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# **COMPENDIUM OF PREVENTION AND MANAGEMENT INITIATIVES TRAINING**

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**DEPARTMENT OF PUBLIC EDUCATION AND CAPACITY  
DEVELOPMENT**

## INTRODUCTION

The National Authority for the Campaign against Alcohol and Drug Abuse (NACADA) is mandated to conduct public education either directly or in collaboration with other stakeholders. Capacity building is one way of strengthening stakeholders to conduct their activities as informed by what works for prevention.

The overall goal of substance use prevention training is to reduce the health, social and economic problems associated with substance use by building prevention capacity on the most effective evidence-based preventive interventions and strategies by applying the key findings reported in the International Standards for Drug Use Prevention to 'real' world communities across the globe.

Below is a description of trainings available:

### UNIVERSAL PREVENTION CURRICULUM FOR SUBSTANCE USE

Curriculum title	Description	Target Group
<b>Introduction to Universal Prevention Curriculum Series for Implementers (33 hours; in-person or online)</b>	This CORE Course has 10 modules. It provides an overview of the science that underlies evidence-based preventive interventions and strategies and the application of these effective approaches in prevention practice. knowledge and skills needed to undertake evidence-based programming at community level.	<ul style="list-style-type: none"><li>✓ Prevention implementers</li><li>✓ Health workers</li><li>✓ Counsellors</li><li>✓ County governments</li><li>✓ Educators</li></ul>
<b>Family Based Prevention Interventions (26 hours; in-person or online)</b>	This curriculum has 7 courses. It provides an overview of the science that underlies evidence-based preventive interventions and the methods used to intervene effectively in order to prevent substance use in children and adolescents. It also provides experiential learning in some of the skills used in effective family-based intervention methods to prepare prevention implementers to participate in such programmes.	<ul style="list-style-type: none"><li>✓ Prevention implementers</li><li>✓ Health workers</li><li>✓ Counsellors</li><li>✓ Church leaders</li><li>✓ Family health practitioners</li><li>✓ Parents</li></ul>
<b>School Based Prevention Interventions and Policies (39 hours; in-person or online)</b>	This curriculum has 8 courses. It presents an overview of the school in society, the science behind school-based prevention interventions and the application of evidence-based approaches in school settings.	<ul style="list-style-type: none"><li>✓ School administrators</li><li>✓ Teachers</li><li>✓ Counsellors</li></ul>
<b>Workplace Based Prevention Interventions (33 hours; in-person or online)</b>	This curriculum has 7 courses. It provides the science underlying workplace-based prevention interventions and policies and the methods and strategies public and private workplaces can use to improve their environment and culture.	<ul style="list-style-type: none"><li>✓ Public sector institutions</li><li>✓ Private sector institutions</li></ul>
<b>Media Based Prevention Interventions (20 hours; in-person)</b>	The course presents the science underlying the use of media for substance use prevention interventions.	<ul style="list-style-type: none"><li>✓ Media practitioners</li><li>✓ Prevention implementers</li></ul>

<b>Environmental Based Prevention Interventions (20 hours; in-person or online)</b>	This curriculum has 8 courses. It reviews the science behind effective environment-based prevention interventions and policies. The focus is on community-wide strategies to prevent tobacco and alcohol misuse and illegal drug trafficking and use in various settings and methods used to identify and successfully implement these interventions.	<ul style="list-style-type: none"> <li>✓ Faith based organizations</li> <li>✓ Community based organizations</li> <li>✓ County governments</li> <li>✓ Prevention practitioners</li> </ul>
<b>Community Based Prevention Implementation Systems (33 hours; in-person or online)</b>	This curriculum has 8 courses. It introduces the science underlying the systems approach to prevention interventions and guideline on developing such approaches, as well as exemplars of evidence-based drug use prevention systems.	<ul style="list-style-type: none"> <li>✓ Faith based organizations</li> <li>✓ Community based organizations</li> <li>✓ County governments</li> </ul>
<b>SPECIALIZED COURSES</b>		
<b>Workplace based Prevention Interventions for Managers and Supervisors (20 hours: in-person)</b>	This curriculum has 5 courses. It provides an overview of the role of managers and supervisors in the prevention and management of substance use and abuse in the workplace.	<ul style="list-style-type: none"> <li>✓ Managers and Supervisors</li> </ul>
<b>Student Welfare Staff Training Course (20 hours; in-person or online)</b>	This curriculum has 5 courses. It provides an overview of challenges and interventions for students in colleges and universities.	<ul style="list-style-type: none"> <li>✓ Deans of students</li> <li>✓ Student counsellors</li> <li>✓ Janitors</li> <li>✓ College/University health staff</li> <li>✓ Implementers of programs targeting students in colleges and universities</li> </ul>
<b>Peer Educators Training for Workplaces (20 hours; in-person or online)</b>	This curriculum has 5 courses. It provides an overview of the role of peer educators in the prevention and management of substance use and abuse in the workplace.	<ul style="list-style-type: none"> <li>✓ Workers drawn from different cadres within the workplace</li> </ul>
<b>Community Workgroups Training (20 hours; in-person)</b>	This curriculum has 6 courses. It provides an overview of the role of state and non-state actors in the prevention and management of substance abuse in the local community.	<ul style="list-style-type: none"> <li>✓ Community based organizations</li> <li>✓ Faith based organizations</li> <li>✓ County governments</li> <li>✓ School community representatives</li> </ul>
<b>LifeSkills Training (20 hours; in-person)</b>	This curriculum has 13 courses. It aims to equip individuals particularly children with the practical skills and knowledge needed to navigate various aspects of life effectively, promoting well-being and positive social interactions.	<ul style="list-style-type: none"> <li>✓ Teachers and implementers of school-based programmes</li> </ul>

## UNIVERSAL TREATMENT CURRICULUM FOR SUBSTANCE USE DISORDERS

NACADA is equally mandated to provide and facilitate the development and operation of rehabilitation facilities, programs and standards for persons suffering from substance use disorders. Certification of addictions professionals is one step in that direction. The objective is to ensure quality treatment and rehabilitation to persons with substance use disorders by certifying addiction professionals.

Below is a description of trainings available:

Curriculum title	Description	Target Group
<b>Basic level UTC (Hybrid 80 hours: 15 online sessions and 5 days in-person)</b>	This curriculum consists of 8 courses that cover the broad spectrum of addiction treatment. The content and methodology of the UTC training series is designed to ensure that addiction practitioners develop a balanced perspective of the principles relating to both the science and art of addiction treatment.	Counsellors Psychologists Psychiatrists Social workers
<b>SPECIALIZED COURSES</b>		
<b>Working With Families with Substance Use Disorders (33 hours; in-person or online)</b>	This curriculum has 7 courses. It presents an overview of issues related to substance use in the context of the family. It provides an understanding of interventions that can be utilized with families affected by substance use disorders.	Counsellors Psychologists Psychiatrists Social workers
<b>Delivering Recovery Support Services: The PEER (Peer Experiences Empower Recovery) Model (33 hours; in-person or online)</b>	This curriculum has 5 courses. It provides a brief foundation that defines substance use disorders and recovery, and then provides the needed information about competencies and skills, including awareness of trauma-informed care, self-care, and boundary setting, to work successfully as a recovery support professional.	Recovery support professionals
<b>Women's Intervention for Substance Exposure: Comprehensive Care for Substance Use Disorder (WISE) (11 weeks online)</b>	This curriculum has 4 courses. It intended to increase understanding of women's unique treatment needs and how to address them through practical knowledge and techniques.	Counsellors Psychologists Psychiatrists Social workers Treatment implementers
<b>Recovery Management and Relapse Prevention (33 hours; in-person or online)</b>	This curriculum has 6 courses. It provides an understanding of the concepts for relapse and recovery by shifting the paradigm for treating substance use disorders from an acute to a chronic illness management model.	Recovery support professionals
<b>Treating Adolescents with Substance Use Disorders</b>	This curriculum has 6 courses. It provides an understanding of the concepts for adolescent development; substance use and adolescent and family interventions	Counsellors Psychologists Psychiatrists Social workers

**Training options and costs:**

- Online Ksh. 5,000
- In-person Ksh. 30,000
- In-house minimum 20 participants and depends on location