



OUM EL NOUR

**How  
can you  
help?**

# THE ESSENTIAL IDEA

Oum el Nour was born 30 years ago, from our will to win a friend back from drugs.

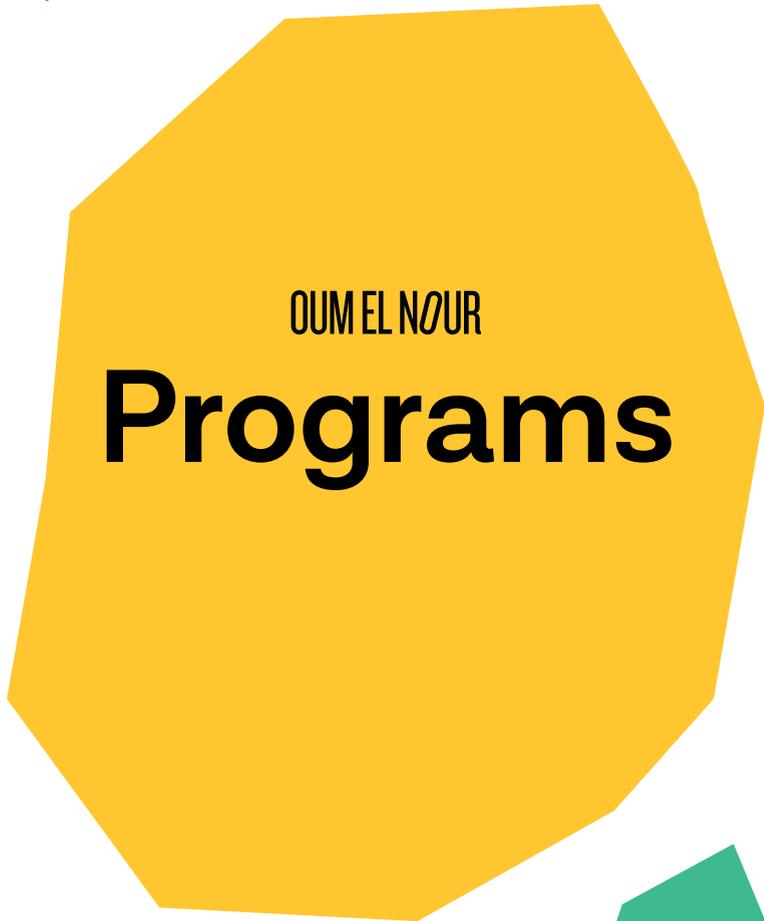
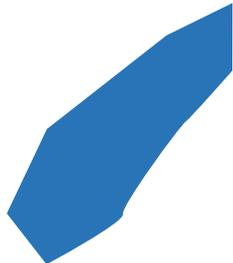
It started as a grassroots initiative, but grew into a home for those who need sheltering, fostering and understanding.

A place away from noise, pressure and judgment. A place to recover, look back and learn, to reconnect with oneself, before reconnecting with others.

We continue today supported by the belief that saving one person from addiction can also mean saving a child, a parent, a sibling, a colleague or a fellow citizen. In other words, saving one of us.

We have two in-patient rehabilitation centers in two different locations. The first one is based in Sehayleh, dedicated to men with a capacity to accommodate 72 patients. The second one is based in Fatka, dedicated to women with a capacity to accommodate 36 patients.

Our addiction prevention programs and rehabilitation programs are offered **free of charge** regardless of socio-economics, ethnicity, gender, nationality or religion.



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# Programs



# REHABILITATION

**Reception Center:** This is the first point of contact with Oum el Nour. Individuals with an addiction problem are diagnosed so as to identify the root problem and provide the proper advice and support. Patients are then referred to suitable treatment departments through in-patient or out-patient programs.

**In-Patient Rehabilitation:** Patients undergo rehabilitation therapy with total abstinence from drugs and alcohol. The treatment lasts for 15 months, divided into 4 stages, and aims to provide structure and discipline with a focus on sharing day-to-day life in order to improve interaction, communication, emotional control and self-improvement.

**Out-Patient Rehabilitation:** Patients who can manage daily life more easily may be suitable for outpatient rehabilitation. The treatment aims at giving them an opportunity to lead an independent drug free life through individual therapy sessions as well as support groups. Parental support also plays an important role in this treatment category.

**Follow-up:** After having completed the 15-month inpatient program, individuals are helped in social reintegration by partaking actively and independently in their community, with added support to prevent relapse.

# PREVENTION

Oum el Nour's Prevention Department aims at empowering individuals with knowledge and skills in order to help them to make healthy choices in life without resorting to drugs. We use a multifaceted approach that promotes the personal and communal development of the people of all ages to include children, parents, teachers, professionals and communities.

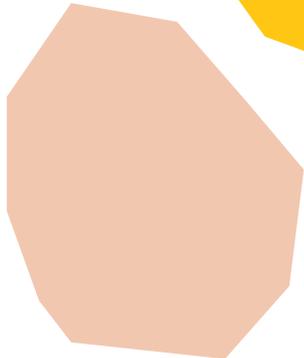
Prevention programs focus on the development of social and emotional skills in younger people, strengthening their happiness within healthy environments and enabling proper growth.

The Prevention Department offers programs targeting awareness for younger individuals and their families, education through projects as well as training seminars, reception and orientation through local municipalities. Our prevention programs include:

- Youth Awareness Program
- Youth Connection
- Parents Program
- Skills for Adolescence to Improve Life (SAIL)
- Creating Agents of Prevention (CAP)



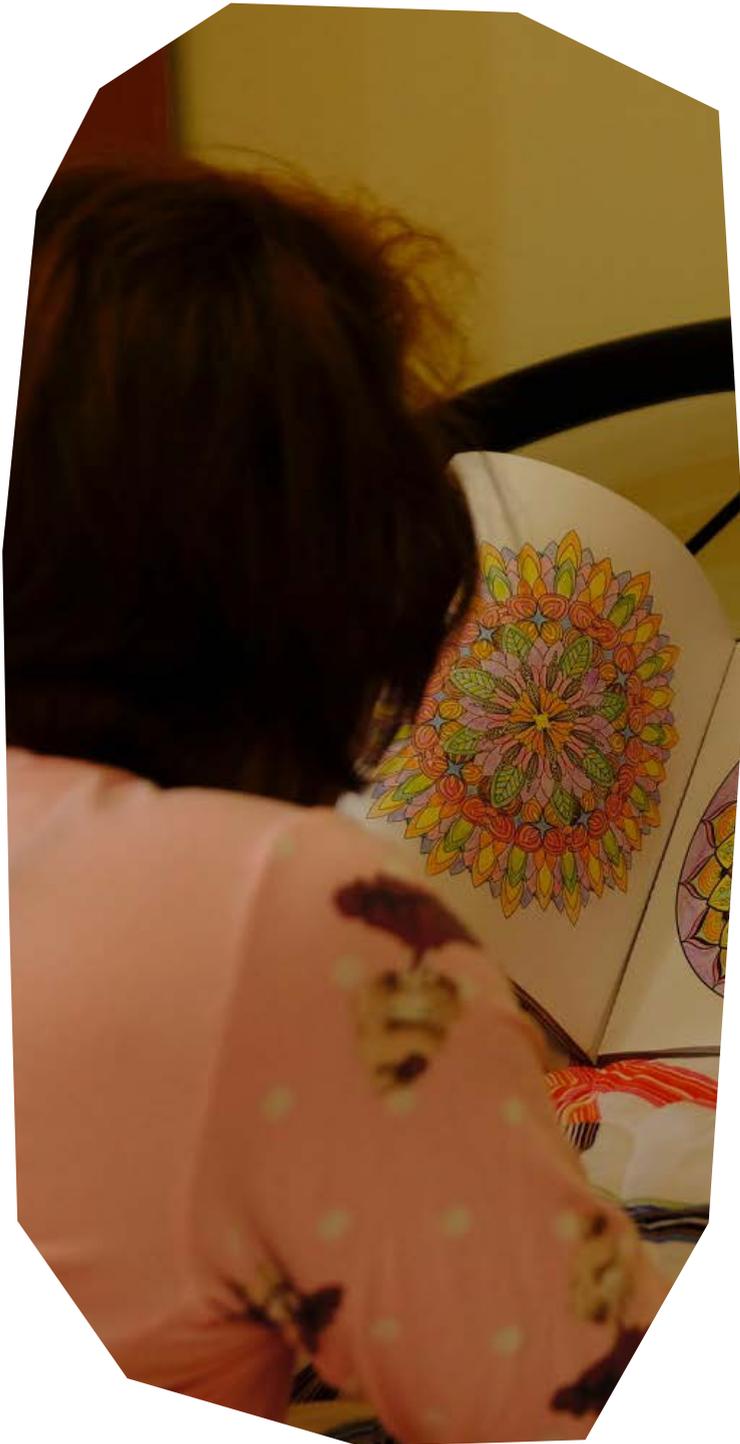
OUM EL NOUR  
**Stories**





I was born in Lebanon and lived with my only brother who is three years older than I am, my mother and father. When I was 12, I smoked for the first time with my brother. I was extremely scared but he told me it would be cool and amazing and it was. I felt strong, unstoppable. I started to smoke every couple of weeks, every few days and everyday by the time I was 13. Then I started with pills also with my brother. At the age of 14, I was kicked out of my middle school after getting in trouble due to the fact that I started smoking spice and drinking alcohol. At the age of 16, I got into a relationship with Alexis, where I started to take psychedelics, MDMA constantly and I got extremely depressed. Here my grades went down, when I left her I began to drink daily and taking Xanax. When I hurt my back and wasn't able to do sports anymore it got even worse and all the time I was partying taking meth, pills, alcohol. After 3 months, I was hooked and stopped going out and was alone. I spent about 100\$ every day and got it by stealing from my family. Then I got into oxycodone where I spent my time in my room sniffing. When my parents found my stash, I went to my first rehab in California. I went to 4 rehabs and one outpatient program and tried buprenorphine for 2 years but it didn't work. Then I myself decided that things had to change, so I decided to come to Lebanon to live with my brother whom I hadn't seen for 7 years. I decided to go to Oum el Nour, after doing the same stuff here in Lebanon. At first I was playing around always talking about drugs and planning to use them. After my first encounter again with my family after 3 months it all changed, I stuck to the program, and started abiding by the rules and regulations and focused on my weaknesses to overcome them. Now I am doing amazing and I started to work, also in a good relationship with my dad and grandma. I haven't seen my mom in 2 years but she is coming soon.

**AMIN H.**



Dear mother,

You are not going to believe this, and God knows I've given you reason enough not to... with all my threatening, maneuvering and playing with your emotions that if you did not visit me in a couple of months I would be angry, I would think you forgot about me, didn't love me and would stop declaring you as my mom.

I do not have any proof that what I'm going to say to you now is truly and honestly my rooted conviction. But I will remind you, though, that back then I was drugged and disoriented. Now, I'm clean, my head is sober, I have a stronger will and a clean perspective of what I want out of life.

O.K, now that I have smoothed things out for you, I will get to the point... Mom, I might not know much, but I do know that miracles are happening for me here, I'm in the best shape of my life, and as an addict; which I am, this is the best place for me to be.

I hope that what I've said to you will fulfill the purpose of this letter, which is for you to stop feeling guilty or scared that I might be angry with you for keeping me here, because I'm the one who wants to be here now and believe me, the best thing you have ever done for me (of course besides being a great mother) is bring me here to Oum el Nour.

So until I have earned the privilege to see you, take care of yourself, keep the faith, and stay strong.

Your loving daughter,

**NAJWA N.**



Through my childhood, I was always praised for being the strongest, pushed to be the first, had a flawless academic record, was bullied for not living up to standards of my brothers and sister, compared to some of my friends, got beat up because of the haircut or clothes. All of that made me rebel against authority and not accepting the system, thus breaking the rules which I did not see fit. I started having comfort in music, whose lyrics touched me deep inside bringing safety to my insecurities. Lonely was how I felt most of the time before I discovered drugs. It all started with a feeling, the good feeling, of safety, love, security, confidence, and later on the need to be needed. Drugs filled the void and emptiness making me attached. All started to go downhill from there, having a bad entourage, unreal emotions, numb to everything around me. When the substance was not available, I experienced anger, anxiety, depression and body aches. I started to do everything in my power to acquire the substance like lying, using and abusing people, hurting all around me. I was alone again, I became the typical drug addict, pale, no goals, and no one wanting anything to do with me. Life got harder and harder and seeking help was never on my mind at the time. An intervention happened when my family decided to bring some life back to me after so many failed attempts of detox.

I took a leap of faith, and I accepted submitting myself to a 15 months program at Oum el Nour rehab center. I went through the open gates with the freedom to leave any time, which made me feel safe the first time in my life. I learned responsibility, respect for self and others and to express my feelings in a civilized way. Now, I am at the last stage of the program. Fueled by the determination to fulfil and pay the debt I have towards myself, and all the people that stood by me and supported me through this amazing journey of light.

**NASSIM N.**

**Don't look away, fighting drugs  
starts with you understanding the problem.**

**In our country, drugs have become as easy to find as any other convenience good, and the trivialization of these substances is our worst enemy. This is why Oum el Nour is there to give guidance, support and help. Understanding how drugs work is the first step to protect yourself and those around you.**

**Administration**

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