

Quarterly Newsletter: (03/2025)

July

A Swing for a Cause: **SANA** Charity Golf & Dinner 2025

On 11 July 2025, the greens were not just about golf; they were about giving back. SANA's Charity Golf & Dinner brought together our amazing donors and supporters for a day that blended friendly competition with a powerful purpose of building a drug-free Singapore.

We were especially honoured to welcome The President of Singapore, Mr Tharman Shanmugaratnam, who is also SANA's Patron, as our Guest-of-Honour for the dinner.



The evening was filled with warmth, laughter, and a shared commitment to making a difference. A special highlight was the debut of our "Sounds of SANA" band comprising SANA staff and persons-in-recovery. Together, they put up a heartfelt performance that left a lasting impression on everyone in the room.

We are grateful to those who joined us, supported us, or cheered us on from afar. Your generosity fuels our mission to educate the public especially the youth of the harms of drugs, and support the many lives adversely impacted by drugs. Together, we are creating change, one swing at a time.



SANA at ACCOP 2025: Showcasing Recovery Support with Heart

On 16 July 2025, the 6th Asian Conference on Criminal & Operations Psychology (ACCOP) kicked off in Singapore. It is our first face-to-face gathering since 2022. Organised by the Ministry of Home Affairs (MHA) and its team of psychologists, together with international partners, the conference brought experts from around the region to share knowledge and spark new ideas in criminal and operational psychology.

SANA was proud to be part of the conversation. Ms Nasirah Nasir, Head of SANA Step-Up Centres, was granted the opportunity to present SANA's unique blend of programmes and services ranging from peer-led recovery support to family- and community-based interventions.

She emphasised the importance of a systemic approach, reminding practitioners that true recovery is not just about the individual; it is about families, communities, and the networks that help people reintegrate and thrive.

At our Step-Up Centres, recovery is more than casework and counselling. Families are supported through psychoeducation and counselling, while creative and recreational activities like art jamming, futsal, and music offer safe spaces for bonding, self-expression, and healing. These shared experiences strengthen relationships and foster a supportive environment that makes recovery sustainable.

Being part of ACCOP 2025 gave SANA the chance to showcase our work, learn from regional experts, and explore potential collaborations. It was an inspiring reminder that by sharing best practices and working together, we can continue to evolve and provide holistic and useful support to those on their recovery journey.



Welcoming AECM Delegation to SANA

SANA was delighted to host a delegation from the General Association of Chinese Students of Macao (AECM) on 24 July 2025. The visit offered the students a closer look at Singapore's anti-drug efforts and an introduction to the programmes we run to support individuals and families impacted by drugs.

As part of the visit, the delegation toured our Step-Up Centre, where they learnt about the range of services available to persons-in-recovery, from counselling and casework to community-based support. The exchange was not just about sharing information; it was also a chance for both organisations to learn from each other and strengthen our understanding on drug rehabilitation and recovery.



SANA at the International Conference on Drug Policy

From 6 to 8 August 2025, Bangkok played host to the International Conference on Drug Policy: Yaba, Methamphetamine, and Synthetic Drugs. The event was jointly organised by the Social Research Institute of Chulalongkorn University, the Office of the Narcotics Control Board (ONCB), and the Academic Consortium on Substance Abuse in Network (ACSAN).

The conference brought together a diverse mix of partners—policymakers, researchers, law enforcement agencies, and community organisations—all united by a shared goal of tackling the complex challenges of drug use, treatment, and recovery.



SANA was honoured to contribute to the dialogue, sharing our expertise on aftercare support for persons-in-recovery. We offered a Singapore perspective while also learning from the innovative approaches of our regional counterparts.

Beyond the exchange of ideas, the conference was a valuable opportunity to strengthen ties with like-minded organisations, explore potential collaborations, and reaffirm SANA's commitment to building effective, compassionate, and collaborative responses to drug issues.

Celebrating Partnerships at the SPS Volunteer Awards 2025

On 8 August 2025, SANA was proud to be part of the Singapore Prison Service (SPS) Volunteer Awards Ceremony. The event honoured the many individuals and organisations who play a role in supporting inmates and ex-offenders on their rehabilitation journeys.

Team SANA was deeply honoured to receive the Journey Shield Token, a recognition of the strong partnership between SANA and SPS in empowering individuals to pursue a drug-free life. This award is a meaningful affirmation of our commitment to rehabilitation and reintegration efforts.



The celebration did not stop there. Two of our dedicated volunteers, Ms Munni Devi Pande and Mr Krishnapillai Rajagopal Karthikeyan, from the SANA Hindu Religious Group of Volunteers (HRGV) were also recognised with the 3-Year Long Service Award. Their commitment and compassion have made a real difference in the lives of those they serve, and we are grateful for their unwavering contributions.

Together with the SPS and our volunteers, we look forward to continuing this important work; walking alongside individuals as they rebuild their lives with hope, dignity, and resilience. Congratulations to all award winners!

Learning Journey to New Life Stories

On 20 August 2025, SANA embarked on a learning journey to New Life Stories (NLS), with the aim of deepening our understanding of effective approaches to rehabilitation and reintegration.

During the visit, Team SANA gained meaningful insights into NLS's community programmes that support inmates, ex-offenders, and their families as they rebuild their lives. It also provided a chance for us to share SANA's initiatives and practices. The dialogue fostered mutual learning, collaboration, and fresh ideas for strengthening support systems.



The session was a timely reminder of how powerful cross-organisational partnerships can be. By learning from one another and pooling our strengths, we move closer to creating more holistic and sustainable outcomes for persons-in-recovery and their families.

SANA's YRCP visits Singapore Prisons Services



On 10 July and 30 August 2025, grassroots volunteers from the Yellow Ribbon Community Project (YRCP) visited the Singapore Prison Service (SPS) to gain first-hand insights into the correctional environment.

Through the visits, volunteers were introduced to the facilities, programmes, and daily routines that support inmates in their rehabilitation journey. This valuable exposure not only deepened their understanding of the prison system but also equipped them with useful knowledge to reassure families about the care their loved ones receive during incarceration.

Bringing **SANA**'s YRCP to the Heart of the Community

On 2 August and 14 September 2025, the Yellow Ribbon Community Project (YRCP) team from SANA took to the heartlands and reached out to the residents at Bukit Batok East and Whampoa via community outreach booths. These booths were more than just information counters; they became spaces for connection, conversation, and community spirit.



The outreach provided an opportunity to raise awareness about SANA's work and invite new volunteers to step forward and be part of the YRCP journey. Meeting community members face-to-face allowed SANA staff to share stories, answer questions, and highlight how volunteers play a crucial role in supporting inmates and their families.



September

SANA at the ISSUP Regional Conference 2025

From 16 to 19 September 2025, SANA's Deputy Head of Clinical & Research (C&R), Mr Rafiz Hapipi, represented SANA at the International Society of Substance Use Professionals (ISSUP) Regional Conference in Bali, Indonesia.



ISSUP is a global consortium dedicated to advancing the field of substance use prevention and treatment through training, capacity building, and evidence-based practices. This year's conference, organised with the National Narcotics Board of Indonesia and ISSUP Global, brought together a diverse community of addiction professionals, including healthcare providers, government representatives, NGOs, educators, and international organisations.

The four-day gathering provided a vibrant exchange of knowledge, ideas, and innovation. Participants explored strategies to strengthen prevention, enhance treatment, and support recovery, with a focus on sustainable, evidence-based solutions.

For SANA, the conference provided useful insights into cutting-edge addiction science and innovative approaches from across the region and beyond. These learnings serve to strengthen our commitment to delivering impactful, research-driven services to the communities we serve, and reinforce our role as a key player in the global effort to curb illicit substance use and addiction.



SANA Inspires Freshmen at SUTD with a Story of Resilience

On 10 September 2025, SANA's Preventive Drug Education (PDE) team delivered a powerful school talk during the freshman orientation at Singapore University of Technology and Design (SUTD). The session aimed to raise awareness of the harms of drug use and address the evolving challenges faced by youths.

The session went beyond facts and statistics; it brought real-life experience to the

fore. Peer Leader, Adrian shared his personal journey of drug abuse, incarceration, and ultimately, recovery. His raw honesty, courage, and resilience struck a chord with students and faculty alike, leaving a strong impression and sparking meaningful conversations about the choices we make and the impact they have. This session demonstrated the power of lived experience in preventive education.

Moving forward, SANA plans to bring more of these authentic stories to Institutes of Higher Learning, inspiring young people to make informed, drug-free choices while showing that recovery is possible.



SANA Hosts Thailand Institute of Justice for Study Visit

On 17 September 2025, SANA had the pleasure of welcoming representatives from the Thailand Institute of Justice (TIJ) as part of their Pre-release Model Prison Project study visit.

The visit highlighted TIJ's keen interest in learning from SANA's experience and best practices in supporting the rehabilitation and reintegration of individuals recovering from drug abuse. Through this exchange, both organisations explored strategies and insights that can enhance rehabilitation efforts in their respective jurisdictions.



The engagement also reinforced a shared commitment to fostering ongoing learning and knowledge exchange. By collaborating across borders, SANA and TIJ aim to strengthen rehabilitation and reintegration practices across the Asia-Pacific region and beyond, building more effective and compassionate support systems for individuals in recovery.

SANA at the Yellow Ribbon–CARE Network Gala Dinner 2025: Celebrating 25 Years of Transforming Lives

On 20 September 2025, SANA was proud to be part of the Yellow Ribbon–CARE Network Gala Dinner held at the Shangri-La Singapore. Themed “Starlight Odyssey: 25 Years of Transforming Lives”, the event brought together more than 800 guests, including community partners, donors, sponsors, beneficiaries, and representatives from CARE Network agencies.



Hosted by Mr Gurmit Singh alongside two desistors, the evening was graced by Mr Edwin Tong, Minister for Law and Second Minister for Home Affairs. Guests were treated to musical performances by inmates, prison officers, and students from LASALLE College of the Arts, along with a live auction segment to raise funds for CARE Network programmes.

To all who supported SANA through the purchase of dinner tables, outright donations, or sponsorship of auction items — a huge thank you. Your generosity helps rebuild the lives affected by drug abuse and brings us closer to a drug-free community.



Project: Celebrating Sobriety — Honouring Strength, Building Connections

In September 2025, SANA launched Project: Celebrating Sobriety, a new initiative aimed at deepening engagement with our Peer Leaders* (PLs), strengthen their community bonds, and using sobriety as a focal point for advocacy and self-reflection. Throughout September, over 20 PLs came together to share and explore what sobriety means to them — not just as a state of being, but as a lifelong journey of growth, resilience, and purpose.

On 27 September 2025, the first event in the series took place at Reflections @ Bukit Chandu, where 14 PLs participated in a reflective walk that intertwined history with personal meaning. The group learned about the Battle of Pasir Panjang and the history of opium in Singapore; a substance that once shaped livelihoods and marked the beginning of drug use in the nation.

The story of the Malay Regiment's bravery and resilience deeply resonated with participants. Just as the soldiers stood their ground in the face of overwhelming odds, our PLs continue to show courage and conviction in safeguarding what matters most — their sobriety.

Building on this reflection, Team SANA facilitated an experiential activity illustrating the struggles and determination involved in reaching safe zones and protecting one's values. The session concluded with PLs penning down their personal anchors — words, memories, or commitments that sustain them through recovery and inspire their advocacy for a drug-free Singapore.

**Peer Leaders: SANA recovery champions who advocate against drug abuse.*



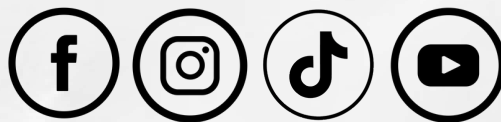
What's next?

SANA's YRCP's 15th Anniversary Celebration and Annual Appreciation Luncheon



SANA's Yellow Ribbon Community Project (YRCP) celebrates its 15th Anniversary on **8 November 2025** at **Suntec City Convention Centre!**

Keep up-to-date with our latest happenings by following our socials below:



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