

## Quarterly Newsletter: (04/2025)

October

### Durian, Dedication & Devotion: A Musang King-Sized Thank You

To kick off October and the start of the durian season, SANA hosted a special durian feast for our volunteers on 3 October 2025. The event featured a variety of durians, with the Musang King quickly emerging as the crowd favourite.

The durians were generously donated by our long-time volunteer, Mr Seng Kang Boon, whose unwavering support we deeply cherish.

Despite coming from different backgrounds, all our volunteers share two things in common: their dedication to SANA's mission and their insatiable love for durian — with every piece devoured within hours.

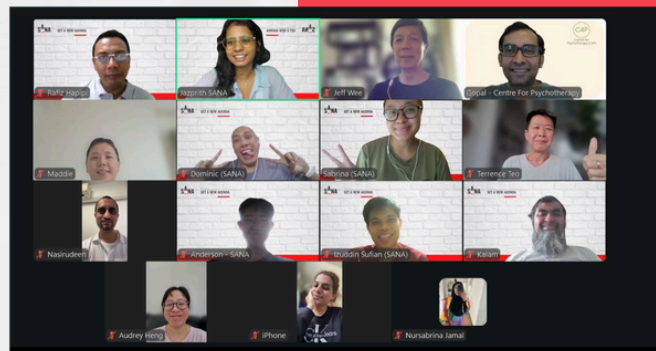
Here's to more durian-filled gatherings and celebrating the amazing people who make SANA what it is!



# Consistency Over Persistence: Building Bonds That Last Through Addictions Awareness Course

On 11 October 2025, SANA conducted an Addictions Awareness Course for SANA Kakis, facilitated by Peer Mentor and Leader, Gopal Mahey. He shared his personal journey — from struggling with substance abuse to where he is today — providing volunteers with a firsthand perspective on recovery.

The course offered valuable insights into how addiction works and how SANA Kakis can better support persons-in-recovery (PIRs). For many volunteers, the nuances of addiction were new territory. The videos and educational resources shared by Gopal gave them a strong foundation to understand, guide, and support their PIRs more effectively.



One key takeaway? Meaningful support comes from being consistent rather than persistent. The interactive session gave volunteers the chance to ask questions, making it an engaging and eye-opening way to spend a Saturday morning.

## Sharing Singapore's Throughcare Approach at the Singapore Drug Control Programme (SDCP)

On 15 October 2025, SANA's Volunteer Management Executive, Jazprith Kaur, gave a presentation on SANA's efforts to educate the community on the harms of drug abuse, support persons-in-recovery on their path toward desistance, and advocate for a drug-free society at the Singapore Drug Control Programme (SDCP). The event was organised by the Central Narcotics Bureau.

During the presentation, participants were introduced to SANA's work through our throughcare approach — from Case Management Services during in-care, to aftercare programmes and outreach efforts aimed at drug-abuse prevention and long-term recovery. Jazprith also highlighted SANA's preventive drug-education initiatives and the role SANA plays in advocating for a drug-free Singapore at local and international platforms.

SANA's Ambassador, Simon Khung, also shared his personal journey from being a former drug user to successful entrepreneur and content creator. His testimony highlighted how a supportive, pro-social community can provide the encouragement and guidance needed to transform lives.



## Life-Crafting for Peer Leaders: From Strengths to Sobriety

On 18 October 2025, SANA Peer Leaders (PLs) came together for the second event in our "Celebrating Sobriety" series: "Your Life as a Peer Leader". During the session, PLs were introduced to the concept of life-crafting — a positive-psychology approach rooted in the Broaden and Build Theory, which demonstrates how envisioning desired outcomes and writing about them can improve goal-related performance and build long-term well-being.

The session brought PLs together to envision impactful, big-picture ideas — how they can spread the message of celebrating sobriety more broadly and meaningfully.

By grounding our work in purpose, recognising and harnessing strengths, and defining quality-driven goals, "Your Life as a PL" reinforced how peer-leadership is not just a role, but a pathway for growth, community building, and sustainable recovery. The "Celebrating Sobriety" series concluded in December with the final event reviewing the past year and action planning for 2026.



## Going Digital: How Technology is Revolutionising Volunteer Management at the International Corrections and Prisons Association Annual Conference (ICPA)



On 29 October 2025, SANA participated in the Volunteer Management (VM) circle during the International Corrections and Prisons Association Annual Conference (ICPA), which was held from 26 to 31 October 2025.

During the session, SANA shared how the adoption of our digital VM platform, Volunteer Connect (VolCon), has enhanced our volunteer-management processes and practices.

The sharing session provided the audience with an overview of how digitalisation enables SANA to adopt a "digital-first" approach — expanding our capacity to engage volunteers more effectively,

## 6th Istanbul Initiative Summit

Three SANA staff attended the 6th Istanbul Initiative Summit held in Istanbul, Turkey, where we shared the work undertaken in Singapore, particularly focusing on preventive drug efforts amongst youth.

The event, organised by the Turkish Green Crescent, brought together international non-governmental organisations (NGOs) to track and evaluate global substance-use trends, assess the effectiveness of current policies, and identify local and regional needs.

The Summit included visits to drug rehabilitation centres in Istanbul as well as discussions on various topics ranging from strategies to tackle the rising trend of drug use amongst youth, impacts of cannabis legalisation, and threats of new drugs, to strategies to amplify the drug demand reduction voice internationally in the face of greater push by harm reduction advocates. There was also a call for stronger collaboration and exchange of knowledge and best practices between like-minded drug demand reduction NGOs.



November

## 15 Years of Walking Alongside Families: YRCP Awards & Appreciation Luncheon

The Yellow Ribbon Community Project (YRCP) Awards & Appreciation Luncheon (AAL) 2025 held on 8 November 2025 brought volunteers, partners, and stakeholders together to celebrate a meaningful milestone — 15 years of YRCP and the powerful impact of community support.

The luncheon honoured the dedication of volunteers across grassroot divisions through award presentations, recognising those who have journeyed with families impacted by incarceration with compassion and perseverance. Video features highlighted real-life stories of volunteers and beneficiaries, as well as their journey through YRCP.



A highlight of the event was the launch of the YRCP Portal, a centralised digital platform designed to enhance volunteer experience through streamlined case management, training access, and communication. The portal marks a key step forward in YRCP's digital transformation and continued commitment to supporting volunteers more effectively.

More than a celebration, AAL 2025 was a heartfelt affirmation of community spirit, partnership, and the shared commitment to walk alongside families as they rebuild their lives and move forward.



## In Sync: Regional Collaboration for Sustainable Solutions at the 8<sup>th</sup> AADAC Philippines National Conference

From 17 to 19 November, SANA participated in the 8th Philippines National Conference organised by the Association of Anti-Drug Abuse Coalitions (AADAC), held at SEDA Hotel Nuvali, City of Sta. Rosa, Laguna, Philippines, under the theme "In Sync: Synchronizing Knowledge for Sustainable Community Coalitions."

The conference convened government agencies, community coalitions, and international partners to advance evidence-based, community-led approaches to drug prevention. SANA was invited to deliver a Message of Support and share Singapore's experience in prevention, rehabilitation, and reintegration, highlighting youth-focused advocacy and community mobilisation efforts.



Key insights emphasised the value of multi-sectoral collaboration, data-driven prevention planning, and meaningful youth engagement in tackling emerging drug trends. The conference also reinforced regional ties and ongoing collaboration through the Asia-Pacific Confederation against Drugs (APCD), strengthening shared commitments to sustainable, community-centred solutions.

# Strengthening Partnerships: NCSS Leadership Visit to Step-Up Centre @ Sengkang

On 26 November 2025, SANA hosted the National Council of Social Service (NCSS) Senior Management Team and CEO (Designate), Mr Lim Shung Yar, for a leadership visit to the Step-Up Centre @ Sengkang to deepen understanding of our work in drug prevention, addiction recovery, and community rehabilitation and reintegration.

During the session, SANA shared about our programmes such as QuitVape and Case Management Services for persons recovering from drug addiction, as well as the support provided for these individuals and their families. Through our work, communities rebuild stability, resilience, and hope.



As sector developer, NCSS is committed to strengthening addiction support through capability development, data-informed practices, and cross-agency collaboration. By working closely with strategic partners like NCSS, we continue to build a future-ready ecosystem where recovery pathways are more coordinated, accessible and responsive to emerging needs.

Stronger partnerships enable stronger outcomes. Together, we are moving towards building a 'We First' Singapore where every person has the support to heal and thrive!

December



## Learning Across Borders: A Journey to SidebySide, Hong Kong

From 2 to 5 December, SANA undertook a study trip to SidebySide, a leading community-based rehabilitation organisation in Hong Kong, following engagements at the Asia-Pacific Forum Against Drugs (APFAD) 2025.

The visit provided valuable insights into SidebySide's person-centred, non-judgemental approach to supporting persons-in-recovery, ex-offenders, and marginalised communities through integrated rehabilitation, housing, peer outreach, and reintegration services. Key learning areas included the effective use of peer supporters, culturally responsive engagement with ethnically diverse communities, and community-led preventive strategies.



The trip also marked a significant milestone with the signing of a Memorandum of Understanding (MOU), formalising intentions for future collaboration, mutual learning, and regional knowledge exchange. These learnings will inform SANA's ongoing service development and strengthen cross-border partnerships in advancing recovery-oriented practice.



## SANAbraction at AMPED Trampoline Park

Our recent SANAbraction brought 100 clients and their families together for a fun day of jumping, games, and shared activities at AMPED Trampoline Park. SANAbraction is a recreational programme that brings together persons-in-recovery and their family members or loved ones to bond and have fun through prosocial activities.

The event gave parents and children protected time to reconnect, bond, and enjoy each other's company in a positive, supportive setting. Some clients said it pushed them out of their comfort zone, but it also helped them learn more about each other through play.

We hope everyone had a wonderful time, and we look forward to more SANAbractions in the coming year!



# What's new?

## Gold Standard: Nurturing the Next Generation of Youth Advocates

We are thrilled to highlight the progress of our Gold ACT Badge programme, which represents the pinnacle of achievement in the ACT Badge recognition system. The Gold ACT Badge tier is exclusively reserved for dedicated participants who have successfully completed both the Bronze and Silver badge requirements, demonstrating exceptional commitment to personal growth, leadership, and community engagement.

Our Uniformed Groups students recently completed the first phase of their Gold ACT Badge journey through the ACT Workshop, a dynamic and interactive training session designed to equip them with essential advocacy and leadership skills.

The programme blends educational content with interactive activities including Q&A sessions with Peer Leaders, role-playing, and collaborative game-building. These hands-on experiences promote active participation, critical thinking, and self-reflection, helping students develop empathy, communication skills, and leadership capabilities in a supportive environment.

The heart of the Gold badge lies in its second phase. With the workshop completed, students now move on to designing and implementing their own Advocacy Projects. These projects allow students to apply their learning in real-world contexts, transforming their ideas into tangible initiatives that create positive change in their schools and wider community.

Three workshop runs were conducted on 12 September, 10 October, and 24 October respectively, engaging a passionate group of student leaders. Each session has been met with enthusiasm and thoughtful engagement, as our students embrace the opportunity to develop their advocacy skills and make their voices heard on issues that matter to them.

We look forward to witnessing the innovative Advocacy Projects that will emerge from this programme and celebrating the achievements of our students as they work toward earning their Gold ACT Badge. Their commitment to service, leadership, and positive change continues to inspire our entire community.



# What's next?

## Swing for a Cause: Save the Date!

Bought your flights yet? SANA's Charity Golf 2026 will be held on 8 May 2026 at Orchid Country Club. More details to follow soon. We look forward to seeing you on the greens as we tee off for a drug-free Singapore!



The poster features the SANA logo at the top, with the text 'SANA SINGAPORE ANTI-NARCOTICS ASSOCIATION'. Below it, 'CHARITY Golf & DINNER' is written in white and red, with a golfer silhouette. A central white box contains the date '8 MAY 2026' and 'ORCHID COUNTRY CLUB'. A smaller white box below that says 'Join us at the annual SANA Charity Golf 2026! Support a meaningful cause while enjoying a day on the green.' and lists 'Gold Flight \$4000' and 'Platinum Flight \$5000'. At the bottom, it provides contact info for Adelynn Liew: '9177 3766' and 'adelynn@sana.org.sg'.

**SANA**  
SINGAPORE ANTI-NARCOTICS ASSOCIATION

**CHARITY**  
*Golf* & DINNER

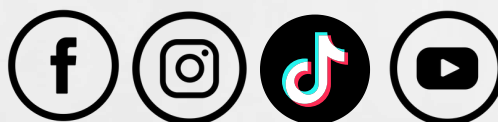
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For more information, contact **Adelynn Liew** at:  
📞 9177 3766    ✉️ adelynn@sana.org.sg

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