

**APARI supports recovery from
addiction**



APARI's Mission

APARI, an incorporated non-profit organization, was established in 2000 as a think tank for DARC, a rehabilitation facility for drug addicts. We provide recovery support for drug addicts in cooperation with government and administrative agencies, rehabilitation facilities, and other private organizations. Not bound by the conventional medical and judicial systems, APARI supports the recovery of individuals and families with addiction problems in the Asia-Pacific region, transcending national borders, with the philosophy of "rest for those who need rest, knowledge for those who need knowledge, and companionship for those who need companionship."



Founder of NPO APARI **Tsuneo Kondo**
Founder of DARC

Profile

Founder of DARC, a former penal code offender and a former drug addict

1985: Established DARC in Nippori, Tokyo. DARC has facilities in approximately 70 places across the country as of now.

1995: Received the 9th Tokyo Bar Association Human Rights Award

2000: Received the 35th Yoshikawa Eiichi Literary Prize

2009: Project manager of the JICA (Japan International Cooperation Agency) Grassroots Cooperation Project

2009: The Training Institute for Correctional Personnel of the Ministry of Justice (Lecturer)

2011: Ryukoku Corrections and Rehabilitation Center of Ryukoku University (Part-time researcher)

2013: Received the top prize of the 4th Sakuta Akira Memorial Foundation
Passed away in February 2022

Books: "Mafuyu no Tampopo (Midwinter Dandelion): Recovering from Stimulant Dependence," published by Futabasha (2018); other works

APARI's history

APARI stands for "Asia-Pacific Addiction Research Institute," which is its formal name.

APARI is an incorporated non-profit organization established in 2000. The sitting president is Tsuneo Kondo, the founder of DARC. DARC, a private rehabilitation center for drug addicts, was established in Arakawa City in Tokyo in 1985. The number of our facilities has reached more than 80 throughout the country over a period of 30 years. AIC Building, in which APARI is located, is a complex comprised of several organizations from a clinic to a legal office and a day care center. This building has the benefit of providing a one-stop service so that drug addicts and their families do not miss a chance to recover owing to tiredness from visiting several organizations in different places.

Since the foundation of APARI, we have operated Fujioka DARC in Fujioka City in Gunma Prefecture. From 2014, Kizugawa DARC has been added as one of our facilities.

Board members

President: Makoto Oda

Current position following completion of Ph.D. program at Chuo University Graduate School of Law; member since the founding of APARI
Director of the Society of Conditioned Reflex Control Technique; part-time lecturer at the at Kokushikan University Faculty of Law; Major in Criminal Policy

Vice president: Masaru Yamamoto

Since 2006, he has been the president of NPO APARI Fujioka DARC, the president of General Incorporated Association AREA, an advisor to Seoul DARC in South Korea, and engaged in supporting drug addicts among the poor in the Philippines as a JICA grassroots technical cooperation project.
Member of JICA Domestic Support Committee from 2022

Executive director: Yoshitake Shimada

Manager of International Affairs Division of Commissioner General's Secretariat of National Police Agency
Former auditor of JICA (Japan International Cooperation Agency)

Executive director: Takashi Kato

President, NPO Hachioji DARC
After completing a two-year recovery program at DARC from 1997, he joined Tokyo DARC, a non-profit organization, in 2007.
After serving as the Director of Tokyo DARC Hachioji facility from 2011, he has been in his current position since 2015. Research Fellow under the Grants-in-Aid for Scientific Research program at the Department of Substance Abuse Research, National Center of Neurology and Psychiatry, and a part-time Consultant at the Tokyo Metropolitan Tama Comprehensive Center for Mental Health and Welfare.

Executive director: Yohei Takahashi

Attorney at Law (Tokyo Bar Association), Representative of Yohei Takahashi Law Office, Contract Researcher at APARI, Lecturer at Chuo University Law School, Contract Researcher at Ryukoku University Criminology Research Center, Auditor for APARI Medical Corporation, Advisor for DARC, Advisor for YAKKAREN (Zenkoku Yakubutsu Izonshosha Kazoku-kai Rengo-kai (National Federation of Associations for Families with Drug Dependent Patients))

Auditor: Takashi Suzuki

Registered as a certified tax accountant in 2003; became president of Suzuki Accounting Office in 2004.
Participated from 1999 in GOODBOX, a self-help group of siblings/partners who have become dependent on drugs.
Appointed auditor for APARI in 2018; has been a tax advisor to APARI since its inception.

Advisor: Tomoyuki Yokota

Attorney at Law (The Daiichi Tokyo Bar Association)
Served as prosecutor of Tokyo District Public Prosecutors' Office and other District Public Prosecutors' Offices, and prosecutor of Tokyo and Fukuoka High Public Prosecutors' Offices
Served as Director-General of the Rehabilitation Bureau of the Ministry of Justice, Director-General of the Correction Bureau of the Ministry of Justice, Deputy Prosecutor-General of the Supreme Court, and Supreme Court Justice.
Received Grand Cordon of the Order of the Rising Sun (2015)

Introducing the Secretariat

Secretary-General: Reiko Shidachi

Joined APARI in 2003; Legal Social Worker, Mental Health Worker, Licensed Psychologist, Auditor for NPO Japan DARC, Auditor for Certified NPO "One Day Port," Director of General Incorporated Association "Recovery Support Organization," and Visiting Research Fellow at Waseda Institute of the Policy of Social Safety (WIPSS)

APARI's activity

1 Legal support

We coordinate to create a path of recovery for those arrested for drug-related crimes
(Refer to P3 for details)

2 DARC Matching Support

We conduct programs offering referrals to a DARC for those who have problems with drugs, alcohol, gambling, etc., those involved in counseling for addiction, and those who have been arrested for drug offenses or are in prison.

3 Operation of facilities

We operate Fujioka DARC (Fujioka City, Gunma) and Kizugawa DARC (Kizugawa City, Kyoto)

4 Research and enlightenment activity

We publish the bimonthly newsletter Fellowship News. We hold various seminars and training sessions, report our research achievements at legal or medical academic conferences in and outside Japan, and collect information.

5 Family program

We conduct programs for families of drug addicts at the Tokyo Headquarters in the evening of every first and third Monday. In Osaka, the APARI West Family Program is conducted every third Tuesday.

6 Telephone counseling service

We offer a telephone counseling service for people and their families who are suffering from drug-related problems. We have also set up a hotline for drug users.

7 Lectures

We conduct lecture activities at the Ministry of Justice, the Cabinet Office, prefectural government offices, mental health welfare centers, hospitals, etc.

8 International cooperation activity

We provide recovery support services for drug addicts in the Asian region. Japanese people who have recovered from drug addiction deliver a message of recovery fostered in Japan to those with no chance to recover owing to poverty.

9 Collaboration with other organization

We work in cooperation with many institutions, including DARC, medical institutions, mental health welfare centers, welfare offices, penal institutions, and probation offices.

10 Sales of Drug Test Kits

We sell various drug testing kits.

11 Atonement donation

We accept atonement donations from suspects and defendants and use them effectively to support recovery from addiction.

Use arrest as an opportunity to recover!

APARI's legal support service is to create a pathway for people with drug problems who are in custody through the criminal justice process to receive drug withdrawal programs at a DARC or in hospitals as soon as possible.

Getting arrested is an opportunity to recover from drug problems! APARI, with its many years of experience and know-how, has a record of about 500 cases of helping people arrested for drug offenses. Even if it is difficult to provide support, we will never give up and will work together with family members and attorneys in a sincere effort to rehabilitate the person.

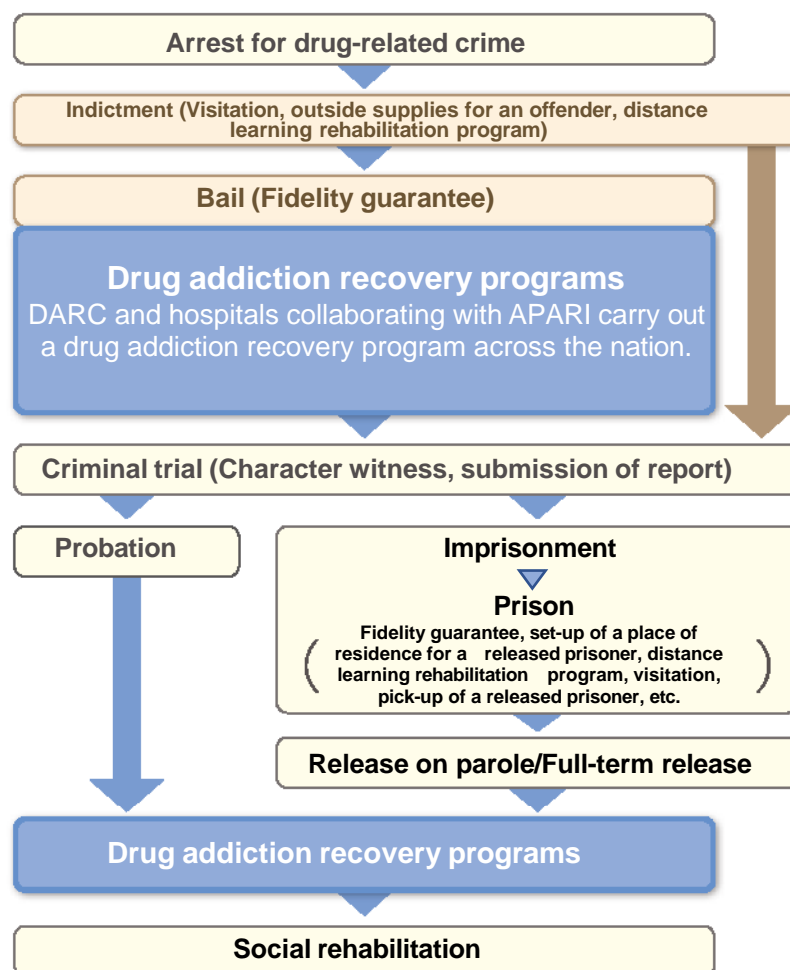
Description of legal support

- Visits (police station, jail, etc.)
- Preparation of bail application
- Establishing a restricted residence on bail (DARC, hospital, etc.)
- Appearance of a character witness before the court
- Preparation of bail petition
- Correspondence rehabilitation programs during incarceration
- Designation of a guarantor
- Correspondence and visitation during incarceration
- Pick-up for release on parole (upon fulfillment of sentence)
- Family counseling
- Holding of family classes

We recommend referrals to a DARC and, in some cases, inpatient treatment.
We also provide partial support, such as witness appearances only.

Applications can be submitted by arrested persons, their family members, and defense attorneys.

Flow of APARI's Legal Support



Fees

Total support fee	¥200,000	Partial support fee	Visitation	¥10,000 per visit	Appearance of a witness in court	¥50,000	
			Preparation of a petition	¥50,000	Preparation of a bail petition	¥50,000	
			Correspondence rehabilitation program				¥50,000

*A consumption tax will be separately charged. *Transportation and lodging expenses will be charged separately for distant locations.

*This project is partially funded by a grant from the Nikkoso Research Foundation for Safe Society, a public interest incorporated foundation.

DARC Matching Support

For those who have problems with drugs, alcohol, gambling, etc., APARI has started a free service called "DARC Matching Support" for referring people to a DARC.

For those who have been arrested and are in a police station, jail, or serving a sentence, and "would like to enter a DARC, but do not know what to do," we will introduce you to the appropriate DARC for you. We accept requests from any person, including the person himself/herself, family members, lawyers, welfare offices, and counseling agencies.

Family support

APARI offers a private consultation and a program for families with drug-related problems, mainly families of persons arrested for drug-related crimes.

Many of them have experienced sleepless nights due to anxiety caused by the arrest of their family member. APARI places a person arrested on a track to recovery from drug addiction, and at the same time, we support their family as well. Our family program provides a place where families can talk about anything they want to talk about with peace of mind and share their feelings with other families with the same experience.

Why wouldn't you find the courage to make the first step?



Room for the family program

The goals of the program are as follows:

- 1 Get a healthy body so that you can sleep normally.
- 2 Make your mind healthy. Maintain mental stability in daily life.
- 3 Prepare for getting back to social activities and restoring human relations.
- 4 Get back things that give meaning to your life.

Participants will gain an understanding of drug addiction and its damage, and learn its characteristics, how to care themselves for family, and an appropriate method of parent-child communication.



Textbook

●Serial learning course

(A program consists of 8 classes in a series and uses a textbook)
18:30-20:30 on the first Monday

●Addiction-related learning course

(Lecture by a psychiatrist)
Once a month on Saturdays 17:00 – 19:00

Participation fee: 3,000 yen For families: 4,000 yen per family

*This program is operated by subsidies from the Tokyo Metropolitan Foundation for Social Welfare and Public Health

International cooperation activity

There are approximately two million drug addicts in the Philippines, and drug abuse has been a serious problem in its capital, Metro Manila. Although there exists a drug addiction treatment system for some wealthy or middle-class people, treatment know-how and a system for the poverty class, where the problem is most serious, scarcely exists. Under appalling circumstances, people cannot get out of addiction, and their family also face problems.

Drug addiction recovery support provided by Japan up until now is unique to Japan and very characteristic. Drug addicts were regarded as criminals, unnecessary for society and removed. Medical and welfare institutions gave up on them, and they basically had to start from a situation without resources for recovery. This resembles the present situation in the Philippines, especially the situation of addicts in the poverty class in the urban areas.

DARC was the first in Japan to begin providing support for drug addiction recovery in 1985 and has created a system for this purpose. With its know-how, APARI promoted addiction recovery meetings which improve mutual help among persons concerned, their experience and recovery, in order for drug addicts in the Philippines' poverty class to get back a zest for life.

- **Record of activities: JICA (Japan International Cooperation Agency) Grassroots Technical Cooperation Project**
JICA Partnership Program on Recovery project for drug addicts in poverty group in Manila (May 2009-March 2012)
Target: Poverty group in Manila, Philippines



Poverty area in Manila



A meeting in Tatalon

Sales of drug test kits

At APARI, we sell simple drug test kits. Multiple types that can detect methamphetamine, marijuana, cocaine, heroin, and other drugs are available in saliva and urine test kits.

Testing is a deterrent to avoiding drug use. For those who prefer a more rigorous test, we also offer support for ordering a urine confirmation test by LSI Medience Corporation.

Early Detection
Early Treatment!



Test Kits

APARI sells test kits on its website.

Please purchase from here.



<https://npo-apari.myshopify.com>



Information on Atonement Donations

For victimless crimes, such as drug crimes, and criminal cases that cannot be settled with the victim, we accept atonement donations at any time to help suspects and defendants show remorse and give back to society their illicit profits.

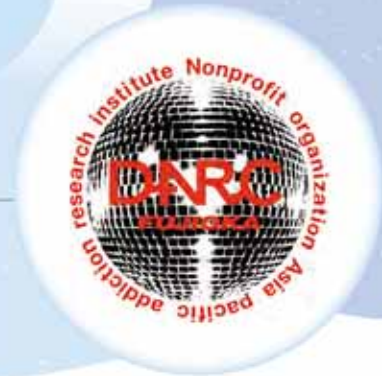
Donations made in remorse for a case may be evaluated by the court as a favorable circumstance and may result in a reduction of a sentence. Donations will be used carefully to fund APARI's activities. Upon receipt of an atonement donation, a receipt and a letter of appreciation will be issued. For more information, please contact APARI.

**Transfer
destination**

Payee Bank name: MUFG Bank, Sasazuka Branch
Payee account number: (Ordinary deposit) 0929745
Payee name: NPO Asia Pacific Addiction Research Institute
President: Makoto Oda

Fujioka DARC

2594 Kamihino, Fujioka-shi, Gunma 375-0047 TEL. 0274-28-0311 / FAX. 0274-28-0313
<https://www.fujiokadarc.com>



Overview of the facility

Fujioka DARC is a residential-type facility operated by NPO APARI. The facility is located in Fujioka City, Gunma Prefecture, which is about a two-hour drive from Tokyo. There are golf courses, hot springs, and a beautiful river where you can enjoy fishing sweetfish in the neighborhood. We use a building which used to be a hotel as the facility. In a richly green environment away from the bustle of the city and surrounded by great nature, we provide support for recovery by approaching problems caused by addiction to drugs, alcohol, gambling and other addictions through various programs to navigate problems to a solution.

Usage guide

Quota

40 persons:
Male only

Fee

Monthly: ¥130,000 (¥145,000 for the first month)

* Consumption tax will be additionally charged.
Other than the above, ¥1,000 a day for living expenses is also required.
Welfare recipients are also eligible for admission.

Term

Based on an assessment carried out every three months, we decide the direction through an interview attended by the staff or supporters such as a family member.

* The facility is registered as a self-reliance support home of the Ministry of Justice.



External appearance



Lobby



Staff room



Dining hall

General weekly schedule

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
AM	Breakfast					Self-care	Self-care
	9:30 ~ 9:50 Cleaning						
	House meeting	10:00 ~ 11:00	DARC meeting	FUJIOKA RPP			
	11:00 ~ Assigned work and self-care						
PM	Lunch					Room meeting	Section meeting 1
	Japanese drum practice: 30 min.						Section meeting 2
	13:00 ~ 14:00	Sports program Music/Art program	Small-group work Brain storming	Group meeting Encounter group			
	14:00 ~ Assigned work and self-care						
	Dinner						
	19:30 ~ 21:00 Self-support group (NA, AA, etc.)						

Overview of the main programs

Group meeting

Addiction is not just about the use of drugs, alcohol or other habits. The use affects users as well as their surrounding people. To recover from addiction, addicts need to look at their real self. Group meetings help participants find where a problem lies by heeding stories of others and talking about their own experience.



Meeting room

Music/Art program

This program is designed to bring back the creativity damaged by addiction. It applies physical, mental, and social effects brought about by playing music and nurtures their ability to express themselves by making them face their real self through painting, craft work and other activities with free expression. We have a music studio and DJ booth in the facility.



Music studio

FUJIOKA RPP

(FUJIOKA DARC RELAPSE PREVENTION PROGRAM)

This program, which is originated from a method of cognitive behavioral therapy developed by Kanagawa Psychiatric Center Serigaya Hospital, is an outpatient treatment program for mainly drug addicts. Fujioka DARC offers the program with the cooperation of doctors who developed this method. In a small group and with a textbook, participants obtain the knowledge to prevent a relapse and learn how to change their behavior.

Ryukyu drumming program

This program aims to ensure a mentally and physically healthy recovery and improvement by practicing Ryukyu drumming, which is an Okinawan traditional performing art. It also nurtures exchanges with people in local communities and provides a place to contribute to society through performances in consolation with other activities.



Ryukyu drumming performance

Other programs

Assertive training

Participants will learn to express their requests or opinions truthfully, honestly and equally, without violating the rights of others.

Empowerment Group

Empowerment Groups are awareness groups. Through questions and feedback from other participants, you can begin to look at ways of thinking, feeling, and responding that you may not have known were possible on your own.

Infectious diseases preventive education

Participants obtain correct knowledge about HIV, hepatitis C or other infectious diseases and learn about the prevention of sexually-transmitted diseases from experts invited from outside.

Recreation/Sports

We enjoy hot springs, fruit picking or other recreational activities every month according to users' requests. We hold many seasonal events such as rice cake making, swimming in the river, a bowling tournament, softball tournament, and movie watching, etc. A gym is also available in the facility at all times.

There are many other programs. We update them every year, and always offer programs necessary for the recovery of users.

Photos of Facility



Garden



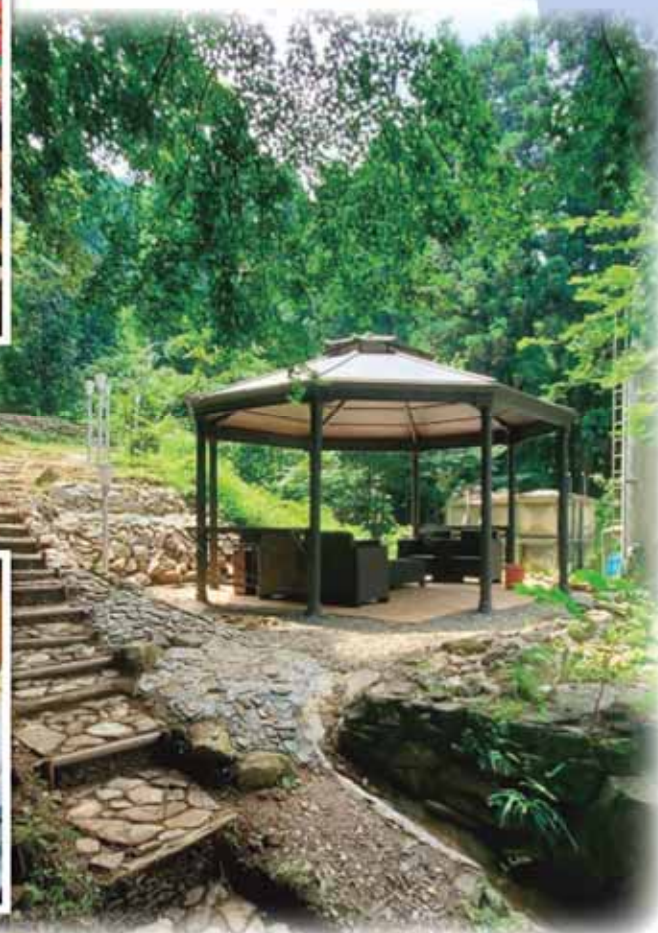
DJ booth



Living room



Training room



Commuting-type facility (AREA Takasaki)

At Fujioka DARC, we offer a facility called AREA Takasaki, which is affiliated with us, to those who especially need daily life training. While DARC is a male-only residential facility, AREA Takasaki is open for commuting regardless of gender. This is recommended for those who are considering rehabilitation but cannot stay in a dormitory. For details, please contact Fujioka DARC or AREA Takasaki directly.



AREA Takasaki is a facility that provides welfare services for persons with disabilities (training for independence and training for daily living). We provide training for livelihood functions and activities, necessary medical care, and support for daily living according to the abilities of each individual, to enable them to lead independent lives, and to help them reintegrate into society and participate in it.



General Incorporated Association AREA AREA Takasaki
67-35 Mitsuderamachi, Takasaki City, Gunma Prefecture 370 -3525
Tel: 027-388-8971
e-mail: area-takasaki@hotmail.com

1 What is the difference between APARI and DARC?

A While DARC engages in the peer activity of drug addicts, APARI (Tokyo Headquarters) is a think tank that supports DARC through experts in legal problems such as persons involved in the judiciary, including lawyers, professors, researchers, and psychiatric social workers.

2 I want my son to enter DARC, but I don't think I can pay the monthly fee because it is expensive. What should I do?

A If it is difficult to pay the monthly fee, you can receive social security. There is a self-reliance support home system which enables released prisoners to pay the monthly fee at the cost of the Ministry of Justice for a certain period. Although there are certain regulations for using the system, we have DARC facilities which are covered by the system.

3 What is the difference between DARC and a hospital? Which is more effective?

A Hospitals deal with acute-phase symptoms such as temporary hallucination, delusions and strong cravings, and patients leave the hospital in two or three months after the symptoms are relieved. DARC aims at recovery from addiction by continuously abstaining from drug use in normal daily life, and living with peers and working on the programs together with them. It is also a place where users change their way of life and their sense of value and develop a new self to avoid repeating the same mistake. We can say that hospitals and DARC have different purposes, and each of them is effective.

4 My son has been in prison for three years and will return soon. He has not used drugs for a long time, so is he recovered when he leaves the prison?

A Prisons are a correctional facility, not a treatment facility for drug addiction. Even though he can stop using drugs in a prison where he cannot get drugs, it does not necessarily mean that he can continuously abstain from using drugs in a situation where he can access drugs. We can say that rehabilitation is important to live a healthy social life.

5 Can we receive legal support anywhere in Japan?

A Yes, it is available from Hokkaido to Okinawa and remote islands.

6 What are the characteristics of drug addicts?

A It is said that drug addicts have behaviors characterized by

- Lying to doctors to get drugs
- Using drugs to forget worries, fear, pain or loneliness
- Using drugs to easily change feelings
- Having problems with work, study or other daily activities due to constant use of drugs
- Uncontrollable behavior such as excessive intake
- Having obsessions such as being unsettled without drugs

(by Tsuneo Kondo, Founder of APARI)

7 My son was arrested for a stimulant drug-related offence. What should we do as a family?

A You can regard the arrest as an opportunity, use APARI's legal support and establish a path of recovery. There are many cases where families and lawyers ask for our support. Your son might agree to receive treatment against his will with the expectation that it would mitigate any penalty. We also provide referrals to attorneys who understand drug problems.

8 We found that our drug-addicted son has a debt. Should we pay it back on his behalf?

A The family is not obligated to pay unless they are a guarantor. Having family members clean up problems that arise over drug use will always cause the individual to avoid facing up to the problem and his/her responsibility, which will further deepen the problem. If the debt is settled without any treatment, there is a possibility that the debt will be incurred again. It is only necessary for the individual to settle the debt at the appropriate time while monitoring his/her recovery.

9 Can women receive support as well?

A We can introduce women-only residential-type facilities or day care centers which collaborate with APARI.

10 What are the features of DARC?

A DARC is a facility where drug addicts support drug addicts. All responsible persons and the staff have experience of using drugs. Each DARC facility is independent and operated by keeping moderate cooperation with other DARC facilities. We will help drug addicts by preventing isolation, which tends to trigger a relapse, and following up the recovery through self-help groups.

■NPO法人アパリ

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<https://apari.or.jp>

e-mail: info@apari.or.jp

受付対応時間(月曜日～金曜日) 10:00～18:00



■アクセス

電車の場合 ▶ 都営新宿線 曙橋駅 A2出口より徒歩7分
都営大江戸線 若松河田駅 河田口より徒歩7分



■藤岡ダルク

〒375-0047 群馬県藤岡市上日野2594
TEL.0274-28-0311 / FAX.0274-28-0313

<https://www.fujiokadarc.com>

e-mail: fujiokadarc@hotmail.co.jp

受付対応時間(月曜日～金曜日) 10:00～18:00



■アクセス

電車の場合 ▶ JR高崎線 新町駅より車で40分
※JR新町駅まではJR上野駅よりJR高崎線で約1時間30分
自動車の場合 ▶ 関越道 練馬インターチェンジより約1時間30分
藤岡インターチェンジ出口より約30分



■AREA Takasaki

〒370-3525 群馬県高崎市三ツ寺町67-35
TEL.027-388-8971

e-mail: area-takasaki@hotmail.com

受付対応時間(月曜日～金曜日) 9:00～17:00
(土曜日) 9:00～12:00



■アクセス

電車の場合 ▶ JR高崎駅西口より関越交通高崎線
群馬温泉行バスで約25分
バス停「新堀」下車 徒歩6分
自動車の場合 ▶ JR高崎駅西口より国道17号と県道25号(渋川街道)経由
で約25分



アパリ会員入会のご案内

アパリの活動・運営資金へのサポートをお願いいたします。
アパリの活動の目的に賛同して入会していただいた方は正会員に、事業に賛助くださり入会いただいた方を賛助会員とします。

■入会申し込み方法 ■

■年会費

正会員 12,000円 賛助会員 6,000円

郵便振替または現金書留にてお支払いください。

■郵便振替口座

口座番号:00170-0-616579

加入者名:NPO法人アパリ

■特典 ■

定期的に(2カ月に1度)アパリが発行する会報「フェローシップ・ニュース」をお送りします。

また、書籍の割引購入や公開講座・フォーラム等の情報提供など様々な特典がございます。



For consultation and inquiries



NPO APARI

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