



MEDIA RELEASE

May 2013

Maldives Turns to Thailand to Help Combat Drug Addiction

In a proactive effort to counter the alarmingly high rate of drug abuse in the Maldives, which is “now the most serious problem facing the country according to several ministries”¹, the Maldivian Minister of State for Health Lubna Mohamed Zahir Hussain will visit The Cabin Chiang Mai, Asia’s leading inpatient drug and alcohol rehab centre located in Thailand, between May 20th – 22, 2013 with a view to adopting their highly successful treatment model at a national level.

Although results of the first-ever National Drug Use Survey for the Maldives, undertaken in close collaboration with the United Nations Office on Drugs and Crimes, earlier this year estimated drug users to be at 7,500 out of the 300,000 Maldivian population – with the majority in the 15-24 age cohort; the exact number of drug addicts in the Indian Ocean archipelago is thought to be much higher.

“Some reports suggest there are 30,000 regular drug users in the country. Two years ago, the United Nations Development Program estimated 40 per cent of Maldivian youth were using hard drugs. Heroin, which is one of the most highly addictive and destructive drugs, is the most frequently abused in the country.”²

The State Minister for Health, who is also the National Drug Agency (NDA) Chairperson, will lead a team of NDA board members in three days of meetings with The Cabin’s board of directors to explore ways to incorporate The Cabin’s addiction treatment model into addiction treatment programmes currently running in the Maldives. The trip will also include facility inspections of its two primary rehab treatment homes and a secondary treatment Sober House as well as presentations on the rehab centre’s working model.

The Cabin treats both chemical (drug and alcohol) and process addictions using a unique treatment model that integrates CBT, 12 Steps and Three Circle techniques to achieve recovery in a shorter time span than traditional methods. This secular and culturally adaptable programme, which includes relapse prevention therapy and dedicated aftercare, draws clients from all over the globe as The Cabin Chiang Mai is able to offer world-class treatment and accommodation at approximately 1/3 of the rates quoted by similar facilities in the West.

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¹ Report of the International Narcotics Control Board 2006

² Sydney Morning Herald (Jan 2012): <http://www.smh.com.au/world/maldives-struggles-to-fight-drug-epidemic-20120125-1qhpr.html#ixzz2RwFaLe3S>



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About the Cabin

The Cabin Chiang Mai is Asia's most respected Drug and Alcohol treatment centre, with two facilities and a secondary treatment Sober House located in Chiang Mai. Since 2009 the Cabin has treated over 400 men and women from around the world with a programme completion rate of 96% and a recovery rate amongst the highest in the world.

The unique programme at The Cabin combines CBT, the 12 Steps, mind mapping, mindfulness therapy and physical exercise therapy. A fully inclusive 28 day programme at The Cabin Chiang Mai costs \$12,900, about a third of the cost of private rehabs in countries such as Australia.