

NACADA QUARTERLY

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



NACADA PARTNERS WITH NTSA, CONDUCTS MULTIPLE ROADSHOWS ON ROAD SAFETY

The Authority in partnership with the National Transport and Safety Authority (NTSA) conducted roadshows in multiple counties throughout December and the festive season. This was in a bid to sensitize the country on matters of road safety. The campaign dubbed 'Usalama barabarani' was officially flagged off by The Cabinet Secretary for Roads and Transport Hon. Kipchumba Murkomen, EGH.

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Word Puzzle: indicators for mental health struggles



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NACADA GIVEN MORE POWER TO ENFORCE LAWS ON ALCOHOL ABUSE



Photo Credit: Kenyans.co.ke



Photo Credit: KBC

By Simon Mwangi

The Cabinet Secretary, Ministry of Interior and National Administration Prof. Kithure Kindiki has strengthened the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) legal mandate to enforce the Alcoholic Drinks Control Act (ADCA), 2010, as well as the NACADA Act, 2012 following the gazettment of Authorized Officers as is required by the two statutes.

With this new development, in line with section 51 of ADCA 2010, NACADA's Authorized officers may, at any reasonable time, enter any place in which they believe on reasonable grounds that a person or persons is in any way contravening the provisions of the law.

Reacting to the news, NACADA Chief Executive Officer Dr. Anthony Omerikwa, MBS, observed that the development will allow the Authority to execute its compliance and enforcement mandate in a legally binding environment.

"I want to sincerely extend the Authority's gratitude to the Cabinet Secretary, Ministry of Interior and National Administration for this affirmation of the government's steadfast support to the campaign against alcohol and drug abuse in the country. This now means that NACADA can fully implement its supply suppression strategies confidently with the full backing of the law. These are some of the teething problems that have been acting as stumbling blocks to the effective implementation of our mandate but I am glad that we are now past that," said Omerikwa.

According to Section 52 of the ADCA 2010, when inspecting any place, an authorized officer may; examine an alcoholic drink or anything referred to in that section; and require any person in such place to produce for inspection, in the manner and form requested by the officer, the alcoholic drink or thing; open or require any person in the place to open any container or package found in the place that the officer believes on reasonable grounds contains the alcoholic drink or thing; conduct any test or analysis or take any measurements;

or require any person found in the place to produce for inspection or copying, any written or electronic information that is relevant to the administration or enforcement of the Act.

"This is welcome news for us, especially at this time when we are heading to the festive season. I want to assure the public that moving forward, we shall do things differently to ensure that the law is followed as expected. We are also calling on all stakeholders in the alcoholic drinks space to play within the rules to avoid legal action," added Omerikwa.

In a gazette notice published on Friday 1st December 2023, the Cabinet Secretary listed the names of the officers who with the consent of an occupant or under the authority of a warrant issued by a magistrate or judge of the High Court authorizing the person named in the warrant may enter and inspect a dwelling place. The law further clarifies that the time of such entry shall be between six o'clock in the forenoon and six o'clock in the afternoon of any day of the week.

NACADA's officers executing the warrant shall not use force unless they are accompanied by a police officer and the use of force is specifically authorized in the warrant. To ensure the proper execution of duties by the authorized officers the law prohibits obstruction or hindrance, or knowingly making a false or misleading statement to an authorized officer who is carrying out duties.

Previously, NACADA had to rely on the National Police Service officers to enforce its laws. The latest development affords officers of the Authority operational independence, and they may request the support of police officers only where necessary.

AUTHORITY HOLDS MEETING WITH RELIGIOUS LEADERS TO DETERMINE THEIR ROLE IN THE FIGHT AGAINST ALCOHOL AND DRUG ABUSE



The Authority's Chief Executive Officer, Dr. Anthony Omerikwa, MBS, leads a joint press conference between the Authority and the religious leaders after the meeting

By Maawiya Mohammed

NACADA on November 29th 2023 held a meeting at the Kenya Institute of Curriculum Development (KICD) with religious leaders drawn from various faith institutions. The meeting aimed at determining the role of religious institutions in the prevention and management of alcohol and drug abuse.

Representatives from various religious institutions such as The Supreme Council of Kenya Muslims (SUPKEM), Association of Pentecostal and Evangelical Clergy of Kenya (APECK), were present. The religious leaders came ready to contribute to a successful session. Acknowledging the gravity of the problem that is drug and alcohol abuse in Kenya, the men of cloth underscored that religion has a key role to play if we are to win this war.

Echoing the Interior Cabinet Secretary Prof Kithure Kindiki's remarks, the CEO emphasized that the three threats we face in Kenya are: terrorism, banditry and alcohol and drug abuse. He said, "unlike the first two threats, we know the enemy in substance abuse. We know the enemy by name. One is called ethanol, another is called Rohypnol."

"Unlike the other two, this fight is not won by guns or uniforms. It is fought through religious motivation, understanding, emotional support and care." In emphasizing the importance of the voice of the mosque and church in the fight against alcohol and drug abuse, he said "You can't miss a mosque or a church anywhere in the world."

The Board Chairperson Rev. Dr. Stephen Mairori, EBS said "we are the value system of our nation. We need to be intentional and strengthen the partnership with religious institutions."

Religious leaders were called to emulate Sheikh Jamaludin Osman, the Jamia Mosque Imam who gave a very spirited lecture to congregants in a mosque while speaking against the recent rise of drug abuse among youths in South B and C.

NACADA Board member Hassan Ole Naado said, "All of us gathered here are the NACADA army, shaping humanity in our country. We are the people that the public turn to for hope. We should leave this place with practical solutions in the fight against alcohol and drug abuse."

Fredrick Ngugi, NACADA Board member added that, "Our resolutions should focus on new thinking in tracking alcohol and drug abuse. We should lead in community engagement because this generation is in our hands."

Finally, the religious leaders issued a joint statement on their commitment to the campaign against alcohol and drug abuse.

UNMASKING THE DANCE AND SHADOWS OF MENTAL HEALTH



By Caroline Kahiu

Picture a clandestine tango where substance use and mental health twirl together, each move influencing the other in a dance of shadows and spirits. Yet, this dance often transforms into a masquerade, intensifying the struggle rather than providing a genuine solution.

Individuals grappling with mental health challenges may resort to alcohol or drugs as a form of self-medication, attempting to alleviate emotional pain or numb overwhelming thoughts contributing to mental health crises. Regrettably, this coping mechanism can quickly become a vicious cycle, worsening mental health issues instead of providing a sustainable solution.

October is dedicated to mental health awareness, providing an opportune moment to illuminate the intricate relationship between substance use and mental health challenges. The theme for **Mental Health Awareness 2023**, "Connectedness and Hope," underscores the significance of human connection in preventing mental health crises.

Smiling depression, a term used to describe individuals who appear happy on the outside while wrestling with inner turmoil, further complicates the issue. The concealed nature of this condition makes it difficult for friends, family, and even the individuals themselves to recognize the severity of internal struggles. Substance use often becomes a covert coping mechanism for those smiling through their pain, amplifying the risks associated with mental health challenges.

Amid this daring exploration into the intricate dance of spirits and shadows, it is crucial to confront the formidable opponent on this odyssey: stigma.

The societal stigma surrounding mental health and substance use often acts as a lurking adversary, deterring individuals from seeking the help they desperately need.

It's time to shatter the illusion that seeking assistance is a sign of weakness. Embracing our vulnerabilities and acknowledging the need for support is a courageous step toward breaking the chains of stigma. We should be deliberate in fostering an environment that encourages open conversations, understanding, and empathy, as well as dispel the shadows of judgment and pave the way for a society where seeking help is not only accepted but celebrated as a powerful act of self-care and resilience.

As we focus on "Connectedness and Hope," it is crucial to encourage open dialogues surrounding mental health and substance use. Establishing connections with others and building a support system can serve as a lifeline for individuals navigating the darkness of depression and substance abuse.

Friends and family members play an essential role in breaking the silence, offering a listening ear, and fostering an environment safe enough to seek help.

PARTNERSHIPS AND COLLABORATIONS TO BOLSTER THE CAMPAIGN AGAINST ALCOHOL AND DRUG ABUSE



The Authority's CEO Dr. Anthony Omerikwa, MBS, and the Executive Director of The Anti Counterfeit Authority (both center) pose for a picture with the teams from both organizations after the meeting

By Simon Mwangi

The campaign against alcohol and drug abuse requires a concerted effort and this can only be achieved through strategic partnerships. This was best exemplified through high-level meetings that saw the Authority's CEO Dr. Anthony Omerikwa, MBS, hold strategic meetings with his counterparts from the Kenya Bureau of Standards (KEBS) and the Anti-Counterfeit Authority (ACA) in Nairobi.

The meeting with the Chief Executive Officer at the ACA Dr. Robi Mbugua Njoroge was aimed at forging a coordinated approach to the fight against counterfeits and drug abuse. "As NACADA we have to bring on board all stakeholders in the campaign against alcohol and drug abuse. The Anti-Counterfeit Authority is one such strategic collaborator in this endeavor because the consumption of fake products presents a health challenge to the users," said Dr. Omerikwa.

The ACA's Executive Director, Dr. Robi Mbugua Njoroge, highlighted the pivotal role played by both institutions in addressing the emerging challenges of counterfeit alcohol and drug abuse.

"Our joint efforts are crucial in protecting consumers from the dangers of fake and illegal alcoholic drinks and other substances of abuse," remarked Dr. Njoroge.

In a separate meeting during a courtesy call paid to the NACADA Chief Executive Officer, the Kenya Bureau of Standards (KEBS) Managing Director Esther Ngari highlighted the need for collaboration between the respective agencies under a multi-agency approach.

Both NACADA and KEBS have an interest in ensuring that the country has universally accepted standards that guide operations in our respective spaces, and especially those that will give impetus to the campaign against alcohol and drug abuse. As government agencies, we shall work together towards the development and promotion of quality as a means of mitigating against harmful products finding their way into the market thus putting the lives of Kenyans at risk," added the Managing Director.

Underlining the need for mutual collaboration between the two organizations, NACADA Chief Executive Officer Dr. Anthony Omerikwa also pointed at joint activities as part of the strategies that will yield results.

"Both our organizations have compliance and enforcement teams which we shall deploy to mount joint operations. As we continue exploring other areas of partnership, we shall also be working towards acquiring ISO certification as one of the ways through which to strengthen our processes," he added.

The Authority continues to pursue collaborations with all stakeholders to guarantee a multi-faceted approach to the challenge of alcohol and drug abuse in the country.



The Authority's CEO Dr. Anthony Omerikwa, MBS and the KEBS Managing Director Esther Ngari (both center) pose for a picture with the teams from both organizations after the meeting held at the Authority's boardroom



KEBS Managing Director receives a gift hamper from her host: Dr. Anthony Omerikwa, MBS



The Executive Director of The Anti Counterfeit Authority Dr. Robi Mbugua hands a gift package to the CEO of NACADA Dr. Anthony Omerikwa, MBS

Did you know?

DATA INFOGRAPHIC
INITIATION AGE FOR DRUGS AND SUBSTANCES OF ABUSE



16-20

Average age category for initiation of tobacco, alcohol, khat, cannabis, prescription drugs, cocaine, and heroin



REPORT OF THE NATIONAL SURVEY ON THE STATUS OF DRUGS AND SUBSTANCE USE IN KENYA 2022
RELEASED FRIDAY MAY 12, 2023



Did you know that as a parent you have the greatest influence on your child, including whether or not they use alcohol and other drugs?

Your children look up to you for guidance and support. Communication with your child is the building block of your relationship with them. Explain to them the importance of taking good care of our bodies, as a way of keeping them off substance use.

#HappyHolidays



The example set by parents is highly influential with youngsters. If as a parent you abuse alcohol or drugs, your children are more likely to follow this example.

It can be especially confusing for children if you condemn drug abuse but you drink. When you want to help ensure that your children choose not to misuse drugs and alcohol, you should strive to model the behavior you want in them.

#HappyHolidays



Drunk driving kills the joy of the season

#DriveSober
#UsalamaBarabarani



If you drink, don't drive. Your choices can impact lives

#DriveSober
#UsalamaBarabarani



Research has shown that children are less likely to use tobacco, alcohol, and other drugs if their parents have set a pattern of establishing clear rules and consequences for breaking those rules.

Children who are not regularly monitored by their parents are four times more likely to use drugs.

#HappyHolidays

AUTHORITY PARTNERS WITH BOMET COUNTY, OFFICIALLY OPENS REHAB IN KOIWA, BOMET COUNTY



Her Excellency the Spouse of the Deputy President Pastor Dorcas Rigathi, EGH officially opens Kiowa Treatment and Rehabilitation Centre on 24th November, 2023

By Maawiya Mohammed

Among the core functions of the Authority is to facilitate the development and operation of rehabilitation facilities and programmes in conjunction with other stake holders. The Authority has been working with county governments and will continue to work with them to enhance access to professional and affordable treatment and rehabilitation services and program.

To actualize this, the Authority on the 24th of November 2023 officially opened the Kiowa Treatment and Rehabilitation Centre in Bomet County. Recognizing the importance of working with county governments in order to rid the county of drugs and alcohol abuse, the facility was put up through a partnership with the County Government of Bomet.

The event was graced by Her Excellency the Spouse of the Deputy President Pastor Dorcas Rigathi, EGH, Bomet Governor His Excellency, Hillary Barchok and other esteemed guests. "I understand there is a 22 per cent prevalence of drugs in this county. That is very bad and if we don't do something Governor, this county will have a big problem." said Dr. Rigathi.

Pastor Dorcas called on all counties to open their doors for such facilities as a way of safeguarding the future of the country. "Those selling poison to our children must close their businesses and get something else to do." She cautioned.

Bomet Governor Hillary Barchok said his government will support the facility, which he said is not just for the people of Bomet alone but the entire country. "This facility will not only help the people of Bomet but it is a facility that is meant for all of us."

Governor Barchok, commended Pastor Dorcas and lauded her for not condemning those in alcoholism, drugs and substance abuse but instead showing them love.

The county First Lady Seline Barchok also lauded the initiative saying it is the right direction in saving the lives of the boy child and girl child as well.

The youth who will be enrolled in the facility will be trained on technical courses while receiving treatment and rehabilitation for their drug and alcohol addiction.

RETHINKING MANHOOD: MOVEMBER'S CHALLENGE TO BREAK THE SILENCE



By Caroline Kahiu

Have you ever paused to ponder the weight carried by the stoic expressions of men, concealed beneath the bravado society expects? Movember (Man + November= Movember), a month that unites men in the growth of facial fuzz, should be a time to peel back the layers and unravel the silent struggles etched beneath the mustaches.

Movember, renowned for its lip-laden solidarity, extends far beyond facial hair. Beyond the macho exterior lies a narrative etched with the complexities of men's mental health- a conversation begging to be heard. For too long, the definition of strength for men has been synonymous with silence, but true resilience is found in acknowledging and addressing the battles waged within.

Let us consider this: how many men face battles with mental health in silence, trapped by societal expectations? Alcohol and drug abuse often become a misguided escape/ coping strategy for those grappling with mental health issues. Movember prompts us to question if we are providing the necessary support systems for men to break free from this vicious cycle or inadvertently pushing men into corners where alcohol and drug abuse seem the only solace.

Men's mental health, entangled with the threads of societal expectations, often pushes individuals into the web of alcohol and drug abuse as a misguided coping mechanism.

The pressure to conform to traditional notions of masculinity can exacerbate feelings of isolation and inadequacy, fueling a dangerous liaison with alcohol and drugs. Depression, a silent companion to these struggles, lurks in the shadows, perpetuating a cycle that is difficult to escape.

Movember serves more than a temporal movement; it's a clarion call to action. Addressing men's mental health isn't just about breaking taboos; it's about dismantling the barriers that prevent honest conversations, and fostering an environment where vulnerability is met with empathy and support. It implores us to confront uncomfortable truths surrounding men's mental health and advocate for an environment where seeking help is a testament to strength, not weakness.

As they trimmed their mustaches and bid adieu to Movember, let's ensure the conversation does not fade.

NACADA CAMPAIGNS FOR SAFE DRIVING DURING FESTIVE SEASON



The Authority's CEO Dr. Anthony Omerikwa, MBS, speaks during the World Day of Remembrance for Road Traffic Crash Victims (WDoR) 2023 in Nakuru County

By Simon Mwangi

The National Authority for the Campaign Against Alcohol and Drug Abuse worked with the National Transport and Safety Authority (NTSA) during the festive season towards sensitization and the campaigning for safe driving habits on the roads.

This came as a result of a commitment that was made between NACADA and NTSA during the World Day of Remembrance for Road Traffic Crash Victims (WDoR) to work together. The remembrance was commemorated in Nakuru County on November 19, 2023. On this day, countries remember the many lives lost on roads due to traffic crashes.

Speaking during the function, NACADA Chief Executive Officer Dr. Anthony Omerikwa, MBS, observed that drinking alcohol and driving is a well-studied risk factor for road traffic crashes, injuries, and deaths.

"Driving under the influence of alcohol or any other drug is one of the major risk factors for impaired judgment and eventual fatal road crashes. Drugs affect the central nervous system and in the process alter the normal functioning of the brain which in turn leads to compromised decisions on the road. We are therefore calling on all road users to stay away from these substances as a way of ensuring safety on our roads during this festive season," said Dr. Omerikwa.

Speaking during the same event, the Director General of the NTSA George Njao, urged road users to exercise caution on the roads by observing all the traffic regulations to curb the rising number of accidents and fatalities on Kenyan roads.

"How many people will we be losing every other day if we do not sensitize the public on proper and safe use of our roads?" he posed.

The theme of this year's day was "Remember, Support, Act" paying tribute to lives lost in road traffic crashes, acknowledging the efforts of emergency services, and advocating for safe roads.

"Stay away from alcohol and drug use to promote safety on our roads. We shall work closely with NTSA to draw the public's attention to road crashes, consequences, and measures to prevent them," added Dr. Omerikwa.

Statistics show that 1.3 million people lose their lives globally, and 50 million more are injured. Many of these deaths and injuries are preventable, with over 80% of these incidences being behavior-related—speeding, drunk driving among others.

SHISHA SHUTDOWN: KENYA'S BATTLE FOR A HEALTHIER TOMORROW



confiscated shisha bongs at the Yejoka Garden Restaurant during a raid at the joint on December 22, 2023.

By Nyambura Kigera

Kenya is not turning a blind eye to the shisha spectacle. In a bold move to safeguard public health, the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) took decisive action on December 22, 2023, intensifying efforts to curb the use of shisha in Kenya. Back in 2017, the government threw down the gauntlet with the Public Health (Control of Shisha Smoking) Rules. It is a clear "no" to the importation, manufacture, sale, use, advertising, promotion, or distribution of shisha. But here's the twist – despite the ban, some entertainment spots are defiantly serving up the forbidden fruit. Is it time for a strategic retreat or an all-out offensive?

Shisha, also known as hookah or water pipe, has gained popularity, particularly among young people. It is a single or multi-stemmed instrument designed for heating or vaporizing and smoking tobacco or flavored tobacco. The apparatus consists of a head containing flavored tobacco separated from burning coal or charcoal by foil, connected to a system of airtight tubes that pass tobacco smoke into a water basin, often glass-based. Contrary to popular belief, passing shisha smoke through water does not purify it. Moreover, shisha, at times, is laced with substances such as cannabis, hashish, or opium to enhance its potency.

Let us debunk a myth or two. People have argued that shisha does not pose any health risk or that if it does, it is less risky than other tobacco products.

Many believe that shisha smoke does not contain nicotine or carbon monoxide (CO) and that smoking shisha does not lead to infections or respiratory, dental, or cardiovascular morbidity. Unbeknownst to them, shisha often contains the same type of tobacco as is contained in cigarettes which means that the same health problems likely to develop for cigarette smokers are the same risks that shisha smokers are at risk of developing.

Additionally, shisha can contain nicotine, the addictive ingredient in cigarettes, which means that one can become addicted to smoking shisha. A World Health Organization (WHO) study has estimated that a one-hour session of smoking shisha can be the same as smoking 100 or more cigarettes. While there may be questions in regards to the effects of secondhand shisha smoke due to the burning of coal while smoking shisha, way more carbon monoxide is given off than while smoking cigarettes thereby posing a great risk of carbon monoxide poisoning.

So what's the legal status of shisha in Kenya? Following the growing popularity of the substance, the government through the Cabinet Secretary responsible for matters of health prescribed the Public Health (Control of Shisha Smoking) Rules, Legal Notice No 292 of 2017 which bans the importation, manufacture, sale, use, advertising, promotion or distribution of shisha in Kenya. Despite the ban and the associated health risks, many entertainment spots continue to sell it in defiance of the law.

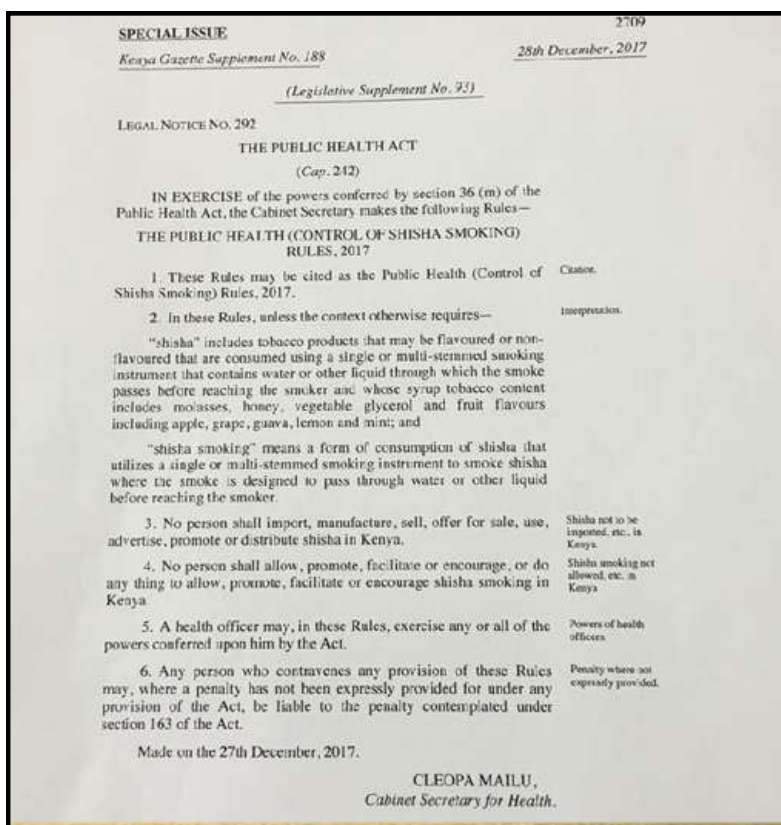
So should the government then consider legalizing shisha and effect regulations as has been done for other tobacco and tobacco products or continue enforcing the ban with the hope that people will get to know of the risk posed by shisha smoking and eventually stop?



An officer parades the confiscated shisha bongs out side the Yejoka Graden Restaurant in Kilimani, Nairobi on December 22, 2023 when the Authority raided the place led by the CEO Dr. Anthony Omerikwa, EBS. Photo Credit: Nation Africa



some of the confiscated shisha flavors after the raid. Photo Credit: KTN News



The gazette notice banning the importation, manufacture, sale, use, advertising, promotion or distribution of shisha in Kenya, dated 28th December 2017.

AUTHORITY PARTNERS WITH NTSA, CONDUCTS MULTIPLE ROADSHOWS ON ROAD SAFETY



The Cabinet Secretary for the Ministry of Roads and Transport Hon. Kipchumba Murkomen, EGH together with NACADA'S CEO Dr. Anthony Omerikwa, MBS, flag off the 'Usalama Brabarani' campaign and roadshow that went to the counties of Nairobi, Uasin Gishu and Busia

By Maawiya Mohammed

Through out December and the festive season, the Authority in partnership with the National Transport and Safety Authority (NTSA) conducted roadshows in multiple counties.

This was following a commitment made at the World Day of Remembrance (WDoR) by NACADA and NTSA to work together during the festive season to campaign for road safety which culminated in a campaign dubbed 'Usalama barabarani'. The campaign/roadshow was officially flagged off by The Cabinet Secretary for Roads and Transport, Hon. Kipchumba Murkomen, EGH, in an event held at Railways Station in Nairobi's CBD on December 18 2023. Hon. Murkomen said, "I urge all drivers, cyclists and pedestrians to familiarize themselves with the rules and be ambassadors of road safety while using the roads."

With mostly holiday tunes rocking from the back of the truck, the roadshow went to three counties, namely: Nairobi, Uasin Gishu and Busia. The Nairobi roadshow took place from the 11th to the 16th of December where there was no single street or road in the capital that didn't bear the truck's tire marks afterwards.

However, the highlight of the Nairobi roadshow was when the truck pulled up to the Jacaranda grounds in Donholm. There, a huge crowd comprising of men, women, the old and the young was awaiting us. The crowd, which could fill a mini-stadium, was full with anticipation for what the convoy had to say.

The crowd was first entertained by a group of dancers who jammed to the tunes of a fire DJ before they were cautioned on the elephant in the room that was drunk driving.

The following week, the air waves from the truck's sound system rocked Eldoret Town and the larger parts of Uasin Gishu County. There, the residents were occasionally treated to the local hit "Mali Safi Chito" sang by one of their own.

Finally, the roadshow closed its curtains the following week in Busia where the Authority's Chief Executive Officer Dr. Anthony Omerikwa, MBS, was present. The roadshow in Busia brought together a host of stakeholders including The Police, Local Administration, The County government and the public.

Observing the need for close cooperation between all these stakeholders, the CEO called for information sharing as one of the most effective strategies to counter alcohol and drug abuse in the County and the larger Western Region, which in our latest national survey ranks top in consumption of alcohol in the country.

THE ROADSHOWS IN PICTURES



Officers from NACADA brief a lady on the "Usalama Barabarani" campaign during the NACADA NTSA Nairobi Roadshow



The crowd at Jacaranda grounds in Donholm during the NACADA NTSA Nairobi roadshow



NACADA Public Education and Advocacy Officer from the NorthRift Regional office, Scola Komen talks to the residents of Eldoret town during the Uasin Gishu roadshow



A motorist is handed a sticker that reads 'kaa rada, pombe na dawa za kulevya ni hatari' during the Uasin Gishu roadshow



The Authority's CEO Dr. Anthony Omerikwa, MBS, together with Busia County Commissioner Mr. Kiprotich Ruto flag off the roadshow in the county



The Authority's CEO Dr. Anthony Omerikwa, MBS, among the residents of Busia county

NACADA LAUDS THE SECOND LADY FOR PROMOTING TREATMENT AND REHABILITATION SERVICES



Her Excellency the Spouse of the Deputy President Pastor Dorcas Rigathi, EGH poses with the graduating young men

By Simon Mwangi

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) has acclaimed the Office of the Spouse of the Deputy President for its fervent promotion of affordable and accessible treatment and rehabilitation services in the country.

Speaking during an event headlined by the spouse of the Deputy President of the Republic of Kenya Pastor Dr. Dorcas Rigathi Gachagua in Nyandarua County where over one hundred persons in drug dependence were graduating from a skilling facility, NACADA Chief Executive Officer Dr. Anthony Omerikwa observed that the partnerships would create more opportunities for access to the services.

“We want to commend the spouse of the Deputy President Her Excellency Pastor Dorcas Rigathi for her unrelenting campaign against alcohol and drug use in the country under her vision for a dignified future for vulnerable populations. As an Authority we shall continue to work closely with her to ensure that treatment and rehabilitation services are available to those Kenyans suffering from drug use dependence,” he said.

Speaking during the graduation of a cohort of over one hundred men who had recovered from drug dependence, and the launch of an empowerment center, the Spouse of the Deputy President Dr. Dorcas Rigathi made a call to spouses of MCAs, MPs, Governors, and Woman Representatives across the 47 counties to join the fight against alcohol, drugs, and substance abuse

Thank you to the leaders and partners who made a commitment to support this cause. The Empowerment Center in Nyandarua County will be a center of excellence and provide the best practices of post-rehabilitation, incorporating TVETs, sporting facilities, agribusiness, and spiritual empowerment, providing an end-to-end solution to the rehabilitation process, “she said.

The event was attended by leaders from the County including Governor Kiarie Badilisha, Senator John Methu, and other political leaders as well as leadership from the clergy.



Her Excellency the Spouse of the Deputy President Pastor Dorcas Rigathi, EGH speaks during the event

AUTHORITY SUPPORTS TALENT, SPONSORS AWARD CATEGORIES.



The Authority's Central Region Manager, Mr. Amos Warui awards one of the trophies sponsored by the Authority to the winners

By Maawiya Mohammed

By advocating against substance abuse, the Authority empowers the community to do better through different initiatives, programmes and outreach activities subsequently transforming their lives.

With this year's Kenya Universities Performing Arts Association (KUPAA) drama, music and film festivals, the Authority saw an opportunity to do just the same. Not only did the Authority participate in the event but it also sponsored six award categories on drug related performances. The event, which brought a host of universities from all over Kenya was held at the Dedan Kimathi University of Technology from 3rd to 10th November.

Recognizing the importance of art in the fight against alcohol and drug abuse, the Authority could not afford to let such a golden opportunity slip away. An opportunity to empower the youth in the universities' to take a stand against the vice of alcohol and drug abuse.

This was reiterated in the Ag. Former CEO, Prof John Muteti's message in the events programme. He said "Art has a chance of contributing to the eradication of the menace of drugs and alcohol abuse, which has been holding us back as a country for quite some time. Works of art such as drawing, painting, poetry, music, dancing, storytelling and essay competitions among youthful audiences can be utilized to disseminate information on the effects of alcohol and drug abuse and get the message to the masses in ways that they can relate."

"Additionally, art can act as a source of livelihood for individuals talented enough to put their God-given gifts to use. This would make them busy and the time that would have otherwise been spent engaging in harmful habits such as drug abuse would not be there." He added.

The Authority also had a stand where participants were being sensitized on emerging trends of drugs and positive lifestyle. The trophies sponsored by the Authority were presented to the winners by the Central Region Manager Mr. Amos Warui together with the Corporate Communications Manager Mr. Simon Mwangi.



The Authority's Corporate Communications Manager Mr. Simon Mwangi awards one of the trophies sponsored by the Authority to the winners



Students from Kabianga University perform a play about drug abuse during the 5th edition of the KUPAA drama, music and film festivals 2023

IHURURU TREATMENT AND REHABILITATION HOSPITAL OFFICIALLY OPENED BY HER EXCELLENCY PASTOR DORCAS RIGATHI



Her Excellency The Spouse of the Deputy President Pastor Dorcas Rigathi, EGH officially opens Ihururu Treatment and Rehabilitation Hospital

By Caroline Kahiu

In a society where alcohol and drug addiction cast a shadow over the futures of countless young individuals, there is hope, dedication, and compassion for individuals determined to make a difference. Pastor Dorcas Rigathi, the Spouse of the Deputy President, is one such beacon of light, breaking barriers and rebuilding lives through her initiatives in the campaign against alcohol and drug abuse.

On 28th November 2023, in Tetu, Nyeri County, Her Excellency Pastor Dorcas officially opened the Ihururu Treatment and Rehabilitation Hospital. The 90-bed capacity facility opened its doors in September 2023 after an assessment by the National Authority for the Campaign Against Drug and Alcohol Abuse (NACADA) and official accreditation by the Interior and National Administration Cabinet Secretary, Prof. Kithure Kindiki on 8th November 2023. This Level IV hospital seeks to offer holistic services for persons with substance use disorders.

Recognizing the limitations of the existing rehabilitation facilities, she advocated for the establishment of dedicated wards in both national and county government hospitals. "I intend to pursue the Ministry of Health at both the national and county level to be able to open upwards in their facilities to enable us to rehabilitate our youth. The crisis is huge, and even when we combine all the accredited rehabilitation centers in the country, it is impossible to contain the crisis in our nation." She said.

Acknowledging the financial burden associated with rehabilitation, Pastor Dorcas Rigathi also revealed plans to collaborate with the National Health Insurance Fund (NHIF).

By extending coverage to include rehabilitation and treatment for drug and alcohol addiction, she aims to make these vital services more accessible to those in need. She affirmed, "It is a bold step towards ensuring that the fight against addiction is not only a global concern but also an affordable and attainable goal for everyone." She sponsored the admission of over 40 young men who voluntarily registered for treatment.

Speaking during the launch, the Nyeri Governor, His Excellency Mutahi Kahiga pledged to mobilize governors from the Mount Kenya region to revive rehabilitation centers that have been neglected as well as equip those already in existence.

Others present were NACADA Board Chairperson Rev. Dr. Stephen Mairori, NACADA Board Member Rev. Fredrick Ngugi, NACADA CEO Dr. Anthony Omerikwa, Deputy Governor Kinaniri Warui, Tetu MP Geoffrey Wandeto among others.



The Cabinet Secretary Ministry of Interior and National Administration, Prof. Kithure Kindiki officially accredits Ihururu Treatment and Rehabilitation Hospital back on November 8th 2023

WORD SEARCH: MENTAL HEALTH PROBLEMS INDICATORS

October is World Mental Health Awareness Month:

lets talk about it: mental health

Research has shown that there is a strong link between mental health and substance abuse. People who suffer from mental health issues are more likely to abuse drugs and alcohol, and vice versa. This link can be due to a variety of factors, such as genetic predisposition, environmental factors, and social influences.

So, how would you know if you are struggling with mental health so that you do not end up getting caught in web of drug abuse to cope. Well, there are indicators or symptoms to look look out for.

Can you find them in the word search below

N	O	I	S	S	E	R	P	E	D	N	A	I	P
B	D	I	N	I	D	I	H	I	E	E	D	H	A
Y	D	A	O	N	E	S	B	I	P	O	L	A	R
I	E	A	I	S	L	O	F	A	T	I	G	U	E
M	P	L	T	O	L	L	H	N	P	A	N	Y	A
P	E	A	A	M	U	A	T	R	E	I	U	C	L
U	N	W	N	N	S	T	A	P	A	N	I	C	U
L	D	A	I	I	I	I	A	N	X	I	E	T	Y
S	E	R	C	A	O	O	O	T	A	E	P	A	P
I	N	D	U	E	N	N	L	L	A	S	N	I	C
V	C	H	L	A	S	Y	T	H	C	D	T	N	N
E	Y	T	L	D	O	I	N	U	H	S	S	A	E
N	P	I	A	A	D	U	U	I	E	A	O	Y	U
N	O	W	H	N	N	P	N	E	S	R	E	A	N

ANXIETY
DELLUSIONS
DEPRESSION
ISOLATION
FATIGUE
ACHES
DEPENDENCY
WITHDRAWAL
HALLUCINATIONS
INSOMNIA
IMPULSIVE
BIPOLAR
PANIC

AUTHORITY PARTICIPATES IN KITALE ASK SHOW, WINS AWARD.



The Authority's NorthRift Manager Ms. Eunice Arubia receives the Chairman's commendation trophy on behalf of the Authority from the Treasurer of the ASK Kitale Branch

By Maawiya Mohammed

To fulfill its mission of Kenya being a drug free nation, the Authority makes use of important public participation events and forums to spread its message. One such event is the Agricultural Society of Kenya National Shows that happen in multiple regions in the country across different times in a year.

This October, the Authority, represented by the North-Rift regional Office and led by the Manager Ms. Eunice Arubia took part in the Kitale ASK show. The show provided a chance to show the residents of Kitale how the Authority continues to fight against alcohol and drug abuse. The Authority had a stand at the show where visitors were taken through various publications, programmes and works that the organization does. The show also provided a chance to those affected by alcohol and drug abuse in one way or another to get counselling and advice on how to stop it.

The Authority won the Chairman's commendation trophy as a result of its magnificent and beautiful stand and the presentation of its work. The trophy awarded by the Treasurer of the Kitale ASK branch on behalf of the Transnzoia County Governor His Excellency George Natembeya who was the Chief Guest during the official opening of the event.



NACADA staff together with other individuals that made the show a success for the Authority pose for a picture with the trophy



School children being taken through drug abuse and its effects inside the Authority's tent during the show

NACADA GREENS KENYA DURING THE NATIONAL TREE GROWING DAY WITH 3,250 TREES



NACADA staff from the Authority's headquarter in Nairobi pose for a photo before they head into the Bomas of Kenya Forest to plant the trees

By Maawiya Mohammed

On November 13, 2023, declared National Tree Planting Day by Interior and National Administration Cabinet Secretary Prof. Kithure Kindiki, Kenya geared up to achieve its bold goal of planting 15 billion trees by 2032. The nationwide event, which unfolded across all 47 counties, witnessed the participation of cabinet secretaries, Governors, and various government officials, with a clarion call for every Kenyan to actively partake in the exercise.

NACADA, led by CEO Dr. Anthony Omerikwa, MBS, across all regional offices, joined the mission, planting 3,250 diverse tree seedlings. In Nairobi, the Authority's headquarters crew dug in at the Bomas of Kenya Forest.

Under the theme 'Plant Trees Not Herbs', NACADA passionately advocated for diverting communities from illicit crop farming towards constructive alternatives. Beyond the crucial biodiversity boost and environmental conservation, the exercise brought unexpected incentives - fostering team bonding and cohesion among staff, breaking free from the office routine.

The Authority's Board of Directors, following suit, planted twenty-three seedlings in Naivasha, Nakuru County. The CEO, coordinating the exercise, underscored NACADA's unwavering commitment to ramping up the nation's tree cover.



Darya Kidakwa, NACADA Legal Officer gets in on the action

NACADA NATIONAL TREE GROWING DAY PICTORIALS





Congratulations

Elder of the Order of the Burning Spear (E.B.S.)

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

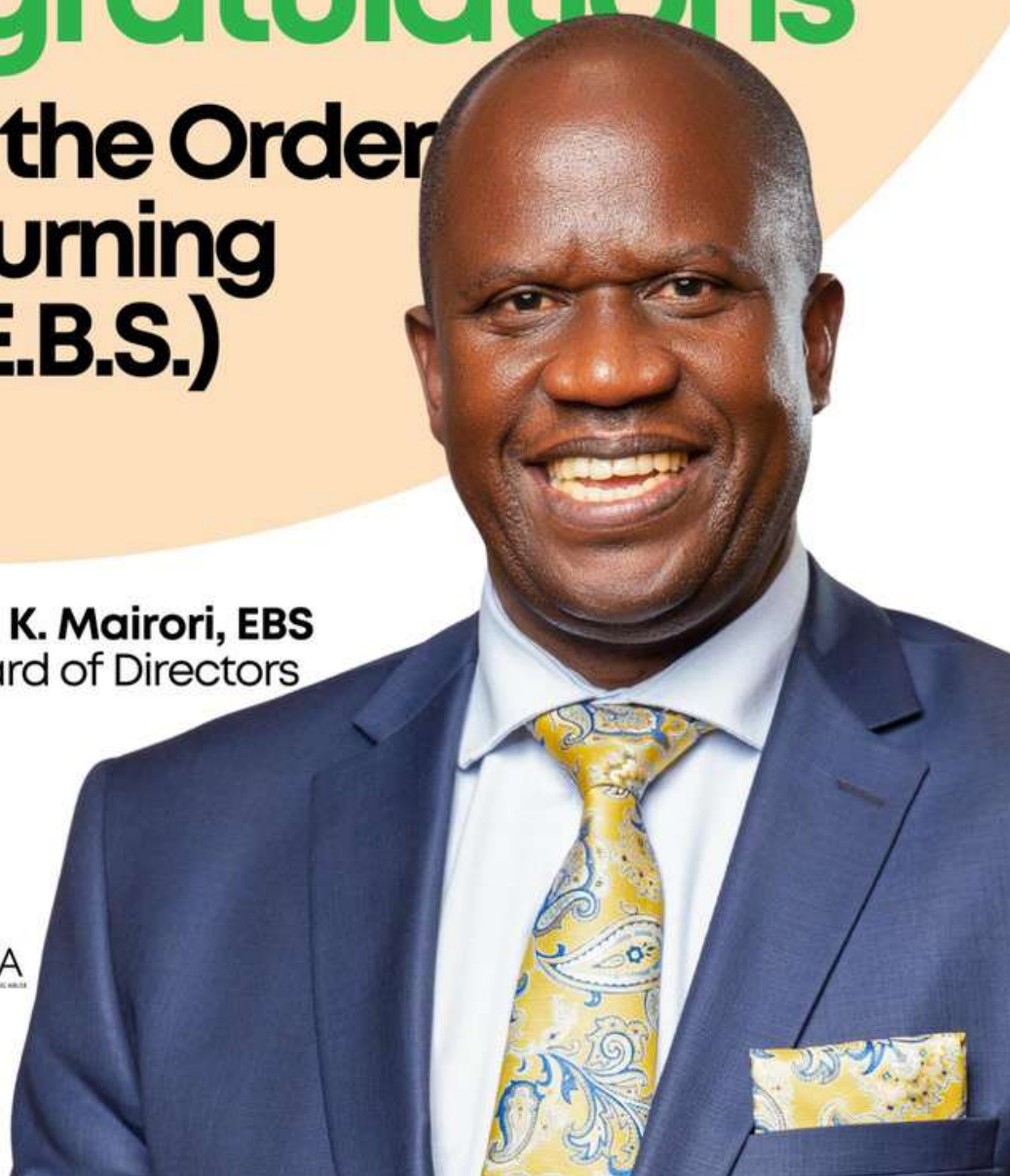


REPUBLIC OF KENYA



NACADA

FOR A NATION FREE FROM CORRUPTION AND CRIME



Cliques by Maawiya



1.The Authority's CEO receives Her Excellency the Spouse of the Deputy President Pastor Dorcas Rigathi, EGH at the Koiwa Rehabilitation Centre in Bomet County ahead of its official opening on November 24, 2023

2. The inauguration plaque of the Koiwa Rehabilitation Centre which was officially opened by Her Excellency the Spouse of the Deputy President Pastor Dorcas Rigathi, EGH.

3. Uasin Gishu Deputy County Commissioner together with the CECM Roads and Transport flag off the NACADA, NTSA roadshow in Eldoret, Uasin Gishu county on December 19, 2023

4.A bird's eyeview of the religious leaders during their breakfast meeting with the NACADA at KICD on November 29, 2023

5.The stopover at Huruma Bus stage during the NACADA NTSA Nairobi roadshow in December.

6.Officers from the Authority speak to a police officer on road safety during the festive season

7



8



9



10



11



12



7.Staff from NACADA pose for a picture before they head out to plant trees at the Bomas of Kenya Forest during the National Tree Planting Day. The Authority planted some 4000 trees.

8. Monica Neema, an officer from the Authority plants a tree during the National Tree Planting Day On November 13, 2023.

9.Triza Mwangi, Senior Programs Officer, NACADA explains the 1192 Toll Free number to a gentleman during the NACADA, NTSA Nairobi roadshow

10.The Cabinet Secretary for Roads and Transport Hon. Kipchumba Murkomen, EGH together with NACADA's CEO Dr. Anthony Omerikwa , EBS and NTSA Director General George Njao flag off the joint road safety campaign between NACADA and NTSA dubbed 'Usalama barabrani'

11.NACADA NorthRift Regional Manager Ms. Eunice Arubia talks to the media ahead of the NACADA, NTSA roadshow in Eldoret, Uasin Gishu County on December 19, 2023

12.A motorist is given a sticker that reads 'kaa rada, pombe na dawa za kulevya si poa' during the NACADA, NTSA Nairobi roadshow



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:

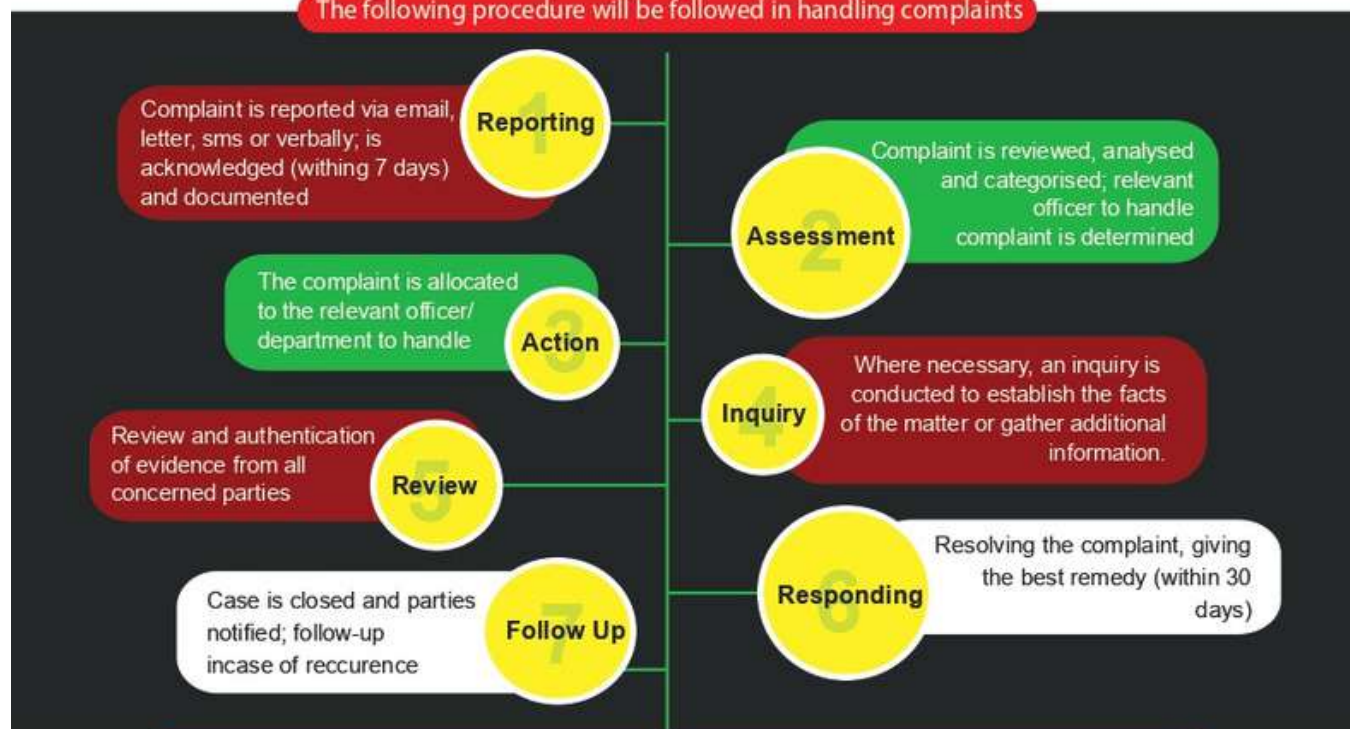
- Verbally; you may ask to speak to the line manager for the service you are seeking.
- You may forward your complaint by email to ceo@nacada.go.ke or info@nacada.go.ke
- You may write a letter directly to the Chief Executive Officer.

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 /info@nacada.go.ke

Website: 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

Website: 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
Access to Information			
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	Free	
Website	None	Free	Immediate. Visit www.nacada.go.ke
Official email info@nacada.go.ke	None	Free	Acknowledgement within 48 hours upon receipt
Social media platforms	None	Free	
Publications/IEC materials	None	Free	Immediate. Visit www.nacada.go.ke
Resource Centre	None	Free	Weekdays during working hours (Mon-Fri 8.00am to 5.00pm) excluding public holidays
Technical Services			
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
24-hour free Helpline service 1192: 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 /info@nacada.go.ke
 Website: 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
 Website: 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 | @NACADAKenya | NACADA

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

Telephone: +254 020 2721997
E-mail: info@nacada.go.ke

Need someone to talk to on drugs and alcohol?

TOLL FREE 1192
HELPLINE



MKATABA WA HUDUMA KWA WATEJA

Katika Halmashauri ya Kitaifa ya Kupambana na Matumizi Mabaya ya Pombe na Dawa 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 vinavyostahili- Ziara ya kibinafsi	Bure	Ndani ya dakika saba
	Piga simu nambari 020-2721997	Bure	Kufikia mlio wa tatu
	Barua pepe info@nacada.go.ke	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
HUDUMA ZA TAARIFA			
Tovuti www.nacada.go.ke	Muunganisho wa mtandao	Bure	Papo hapo
Mitandao ya Kijamii	Muunganisho wa mtandao	Bure	Jibu kwa masaa 48 baada ya kupokea ombi
Kituo cha Rasiimali za Kielimu	Hakuna	Bure	Jumatatu hadi juma kwa masaa za kazi
HUDUMA ZA KITAALAMU			
Utafiti kuhusu utumiaji mbaya 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 moja 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
Simu: 020-2721997, 2721993
Barua Pepe: info@nacada.go.ke
Tovuti: 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
Tovuti: www.ombudsman.go.ke

NACADA inajitahidi kutekeleza maadili yetu ya Taifa na kanuni 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, 18th floor (Eastern Wing)
P.O Box 10774-00100
Nairobi Kenya

Telephone: +254 020 2730889 | 2721994
E-mail: ceo@nacada.go.ke
Website: www.nacada.go.ke

Need someone to talk to on drugs and alcohol?
TOLL FREE 1192
HELPLINE



NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

HAPPY NEW YEAR, 2024

**MAY IT BE FILLED WITH
BLESSINGS AND HAPPINESS**



Need someone to talk to on drugs and alcohol?

Call NACADA's



**TOLL FREE
HELPLINE**

1192