

# NACADA QUARTERLY

A PUBLICATION OF THE NATIONAL AUTHORITY FOR THE CAMPAIGN AGAINST ALCOHOL AND DRUG ABUSE



## NACADA 2023-2027 STRATEGIC PLAN LAUNCH

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**NACADA TAKES PART IN 2024  
AFRICAN PUBLIC SERVICE DAY  
CELEBRATIONS**

**INTERNATIONAL DAY AGAINST  
DRUG ABUSE AND ILLICIT  
TRAFFICKING (IDADA), 2024**

**WORLD DRUG REPORT  
2024**

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## NACADA 2023-2027 STRATEGIC PLAN LAUNCH



Ms. Beverly Opwora (middle) officially launches the NACADA 2023-2027 Strategic Plan on June 19, 2024 at the Sarova Stanley Hotel, Nairobi. She was flanked by the Board Chairpersons Rev. (Dr.) Stephen Mairori, EBS (her left) and the Chief Executive Officer, Dr. Anthony Omerikwa, MBS (her right)

### By Simon Mwangi

In pomp and color, the Authority unveiled its strategic plan for 2023-2027, setting a comprehensive framework for resource allocation and efforts to build a culture aimed at eradicating alcohol and drug abuse in the country.

Representing the Principal Secretary, State Department of Internal Security and Administration Dr. Raymond Omollo, the Secretary for National Administration Beverly Opwora stated that alcohol and drug abuse has caused a significant threat to the safety of people and the security of Kenya.

“Alcohol and Drug abuse pose a national threat to the safety of people and security of Kenya leading to deaths from adulterated alcohol, reduced productivity, health issues as well as fueling organized crime and violence within our communities. Drunk driving also remains a major cause of fatalities and serious injuries. In 2024, over 2.8 million liters of illicit and counterfeit alcohol were seized, alongside 6,000 kgs of bhang, resulting in nearly 30,000 arrests. The regions most impacted were Nairobi, Central, Rift Valley, Nyanza, and Western.” She said.

Speaking during the launch conducted in Nairobi, the NACADA Board Chairperson Rev. Dr. Stephen Mairori emphasized the necessity of collective action in tackling the problem

“While NACADA is the focal point, we can’t win this war alone; we need everybody on board,” he stated, calling for concerted efforts from all stakeholders, particularly the county governments.

Dr. Mairori highlighted that counties play a crucial role in this fight, noting that funds previously managed by NACADA for liquor licensing are now directed to county governments.

“These funds, generated from liquor licenses, are intended to bolster county-level initiatives against alcohol and drug abuse.

I want to request the counties to use that money in the fight against alcohol and drug abuse,” Mairori urged, cautioning counties against misappropriating these funds for other purposes.

The Board Chair stressed the importance of empowering Community-Based Organizations (CBOs) and collaborating with all stakeholders to effectively combat the menace of drug and alcohol abuse. “If we don’t cut the supply, we’ll keep treating people and yet the supply is high. We need to cut the supply so that as we move forward, we can treat those affected and be able to win this war,” he noted.

NACADA Chief Executive Officer Dr. Anthony Omerikwa who spoke in the same event stated that the strategic plan is a product of a widely consultative process involving the Board, staff and stakeholders.

“The plan envisages a nation free from alcohol and drug abuse by leading a coordinated campaign against alcohol and drug abuse through a multiagency approach to demand and supply reduction. During the plan period, the authority will adopt a multi-pronged approach in prevention, advocacy, compliance and enforcement, policy formulation, and strategic research.” He said

He added, that the authority will create a culture of ultimate performance and excellence. “This will seek to achieve outstanding results at all levels that meet or exceed the expectations of our stakeholders. We look forward to the future and proactively adapt to meet expected challenges even as we ride on existing opportunities to deliver our mandate.”

The plan is anchored on the following core values; Compassion, Integrity, Professionalism, Creativity, and Innovation.

It identifies three Key Result Areas (KRAs) (Pillars), four Enablers, and one Foundation to support the achievements of the mandate. The three KRAs are: Public Education and Advocacy; Research, Standards and Licensing; and Compliance and Enforcement.

The four enablers are Legal and Planning Frameworks; Partnerships, Collaborations and Stakeholder Coordination; Corporate Communication; and Institutional Strengthening. Leadership and Integrity were identified as the Foundation and key in securing its achievement.



This Strategic Plan is more critical than ever, as it is the surest way of addressing the vice of alcohol and drug abuse. It is the single most important planning tool for enforcing laws related to alcohol consumption and distribution and also serves as a focal point for a shared vision among NACADA, the National Police Service and National Government Administrative Officers, who are active in eradicating illicit alcohol in our communities, combating counterfeit alcohol and addressing other alcohol related crimes.

**Dr. Raymond Omollo, CBS**  
Principal Secretary, State Department of Internal Security and National Administration

NACADA 2023 - 2027  
Strategic Plan

NACADA 2023 - 2027 Strategic Plan Launch  
WEDNESDAY 19 JUNE, 2024 | NAIROBI



This Strategic Plan was developed in a consultative and participatory approach in line with the Authority's core values, using guidelines from the State Department for Economic Planning. It is therefore a culmination of extensive consultation, collaboration and incorporation of feedback from both internal and external stakeholders. This approach re-focused the Authority's focus from demand reduction to supply reduction.

**Rev. Dr. Stephen K. Mairori, EBS**  
Chairperson, Board of Directors  
NACADA

NACADA 2023 - 2027  
Strategic Plan

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We recognize the role our partners and stakeholders continue to play in ensuring that the NACADA achieves its goals and objectives. I wish to particularly recognize the efforts of the Development Partners, Government Ministries, Departments and Agencies (MDAs), County Governments, Non-Governmental Organizations (NGOs), Faith Based Organizations (FBO) and the general public, for your continued support to the Authority.



**Dr. Anthony Omerikwa, MBS**  
CEO, NACADA

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Strategic Plan

NACADA 2023 - 2027 Strategic Plan Launch  
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### Our Strategic Objectives

- To enhance compliance and enforcement of alcohol and drug control laws, regulations and standards;
- To enhance Public Education through drug demand reduction initiatives and advocacy campaigns;
- To conduct research, develop standards, and undertake licensing;
- To strengthen partnerships and stakeholder collaboration for effective delivery of the Authority's mandate;
- To enhance the standards of leadership and integrity in the operations of the Authority.
- To provide leadership in corporate planning, risk and quality management;
- To build quality and robust support services for the Authority
- To enhance brand visibility;

NACADA 2023 - 2027 Strategic Plan Launch  
WEDNESDAY 19 JUNE, 2024 | NAIROBI



## INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA), 2024

The phrase "invest in prevention" may seem straightforward, yet it encapsulates a profound truth: the most effective way to address drug abuse and illicit trafficking is to prevent these issues from taking root in the first place. Prevention is not just a policy; it is a commitment to creating a safer, healthier, and more prosperous future for all.



Rev. Dr. Stephen K. Mairori, EBS  
Chairperson, Board of Directors  
NACADA

INTERNATIONAL DAY AGAINST DRUG ABUSE  
AND ILLICIT TRAFFICKING (IDADA) 2024

The Evidence is Clear: Invest in Prevention

WEDNESDAY JUNE 26, 2024

This year's theme recognizes that effective drug policies must be rooted in science, research, full respect for human rights, compassion, and a deep understanding of the social, economic, and health implications of drug use.



Dr. Anthony Omerikwa, MBS  
CEO, NACADA

INTERNATIONAL DAY AGAINST DRUG ABUSE  
AND ILLICIT TRAFFICKING (IDADA) 2024

The Evidence is Clear: Invest in Prevention

WEDNESDAY JUNE 26, 2024

### By Simon Mwangi

The Authority commemorated the International Day Against Drugs and Illicit Trafficking (IDADA) with various stakeholders across different parts of the country.

Echoing this year's theme; The evidence is clear: invest in prevention, the NACADA Board Chair Rev. Dr. Stephen Mairori observed that the day served as a poignant reminder of the global challenge we face in combating drug abuse and its devastating impacts on individuals, families, and communities worldwide.

"The evidence supporting prevention is robust and compelling. Research consistently shows that preventative measures are not only cost-effective but also yield long-term benefits that far outweigh the initial investments. These measures include comprehensive education programs, community-based initiatives, and policies that address the root causes of drug abuse, such as poverty, social inequality, and lack of access to education and healthcare," observed Dr. Mairori

Amplifying the day's message NACADA Chief Executive Officer Dr. Anthony Omerikwa reiterated that the theme recognizes that effective drug policies must be rooted in science, research, full respect for human rights, compassion, and a deep understanding of the social, economic, and health implications of drug use.

"As an Authority we are committed to encouraging greater investment in prevention efforts by governments, policymakers, and law enforcement professionals, highlighting the long-term benefits of early intervention and prevention. In line with this year's theme, we have worked collaboratively with state and non-state actors to put in place structures that support the programs informed by science," said Dr. Omerikwa.

The International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year to strengthen action and cooperation in achieving a world free of drug abuse. This year's World Drug Day campaign recognizes that effective drug policies must be rooted in science, research, full respect for human rights, compassion, and a deep understanding of the social, economic, and health implications of drug use.

The Authority's Regional and County offices also partnered with stakeholders and celebrated the day in different parts of the country.

## NACADA TAKES PART IN 2024 AFRICAN PUBLIC SERVICE DAY CELEBRATIONS



Dr Amos Gathecha, EBS,NDC, Principal Secretary, State Department for Public Service, engaged with NACADA staff at the exhibition Centre during Africa Public Service Day celebrations at Kenya School of Government in Lower Kabete.

**By Rebecca Barasa**

Africa Public Service Day (APSD) is an event entrenched in the African Union calendar that originates from the African Ministers for Public or Civil Service conference held in Tangier, Morocco in 1994.

This year's event was held at the Kenya School of Government at Lower Kabete in Nairobi from 22nd -23rd June 2024. The theme for this year was, "Building a Resilient Education System: The Foundation of a Future Public Service as a Catalyst for Revitalizing the Economy."

The members of the public service gathered to reflect on the achievements and challenges faced. It was also an opportune time for the participants to give views as they chart the way for the future of the public service.

Not to be outdone, the National Authority for the Campaigns Against Alcohol and Drug Abuse (NACADA) staff members showcased our services. NACADA was honored to host the Chief Guest Dr. Amos Gathecha, EBS, NDC, Principal Secretary, State Department for Public Service at our stand.

He was engaged by Ms. Christine Koshal, Senior Compliance Officer by elaborating our mission, vision, and mandate to him. She succinctly stated that NACADA has had the opportunity to mainstream alcohol and drug use prevention and management to ministries, departments and agencies in the Public Service.

Through her conversation, she was able to inform him of the recently launched NACADA Strategic Plan 2023-2027 that guides the Authority towards the realization of a nation free from alcohol and drug abuse.

"In his speech during the final day of the celebrations, Dr. Amos Gathecha EBS, NDC said that the Ministry of Public Service Delivery and Performance Management is mandated to ensure capacity building of public service staff through a holistic approach.

He added that the Ministry is committed to improving service delivery, mentoring, and coaching the young generation to fit them into the public service and ensure that they live by ethos and values of the public service.



## THE POWER OF ANTI-DRUG MURALS IN SCHOOLS



Photo credit: Alexandria City Public Schools

### By Simon Mwangi

Continuously battling the drug problem among students, schools try to find new, effective methods of substance use prevention for young minds. One such example is anti-drug murals: a creative, dynamic approach that is beautiful and, at the same time, effective.

Such works of art can vary from being very minute, and at times they combine to cover a whole building. More often than not, these murals are pieces of civic inclusions that are done to increase public space aesthetic value and to increase art accessibility by the targeted public.

Murals have several advantages over most other forms of anti-drug initiatives. They are permanent in schools' surroundings and are mostly a subliminal form of expression of the dangers of drug consumption. The color and creativity used on the murals capture the interests and imagination of students, hence making the anti-drug messages more likely to stick in their minds. This is all the more reason to use the known fact that teenagers like bright, colorful things.

Great murals do much more than just exhibit anti-drug slogans; they tell a fascinating story. They can show the ugly side of drug addiction, with positive images of healthy, drug-free life. This can have a very powerful emotional effect and can have a massive impact, especially on impressionable, young minds.

Similarly, the anti-drug murals can stimulate conversation between students. The discussion, with the help of such murals, can clarify and make complex phenomena such as drug addiction easier to tackle, eradicating unpleasant discussions. This can help provide a more supportive peer group where they will feel free to seek help or advice.

It also enhances ownership of the anti-drugs message by students through participating in mural works, reinforcing effectiveness.

Murals are known to reinforce the anti-drug policies of the school and the commitment of the community toward the prevention of drug abuse. They serve as a public display of the school's stand on drug use, showing clearly that such a vice is out of line with school values. This can ultimately act as a deterrence for the students who have a rethink motive, thereby desisting from drug-related activity.

In instances where community members are involved, this process ties the school to the community and vice versa, further forming and solidifying a united front against drug use. Art has always been an influential tool for expression and education.

Concerning the inclusion of anti-drug stories into the framework of art, schools can further address the creativity of students in a way of educational and therapeutic efforts. Art projects, through mural creation, become part of the curriculum and provide students with an avenue for creativity while providing lessons in life regarding the dangers of the use of drugs.

School anti-drug murals become more than mere decorative elements; they are critical components of a comprehensive anti-drug strategy. Therefore, visual impact, the capability to provoke debates, and being a reinforcement of school policy, make these vital tools in fighting against drug use in a student population.



# Parents' Misconceptions on Children and Youth Drug Use

01

**MYTH: It is normal for children to experiment with alcohol or drugs.**

**FACT:** Experimenting with alcohol or drugs is not normal. Majority of the children are not using alcohol or drugs. USE can lead to ABUSE which can lead to ADDICTION therefore any use is not acceptable.



02

**MYTH: My children do not care what I think.**

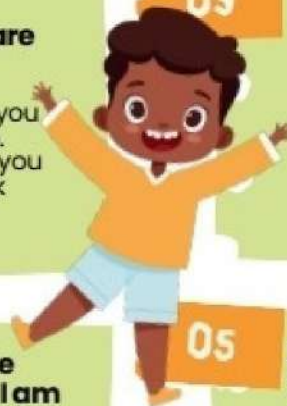
**FACT:** Your children do listen to you even if they it does not seem so. They do care what you say but you have to tell them what you think and what you expect.



03

**MYTH: My adolescent child does not listen to me.**

**FACT:** You are the number one role model of your children. As a parent you have the power to shape their attitudes about alcohol and drugs. Children who learn risks about alcohol and drugs from their parents are less likely to use than those who do not.



04

**MYTH: It is okay for me to use alcohol and drugs because I am an adult.**

**FACT:** When you drink or smoke, your children think it is okay for them to do it too, no matter what you say. Show your beliefs about alcohol or drugs through your actions and your child is likely to believe you.

05

**MYTH: I can teach my teenager 'responsible drinking' by providing alcohol and a place to consume it.**

**FACT:** Allowing teenagers to drink may instill a sense of comfort in alcohol use which could increase their tendency to drink, with or without their parents present.

## What Should I do as a Parent/ Caregiver?

**1. Start Early:**

It is never too early to promote healthy attitudes, emotions and behavior. Starting at teenage is too late

**2. Know the Facts:**

Who are their friends? Teachers? What do they aspire to be? What are their challenges?

**3. Be a Good Model:**

Model safe, healthy attitudes and behavior. It is more about what you do than what you say

**4. Communicate Openly and Honestly:**

Your child should feel safe to come to you with any questions or problems

**5. Share Your Expectations:**

Set clear boundaries and limits

**6. Monitor their Behavior:**

Know where your children are, what they are doing and who they are doing it with

**7. Health not a Punitive Approach:**

Focus on support for healthy rather than punishing unhealthy or unsafe behavior

**8. Encourage Healthy Risk Taking and Emotion Regulation:**

Help your children face challenges and go beyond their comfort zone. Help them manage setbacks, failures, stress, anger and fear

**9. Use Positive Reinforcement:**

Give positive feedback when your child show effort; focus on desired attitudes and behavior

**10. Know your Children's Risk Level and Respond Accordingly:**

Be vigilant for and responsive to signs of risk and know when and how to seek help for them and your self





## MTAALA WA ELIMU KUJUMUISHA UZUIAJI WA MATUMIZI YA POMBE NA DAWA ZA KULEVYA



Photo credit: Getty Image

### Na Rebecca Barasa

Katika miaka ya hivi karibuni, suala la matumizi ya dawa za kulevya miongoni mwa vijana limekuwa likizingatiwa kwa kiasi kikubwa kutokana na athari zake mbaya kwa watu binafsi na jamii kwa ujumla. Kama hatua madhubuti, kuunganisha mikakati ya kuzuia dawa katika mazingira ya shule kunaweza kuwa mbinu muhimu ya kushughulikia suala hili kubwa.

Ujana ni kipindi hatari ambapo watu huathirika zaidi na majaribio ya dawa za kulevya na pombe. Kwa kuanzisha programu za kuzuia katika hatua hii, shule zinaweza kupunguza kwa njia ifaayo hatari zinazohusiana na matumizi mabaya ya dawa za kulevya.

Programu za elimu na uhamasishaji hazidhamirii tu kuwafahamisha wanafunzi kuhusu hatari za dawa za kulevya bali pia huwapa stadi muhimu za maisha ili kupinga shinikizo la rika na kufanya maamuzi sahihi.

Shule hutumika kama mazingira yenye ushawishi ambapo wanafunzi hutumia sehemu kubwa ya miaka yao ya masomo. Kwa kujumuisha uzuiaji wa dawa za kulevya katika mtaala, shule huendeleza hali ya usaidizi ambayo inakuza tabia nzuri na inayokatisha tamaa matumizi ya dawa. Mipango ya kina inayojumuisha elimu ya darasani, shughuli za ziada, na ushiriki wa jamii huimarisha mitazamo chanya kuhusu kuishi bila dawa za kulevya.

Mikakati madhubuti ya kuzuia matumizi ya mihadarati huenea zaidi ya darasa ili kuhusisha familia na jamii. Shule zina jukumu muhimu katika kushirikisha wazazi kupitia warsha na vipindi vya habari ambavyo vinasisitiza jukumu lao katika kuimarisha ujumbe wa kupinga dawa za kulevya na vileo nyumbani. Kwa kukuza mawasiliano wazi na ushirikiano miongoni mwa washikadau, shule huwawezesha wanafunzi kuwa na mtandao thabiti wa usaidizi muhimu kwa kupinga vishawishi na kutafuta usaidizi inapohitajika.

Mara nyingi matumizi mabaya ya dawa za kulevya na pombe hutokana na sababu za kimsingi za kijamii, kihisia, au kisaikolojia. Kuunganisha mikakati ya kuzuia katika mipangilio ya shule huruhusu utambuzi wa mapema na kuingilia kati katika maeneo haya. Huduma za ushauri nasaha, vikundi vya usaidizi rika, na mipango ya afya ya akili hukamilisha juhudi za elimu kwa kushughulikia visababishi vikuu vya matumizi ya dawa za kulevya na kukuza ustawi wa jumla miongoni mwa wanafunzi.

Ufanisi wa programu za kuzuia dawa za kulevya na vileo shuleni unaungwa mkono na utafiti na msingi wa ushahidi. mazoea. Mipango inayojumuisha kujifunza kwa mwingiliano, shughuli za kujenga ujuzi, na uongozi wa rika zimeonyesha matokeo chanya katika kupunguza matumizi ya dawa na tabia hatarishi zinazohusiana. Kwa kuzingatia mbinu zilizothibitishwa, shule huhakikisha kwamba jitihada zao zinaleta matokeo yenye maana katika kulinda afya ya mwanafunzi na mafanikio ya kitaaluma.

Kuunganisha mikakati ya kuzuia mihadarati katika mazingira ya shule ni hatua ya msingi kuelekea kuhakikisha ustawi wa vijana. Kwa kuelimisha, kuwawezesha, na kuunda mazingira ya kuunga mkono, shule huchukua jukumu muhimu katika kuwapa wanafunzi maarifa na ujuzi unaohitajika kufanya maamuzi mazuri na kuishi maisha yenye kuridhisha.

Tunapoendelea kutanguliza afya na usalama wa vijana wetu, kuwekeza katika juhudi za kina za kuzuia matumizi ya mihadarati ndani ya mazingira ya elimu bado ni muhimu kwa ajili ya kujenga jamii zinazostahimili uthabiti na kuunda maisha bora ya baadaye.

**PRESS RELEASE**

**UNODC World Drug Report 2024: Harms of world drug problem continue to mount amid expansions in drug use and markets**

**Vienna, 26 June 2024**



Photo credit: UNODC

**Source: UNODC Advocacy Section**

The emergence of new synthetic opioids and a record supply and demand of other drugs has compounded the impacts of the world drug problem, leading to a rise in drug use disorders and environmental harms, according to the World Drug Report 2024 launched by the UN Office on Drugs and Crime (UNODC) today.

“Drug production, trafficking, and use continue to exacerbate instability and inequality, while causing untold harm to people’s health, safety and well-being,” said Ghada Waly, Executive Director of UNODC. “We need to provide evidence-based treatment and support to all people affected by drug use, while targeting the illicit drug market and investing much more in prevention.”

The number of people who use drugs has risen to 292 million in 2022, a 20 per cent increase over 10 years. Cannabis remains the most widely used drug worldwide (228 million users), followed by opioids (60 million users), amphetamines (30 million users), cocaine (23 million users), and ecstasy (20 million users).

Nitazenes – a group of synthetic opioids which can be even more potent than fentanyl – have recently emerged in several high-income countries, resulting in an increase in overdose deaths.

Though an estimated 64 million people worldwide suffer from drug use disorders, only one in 11 is in treatment. Women receive less access to treatment than men, with only one in 18 women with drug use disorders in treatment versus one in seven men.

In 2022, an estimated 7 million people were in formal contact with the police (arrests, cautions, warnings) for drug offences, with about two-thirds of this total due to drug use or possession for use. In addition, 2.7 million people were prosecuted for drug offences and over 1.6 million were convicted globally in 2022, though there are significant differences across regions regarding the criminal justice response to drug offences.

The Report includes special chapters on the impact of the opium ban in Afghanistan; synthetic drugs and gender; the impacts of cannabis legalization and the psychedelic “renaissance”; the right to health in relation to drug use; and how drug trafficking in the Golden Triangle is linked with other illicit activities and their impacts.

**Drug trafficking is empowering organized crime groups**

Drug traffickers in the Golden Triangle are diversifying into other illegal economies, notably wildlife trafficking, financial fraud, and illegal resource extraction. Displaced, poor, and migrant communities are suffering the consequences of this instability, sometimes forced to turn to opium farming or illegal resource extraction to survive, falling into debt entrapment with crime groups, or using drugs themselves.

These illicit activities are also contributing to environmental degradation through deforestation, the dumping of toxic waste, and chemical contamination.

**Consequences of cocaine surge**

A new record high of 2,757 tons of cocaine was produced in 2022, a 20 per cent increase over 2021. Global cultivation of coca bush, meanwhile, rose 12 per cent between 2021 and 2022 to 355,000 hectares. The prolonged surge in cocaine supply and demand has coincided with a rise in violence in states along the supply chain, notably in Ecuador and Caribbean countries, and an increase in health harms in countries of destination, including in Western and Central Europe.

**Impact of cannabis legalization**

As of January 2024, Canada, Uruguay, and 27 jurisdictions in the United States had legalized the production and sale of cannabis for non-medical use, while a variety of legislative approaches have emerged elsewhere in the world.

In these jurisdictions in the Americas, the process appears to have accelerated harmful use of the drug and led to a diversification in cannabis products, many with high-THC content. Hospitalizations related to cannabis use disorders and the proportion of people with psychiatric disorders and attempted suicide associated with regular cannabis use have increased in Canada and the United States, especially among young adults.

**Psychedelic “renaissance” encourages broad access to psychedelics**

Though interest in the therapeutic use of psychedelic substances has continued to grow in the treatment of some mental health disorders, clinical research has not yet resulted in any scientific standard guidelines for medical use.

However, within the broader “psychedelic renaissance”, popular movements are contributing to burgeoning commercial interest and to the creation of an enabling environment that encourages broad access to the unsupervised, “quasi-therapeutic” and non-medical use of psychedelics. Such movements have the potential to outpace the scientific therapeutic evidence and the development of guidelines for medical use of psychedelics, potentially compromising public health goals and increasing the health risks associated with the unsupervised use of psychedelics.

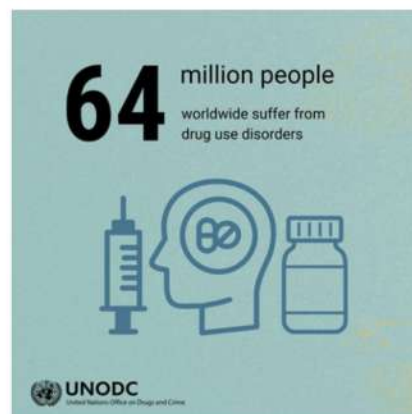
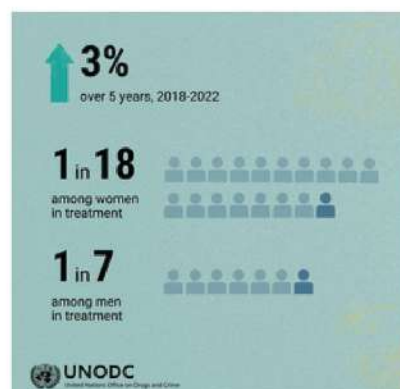
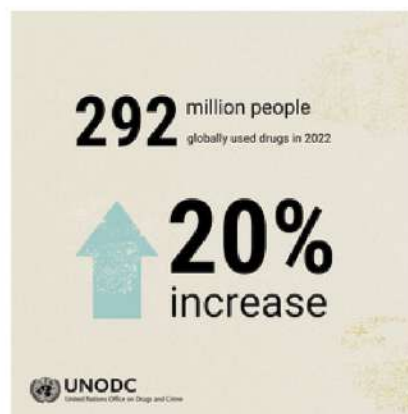
**Implications of opium ban in Afghanistan**

Following the drastic decrease of Afghanistan’s opium production in 2023 (by 95 per cent from 2022) and an increase in production in Myanmar (by 36 per cent), global opium production fell by 74 per cent in 2023. The dramatic contraction of the Afghan opiate market made Afghan farmers poorer and a few traffickers richer. Long-term implications, including on heroin purity, a switch to other opioids by heroin users, and/or a rise in demand for opiate treatment services may soon be felt in countries of transit and destination of Afghan opiates.

**Right to health for people who use drugs**

The report outlines how the right to health is an internationally recognized human right that belongs to all human beings, regardless of a person’s drug use status or whether a person is imprisoned, detained or incarcerated. It applies equally to people who use drugs, their children and families, and other people in their communities.

<https://www.unodc.org/unodc/es/data-and-analysis/world-drug-report-2024.html>



## THE ART OF HEALING



Photo credit: ISSUP

## By Caroline Kahiu

Have you ever wondered how the art of healing can transform substance use prevention, harm reduction, treatment and recovery support?

This intriguing question set the stage for the ISSUP 2024 Conference in Thessaloniki, Greece, where professionals from around the globe gathered to explore this very theme. The conference and trainings took place from 24th to 28th June 2024. The conference, aptly titled "Art of Healing: A New Era in Substance Use Prevention, Harm Reduction, Treatment, and Recovery Support," provided knowledge, innovation, and inspiration.

As I stepped into the vibrant city of Thessaloniki, I was immediately struck by its rich history, stunning architecture, and the warmth of its people. A walk down the memory lane takes us to the origin of Thessaloniki. The city was founded by King Cassander of Macedonia and got its name from Thessaloniki and half-sister of Alexander the Great. Whether it is linked to the Thessalonians in the Bible, that is a story for another day.

I had the privilege to attend three courses of the Women's Intervention for Substance Exposure: Comprehensive Care for Substance Use Disorder (WISE) that aims at addressing the challenges found in treating women for substance use disorders. It provided us with the capacity to identify, assess and effectively treat women who have substance use disorders; explore the differences in treating men and women, and provided tools to identify, assess, and treat women for substance use disorders.

The sessions covered a wide range of topics, including gender-specific treatment approaches, trauma-informed care, and strategies for supporting women with substance use disorders.

A particular memorable moment was the session on the importance of creating safe and supportive spaces for women undergoing treatment and taking cognizance of their histories of trauma. The course recognized the profound impact that trauma has on the mental, emotional and physical well-being of the woman.

The conference also provided ample opportunities for networking and knowledge exchange. I had the privilege of connecting with professionals from around the world, each bringing unique perspectives and insights. Reflecting on my time at the ISSUP 2024 Conference,

I am filled with gratitude for the knowledge and experiences I gained. The WISE training has equipped me with new skills and insights that I am eager to apply in my work. I am particularly excited about establishing a communities of practice to share the knowledge gained on gender-specific treatment approaches and trauma-informed care, as I believe these will significantly enhance the support for women with substance use disorders.

Ευχαριστώ (eff-kha-ri-STOE)- Thank You

## SILENT STRUGGLES



Photo credit: Freepik

By Caroline Kahiu

When was the last time you celebrated a man genuinely? Not because the calendar dictated so, but a simple, heartfelt "thank you" to that man in your life? Disclaimer: this question to all genders as we all have men in our lives.

In the midst of our busy lives, we often overlook the silent battles many men face. June is Men's Mental Health Month, a time to acknowledge these struggles, particularly the devastating link between alcohol abuse and mental health issues.

The connection between men's mental health and alcohol abuse is a what I would call a vicious cycle. Men often turn to alcohol as a coping mechanism for stress, anxiety, depression, and societal pressures. Culture dictates that men should be strong, self-reliant and man-enough to deal anything that comes their way with a straight back. Instead, many men resort to drinking alcohol to numb their emotional pain and escape their problems.

However, alcohol is a deceptive escape for it provides a temporary relief and exacerbates other issues that were not there before. Regular alcohol consumption can lead to dependency, which further deteriorates an individual's mental health, leading to increased feelings of hopelessness, anxiety, and depression.

This downward spiral can make it even harder for men to seek help, as they may feel trapped and powerless to break free from their addiction. The societal stigma of expecting men to "man up" and deal with their issues quietly compounds mental health and alcohol abuse.

As men continue to rely on alcohol to cope, their personal and professional lives begin to suffer. Moreover, the physical health consequences of excessive alcohol consumption cannot be overlooked. Breaking this vicious cycle requires a collective effort.

As we mark Men's Mental Health Month, it is crucial to raise awareness about the intertwined relationship between mental health and alcohol abuse.

Let us remember the lives lost to this vicious cycle and honor them by committing to change. We need to break the silence and inculcate a culture of understanding and support.

In addition, let us ensure that no man feels alone in his battle with alcohol addiction and mental health challenges. As we move ahead, we need to raise awareness and also celebrate the strength of those who seek help and overcome their struggles.

Commit to support men, celebrate their resilience and pick that phone and call that man before it is too late.



# FACTSHEET

## Substance Use Disorders



**MYTH: Substance Use Disorder (SUD) is a choice or lack of morals**

**FACT:** Substance Use Disorder (SUD) is a chronic brain disease that affects behavior, making it difficult for individuals to control their use of alcohol or drugs. Alcohol and drug addiction is now classified as Substance Use Disorders



**MYTH: People with Substance Use Disorders (SUD) lack self-control and willpower**

**FACT:** Alcohol and drugs take control of the brain's reward system, leading to uncontrollable behaviors. It is not about self-control; it is about the complex interplay of biology and the environment.



**MYTH: Substance Use Disorders (SUD) treatment is unsuccessful; relapse is unavoidable**

**FACT:** Evidence-based treatments and ongoing support considerably increase the chances of long-term recovery.



**MYTH: People with Substance Use Disorders (SUDs) cannot lead successful lives**

**FACT:** Countless individuals have overcome SUDs, rebuilt their lives, and made substantial contributions to society. Recovery is a journey towards self-discovery and resilience.



**MYTH: Substance Use Disorders (SUDs) only affects the individual**

**FACT:** Substance Use Disorders (SUDs) not only impact the individual but also affect families and communities. Building a supportive network is crucial for sustained recovery.



**MYTH: If addiction runs in the family, it is inevitable for me too**

**FACT:** While genetics contribute to addiction risk, they don't guarantee it. Environmental factors, personal choices, and access to support play crucial roles in shaping an individual's risk of developing addiction.



**MYTH: Addiction only affects certain groups of people**

**FACT:** Addiction knows no boundaries and can impact anyone, regardless of age, gender, race, or status. It is important to eliminate stigmatizing labels and recognize the universality of addiction.



**MYTH: You cannot be addicted if you have a successful career or stable family life**

**FACT:** Substance Use Disorders can affect individuals from all walks of life, including those with successful careers or stable family situations.



**MYTH: One type of substance use disorder treatment works for everyone**

**FACT:** There is no one-size-fits-all approach to treatment. Treatment plans and recovery are as unique as the individual.



**MYTH: You cannot help someone with addiction unless they want help**

**FACT:** Interventions and support from loved ones can motivate individuals to seek help. Offering resources, understanding, and encouragement can be instrumental in someone's decision to start their recovery journey.

For counseling and drug addiction referral services, **Call our 24Hrs Toll Free Helpline 1192**

@NACADAKenya
 
 +254 202721997
 
 info@nacada.go.ke
 
 www.nacada.go.ke

## NACADA ROADSHOW IN BUNGOMA COUNTY



NACADA truck traversing through Bungoma County

### By Rebecca Barasa

Roadshows are among the tactics that the National Authority for Campaigns Against Alcohol and Drug Abuse (NACADA) has used recently. This has been demonstrated to be an evidence-based intervention to create awareness, particularly at the local level with young people in the community. This has been implemented in conjunction with additional intervention strategies to fulfill the goals outlined in the Authority's strategic direction.

NACADA traveled around Bungoma County and its surroundings to raise public awareness and mass sensitization. Under the direction of Sarah Kosgey, Western Regional Manager, Busia County Coordinator Ken Marau and Deputy County Commissioner Mrs. Hadya.

Within five days, the Authority was able to have engagements with residents in Webuye West sub-county, at Webuye town, Misikhu and Lugulu Market, Webuye East sub-county, Kimilili sub-county in Matili market, Kimilili Market, Kapsokwony and Kamukuywa markets, Sirisia sub-county in Sirisia market, and Lwakhakha Uganda border market, Mt Elgon Sub-County in Kapsiro and Cheptais market, Kabuchai sub-county in Chwele market, Kanduyi sub-county in Kanduyi market, Bungoma town, Bumula sub-county in Kimaet market respectively.

Due to its border location, Bungoma County is home to a significant hub for the passage of illegal drugs and alcohol, which contributes to the region's widespread drug usage problem. Taking this into consideration, the team raised awareness of the counseling services offered by the Authority via its 24-hour toll-free line, 1192.

Advocating against the stigma associated with getting assistance was also covered during the engagements, and a lot of false information regarding addiction was exposed. The masses were enlightened to consider addiction as a disease and also help their loved ones who are in addiction to seek counseling services and rehabilitation.

Increasing awareness of the necessity for Boda-boda to retain sobriety and attention was one tactic to prevent road accidents. Mr. Marau encouraged the youth to engage in positive pastimes that will promote a drug- and alcohol-free lifestyle. Throughout the tour, Mama Mboga and the Boda-boda riders were given reflectors.

Finally, parents were encouraged to pick up their posts, be on the vigil, and engage in positive parenting techniques to combat the recent surge in child trafficking instances in the area. This was heavily stressed to shield kids from parental neglect, which can result in drug and alcohol abuse as well as ultimate school dropout.



## FUTURE LEADERS: SHIELDING GEN-Z FROM DRUG THREATS



Credit: Ambition UK

### By Maawiya Mohammed

The World Drug Report 2024 has highlighted concerning trends, revealing that 31% of individuals in Africa aged 25 and under are receiving treatment for drug-related disorders. This alarming statistic, underscores a critical issue: if this trend persists, Gen-Z's potential may remain unfulfilled.

The recent Gen-Z-led nationwide protests against Kenya's Finance Bill 2024 exemplify their potential. Initially organized on the social media platform X, the movement faced skepticism and ridicule. Yet, they mobilized in significant numbers, compelling the president to withdraw the bill and engage with them in an X space to discuss their needs. However, the risk of drug abuse threatens to derail this potential. To prevent this, we must adopt strategies that resonate with Gen-Z and guide them toward a drug-free future.

#### Leveraging Social Media and Digital Platforms

Gen-Z's adeptness with information technology is a powerful tool. Disseminating information on the dangers of drug use through engaging social media content—such as podcasts, short videos, and interactive posts—ensures broad reach and impact.

#### Harnessing Peer Influence and Leadership

Despite claims of being leaderless, key influencers within the Gen-Z protests played a pivotal role in mobilization. By identifying and educating these influencers, we can empower them to disseminate drug prevention messages to their followers. These influencers can also encourage attendance at seminars, workshops, and events focused on drug prevention. Additionally, hosting X spaces with professionals can facilitate meaningful discussions on maintaining a healthy lifestyle.

#### Motivating Through Positive Reinforcement

Motivating Gen-Z by highlighting their role as future leaders is crucial. Emphasizing their aspirations—such as a sober nation, employment opportunities, good governance, and development—reinforces the importance of avoiding drugs.

#### Enhancing Access to Mental Health Resources

Improving access to mental health resources is essential. Many young people resort to drugs as a coping mechanism for underlying mental health issues. Schools, communities, and online platforms should promote mental well-being and provide necessary support.

#### Incorporating Comprehensive Education Programs

Implementing comprehensive drug education programs in schools and communities is another effective strategy. These programs should be tailored to address the specific needs and concerns of Gen-Z, incorporating real-life scenarios and interactive learning methods.

Gen-Z holds the key to the future, and their potential to shape the world is immense. However, this potential is at risk if drug abuse continues to afflict this demographic.

Gen-Z has already demonstrated their ability to effect change; with the right support, they can indeed move mountains. Let's ensure they have every opportunity to realize their full potential, free from the shackles of drug abuse.





# Addiction

## MYTHS VS. FACTS



**MYTH:** Addiction is a choice or lack of morals

**FACT:** Addiction is a chronic brain disease that affects behavior, making it difficult for individuals to control their use of alcohol or drugs. It affects judgment, decision-making, and self-control.

**MYTH:** People with addiction lack self-control

**FACT:** Alcohol and drugs take control of the brain's reward system, leading to uncontrollable behaviors. It is not about self-control; it is about the complex interplay of biology and the environment.



**MYTH:** Addiction treatment is unsuccessful; relapse is unavoidable

**FACT:** Evidence-based treatments and ongoing support considerably increase the chances of long-term recovery.

**MYTH:** People with addiction cannot lead successful lives

**FACT:** Countless individuals have overcome addiction, rebuilt their lives, and made substantial contributions to society. Recovery is a journey towards self-discovery and resilience.



**MYTH:** Addiction is solely a result of poor choices or a weak will

**FACT:** Genetics plays a significant role in determining vulnerability to addiction. Certain genetic factors can make individuals more vulnerable to substance use disorders.

**MYTH:** Addiction only affects the individual

**FACT:** Addiction not only impacts the individual but also affects families and communities. Building a supportive network is crucial for sustained recovery.



**MYTH:** If addiction runs in the family, it is inevitable for me too

**FACT:** While genetics contribute to addiction risk, they don't guarantee it. Environmental factors, personal choices, and access to support play crucial roles in shaping an individual's risk of developing addiction.

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**FACT:** Addiction can affect individuals from all walks of life, including those with successful careers or stable family situations.

**MYTH:** You cannot help someone with addiction unless they want help

**FACT:** Interventions and support from loved ones can motivate individuals to seek help. Offering resources, understanding, and encouragement can be instrumental in someone's decision to start their recovery journey.





## COMPLAINT HANDLING PROCEDURE

### HOW TO COMPLAIN

Where our services do not meet the standards that we have set, you may forward your complaint to us through the following channels:

- Verbally; you may ask to speak to the line manager for the service you are seeking.
- You may forward your complaint by email to [ceo@nacada.go.ke](mailto:ceo@nacada.go.ke) or [info@nacada.go.ke](mailto:info@nacada.go.ke)
- You may write a letter directly to the Chief Executive Officer.

### COMPLAINT HANDLING PROCESS

1. We will acknowledge complaints and enquiries within seven (7) days of receipt.
2. We will acknowledge receipt of other disputes and complaints received through email, letters and related communication within seven (7) days.
3. We will make our decision known on any matter brought before the Board within 30 working days following the conclusion of investigations.

Every effort will be made to treat your complaint with utmost confidentiality.

The following procedure will be followed in handling complaints



### COMPLAINT CHANNELS

All complaints should be forwarded to us through the following channels:

#### CHIEF EXECUTIVE OFFICER

National Authority for the Campaign Against Alcohol and Drug Abuse  
 NSSF Building, Block A, 18th Floor  
 P.O. Box 10774-00100 GPO NAIROBI  
 Tel.: +254 020 272 1997, 2721993  
 Email: [complaints@nacada.go.ke](mailto:complaints@nacada.go.ke) / [info@nacada.go.ke](mailto:info@nacada.go.ke)  
 Website: [www.nacada.go.ke](http://www.nacada.go.ke)

#### THE COMMISSION SECRETARY/CEO

Commission on Administrative Justice  
 2nd Floor, West End Towers, Waiyaki Way, Nairobi  
 P.O. Box 20414-00200 NAIROBI  
 Tel.: +254 020 2270000/ 2303000  
 Email: [complain@ombudsman.go.ke](mailto:complain@ombudsman.go.ke)  
 Website: [www.ombudsman.go.ke](http://www.ombudsman.go.ke)



## CUSTOMER SERVICE DELIVERY CHARTER

At the **National Authority for the Campaign Against Alcohol and Drug Abuse**, we are committed to serving you promptly with courtesy and efficiency. This is our promise to you.

SERVICE	REQUIREMENTS TO OBTAIN SERVICE	SERVICE FEE (KSHS*)	TIMELINE
Serving Customers	Courtesy and respect	Free	Within 7 minutes
<b>Access to Information</b>			
Face to Face Enquiries	None	Free	Immediate
Telephone Enquiries	None	Free	Up to 3 rings
Correspondences	None	Free	Acknowledgement within 7 days upon receipt
Suggestion box	None		
Website	None	Free	Immediate. Visit <a href="http://www.nacada.go.ke">www.nacada.go.ke</a>
Official email <a href="mailto:info@nacada.go.ke">info@nacada.go.ke</a>	None	Free	Acknowledgement within 48 hours upon receipt
Social media platforms	None	Free	Immediate. Visit <a href="http://www.nacada.go.ke">www.nacada.go.ke</a>
Publications/IEC materials	None	Free	Weekdays during working hours (Mon-Fri 8.00am to 5.00pm) excluding public holidays
Resource Centre	None	Free	
<b>Technical Services</b>			
Research on alcohol and drug abuse- Baseline/ follow-up surveys	Letter of Request or proposal	Subject to contract guidelines	Acknowledgement and response with 7 working days. Services offered weekdays during working hours (Mon-Fri 8.00am to 5.00pm) excluding public holidays
Advise on development and implementation of ADA Workplace policies (Public & private sector organizations)	Letter of Request or proposal	Subject to contract guidelines	
Trainings/Capacity-building on ADA prevention, counseling, treatment, rehabilitation and aftercare (Public & Private Sector)	Letter of Request or proposal	Depends on required resources & scope. Each case on its own merit	
Basic counselling and referrals on treatment, rehabilitation and aftercare	None	Free	45 Minutes to 1 Hour
<b>24-hour free Helpline service 1192:</b> Counseling and referral services on alcohol and drug abuse	None	Free	Immediate*
Accreditation, advise, and licensing of treatment and rehabilitation facilities	None	Free	Acknowledgement and response with 7 working days
Licensing Alcoholic Drinks Importers and Exporters	Application	Depends on scope of operations	
Certification Training Program for Addiction Professionals (Three Phases)	Application	Kshs25,000/- per phase	
Enforcement on compliance to the ADCA, 2010 on alcohol and drug abuse	None	N/A	
Job or Attachment Application	None	N/A	
Payments for goods and services rendered	Relevant documents to support payments	N/A	
Procurement of goods and services	Relevant documents	As per PPRA	

\*Depends on when a counselor concludes serving clients before an incoming call.

Any service that does not conform to the above standards or any officer who does not live up to the above commitment to courtesy and excellence in service delivery should be reported to:

**CHIEF EXECUTIVE OFFICER**  
**National Authority for the Campaign Against Alcohol and Drug Abuse**  
 NSSF Building, Bishops Road; Annex 9th Floor  
 P.O. Box 10774-00100 GPO NAIROBI  
 Tel.: +254 020 272 1997, 2721993  
 Email: [complaints@nacada.go.ke](mailto:complaints@nacada.go.ke) /[info@nacada.go.ke](mailto:info@nacada.go.ke)  
 Website: [www.nacada.go.ke](http://www.nacada.go.ke)

**THE COMMISSION SECRETARY/CEO**  
**Commission on Administrative Justice**  
 2nd Floor, West End Towers, Waiyaki Way, Nairobi  
 P.O. Box 20414-00200 NAIROBI  
 Tel.: +254 020 2270000/ 2303000  
 Email: [complain@ombudsman.go.ke](mailto:complain@ombudsman.go.ke)  
 Website: [www.ombudsman.go.ke](http://www.ombudsman.go.ke)

*NACADA endeavors to uphold our national values and principles of governance on human dignity; human rights; equality and equity; social justice and inclusiveness; non-discrimination and protection of the marginalized.*

[www.nacada.go.ke](http://www.nacada.go.ke) | [@NACADAKenya](#) | [NACADA](#)

NSSF Building Block A, 18<sup>th</sup> floor (Eastern Wing)  
 P.O Box 10774-00100  
 Nairobi Kenya

Telephone: +254 020 2721997  
 E-mail: [info@nacada.go.ke](mailto:info@nacada.go.ke)

Need someone to talk to on drugs and alcohol?

**TOLL FREE HELPLINE 1192**



## MKATABA WA HUDUMA KWA WATEJA

Katika Halmashauri ya Kitaifa ya Kupambana na Matumizi Mabaya ya Pombe na Daw za Kulevya, tumejitolea kukuhudumia kwa heshima, uaminifu na uadilifu. Hili ndilo ahadi letu.

HUDUMA/BIDHAA	MAHITAJI YA KUPATA HUDUMA/BIDHAA	GHARAMA ZA HUDUMA AU BIDHAA	RATIBA YA WAKATI MUDA
Kuhudumia wateja	Uadilifu na heshima	Bure	Ndani ya dakika saba
Kuuliza swali	Tumia vituo vinavostahili- Ziara ya kibinafsi	Bure	Ndani ya dakika saba
	Piga simu nambani 020-2721997	Bure	Kufikia mlio wa tatu
	Barua pepe <a href="mailto:info@nacada.go.ke">info@nacada.go.ke</a>	Bure	Kwa siku saba baada ya ombi
	Masanduku ya maoni	Bure	Kwa siku saba baada ya ombi
	Barua kupitia Afisa Mkuu Mtendaji	Bure	Kwa siku saba baada ya ombi
Vitabu na vifaa vya kuelimisha	Barua ya maombi	Bure	Kwa siku saba baada ya ombi
<b>HUDUMA ZA TAARIFA</b>			
Tovuti <a href="http://www.nacada.go.ke">www.nacada.go.ke</a>	Muunganisho wa mtandao	Bure	Papo hapo
Mitandao ya Kijamii	Muunganisho wa mtandao	Bure	Jibu kwa masaa 48 baada ya kupokea ombi
Kituo cha Rasimali za Kielimu	Hakuna	Bure	Jumatatu hadi juma kwa masaa za kazi
<b>HUDUMA ZA KITAALAMU</b>			
Utafiti kuhusu utumiaji mabaya wa pombe na dawa za kulevya	Barua ya maombi au pendekezo	Inategemea mahitaji na nafasi iliyoko. Kila jambo litashughulikiwa inavyostahili	Jumatatu hadi juma kwa masaa za kazi
Mafunzo maalum ya kudhibiti uraibu wa pombe na dawa za kulevya			
Ushauri na utungaji wa sera kazini kuhusu pombe na dawa za kulevya			
Ushauri kuhusu leseni ya vituo vya kurekebisha uraibu			
Kuhakikisha Utekelezaji wa Sheria za Uzuiaji wa Vileo, wa 2010 (ADCA, 2010)			
Kuhakiki na kutoa leseni kwa vituo vya kurekebisha uraibu			
Ushauri wa kimsingi unaohusu uraibu na maelezo kuhusu matibabu	Hakuna	Bure	Dakika 45 hadi saa 1
Mafunzo ya Kitaalamu kwa Wasomi wa Uraibu (Certification Training)	Barua ya maombi au pendekezo	Shilingi 25,000/- kila awamu	Majibu siku saba baada ya kupata ombi
Simu ya Msaada, 1192 (Hupatikana masaa 24)	Hakuna	Bure	Wakati huo huo*
Maombi ya Kazi	Hakuna	Bure	Kwa siku saba baada ya kupata ombi
Kutoa huduma na uuzaji bidhaa		Kulingana na Public Procurement & Disposal Act, 2005, and Regulations 2006	Kwa siku saba baada ya kupata ombi
Malipo ya bidhaa na huduma zilizotolewa	Kabithi hati ya malipo iliyotiwa sahihi	Kulingana na Public Procurement & Disposal Act, 2005, and Regulations 2006	Kwa siku saba baada ya kupata ombi

*\*Itategemea kupatikana kwa mshauri kukamilisha huduma kwa wateja waliotangula. Masaa za kazi: Jumatatu hadi juma, saa mbili asubuhi hadi saa kumi na mpja jioni. Iwapo bado hujaridhika, uliza uhudumiwe na msimamizi wake. Kwa maoni, malalamiko au mapendekezo, wasiliana nasi kupitia anwani zifwatazo.*

**Afisa Mkuu Mtendaji**  
 NACADA  
 Jengo la NSSF, Block "A", 18th Floor  
 S.L.P. 10774 - 0100 Nairobi  
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 Barua Pepe: [info@nacada.go.ke](mailto:info@nacada.go.ke)  
 Tovuti: [www.nacada.go.ke](http://www.nacada.go.ke)

**Katibu Wa Tume/Afisa Mkuu Mtendaji**  
 Tume Ya Utawala Wa Haki  
 Jengo la West End Towers Gorofa ya 2, Barabara ya Waiyaki  
 S.L.P. 20414 - 00200 Nairobi  
 Simu: +254 020 272 1997  
 Barua pepe: [complain@ombudsman.go.ke](mailto:complain@ombudsman.go.ke)  
 Tovuti: [www.ombudsman.go.ke](http://www.ombudsman.go.ke)

**NACADA Inajitahidi kutekeleza maadili yetu ya Taifa na kenuni za utawala katika hadhi ya binadamu, haki za binadamu, usawa, haki za kijamii na kushirikisha mashirika yasiyo ya ubaguzi na ulinzi wa wanyonge.**

NSSF Building Block A, 18<sup>th</sup> floor (Eastern Wing)  
 P.O Box 10774-00100  
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Telephone: +254 020 2730889 | 2721994  
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 Website: [www.nacada.go.ke](http://www.nacada.go.ke)

Need someone to talk to on drugs and alcohol?  
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Call NACADA's



**TOLL FREE  
HELPLINE** **1192**