

AAS NEWSLETTER

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AAS Ghar (Night Shelter)

On the 8th of April 2016, AAS Trust launched the AAS Ghar, a free of cost and safe place for street children to sleep at night. AAS Ghar has 3 rooms, with a capacity to accommodate 20 street children. The rooms are well-ventilated with windows and fans, and have comfortable bedding. There is also a television for entertainment.

Every evening, the AAS Ghar staff goes out on the streets and motivates children to come and sleep at the shelter. The idea is to save these children from a life of abuse, rape and prostitution on the streets of Pakistan. Children have the opportunity to shower during their stay at the AAS Ghar and are given snacks at night and breakfast in the morning. Furthermore, children who are suffering from addiction are motivated to go to the AAS Children Primary Unit to get treatment for their disease.

Address: Lucky Star Signal, Near Chelo Kabab, Street next to Salman Centre, Karachi

Contact: Syed Faisal (Manager AAS Ghar) on 0301-8285949



If you would like to donate to the AAS Ghar, cheques can be mailed to the AAS mailing address, or direct bank transfers can be made to the AAS bank account (details given on the second page).

Art Classes at AAS Children Halfway House

Since January 2016, Salma Habib has been conducting art classes at the AAS Children Halfway House. Every Wednesday she spends two hours with the children, treating them to a fun-filled art class. They draw and paint on canvases, and learn to make different things with Origami. The art classes are planned such that the children remain involved and focused, using their excessive energy to create pieces of art with their own hands. This is to increase their self-esteem and the belief that yes 'they can do it'!

"Humans need to belong, to be loved, just as we have a need for food and water. Using art as a tool, we together learn to conquer our fears and battles in life through experiencing the greatness of being given the intellect to think and plan and that everyone is beautiful, including them!"
- Salma Habib



Mandalas drawn and painted by the children have been showcased at the CHH.



Ms. Habib also held a henna tattooing class, where the children designed their own tattoos and she drew those designs on their arms. The boy in this picture designed his own tattoo. In the beginning he used to draw trees and flowers. Now he draws his soul. He says, 'I can't stop drawing now, I am drawing 24/7'!

Contact AAS

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AAS Trust Success Story

Ahsan, 12 years old, lived in Sadder with seven siblings and parents who constantly quarrelled and fought. He ran away from home multiple times to escape the lack of care and physical abuse by his father. When on the streets, he would steal and beg for money to survive and continued being abused by other people. He started using self-harm and drugs (charas) as a way to escape the immense pain he was suffering. Soon he became addicted to charas and often when he would go home, his father would chain him so that he would not be able to go out on the streets and use drugs again.

When Ahsan went to jail at the age of 6, his parents took him to the Eidhi Centre where he stayed with people suffering from mental illnesses. This experience affected him psychologically and he was not able to recognise even his own mother. Subsequently, his father took him out of the Eidhi Centre and brought him to AAS. Ahsan's older brother who was also suffering from addiction had recently completed his three month treatment at the AAS Children Primary Unit (CPU). Therefore, Ahsan's father knew about the programme and brought him to the AAS CPU so that he could get the help needed to treat his addiction.

At the AAS CPU, Ahsan became isolated because he was ridiculed by the other children. They teased him for the way he looked (he was extremely thin) and that his parents rarely came to visit him. Ahsan was filled with enormous anger inside and had trouble trusting the staff and other children. With staff care and support, he slowly started sharing his experiences. It took him almost his entire three month stay at the AAS CPU to trust and open up.

In February 2015, after completing his three month stay at the AAS CPU, Ahsan went to the AAS Children Halfway House (CHH). Through one-on-one counselling he explored in-depth his issues with parental conflict and abuse, and he started working on his self-esteem and anger. Alongside, the counsellors worked with his family, to make them understand addiction and how their behaviours and actions play a role in supporting Ahsan's recovery. Now his parents, especially his father, visit him more often and are more concerned about his well-being and education. Having only studied till second grade, Ahsan was interested in pursuing his studies. In October 2015 he got admission at Crescent Children's Academy near the AAS CHH. Although he joined in the middle of the school year, Ahsan's progress was remarkable; he came third in his class and was promoted to fourth grade.

Ahsan is now a social and energetic boy and takes care of the way he looks and behaves. The progress with his family has made him more comfortable visiting home. He completed one year of recovery on the 27th of November 2015 and continues to work toward completing his second year at AAS.



AAS Client Statistics 2015

Service Provided	APU	AHH	CPU	CHH	Hostel
Treatment for Adults	108	47	-	-	-
Treatment for Children	-	-	56	35	14
Counselling for Families	87	28	802	144	-
Awareness Campaigns	-	-	3,078	105	-
Enrolment of Children in Schools	-	-	0	10	-
Placement of young people in Vocational Centres	-	-	0	1	12
Job Placement	3	-	-	6	13

Treatment Cost for Children

Treatment at AAS comprises of two stages, primary and secondary care. Primary care includes initial detoxification, and treatment lasts a total of three months. Secondary care is for a recommended minimum period of 6 months and includes individual therapy, informal education and vocational training. The purpose is to allow children to make a supervised and smooth transition to life without addiction.

Cost for Primary Care:

Rs. 1,05,000/-

(Rs. 35,000/- per month)

Cost for Secondary Care:

Rs. 150,000/-

(Rs. 25,000/- per month)

Bank Details for Donors

PKR Habib Bank Limited

Account Number: 50007900281555

Swift Code: HABBPKKA

IBAN: PK21HABB50007900281555

Account Name: AAS Trust



The children at AAS

AAS Trust Annual Sports Day

On 8th February 2016, the AAS Annual Sports Day for children was organized at a sports ground in Malir. Mr. Allana, Ms. Stephanie Noble and Ms. Elizabeth Evangelista were the chief guests for the event. The event commenced with the recitation of the Holy Quran by one of the children at the AAS Children Halfway House. Mr. Allana formally started the games by playing a single shot in cricket and the children played the rest of the match. Following the match, they played a number of other games including: tug-of-war, rabbit race, spoon race and running. In the end, a prize distribution ceremony was held in which medals and shields were distributed by the chief guests to the winners and runners-up. As a token of appreciation, goody bags were also distributed to all the children.

The Aga Khan University CME on Addictions: The Problem, Management and Resources

In April 2016, The Aga Khan University Mind and Brain Service Line held a Continuing Medical Education (CME) on substance abuse. They invited AAS Trust to give a presentation on rehabilitation and recovery. Mr. Allana spoke about the organisation, what rehabilitation in addiction involves, and what recovery means. Other topics presented were; the hidden epidemic of substance abuse, alcohol and the liver, why change in addictive behaviour is difficult, and the alcohol anonymous fellowship. In the end, the speakers conducted a question and answer session where the audience had the opportunity to ask questions.



AAS Trust Reunion

Every year, AAS Trust holds a reunion for children and adults who are in recovery. This year, the reunion was held on the 10th of January 2016, at the Children Primary Unit. Those in recovery attended the event with their families and loved ones, to celebrate their sobriety and their perseverance to sustain it. Mr. Allana gave a welcoming speech in which he expressed his hope to maintain unity amongst the AAS team and fellow recovering addicts. A few children and adults shared their recovery stories and talked about how AAS changed their lives for the better. The programme followed with dance performances, singing and cake-cutting. At the end, everyone was given a souvenir to mark their successful journey.



The Rotary Club Karachi

The Rotary Club of Karachi invited Mr. Allana to be the guest speaker at their Club's Lunch meeting on 25th January 2016, at the Pearl Continental Hotel. The Club's social welfare projects focus on health and polio eradication, education, water, relief and rehabilitation initiatives. Mr. Allana gave a presentation on the sensitive issue of addiction and abuse amongst the street children of Pakistan and how AAS Trust helps these children.





The AAS Recovery Centre

The AAS Recovery Centre (ARC), a residential addiction rehabilitation centre for full-paying clients, was launched on 1st February 2016. ARC, an AAS Trust initiative, is a safe and healing environment for individuals who want to re-enter society as empowered, functioning, productive, and healthy individuals, following substance addiction. Alongside a need for a quality addiction centre in the privileged society, the purpose for catering to full-paying clients is to generate funds that will be used to finance operations at the AAS centres for street children and underprivileged adults. Therefore, ARC is in the process of being incorporated as a separate legal entity under Section 42 whereby all its profits will be funnelled into AAS.

ARC is a state-of-the-art rehabilitation centre that offers five-star treatment in a luxurious and therapeutic environment. With over 15 years of experience in the treatment, rehabilitation and aftercare of sufferers of addiction, ARC offers clients a holistic path to recovery based on the globally recognized 12 Step Programme, in a confidential, safe and healing environment.

ARC has a team of highly qualified medical professionals including doctors, psychiatrists, nurses, psychologists, counsellors and support staff. In January 2016, ARC sent their locally recruited counsellors for training to the UK, at Broadway Lodge and Sanctuary Lodge (renowned rehabilitation centres). Furthermore, senior and experienced international professionals come and train the team in addiction and other related conditions. Stephanie Noble is one such name, amongst others, who has 30 years of experience working at the Broadway Lodge, a rehabilitation centre in the UK. She has vast knowledge in working with addiction and helped set-up systems and procedures at ARC. She was responsible for tweaking the treatment methods so that they are in sync with methods used in the UK, while keeping the local conditions in mind. She will come on an on-going basis to further train the ARC staff.



Mr. Allana and Ms. Stephanie Noble at the ARC launch with the AAS Staff



Hania Opienski (Acupuncturist, Naturopath and Holistic Health Consultant) came in May 2016 to train the staff in ear acupuncture for alcohol/drug detox, and to consult on potential nutrition and naturopathic supplementation during or after treatment. She will return in November for further training.



Stephanie Noble (Registered Manager/ Nursing Manager, Broadway Lodge UK) came to train the staff in January and April 2016, and will be returning sometime in September.



Contact ARC
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