

NACADA QUARTERLY

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



KENYA HOSTS THE FIRST NATIONAL SUBSTANCE USE PREVENTION WEEK AND SUMMIT 2024

Also in this issue

LAUNCH OF THE UASIN GISHU ALCOHOL AND DRUG CONTROL ACTION PLAN

SUPPORT FROM THE PUBLIC KEY IN ENDING ILLICIT BREW FATALITIES IN THE COUNTRY

EARLY CHILDHOOD TRAUMA AND SUBSTANCE USE.

TABLE OF CONTENTS

KENYA HOSTS THE FIRST NATIONAL SUBSTANCE USE PREVENTION WEEK AND SUMMIT 2024.....3

LAUNCH OF THE UASIN GISHU ALCOHOL AND DRUG CONTROL ACTION PLAN.....5

AUTHORITY INTENSIFIES SHISHA CRACKDOWN.....6

EARLY CHILDHOOD TRAUMA AND SUBSTANCE USE.....7

AUTHORITY ATTENDS CONSULTATIVE MEETING WITH ALCOHOL MANUFACTURERS AND DISTRIBUTORS.....9

ALCOHOL, DRUGS, AND CANCER: UNDERSTANDING THE RISK FACTORS AND CONNECTIONS.....10

NACADA JOINS FORCES WITH NTSA AND MATATU OWNERS ASSOCIATION IN PROMOTING ROAD SAFETY11

ADDRESSING SUBSTANCE ABUSE AMONG COLLEGE STUDENTS: A CALL FOR EARLY INTERVENTION AND PREVENTION PROGRAMS.....12

DRUG USE COULD TRIGGER FEMICIDE.....13

CLIQUEs BY MAAWIYA.....15

SUPPORT FROM THE PUBLIC KEY IN ENDING ILLICIT BREW FATALITIES IN THE COUNTRY.....16

WANTED DRUG SELLER ARRESTED IN MTWAPA, KILIFI COUNTY.....17

AUTHORITY PROMOTES HEALTHY LIFESTYLE, SUPPORTS MARATHON.....18

USHAURI KWA VIJANA KAMA MKAKATI WA KUZUIA MATUMIZI MABAYA YA POMBE NA DAWA ZA KULEVYA19

KENYA HOSTS THE FIRST NATIONAL SUBSTANCE USE PREVENTION WEEK AND SUMMIT 2024



Invited guests listen on during the Inaugural National Substance Use Prevention Week Summit

By Caroline Kahiu

This was not just an event but a powerful statement of intent that drug use prevention works. Under the theme, “Our Families, Our Schools. Our Workplaces. Our Community: A Sustainable Future for Humanity”, this inaugural initiative was a rallying call for action, education, and unity in the campaign against substance use and abuse in Kenya. It was an opportunity to celebrate stories of those who have resisted drug use, those in recovery, and those who work in drug use prevention under the call “Story Yangu” (My Prevention Story).

Organized by the National Authority for the Campaign against Alcohol and Drug Abuse (NACADA), in collaboration with various stakeholders. The success of the National Substance Use Prevention Week and Summit relied on partnerships and collaborations between the government, non-governmental organizations, civil society groups, academic institutions, and the private sector. These partnerships help mobilize resources, expertise, and support needed to implement effective prevention programs and initiatives.

The objectives of the Prevention Week/Summit were:

- Raise awareness about the importance of prevention of alcohol and substance use and misuse of prescription medicines;
- Foster partnerships and collaborations between state and non-state agencies in promoting prevention strategies
- Celebrate people and community stories of prevention Promote and disseminate evidence-based resources and publications
- Reframe the narrative around alcohol, tobacco, and other drugs including non-medical use of prescription drugs

The National Substance Use Prevention Week featured a series of activities and programs designed to engage key players from across the country:

- Community outreach programs targeting schools, youth groups, and other community organizations

- Media campaigns to raise awareness about the protective and risk factors of substance use
- Art events showcasing the talents of young people and promoting positive values
- Policy dialogues and advocacy forums/ breakaway sessions to discuss key issues related to substance abuse prevention and control

The two-day summit was officially opened by Mr. Tom Osborn, the Executive Director of Shamiri Institute who in his remarks highlighted that mental health issues and substance abuse have a complex relation. “Youth and children experiencing mental health challenges are more vulnerable to substance use and conversely substance abuse can exacerbate mental health issues creating a destructive cycle that is challenging to break”. He added that Shamiri Institute, they are committed to advancing the understanding of mental health and substance abuse among youth and children.

Speaking during the Summit, Mr. Carlton Hall, Chief Executive Officer of Carlton Hall Consulting and a Public Health Expert, extensively painted a picture of not investing in drug use prevention- a case and practice of the current situation in the United States of America. He encouraged participants to invest in prevention from the family level to our communities and workplaces. To build on this, Pastor Simon Mbevi (Pastor S) acknowledged that families are the cornerstone of drug use prevention. “there is a need to ensure both the boy and girl child growing up experiences are positive and healthy to avert them from using alcohol and drug as coping mechanisms of adverse childhood experiences.” He said.

The Summit resolutions were clear:

- Make it an annual event to ensure communities across Kenya have a regular platform to share experiences, learn from each other, and strengthen their substance use prevention efforts
- Prioritize the implementation of programs and interventions supported by scientific research and embrace evidence-based interventions to maximize impact and sustainability
- Fostering greater community engagement by empowering people and involving all sectors in prevention efforts
- Participants recognized and appreciated that interventions must be targeted and specific, addressing the unique needs of each target group in our societies.

With this in mind, they developed a series of targeted pledges aimed at key stakeholders in drug use prevention. It was also a time for more than just awareness and words on paper but collective promises to take meaningful action and create a safer, healthier future for all.

Families/Caregivers: Pledged to actively engage in drug use prevention within families by nurturing strong and supportive relationships. They also promised to model healthy behaviors, educate their children on the risks of drug use and establish clear rules and boundaries.

Schools/Learning Institutions: Pledged to implement comprehensive drug prevention programs, create a positive and inclusive school environment and integrate drug prevention education into the curriculum. Additionally schools also pledged to educate students, teachers, and parents about the risks of drug use, and establish clear policies and protocols for addressing drug-related incidents.

Workplace: Pledged to create a safe and healthy work environment, establish a drug-free workplace policy and educate employees about the risks of drug use. Conducting regular assessments of workplace culture and practices plus supporting employees in seeking help for drug-related issues were also promised.

Communities: Pledged to prioritize awareness and advocacy programs on drug use prevention. They also promised to collaborate with law enforcement agencies, provide resources for persons with substance use disorders, and advocate for policies and regulations that promote healthy, drug-free environments.

Prevention week in pictures



LAUNCH OF THE UASIN GISHU ALCOHOL AND DRUG CONTROL ACTION PLAN



From right: NACADA Chief Executive Officer (CEO), Dr. Anthony Omerikwa, MBS, Uasin Gishu Governor Dr. Jonathan Chelilim, NACADA Chairman Rev. Dr. Stephen Mairori, EBS and Uasin Gishu County Commissioner Dr. Eddyson Nyale, Posing for a photo during the Launch of County Action Plan on Alcohol and Drug Control, at The Eldoret National Polytechnic (TENP), Eldoret, Uasin Gishu on Tuesday February 13, 2024.

By Simon Mwangi

The Authority collaborated with the County Government of Uasin Gishu, and other agencies during the launch of the Alcohol and Drug Control Action Plan to combat drug and substance abuse within the County.

This was a culmination of an action plan drawn following a stakeholder meeting convened by the Deputy President of the Republic of Kenya for the larger Rift Valley Region in Nakuru County. During the meeting, Alcohol and Drug Abuse (ADA) was identified as a major challenge to the socio-economic development of the country, following heightened public concern across the counties over the devastating effects of ADA that cut across all sectors including health and security.

Speaking during the launching of the plan at the Eldoret National Polytechnic, NACADA Board Chair Rev. Dr. Stephen Mairori, EBS, said the Authority has worked out a formula for dealing with demand reduction and supply suppression by working together to ensure all the agencies tasked with preventing illegal goods from entering the country are working effectively and also increasing surveillance to contain goods manufactured illegally in the country.

The Chief Executive Officer (CEO) Dr. Antony Omerikwa, MBS, indicated that Uasin Gishu is the first county to launch the action plan, which is a commencement of the full implementation of the deliberations that were arrived at during the Joint Communique for Rift Valley on 29th May 2023 to address the alcohol menace in the country.

“We are doing this as a national approach because we view this issue of ADA as a threat to the security of this country,” he said.

Governor Dr. Jonathan Chelilim, pointed out that the action plan for the year 2023/2024 was very timely due to the alarming increase of ADA particularly among the youth.

Chelilim added that his administration is committed to working closely with the national government and other stakeholders to fight the menace, which has highly contributed to the breaking of family ties and increased school dropouts among others.



AUTHORITY INTENSIFIES SHISHA CRACKDOWN



Some of the shisha pots that were recovered in Mirema on March 19, 2024, after a raid on Al Fakher Lounge

By Maawiya Mohammed

The National Authority for the Campaign against Alcohol and Drug Abuse (NACADA) has escalated its efforts to combat shisha sell and usage in recent months. Acknowledging the detrimental impact of this banned substance, the Authority is steadfast in its mission to eradicate it. Sustained crackdowns and raids on shisha are what the Authority sees as the most effective strategy to stamp out this flagrant abuse of the banned substance.

Since the festive season, NACADA has intensified its enforcement actions, targeting establishments such as Kettle House Bar and Restaurant, Yejoka Gardens Bar and several others. These efforts have continued into the new year, with a notable raid conducted on January 13, 2024, in Nyali, Mombasa. In this operation, a multi-agency team, including NACADA's compliance and enforcement unit, apprehended 38 individuals.

Following this raid, Dr. Anthony Omerikwa, MBS, the Authority's CEO, emphasized the imperative for entertainment establishments to operate within the confines of the law. He also said that the Authority would not relent until the law is fully complied with and that NACADA will up its efforts to ensure that alcohol and drug abuse is diminished and not a threat to national security.

The CEO also pointed out that the raid was not one-off but a first step in a long journey. "As NACADA we will implement our mandate fully and to the latter and ensure that our country is free from alcohol and drug abuse." He added.

Subsequently, on the night of 3rd March 2024, the Authority carried out a shisha raid at two places. First, it was at Quiver Eastlands where 18 shisha bongs, assorted flavours and other shisha paraphernalia were seized. Two individuals were also arrested for the offense of selling shisha in contravention of legal notice 292 of 2017.

"Speaking after the raid at Quiver Eastlands, Police Superintendent and head of the enforcement team at NACADA, Mr. Nicholas Kosgei, reiterated NACADA's dedication to achieving a drug-free nation. He cautioned the public against shisha consumption, highlighting the potential for lacing with other illicit substances. Kosgei also urged citizens to report any shisha vendors, as operations have revealed a shift from clubs to residential areas.

On the same night, the team then extended the crackdown to Hobanos Lounge in Kilimani where 60 shisha bongs and 120 assorted flavors were seized. Seven people were also arrested. All those arrested at the night were taken to Jogoo Road Police Station to await trial.

Most recently, on March 19, 2024, NACADA apprehended two suspects and seized 109 shisha pots at Alfakher Lounge in Mirema Drive, Kasarani.

With a steadfast commitment to eradicating the menace of shisha from our communities, NACADA continues to intensify its efforts through sustained crackdowns and raids. Led by the unwavering dedication of its CEO, Dr. Anthony Omerikwa, MBS and the diligent enforcement team, NACADA remains resolute in its mission to ensure compliance with the law and safeguard public health. As the Authority presses forward in its tireless pursuit, it sends a clear message: the sale and consumption of shisha will not be tolerated, and every effort will be made to create a nation free from alcohol and drug abuse.

EARLY CHILDHOOD TRAUMA AND SUBSTANCE USE



Photo credit: Freepik

By Rebecca Barasa

Drug and alcohol abuse remains to be a universal problem affecting many people, especially in developing countries. Mitigation measures put in place to fight substance use face a lot of challenges, one of the major ones being a lack of awareness of early childhood trauma.

Early Childhood trauma and abuse makes one more vulnerable to substance abuse and addiction. The more traumatic events someone endures or witnesses during childhood, the harder it becomes to escape self-destructive behaviors such as drug abuse. The effects of trauma become so intense especially when the person grows up in the same environment of exposure or happenings because the environment creates a long-lasting reminder of such events. This makes the victims live in constant fear of the same happening in the future and healing becomes a nightmare. This gives room for trauma to develop into Post Traumatic Stress Disorder (PTSD).

According to Psychiatry and Psychology on Post-Traumatic Stress Disorders and Addiction (2021), many people suffering from post-traumatic disorders find it challenging to discuss or disclose their trauma to others. This reluctance may stem from the deeply scarring and life-changing nature of the events and encounters they experienced. PTSD often coexists with depressive symptoms, including negative thinking and emotions, feelings of hopelessness, low self-esteem, negative views about the world and others, emotional numbness, relationship problems, suicidal thoughts, and dissociation.

If the affected person is going to stay in the same environment where the trauma occurred, the negative emotional symptoms can easily manipulate the person to grow into depression. It becomes difficult to lead a happy, meaningful, and healthy life because of hopelessness.

The person then resorts to the use of drugs to numb their pain. Continued use of drugs by affected persons to control their feelings of anger, bitterness and hurt can lead to addiction.

Living with PTSD presents unique challenges, and we understand that navigating its highs and lows can be incredibly demanding. Victims need to acknowledge the difficulty and know that they're not alone on this journey. Medication and therapy and not substance abuse can be invaluable tools in managing the situation and providing support and stability.

Medication helps regulate mood swings and minimize the intensity of episodes, while therapy offers a safe space to explore emotions, develop coping strategies, and foster resilience. Together, these approaches can empower individuals with PTSD to lead fulfilling and balanced lives.

Advocating for early childhood trauma and PTSD awareness can make a significant impact in reducing substance use among victims. Moreover, it will also promote understanding of the conditions. By sharing stories and experiences of living and fighting with early childhood trauma in blogs, social media, and public engagements, people who have gone through this can help humanize the conditions, break down the stereotypes and encourage open conversations about early childhood trauma and PTSD.



Parents' Misconceptions on Children and Youth Drug Use

01

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

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



02

MYTH: My children do not care what I think.

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



03

MYTH: My adolescent child does not listen to me.

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



04

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

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

05

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

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

What Should I do as a Parent/ Caregiver?

1. Start Early:

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

2. Know the Facts:

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

3. Be a Good Model:

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

4. Communicate Openly and Honestly:

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

5. Share Your Expectations:

Set clear boundaries and limits

6. Monitor their Behavior:

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

7. Health not a Punitive Approach:

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

8. Encourage Healthy Risk Taking and Emotion Regulation:

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

9. Use Positive Reinforcement:

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

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

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



AUTHORITY ATTENDS CONSULTATIVE MEETING WITH ALCOHOL MANUFACTURERS AND DISTRIBUTORS



The Cabinet Secretary for Interior and National Administration, Prof Kithure Kinidki addresses the manufacturers of alcohol and other stakeholders during the meeting at GSU Training School, Embakasi. Photo Credit: Ministry of Interior

By Maawiya Mohammed

On 12th March 2024, the National Authority for the Campaign against Alcohol and Drug Abuse (NACADA) played a pivotal role in a high-level consultative meeting with alcohol manufacturers and distributors. This gathering, facilitated by the Ministry of Interior and National Administration, convened a diverse array of government agencies and stakeholders with a singular objective: to enhance intelligence sharing and collaboration between the alcohol manufacturing industry and law enforcement entities.

Chaired by the esteemed Cabinet Secretary for Interior and National Administration, Prof. Kithure Kindiki, and the Ministry's distinguished Permanent Secretary, Dr. Raymond Omollo, CBS, the meeting provided a platform to reaffirm the government's unwavering commitment to combatting illicit alcohol. This commitment was underscored by the stringent measures announced on 6th March 2024, which included the immediate suspension of all liquor manufacturing licenses. Prof. Kindiki emphasized that these measures were not subject to negotiation, labeling them as "irreversible and non-negotiable."

In his address to the assembly, Prof. Kindiki emphasized the gravity of the situation, emphasizing, "This matter poses a significant threat to our national security, and failure to address it collectively will have profound implications for Kenya's future."

Dr. Anthony Omerikwa, MBS, the Authority's CEO highlighted the critical role of cooperation from alcohol manufacturers in combating the proliferation of counterfeit products in the market. He urged manufacturers to collaborate closely with NACADA, emphasizing the importance of sharing information to root out illicit substances and ensure public safety.

Additionally, Dr. Rev Stephen Mairori, EBS, Chair of the NACADA Board, called upon all stakeholders to throw their weight behind the initiative aimed at rectifying issues within the alcohol manufacturing sector. Dr. Mairori stressed the imperative of smoothing out the curves in the industry to rid

the nation of harmful illicit beverages and safeguard public health.

The consultative meeting served as a significant milestone in the ongoing efforts to tackle the menace of illicit alcohol in Kenya. By bringing together key players from both the public and private sectors, the gathering fostered an environment conducive to open dialogue and collaboration. It provided an opportunity for stakeholders to align their strategies and resources, ensuring a coordinated approach towards combating the illicit alcohol trade.

One of the critical outcomes of the meeting was the establishment of a joint task force comprising representatives from NACADA, law enforcement agencies, and the alcohol manufacturing industry. This task force will work tirelessly to enhance monitoring and enforcement efforts, crack down on illegal production and distribution channels, and prosecute perpetrators to the fullest extent of the law.

Moreover, the meeting underscored the need for proactive measures to address the root causes of illicit alcohol production and consumption. This includes addressing socio-economic factors such as unemployment, poverty, and lack of access to education and healthcare, which often drive individuals towards substance abuse as a coping mechanism.

Looking ahead, sustained collaboration and vigilance will be essential in the ongoing fight against illicit alcohol. By working hand in hand, government agencies, industry stakeholders, and civil society organizations can effectively curb the production, distribution, and consumption of harmful substances, safeguarding the well-being and future of all Kenyan citizens.

ALCOHOL, DRUGS, AND CANCER: UNDERSTANDING THE RISK FACTORS AND CONNECTIONS



Photo credit: Freepik

By Caroline Kahiu

Whether it is a relative, a friend, colleague or yourself, we all know how these three dreaded words can cut, “you have cancer.” What some people do not realize is that alcohol and drug abuse is a risk factor for certain kinds of cancer and likewise a cancer diagnosis might lead to new substance abuse issues.

Cancer is a leading cause of death worldwide. According to the World Health Organization (WHO), each year, roughly 10 million people die of cancer – more than HIV/AIDs, malaria, and tuberculosis combined. Shockingly, up to half of all cancers can be prevented altogether by reducing modifiable risk factors like diet, tobacco and alcohol use, and physical exercise.

Let us take a closer look: alcohol is mostly associated with liver failure. Research suggests that alcohol can contribute to seven different types of cancer; liver, mouth, throat, esophagus, bowel, stomach and breast. Yes, it does make logical sense that alcohol is ingested through the mouth, travels through the throat, then makes its way through the digestive system. What about breast cancer? Simple, alcohol is absorbed into the bloodstream and travels through the entire body, the breast being one of the susceptible organs.

Unfortunately, many types of cancer are incredibly painful, and that pain is exacerbated by popular treatment methods, like chemotherapy and radiation.

To help cancer patients cope with the physical pain they’re forced to endure, doctors will often prescribe opioid painkillers like oxycodone or morphine. While these prescriptions are highly effective at taking the edge off of pain, they are also highly addictive. That means that cancer patients are forced to choose between enduring pain and opening themselves up to the risk of addiction.

It is also important to understand that every risk factor for cancer is not separate- they pile on top of each other and compound increasing the risk of developing cancer. Let me break this down, we are all at risk of developing cancer by being human, add our lifestyle choices and family history where applicable.

Equally, there is no guarantee that not drinking or quitting alcohol will keep a person safe from ever developing cancer in their lifetime, but abstaining will certainly keep none users and past users from increasing the risk of cancer

NACADA JOINS FORCES WITH NTSA AND MATATU OWNERS ASSOCIATION IN PROMOTING ROAD SAFETY



NACADA team pose for a photo after the event

By Maawiya Mohammed

In a concerted effort to combat the menace of drunk driving and promote road safety, the Authority in March, collaborated with the National Transport and Safety Authority (NTSA) and the Matatu Owners Association (MOA) in attending two pivotal programs.

The first event took place on March 2nd, 2024, at Parklands Primary School, Nairobi where the Authority, through its Nairobi Region and Road Safety Committee, participated in the NTSA's School Drivers Medical Camp and Road Safety Programme. With a significant turnout of 1000 drivers, the event aimed to address critical health concerns while emphasizing the dangers of drunk driving and the importance of responsible behavior behind the wheel. NACADA took the opportunity to sensitize drivers on prevention through positive parenting, highlighting the pivotal role of familial influence in deterring substance abuse among drivers.

Subsequently, on March 7th, NACADA, NTSA and other institutions attended a road safety campaign organized by the Matatu Owners Association at Makongeni Police Station. The event focused on sensitizing matatu operators, including drivers and conductors, on the perils of substance abuse while on duty. As part of the campaign, vehicle maintenance clinics were conducted to ensure compliance with traffic regulations and enhance overall roadworthiness.

NACADA actively engaged with participants, emphasizing the detrimental effects of substance abuse on road safety and advocating for responsible conduct among operators.

The collaboration between NACADA, NTSA, and the Matatu Owners Association underscores a unified approach towards addressing the interconnected issues of substance abuse and road safety. By leveraging their respective expertise and resources, the three organizations aim to tackle the root causes of drunk driving and promote a culture of responsible behavior among drivers and road users. Through targeted interventions and awareness campaigns, they seek to create safer road environments and mitigate the risks associated with substance abuse.

In summary, NACADA's partnership with NTSA and MOA reflects a collective commitment to advancing road safety and substance abuse prevention initiatives in Kenya. By working together, these organizations aim to foster a culture of responsible driving, protect public health, and ultimately save lives on the nation's roads. Through continued collaboration and community engagement, they strive to create a safer and more resilient transportation system for all.

ADDRESSING SUBSTANCE ABUSE AMONG COLLEGE STUDENTS: A CALL FOR EARLY INTERVENTION AND PREVENTION PROGRAMS



Photo credit: Freepik

By Rebecca Barasa

Globally, a lot of people struggle with substance abuse with youths aged between 20 and 24 being the most affected. The increase in alcohol use among college students has now become a global public health concern. This is because the use of psychoactive substances by the youths negatively affects cognitive features and development, judgmental health, and academic outcomes.

Studies conducted by NACADA in partnership with the Ministry of Health in 2021 at the University of Nairobi to determine the prevalence of substance use and dependence among undergraduate students show that alcohol stands at 41%, marijuana at 14%, cigarettes at 13.5%, and shisha at 11.1%. The study also demonstrated that the prevalence of alcohol and substance use among first-year university students at the Kikuyu and Chiromo campuses is high. There is a likelihood of influence and initiation into substance use at the first-year level which can lead to gradual progression and eventually substance dependency. This is not only an exception to the University of Nairobi but it's a norm that cuts across all Kenyan universities.

The common reason attributed to the consumption of alcohol and drugs among college students can be associated with the favorable environment away from parental supervision. Therefore, individual characteristics and environmental influence from family and peers make the youth vulnerable to substance use. Other predisposing factors include the availability of substances and free time.

As substance use and dependence pick on, many college students drop out of school. There are also rampant cases of suicide observed among these youngsters in school, risky sexual behaviors making them vulnerable to sexually transmitted diseases and early unplanned pregnancies, mental health disorders, violence and thuggery.

Interventions for the prevention and management of alcohol and substance use in universities should therefore start as early as first year. School-based intervention programmes targeting first-year students should be set in Colleges and universities.

Thematic orientation programs are key to educating first-year university students on the negative effects of alcohol and substance use. Life skills training and mentoring should be instituted to help students navigate, adjust, and adapt to their university life well. Therefore, alcohol and substance use prevention intervention strategies should allow extra focus on these vulnerable sub-groups such as first year students because of their environmental exposure. This would also make prevention interventions among college students easier to implement. Programs for alcohol and substance use prevention and education should have a multi-sectoral approach, which should start at the high school level and be intensified as young adults join university education.

Focusing on student-centered intervention programmes that target majorly first-year students at entry year will help mitigate on chances of progression of their drug use problem in subsequent years of studies. This intervention will help students navigate through the storms and challenges that come along with college life, realize their purpose in life, and focus on fulfilling their mission in school.

DRUG USE COULD TRIGGER FEMICIDE



Photo credit: Freepik

By Simon Mwangi

The recent femicide cases in the country have shocked all and sundry but the most outstanding issue is that there have been reports of either alcohol or drugs being found at the scene of the horrendous atrocities.

UN Women highlights femicide as gender-related killings that are the most brutal and extreme manifestation of violence against women and girls. Drug abuse is a key contributing factor to violence against women. Men who abuse drugs are more likely to be violent against their spouses, wives, and girl children and this may involve not only sexual but also physical and psychological violence. In the worst case scenarios, it leads to death as has been witnessed in Kenya lately.

Various theories have been advanced as to the reasons behind the macabre killings, some of which point to extremely bizarre and gory activities. No human being in their right frame of mind can carry out such cold-hearted acts of violence, although this argument does not in any way also imply that the killers were necessarily on drugs. Truth is, something is fundamentally wrong with such people.

Research indicates that up to seventy-five percent of individuals who begin treatment for a substance use disorder report having engaged in physical assault, mugging, using a weapon to attack another person and other violent crimes.

In many cases, only gender-related killings perpetrated by an intimate partner or family member are counted as femicide. However, gender-related killings indeed take place in several settings beyond the private sphere.

They can be related to rape or sexual violence by a stranger to the victim, linked to harmful practices such as female genital mutilation or so-called honor killings, result from hate crimes linked to sexual orientation or gender identity, or even

connected with conflicts, gangs, human trafficking and other forms of organized crimes.

Identification of risk factors specific to intimate partner femicides is of great significance, as it allows the likelihood to predict and recognize individuals at risk of great harm.

Women with substance use on the other hand have usually experienced more violence as children and continue to experience more violence as adults when compared to women who do not have substance abuse problems.

The Kenyan murders have exposed a worrying trend where either the culprits are serious drug users or use drugs to deflect the attention of investigative agencies, and the public by leaving them at the scene of crime. The bottom line, there is a very strong indication that drugs are at the center of some of these horrifying and atrocious acts.

There is also a possibility that men are suffering from the same fate and the fact that society has stereotyped them to submission, most of the cases go unreported. It is also possible that even when they are, families of the victims prefer to keep the issue under wraps for fear of stigmatization.

One area of research, particularly in need of further scrutiny, is to what degree perpetrators of intimate partner femicide suffer from mental health conditions, and what the medical features are. It has been estimated that approximately one in four women worldwide have been exposed to intimate partner violence.

The recent happenings present an opportunity for scientific study into the mental health status of the persons carrying out the gruesome homicide as well as heightened awareness of the most vulnerable opportunity.

This can be for both young girls and boys as well as the authorities on how to establish early warning systems that will assist in the detection and prevention of such happenings.



FACTSHEET

Substance Use Disorders



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

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

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

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



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

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

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

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



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

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

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

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



MYTH: Addiction only affects certain groups of people

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

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

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



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

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

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

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



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

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

Cliques by Maawiya



The Ministry of Interior and National Administration Cabinet Secretary Prof Kithure Kindiki addresses the meeting which brought together stakeholders, manufacturers and distributors of alcohol at the GSU Training Academy in Embakasi on 12 March, 2024



NACADA CEO, Dr. Anthony Omerikwa, MBS, flags off the Busia Border Marathon 5-km race on 31 March, 2024



Judy Muthoni, counsellor, shows the call center to a group of health officials from the Ministry of Health during a bench marking visit to the Authority's call center



Ministerial Standing Committee on Revitalization of Regulatory Authorities and Agencies in the Ministry of Interior and National Administration together with the Authority's technical team pose for a photo after an organizational performance review meeting



Prof Kithure Kindiki addresses the press after the consultative meeting with alcohol manufacturers and distributors on 12 March 2024 at the GSU Training Academy, Embakasi



The matatu Owners Association President Mr. Albert Karakacha (left) and the NTSA Director for Road Safety Dr. Andrew Kiplagat (middle) visit the Authority's booth during the road safety campaign through vehicle maintenance clinics by the Matatu Owners Association (MOA).

SUPPORT FROM THE PUBLIC KEY IN ENDING ILLICIT BREW FATALITIES IN THE COUNTRY



Suspected Illicit brew being poured

By Maawiya Mohammed

All alcoholic beverages, whether licit or illicit, harbor the potential for harm, yet illicit alcohol presents more dangers. The recent incident in Kirinyaga County has highlighted this peril, with over 13 fatalities and numerous cases of blindness resulting from the consumption of unverified illicit alcohol being reported. The battle against illicit alcohol is a multifaceted action requiring collaboration from diverse stakeholders. Partnerships with organizations such as the Kenya Bureau of Standards (KEBS), the Anti-Counterfeit Authority (ACA), the Kenya Revenue Authority (KRA), the Kenya Police Service and the Directorate of Criminal Investigations (DCI) are just some of the crucial collaborations the National Authority for the Campaign against Alcohol and Drug Abuse (NACADA) undertakes in the fight against illicit alcohol.

However, of the same importance to these partnerships is the symbiotic relationship with the public. Without public engagement, there would be a chink in the armor. The public assumes a pivotal role in the fight against illicit alcohol, with a myriad of avenues through which they can contribute to ending fatalities resulting from substandard products.

Primarily, the public can serve as the eyes on the ground, monitoring activities in their respective locales concerning alcohol retailing. By vigilantly scrutinizing liquor-selling establishments and reporting their adherence to regulatory frameworks to the authorities, the public exerts substantial pressure on these entities to maintain compliance. The public can also report suspected production and distribution of illicit alcohol to local authorities to enable swift intervention, thereby preempting potential harm from consumption.

Secondly, communities can aspire to establish drug-free zones like Kijabe. Situated in Lari, Kiambu County, Kijabe stands as a paradigm of abstinence, devoid of alcohol or tobacco sales and consumption.

Influenced by the heavy presence of churches, the town put up stringent prohibitions on alcohol and cigarette vending and consumption. Were similar measures adopted nationwide, fatalities associated with illicit alcohol would be mitigated, as there wouldn't be any alcohol to consume in the first place.

Additionally, communities can undertake preventive education initiatives among themselves to address alcoholism. Youth and community leaders can organize public forums, or "barazas," aimed at sensitizing their people on the perils of alcohol abuse. By inviting professionals to these barazas and leveraging on expert insights, these engagements bear the potential of reducing the number of people who drink and those that sell alcohol.

Furthermore, communal support can be extended to individuals grappling with alcohol addiction. By encouraging affected individuals to seek treatment, the public contributes to their rehabilitation, shielding them from the perils of consuming hazardous liquor.

In conclusion, the battle against fatalities stemming from illicit alcohol consumption may appear formidable, but it is a collective endeavor demanding unwavering commitment from all levels of society. By equipping individuals with knowledge, fostering community vigilance, and extending support to those afflicted, we chart a course toward a safer and healthier society. Let us unite in our resolve to deal with the scourge of alcohol abuse and hence illicit liquor, ensuring every individual has the opportunity to lead a life untainted by the ravages of unsafe drinking practices.

WANTED DRUG SELLER ARRESTED IN MTWAPA, KILIFI COUNTY



The suspected narcotics recovered in Mtwapa, Kilifi on February 10, 2024 during the crackdown

By Simon Mwangi

Two individuals were apprehended by officers from the National Authority for the Campaign against Alcohol and Drug Abuse (NACADA) in Mtwapa, Kilifi County, during a crackdown on drug dealers.

The operation, carried out in collaboration with local police officers at Mtwapa market on Saturday, February 10, 2024, resulted in the seizure of 435 rolls of bhang believed to have originated from Migori County.

Among the arrested individuals is a well-known bhang seller in the coastal region, who is on the list of the most wanted drug dealers. The second suspect is also notorious, with connections in Kilifi and Malindi.

Residents commended the Authority for taking a stand against drug abuse, expressing relief that the crackdown would help safeguard school-going children from the dangers associated with bhang.

The CEO Dr. Anthony Omerikwa, MBS, commenting on the incident in Mtwapa, disclosed that the consumption of bhang had surged by 90% in the country in the last five years.

He emphasized the concerning trend, stating that an estimated one million Kenyans were regular consumers of cannabis. This information underscores the urgency of implementing comprehensive measures to tackle the root causes of drug abuse and to establish effective prevention and rehabilitation programs.



AUTHORITY PROMOTES HEALTHY LIFESTYLE, SUPPORTS MARATHON



The Busia border marathon gets flagged off

By Erick Mogire and Maawiya Mohammed

Sports have long been recognized as a powerful tool in steering youths away from drugs, offering constructive outlets for their energy and time. Participation in sports not only promotes physical fitness and overall well-being but also fosters social connections and camaraderie among peers, providing a sense of belonging that deters feelings of isolation often associated with substance abuse.

Recognizing the transformative impact of sports, the National Authority for the Campaign against Alcohol and Drug Abuse (NACADA) actively supports initiatives that promote healthy lifestyles and drug-free communities.

On March 31, 2024, NACADA demonstrated its commitment to this cause by participating in the Busia Border Marathon as part of a government delegation. The Authority was also among the stakeholders who supported the event. The marathon, which attracted participants of all ages from Busia and surrounding areas, provided a platform for individuals to engage in physical activity while promoting community solidarity. Children as young as 8 years old eagerly participated in the races, reflecting the inclusive nature of the event.

The event had long and short-distance races with the Cabinet Secretary for Public Service, Performance and Delivery Management, Honorable Moses Kuria, HSC, flagging off the 15 and 10-km races. Underscoring the importance of promoting healthy lifestyles among youths, the Authority's CEO, Dr. Anthony Omerikwa, MBS, was also tasked with flagging off the 5km race which he did gracefully.

Participants in the races vied for medals, certificates, and cash prizes, further incentivizing their engagement in physical activity. Beyond the thrill of competition, the marathon also served as a platform for promoting health and wellness. A free medical camp provided by the Kenya Red Cross offered participants the opportunity to receive check-ups and valuable information on maintaining a healthy lifestyle.

Furthermore, NACADA utilized the event as an opportunity to raise awareness about the dangers of alcohol and drug abuse by engaging with participants and spectators. Before the marathon, NACADA conducted a comprehensive roadshow campaign in Busia to educate the community about the perils of substance abuse and encourage active participation in the event.

Through its involvement in the Busia Border Marathon, NACADA reaffirmed its steadfast commitment to promoting healthy lifestyles and drug-free communities. By harnessing the power of sports to foster physical fitness, social connections, and community engagement, NACADA continues to play a pivotal role in steering youths away from drugs and towards brighter, healthier futures. The event stands as a testament to the positive impact that sports can have in promoting holistic well-being and building resilient communities.

USHAURI KWA VIJANA KAMA MKAKATI WA KUZUIA MATUMIZI MABAYA YA POMBE NA DAWA ZA KULEVYA



Photo credit: Freepik

By Rebecca Barasa

Ulimwengu unatambua matumizi mabaya ya pombe na dawa za kulevya kama tishio kuu kwa maisha na maendeleo. Hivi, ni wazi kuwa, kundi la vijana ndio wamo katika hatari zaidi ya kuingilia tabia ya unywaji pombe na matumizi ya dawa za kulevya. Tathmini ya utafiti wa Afrika Mashariki kuhusu unywaji pombe kwa vijana (East Africa Systematic Review On Youth Alcohol Consumption) inaonyesha kuwa asilimia 70 ya wanaume na asilimia 54 ya wanawake wamewahi kuripoti kutumia pombe.

Nchini Kenya, kati ya watu wanaokadiriwa kuwa milioni 47, watu 16.7 % ni vijana kati ya miaka 16-24 (KNBS 2019). Wanafunzi wengi wa chuo kikuu wamo katika kundi hili huku baadhi yao wamezamia matumizi mabaya ya pombe na dawa za kulevya. Sababu zinazochangia matumizi ya dawa za kulevya miongoni mwa kundi hili la vijana ni pamoja na, Umri, jinsia, muundo wa familia na mahusiano, umaskini, uwezo wa kumudu na upatikanaji wa dawa za kulevya pamoja na vileo hatari.

Mitindo inayoibuka ya dawa za Kulevya pia imeonyesha kuwa vijana hawa wanatumia mchanganyiko wa dawa kadha zenye nguvu, na hivyo kuhatarisha kwa kiasi kikubwa afya yao (AJADA 2022).

Herera na wenzake katika kitabu chao cha Youth Mentoring relationship in Context (2013), wanapendekeza kuwa, utekelezaji wa ushauri wenye mafanikio unahitaji tathmini makini ya tabia ya vijana ili kuleta mabadiliko ya kijamii. Hivyo basi, jambo hili linafaa kuwepo kwa ushirika wa jamii (Community engagements in prevention) ili kufanikisha ushauri ambao utakuwa wa manufa kwa vijana.

Shirika la Afya Duniani (WHO) linatambua ushirika wa jamii kama njia muhimu ya kushughulikia masuala ya afya. Ushirikiano huu unaleta pamoja ujuzi na uzoefu wa vikundi mbalimbali katika jamii ili kutafuta suluhu zinazofaa kwa wanachama wote wa jamii.

Ushauri huu unaweza kuwa na athari kubwa katika maisha ya vijana walio katika hatari ya matumizi mabaya ya dawa za kulevya kama mojawapo ya programu za kuzuia. Ushauri unaohusisha kujumuisha shule na jamii, huku idadi lengwa ikiwa ni vijana, una uwezo wa kuleta mafanikio na hata kupiga hatua katika kuzuia. Utekelezaji wenye mafanikio wa programu za ushauri unahitaji tathmini makini ya walengwa, sifa za vijana na wasifu wa hatari. Kupitia kwa ushauri, vijana wanaweza pata vichocheo kutoka kwa watu wenye tajriba na uzoevu na hivyo kubadili mwenendo

Vijana wanaotangamana na wale walio na matumizi ya pombe na dawa za kulevya pamoja na walio katika familia zenye migogoro, wamo katika hatari kubwa zaidi ya kuwa na masuala ya matumizi mabaya ya dawa hizo. Kwa hivyo, vijana hawa wana mahitaji ya ziada ya huduma ili kusaidia kukabiliana na changamoto wanazokabiliana nazo.

Hivyo basi, kwa pamoja, tunaweza kupunguza matumizi ya mihadarati miongoni mwa vijana kwa kujenga mshikamano na ushirikiano kati ya vijana, wazazi, walimu na washikadau wote.

Kwa kuwashirikisha washikadau wote katika mfumo kama huu wa kuzuia matumizi ya pombe na dawa za kulevya, vijana wana uwezo wa kujifunza moja kwa moja kuhusu athari ya matumizi ya dawa za kulevya, matatizo na viashirio vya kijamii vinavyoathiri afya na kuchochea tabia. Ushirikiano kama huu huleta pamoja ujuzi na uzoefu wa vikundi mbalimbali vya kutoa mawazo na suluhu ambazo zitaleta mchango mkubwa katika kuzuia.



NACADA

FOR A FUTURE FREE FROM ALCOHOL AND DRUGS

Addiction

MYTHS VS. FACTS



MYTH: Addiction is a choice or lack of morals

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



MYTH: People with addiction lack self-control

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



MYTH: Addiction treatment is unsuccessful; relapse is unavoidable

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



MYTH: People with addiction cannot lead successful lives

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



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

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



MYTH: Addiction only affects the individual

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



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

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



MYTH: Addiction only affects certain groups of people

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



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

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



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

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



COMPLAINT HANDLING PROCEDURE

HOW TO COMPLAIN

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

- Verbally; you may ask to speak to the line manager for the service you are seeking.
- You may forward your complaint by email to ceo@nacada.go.ke 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.



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		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](https://www.facebook.com/NACADAKenya) | [NACADA](https://www.instagram.com/NACADAKenya)

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?





MKATABA WA HUDUMA KWA WATEJA

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

HUDUMA/BIDHAA	MAHITAJI YA KUPATA HUDUMA/BIDHAA	GHARAMA ZA HUDUMA AU BIDHAA	RATIBA YA WAKATI MUDA
Kuhudumia wateja	Uadilifu na heshima	Bure	Ndani ya dakika saba
Kuuliza swali	Tumia vituo vinavostahili- Ziara ya kibinafsi	Bure	Ndani ya dakika saba
	Piga simu 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 Rasimali za Kielimu	Hakuna	Bure	Jumatatu hadi jumaa kwa masaa za kazi
HUDUMA ZA KITAALAMU			
Utafiti kuhusu utumiaji mabaya wa pombe na dawa za kulevya	Barua ya maombi au pendekezo	Inategemea mahitaji na nafasi iliyoko. Kila jambo litashughulikiwa inavyostahili	Jumatatu hadi jumaa 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 jumaa, saa mbili asubuhi hadi saa kumi na mpja jioni Iwapo bado hujaridhika, uliza uhudumiwe na msimamizi wake. Kwa maoni, malalamiko au mapendekezo, wasiliana nasi kupitia anwani zifwatazo.*

Afisa Mkuu Mtendaji
 NACADA
 Jengo la NSSF, Block "A", 18th Floor
 S.L.P. 10774 - 0100 Nairobi
 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 HELPLINE 1192

Need someone to talk to on drugs and alcohol?

Call NACADA's



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