

# NACADA QUARTERLY

A Publication of the National Authority for the Campaign Against Alcohol and Drug Abuse



## Information, Knowledge Key in Mitigating Alcohol and Drug Abuse

**Workplace  
Smoke-Free  
Policies and  
Cessation  
Programs**

**What You  
Need to  
Know About  
AJADA**

**Nutrition is Key  
in Substance Use  
Treatment and  
Recovery**

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# CEO's Message



Thank you for making Financial Year 2020/2021 a success for NACADA and all of us.

We have completed a number of game-changing interventions and have laid the foundation for much more to be completed in the coming years. This has enabled us to be part of a global community delivering highly scalable and evidence-based interventions in the areas of substance abuse prevention, treatment and care.

One of our biggest initiatives was the development and launch of the National Guidelines on Alcohol and Drug Use Prevention, which aim to improve the delivery of programs and interventions to produce positive outcomes for targeted populations. Available scientific evidence shows what works for families, schools, workplaces and communities in addressing risk factors and enhancing protective factors for various age groups. It is my hope that these guidelines shall provide a framework to effectively carry out evidence-based prevention interventions.

Another strategic milestone was the handover of the Kiamwasi Rehabilitation Centre in Kitutu Chache South Constituency to the Kisii County Government. The facility, which is 80 per cent complete, will help the larger Nyanza region deal with escalating cases of alcohol and drug abuse among the youth. We urge for collaborative efforts in combating alcohol and substance abuse problem and call on leaders to take up the responsibility and save our people from the menace.

The International Day Against Drug Abuse & Illicit Trafficking (IDADA) themed "Share Facts on Drugs, Save Lives" was celebrated virtually on June 26 with the support of the United Nations Office on Drugs and Crime (UNODC). As we implement this theme, let us all do our part and combat misinformation by sharing the real facts on drugs- from health risks and solutions to tackle the problem, to evidence-based prevention, treatment and care.

As we begin the new year, our continued focus will be on integration of a viable and sustainable approach in our programming. I am optimistic and look forward to improving the efficacy of our interventions as well as identifying optimal means for dissemination and diffusion.

**Victor G. Okioma, EBS**  
**CHIEF EXECUTIVE OFFICER**

# Editor's Note



Gender-based violence has continued to ravage societies across the world and one of the greatest contributors is alcohol and substance abuse. Read about how this can be remedied through evidence-based approaches as well as how it presents undeserved challenges to communities.

In this edition, we also have explored how the pandemic continues to affect mental health among populations. As the issue takes center stage in global conversations, one of our contributors dissects mental health problems specifically in relation to substance use and abuse.

We close the financial year on a high, having managed to celebrate the World Drug Day 2021- also known as the International Day Against Drug Abuse and Illicit Trafficking (IDADA)- under very dissimilar circumstances. The metamorphosing scenarios being thrown our way by the Covid-19 pandemic have only reinvigorated our resolve to achieve our mandate within this long-winded space.

In this edition, read all about the resumption of the 24HR helpline following a partnership between the Authority and the World Health Organization (WHO). The operations of the 1192 helpline have also now received a boost with software upgrade with a view to making the service more responsive.

In appreciation of the power of branding, a village in Central Kenya chooses to shed off a negative image associated with it, particularly after most residents who were illicit brewers reformed. This is true definition of the proclamation that *'image is everything'*.

Enjoy the read!!

**Simon Mwangi**  
**MANAGER, CORPORATE**  
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## Counties Advised to Review Bar Licencing Regimes



NACADA Chief Executive Officer Victor Okioma (seated third from right) together with North Eastern Regional Commissioner Nicodemus Ndalana (seated third from left) and other participants during the N.E. Multi-Agency meeting. / **Photo: Courtesy**

### Courtesy KNA

The Authority has asked county governments to review licensing guidelines for bars and restaurants to include plot numbers and exact locations.

Speaking after meeting the North Eastern Regional Multi-Agency Security Teams in Garissa, NACADA Chief Executive Officer Victor Okioma said an audit had revealed that some bars had been opened next to schools while others operated in places where there is no security, thus risking the lives of Kenyans.

“The licenses do not indicate the premises and plot numbers. Some people are taking advantage of this and opening 10 bars with only one license,” he said.

“The County Authorities need to be keen about the premises where the bars are and ensure they are well described. We also need to know what the bars are selling in those premises and must conform to the minimum health requirements,” he added.

On marijuana, Okioma dismissed those pushing for the legalization of the drug, saying that legalization of the substance has not worked in countries that allowed it.

“Marijuana is one of the most problematic drugs in the country currently. When you talk about licensing Marijuana, you are trying to say that we allow it for recreation and fun. Presently, Marijuana is only allowed for medical and scientific reasons,” he said.

“Marijuana is the most abused narcotic and leading in drug-caused disorders in the country,” he warned.

North Eastern Regional Commissioner Nicodemus Ndalana said that security teams would do their best to stop drug trafficking in the region.

“Drugs in this region can be eliminated because it is not entrenched. We need to thwart the intentions of those who may want to start abusing early enough,” Ndalana said.

He, however, noted that much of the drugs end up in neighbouring Somalia and they (security agencies) would strive to stop the business.

The Regional Commissioner expressed fear that the Somali-based Al-Shabaab terror group may start drug trafficking.

The meeting brought together all County Commissioners and County Police Commanders from the North Eastern region. Police in the region have in the last one year intercepted close to one tonne of bhang, with several cases pending in court.

*This story was published by Kenya News Agency on Wednesday, June 9, 2021.*

## What's in a Name: A New Dawn for a Village in Gatundu South



Mr. Stanley Kamande, Deputy County Commissioner (seated second left) and Mr. Amos Warui, NACADA Central Region Manager (seated in the middle) with the reformed illicit brews sellers on June 11, 2021 at Exodus village. /Photo: Samuel Kamau

By Caroline Kahiu

It was new dawn for residents of Wamuguthuko (always running) village in Gatundu South as they renamed their village to “Exodus Village” in an attempt to disassociate themselves with social ills such as alcohol abuse, witchcraft and thuggery. The reformed brewers and residents broke into celebrations immediately after being awarded with certificates, symbolizing a new beginning.

This name change was done during an elaborate ceremony in the village, which was attended by several leaders including the Deputy County Commissioner, NACADA Central Regional Manager, religious leaders and civil society organisations representatives who stated that the villagers had agreed to change from bad to good.

*Chang’aa*, *kang’ara* and *muratina* are the most common surrogate alcoholic beverages in the areas and have caused numerous instances of methanol poisoning, some of them being fatal.

Speaking at the function, one of the reformed brewers said the trade has been an economic setback due the hefty fines they paid after being charged in courts whenever they were arrested and the brews seized by the authorities.

“We are tired of the cat and mouse games with the local administration. We are now ready to work with our leaders to explore alternative livelihoods that will not destroy our children’s future.”, said Muthoni, a reformed brewer.

According to Mr. Stanley Kamande, the Deputy County Commissioner, Gatundu South, the government is committed to eradicating illicit brews and has allocated money to assist the reformed brewers pursue alternative livelihood.

“Illicit brews have claimed lives and as the government, we cannot stand and watch as energetic and promising young people are destroyed by illicit brews and other social ills. I can promise you that this is a first of the many interventions that we shall undertake with like-minded stakeholders.”

In addition, he warned those still brewing that the government will catch up with them and they shall be reprimanded accordingly.

Speaking during the ceremony to honour the 16 reformed brewers, NACADA Regional Manager Mr. Amos Warui said efforts by the national and county government have shown success.

“It is encouraging to see these kinds of reforms. As NACADA, we are happy with the local administration and community members for the concerted efforts to eradicate illicit brewing and embrace alternative livelihoods,” he said.

He added that alcoholism has been a great challenge to several families, leading to families breaking up, domestic violence, children dropping out of school and an increase in violence and crime.

“Many have lost loved ones, others have lost their jobs and several others rendered paupers due to the vice,” he added. He urged those that are in the jaws of illicit alcohol and drug abuse to seek help from health facilities or call the NACADA toll-free helpline 1192 for counseling and referral services.

*The author is an experienced development communication professional. She is currently the Communications Officer.*



By Samuel Kamau



Unveiling of the new name: From *Muguthuko* to Exodus Village.



Mr. Amos Warui, NACADA Central Regional Manager, disposes off some of the illicit brews nabbed in previous crackdowns.



Mr. Warui hands over a certificate of recognition to a reformed illicit brews seller.





## NACADA Reinstates 24hr Toll-free Helpline Services



Anne Mwali, a counselor, at her work station on July 5, 2021./ Photo: Samuel Musungu

By Emma Kadi

The Authority has reinstated 24/7 helpline services after they were disrupted in December 2019 following the redeployment of seven out of the then eight counsellors to various regional offices across the country. Members of the public can now call the toll-free number **1192** using Safaricom or Telkom lines for help on alcohol and drug abuse problems at any given time.

Counselling & Rehabilitation Manager Judith Twala lauded the move, saying there has been an increase in the number of callers since bringing back the around-the-clock services.

"The reason for reinstating the 24/7 services was that there are people who are busy throughout the day and only available in the evening. It's important to reach and assist as many people as possible," she said.

The switch from 8am-5pm back to 24hr operations was boosted by the addition of counsellors at the call centre. Initially, there were only four counselors at the helpline but NACADA received six counselors from the World Health Organization (WHO) and six interns from the Public Service Commission (PSC) in May 2021.

Twala said the increase in the number of staff at the helpline has enhanced the quality services offered to the public since the counselors have sufficient time to attend to each client. They also work in shifts and hence don't suffer burnouts that result from working for prolonged periods.

One of the counselors at the helpline, Anne Mwali, said they have seen the impact of the tele-counselling and referral services that they provide to clients.

"One caller told us he went to hospital as advised and was given medicine to manage withdrawal symptoms and craving for drugs. He said despite using different types of drugs for 7 years, he had not touched any for 3 weeks and is responding well to treatment. Such calls give us an assurance that the work we do here is not in vain," she said.

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**"The reason for reinstating the 24/7 services was that there are people who are busy throughout the day and only available in the evening."**

**JUDITH TWALA**

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The services offered at the call centre include counseling on alcohol and drugs cessation, referrals to hospitals, referrals to treatment and rehabilitation centers, information on alcohol and drug addiction, support the not-so-addicted clients to quit, and counseling support to the families of those with substance use disorders.

Telephone services add an air of anonymity for clients seeking recovery from addictive substances as well as treating underlying mental illnesses, which go along with drug addiction. Besides calling the helpline, clients can visit any NACADA regional office for in-person assistance.

*The author is an Assistant Office Administrator and has ambitions of becoming a Public Relations Practitioner. She is currently studying Public Relations at the University of Nairobi.*



## Authority Hands Over Kiamwasi Rehabilitation Centre to Kisii County



Kisii Governor James Ongwae (left) with NACADA Chief Executive Officer Victor Okioma at the event. / Photo: Samuel Kamau

By Simon Mwangi

The Authority handed over the Kiamwasi Rehabilitation Centre in Kitutu Chache South Constituency to the Kisii County Government in late June. The facility, which is 80 per cent complete, will help the region deal with escalating cases of alcohol and drug abuse among the youth.

NACADA Chief Executive Officer Victor Okioma urged for collaborative efforts in combating the problem and called on governors and political leaders to take up the responsibility and save the youth from the menace.

"Counties have been thrust into the frontline to begin addressing the proliferation and subsequent abuse of alcohol and drugs. With regards to this facility, we have invested Sh. 9m in its construction while the Kisii County Government contributed Sh. 13m. As NACADA, we are committed to forging partnerships with county governments to deal with this problem," said the CEO.

Kisii County Governor James Ongwae, while receiving the facility, said the centre would help people struggling with substance abuse.

"We hope this facility would not only help in mending lives but also give skills to those who will pass through it. It is not going to be a place of rest. Alcohol is known to impair many people's lives and contributes to most lifestyle diseases, which can be avoided. We are thus bound to see increased productivity, which will, in turn, affect economic growth with the operationalisation of this rehabilitation center," he observed.

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## Sh. 22m

Amount of money used to construct the Kiamwasi Rehabilitation Centre.

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The county government, he revealed, is set to inject more cash into the construction of the Kiamwasi Dispensary, which is also 80 per cent complete and adjacent to the rehabilitation facility.

In his address, the Governor said that the two facilities will complement each other in service delivery to the people of Kisii county while also working to reduce the impact of alcohol and drug abuse within the larger South Nyanza region.

The handing over of the centre came just a day prior to the International Day Against Drug Abuse and Illicit Trafficking (IDADA), which was celebrated on Saturday June 26.

*The author is the Manager Corporate Communications.*

## NACADA Welcomes the First-Ever Interns from PSC



Some of the interns posted at the headquarters and Nairobi regional office. / **Photo: Samuel Musungu**

By Samuel Musungu

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) has for the first time received interns from the Public Service Commission (PSC). The 36 interns, who are under the Public Service Internship Programme (PSIP), will work at the Authority for a period of one year.

NACADA officially welcomed and inducted the interns on May 31, 2021 at the Nairobi regional office, after which they were deployed to different work stations across the country.

Human Resource and Administration Manager Joyce Lisanza said the interns will help to bridge the gaps in staffing level to some extent. NACADA has a reduced workforce due to an order by Treasury CS Ukur Yatani on September 30, 2020 to freeze hiring in all Ministries, Departments, and Agencies (MDAs) for three years, save for essential roles, which must be approved by the exchequer.

"The current staffing level is not adequate. We are not at where we are supposed to be because of the freeze. With the interns, as much as they are on training, they will help to partially fill the shortfall in the number of staff," said Lisanza.

She encouraged the interns to fully utilize the opportunity as it will open doors for better opportunities after the internship. She said, since they already possess school knowledge, they should now focus on growing both their hard and soft skills.

The HR Manager advised them not look at the internship as having gotten a permanent job. "They should assume there are no chances of being retained and focus on the experience they'll get from the internship and how it will better their lives afterwards."

Clement Karua, an intern in the Human Resource department, expressed his delight to join the Authority since it, among other mandates, caters for the interests of the young people, who happen to be the majority of alcohol and drug abuse victims.

"I have always wanted to work in an organization that seeks to address the challenges that the youth face, and I'm glad NACADA does exactly that. Young people are often neglected by most institutions," said Karua, adding that the internship provides him a chance to gain work experience and grow in his career.

On her part, Public Education, Advocacy and Rehabilitation intern Serah Wangui said she's looking forward to putting her skills into use and learning what she hasn't been able to learn before.

"I am passionate about helping people. Joining NACADA means I will be able to interact and counsel those who suffer from problems that result from alcohol and drug abuse," she said.

Her interests are to learn more about how NACADA as an institution works and get involved in sensitization programmes against alcohol and drug abuse.

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**"They should assume there are no chances of being retained and focus on the experience they'll get from the internship and how it will better their lives afterwards."**

**JOYCE LISANZA**

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PSIP is a brainchild of PSC aimed at equipping graduates with valuable professional and technical skills, work experience and, at the same time, offer them financial sustenance. This, the Commission says, will give them a competitive advantage when seeking formal employment in the public service.

The programme was first launched in 2019, with this lot of interns being the third to be hired by the Commission. PSC organized a one-day virtual induction for more than 2000 interns on February 2, 2021 before deploying them to 161 Ministries, Departments, and Agencies (MDAs) countrywide.

*The author is a Corporate Communications Intern.*



## Partnerships That Empower: Miritini Treatment and Rehabilitation Centre Set for a Workshop



NACADA Chief Executive Officer Victor Okioma (seated second right) together with Chief Executive Officer MSEA Mwenda Rithaa (seated second left) and respective teams at the Miritini Treatment and Rehabilitation Centre. /Photo: Samuel Kamau

By Simon Mwangi

The Authority is on the verge of inking a deal with the Micro and Small Enterprises Authority (MSEA) towards the construction of a workshop at the Miritini Treatment and Rehabilitation Centre. This was the highlight of a discussion between the Chief Executive Officers from both organizations, which took place at the treatment centre in early May.

Speaking during the event, NACADA Chief Executive Officer Victor Okioma underscored the need for partnerships towards the realization of a broader goal at the treatment centre.

“The idea behind the Miritini Treatment and Rehabilitation Centre was to establish a national center of excellence for the treatment of substance use disorders and a learning hub for prevention, treatment, and reintegration for people who use drugs. It is the integration bit that we are inviting MSEA to support our effort and help in empowering clients within this facility for the purposes of making them productive in society after treatment. This will ensure that we have fewer relapse cases, thus slowly ridding this region of the drug menace,” he said.

On his part, the MSEA Chief Executive pointed out that in a bid to promote the development of competitive and sustainable Micro and Small Enterprises, the Authority had considered a partnership with NACADA to enhance skills development and entrepreneurship activities for the rehabilitated youth.

“Broadly, it is anticipated that the rehabilitated youth from this facility will either find employment in micro and small enterprises besides starting their own. It is for this reason that we are considering the partnership with NACADA as one of the ways through which we can boost the empowerment efforts at this facility. To this end, we are considering putting up a workshop that will act as a hub for skills acquisition. We are also looking at how we can connect the youth with funding and markets for their finished products once the workshop becomes operational,” said Mwenda.

Domiciled at the Ministry of Trade, Industry and Cooperatives, some of MSEA's functions include the formulation of capacity-building programmes for micro and small enterprises. It is also charged with the facilitation of technology development, acquisition, and transfer of the same by micro and small enterprises.

*The author is the Manager Corporate Communications.*



## Prof. Imbuga: Information, Knowledge Key in Mitigating Alcohol and Drug Abuse



**From left:** Mombasa Medical Services Chief Officer Dr. Khadija Shikely, UNODC Eastern Africa Programme Manager Dr. Feyzal Sulliman., National Administration Secretary Arthur Osiya, NACADA Board Chairperson Prof. Mabel Imbuga, Chief Executive Officer Victor Okioma and Board Member Farida Rashid unveil the National Guidelines on Alcohol and Drug Use Prevention. /Photo: Samuel Musungu

By Samuel Musungu

NACADA Board Chairperson Prof. Mabel Imbuga has asserted that the dissemination of factual information and subsequent understanding of the effects of drugs is crucial to the successful campaign against alcohol and drug abuse.

Speaking during the commemoration of the 33rd International Day Against Drug Abuse and Illicit Trafficking (IDADA) on June 26, 2021 in Nairobi, Prof. Imbuga said people can only make wise decisions when they are well informed.

“Our children, youth, and all members of the community require factual information to enable them weigh the best option between taking drugs and abstaining, and between continuing with drug use or seeking help,” said the Chair.

She disclosed that the Authority is leveraging on the legislation of Ministries, Departments, and Agencies (MDAs) to effectively respond to the complexity of alcohol and drug abuse in the country.

“As the lead agency in the fight against alcohol and drug abuse, NACADA is coordinating the country’s multi-sectoral response to the challenge of alcohol and drug abuse and has designed programmes to promote healthy lifestyles.”

The programmes include the Positive Parenting Programme, which targets and empowers parents with knowledge on drugs and how to help the affected family members, and Life Skills Programme, which empowers primary school pupils with knowledge on alcohol and drugs. There’s also the Workplace Prevention Programme that assists public sector organizations to design and implement preventive and mitigative programmes on alcohol and drug abuse for their staff and families.

Prof. Imbuga said the Authority prides itself in providing a conducive environment for addiction experts to design and implement care and support programmes for persons with Substance Use Disorders (SUDs) across the country.

Apart from operationalising the Miritini Drug Rehabilitation Centre, she revealed that NACADA has so far helped 10 counties to establish treatment and rehabilitation centres. They include Bomet, Kisii, Kwale, Mombasa, Nyeri, Kisumu, Kakamega, Taita Taveta, Nakuru, and Lamu.

Interior PS Dr. Karanja Kibicho, who was represented by the National Administration Secretary Arthur Osiya, pointed out that illicit drug trafficking and abuse remains a major challenge to the socio-economic development of states around the world.

“Global trends indicate a steady increase in the number of persons using drugs, hence an increase in the number of persons requiring treatment, care and support,” he said in a statement.

Kibicho divulged that the COVID-19 pandemic has exacerbated the drug situation by increasing stress levels, therefore pushing more people into drug use, some of whom end up with SUDs.

Going by the statistics of surveys conducted by the Authority in 2016, 2017, and 2019, the PS admitted the country is in dire need of continued prevention and mitigation of drug abuse.

“In addressing the country’s drug challenge, my ministry through NACADA has adopted a multi-pronged approach



that addresses both the demand and supply side of the drug problem.”

He acknowledged the regular crackdowns and compliance checks that the Authority conducts in collaboration with key government agencies to enhance compliance to various laws and combat illicit trafficking.

Kibicho called upon all stakeholders in the public and private sectors to be proactive in addressing the challenge of alcohol and drugs, particularly among the youth, who are drivers of the economy.

“As we take stock of the gains, challenges and what still needs to be done, I wish to remind you that alcohol and drug abuse affects all spheres of the society, and thereby requires the involvement of all persons.”

At the event, there was also the launch of the **National Guidelines on Alcohol and Drug Use Prevention** aimed at facilitating evidence-driven treatment and rehabilitation of persons with SUDs.

NACADA Chief Executive Officer Victor Okioma said the new standards will improve the delivery of programmes, interventions and policies in Kenya, and produce positive outcomes for the targeted populations, which include schools, families, and communities.

This year's virtual IDADA commemoration, whose theme was **Share facts on drugs, save lives**, was organized by NACADA in partnership with the United Nations Office on Drugs and Crime (UNODC).

*The author is a Corporate Communications Intern.*

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## Are Persons Living with Disabilities Immune to Substance Use Disorders?

By George Kasera

According to the World Health Organization (WHO), it is estimated that up to one billion people, or 15 percent of the world's population have some form of disability. In Kenya, it is estimated that about 4.6 percent of the population are Persons With Disabilities (PWDs).

Generally, individuals with disabilities are more likely to experience discrimination, unemployment, higher poverty rates and poor health. Whether the disability is caused by a medical condition, an accident, or is congenital, it can have a profound negative impact on a person's physical and emotional well-being.

A study conducted by Kenyatta University's Dr. Beatrice Kathungu in 2013 on substance abuse amongst PWDs in Kenya showed over 35 percent of Kenyans living with disabilities use some form of psychoactive substances, with majority of them reportedly having first used drugs at the age of between 15 and 19.

It should be noted from the outset that PWDs are not a homogeneous group and there is a wide range of needs and experiences within the group. In the same likeness, it is safe to state that while a few PWDs engage in drug use for reasons not related to their disability, many do.

Research points that over 20 percent of PWDs use drugs to cope with their disability related stress, 15.6 percent use drugs for acceptance among their non-disabled peers, and 13.1 percent due to maltreatment by the society. Evidence also shows that PWDs are also used by drug dealers to peddle drugs.

All hope is not lost as the government through NACADA has over the years reached out to persons living with various forms of disabilities through their networks with prevention messages, and has in many occasions sensitized many PWDs on the subject matter.

NACADA has also shown some good gesture by employing persons with disabilities into its workforce,, something that has positioned the Authority in a good standing in advancing and advocating for better outreach services for PWDs out there.

Considering that awareness on substance use issues is generally low amongst individuals with disabilities, there is every need for all substance use interventions to be made more accessible to this group of Kenyans.

That should include but not limited to drug education and information that is clear, not patronising, easy to assimilate, direct, visual, and without too much content as envisaged in the Kenya's Disability Act 2003 under access to health services.

*The author is a change agent with profound desire for community empowerment . He is a Public Education and Advocacy Officer at the Western regional office.*

## What You Need to Know About AJADA



AJADA volumes 3 and 4 published in June and December 2020 respectively./ Photo: Samuel Musungu

By Timothy Lemiso

Did you know Kenya has a journal where one can publish articles on alcohol and drug abuse prevention and management?

The African Journal of Alcohol and Drug Abuse (AJADA) is a diamond open access, peer reviewed, multi-disciplinary journal committed to quality research output publications with a wide audience seeking reliable information on alcohol and drug abuse. It is published bi-annually by NACADA in the months of June and December both in print volume and electronic versions.

AJADA seeks to contribute to enlightening research discoveries in areas related to alcohol and drug abuse and publish articles with an intention focused on delivering NACADA's vision. The journal is devoted to advancing global trends, contextual issues both locally and internationally, highlight practical and theoretical implications and policies useful in the management of alcohol and drug abuse.

The journal adopts and adheres to appropriate research methods, ensures conclusions of a research study are applicable and are justified by the results. Furthermore, it seeks to disseminate research findings responsibly, accurately, and broadly. Where necessary, action is taken to correct the record in a timely manner while acknowledging the supplementary sources of other works that have been consulted to make the research output holistic, complete, and scientific.

**AJADA seeks to contribute to enlightening research discoveries in areas related to alcohol and drug abuse and publish articles with an intention focused on delivering NACADA's vision.**

Researchers, professionals, academicians, and other stakeholders can submit articles covering diverse disciplines of alcohol and drug abuse. They include prevention and advocacy, policy, legal and enforcement, treatment and rehabilitation, research and training, and partnerships and community-based initiatives.

Authors have to ensure that the content they submit has not been published or submitted for publication elsewhere, except as a brief abstract in the proceedings of a conference or symposium.

Manuscript categories include research articles, review article, short communication, policy briefings, and editorial articles that convey views on any theme relevant to the journal's concerns.

Journal publication helps to preserve your work in the permanent records of research in a specific field of study. Adding your work to this record involves you in the active research community for a topic, helping to expand your professional network and increasing potential for collaboration and interaction with peers.

To be featured in AJADA, you are required to submit your article to [submissions.ajada@nacada.go.ke](mailto:submissions.ajada@nacada.go.ke) by April 30 or October 15 for the June and December publications respectively. Publishing guidelines are available at [www.nacada.go.ke](http://www.nacada.go.ke).

*The author is an Information Science professional with skills in organization and library instruction. Currently, he is the Assistant Librarian at the NACADA Resource Centre*





By Rebecca Adeli

"Children are like clay. They are moulded by those who surround them. Their environment shapes them and they adapt. They are the reflection of those that have created them," Jasmeet Sidhu.

One misconception that many people dealing with Substance Use Disorders (SUDs) have is that their behaviour is not affecting anyone else. Of course, that's not true, and children borne of parents with SUDs can be among those most impacted.

The major way in which alcohol dependency affects child development is through affecting the child's self esteem, which makes them question their worth. Children look up to their parents for approval and positive reinforcement, and most parents suffering from substance abuse disorders do not have time with their children to build this relationship. This slowly affects the child's self-image, which leads to retarded development in all spheres of the child's life.

The effects of someone's struggle with dependency stretches out far beyond them. Their dependency always often ends up affecting the entire family. Research reveals that children suffer from a range of maladaptive outcomes spanning almost all areas of development, including the cognitive, behavioural, psychological, emotional, and social domains. Although the specific effects depend on which person in the family unit has the problem, there is no doubt that it does affect the entire family.

Children in such environments need guidance. That is because they suffer due to their parent's dependence patterns making them depend on their personal judgments and not on what they have been guided.

Strong evidence has concluded that family dysfunction during childhood can negatively influence later life experiences and adjustment. These children may be the victims of physical and emotional abuse and neglect. As a result, they may suffer from various anxiety and affective disorders.

They are not only frightened for their own wellbeing, but they also harbour real concern that their parent may get sick or die as a result of the SUDs.

Children borne of parents with SUDs show varying levels of exposure to their parent's substance use-related symptoms. At one extreme, some children may limit their social life, because they fear someone may find out the truth about the substance abusing parent. On the other hand, some may use friends as buffers, relying on their leadership skills to take on key positions in school and extracurricular activities.

Many children who rely on "adaptive distancing"- a technique in which the child separates from the pressures of family problems in order to maintain pursuits and seek fulfillment in life at times may fare better. Hence, not every family is affected identically.

At times, drug and substance abuse may feel like the only solution that drowns your pain. But, as a parent, would you like drowning your pain cause pain to the entire family and the development of your children??

*The author is a Communication practitioner specializing in Public Relations.*

# The Thin Line Between Drugs and Gender-Based Violence



An assortment of different drugs. / Photo: Vintank

By Simon Mwangi

Kenya has been witnessing an unprecedented wave of domestic and gender-based violence lately. This wave has neither spared security officers nor has it concealed its ugly head among seemingly well-to-do members of society. The big question, however, is whether alcohol and drugs have played any role in these cases, which are directed at members of both gender.

While there has not been compelling evidence pointing towards that direction in Kenya, it is also important to explore its role in such situations.

Research studies have consistently indicated that alcohol abuse is often associated with violent crimes against women. Physical and sexual abuse in childhood, sexual assault and rape, domestic and interpersonal violence have all been practically linked to excessive alcohol consumption by the male aggressors of such crimes.

Unfortunately, we are also witnessing cases of violence being meted out on men by their spouses. Some of them turn fatal and in the process it is reported that there was either a party where alcohol was involved, or one of the parties was intoxicated. Others are plain homicides or murder cases where alcohol is not involved at all.

Considerably, although the average weekly alcohol consumption for both men and women has increased in the recent years, the comparative rise among women is now much more significant. .

Scientifically, women's bodies absorb and break down alcohol differently from that of men. As such, ladies are more vulnerable to a wide range of serious alcohol-related physical and psychological health problems.

Women who have alcohol problems face more societal stigma and personal shame than their male drinking counterparts because of social, cultural and political biases.

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Physical and sexual abuse in childhood, sexual assault and rape, domestic and interpersonal violence have all been practically linked to excessive alcohol consumption.

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Consequently, the hidden number of women who drink excessively in our workplaces and communities may represent a very significant minority.

To be perfectly clear, alcohol and alcoholism are never a sole trigger for or cause of domestic abuse or gender-based violence. Rather, they are compounding factors that could ultimately elicit intimate partner abuse in a violent individual.



A man and a woman engage in a fight. /Photo: The Zimbabwean

Strong links have been found between alcohol use and the occurrence of intimate partner violence in many countries. Evidence also suggests that alcohol use increases the occurrence and severity of domestic violence. Alcohol consumption as a direct cause of such violence has often been questioned either on the basis of additional factors (e.g. impulsive personality, low socio-economic status) accounting for the presence of both, or because frequent heavy drinking can create a stressful, unhappy partnership that increases the risk of conflict and violence.

*The author is the Manager Corporate Communications.*





No smoking sign. / Photo: Employeesure

By Caroline Kahiu

Nearly eight million people die prematurely from tobacco use each year despite the fact that it is the single most preventable cause of disease, disability and death in the world. In addition to the morbidity and mortality resulting from smoking, the economic burden associated with smoking is substantial.

The costs attributable to smoking are particularly important to employers. Beyond increased medical care costs attributable to smoking, employers incur additional indirect costs for smoking employees. These include impacts on workplace productivity, injury, accidents, and absenteeism.

So what can be done to prevent the toll of smoking at the workplace? Organisations are becoming increasingly sensitive to health and safety practices at the workplace that protect employees. The workplace is an important setting for implementing tobacco control interventions.

Smoke-free policies in indoor public places significantly improve indoor air quality and reduce secondhand smoke exposure. These policies can also help change social norms regarding the acceptability of smoking. Smoke-free policies can prevent or delay initiation of young people to start smoking and help smokers quit.

In addition to smoke-free policies, employer-sponsored smoking cessation programs are also beneficial. Simply put, tobacco cessation is quitting smoking. Counseling, behaviour therapy, medication and knowledge about the effects of tobacco use maybe used to help a person to quit smoking. However, telling someone to simply “quit because it is good for you” is not enough.

Quitting smoking requires new habits and a new lifestyle. The most helpful programs use evidence-based techniques to guide people through habit change. They can help improve workers’ health, lower employees’ health insurance premiums, and help reduce employee tobacco use rates. Participation in workplace smoking cessation interventions can increase quitting rates and decrease rates of smoking-related diseases.

Effective workplace smoking cessation programs include:

- Self-service information and resources that are mobile friendly and accessible
- Family and colleagues support and not stigmatization
- Health coaches/mentors/sponsors to help set goals, make a plan and stick to it
- Employee support programs that support physical and mental health well-being
- Evidence-based programming that do not include quick fixes and scary tactics

The success of a smokeless workplace policies and cessation programs is dependent on the understanding and support of employees. Without proper care and planning, misunderstanding and resistance can arise. Gaining and sustaining a high level of employee support is the overarching goal of the implementations plan.

## Mental Health at the Peak of Covid-19 Pandemic



By Judy Twala

The World Health Organization (WHO) was informed on December 31, 2019, of a cluster of cases of pneumonia of unknown cause detected in Wuhan, China. This was subsequently confirmed by the Chinese National Health Commission and the WHO as an outbreak of a new type of coronavirus- the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

The virus spread all over the world in 2020 and prompted governments to put in place measures proposed by health professionals to curb its spread. The measures include movement restrictions, remote working, wearing masks, washing hands or using hand sanitizers, avoiding crowded places, among others. These new health protocols pushed the world into a new normal and transformed the way we do things.

The COVID-19 pandemic has had adverse effects on the human race globally. Reports from International Labour Organisation indicate that among many other effects, rise in unemployment and changes in wages and income. Daily media reports also show increased deaths, loss of source of livelihood, and freedom of worship.

Loss of close relatives and the anxiety of who might get infected next has caused so much trauma even among children. According to one of the famous African writer, Prof. John Mbiti, in his book *African Religion & Philosophy* (1969:1), Africans are notoriously religious. It is in the churches that people get free time to pour their hearts to the creator and find solace. They derive so much hope and encouragement from other congregants and live sermons. The worship session too helps people to dance which is a great method to stress management.

Fear and contradicting myths about the COVID-19 vaccine has also left so many people confused and indecisive. Travelling is limited meaning most people spend most time indoors, bearing in mind that the majority of Kenyans are tenants, sometimes in squeezed rooms. Recreational places have been directed to only serve to take away meals, meaning kids cannot go to play.

This third wave has been terrible whereby every day we are losing people and the virus is hitting so close to us. It is either a renowned pastor, artist, neighbour, journalist, doctor or friend. The fear of the unknown is so real with so many RIP messages.

At the workplaces, we have heard of colleagues dead or admitted for Covid-related complications. With the numerous death reports and myths and the inability to provide to families, many people turn to alcohol and drugs as a way of suppressing their frustrations. Cases of homicides and suicides have been on the rise and it is very critical for governments at all levels to focus on mental health campaigns.

*The author is a dedicated Psychologist and a certified counselors' supervisor. She is currently the Manager Counselling and Rehabilitation.*





By Ken Marau

Alcohol and drug abuse recovery is a gradual process and nutrition should be among the areas to be prioritized among those who have already progressed into substance use dependence. Like most of the things among people suffering from substance use disorders, proper diet and nutrition is always an option to be left out as priority is given to purchasing drugs to satisfy the perpetual destructive habit.

Evidence exists that alcohol and drug abuse highly affects the human body in many aspects. Though alcohol and drug abuse is treatable, preventing it would be more ideal to avoid its devastating effects to the human body in the long run. Recovery is a journey that needs very careful and intentional monitoring, medication and psychosocial support. Proper nutrition should be embraced to help the body rebuild itself and be healthy.

Alcohol and drug abuse has various effects such as loss of appetite, choice of less nutritious foods or skipping meals, increase in loss of nutrients through diarrhoea and vomiting, among others. Proper nutrition has a direct correlation with proper functioning of the brain hence alleviating the diverse effects of drug abuse in an individual.

People in drug recovery should consume meals that will balance the levels of serotonin (a hormone that helps in relaxation) in the brain. Serotonin is a neurotransmitter that regulates the body mood, promotes smooth digestion, encourages good sleep, boosts one's appetite, stimulates learning and memory and endorses positive feelings and prosocial conduct. Although serotonin cannot be directly found from food, tryptophan (found in high-protein foods) can be found, which is an amino acid that is converted to serotonin in the brain and helps in bringing the desired change in recovery as it is able to cross the brain-blood barrier, foods high in carbohydrates like legumes (e.g. beans, lentils, peas) and root vegetables (e.g. potatoes) eaten with high protein foods boosts recovery.

Nutritional needs are higher than normal in recovery, necessitating the individual to eat a balanced diet on a daily basis. For those that are still in drug dependence, frequent healthy diet is recommended because fewer nutrients will be available to satisfy their nutritional needs as a lot of the nutrients are used to detoxify the body.

Malnutrition among people suffering from Substance Use Disorders weakens the individual's immune system hence increasing their vulnerability to other infections diseases. It is therefore necessary that in the early stages of recovery, small and frequent meals should be introduced slowly since the affected person's body may not be able digest it properly.

In alcohol abuse, failure to maintain a balanced diet is detrimental to the health of the affected. This is because chronic abuse of alcohol disrupts the body's ability to break down and absorb nutrients from food due to damage of the stomach lining and digestive enzyme deficiency. It can also damage the pancreas which is responsible for the digestion of lipids, carbohydrates, proteins and hormones that delicately balance blood sugar levels. Without proper diet and nutrition, the pancreas will not function as intended and it can develop an irreversible condition called alcohol-induced pancreatitis which can become deadly if not properly treated.

In conclusion, nutrition plays a very significant role and should be prioritized as it will facilitate expedited recovery. With proper nutrition, the body starts recovering from inside out and those affected start feel better with an improved mood, enhanced immunity hence significant reduction to susceptibility of other infections, increased energy and they also regain memory.

*The author is a self motivated development work practitioner with over 5 years experience working in the government and non-governmental sector. Currently, he is the Public Education and Advocacy Officer at the Nyanza Regional Office.*

## The Tobacco Pandora's Box



By Caroline Kahiu

The human health impacts of tobacco use are well-documented. The World Health Organization (WHO) estimates that there are more than eight million tobacco-related deaths. Much of what is known about the risks of tobacco, however, concerns the direct impact (morbidity and mortality) of first-hand and second-hand smoke on people's health. What we have yet to do is draw attention to the myriad ways in which tobacco growth, production and consumption impact human development.

Understanding the environmental impact of tobacco is important for several reasons. These include the fact that it allows us to gauge some of the risks caused by tobacco production which are currently excluded from estimates of tobacco mortality (such as poor air quality and pesticide use), and its impact more broadly on development— including economic stability, food security, and gender equality.

The Sustainable Development Goals (SDGs) show that health cannot be considered in isolation from a host of other factors, of which the environment is one. Recognizing the harmful impact of tobacco in terms of indoor pollution and on biodiversity turns tobacco from an issue of individual well-being to one of global well-being. It also means that tobacco can no longer be categorized simply as a health threat – it is a threat to human development as a whole.

The World Health Organisation (WHO) Framework Convention on Tobacco Control (FCTC) addresses the environmental concerns regarding tobacco in Article 18, which states that: “In carrying out their obligations under this Convention, the Parties agree to have due regard to the protection of the environment and the health of persons in relation to the environment in respect of tobacco cultivation and manufacture within their respective territories.”

The cultivation, curing, manufacturing, distribution, consumption and post consumption waste of tobacco have an undeniable environmental effects. This opens the lid on a Pandora's Box containing the quieter but shockingly widespread impacts of tobacco from an environmental perspective. The tobacco industry damages the environment in ways that go far beyond the effects of the smoke that cigarettes put into the air. From start to finish, the tobacco life cycle is an overwhelmingly polluting and damaging process.

The fact that today most people are aware of the health impacts of using tobacco is a victory for global health and well-being. It moves us one step closer to a world where a billion people are less likely to die from the consequences of chewing, smoking or ingesting tobacco. But successful advocacy to reduce the health impacts of tobacco have not been matched by successes in challenging other impacts from tobacco – including on education, equality, economic growth, and on the environment – all of which can affect a country's development.

Countries aiming to meet the UUN Sustainable Development Goals must act to reduce environmental harms caused by the tobacco industry.

*The author is an experienced development communication professional. She is currently the Communications Officer.*



# Myths vs Facts About Alcohol and Tobacco



## Myths

Tei inakill Covid-19 juu ni kama sanitizer

## Facts

Tei sio sanitizer na kwa hivyo haikill Covid-19 at all

Chipukeery  
NACADA Board (Vice Chair)

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

## MYTHS

VS

## FACTS

### ABOUT ALCOHOL

There is good and bad alcohol. Beer and wine is less harmful than spirits.

All types of alcoholic drinks are harmful to your health.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

## MYTHS

VS

## FACTS

### ABOUT ALCOHOL

Drinking coffee or an energy drink/taking a cold shower/exercising helps you to sober up

Only time can sober you up. Coffee/energy drinks contain caffeine which makes you more alert but will not sober you up



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

## MYTHS

VS

## FACTS

### ABOUT ALCOHOL

Alcohol is not a drug.

Alcohol is a depressant which slows down your ability to think, speak or move.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

## MYTHS

VS

## FACTS

### ABOUT ALCOHOL

Drinking alcohol is a rite of passage and therefore socially acceptable.



Brain development reaches maturity at age 25; taking alcohol before this age puts you at risk of addiction.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

## MYTHS

VS

## FACTS

### ABOUT ALCOHOL

Alcohol helps to prevent or treat covid-19

Although the alcohol in the sanitizer helps to eliminate germs on the skin, drinking alcohol will not protect you against covid-19



#SHAREFACTSONDRUGS  
#SAVELIVES

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INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

**MYTHS VS FACTS ABOUT TOBACCO**

**MYTHS**  
Cigarette smoking is not as dangerous as some people say

**FACTS**  
Cigarette smoking is one of the most serious causes of disease, disability and death.

Logos: Republic of Kenya, NACADA, UNODC

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

**MYTHS VS FACTS ABOUT TOBACCO**

**MYTHS**  
Natural cigarettes or e-cigarettes are healthier than regular ones.

**FACTS**  
There are no healthy cigarettes. All cigarettes contain harmful chemicals including nicotine.

Logos: Republic of Kenya, NACADA, UNODC

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

**MYTHS VS FACTS ABOUT TOBACCO**

**MYTHS**  
It is easy to quit smoking.

**FACTS**  
Most people are not successful at quitting smoking, even though about 50 percent of all smokers have tried to quit at least once. #CommitToQuit Help is available call 1192

Logos: Republic of Kenya, NACADA, UNODC

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

**MYTHS VS FACTS ABOUT TOBACCO**

**MYTHS**  
Kuber and shisha are not as harmful as cigarettes.

**FACTS**  
All forms of tobacco are harmful. Kuber is a smokeless form of tobacco disguised as a mouth freshener. Shisha smoking has the same health risks as cigarette.

Logos: Republic of Kenya, NACADA, UNODC

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

**MYTHS VS FACTS ABOUT TOBACCO**

**MYTHS**  
Smoking makes you relax and relieve stress

**FACTS**  
Nicotine in tobacco is a stimulant and causes the heart to beat faster and makes the person feel more nervous.

Logos: Republic of Kenya, NACADA, UNODC

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (IDADA)

**MYTHS VS FACTS ABOUT ALCOHOL**

**MYTHS**  
Alcohol helps to deal with stress

**FACTS**  
In reality alcohol only blunts feelings of stress temporarily. It tends to worsen stress, anxiety and depression in the long run

Logos: Republic of Kenya, NACADA, UNODC

# Need Help With Alcohol and Drug Abuse?

**OUR HELPLINE  
NUMBER **1192** IS  
AVAILABLE 24/7  
FOR FREE**



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