

Quarterly Newsletter: (02/2025)

April

SANA Step-Up at Desistor Network Gathering

The Desistor Network (DN) is a collaborative initiative led by the Singapore Prison Service (SPS) together with community partners. Launched on 15 April 2023, it supports ex-offenders (“desistors”) in their journey from incarceration to reintegration into society.

On 29 April 2025, the Desistor Network (DN) organised a gathering that showcased various support groups and skills-building initiatives in the community. SANA’s Step-Up team set up a booth at the event to showcase SANA’s programmes and services, alongside other agencies such as WeCare, HUF1 (a Muslim women support group focused on addiction recovery), and Industrial Services & Co-operative Society (ISCOS).

Through collaborations like this, SANA fosters an ecosystem of mutual support for ex-offenders and their families.



New SANA Learning Platform: REFRESH

REFRESH is a new initiative by SANA’s Clinical & Research (C&R) Department that serves as a regular learning platform for SANA staff to come together to expand their knowledge and perspectives, as well as exchange ideas on drug related topics and practices.

The first session was conducted on 15 April 2025 with 26 staff in attendance. During the session, the C&R team presented a 5-year trend analysis of the drug abuser profile in Singapore. This was followed by a discussion among participants on the possible reasons behind these trends, such as the worsening youth drug abuse situation, and the corresponding impact on SANA’s work.

The second session, held on 17 June 2025, covered the topic of Recovery Capital, with 28 staff in attendance. We were privileged to have former Head of Pertapis Halfway House (PHH), Mr Sufian Salim, sharing his experience in adopting Recovery Capital in PHH.



SANA's Clinical & Research Team Keeps Up-to-Date with Addiction Recovery Science

Two SANA staff attended the virtual 2025 National Conference on Addiction Recovery Science (NCARS), presented by the Consortium on Addiction Recovery Science (CoARS) on 23 and 24 April 2025, which provided an enriching learning space for addiction recovery professionals.

Key themes of the conference included recovery pathways, workforce development in recovery services, youth and family engagement, and health disparities. Breakout sessions explored practical topics like integrating recovery support into healthcare, supporting peer support workers, equitable community-academic partnerships and leveraging the role of significant others in recovery. The conference also highlighted the importance of recovery support in recuperative care settings and the need for accessible services to support those with chronic addiction challenges.

Poster presentations showcased new research, including integrated interventions combining Cognitive Behavioural Therapy (CBT) and recovery coaching, and studies on suicide risk among adults in recovery. The event reinforced the value of mutual help groups and the importance of professional support for enduring, community-based resources. SANA aims to examine these insights to strengthen its programmes to better support individuals on their recovery journey.



May

SANA's Clinical & Research Enhances Research Competency at the International Conference on Practice Research (ICPR)

SANA's Clinical and Research (C&R) Department attended a webinar on 12 Steps to Practice Research on 5 May 2025, which was part of the pre-conference webinar series of the 7th International Conference on Practice Research (ICPR). Organised by the Singapore University of Social Sciences (SUSS), the conference brought together social workers worldwide to advance practice research through workshops, keynotes, plenaries, poster presentations, roundtables, and site visits.

The team participated in the webinar to enhance their knowledge of practice research, as part of SANA's commitment to grow our research competencies.

More information on the 7th ICPR 2026 can be found in the event website: [<https://www.icprconference.com/>]



Asia-Pacific Forum Against Drugs (APFAD) 2025



On 15 May 2025, SANA hosted the Asia-Pacific Forum Against Drugs (APFAD), bringing together delegates from across the region and beyond. The event was graced by Guest-of-Honour, Mr K. Shanmugam, Coordinating Minister for National Security and Minister for Home Affairs. It marked a key milestone with the launch of the Asia-Pacific Confederation against Drugs (APCD); a united coalition of NGOs committed to advocating a drug-free world. In his speech, Minister Shanmugam mentioned how “the global drug situation is worsening at an alarming pace”. He highlighted that the situation in our region as worrying with the Golden Triangle still operating as a major production and trafficking hub for opium and methamphetamine. To address this, he emphasised how Singapore adopts a “harm prevention approach” combining tough laws and rigorous enforcement, robust rehabilitation programmes, and extensive public education.

APCD aims to strengthen drug demand reduction efforts, foster regional collaboration, promote the sharing of best practices, and present a unified NGO voice on international platforms such as the Commission on Narcotic Drugs. Member organisations share a deep concern over how illicit drug use undermines families, communities, and governance, and recognise the vital role of civil society in prevention, public education, and supporting effective policy implementation.

The Forum opened with a keynote address by Ms Amy Ronshausen, President of the World Federation Against Drugs, who called for greater collaboration through evidence-based, sustainable strategies. Plenary speakers included journalist Mr Ioan Grillo, who provided a stark account of Mexico’s drug cartel violence and its global impact; Dr Kevin Sabet and Mr Luke Niforatos, who discussed the risks associated with today’s high-potency cannabis and the realities of drug legalisation; and Mr Matej Košir, who emphasised the need for scalable, data-driven prevention approaches to address health and social inequalities.

The day concluded with a dinner for delegates hosted by Associate Professor Muhammad Faishal Ibrahim, Senior Minister of State, Ministry of Home Affairs, and Acting Minister-in-charge of Muslim Affairs.

APFAD 2025 reaffirmed the importance of regional unity, evidence-led strategies, and civil society leadership in the ongoing effort to build a drug-free future.



APFAD 2025: Learning Journey

On 16 May 2025, as an extension of APFAD 2025, overseas delegates participated in learning journeys to a Drug Rehabilitation Centre (DRC), Halfway Houses and the Community Rehabilitation Centre (CRC) to gain firsthand insights of Singapore's approach to drug rehabilitation and reintegration.

At Institution S1 (a DRC), delegates observed structured in-care rehabilitation programmes, such as counselling and skills training, aimed at reducing reoffending. Delegates who visited CRC gained an appreciation of the diversionary programme offered to young first-time drug abusers and how the CRC serves to keep these young offenders in school or gainfully employed. The visits to Green Haven and Jamiyah Halfway Houses provided insights on how faith can be an integral part of recovery. Delegates also learnt how Halfway Houses provided work therapy, family support programmes, and peer mentorship to facilitate their residents' assimilation back to society.

The experiences deepened delegates' understanding of Singapore's multi-sectoral commitment to rehabilitation; one rooted in dignity, accountability, and long-term recovery.



APFAD 2025: Evidence-informed Approaches to Preventive Drug Efforts



As part of the Asia-Pacific Forum Against Drugs (APFAD) 2025, a workshop titled "Evidence-informed Approaches to Preventive Drug Efforts" was held on 17 May 2025 at SANA's Step-Up Centre @ Sengkang.

The workshop was helmed by prominent international practitioners – Mr Matej Košir, Director of the Institute for Research and Development (UTRIP), Slovenia and Chairman of the Vienna NGO Committee, and Ms Amy Ronshausen, President of the World Federation Against Drugs. Both trainers shared global perspectives on the importance of grounding preventive drug strategies in research, evaluation, and evidence.

Breakout sessions during the workshop allowed participants to exchange insights, highlight successful national initiatives, and identify areas for mutual learning and regional cooperation. Candid conversations reflected a growing collective commitment to enhance drug prevention efforts through collaboration and shared knowledge.



Visit to Singapore Armed Forces Detention Barracks (SAFDB)



SANA's Step-Up team had the opportunity to visit the SAF Detention Barracks (SAFDB); the only custodial facility for incarcerated military offenders in Singapore. SAFDB serves a twofold purpose – to provide a strong deterrent against unlawful behaviour, as well as rehabilitating offenders and helping them re-integrate with their units upon release.

The visit also provided an opportunity to explore shared goals and collaborations to rehabilitate and reintegrate servicemen struggling with drug-use, particularly those who are completing their active military service.

Reflecting, Connecting, and Growing Together: Highlights from **SANA** YRCP's Recent Dialogue Sessions



SANA's Yellow Ribbon Community Project (YRCP) team recently organised two engaging dialogue sessions with volunteers on 24 and 31 May 2025, joined by leaders from the Singapore Prison Service (SPS) – Director, Rehabilitation and Reintegration (DRR), Karen Lee, and Senior Assistant Director, Community Partnership & Family Policy Branch (SAD), Justin Vikneswaran. These sessions provided a crucial platform for volunteers as well as SPS and SANA representatives to connect, reflect, and share updates on how we can continue strengthening our YRCP volunteer community. Participants revisited 2024's district-level statistics which offered a clearer picture of our collective progress and identified areas for continuous improvement.

A key highlight was the official appointment of new Yellow Ribbon Champions (YRCs) and Deputy Yellow Ribbon Champions (DYRCs). These dedicated individuals would take on leadership roles within their respective divisions, guiding and supporting fellow volunteers as team leaders and role models. To close the event on a high note, we were honoured by a surprise visit from Mr Shaun Huang, Member of Parliament (MP) for West Coast–Jurong GRC, who took the time to personally thank our volunteers for their dedicated service.





SANA Enhances Staff Capabilities with In-House Suicide Prevention Course

On 11 and 12 June 2025, SANA successfully conducted a comprehensive in-house suicide prevention course. Designed and led by Head of Clinical & Research (C&R) Department, Ms Goh Chin Mien and her Deputy, Mr Rafiz Hapipi, the programme saw participation from 24 client-facing staff from SANA's Step-Up Centres and Aftercare Department. Our dedicated staff play a crucial role in assisting individuals recovering from substance abuse, especially those who are also struggling with mental health challenges.

The 2-day course took a holistic approach to suicide risk management, covering awareness, prevention, intervention, and postvention. This ensured participants gained a full understanding of how to identify warning signs, intervene effectively, and provide vital support following a suicide attempt or crisis. The curriculum was tailored to suit SANA's clients, focusing on the intricate connection between mental health issues, substance abuse, and heightened suicide risks.



Building Bridges: Korean Delegates Visit SANA



We were privileged to welcome a delegation from Dongjak District Public Health Center in Seoul, Korea, for a meaningful exchange aimed at enhancing international collaboration in drug prevention and advocacy.

During the session, we showcased SANA's core initiatives. Mr Hans Ng, Head of Preventive Drug Education (PDE) Department, introduced our key PDE programmes. We also shared our strategic efforts in shaping anti-drug policies both locally and globally, alongside upcoming plans to expand outreach efforts to parents and educators – underscoring a holistic, community-driven approach to youth drug prevention.

Leading the Korean delegation was Ms Kumhee Kim, Head of the Drug Prevention Team, who offered useful insights into their emerging efforts. The Dongjak District recently launched its first anti-drug initiative and was navigating early challenges in raising public awareness. Despite being at the initial stages, their strong sense of purpose and interest in leveraging prominent influencers to spread anti-drug messages were particularly noteworthy.

Dr Jasmin Kaur, Principal Psychologist at the Ministry of Home Affairs, also shared Singapore's overarching vision of cultivating a drug-free society through sustained community engagement and support.

This enriching exchange fostered mutual learning and reaffirmed the value of international dialogue in the fight against drug abuse. We remain inspired by such collaborations and committed to advancing a shared vision of a drug-free future.



SANAbration 2025: Celebrating Recovery, Reconnection, and Reintegration



On 15 June 2025, SANA's Step-Up team celebrated SANAbration 2025 with 144 persons-in-recovery and their loved ones at Rainforest Wild ASIA. This year's event coincided with Father's Day, adding a heartfelt layer of significance as many families came together to honour father figures and strengthen precious familial bonds.

Beyond being a recreational outing, SANAbration is also a cornerstone of our client engagement efforts designed to create meaningful opportunities for persons-in-recovery to reconnect with themselves, their families, and the wider community. Through shared experiences in an inclusive and supportive environment, the event fosters kinship, strengthens emotional bonds, and reinforces the value of strong support networks in the recovery journey.

SANA remains committed to a holistic, client-centred approach where recovery is not only about overcoming addiction, but also about restoring and affirming relationships, rebuilding lives, and promoting positive social integration.

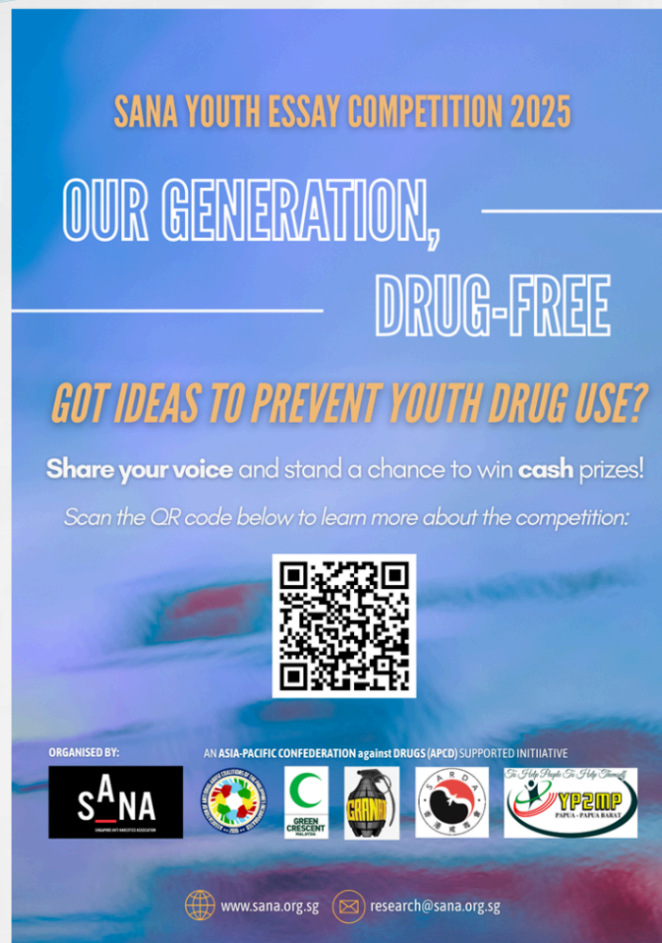


SANA Annual General Meeting 2025

SANA held its 53rd Annual General Meeting (AGM) on 26 June 2025, which was attended by 42 members, either physically or through proxies. This year's AGM saw the departure of five long-time Board members – (i) Vice-President Mr Kaka Singh (ii) Vice-President Mr Bal Bagary (iii) Honorary Secretary Mr S B Viknesan (iv) Member Mr Muhammad Imran and (v) Member Mr Andrew da Roza. On behalf of SANA, we would like to extend our heartfelt gratitude to them for their guidance and service over the past years.

The AGM also saw the election of three new members into the Board – (i) Mr Michael Tan, (ii) Mr Khairul Hilmi and (iii) Mr Wong Yew Chung. SANA extends a warm welcome to the new members and looks forward to working closely with them in furthering SANA's cause.

What's new?




SANA YOUTH ESSAY COMPETITION 2025

OUR GENERATION, DRUG-FREE

GOT IDEAS TO PREVENT YOUTH DRUG USE?


Share your voice and stand a chance to win **cash** prizes!

Scan the QR code below to learn more about the competition:



ORGANISED BY: **SANA**

AN ASIA-PACIFIC CONFEDERATION against DRUGS (APCD) SUPPORTED INITIATIVE



www.sana.org.sg research@sana.org.sg

SANA Youth Essay Competition 2025

With support from the Asia-Pacific Confederation against Drugs (APCD), this SANA-organised competition aims to engage undergraduate and graduate students in research and reflection through writing on key issues related to drug harm and prevention in Singapore and the Asia-Pacific region.

Engaging young minds in developing innovative approaches to drug prevention is key to addressing the complex challenges of the drug situation before us. This competition also aims to harness the research capabilities and glean fresh perspectives of undergraduate and graduate students across the Asia-Pacific region.

We warmly invite all eligible students to join this meaningful competition. For further information on the themes, submission guidelines, and deadlines, please visit us [here!](#)

What's next?

SANA's CCSG Programme: Supporting Recovery Through Continued Care

SANA's Step-Up team is pleased to share that registration is now open for our Continuing Care Support Group (CCSG), with the first session commencing on 24 July 2025.

CCSG is designed to provide a safe, supportive, and inclusive environment for individuals recovering from drug use, regardless of their phase of recovery. Through regular sessions, the group aims to foster connection, resilience, and a sense of community among participants, thus reinforcing their recovery beyond initial treatment or intervention.

Recovering persons who are interested in joining the group may register [here](#), or via the QR code in the poster below!

For further assistance with the registration process or to find out more, recovering persons may reach out to their case managers (if applicable) or connect with any SANA staff at the three Step-Up Centres.

At SANA, we believe that recovery is not a destination but a continuous journey and we remain committed to walking alongside those we serve, every step of the way.



The poster is titled "Continuing Care Support Group" in a blue, curved font at the top. Below the title is an illustration of diverse people in various stages of recovery, some climbing a ladder, some holding hands, and some sitting on a globe. The text on the poster includes:

Who can join?
This group is open to anyone seeking support in their recovery journey - from people who just started to people who have been journeying for years

When & Where?
When: Starting 24th July 2025 (Thursday) on a fortnightly basis
Time: 7:30pm - 9:00pm (Thursdays)
Location: Step-Up Centres

Male Groups: Sengkang & Taman Jurong
Female Group: Northwest

Session Dates

July: 24	October: 2, 16, 30
August: 7, 21	November: 13, 27
September: 4, 18	December: 11

Sign up here



<https://forms.gle/3E5czwT9s9qbE8yy8>

Contact Us!
Sengkang: 6732 1122 / 90735052
Taman Jurong: 9847 5102
Northwest: 8666 6076
Email: stepup.sk@sana.org.sg

The poster features the CCSG logo at the bottom left and the SANA logo at the bottom right.