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## National Coordinator's Message

The misuse of drugs and other substances is not only a problem that affects the abuser, but also touches every aspect of society and the economy, including health care, family life, law enforcement, employment, and the list goes on.

It is therefore critical that there is a national commitment to comprehensively address issues related to drug abuse control in the country. NACADA Authority, in collaboration with other stakeholders, continue to make remarkable achievements in the fight against the vice.

In FY 2010-2011, the Campaign fulfilled all of its congressionally mandated requirements. As a result of its program activities, the Campaign conducted sensitizations that tested well among target audiences; increased awareness on the dangers of drug abuse and improved specific beliefs and intentions related to each of the campaigns.

Various factors, among them the impact of the escalating rate of the cost of living of recent years, had placed extreme pressures on family and on society that has made it easier for drugs to make inroads into homes and disrupt the social fabric of our society. In this regard, the Authority has intensified efforts to implement curative measures in the country, such as providing alternatives for drug abusers especially at the Coast province.

Towards the Implementation of the Alcoholic Drinks Control Act (2010) the Authority made tremendous achievements this quarter. All District Alcohol Regulation Committees gazetted by the Minister of State for Provincial Administration and Internal Security Hon. George Saitoti were trained throughout the country on the law. In addition, the Authority has further dispatched application forms and licences to all the District Alcoholic Drinks Regulation Committees. All those interested in the alcohol business have been invited to



Aggrey M. Busena  
Ag. National Co-ordinator  
National Campaign Against Drug Abuse Authority

make applications to their respective Committees.

We are convinced that our efforts will help control the growing adverse effect of drugs on our society. There is no doubt that solving the problems associated with the misuse and distribution of drugs cannot be the responsibility of a single institution, it takes the joint efforts of the whole society to resolve those problems.

By joining the individual efforts at national and community levels we are committing ourselves to transforming the isolated efforts of individual institutions into a collective effort to assist our country and contribute to the national fight against drugs.

Finally, our mission has been and continues to be, "to provide leadership on policy development, education, regulation, management, program implementation and research coordination on matters pertaining to drug and substance abuse in Kenya"; we will continue to do so in cooperation with other key partners.

## Drug addiction, treatment and recovery



Drug and alcohol use, abuse, and addiction continue to be among the nation's leading public health problems.

Many Kenyans struggle every day with their own drug and alcohol problems. The toll these problems take on these individuals is considerable, as they are at increased risk for very

serious health problems criminal activity, automobile crashes, and lost productivity in the workplace.

But individuals with drug and alcohol problems are not the only casualties. Their families, friends, and communities, in fact, the society as a whole greatly suffers.

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## Drug addiction, treatment and recovery

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The good news is that treatment from drug and alcohol addiction is available and effective in the Country. Run by qualified, accredited, and dedicated professionals, treatment programs and services that meet rigorous standards are the backbone of the public health response needed to address this nationwide epidemic.

The range of treatment and recovery program options is considerable; however, it is still not as comprehensive, available, or affordable as it needs to be to ensure that everyone who needs effective treatment can get it.

For those individuals who are able to receive treatment for their drug or alcohol problems, one irrefutable fact remains – the support of family, friends, and the community at large is a critical facet of the overall recovery process.

Their role in timely intervention, motivating the individual with the problem to seek help and supporting that person throughout his or her efforts to maintain sobriety cannot and should not be underestimated.

## ADA prevention and management training for tutors

NACADA Authority's core mandate is to coordinate a multi-sectoral campaign aimed at preventing controlling and mitigating the impact of alcohol and drug abuse in Kenya. In fulfilment of this mandate, the Authority on 9th -10th May 2011 organised a training for of tutors from different primary and secondary schools in Western, Nyanza and South Rift, held at the CICADA Hotel in Eldoret town.

This was in consideration that the education sector forms a critical part in the fight against alcohol and drug abuse, and that the sector has the largest population, comprising of learners from different age groups and their teachers. It is therefore critical that these groups are reached with information on ADA prevention and management.

The objectives of the workshop were; to raise awareness on ADA amongst the participants ;to strengthen the participants with life skills to be imparted to the students in primary and secondary schools and to create awareness on creation of drug free school environments.

Initiating ADA units in all institutions in the country, developing school programs on ADA and training student peer educators on ADA, were raised as key recommendations by the tutors in order to effectively fight the menace in schools.

## District Alcoholic Drinks Regulation Committee members receive training on liquor law



The National Campaign Against Drug Abuse (NACADA) Authority is mandated to coordinate the implementation of the Alcoholic Drinks Control Act, 2010. To this end, it was required that the Authority conducts training of District Alcoholic Drinks Regulation Committee (civilians) members and clerks to local authorities on the Act.

Owing to the key roles that they will play in the implementation of the Act, NACADA Authority during the months of May and June 2011 undertook the training of the members throughout the country.

The objectives of the trainings were to; sensitize the District Alcoholic Drinks Regulation Committee (civilians) members and clerks to local authorities on the Alcoholic Drinks Control Act 2011, create a common understanding on the various roles that the participants will play in the implementation of the Act and to review challenges envisaged in implementation of the Act.

The committee members who were officially launched during the Commemoration of this year's International Day against Drug Abuse and Illicit Trafficking (IDADA) in Naivasha Town, expressed appreciation to the Authority for the much needed training and pledged to work in partnership to ensure the law is implemented to its entirety.

The Alcoholic Drinks Control Act 2010 and its implementation has changed the way stakeholders in the alcohol industry operate. It has therefore been critical that all stakeholders have an understanding of the Act and their role in its implementation.

## IDADA 2011: Thinking health not drugs



According to the United Nations Office on Drugs and Crime (UNODC), nearly 200 million people are using illicit drugs such as cocaine, cannabis, heroin and sedative hypnotics worldwide.

In December 1987 the UN General Assembly agreed to observe June 26 as the International Day against Drug Abuse and Illicit Trafficking (IDADA).

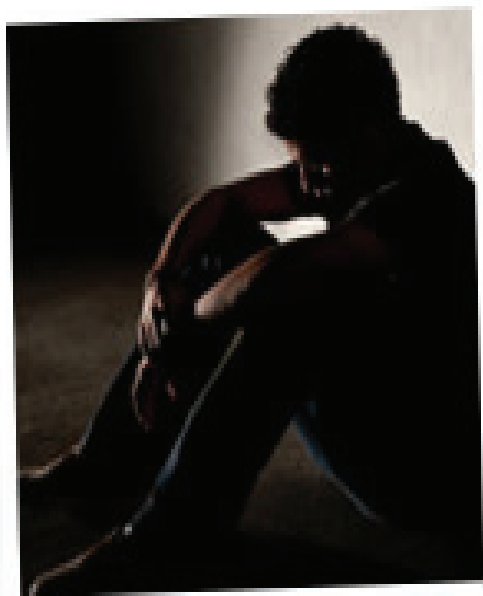
UN General Assembly Resolution No. 42/112 of 7th December 1987 expresses its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.

Commemoration of this year's IDADA was on Sunday 26th June 2011 at A.P. Grounds in Naivasha Town. The theme of this year's IDADA was "Think Health – Not Drugs." The focus for the year's campaign is on

illicit drug trafficking.

The goal of the event was to raise awareness among Kenyan families and communities on the increasing alcohol and drug abuse problem in the country; encourage their participation in drug control and prevention initiatives; and sensitize them on the availability and need for drug dependence treatment.

## ALCOHOL: What influences its use



The effects of alcohol depend on a number of internal and external influences.

- At the societal level, availability, accessibility, affordability and acceptability have a major influence on alcohol usage.

- The visual and print media play a major role in informing, highlighting and directing people's values and thinking processes.

- The systems of law, judiciary and welfare determine what is acceptable and what is not acceptable in every society.

- Socio-cultural attributes of peer group influences, the status symbol attached to alcohol use and the liberalized attitudes of society all have a major impact on the entry and expanding use of alcohol in society.

- The family plays a key role in terms of social, economic and cultural values. These influences can have both a positive or negative effect by developing appropriate family norms and values.

- At the individual level, age, sex, social

status, physiological attributes, nutritional levels, activity being performed, psychological status and awareness determine how much each person drinks and what effect it has on them and others.

Thus, the increasing use of alcohol is not just due to an individual's likes or dislikes but rather due to several extraneous factors operating in respective societies. This understanding and identifying of critical factors is crucial to reduce the growing impact of alcohol use.





## Substance abuse and people with disabilities



Persons with disabilities in Kenya are increasingly becoming more vulnerable to

Alcohol & Drug Abuse (ADA) than their able bodied peers, and their vulnerability is further compounded by their social exclusion from mainstream alcohol and drug abuse services and poor access to treatment and rehabilitation.

Taking this into consideration, NACADA Authority organized a two day outreach sensitization on alcohol and drug abuse for persons with Disabilities.

The aim of the sensitization was to make such services available to the said target population, many of whom have for a very long period of time been ignored from the intervention processes.

The workshop, first to be organized by

NACADA Authority was very interesting and useful. Participants expressed satisfaction noted that it was an important first step that will see them access ADA related programmes.

The forum also provided a good platform for persons with disabilities to learn and share their experiences with regards to ADA as well as the best practices in addressing the impacts of ADA amongst persons with disabilities in Kenya and beyond.

Furthermore, the workshops also provided an environment for the participants to network and establish partnerships in a bid to boost the fight against ADA in Kenya.

## The consequences of alcohol abuse

The widespread and increasing use of alcohol in a majority of communities in the country has drawn attention to the public health consequences of alcohol consumption.

Recent evidence from studies shows that alcohol-related death and disability impact is substantial.

The harmful effects of alcohol use on health and the possibility of developing dependence have been recognized as issues of great concern for a long time.

New evidence underscores the need to recognize alcohol use as one of the risk factors for many communicable and non-communicable diseases as well as for accidents, injuries domestic and social violence.

There is also growing emphasis on different patterns of drinking influencing the type of outcomes, e.g. long-term, high quantity drinking causing liver damage,

while acute intoxication (binge drinking) is linked to accidents and injuries.

Alcohol use usually starts as a social phenomenon. Some individuals over time develop a pattern of use which can be labelled as harmful use or alcohol abuse and some go on to develop alcohol dependence.

Individuals with alcohol dependence are usually the focus of discussion as the complications of alcohol use are very obvious. However, the occurrence of alcohol-related problems is not necessarily limited to those labelled as 'addicts' or 'drunkards'.

In fact, the average person with alcohol-related problems may be neatly dressed, may not show signs of alcohol withdrawal, may have a job and good family support, but may still have significant physical, psychiatric, social or family complications due to excessive consumption of alcohol.

**Need someone to talk to on alcohol and drug abuse ?**



**Toll free Helpline  
1192**

**Call us now, for free**

### *The Alcoholic Drinks Control Act (2010) - Quick Facts*

- The government shall provide training, sensitization and awareness programmes on alcoholic drink control for community workers, social workers, media professionals, educators, decision makers, administrators and other concerned persons for proper information, dissemination and education on alcoholic drinks.

- NACADA – Authority with the Ministry of Education will introduce subjects on consequences of alcohol consumption to be taught in public and private schools at all levels of education.

- NACADA – Authority with the Ministry of Health will ensure that alcoholic drink use

education and information dissemination shall form part of health care services by healthcare providers.

- The government will ensure persons affected by alcohol abuse can access help.

Content & Editorial - Zeka Wekesa, Layout & Graphics - Wisley Abuya.