

## QUALITY CONSULTATION IS THE WAY TO THE RIGHT DECISION



### **The skills of quality consultation.**

On photo; Outreach worker Ubayd (from the left) and social worker Kurbongul Alimova (from the right).  
RPO "Afif" representative office in Khatlon region.

*"Everything has been started from the day when my mother passed away," Ubaid (name has been changed) began his story. "That time I was 16, and the eldest son in the family. After the death of my mother, I began to spend a lot of time with older guys who smoked nasvai, cigarettes ... None of my family members forbade me to communicate with older boys. It was interesting for me to be with them. I noticed that in addition to cigarettes and nasvai, they smoked something secretly from everyone, gathering separately. It became very interesting to me and I wanted to join them. At first, I have started smoking cigarettes, after a few months I switched to nasvai.*

*Once my uncle, who was among the older guys, asked me to pass a box of matches to his friend who was waiting in the entrance of our house. Going down the stairs, I opened the box and saw there a substance of plant origin, in one word "grass". I broke off a piece and gave the rest to my uncle's friend. When I returned home, I stole one cigarette from my father, stuffed the weed in it and smoked right on the balcony. I only remember the first puff... I came to myself a few hours later. A couple of days later, I was again asked to hand over a matchbox with cannabis. Now I already knew WHAT I was transferring, and how much I would take from it for myself.*

*Thus, I started consuming cannabis. My father suspected that I was smoking cigarettes and nasvai, but he did not know about grass. On the day I received my secondary school certificate, me and my friend, who was three years older than me, went behind the school building, and he asked me to smell some white powder. I thought that nothing terrible would happen to me. After the first breath, I immediately fell among the reeds that grew behind the school fence...*

*In 2000 I entered the Bokhtar, State University named after N. Khusrav at the Faculty of Philology. My father used to give me money every day for the travel and minor expenses, but I spent all this money on heroin. After 2 years, my father found out about it, he toughly scolded me, conversed with me, wanted to put me on the right path - but I didn't care at all. I remember how my father chained me to the radiator for two or three days, but I made my brother bring the gas key, with which I unscrewed the radiator and run away from home. After that, there were no more radiators in our house and therefore I was simply locked in a room. I opened the window and went down to the ground along the antenna cords and run away (then we lived on the third floor).*

*When I turned 24, with the support of one of the community organizations, I underwent detoxification, but after three months I started using heroin again. Thus, I went through detoxification four times and returned to drug again.*



*Client consultation*

*On photo: the outreach worker of RPO "Afif" representative office in Khatlon Ubayd (from the left) and the client of the project Zakir (from the right)*

*Only in 2016, after a conversation with social workers of the AFEW Tajikistan in Khatlon region, a different period began in my life. Then I realized that detoxification is not the main thing in stopping drug use, but quality counseling that helps to find the right solution. It is precisely the right words, psychological support, important words spoken at a time when you think that life is lost and there is no turning back - that help people like me find any possible (not necessarily optimal), but the right decision. These are the words of support that "Afif" social workers found and expressed to me. This support gave me hope for the future, lead me to find confidence in myself, find inner resources and prove to everyone that I am not a lost Person. Since 2016, I have stopped using drugs. Moreover, I made reliable and loyal friends and got a job.*

*Correct counseling has stopped my 16 years of drug use experience. Now, when I talk with my clients, I try to find my own individual approach to each of them and find the right words that will make a person think about his life and change it to better. I am grateful to the "AFEW" staff for the "necessary" words and the acquisition of my "I" - with these words Ubayd finished his story.*

Currently, Ubayd works as an outreach worker at the "AFEW" Representative Office in Khatlon region and offers peer consultant services to the same drug users, how he was a couple of years ago. As part of the project, Ubayd managed to attract 153 clients to receive the project's services and 2 clients to the OST program.

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Reference: Within the framework of the ongoing project "Strengthening the supportive environment and scaling up prevention, treatment and care to curb the HIV epidemic in the Republic of Tajikistan", 9 peer consultants were hired as outreach workers. 6 of them are participants in the OST program, 3 are in remission of drug use and 3 have HIV status. With the support of peer consultants, 21 PWID started and / or resumed taking methadone on the OST site.