

NAVADIGANTHAYA



“Navadiganthaya” is a treatment and rehabilitation centre for heroin dependents operated by the National Dangerous Drugs Control Board. The centre consists

of two residential buildings, counselling rooms, an office building, a vocational training centre, a kitchen and a dining hall. It is located in a beautiful 18 acre coconut estate close to the small town of Urapola on Nittambuwa - Kirindiwela road. The centre provides basic but clean and hygienic accommodation, a balanced diet, in-door and out-door recreational facilities, a group of friendly and trained staff. The treatment programme consists of medical attention, counselling, behavioural therapy, vocational training, in-door and out-door recreational activities. The treatment needs of each person are assessed individually.

A client can stay two, three or four weeks at the centre for residential treatment. After the residential period is over the client is required to enrol into the relapse prevention programme. In this programme one can stay as long as he wishes. Parents/guardians are required to assist the client’s recovering process and help to cope with uncomfortable feelings.

“Navadiganthaya” is managed by a Resident Manager. A trained and well experienced Counsellor, six Assistant Counsellors and five other members of treatment staff take care of the residents. The Counsellor would personally talk to parents, spouses or guardians on admission of the client to the centre and would take them around to show the facilities provided at the centre. There is a monthly get-together at the centre for client’s parents, spouses or guardians.

The Programme

Wherever possible, the residential programme incorporates activities and experiences consistent with normal lifestyles. The clients will have a formal treatment programme during week days, less structured activities in the evenings and in weekends. Daily activities include individual and group counselling sessions, educational programmes, care and maintenance of the centre, work projects such as landscaping, creative pursuits such as pottery, welding work, carpentry and drama, stress management

activities like muscle relaxation, meditation and recreation. Television and newspapers are available for residents.

Admission

Great care is taken in the assessment process to ensure that only those persons who need to be at the centre



are accepted. Persons below 18 years of age and females are not admitted. The drug dependent person who is seeking

admission should have a sufficient motivation to re-examine the habit. He should come with a parent, spouse, or a guardian.

Working hours

The centre is open every day including weekends and holidays. Admission and counselling services are available between 09.00 am and 04.00 pm daily.

Fees

The full cost of the residential programme is not charged from the client. A percentage of the cost is provided by the NDDCB. The cost depends on the accommodation type and the duration of the stay.

Admission fee Rs. 1,000

Accommodation Type	2 Weeks	3 Weeks	4 Weeks
Single Room	Rs. 3,185	Rs. 4,780	Rs. 6,370
Quadruple room	Rs. 2,440	Rs. 3,650	Rs. 4,880
Dormitories	Rs. 1,500	Rs. 2,250	Rs. 3,000

Follow-up fee per month Rs. 500

Address : The Navadiganthaya
Mahena watta
Urapola

Telephone/Fax: 033-2226984

Treatment services are available free of charge from Seth Sevana (Colombo), Meth Sevana (Kandy) and Mith Sevana (Unawatuna) treatment centres of the National Dangerous Drugs Control Board for those who cannot afford paying facilities.

“We work in partnership with the clients and their families until they discontinue their drug use . . .”