



TOGETHER TOWARDS RECOVERY

Annual Report  
2018



**Empowering youth,  
strengthening communities**

# MESSAGE FROM THE PRESIDENT

## **Can you take us very quickly through CDLL over the years?**

CDLL was born in 2006. We started off as a small safe shelter house and we supported drug dependent individuals who were on the streets, by taking them in and offering them primary health support and detoxification and orient them to a rehabilitation program where they could get treated. We quickly realized that at that time, there were very few rehabilitation programs while people might want different programs that would better match their expectations. This is why CDLL formed its first multidisciplinary team with the aim to build an evidence-based, comprehensive approach to treating addictions, and became affiliated to the European Federation of Therapeutic Communities (EFTC) and the International Substance Abuse and Addiction Coalition (ISAAC).

After establishing our Therapeutic Community in Lebanon, we were solicited by the community around us to offer prevention, first through awareness sessions and campaigning, involving youth in different activities at schools and in youth groups. Then we moved forward into developing an efficient ecosystem that ensures sustained impact through the community approach to prevention by engaging all stakeholders in a community, building their skill sets and knowledge while training young prevention agents to scale up the impact.

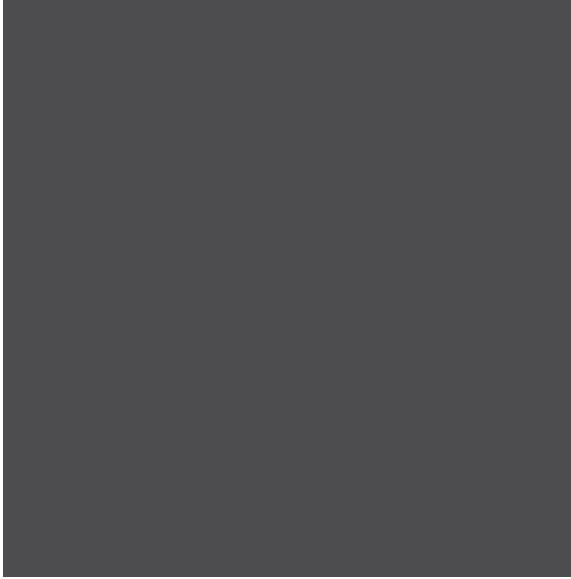
## **So working on developing the community is your new mission?**

It is not a new mission. It is the natural deployment of our mission, which moved in the same organic urge to



develop a grass root answering the local needs of our communities and supporting broader population in the same inclusive manner. We needed to add value at different parts of the chain of services to ensure solid results to our beneficiaries. That is how we established our Community Development program beside our recovery and prevention programs.

“MUNICIPALITIES, PARENTS, SCHOOLS, CAREGIVERS, YOUTH, BASICALLY EVERYONE HAS A ROLE AND RESPONSIBILITY TO HOLD THEIR COMMUNITY TOGETHER



“ADDICTION IS ON THE RISE! IT IS A REAL EPIDEMIC! PREVENTION IS NOT ENOUGH BECAUSE OF THE LACK OF MEANS AND LACK OF COORDINATION AMONG SCHOOLS AND ORGANIZATIONS, AND EVEN COORDINATION ON THE NATIONAL AND GOVERNMENT LEVEL”.

**Tell us more about the community development axe.**

Since 2007 reintegration in society and in the job place was a main aim to support a sustained recovery of a recovered addict. We started broadening our support to the individual's parents and siblings from economically disadvantaged circumstances, an underlying fact to addiction that the rehabilitation program alone could not solve. This is how we started working not only with addicts but with their families as well and other vulnerable individuals such as women

AND BRING THEIR EFFORTS TOGETHER IN ORDER TO PROTECT AND HELP ANYONE IN NEED – ESPECIALLY YOUNG PEOPLE AROUND THEM”.

and disconnected youth to alleviate their psychological, legal and social problems while empowering them with skill sets to help them integrate into society, their communities, and the workplace. In the past 2 years, we achieved a 73% rate of job placement. We succeeded because we help the vulnerable persons remove the roadblocks that undermined their personal growth and bring them personal and technical skill sets to grow as healthy individuals, and ones that are ready to embrace their future with confidence and be productive members to the thrive of their community.

**“OUR STRENGTH FROM THE START HAS BEEN THE MULTIDISCIPLINARY APPROACH FOR A COMPREHENSIVE TREATMENT OR PREVENTION AND THIS IS HOW WE WORK IN EVERYTHING WE DO”.**

**What has made all this hard work worth it?**

We had interesting partnerships during this period that upheld our growth path and performance in servicing our society. Those partnerships brought expertise and confidence to the team to pursue higher quality, professionalism and transparency in the delivery of our programs. Such collaborations make all these years of hard work seem worth every minute because they bring hope for a sustained quality service delivery to every person who seek our help!

# FROM OUR EXECUTIVE DIRECTOR

## What brought on the change of mission?

The first factor is that while taking into consideration the 12-year experience, working on addiction, recovery, and prevention, we noticed that a major issue involved in the addiction problem is being vulnerable on the socio-economic level. So, tackling socio-economic challenges of the vulnerable population by helping individuals get more skills for a better job opportunity could reduce the risk of delinquency



and drug use and at the same time, having a solid job with dignity is a positive protective factor, not to fall into delinquent behavior or drug search.

The second factor is that while working with vulnerable population, we noticed that facing addiction is not only a personal issue but also a community challenge, so while working on the recovery of a person at various levels, we cannot but work on strengthening communities at various levels too. Thus, the perspective of a sustained community development arose as a main pillar in our mission.



### STRATEGIC OBJECTIVE 1:

To offer access to health and social services to vulnerable individuals (in line with the UN Goal 3 – Good Health and Wellbeing)



### STRATEGIC OBJECTIVE 2:

To reduce poverty and boost economic growth, through reducing unemployment and increasing access to jobs (in line with UN goal 8 -Decent Work and Economic Growth)



### STRATEGIC OBJECTIVE 3:

To create sustainable and innovative solutions by working through partnerships (in line with UN Goal 17- Partnership to Achieve sustainable development

## How does CDLL stay loyal to its initial foundations and 12-year experience?

CDLL is keeping its two major roots: first, the graces of faith and second, the Therapeutic Community model and structure. These two foundations grew over the past 12 years in the framework of a multidisciplinary comprehensive approach in responding to the whole person's misery within our community challenges. This approach has been implemented through 7 sectors: health care, psychological counseling, family follow up, social empowerment, professional orientation and spiritual coaching.

## What does the future of CDLL look like?

On the bottom line, there is a challenge to survive within the actual political and economic environment. Our immediate organizational objective is to systemize our processes, programs and services to become ready to handle a growing scope of needs, requests and opportunities.

However, we hope to respond to the needs of our society by substantially growing on various managerial and programmatic levels and we align our mission and objectives with the UN Sustainable Goals 2030.

# ADVOCACY & CAMPAIGNING:

**“CDLL IS AGAINST LEGALIZING THE CULTIVATION OF CANNABIS WHICH IS A GATE TO LEGALIZE DRUG USE IN AN UNCONTROLLED LEGAL FRAMEWORK” – CDLL EXECUTIVE DIRECTOR.**

## **What are some of CDLL's Advocacy successes?**

On one hand, we were able to slow down the passing of the bill on legalizing the cultivation of cannabis. We were able to build a coalition of organizations, together approached ministers, deputies and head of parties, and brought them to reflect on the health and social bill such a decision might generate. In addition, CDLL has been working on proposing a new draft to modify the Law on drugs in order to

give the addicts the right to treatment, improve referral systems, and social re-integration.

## **What is CDLL's main advocacy aim?**

We promote equal opportunities about the importance of socio-labor insertion and employment of vulnerable people and people with addiction problems and treatment or at risk of social exclusion.



### **WE APPROACHED:**

3 MINISTERS  
128 DEPUTIES  
13 POLITICAL PARTIES  
2 SYNDICATES



**WE PARTNERED WITH**  
3 REHABILITATION  
ORGANIZATIONS



**WE PRESENTED ONE DRAFT**  
FOR THE LAW ON DRUGS  
(LAW 673)



### **WE ENGAGED**

30 EMPLOYERS FROM THE  
PRIVATE SECTOR OFFERING  
BUSINESS OPPORTUNITIES  
TO OUR BENEFICIARIES



**2018 WE INTEGRATED**  
52 VULNERABLE PERSON  
AND DRUG ADDICTS IN  
TRAINING AND JOB PLACES



#### LOBBYING

WE AIM TO HAVE A NATIONAL STRATEGY FOR COUNTERING DRUG USE AND TRAFFICKING IN LEBANON.



#### SHARING EXPERIENCE

WE TAKE PART IN RESEARCH, SURVEYS, AND DISCUSSION GROUPS WITH VARIED LOCAL, INTERNATIONAL INSTITUTIONS AND GOVERNMENT BODIES TO SHARE KNOWLEDGE AND BEST PRACTICES IN THE FIELD.

# TOWARDS A DRUG FREE SOCIETY

After 12 years of continuous growth, CDLL is ready to expand its scope in order to embrace the increasing number of people in need of guidance, support, and treatment. In the next few years, our goal is to develop new programs and services that will bring us one step closer to our vision of a drug-free society.

“THE EARLIEST AN  
ADDICT GETS HELP  
THE MORE CHANCES  
HE HAS TO COME OUT  
OF HIS TUNNEL AND  
BUILD A NEW LIFE AND  
IDENTITY”

# EMERGENCY RESPONSE



## **What is CDLL's emergency response project?**

CDLL is part of a Lebanese NGOs' network for emergency response. CDLL was amongst the 13 selected faith-based NGOs who received a 3 years training and capacity building from the Catholic Relief Services (CRS), to efficiently collaborate with the network over the

whole Lebanese territory and respond to situations of a natural, conflict, or war emergency. During a crisis, we are to deal with a shift of needs from regular, every day challenges to exceptional challenges and CDLL structure today has the ability to adapt meeting the needs of our population and making sure that the most vulnerable are not left behind.



# HIGHLIGHTS THROUGH THE YEARS



2006

THE START AS A VOLUNTEER-BASED INITIATIVE WITH 15 VOLUNTEERS AND PRIMARY ASSISTANCE TO ADDICTS IN NEED OF HELP.

2008

THE RECOVERY PROGRAM EVOLVED AS A MULTIDISCIPLINARY APPROACH FOCUSING ON 7 SECTORS.

2010

PARTNERSHIP WITH THE PSYCHIATRIC DEPARTMENT OF HOTEL DIEU DE FRANCE.



2007

- REHAB CENTER EMERGING FROM A CHRISTIAN MISSION AND BUILT ON THE THERAPEUTIC COMMUNITY MODEL.
- LAUNCHING THE CDLL 1ST SPIRITUAL CONCERT THAT BECAME ALMOST A YEARLY INSTITUTIONAL EVENT.

2009

“GO RIGHT” CAMPAIGN LAUNCHED FOR AWARENESS AND YOUTH MOBILIZATION.

2011

- FIRST CONTRACT WITH THE MINISTRY OF SOCIAL AFFAIRS.
- VOLUNTEER-BASED SOCIAL VENTURE, “IN OUR KITCHEN” LAUNCHED WHILE OFFERING VOCATIONAL AND LIFE SKILLS TO YOUTH.



2012

PARTNERSHIP WITH  
TREMPOLINE-ASBL  
REHAB IN BELGIUM.

2016

LAUNCHING IN  
FEBRUARY THE  
OUT-PATIENT  
RECOVERY  
PROGRAM  
OPENING THE  
DOOR TO  
WOMEN TO BE  
TREATED.

2017

- DEVELOPMENT AND  
START OF THE  
COMMUNITY-BASED  
PREVENTION PILOT  
PROGRAM IN BLAT-  
JBEIL.
- LAUNCH OF OUR  
COMMUNITY  
DEVELOPMENT  
PROGRAM.
- LAUNCH OF  
THE NATIONAL  
AWARENESS  
CAMPAIGN  
“BALADRUGS:  
JUDGE LESS HELP  
MORE” WITH  
**BALADRUGS.COM**  
THE FIRST ONLINE  
SUBSTANCE ABUSE  
EDUCATION SERVICE  
IN ENGLISH AND  
IN ARABIC.



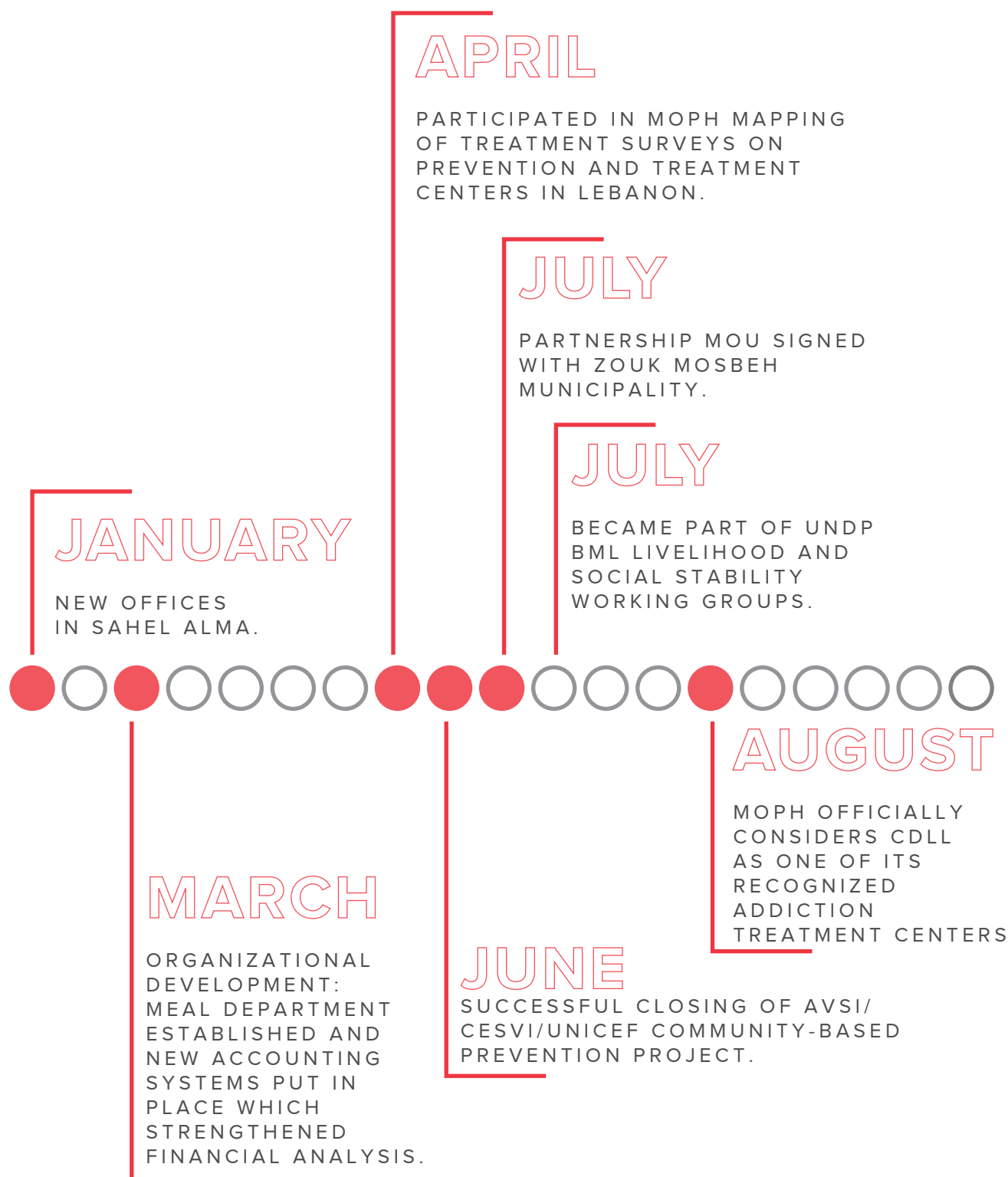
2015

BECAME  
MEMBER OF  
THE EUROPEAN  
FEDERATION OF  
THERAPEUTIC  
COMMUNITIES  
(EFTC).

**2016**  
**10 YEAR**  
**ANNIVERSARY!**

# HIGHLIGHTS

## 2018



## SEPTEMBER

START OF THE ADVOCACY CAMPAIGN WITH A NUMBER OF MINISTERS AND MPS AND HEADS OF POLITICAL PARTIES TO SLOW DOWN THE PASSING OF THE BILL ON LEGALIZING THE CULTIVATION OF CANNABIS.



## SEPTEMBER

AFTER A 3 YEAR PEER DEVELOPMENT PROGRAM WITH CATHOLIC RELIEF SERVICE (CRS), CDLL BECAME PART OF A NETWORK OF 13 FAITH-BASED NGO NETWORK TRAINED FOR EMERGENCY RESPONSE ACROSS LEBANON.

## DECEMBER

SUCCESSFUL CLOSING OF NVSP PREVENTION PROJECT WITH MOSA AND WORLD BANK.



## AUGUST

START OF WORK AGAINST LEGALIZING THE CULTIVATION OF CANNABIS AND BUILDING THE LEBANESE RECOVERY NETWORK OF THERAPEUTIC COMMUNITIES ( WITH CDLL, OUM EL NOUR, JCD, NOSROTO)

## OCTOBER

ORGANIZATIONAL DEVELOPMENT: HR DEPARTMENT ESTABLISHED.

## SEPTEMBER

CLOSING OF A SUCCESSFUL 2 YEAR COMMUNITY DEVELOPMENT PROJECT WITH MEPI.

# OUR PROGRAMS AND SERVICES

## PROGRAMS



### RECOVERY

- In-Patient Recovery  
| Rehabilitation | Re-integration
- Out-Patient Recovery  
| Rehabilitation | After-Care



### PREVENTION

- Drug awareness - Life Skills
- baladrugs.com online substance abuse education service



### COMMUNITY DEVELOPMENT

- Capacity Building
- Case Management, Counseling & Orientation
- Job Readiness & Placement



### ADVOCACY & CAMPAIGNING



### EMERGENCY RESPONSE

## SERVICES



### ADMISSIONS



### HEALTHCARE



### PSYCHOLOGICAL COUNSELING



### LEGAL SUPPORT



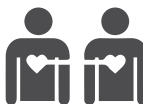
### SOCIAL EMPOWERMENT



### PROFESSIONAL ORIENTATION



### FAMILY FOLLOW UP



### SPIRITUAL COUNSELING

# FROM OUR RECOVERY TEAM

## 241 RECOVERING ADDICTS

### **Describe CDLL's Recovery Program:**

It's a journey that allows individuals to work on their bio-socio-psycho-spiritual entity to reach abstinence, change negative behaviors into positive ones, and become active in society again.

**"Addicts help other addicts through the recovery process under the supervision of expert staff" – Team Member**

## 892 FAMILY MEMBERS

### **Why is this program important?**

This program follows international standards and is evidence-based, a comprehensive program that works on the psychological, family, healthcare, legal, social skills, spiritual, educational and professional aspects.

### **What is the most important part of the recovery for beneficiaries?**

Beneficiaries learn how to think in a positive way. They learn to forgive themselves first and have hopes for a brighter future.

We focus on an individual's specific needs to help them regain their health and become drug-free.

### **What were the main challenges in 2018?**

The challenges we faced were financial challenges and the difficulty of having a small setting. On the beneficiary's level, it is always a challenge when the family does not cooperate to help benefit their child. Another big social challenge is the misconception about drugs and drug abuse that is widely spread on social media.

**"IT IS SUCH A NICE FEELING WHEN I THINK OF HOW THE BENEFICIARIES AND STAFF MEMBERS GREET EACH OTHERS EVERY MORNING. IT IS A NEW DAY" – TEAM MEMBER.**

## WHY DO YOU THINK YOUR ROLE AS COORDINATOR IS IMPORTANT FOR THE BENEFICIARIES?

My role is to coordinate staff interventions and rehabilitation activities and supervise the proper application of the rehab program rules, regulations, policies and procedures to help the beneficiaries reorganize their lives, build a new identity and set a new social network.

**“WHEN A BENEFICIARY FINISHES THE PROGRAM, ALL THE HARDSHIP WE WENT THROUGH TOGETHER GETS FORGOTTEN” – TEAM MEMBER.**

## RECOVERY AT CDLL

Recovery of drug and alcohol abusers aims at total abstinence, changing negative behavior and building a productive life. At CDLL, recovery targets 18+ candidates and follows 2 main courses:

### **Inpatient Rehabilitation Program**

- Only men
- Residential daily regimen including workshops, rehab sessions and recreational activities within the framework of both common and individual treatment plans
- Usually targeting severe addiction disorder
- 11 months duration
- Community as method with a multidisciplinary intervention
- Structured micro-social environment
- Aiming at a complete change of lifestyle and gaining a new identity

### **Followed by a reintegration program for 12 months focusing on:**

- Full time job or study
- Building new relationships
- A balanced repositioning in society at large
- Achieve a new life project

### **Outpatient Rehabilitation Program**

- For both women and men
- Regular weekly schedule including drug test, individual counseling, group support meetings and various rehab sessions
- Usually targeting abusers still functional at work, school and in their families
- 12 months duration
- Multidisciplinary approach within the framework of a strong partnership between beneficiaries, their families and CDLL staff
- Aiming at a restructuring of the life project with a new positive world view and right living practices

### **Followed by an aftercare program for 12 months focusing on:**

- Full professional engagement
- Clean and well established relationships
- A solid base of family and social commitment



**“CDLL WAS MY SAVIOR” - V. RECOVERING ADDICT**

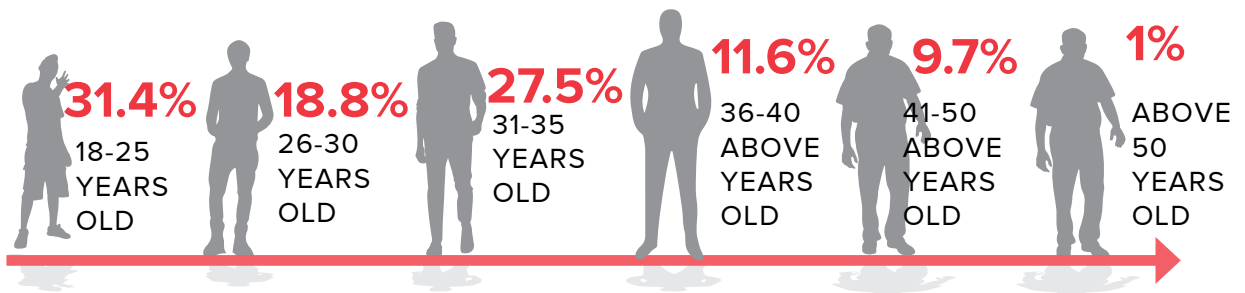
## WHAT ROLE DOES THE RECOVERY STAFF PLAY IN AIDING BENEFICIARIES?

Mental health therapeutic methods focus on patient to therapist relationship. In the TC model, the front line staff members play the major role of

facilitating resident to community relationship. Thus, the staff incorporates the type of rational authority that guides the residents to reach the rehabilitation objectives. Residents are responsible partners in their recovery path. The Staff is responsible to facilitate their path through a secure, well-organized and "clean" structure and setting.

### What is the biggest change you enjoy seeing in beneficiaries after they join the program?

The moment when I see their love and care for one another. Before the program, beneficiaries tend not to care for themselves but after the program, they shift into caring for themselves and others through expressing their emotions, thoughts, responsibility and love for one another.



The percentages represent the people we have supported through our rehab program in 2018. We do not usually handle cases below 18 since they need another kind of support

### What is the Therapeutic Communities approach?

The TC approach aims not only to treat the individual disorder of drug addiction but also to help the beneficiary change his lifestyle and personal identity. Through a structured community and a daily regimen, the TC is designed to facilitate healing, learning and change in the person. The gradual change process through the stages of

recovery calls for an engagement in "right living". The key of this change process is the community life of both beneficiaries and staff with an emphasis on peer support and role models. So at the end of the process the beneficiary not only leaves the program drug-free but also employed or in school with a new set of values and social network.



229

ADMISSIONS  
BENEFICIARIES



102

IN-PATIENT  
BENEFICIARIES



39

OUT-PATIENT  
BENEFICIARIES

CONFIDENCE BETWEEN ME AND MY FAMILY HAD  
DISAPPEARED, THE PHASE SYSTEM IN THE COMMUNITY  
HELPED REBUILD THIS CONFIDENCE SLOWLY" - F.  
RECOVERING ADDICT

# FROM OUR PREVENTION TEAM:

## What is the Prevention Program?

This program works on two levels: (1) educating children, adolescents, youth, parents, and professionals through providing them with the right information about drugs

and drug use and correct their misconceptions, and (2) empowering them through life skills workshops and trainings to become active agents in their communities.

## 17,652 TOTAL BENEFICIARIES

**1252** THROUGH  
BALADRUGS  
BALA WHEN YOU NEED RELIABLE ADVICE

**2896**  
CHILDREN

**5725**  
YOUTH

**2357**  
ADOLESCENTS

**5174**  
PARENTS

**230**  
PROFESSIONALS

**18**  
POLICE

PEOPLE ARE CURIOUS AND IT IS THEIR RIGHT, PEOPLE CAN GET CONFUSED AND IT IS NORMAL. THAT IS WHY WE ARE HERE, SO WE CAN HELP EVERYONE WE MEET TO PROTECT THEMSELVES FROM HARM CAUSED BY ALCOHOL OR DRUG CONSUMPTION<sup>®</sup> – **TEAM MEMBER.**

## What are the approaches used in this program?

Our number one rule is to provide several forms of intervention to each of our beneficiaries through trainings, sessions, and workshops. Secondly, we work with the whole

community to reach parents, schools, municipalities, peers, and others through our community-based approach. Finally, we train youth and parents to enable them to raise awareness in their own communities.



**"I DID NOT KNOW A LOT ABOUT THE PSYCHOLOGY BEHIND SUBSTANCE ABUSE. ALL I SAW WAS PEOPLE LOOKING FOR A GOOD TIME BUT NOW, I CAN REFLECT ON SUCH SITUATIONS AND PEOPLE AND I CAN SEE A LOT OF IMPORTANT THINGS IN LIFE THAT ARE LACKING PROPER ATTENTION" – L. Z. TEAM MEMBER**

## **PREVENTION AGENTS**

**ARE LEADERS FORMED FROM YOUTH, PARENTS, AND OTHERS WHO HAVE RECEIVED TRAININGS AND HELP US SPREAD AWARENESS IN THEIR COMMUNITIES.**

**What role does the staff play in this program?**

Educators, trainers and facilitators. They work with youth not only to train them to say no to drugs, but they also empower them to avoid risky behaviors and to become part of shaping their communities and society. They help caregivers to understand youth, to define drug

abuse signs and support abusers to overcome their addictions.

**Why do people need such programs?**

They need the right information about the whole issue of substance abuse because the problem is widespread, constantly growing and concerns us all.

**"I BELIEVE THAT FOR ME TO BE A HEALTHIER PERSON, I NEED TO FOCUS ON BOTH MY EMOTIONAL AND MENTAL GROWTH WHICH WAS EXACTLY WHAT THE TWO TRAININGS I ATTENDED WERE ABOUT. THE FIRST MADE ME RICHER BY KNOWLEDGE AND THE SECOND MADE ME MORE COMPASSIONATE AND POSITIVE" – N. I. PREVENTION AGENT .**

### What was the program you ran with the Lebanese Army?

Our collaboration with the Lebanese Army for 2018 aimed at reaching the masses through 53 recorded drug awareness episodes as part of the “soldier’s program” or “برنامج الجندي” which was broadcasted every week nationwide on 17 local radio stations. The information focused on drugs, substance abuse and on how to help an addict, along with live testimonies from our beneficiaries and their families.

“BEING A UNIVERSITY STUDENT, I AM ALWAYS EXPOSED TO DRUG USERS. THIS TRAINING TAUGHT ME HOW TO PROTECT MYSELF FROM DRUGS AND NOT BE ASHAMED WHEN REJECTING IT, WHILE ALSO UNDERSTANDING HOW TO HELP OTHERS IN NEED OF HELP” –  
**C. K. PREVENTION AGENT**

### Tell us about the pilot project you ran in Blat.

We ran a community-based prevention pilot program in partnership with UNICEF, AVSI and CESVI and in collaboration with the municipality of BLAT for 2 years, which aimed to promote youth development, reduce risk-taking behaviors, build assets and resilience, and prevent problem behaviors across the individual’s life span. The project involved most of the community partners: the municipality, the schools, the university, the parishes, the scouts and several active actors in the region.

Out of 30,000 Lebanese living in BLAT, 65-70% are younger than 40, with more than 9,000 Syrian refugees.

Through this project we have reached 8640 individuals out of

which 96 youth as well as 18 police officers were trained to become prevention agents to insure the sustainability and impact in their community.

7 initiatives were implemented.

14 cases were detected and referred to CDLL’s rehab program.

### What is Baladrugs?

We launched [www.baladrugs.com](http://www.baladrugs.com) which is an awareness online substance abuse education service that talks to kids, adolescents, parents, and care-givers about addiction and substance abuse. It provides a platform for discussions and disseminates awareness videos of real testimonies. It is the first of a kind to deliver content in Arabic.

“IT IS AN ENRICHING PROGRAM THAT GUIDES YOUTH TO KNOW THE CULTURE BEHIND DRUGS THROUGH A FUN AND INTERACTIVE WAY THAT CONCENTRATES ON THE POSITIVE THINGS IN LIFE AND THAT HELPS US DEVELOP MORE TARGETED PROGRAMS”  
– **TEAM MEMBER**

**THE TRAINING  
CLEARED UP THE  
MISCONCEPTION OF**

**74.2%**

**OF PARTICIPANTS**

**WHO NOW AGREE  
THAT HASHISH  
IS ACTUALLY  
ADDICTIVE**

# FROM OUR COMMUNITY DEVELOPMENT TEAM:

## What is the Community Development Program?

It is a program funded by the US Embassy through its Middle East Partnership Initiative (MEPI) for 2 consecutive years, that targets vulnerable individuals through giving them personal and professional skills to enable them to join the workforce. It aims to help them become more productive and improve their livelihoods through building their capacities.

WE PARTNERED WITH

**10 MUNICIPALITIES**

**21 BUSINESS PARTNERS**

## What makes this program different than other training programs?

We do not look at individuals as if they are in a training institution but rather there is a more social approach that supports individuals to commit to the program while offering different support from psycho-social, health, employment, and others.

## What is the used approach and the different offerings of this program?

It is a needs-based approach that relies on both individual and market needs, which means we look at the market needs and what individuals in specific areas need in order to link the two together through providing focused vocational, technical, health, and life skills trainings.

## OUR BENEFICIARIES WERE

**77%**  
FEMALE BENEFICIARIES

**23%**  
MALE BENEFICIARIES

WITH

**35 YEARS** AS  
**AVERAGE AGE**

“IT IS A LIVELIHOOD IMPROVEMENT AND ECONOMIC, PERSONAL, AND PROFESSIONAL EMPOWERMENT FOR YOUTH, WOMEN, AND VULNERABLE INDIVIDUALS”  
– TEAM MEMBER”



## TRAININGS

Make-up & Nails  
Cooking  
English  
Computer

Family Dynamics  
Health  
Lifeskills  
And many more

THIS PROGRAM  
BRINGS LIFE BACK  
TO THOSE WHO  
WANT IT” – R.  
**BENEFICIARY -  
COOKING CLASS**

### Why are women one of the main targets of the project?

Empowering women is an efficient way to speed up development and the process of overcoming poverty. If provided with the opportunity,

women can be important agents of change and recovery. Investing in women is a smart way to mitigate the negative effects of a crisis and help rebuild economies.

“THE ENTIRE PROJECT WAS VERY FULFILLING AND GAVE BENEFICIARIES A NEW MEANING TO THEIR LIVES AND FUTURE. A SENSE OF SELF-WORTH, YOU MIGHT SAY. OUR COLLABORATION WAS VERY REWARDING BECAUSE TOGETHER WE SAW THE POTENTIAL IN EACH AND EVERY INDIVIDUAL” – **AMERICAN LEBANESE LANGUAGE CENTER  
CDLL’S EDUCATIONAL PARTNER.**



# 57%

**OF BENEFICIARIES  
DROPPED OUT BEFORE  
SECONDARY SCHOOL LEVEL.**

### Why do beneficiaries need such programs?

Most participants needed such intensive programs to develop their

personal and professional skills in order to join the workforce quickly. In Lebanon the cost of trainings is very expensive and unaffordable for many disconnected youth and those who suffer from a low educational background which does not open up many opportunities for them. The program helped them open the door for a new job, a job improvement, a new opportunity with our different business partners or work-from-home jobs.

"BECAUSE OF THIS PROGRAM, I HAVE COME TO REALIZE THAT EVERY PERSON MIGHT HAVE HIS OWN PROBLEMS AND CHALLENGES – BUT WHAT IS IMPORTANT IS HOW TO GET THROUGH THEM AND START AGAIN" – D. BENEFICIARY

"THE COLLABORATION WAS CHALLENGING SINCE IT IS NOT LIKE THE USUAL COOKING CLASSES I USED TO GIVE. WE STARTED FROM BASICS AND MOVED UP. THE RELATIONSHIP WAS UNIQUE AND SPECIAL. I INVESTED MY FULL ENERGY, PASSION, AND FEELINGS TOWARDS MY STUDENTS AND AIMED TO PUSH THEM FORWARD AND WANTED THEM TO SUCCEED IN ANY POSSIBLE WAY" – OWNER OF DESIR NOIR CHOCOLATE CHEF LAMIA SALHAB, CDLL TECHNICAL TRAINING PARTNER.

#### AFTER THE PROGRAM

47%

OF BENEFICIARIES FOUND  
INTERNSHIPS AND/OR JOBS

20%

OF BENEFICIARIES WERE  
IMMEDIATELY HIRED

#### What do beneficiaries enjoy most about this program?

They enjoyed the friendships that they established and the fact that their personal development became the focus of their lives, which allowed them to think about their needs for the first time, rather than the needs of their households.



APPLICANTS OVER THE  
SPAN OF ONE YEAR!

65

SELECTED  
PARTICIPANTS

171

INDIRECT  
BENEFICIARIES

#### What is the biggest change you see in beneficiaries?

Their personal development, their self-confidence, and the self-changes they made.

"WE ARE AGENTS OF CHANGE WHICH WE TRY TO REFLECT UPON BENEFICIARIES SO THEY CAN BECOME AGENTS OF CHANGE IN THEIR OWN LIVES AND GET ONE STEP CLOSER TO THEIR GOALS" – TEAM MEMBER.

"THE SOCIAL SUPPORT TO INDIVIDUALS WHO NEEDED PSYCHO-SOCIAL SUPPORT MOTIVATED ME TO MAKE SURE THESE INDIVIDUALS DID NOT DROP OUT FROM THE PROGRAM AND TO GUARANTEE A POSITIVE CHANGE IN THEIR LIVES" – TEAM MEMBER.

# CDLL SERVICES

**CDLL SECTORS OF INTERVENTION TAKE INTO ACCOUNT THE INTEGRATED VIEW IN APPROACHING THE PERSON IN NEED OF HEALTH, SOCIAL OR ECONOMIC SUPPORT. THEY REVEAL OUR MULTIDISCIPLINARY INTERVENTION IN RECOVERY, PREVENTION AND COMMUNITY DEVELOPMENT PROGRAMS. THESE SECTORS SUPPORT THE BENEFICIARIES ACROSS OUR PROGRAMS TO REMOVE THE ROADBLOCKS BETWEEN THEM AND THEIR FUTURE.**



## **Admission**

We know that getting immediate help is priority for the addicted persons and their families. At CDLL, getting started is easy. Admission often starts with a patient's or family member's initial phone call with a caring staff member to discuss information that will help understand the person's drug and treatment history, health, social and legal related matters.

During the admission phase we work on the following objectives

- Motivation to treatment,
- Introduction to the recovery process, its objectives, stages, activities, schedules and conditions,
- Assessment on psychological, medical, legal, family and social levels,
- Committing to abstinence from drug and alcohol use starting usually with a detoxification program in a hospital.

It takes around 2 weeks to prepare the candidates and determine what program, the in-patient or the outpatient, would be a better matching treatment for them.

The program welcomes men and women, above 18 years old, from any religion or nationality. Requests below

18 years old can be studied on a case-by-case basis.



## **Health care**

Medical follow-up and care is provided for the beneficiaries across our programs. The healthcare service is crucial to retain many vulnerable youth and beneficiaries with alcohol or other substance abuse problems and suffering from co-occurring disorders and help them sustain longer in their recovery and start their road to success. Even community development beneficiaries do benefit from this service on a case-by-case basis. This includes:

Mental health detection and follow up in coordination with hospitals, mental health systems and psychiatrists.

Medical problems management: general health, respiratory, kidney and liver problems (including Hepatitis B and C), dental care, after surgery care etc...

CDLL is developing its health prevention modules to respond to wider requests.



## **Psychological counseling:**

Individual treatment plan and psychological counseling helps the beneficiary

do better within the Therapeutic Community groups and advance faster in his individual process to recovery. Counseling is conducted by professional psychologists, using a variety of evidence-based techniques, and is offered to individuals and in group therapy set-ups.



### Family follow up

At CDLL, we encourage the family to become a supportive partner in the recovery of their loved one. We work with families of recovering beneficiaries as well as with parents of addicts who are not yet enrolled in any program. We educate them about drug abuse and addiction issues, alleviate their immediate burdens, and explain the recovery path requirements and experience of their beloved ones. Our staff offers as well, parenting guidance to parents and addicted parents in our programs, and specifically supports mothers in building their capacity to become economic agents for their families able to manage flexible occupations in ways not to compromise their motherhood roles.



### Legal support

1/3 of the recovering fellows and at-risk youth have problems or processes with the legal authorities. CDLL staff and legal consultants work on their legal issues, coordinate with their lawyers and families, and aim to clear their records and encourage them to avoid future offenses. Fellows are trained to understand, cope with, and manage their legal problems, as they learn to understand that a clean criminal record will help them pursue a more promising job and a better future.



### Social empowerment

We help our beneficiaries flourish and encourage them to integrate their community as constructive members by

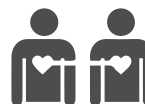
- Empowering them with life skills: coping with anger – fear, stress management, decision making and others
- Helping them secure sustainable integration in healthy recreational activities and volunteer work
- Guiding them into healthy relationships



### Professional and educational orientation

Every person deserves a second chance and we believe that leveling up the skills of vulnerable persons, both recovering fellows and those seeking to improve their job opportunities and livelihoods will help them get better job opportunities and pursue their aspirations. This includes:

- Job readiness and courses: writing a CV, cues for job interviews, English, computer, management and financial literacy courses...
- Vocational and technical trainings...
- Placing them in trainings and supporting them to commit to a serious job



### Spiritual coaching

One of the most important ways for those in recovery to maintain their sobriety is to grow spiritually and live an authentic life:

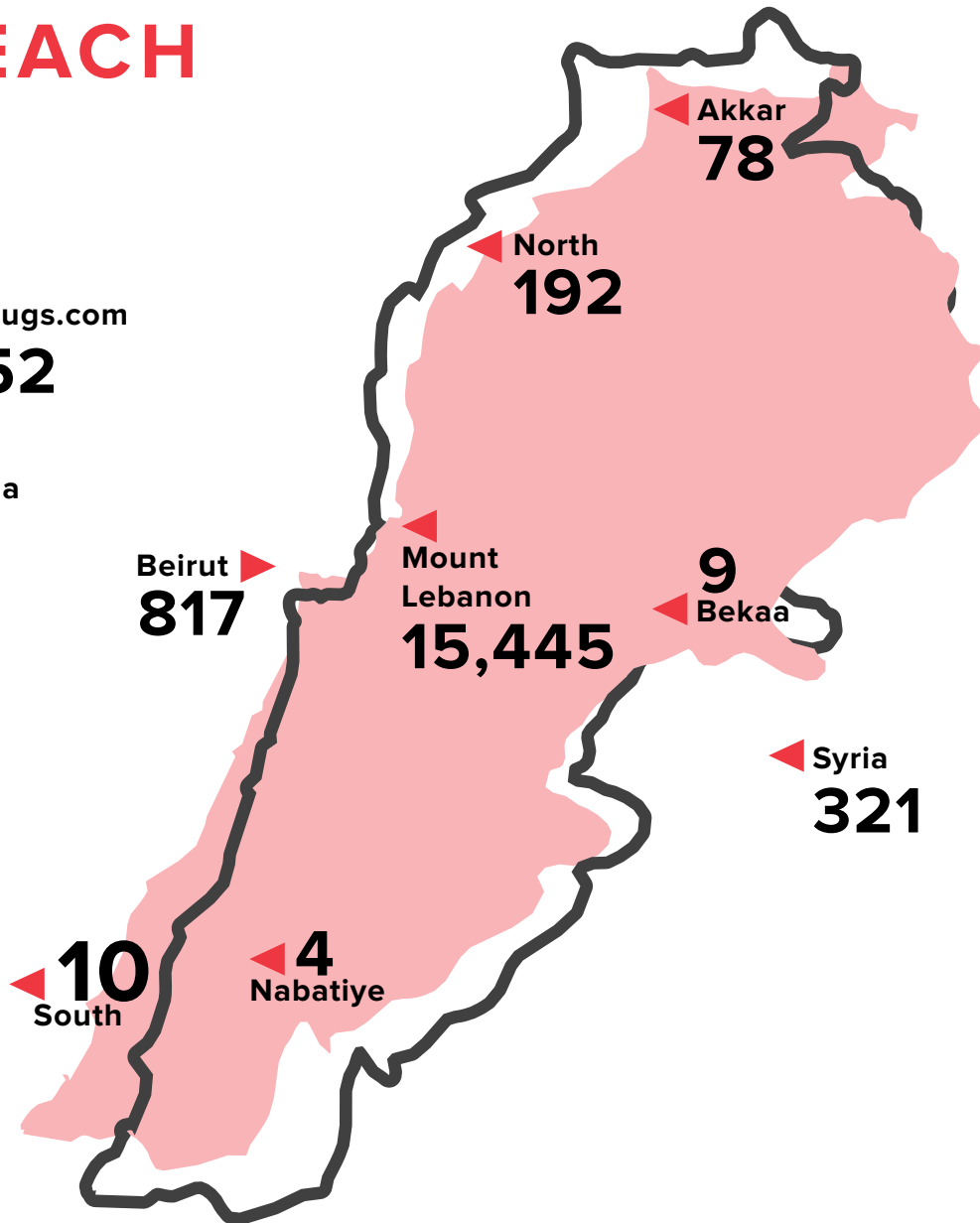
- Facilitating the experience of God's love for humankind,
- Accompanying the fellow in a deep healing process,
- Enhancing right living based on universal values.



# REACH

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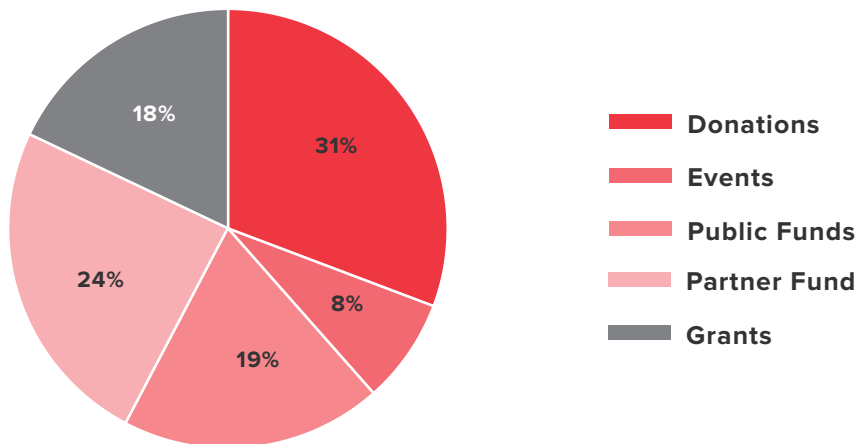
▼  
Canada  
**1**



Governorate/ Country	Community Dev CD	Prevention	Recovery
South	6	-	4
North	5	171	16
Akkar	5	73	-
Beirut	26	753	38
Bekaa	2	-	7
Mount Lebanon	189	15,083	173
Nabatiye	4	-	-
Syria	-	320	1
Canada	-	-	1
Baladrugs	-	1,252	-
<b>Total</b>	<b>236</b>	<b>17,652</b>	<b>240</b>

# FROM THE FINANCE TEAM:

## INCOME 2018

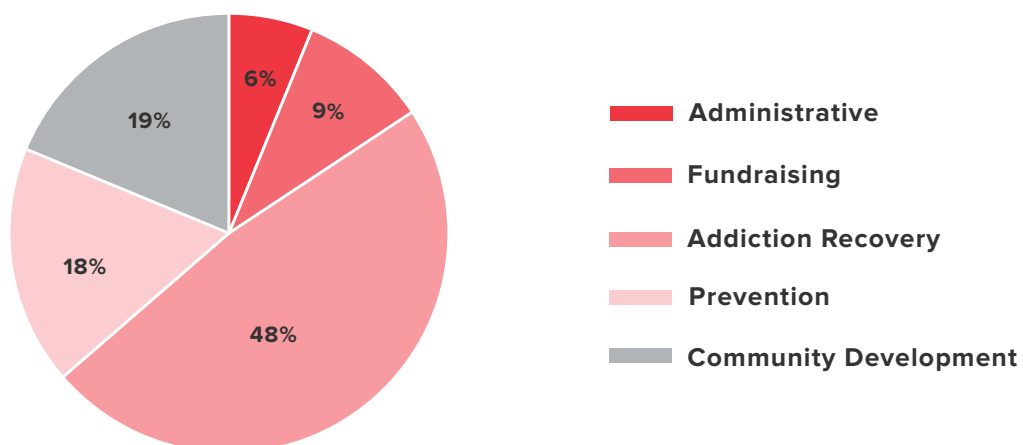


### How do you spend donor's money?

100% of all donor's money go directly to our three programs. Our partner's fund covers the administrative and fundraising

costs. It is also important to note that all our services are free of charge.

## EXPENSE 2018



### What is the most area that funds are spent on?

Almost half of all our expenses cover the recovery program which includes both our inpatient and outpatient programs. The two main reasons are first, the fact that

residents in the rehab center live 24/7 over a period of 11 months. Second, the nature of work requires personnel with very high skills and expertise.

# FROM OUR FUNDRAISING TEAM:

## 2 MOVIE FUNDRAISERS!

**APRIL – BACKSTABBING FOR BEGINNERS**  
**DECEMBER – BEN IS BACK**

In collaboration with our main sponsors, BLF (Banque Libano-française) - INDEVCO - Credit Libanais - Beirut Legal - Allianz-SNA - Chili's and Talaya, 2 movie fundraisers were organized to gather more than 1,200 supporters that were there for us. We enjoyed seeing all the new and old faces while sharing highly touching movies like "Ben is back" with a very true depiction of how families of drug dependent persons struggle with their loved ones to win the battle against addiction.

**WANT TO HELP US ORGANIZE OUR NEXT EVENT** **CALL US ON 71/881377.**

## IN OUR KITCHEN

**A SLICE FOR A CAUSE! THIS IS OUR MOTTO!**

Through this volunteer-based initiative, we aim to inspire and empower youth to be agents of change in their community and to lead upstanding and drug free lives. At "In Our Kitchen", we bake and sell fresh pizza and every slice matters! A new menu developed with our consultants

Forty Forks, was launched at Mzaar Summer Festival – Kfardebiane with a new look thanks to BTL creative agency. Sponsored by Commercial Insurance, with the support of our volunteers who filled X hours this year our kitchen landed again at Vinifest – Hippodrome du parc de Beyrouth and in "Christmas in actions"- Train station Mar Mkhayel.

**WANT TO COOK WITH US?**  
**CALL US ON 71/881377.**

## PARTNER FUNDRAISING INITIATIVES

Youth today are themselves aware of the growing problem of drug addiction and they are supporting directly their peers in their recovery. Therefore, LAU Football Fan Club students gathered over 100 individuals in November to watch Champions League between Juventus and Manchester United while enjoying their meals with an aim of donating part of the funds collected from that day in support of CDLL's mission!

**WANT TO SUPPORT OUR MISSION THROUGH INITIATIVES?**  
**CALL US ON 71/881377**





### **What is CDLL's fundraising objective for 2019?**

Our main objective for this year is to widen CDLL regular donors circle. In a time where the need of our services is increasing and the international and governmental support is decreasing, people's support is much needed. Small amounts are making big differences. As a first step, the activation and launching

IN 2019, WE ARE DEVELOPING REGULAR EVENTS THAT ENGAGE YOUTH THROUGH OUTDOORS AND CULTURE. THE MAIN OBJECTIVE BEHIND THIS INITIATIVE IS TO INSPIRE YOUTH AND FAMILIES BY INVITING THEM TO CONNECT TO NATURE, CULTURE AND THE BEAUTY OF POSITIVE RELATIONSHIPS IN ORDER TO APPRECIATE LIFE THROUGH ITS SMALLEST DETAILS AND ATTRACT THEM TO CHOOSE CONSTRUCTIVE AND HEALTHY ACTIVITIES.



of the online regular donations campaign «Kelna Maaniyin» **كلنا معنيين** will be our target focusing on the valuable role of every and each one in giving to the cause.

### **What are some of the planned upcoming events in 2019?**

We will have special gatherings for CDLL friends, supporters, and volunteers throughout the year! The financial and political situation in Lebanon is not at its best which might jeopardize the return on our fundraising efforts.

Against all odds we will be waiting to meet again all our spiritual concert fans. In 2019, our concert in its 10th edition and this year it will be a musical! Mark your calendars; November is what we're looking for at the Casino Du Liban.

Not to forget our regulars, visit "In Our Kitchen" stand that will land in August at Mzaar Summer Festival 2019 and at Vinifest 2019 in October. It is always worth dropping a visit to the food court for the yummiest pizza and for a good cause.

Also, stay tuned to our upcoming hikes where we invite youth disconnect from the real world and connect to beautiful small things around them. And of course don't miss out our Garage Sale that is now online. A click is all what it takes and CDLL will take charge of your request.

**WANT TO BE PART  
OF ANY OF OUR  
EVENTS?**

**HELP IN THE  
MAKING,  
OR ATTEND THEM?**

**WANT TO DONATE TO  
OUR GARAGE SALE?**

**ALL YOU HAVE TO  
DO IS CALL US ON  
71/881377.**

# OUR PARTNERS

We would like to thank everyone who collaborated with us to provide the highest level of services to our youth, families, and the society.

To every volunteer, partner, donor, doctor, municipality, company, hospital, university, school, NGO, church, movement, public institution, to all the media support and others – it is only together that we can make a meaningful change in their lives and ensure that the most vulnerable are not left behind.

## MAIN PARTNERS



## AFFILIATIONS



## TECHNICAL PARTNERS



## PROJECT PARTNERS IN THE LAST FIVE YEARS



## TREE OF HOPE



UNIPAK TISSUE MILL  
Member of INDEVCO Group

BANKERS



Tinol

# تعلق بِبلدك



## INDEVCO

**INDEVCO HQ** Tellet Al-Assafir, Ajaltoun, Lebanon, P.O. Box 11-2354 Beirut, Lebanon

**Tel:** +961-9-209-112 | **Fax:** +961-9-235-736 Ext. 3256 | [info@indevcogroup.com](mailto:info@indevcogroup.com)

[www.indevcogroup.com](http://www.indevcogroup.com)



INDEVCO Group

# OUR TEAM:



## CDLL OPERATIONAL TEAM IN 2018

### EXECUTIVE COMMITTEE

<b>Souraya Frem Baroud</b>	President and co-Founder
<b>Nada Frem Hjeily</b>	Vice President and Co-Founder
<b>Bassem Boustany</b>	Secretary and Co-Founder
<b>Sa bine Bou Lahoud Abou Khalil</b>	Treasurer
<b>Jacques El Kallassi</b>	Member (Télé Lumière)
<b>Eddy Khalaf</b>	Member

### MANAGEMENT TEAM

<b>Souraya Frem Baroud</b>	President
<b>Nada Frem Hjeily</b>	Vice President
<b>Dr. Raffi Kaypekian</b>	Operations Manager

#### ADMINISTRATIVE AND FINANCE TEAM

<b>Nadine Nasr Koussaifi</b>	Administration and Finance Coordinator
<b>Wadiaa Khayrallah Roukos</b>	Accountant
<b>Paula Ghaleb Bou Frem</b>	Administrative Assistant
<b>Stephanie Gerjes</b>	Administrative Assistant
<b>Hanna Yazbeck</b>	Purchase Agent

#### MARKETING AND FUNDRAISING TEAM

<b>Celine Frem</b>	Marketing Coordinator
<b>Salwa Rahmeh</b>	Fundraising Coordinator
<b>Nour Saade</b>	Marketing and Fundraising Assistant

#### RECOVERY MAIN TEAM

<b>Sylvana Chlela</b>	Reintegration and Community Development Program Coordinator
<b>Grace Bitar El Hkayem</b>	Responsible of the Health Care
<b>Nisrine Feghali Semaan</b>	Responsible of Admission
<b>Ghada Daccache</b>	Admission Agent
<b>Sandra Saadeh Abou Tayeh</b>	Rehabilitation Programs Coordinator
<b>Hiba Khalil</b>	Family and Legal Follow up Assistant
<b>Charbel Sawma</b>	Rehabilitation Administrative Assistant & Educator
<b>Jana Daccache</b>	Outpatient Program Psychologist
<b>Rayanne Abi Dib El Ramy</b>	Rehabilitation Program Educator and Psychologist
<b>Joseph Rahmeh</b>	Rehabilitation Program Educator
<b>Anne Marie Younes</b>	Rehabilitation Program Educator and Psychologist
<b>Sarah Awad</b>	Rehabilitation Program Educator and Psychologist
<b>Tony Khoury</b>	Night Shift Supervisor

#### PREVENTION

<b>Patricia Abi Aad</b>	Prevention Program Coordinator
<b>Elsy Eliane</b>	Prevention Agent
<b>Mia Roupheal</b>	Prevention Content Developer

#### COMMUNITY DEVELOPMENT

<b>Dona-Maria Kallassi</b>	Community Development Social and Administrative Assistant
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#### MEAL

<b>Andrea Zard</b>	MEAL and Grants Coordinator
<b>Mary Safi</b>	MEAL and Grants Assistant

#### HR DEPARTMENT

<b>Najla Ghobeira</b>	HR coordinator
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# WANT TO HELP?

## WANT TO HELP SOMEONE YOU KNOW?

YOU CAN MAKE A DIFFERENCE IN A FRIEND, SIBLING, CHILD AND EVEN YOUR OWN LIFE!

Get the help needed by calling our confidential helpline on **81/211311** or visit **www.baladrugs.com**, our online substance abuse education service.

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## WANT TO VOLUNTEER?

HAVE SOME FREE TIME ON YOUR HANDS?

WANT TO GIVE BACK TO YOUR COMMUNITY?

WANT TO MAKE A DIFFERENCE IN THE WORLD?

BECOME A CHANGE MAKER!

Contact us to see the different volunteer opportunities we have on **71/881377** and become part of our family!

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## WANT TO REACH US?

Want to reach us?

Help line: +961 81211311 Administration: +961 9 635 672 | +961 9 478 937

P.O. Box 1444, Jounieh, Lebanon

info@cdll.org.lb

www.cdll.org.lb

www.baladrugs.com

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## WANT TO FOLLOW US?



cenacledelalumiere



cenacledelalumiere



CDLL – Cenacle De  
La Lumiere

# WANT TO DONATE?

THERE ARE MANY WAYS YOU CAN HELP!

You can go to our website at [www.cdll.org.lb](http://www.cdll.org.lb) and click on **Donate**;

**Or you can make a bank transfer to:**

**BLF Bank (Banque Libano-française)**

**Acc. No. LBP** 016297349001422

**Iban LBP:** LB34 0010 0000 0016 2973 4900 1422

**Acc. No. USD** 016297349001840

**Iban USD:** LB97 0010 0000 0016 2973 4900 1840

**Swift** BLFSLBBX

**Byblos Bank**

**Acc. No. LBP** 425 4155854 002

**Iban LBP** LB93 0039 0000 0004 2541 5585 4002

**Acc. No. USD** 425 4155854 001

**Iban USD** LB23 0039 0000 0004 2541 5585 4001

**Swift** BYBALBBX

**For international donations:**

**BLF Bank Offshore**

**Acc. No. USD** 016297349002840

**Iban USD:** LB63 0010 0000 0016 2973 4900 2840

**Swift:** BLFSLBBX

**CDLL USA**

**JPMorgan Chase Bank**

**Acc. No.** 906773523

**Routing No.** 021000021

**Swift:** CHASUS33

Or come by our offices in **Halat** or **Haret Sakher!**



[baladrugs.com](http://baladrugs.com)