai theilo anih chuan:

- Police an ko dawn ani tih hrilh tur.
- Midang a tel ve lo te chu center atang chuan chhuah tir tur.
- Tanpuitu atan Police koh tur.
- Emergency-ah chuan center chu khar rih mai tur ani.

### **b. Rukru lama invenna**

Police te chu center ah chuan mi an um lai a tlan luh in emaw,a tlan lut lai an hmuh leh mi man theina thupek(warrant)an neih leh,in register tawh client in center chu dan lo anga thil thalo tih nan mailing address atan te a a hman chauhin an lut thai ani.DIC staff emaw volunteer chuan client in mail a dawn leh dawn loh chungchang leh center a service a dawn te chu a pholang kher tur anilo.

### **c. Thilthleng chhinchhiahna siam**

Staff chuan DIC a thil thleng te chhinchhiah thlap na tur lehkhabu (logbook) a siam tur ani. Column khatna ah chuan client te hming leh ni chhinchhiahna a awm tur ani a, a column hninhna ah chuan client chuan enge a tih tih leh mita lo hmutute hming ziah tur ani a, a column thumnaah chuan client chungah chuan eng action nge staff ten an lak tih a ziak lang tur ani.

Project Manager chuan kartin thli thleng ziahna bu chu staff ten an zir chiang ngei ani tih hriat nan an hming an sign ngei ani tih a enpui tur ani. Hetiang thil a thlen hnuah pawh client chuan a nungchangte a la siam tha lo anih chuan thil thleng chhinchhiahna bu chu evidenceah hmangin DIC ah chuan leng lut tawhlo turin hrilh tur ani. Client chuan service a dawn loh chungchangah complaint a thehlut anih chuan logbook chu hmang tangkaiin buaina a siam avanga a chunga action lak ani tih a tilang chiang dawn ani. Thil thleng chhinchhiahna bu chu hmun him laiah ofis khar dawn apiangin dah that tur ani.

## **5.5 Bawlhhlawh sawngbawl dan**

DIC a bawlhhlawh zawng zawng te chu fimkhur takin bawlhhlawh paihna a bik tura siam ah chuan dah that thap tur ani.Syringe hman hnu leh bio hazardous materials thenkhat dressing na hmanrua te chu sorkar damdawin lama bawlhhlawh paihna ah emaw a

tihchhiatna hmun ah te thawn tur ani. Hmun thenkhat TI in bawlhhlawh tihchhiatna hmun a neihlohnah leh bawlhhlawh lampang chingfeltu agency-te awmlohna hmun ah chuan concrete khur siam chawpin chutah chuan syringe leh hriau hman tawh hnute chu a dah theih ani. Chiang zawka bawlhhlawh pah dan chipchiar zawk chu NACO inkaihhruaina buah en thei rengin a awm ani. (Guidelines on Safe Disposal of Used Needles/ Syringes in Context of Targeted Intervention for Injecting Drug Users, NACO 2009).

## **5.6 Post Exposure Prophylaxis (PEP)**

DIC staff chu hriau a invit palh (needle prick) mai thei dinhmunah a ding reng a, hei hi fimkhur tawk loh vang te, hnawmhawlk lakkhawmna lamahte leh in ven fimkhur tawk loh vangte a thleng thei ani. Heng hriau vanga inhliamna laka inveng tur hian fimkhur viau tur ani:

### **Tihturte:**

- Phi ruai loh tur
- A remchan chuan Glove bun phelh tur.
- Tui herh haw ah hliam chu sil tur ani.
- Tuiin fai takin tleuh tur ani a, mit leh kaah anih chuan saline a sil fai tur a ni.
- Sahbawn leh tui in fai taka sil tur an.

### **Tih loh turte:**

- Phu ruai loh tur.
- Pen awmna kuttang chu hmuam loh tur.
- Zu te, Chlorine te, bleach te, betadine te, iodine leh pemthar damdawite hman loh tur ani.

Em neih palha PEP:

- Rang takin management lampamg hriat tir tur ani.
- HIV test tih nghal tur ani bawk.
- PEP damdawi chu staff leh thawktu zawng zawng te hnenah a tlawnin an lo intih palh a,HIV kai hlauhawm an nih chuan darkar 72 aia tlai lo ah,a rang thei ang ber a intihpalh atanga darkar 2 chhungin a ei tur ani a.hei hi darkar 24 chhung ngei ngei in a ei tur ani bawk.

PEP damdawi ei dan chungchang hi NACO website ah hmuu theihin a awm reng ani.

## 5.7 Vantlang nenea thawhho

DIC staff te chuan vantlang thu nei tu te leh stakeholder te nen thawh ho na tha an neih theih nan theiawp an chhuah tur ani. DIC a staff te chuan harm reduction chungchang ah te, damdawi hman sual chungchang ah te leh intiliar hran na chungchang ah te vantlang lam thu nei tute nena inhmuu khawmna an buatsaik tur ani. Tin heng an hmalaikna te hi state leh national level support na an dawng bawk ani.

## 5.8 Dan leh hrai leh Lam\ang siam

IDU community te hian khawtlang leh dan kengkawh tu te lam atangin tun hma a an thil lo tih sual tawh, damdawi lo zawrh leh kawl vangte,inchiuna hmanrua lo kawl avang te hian harsatna leh thinhrikna te an tawk fo thin a. NSEP chungchang ah pawh khawtlang in a pawm loh avang te, pragramme kalpuu thenkhat pawm loh chungchang ah te leh mimal inbeihna te thleng thei ani a, heng thil thleng te hi document fel tak nen DIC staff chuan a report tur ani. Dan lam a thunei tu te pawhin supply tihtlem lamah te, demand tihtlem lamah te leh harm reduction chungchang ah te an pawimawh em em ani. Police lam pawhin supply tihtlem ah te leh demand tih tlem lamah hian an tih tur te ti in hma nsa tak an la bawk ani.

DIC staff chuan boruak tha tak nei thei turin ruahman na fel tak a nei tur ani a,advocacy chungchang ah pawh state level mai pah lamah national level thlengin support tha tak dawng turin a inbuatsaik tur ani.DIC chuan regular takin dan leh dun kengkawh tu te leh lawyer te leh khawtlang hruai tu te harm reduction chungchang ah te meeting an nei fo tur ani a, hei bakah hian human rights chungchang leh damdawi lama dan awm te chu clients te hnenah chiang takin staff chuan a hrilh hre tur ani bawk.

**Dan lama thu nei tu te,pressure groups te leh khawtlang venghim tu pawl(watch dogs) te nena staff te thawh ho na tur chungchang:**

- Client chu tha takin police/pressure group/ community watchdogs ho ten building chu an thlithai reng ani tih hrilh tur ani.
- Staff i ni tih hriat tir la buaina a awm anih chuan i pui thei ani tih hriat tir bawk ang che.
- Police hnen atangin a tul anih chuan statement la bawk ang che.
- Police te hnialkalh emaw dodal zawnga awm loh tur.
- Police in-charge chu a hming leh a phone number leh thil thleng hmu tu te hming chu chhinchiah thlap tur ani.A hmasa berin staff leh volunteer te details chu chhinchiah thlap tur ani a,client thenkhat te chu an inhnambawih duhlo ani tih hriat reng tur ani bawk.DIC staff chuan client te thuruk chu a vawn puuin an himna chu a ngaihtuah tur ani
- Always try to record the names and phone numbers of the police officer in charge and the witnesses to the incident. First, get the staff and volunteers' details recorded and remember that other clients may not want to get involved. Remember that it is the job of the DIC staff to protect the clients' confidentiality and ensure safety.
- Supervisor chu a rang lama thil thleng zawng zawng chu hriattir tur ani.

DIC ah emaw,khawtlang leh dan kengkawh tu te lam panga harsatna a thleng anih chuan project manager emaw management lampang hnen ah thu leh ziakin an hrilh hre tur ani.Thil thleng chu darkar 24 chhungin bawhzui vat tur ani.Heng report te hi a ngaihna chhan chu thil thleng chhinchhiah nan leh buaina thlen dan dik tak hriat nan ani.Thu nei tute hnenah chuan organization in hma alo lak dan zawng zawng te chu report vek tur ani bawk.DIC staff chuan inkaih hruaina dan a duang tur ani a,a programe a kalpui tak2 hma in thu nei tu te leh khawtlang hruai tute hnenah report hmasak tur ani.Group discussion te nei in eng tianga hmalak dan tur nge tih te a ngaihtuah tur ani,tin heng bakah hian community board leh community groups te,civic association leh dan lampang te ho thawh ho na tha an siam tur ani.

## **5.9 DIC hmasawn nana thurawnte**

Thil tam takin DIC attendance hi a khawih buai ve thin a.Heng zingah hian DIC a activities a awm vang te,staff thil dang vanga buai vang te,client ten DIC an hnaih vang te leh a tawp berah chuan service pekchhuan na ah te ani.

- Staff chu a kawm anuamin biak a nuam tur ani a,midang te hmusit leh midang te zahpah na neilo takin a awm tur ani lo.
- DIC chu hunbi nei taka hawn a khar leh tur ani a,dan leh dun leh service pekchuah dan ah te mumal takin a kal tur ani.
- Harm Reduction lama service pek mai piah lamah intihhlimna heng – Cable T.V connection, movie te, video games te, corrom te, chess te leh rimawi lam hmanrua a awm hian DIC chuan mi a hip thin ani,
- The DIC should have provisions for tea, coffee, snacks, etc., if funds are available. Such refreshments further attract attendance at the DIC.
- Fund te a awm anih chuan thingpui leh a hmeh te pawh sem tur ani a,hetianga tih hian midang te a hip thin bawk ani.
- Nutrition sem chhuah hian DIC ah mi tam tak a hip khawm ani.Damdaawi hmang rei tawh te hian an hriselna leh taksa lam faina lam te an ngaihthah fo thin a,inchiu thin tam zawk te hi chu an taksa a chaklo in an taksa mamawh ang tawk nutrition an dawng lo thin a.DIC chu hetiang lampang a hmala thei leh a thlawn a nutition dawn theina tur sorkar damdawi in te nen thawh ho na a siam tur ani.Hei bakah hian chhawmdawlna lampang pe thei tu tur sakhaw lampang te hnen atang te a dawn theih tur te pawh a ngaihven tur ani bawk
- Hahchawlna hmun tur te,inbualfaina te leh insukna tur hmun te a awm chuan hei hian khawlai a awmna tur nei mumal lo a vak thin client te nasa takin a hip thin a,DIC ah an rawn kal tam phah mai bakah service te an dawn theih phah bawk ani.
- DIC in service pangai a pekchhuah mai bakah service dang-family counselling te, medical check up leh in enkawlna client te leh an chhungte hnena pek thin te hian DIC tlawh tu a ti tam bawk ani.
- Client te an phak ang tawk a DIC a chanvo pek te hian a ti phurin DIC ah a awm tir tam bawk ani.
- Client te ngaihsak leh ngaihpawimawh te hian an mahni ah rin na siam a hei hian DIC ah awm nuam an tih phah a attendance pawh a tih that phah ani.

## 5.10 Record Vawn leh enkawl

DIC a thil thleng leh activities leh data zawng zawng te chu tha taka record a vawn that thlap a, record dahna room ah dahthat tur ani, heng record te hi a chhung lam leh pawnlam endik nan leh evaluation hun atan a tangkai dawn ani. Thuruk chu uluk taka vawn tlat tur ani. DIC staff chuan monthly format chu a report thlap zel tur ani. Record vawn dan chu NACO in a siam ang chu zawm tur ani bawk. Chiang takin record vang tu in a tih tur te a inziak ani. Project manager chuan a zing thei ang berin record vawn te chu a endik tur a ni a chumi atang chuan DIC in kaihruai dan a fel lo leh hmasawn na ngai awm te chu a bawhzui tur ani.

## 5.11 Endiktu Supervisors Supervising at a DIC for IDU

Project Manager chuan Drop-in Center a staff te hna thawh dan te leh an kaldan te a endik tur ani. DIC a activities kalpui te leh hna thawhdan te chu a hnuia check list te hmang hian Project Manager chuan a endik tur ani:

- A hmun vawn fai leh thianghlimna kawngah.
- DIC register te nitin a enkawl dan ah.
- IEC hmanrua hman dan chungchang te.
- IEC hmanrua hman dan chungchang te.
- Staff ten an hna chanvo an thawh that dan ah te.
- Outreach na atana hmanrua.
- Stock register vawn leh enkawl dan ah.

- Thil vawn him dan ah.
- Bawlhhlawh paih dan chungchang ah te.
- NSEP leh OST staff leh outreach staff ten an zawm tur an zawm leh zwmloh chungchang ah.
- Supervisor in data a check dan ah te.
- Regular takin field visit neih chungchangah te.

DIC/TI project endik tu officer dang te pawhin he check list hi an hmang thei bawk ani:

## Hnu kharna

DIC hi IDU te tana hmun him, thukhat vuua an lenna hmun a ni a. DIC chuan hmun danga an pek theih loh IDU te mamawh pek thuah te, Ourteach-a tih theih vek loh thil tam tak a ti thei a ni. DIC awm chhan chu a hmangtu IDU te tana hman nuam tak leh aqwlsm taka service pek chhuahna a ni a.. DIC-ah chuan IDU te mai bakah an nupui te, an kawppui te, an chhungte leh mipui vantlang pawh an kal thei vek a ni. Service Providers te tan IDU zawnawlna remchang tak chu DIC hi a ni a, a huhova inkawmkhawmna te leh zirtirna pek pawh a remchang em em a ni. DIC chuan heng Outreach, NSEP, IEC semchhuah te, Psychosocial support, ulcer leh panchhia buaipui te, STI hmuuchhuah a enkawl te, condom sem te, intihharhna leh chawl hahdamna hmun pawh hmun danga enkawl ngai refer te hi a kalpui mek a ni. A nih dan tur ang taka DIC hi kalpui a nih chuan HIV darh zel tur venna leh Harm Reduction atan hmun pawimawh tak a ni thei a ni.

## Annexure 1: Tualchhungmi hman tangkai dan tur

### Kailawn 1-na: Harsatna engnge ni/sawifiah rawh

Project Managers chuan a nihphung a hriat a ngai a ni, community te Profile leh an dinhmun. Drugs an lo hman tawh dan leh an hman nasat dan te hriat tur. Hemi hmang hian Program-a thawkte chuan hnathawh dan tur leh kalmang tur an hriathiam phah dawn a ni.

### Community te hrethiam chunga an mamawh needs and problems:

- Community zinga drugs hman dan chanchin eng ang nge?
- Eng lam hawi zawngin nge drug an tih thin tlangpui?
- Eng statistics emaw research emaw nge awm thei?
- Intervention leh service engang nge awm mek?
- Mipui vantlangin eng angin nge Drug hman hi an hriat dan?
- Vantlangin heng ruihhlo hmang thinte hi engtiangin nge an ngaih?
- Engtiangin nge community chu a insiamthat – a hmunhma leh amah?
- Harsatna ngaihtuah ngaite engtiangin nge community chuan a hmachhawn?
- Community-ah chuan eng network nge awm?
- Community chu eng group in nge thunun?
- Community zingah eng thilah nge ngaihdan inan lohna a awm?
- Inchiu thinte huam telin eng thil nge Stakeholders ten an ngaihpawimawh deuh ber?

### Kailawn 2-na: Eng hlawtlinna nge kan beisei?

Harm Reduction leh drug hmansual chungchangah chhanna hmu tur chuan eng thil nge kan tum tih chiang taka hriathiam angai a. A tum leh kalmangte chu Stakeholderte hmachhawn dan a zirin a dang thei ang. Entirnan: Dan lam thiamte nena inkawmhona chuan Outreach staff-ten man an tawh loh nan a tanpui thei ang. TI in service hrang hrang a pekchhuah that theih nan DIC awmna bawk vela chengte chu thil awmzia hrilh hriat hmasak a ngai thin. DIC thil tum leh kalmang chiang taka hrilhfiah hmasak a tul a, chu chuan Stakeholder hrang hrang ten TI thil tih turin buaina a thawh theih lakah a veng thei ang.

(zawmna.)

## Annexure 1: Tualchhungmi hman tangkai dan tur

### Kailawn 3-na: Tute nge tel ang?

A tam thei ang bera community an telna leh stakeholders te nena inkungkaihna tha tak a awm leh awm loh-ah a hlawhtlinna leh daihreina chu a innhat a ni. Zawhna pawimawh tak chu tute nge tel angs, entiangin nge an thawhho theih ang tih hi a ni. Harsatna karah pawh thawkho thei tura kawng remchang zawng thiam zel mi zawn hmuhi a harsa leh khirh ber lai chu a ni.

### Kailawn 4-na: Hnathawh tur atan hian duhthlan tur engnge awm?

Stakeholder kan hman tur leh kan thawh tur kalhmang leh tum dan a zirin duhthlan tur hrang hrang kan nei thei. Heng a hnuia mite pawh huam telin::

- Hriselna lam inzirtirna Program
- Community-te nen a huhova inkawmkhawmna neih
- Dan kengkawhtute leh tualchhunga sumdawng te zinga advocacy neih
- Tualchhung mite chu Drug/HIV ni pawimawhte hman thin tura tih

### Kailawn 5-na: Hna a thawk a ni tih entin nge kan hriat theih ang?

Hlawhtlinna leh hlawhchhamna atangte, program thatna leh thatlohma lo langchhuakte chu, ruahmannana tuna awm mek leh nakin atana tifiah leh tichak tur atan a tangkai a ni. Program kalpui a nih hnuah chuan, a tum leh kalhmang tur chu a fuh dawn em tih enfiah a ennawn theih a ni ang. Meeting kalphung a hlawhtlinna chuan team te chu an kal lehzelna turah a chawkphur dawn a ni. A kalphung chu a lo fuh lo deuh a nih chuan ennawn leh mai tur a ni ang.

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# Notes

## Notes



