



skoun  
LEBANESE ADDICTIONS CENTER

Registration n° 29 A/D on 31-1-2003

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> **SKOUN** is a non-profit, non-political and non-sectarian Lebanese organization. It is the first walk-in outpatient therapeutic facility in Lebanon that offers prevention, awareness and psychological treatment, to drug users and the society at large.

> **SKOUN** is based on an ethical, non-judgmental, holistic approach, with a primary concern for patient individuality, confidentiality and integrity.

> **SKOUN** opened in July 2003. The center is located in the Monot district and is free-access.

**ANNUAL REPORT SKOUN**  
**July 2004 – July 2005**

## VISION

To make treatment available to all those who seek it; to disseminate drug information and propagate life skills building on a national level; to overcome the stigma associated with addiction in Lebanese society; and to promote the development of substance abuse treatment and prevention as a scientific and professional field.

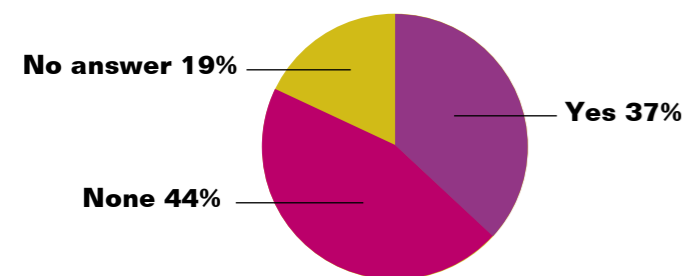
## TREATMENT

The medical department consists of two Clinical Psychologists, a Psychiatrist and a General Practitioner. When a patient comes to Skoun during the initial session, an assessment of the patient is done, which allows for the establishment of a therapeutic plan.

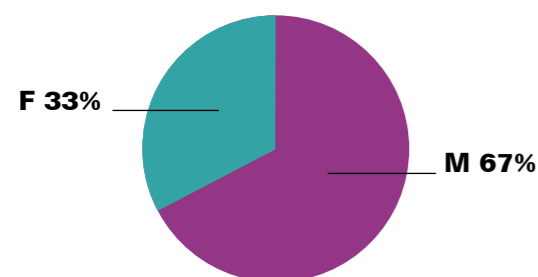
During this past year, 43 patients have engaged in the treatment program at Skoun.

The average age of patients is 29, 67% of the patients are male and 33% are female.

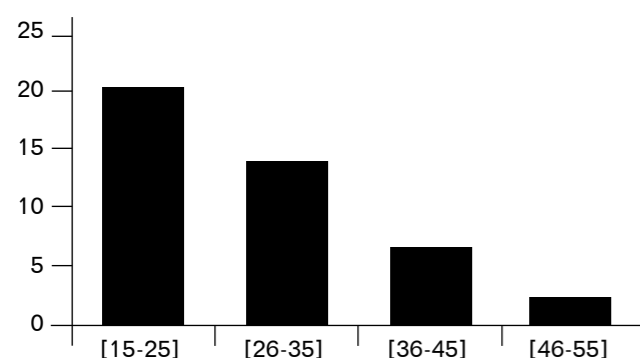
### > Previous treatment



### > Breakdown of patients according to sex



### > Breakdown of patients according to age



### Psycho-education sessions for family and friends

Family support and education sessions are held once a month. These sessions aim to help family members and friends better understand addiction, the recovery process, and the risk of relapse.

## PREVENTION

Three different prevention initiatives are being carried out in schools in Lebanon.

### > Afkar – Raising awareness on addictions

Funded by the European Union and implemented with the Ministry of Administrative Reform (OMSAR), the project's objective is to organize awareness sessions in 30 public schools across Lebanon targeting kids on one hand, teachers and parents on the other hand. Specific trainings are designed for the local social centers' staff of the Ministry of Social Affairs.

A key element of this awareness program is the distribution of a copy of "Know More, Risk Less" booklet to each participant. Initially, this book was published by the French public institution MILTD (Mission Interministérielle de Lutte contre la Drogue et la Toxicomanie). The book details the characteristics of the various drugs and the risks related to their consumption. Skoun adapted its contents to the Lebanese context and translated it into Arabic.

The project was initiated in March 2005 and will end in February 2006. Up till now, the program was carried out in 15 schools.

### > Life skills program

Skoun has initiated the implementation of an integrated life skills building substance abuse prevention and positive youth development curriculum in schools in Lebanon. The aim of this type of program is to provide youth with the essential life skills that will prepare them to lead a healthy and productive life in our fast changing society.

The initial pilot year of implementation took place during the 2004-2005 academic year, where 2 schools implemented the curriculum in 5 classes. A total of 122 students received the program. Teachers and staff attended a two-day workshop that prepared them to teach the 42-lesson curriculum.

Skoun will commence with the second phase of Life Skills building during this coming 2005-2006 academic year.

The project will begin in September 2005 and end in June 2007. This initiative is funded by the Lions Club International Fund.

### > Teachers and Parents Awareness Seminars

Skoun designs and implements awareness seminars for parents and teachers concerning drugs, drug abuse, youth issues, and parenting skills. During 2004-2005, 12 sessions were conducted at College Notre-Dame de Jamhour, one at the American Community School, and 3 at the Beit Mery Community Center.

## MISSION

Our goal is for those suffering from the effects of drug and alcohol dependency to recover and maintain (a satisfying) emotional equilibrium, psychological and physical health, and social and professional stability. Skoun also focuses on the prevention of drug misuse in its efforts to promote positive youth development programs and the delivery of health education to youth and communities.

## CAPACITY BUILDING

### September 24-25, 2004 – Life skills training seminar

Funded by the Safadi Foundation, this two-day workshop that is animated by an American Life Skills trainer was attended by 25 teachers and 4 social workers. The objective of the workshop was to enable teachers to implement the Life Skill program in their classrooms.

Skoun's team members attended various workshops organized by highly specialized centers throughout the world in order to reinforce their skills and experience.

- Behman Hospital Workshop, Cairo, Egypt, **September 2004.**
- Motivational Interviewing Training, organized by Pep Masm, Birmingham, UK, **May 2005.**
- College on Problems of Drugs & Dependence (CPDD), Orlando, FL, USA, **June 2005.**

### > Coming Soon

## International Conference

Skoun,  
the Lebanese Center for Addictions,

in partnership with  
Al Walid Ben Talal Foundation

are organizing an  
international conference on the

## NEW PERSPECTIVES FOR THE TREATMENT AND PREVENTION OF ADDICTIONS

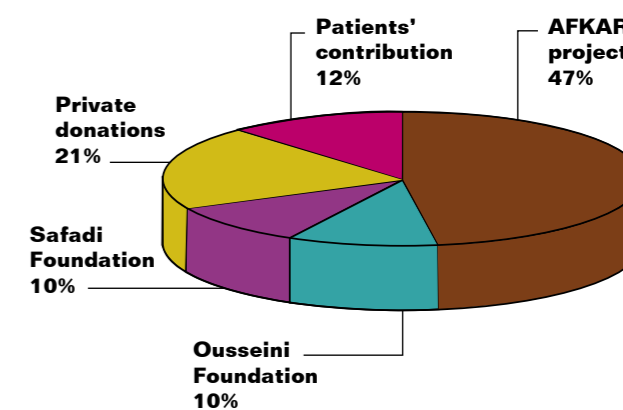
that will take place in Beirut on  
**October 7-9, 2005**

## FINANCIAL STATEMENT

Skoun's accounts are internally audited by PMB auditor. Skoun has also established financial procedures to ensure that Skoun respects standards and donors' requirements.

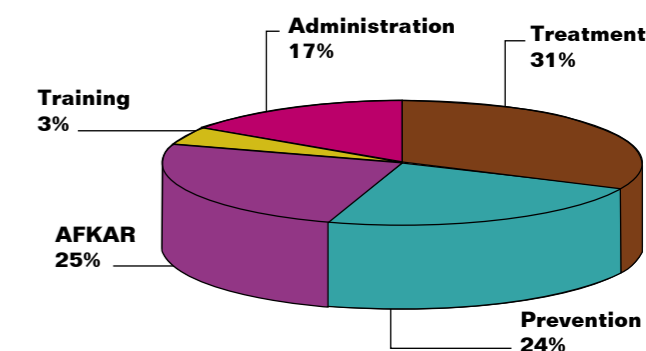
### > Source of revenues

July 04 – June 05



### > Distribution of expenditures

July 04 – June 05



**Nota:** Duration of projects as well as starting and ending dates do not coincide with this annual report's time which explain differences between the two charts.