



REPUBLIC OF KENYA



NACADA

FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

NACADA QUARTERLY

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KENYA CALLS FOR ENHANCED GLOBAL COOPERATION TO COUNTER SYNTHETIC DRUG THREAT AT 69TH SESSION OF COMMISSION ON NARCOTIC DRUGS (CND)

NATIONAL SUBSTANCE USE PREVENTION WEEK 2026

BEYOND RAMADAN: FASTING, DISCIPLINE, AND THE POWER OF SELF-CONTROL

NACADA SCOOPS SECOND POSITION AT THE ELDORET ASK NATIONAL SHOW 2026

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KENYA CALLS FOR ENHANCED GLOBAL COOPERATION TO COUNTER SYNTHETIC DRUG THREAT AT 69TH SESSION OF COMMISSION ON NARCOTIC DRUGS (CND)



NACADA Board Chair and Kenya's Head of Delegation to the CND Bishop Dr. Stephen Mairori making his statement at the forum

By Simon Mwangi

Kenya has reaffirmed its commitment to the global fight against narcotics while issuing a urgent call for increased international capacity-building to address the "game changer" of synthetic drugs. The statement was delivered by the country's Head of Delegation to the 69th session of the Commission on Narcotic Drugs (CND) in Vienna, who is also the Chair of the NACADA Board, Bishop Dr. Stephen Mairori.

Speaking on an agenda item reviewing the implementation of the 2019 Ministerial Declaration, Bishop Mairori outlined Kenya's robust legal and policy framework, anchored by a National Policy that prioritizes security, public health, and comprehensive care. He affirmed Kenya's dedication to the principle of common and shared responsibility in drug control.

However, the Kenyan envoy highlighted significant challenges impeding progress, pointing specifically to the "evolving trends" in the drug market. He noted the expansion from traditional plant-based narcotics to synthetic substances that can be manufactured anywhere, as well as the "fashionable" and dangerous combination of different substances.

"These evolving trends are a catalyst to a paradigm shift in countering the world drug problem," Bishop Mairori stated. "Our interventions must also be live to the impact these substances and drug mixtures have on the health and well-being of individuals, families, and communities."

To counter these new threats, Kenya called for a specific focus on developing countries. The delegation stressed the urgent need to strengthen modern forensics to analyze synthetic drugs and New Psychoactive Substances, enhance technological platforms to monitor drug-related activities, and prevent the diversion of precursor chemicals.

Concluding his address, Bishop Mairori welcomed the Commission's decision to maintain the implementation of commitments as a standing agenda item, expressing hope that by the next major review in 2029, member states will have attained significant results in safeguarding communities worldwide.

“Our interventions must also be live to the impact these substances and drug mixtures have”

NATIONAL SUBSTANCE USE PREVENTION WEEK 2026; ADDRESSING A NATIONAL CHALLENGE THROUGH UNITY



Authority's CEO, Dr. Anthony Omerikwa addressing participants during the official opening of the National Substance Use Prevention Week 2026 at the Kenya School of Government (KSG)

By Emma Kadi and John Opot

National Substance Use Prevention Week was commemorated on 12th–13th February 2026 at the Kenya School of Government (KSG). The event brought together public officers and key stakeholders to strengthen Kenya's commitment to preventing substance use, particularly in workplaces and learning institutions.

The event was officiated by Rev. Stephen Mairori, Board Chairperson of the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA). In his keynote address, the board chair noted that Kenya is a young nation and that the youth who are the country's most valuable resource are increasingly at risk of substance use. He raised concern about the growing availability and accessibility of drugs, especially in areas surrounding learning institutions, describing the situation as a serious national challenge.

The Chair emphasized that substance use among young people threatens their health, future opportunities, and the country's social and economic development. He called for unity and urgency in addressing the issue and urged government institutions, communities, families, and workplaces to work together in prevention efforts. He emphasized that effective prevention must be guided by strong values, responsible leadership, and supportive systems that protect and empower young people.

Participants also received a message from the CEO of the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) Dr. Anthony Omerikwa, who reaffirmed the Authority's commitment to promoting evidence-based and people centered approaches to substance use prevention. He highlighted the importance of supportive and non-punitive workplace policies that promote prevention, early identification, referral for assistance, and recovery.

He also noted that substance use problems are often linked to underlying mental health and social stress, and therefore require holistic and coordinated responses.

The summit featured plenary presentations and breakout sessions organized around five thematic areas: family, school, workplace, community and youth engagement, and recovery. Throughout the two-day engagement, participants took part in interactive awareness sessions and discussions on the effects of substance use on individual wellbeing, workplace productivity, and organizational culture.

Emphasis was placed on peer support, open communication, leadership involvement, and the responsibility of institutions in creating safe environments that support prevention and early intervention.

The summit also revisited commitments made during the 2025 National Substance Abuse Prevention Week and culminated in renewed pledges from participating institutions to scale up prevention interventions nationwide.

The commemoration of National Substance Use Prevention Week at the Kenya School of Government marked an important step in strengthening collaboration among institutions and stakeholders. It also helped promote a culture of awareness, care, and accountability aimed at building healthier workplaces and communities while protecting Kenya's youth and future.

NACADA GOES DIGITAL: ENHANCING SERVICE DELIVERY THROUGH THE KENTRADE SINGLE WINDOW SYSTEM



By Clara Soo

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) continues to strengthen service delivery and regulatory efficiency through the adoption of the Kenya Trade Network System (KENTRADE Single Window System). Since going live on 1st October 2025, the system has significantly transformed how traders' access NACADA-related services, marking a major milestone in the Authority's digital transformation journey.

The KENTRADE Single Window System provides a centralized, online platform that allows traders and applicants to submit applications, upload documents, and track approvals seamlessly. Through this platform, importers and exporters of alcoholic drinks and beverages can now conveniently apply for NACADA import and export licenses, fully online. By integrating NACADA's licensing processes into this national digital framework, the Authority has enhanced transparency, faster approvals, and inter-agency collaboration while aligning with the Government of Kenya's ease of doing business agenda.

Improved Efficiency and Accessibility

Since implementation, the system has proven to be highly efficient and effective. Traders now enjoy faster, paperless licensing with continuous online access, eliminating the limitations associated with manual processes and office working hours.

Additionally, the digital platform has ensured accuracy and accountability by reducing human error and offering a transparent audit trail. Real-time submission tracking for applicants makes the process more traceable and predictable.

Key Benefits of the Kenya TradeNet Integration

Through integration with the Kenya TradeNet System, NACADA has enhanced streamlined processes, traceability, and ease of access for importers and exporters of alcoholic drinks and beverages, supporting Kenya's trade facilitation agenda.

These figures highlight the effectiveness of the system in supporting timely regulatory approvals while maintaining compliance with NACADA's mandate.

The integration has delivered several benefits to traders and stakeholders, including:

- End-to-end electronic processing of NACADA licenses, exemptions, and consignment approvals
- Reduced processing time through automated workflows
- Improved transparency and traceability of applications
- Enhanced inter-agency coordination within the Single Window environment
- Reduced cost of compliance for traders
- Applicants are also able to track the status of their applications in real time, improving communication and confidence in the regulatory process.

NACADA on Kenya TradeNet: Performance at a Glance (Since 1st October till 10th February 2026)

- 166 Import & Export Licenses Processed
- 549 Consignments Documents processed
- 24/7 Online Access for Traders

Supporting National Trade Facilitation Goals

The adoption of the system underscores NACADA's commitment to innovation and regulatory efficiency. By integrating into the Single Window, the Authority continues to support the mandate of simplifying trade procedures, reducing non-tariff barriers, and promoting a predictable and efficient trading environment.

Driving Digital Transformation Forward

As NACADA continues to embrace digital solutions, the successful rollout of the KENTRADE Single Window System demonstrates the Authority's commitment to innovation, efficiency, and customer-centered service delivery. Continued system optimization and stakeholder engagement will further enhance service delivery and support national efforts to streamline trade facilitation and regulatory processes. NACADA remains committed to leveraging technology to better serve the public while ensuring effective regulation of alcoholic drinks and beverages in Kenya.

IMPORT & EXPORT LICENSES

166

Import and export permits processed efficiently through Kenya TradeNet

CONSIGNMENT DOCUMENTS

549

Documents processed to support seamless trade and regulatory compliance

EFFECIENCY
EFFECIENCY
EFFECIENCY

EFFECIENCY
EFFECIENCY
EFFECIENCY

SYSTEM ACCESS

24/7

Round-the-clock online access for traders across the country

CONGRATULATING AMB. DR. MONICA JUMA ON APPOINTMENT AS UNODC EXECUTIVE DIRECTOR

The Authority congratulates Amb. Dr. Monica Juma on her appointment as Executive Director of the United Nations Office on Drugs and Crime and Director-General of the United Nations Office at Vienna.

Her appointment by António Guterres is a proud moment for Kenya and the African continent, reflecting Dr. Juma's distinguished career in public service, diplomacy, and international relations.

The Authority further notes that the appointment is particularly strategic as it comes against the backdrop of the ongoing Commission on Narcotic Drugs forum taking place this week in Vienna, where global leaders and policymakers are convening to deliberate on responses to the evolving challenges of illicit drugs and substance abuse.

Commenting on the appointment, Chief Executive Officer Dr. Anthony Omerikwa said the recognition affirms Kenya's growing contribution to global leadership in addressing complex transnational challenges.

"Dr. Juma's appointment comes at a critical time when the world must strengthen cooperation in addressing the global drug problem and transnational organised crime. Her vast experience in governance, security policy and diplomacy uniquely positions her to steer international efforts towards effective prevention, enforcement and rehabilitation interventions," said Dr. Omerikwa.

The Authority notes that UNODC plays a central role in coordinating global responses to illicit drugs, organised crime and related threats that undermine the health, safety and development of communities worldwide.

The Authority expresses confidence that under Dr. Juma's leadership, UNODC will continue to champion evidence-based approaches to drug demand reduction and strengthen collaboration with member states in protecting societies from the harms associated with illicit drugs and crime.

We wish Dr. Juma every success as she undertakes this important global responsibility and look forward to continued collaboration with UNODC in advancing efforts to combat alcohol and drug abuse.



Prior to this international appointment, she served as the National Security Advisor to the President of Kenya (2022–2026). Her career is distinguished by her service in several high-level Kenyan cabinet positions:

- Cabinet Secretary for Energy (2021–2022).
- Cabinet Secretary for Defence (2020–2021).
- Cabinet Secretary for Foreign Affairs (2018–2020).
- Principal Secretary in the ministries of Foreign Affairs, Interior, and Defence.

Key Professional Background

- **Diplomatic Service:** Served as Kenya's Ambassador to Ethiopia and Djibouti, and Permanent Representative to the African Union and IGAD.
- **Education:** Holds a Doctorate of Philosophy (DPhil) from the University of Oxford and a Certificate in Refugee Studies.
- **Specializations:** Widely recognized for her expertise in national security, international diplomacy, and governance.

As of March 2026, she is transitioning from her role as Kenya's National Security Advisor to lead the UNODC, where she succeeds Ghada Fathi Waly.

Dr. Juma's appointment comes at a critical time when the world must strengthen cooperation in addressing the global drug problem and transnational organised crime.

CEO Dr. Anthony Omerikwa



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 placebo.

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



STRENGTHENING ACCOUNTABILITY: ENGAGING PARLIAMENT AND SENATE COMMITTEES



Authority's CEO, Dr. Anthony Omerikwa, together with the Corporation Secretary and Director Legal Services, Leakey Illa, during one of the sessions.

By Simon Mwangi

The Authority recently appeared before the National Assembly's Public Investments Committee on Social Services Administration and the Senate Standing Committee on Devolution and Intergovernmental Relations, in a strategic effort to strengthen its accountability framework and deepen collaboration with the Legislature.

Led by the Chief Executive Officer, Dr. Anthony Omerikwa the Authority used the engagements to provide updates on its financial stewardship, programme implementation, and progress in advancing national interventions against alcohol and drug abuse. The sessions also offered an opportunity to clarify audit queries, highlight key milestones, and outline ongoing reforms aimed at enhancing operational efficiency and service delivery.

Importantly, these appearances underscore our commitment to maintaining a transparent and responsive interface with oversight bodies. By proactively engaging parliamentary committees, the Authority not only fulfils its statutory obligations but also reinforces public trust through openness and accountability.

The CEO emphasized the critical role of legislative support in addressing emerging substance use trends, particularly among the youth, and called for sustained collaboration in policy development, resource allocation, and enforcement efforts. These engagements mark a significant step in aligning NACADA's mandate with national governance priorities, ensuring that its interventions remain impactful, evidence-based, and responsive to the needs of Kenyans.



BEYOND RAMADAN: FASTING, DISCIPLINE, AND THE POWER OF SELF-CONTROL



By Maawiya Mohammed

The recently concluded month of Ramadan provided a powerful reminder of the human capacity for discipline and restraint. For millions, fasting from dawn to dusk was not only a spiritual obligation, but also a practical exercise in self-regulation, the ability to manage impulses and make intentional choices despite discomfort.

At a basic level, fasting disrupts routine patterns of consumption and introduces a structured form of behavioural control. Individuals consciously abstain from food, drink, and other habitual actions, demonstrating that even deeply ingrained behaviours can be moderated through intention and consistency. In behavioural science, this reflects the principle of delayed gratification, where short-term desires are set aside in pursuit of a higher purpose.

What makes fasting particularly significant is its ability to build awareness around everyday habits. Hunger and thirst, two of the most fundamental human drives, are temporarily suppressed, yet individuals continue to function, work, and interact normally. This highlights an important insight: urges are powerful, but they are not absolute. With structure and commitment, they can be managed.

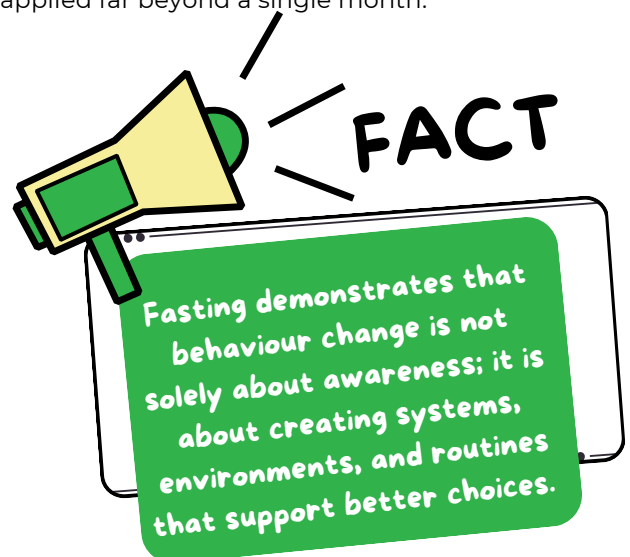
This concept has broader implications beyond the fasting period. Many behaviours, especially those linked to overconsumption or unhealthy coping mechanisms, are often driven by impulse and environmental triggers. Fasting introduces a form of behavioural interruption, creating space for reflection and recalibration. It allows individuals to observe their patterns, identify triggers, and in some cases, begin to reset them.

Equally important is the role of environment during Ramadan. The shared experience fosters a sense of collective discipline, where communities operate within a common framework of restraint and accountability. This aligns with the idea that behaviour is not purely individual, but also shaped by social context. Supportive environments can reinforce positive habits, making discipline easier to sustain.

However, the real challenge emerges after Ramadan. Maintaining the discipline cultivated during the fasting period requires conscious effort. Without the same structure and collective reinforcement, individuals must rely more heavily on internal motivation and habit formation to sustain positive behaviours.

For those working in prevention and public health spaces, these lessons are highly relevant. Fasting demonstrates that behaviour change is not solely about awareness; it is about creating systems, environments, and routines that support better choices. Strengthening self-regulation, promoting mindful decision-making, and encouraging supportive social structures are all critical in reducing risk behaviours.

Ultimately, Ramadan offers more than a temporary period of restraint. It provides a practical model of how discipline can be cultivated and sustained. It shows that self-control is not an abstract ideal, but a skill, one that can be developed, strengthened, and applied far beyond a single month.



EMPOWERING LOCAL LEADERS AND WOMEN IN SUBSTANCE ABUSE PREVENTION



By Christine Koshal

The prevention of alcohol and drug abuse remains a national priority for the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA). Achieving meaningful progress in this effort requires strong community participation, particularly the active involvement of local leaders and women who play a critical role in shaping social norms and guiding community behaviour.

Local leaders serve as key influencers within their communities. Through their positions of trust and authority, they help mobilize residents, support awareness initiatives, and reinforce policies aimed at reducing alcohol and drug abuse. Their leadership is vital in encouraging open dialogue on substance use challenges and in promoting responsible behaviour among community members.

Women also occupy a unique and powerful position in prevention efforts. As caregivers, educators, and community advocates, women often serve as the first line of support for families affected by substance use. Their ability to identify early warning signs and provide guidance to children and youth makes them essential partners in preventing substance abuse before it escalates into addiction.

Recognizing this critical role, NACADA continues to strengthen programs that empower local leaders and women through education, capacity building, and community engagement initiatives. By equipping them with the knowledge and tools necessary to address substance abuse, communities become better positioned to promote healthy lifestyles and protect vulnerable populations.

Prevention is most effective when communities take collective responsibility. By supporting the leadership of local authorities and amplifying the voices of women in prevention efforts, Kenya can continue to build resilient communities and safeguard the wellbeing of future generations.



DID YOU KNOW?

- *Women are often the first to notice early signs of substance abuse among youth and can intervene to prevent addiction?*
- *Communities with active local leaders and empowered women report lower rates of alcohol and drug abuse.*

FAITH IGNITES THE FIGHT AGAINST DRUGS IN NYERI COUNTY



Representatives of the Nyeri Inter-Faith Forum during a meeting on engaging faith leaders in drug use prevention & management

By Caroline Kahiu

"Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." — Proverbs 20:1

On February 24, 2026, a consultative forum brought together 20 faith and religious leaders from across Nyeri County to address a challenge affecting families and communities: alcohol and drug abuse. Representatives from the Catholic Church, Anglican Church, Evangelical churches, Muslim community, and Independent churches convened to take action against alcohol and drug abuse, as well as related social issues such as suicide, defilement, and gender-based violence (GBV).

Faith leaders remain among the most influential voices in shaping values, mentoring young people, and guiding community behavior. Their daily engagement with families and youth positions them uniquely to inspire positive choices and foster resilience. During the forum, emphasis was placed on integrating prevention and awareness messages into sermons, youth mentorship programs, study groups, and community activities in ways that are culturally relevant and appropriate for different age groups. Strengthening referral pathways to rehabilitation, counseling, and support services was also highlighted as essential to ensuring that individuals facing substance-related challenges receive timely and compassionate care.

A strong focus was placed on youth engagement as a cornerstone of prevention. Faith leaders expressed commitment to initiatives that empower young people, including peer-led programs, mentorship opportunities, youth conferences, and practical community projects such as tree planting, clean-up campaigns, and sports tournaments. It was also evident that there is a need for structured training on counseling and early identification of at-risk individuals.

The forum concluded with a shared commitment to collaboration, integrating substance use prevention, and addressing social challenges within faith-based programs and community initiatives. Leaders also emphasized the importance of embracing and supporting individuals affected by substance use and social harm, guided by Scripture: "Carry each other's burdens, and in this way, you will fulfill the law of Christ." — Galatians 6:2.

“
Wine is a mocker, strong
drink is raging: and
whosoever is deceived
thereby is not wise
Proverbs 20:1

Empowering Students Through Essay Writing: A Proactive Approach to Substance Use Prevention

By Judith Twala and John Opot

The school environment is a powerful influence in shaping the values and decisions of young people. As learners navigate growth and development, they encounter various pressures, including the risk of alcohol and drug use. A highly effective strategy for guiding students toward healthy choices is engaging them in critical, creative activities that build awareness. Essay writing on substance use serves as a protective factor, transforming a simple academic exercise into a vital prevention effort.

This year, Authority launched a National Essay Writing Competition for Senior School learners across Kenya, running under the theme: "Protecting Our Future: Making Drug-Free Choices in Schools and Beyond." The initiative invites students in Grades 10, 11, and 12 to reflect deeply on substance use and contribute their voices to the national conversation on prevention.

When students research and write on topics such as the impact of substance abuse on academic performance, the influence of peer pressure and social media, or the role of schools, families, and communities in prevention, they move beyond surface-level understanding. They begin to grasp the profound social, psychological, health, and economic consequences that substance use inflicts on individuals, families, and the broader community. This deep dive fosters a personal appreciation for prevention, encouraging the adoption of responsible behaviors from an internalized sense of conviction.

Writing also provides a unique outlet for learners to articulate their own perspectives and lived experiences. Young people possess invaluable insights into the pressures they face. By channeling these challenges into structured essays, students not only sharpen their communication skills but also contribute authentic voices to the conversation on how best to safeguard their peers.

The competition is designed to ensure fairness and authenticity. Participation is free, and essays must be handwritten, original, and between 800 and 1,000 words. To maintain impartiality during judging, students are not required to include their names, schools, or counties on the essay itself. Each submission must be accompanied by a signed and stamped entry form from the school principal, and all entries are to be submitted by Friday, 28th March 2026, either by post or email to essay@nacada.go.ke.

Essays will be evaluated based on relevance to the theme, originality and creativity, clarity and organization of ideas, language and grammar, and the practicality of proposed solutions. Beyond academic rigor, the competition aligns with Kenya's Competency-Based Curriculum (CBC) and Life Skills Education framework, reinforcing critical thinking, self-efficacy, citizenship, communication, and collaboration. It also strengthens essential life skills such as decision-making, refusal skills, coping with peer pressure, and self-awareness.

Teachers and school administrators play a crucial facilitative role. They are encouraged to guide classroom discussions, help learners understand the theme, and inspire originality and personal reflection. However, the guidelines emphasize that teachers must not write or edit essays on behalf of students, ensuring that the work remains the learner's own. Principals are requested to verify originality, ensure fair participation, and endorse submissions within the stipulated timelines.

The impact of such initiatives extends beyond the classroom. When learners present their ideas, the messages they share can influence peers and reinforce the importance of a drug-free lifestyle. Furthermore, essay writing activities promote collaboration between schools, families, and the wider community, strengthening a collective approach to prevention.

Encouraging students to reflect deeply on the consequences of substance use through writing has a lasting impact. It builds awareness, nurtures critical thinking, and empowers young people to become advocates for healthier lifestyles. Over time, these initiatives cultivate a generation that is not only better informed and more resilient but also actively committed to making positive choices.

All valid entries will receive Certificates of Participation, and the winning essays will be featured in the NACADA Newsletter. The top three winners will be awarded certificates and trophies during the International Day Against Drug Abuse and Illicit Trafficking on 26th June 2026, with recognition also extended to their guiding teachers.

Ultimately, essay writing transcends the improvement of academic skills. It provides a powerful platform for students to engage with real-world issues and positions them as active participants in the solution against alcohol and drug abuse. By giving young people the opportunity to think, write, and speak on prevention, schools are not just educating, they are building stronger communities and a healthier future for all.

SMOKE-FREE SPACES, HEALTHIER NYERI



NACADA Nyeri County team engaging members of the public on the effects of second-hand smoking

By Caroline Kahiu

As the country marked the National Prevention Week, the Nyeri County NACADA team took prevention conversations directly to the community through public forums on the health and social effects of second-hand smoke.

In partnership with the Nyeri County Department of Health, the County Prevention Work Group, and the County Department of Gender, Sports, Youth and Social Services, three public sensitization forums were held at Nyeri Lower Stage, Karatina Main Stage, and Othaya Main Stage bus terminuses.

The choice of public transport stages was intentional. These spaces experience heavy daily human traffic and bring together commuters, traders, youth, and transport operators, making them strategic locations for prevention outreach and public education.

The forums focused on raising awareness on the dangers of second-hand smoke and educating the public on the legal provisions of the Tobacco Control Act, 2007, which protects non-smokers from involuntary exposure to tobacco smoke and prohibits smoking in undesignated public places. Participants were also informed about penalties associated with non-compliance and the shared responsibility of maintaining smoke-free public spaces.

Across the three forums, several challenges emerged. Smoking within and around bus stages continues despite existing smoke-free regulations, exposing commuters and workers to second-hand smoke. Limited signage, low public awareness of legal obligations, and inconsistent enforcement were cited as key barriers to compliance. Participants also raised concerns about easy access to cigarettes around transport hubs, as well as increasing reports of counterfeit alcohol, stimulant substances, and drug peddlers targeting young people in town centers.

Public health officers emphasized that prevention requires both enforcement and sustained community engagement. Recommendations included regular joint inspections by enforcement and health officers, installation of visible smoke-free signage, and continuous public education targeting traders, commuters, transport operators, and youth.

Exposure to second-hand smoke is entirely preventable. Yet every day, commuters, traders, and young people continue to inhale toxic tobacco smoke in spaces meant for everyone. The Nyeri engagements reinforced a simple message: protecting the public from involuntary tobacco smoke is not just a legal requirement; it is a collective responsibility to safeguard the health and well-being of our communities.



ADDICTION & MASCULINITY: BREAKING THE SILENT STEREOTYPE



By Debra Gwaro

“Be a man.” It’s a phrase that echoes across workplaces, schools, social media, homes etc. But behind those three words lies a dangerous stereotype—one that often pushes men toward silence, denial, and unhealthy coping mechanisms. When masculinity is defined by toughness, emotional restraint, and risk-taking, substance misuse becomes an all-too-common escape.

Globally, men are more likely than women to struggle with alcohol and drug abuse. The World Health Organization reports that men account for over 70% of alcohol-related deaths worldwide. According to NACADA’s 2022 National Survey on the Status of Drugs and Substance Use in Kenya, the age group of 25 to 35 years old, which represents youth who are not enrolled in school, was found to be particularly vulnerable to drug and substance use and dependence, with the highest prevalence rates for alcohol, cannabis, and emerging synthetic drugs. These numbers are not just statistics but are reflections of cultural expectations that discourage vulnerability.

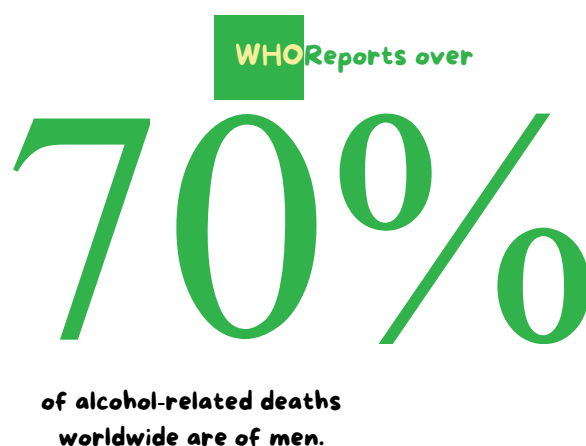
The stereotype of masculinity often equates drinking or drug use with strength, social status, or resilience. A man who says “I’m stressed” risks being labeled weak, while one who drinks heavily at a party is often seen as confident or strong. This cultural script leaves many men trapped, using substances to mask anxiety, depression, or financial pressures.

The consequences are severe. Substance misuse not only damages health but also erodes families, workplaces, and communities. When men are taught to “man up” instead of opening up, they lose healthier outlets for stress and emotion.

The solution lies in rewriting the narrative. Masculinity should not be about silence or self-destruction—it should be about responsibility, resilience, and care. Encouraging men to seek mental health support, to talk openly about stress, and to embrace healthier coping strategies is not weakness; it is strength.

By challenging stereotypes, promoting awareness campaigns, and integrating mental health education into schools and workplaces, we can dismantle the harmful link between masculinity and addiction. Communities must celebrate men who choose sobriety, who prioritize wellness, and who model healthier identities for the next generation.

Addiction thrives in silence, but silence is not strength. True masculinity is found in honesty, in asking for help, and in choosing health over harm. Breaking the stereotype is not just about saving lives but about redefining what it means to “be a man.”





NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUGS

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



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www.nacada.go.ke

BREAKING THE STIGMA AND ENCOURAGING HELP-SEEKING BEHAVIOUR



By John Opot

For many people struggling with alcohol and drug dependence, the biggest barrier to recovery is not the lack of treatment services. It is the fear of being seen walking through the door.

Across the world, addiction remains one of the most misunderstood health conditions, and stigma continues to shape how individuals respond to it. According to World Health Organization (WHO), only about 1 in 7 people living with substance use disorders receive treatment. The reasons are complex, but stigma remains one of the most powerful forces keeping people away from help.

In many communities, substance use disorder is still framed as a personal failure rather than a health condition. This belief is deeply rooted in social attitudes that equate substance dependence with weak character, poor discipline, or moral decline. As a result, individuals struggling with addiction often carry not only the burden of the disorder itself but also the weight of judgment from society.

Families may hide a relative's struggle with alcohol or drug use to avoid embarrassment. Workplaces often treat addiction as a disciplinary issue rather than a health concern. Even within communities, conversations about substance use are frequently reduced to warnings about danger rather than discussions about support services and healing. This silence can delay intervention at the stage when help would be most effective.

Research consistently shows that early intervention significantly improves recovery outcomes and reduces long-term health and social consequences associated with substance use disorders. Yet when individuals fear discrimination or rejection, they are less likely to seek support until the situation becomes severe. Breaking this cycle requires more than simply acknowledging that social judgment exists. It requires understanding why it persists.

One of the reasons is that addiction challenges deeply held beliefs about control and responsibility. Many people struggle to accept that dependence can alter brain function, affecting decision-making and impulse control in ways similar to other chronic health conditions. Without this understanding, society continues to interpret addiction through a moral lens rather than a medical one.

Another factor is the lack of visible recovery narratives. Stories of alcohol and drug abuse often make headlines when they involve crime or tragedy, while stories of recovery rarely receive the same attention. This imbalance reinforces the perception that addiction is a dead end rather than a condition people can overcome.

Public education campaigns that frame substance dependence as a treatable health condition help shift attitudes and encourage empathy. Peer support groups and recovery advocates also make an important difference by showing that treatment works and that long-term recovery is possible.

Families and workplaces are equally important spaces for change. Encouraging open discussions about mental health and substance use, promoting employee wellness programs, and supporting access to counselling services can create environments where individuals feel safe seeking help without fear of judgment. Ultimately, healing does not happen in isolation. It thrives in social spaces where people feel accepted, supported, and valued.

Reducing bias goes beyond improving access to treatment. It restores dignity to those seeking help and creates the social conditions necessary for lasting recovery. When communities replace judgment with understanding, they make it easier for individuals to take the first, and often hardest, step toward healing.

THE RISE OF ENERGY DRINKS: GATEWAY OR COMPANION TO ALCOHOL ABUSE?



By Debra Gwaro

“Boost or Trap?” That’s the question many young people face today. Energy drinks are everywhere from being sold in supermarkets, kiosks, and at parties. They promise energy, focus, and fun. But when mixed with alcohol, they can become dangerous.

Energy drinks are stimulants. They make people feel awake and reduce fatigue. Alcohol, on the other hand, is a depressant which slows the body down. The combination tricks the brain, masking intoxication and encouraging people to drink more than they realize.

The science explains why. Caffeine raises dopamine activity by blocking adenosine receptors, while alcohol also reinforces dopamine’s “feel good” effects. This overlap explains why mixing the two can increase risk of addiction (Ferreira et al., 2006). Although energy drinks contain other compounds like taurine, niacin, and glucuronolactone, scientists are yet unsure of how these substances interact with alcohol (Frontiers in Behavioral Neuroscience, 2022).

Globally, surveys show that more than half of college students report mixing alcohol with energy drinks, and those who drink excessively are twice as likely to do so compared to casual drinkers (O’Brien et al., 2008). The World Health Organization warns that this mix increases the chances of accidents, violence, and unsafe behavior (World Health Organization, 2018).

Several countries have banned energy drinks for young people because of health risks. Poland and Lithuania do not allow sales to anyone under 18, while the United Kingdom and Norway set the limit at under 16. These bans were introduced because high caffeine and sugar levels can cause heart problems, sleep issues, and unsafe behavior, especially when mixed with alcohol. These steps show that governments recognize the dangers and are willing to act to protect youth health.

Although energy drinks might seem like a safe way to get more energy, when combined with alcohol they increase the risk of dependency and encourage excessive drinking. A seemingly innocent mixture can turn into a hazardous trap very fast. The best defense is awareness: youth must realize that making wise decisions now will protect their health later.

In the end, energy drinks may feel like power today—but mixed with alcohol, they can fuel problems tomorrow.

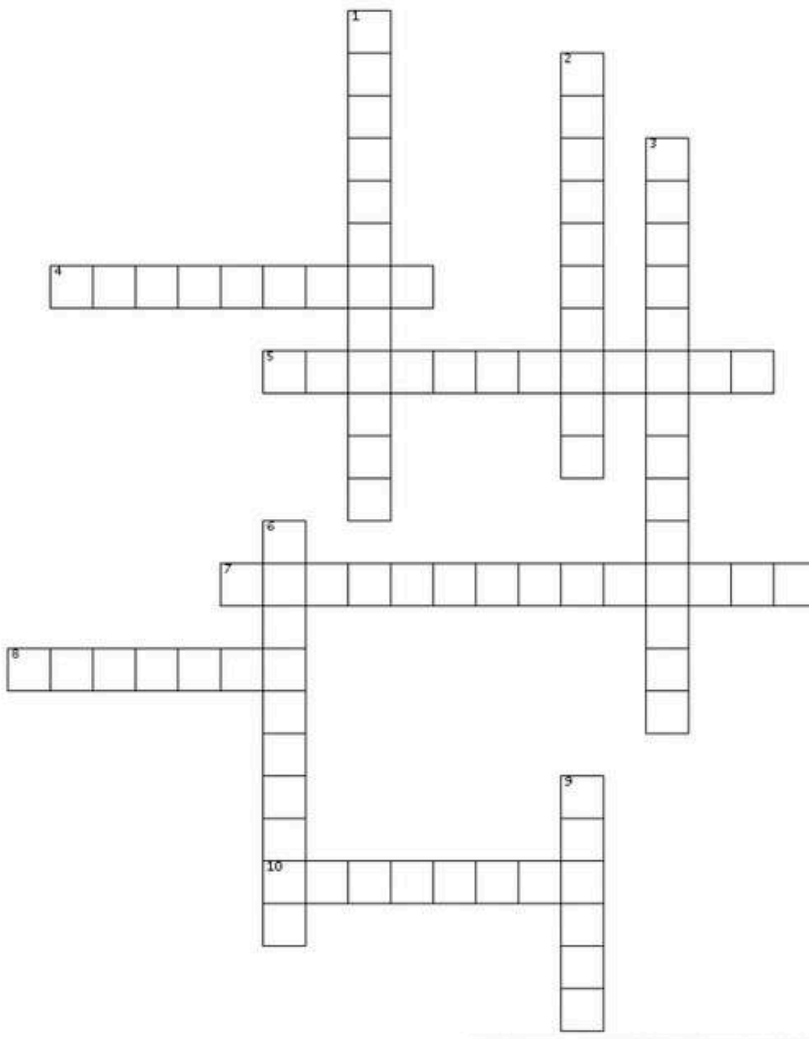


WORDS THAT MATTER: A PUZZLE

Drug and substance abuse is not a distant problem, it is a lived reality within our communities, workplaces, and institutions. Despite ongoing efforts, the challenge continues to evolve, with new patterns of use, shifting perceptions, and growing pressure on prevention systems. The conversation is no longer about awareness alone, but about depth of understanding and meaningful action.

To strengthen that understanding, it is important to engage with the language that shapes prevention, treatment, and recovery. These are the terms used by professionals, policymakers, and support systems every day, and they carry the weight of real experiences and real consequences.

Can you decode the terms?



ACROSS

- 4. Reduced response to a drug after repeated use requiring higher doses
- 5. A structured attempt to help someone recognize and address substance misuse
- 7. The medical process of clearing drugs from the body
- 8. A return to substance use after a period of abstinence
- 10. Intense urges or desires for a substance

DOWN

- 1. A state in which mental and physical abilities are impaired by substances
- 2. The deliberate avoidance of all intoxicating substances
- 3. A comprehensive process aimed at restoring health and social functioning
- 6. A physiological or psychological reliance that develops over time
- 9. The improper or harmful use of a substance



Prevention Starts with Awareness – Why Early Education Matters

By John Opot

In conversations about alcohol and drug abuse in Kenya, attention often focuses on treatment, enforcement, or the visible consequences of addiction. Yet a less obvious, but equally important, story unfolds much earlier—long before most people imagine substance use begins.

Recent findings from the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) suggest that the first encounter with substances may occur far earlier than many parents, educators, and communities expect. While national data shows that roughly one in six Kenyans aged 15–65, about 4.7 million people, currently use at least one drug or substance, the more revealing detail lies in the age at which exposure sometimes begins.

In some cases, children report experimenting with tobacco as early as six years old and alcohol by the age of seven. At that stage of development, substance use is rarely driven by addiction or dependency. Instead, it is often shaped by curiosity, imitation of adult behaviour, or casual exposure within social environments.

This early “first contact” moment is increasingly becoming the focus of prevention experts. Research in behavioural science suggests that attitudes toward substances begin forming long before adolescence. Children observe how adults talk about alcohol, how substances appear in social gatherings, and how peers respond to experimentation. By the time formal drug education begins in secondary school, many young people have already formed perceptions about what is normal, acceptable, or harmless. That is why risk reduction today is shifting toward earlier, more subtle interventions.

Programs designed for primary school environments, for instance, increasingly focus not only on warning about drugs but also on building life skills, confidence, decision-making, emotional regulation, and peer resistance. These abilities help young people navigate social pressure later in life, long after the classroom lesson is over.

Data from NACADA indicates that youth aged 15–24 remain among the most vulnerable groups, with about one in eleven already using at least one substance. But prevention specialists argue that by this age, attitudes and behaviours are often already shaped by earlier influences.

Families and local networks play a role that cannot be replicated by policy alone. Everyday interactions, conversations at home, community mentorship, and safe recreational spaces can influence how young people interpret the world around them. Even seemingly small actions, such as how adults’ model responsible behaviour or discuss substance use openly, can shape a child’s long-term perceptions.

Peer environments also matter. Young people who participate in structured activities, i.e., sports, arts, and community initiatives, are statistically less likely to engage in risky behaviours, largely because they gain alternative spaces for belonging and identity.

Across Kenya, NACADA continues to promote early intervention strategies grounded in research, including community outreach programs, school partnerships, and public awareness campaigns, to strengthen protective environments.

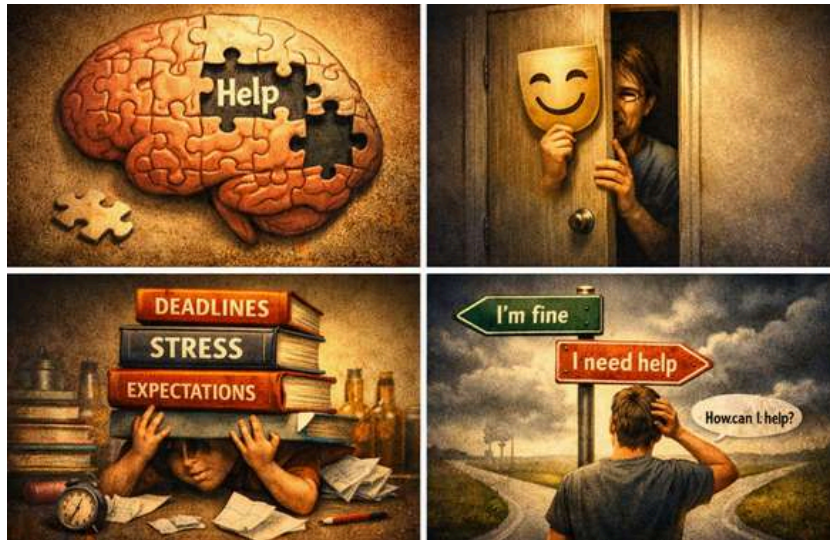
Ultimately, the conversation about substance abuse prevention may need to shift from reacting to visible problems and towards understanding the quieter, earlier stages when attitudes first take shape. Because in many cases, the most important moment in prevention is not when someone first says “no” to drugs, it is when they first decide they never need to say “yes.”



Ages
15-24

remain among the most vulnerable groups, with about one in eleven already using at least one substance.

THE SECRET LANGUAGE OF STRESS



By Debra Gwaro

“I’m fine.” Two words that often mean the exact opposite. In the hidden world of everyday conversations, stress has its own coded language from phrases and signals we use to mask what we’re really feeling. Just like emojis have become shorthand for drugs online, stress too has its secret symbols, and learning to decode them can help us protect ourselves and those we care about.

Think about the familiar lines: “Just tired.” “I’ll manage.” “It’s nothing.” These aren’t always casual remarks. More often, they are quiet signals, subtle ways of saying, “I’m overwhelmed, but I don’t know how to ask for help.” Stress rarely announces itself loudly, instead, it slips into our vocabulary, our routines, and even our body language.

The danger of this coded language is that it normalizes silence. When someone says “I’m fine” while their smile fades, we take the words at face value and miss the deeper message. Over time, this silence can lead to burnout, anxiety, or unhealthy coping mechanisms like substance use.

But here’s the hopeful part: once we learn the code, we can respond differently. Decoding stress means listening beyond the words. It means noticing when “just tired” is repeated every day, or when “I’ll manage” comes with a heavy sigh. It means asking gentle followup questions: “What’s been keeping you tired?” or “How can I support you?” These small acts of curiosity can open doors to honest conversations.

Stress also has physical codes like restlessness, constant yawning, or sudden withdrawal from social spaces. Recognizing these signs is as important as hearing the words. And just like NACADA urges us to stay alert to hidden drug codes, we must stay alert to the hidden language of stress.

At NACADA, our mandate goes beyond addressing alcohol and drug abuse—it extends to safeguarding mental health. We recognize that untreated stress and anxiety often push individuals toward substance use as a coping mechanism. By decoding the language of stress, we not only protect mental wellbeing but also prevent the slide into harmful habits.

The solution is awareness and empathy. By decoding stress, we create safe spaces where people don’t have to hide behind “I’m fine.” We remind each other that asking for help is not weakness but wisdom. Stress speaks in code, but together, we can learn the language and answer with care—for healthier minds, safer communities, and a future free from silent suffering.

Ask

“How can I support you?”

These small acts of curiosity can open doors to honest conversations.

NACADA SCOOPS SECOND POSITION AT THE ELDORET ASK NATIONAL SHOW 2026



NACADA staff from the Eldoret office, proudly display the Second Prize trophy for Best Stand in Youth Activities, Empowerment, and Capacity Building at the Eldoret ASK Show 2026, alongside age appropriate booklets on alcohol and drug use prevention.

By Calvin Olulo

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA), through the Eldoret County Coordination Office, participated in the Eldoret ASK National Show held from 4th to 9th March 2026 at the Eldoret Showground in Uasin-Gishu County. The exhibition provided an important platform for the Authority to engage with members of the public and raise awareness on the dangers of alcohol and drug abuse.

Through its exhibition stand, the County Coordination office conducted continuous public sensitization sessions targeting youth, parents, teachers, and other members of the community. Visitors were educated on the health, social, and economic effects of substance abuse and encouraged to adopt preventive strategies within families, schools, and communities. The office also promoted the Authority's 1192 toll-free helpline number, which provides confidential counselling, information, and referral services for individuals seeking support on alcohol and drug-related issues.

During the exhibition, the County Coordination Office disseminated the National School Guidelines on Alcohol and Drug Use Prevention and promoted the 2026 National Senior School Essay Writing Competition, an initiative aimed at empowering students to actively participate in drug use prevention and advocacy in schools.

The exhibition further provided an opportunity for the County Coordination Office to offer brief intervention and counselling services to individuals seeking guidance on substance use challenges while strengthening collaboration with stakeholders committed to promoting drug-free communities.

In recognition of its impactful engagement and well-coordinated exhibition stand, the Authority scooped 2nd position in the Best Stand in Youth Activities, Empowerment and Capacity Building category. This recognition reflects the Authority's continued commitment to youth empowerment, public education, and community partnerships in addressing alcohol and drug abuse.

Participation in the Eldoret ASK National Show continues to provide a valuable platform for the Authority to strengthen outreach and advance prevention efforts across communities.



CRACKDOWNS



NEWS

NACADA raids illicit den in Nandi, seizes 2,400 stones of cannabis, 116 bottles of contraband vodka and arrests one suspect.

www.the-star.co.ke March 2, 2026



NEWS

Dawn NACADA raid leads to the arrest of 3 suspects in a counterfeit alcohol syndicate and seizure of over 400 litres of industrial ethanol in Ngonyek area, Trans Nzoia county

www.the-star.co.ke February 28, 2026



NEWS

NACADA-led multi-agency night raid leads to the arrest of a notorious campus drug trafficker and recovery of cannabis concealed in underground bunkers in Njoro, Nakuru County

www.the-star.co.ke February 13, 2026



NEWS

NACADA raids two major alcohol dens, seizes thousands of litres of illicit liquor and arrests two in Kitui Central.

www.the-star.co.ke February 9, 2026

CRACKDOWNS



NACADA Arrests Notorious Cannabis Trafficker in Njoro, Uncover Underground Bunkers Near Egerton University

- Dr. Omerikwa linked the operation to findings from NACADA's recently released national survey on the status of drug use among university students,





COMPLAINT HANDLING PROCEDURE

HOW TO COMPLAIN

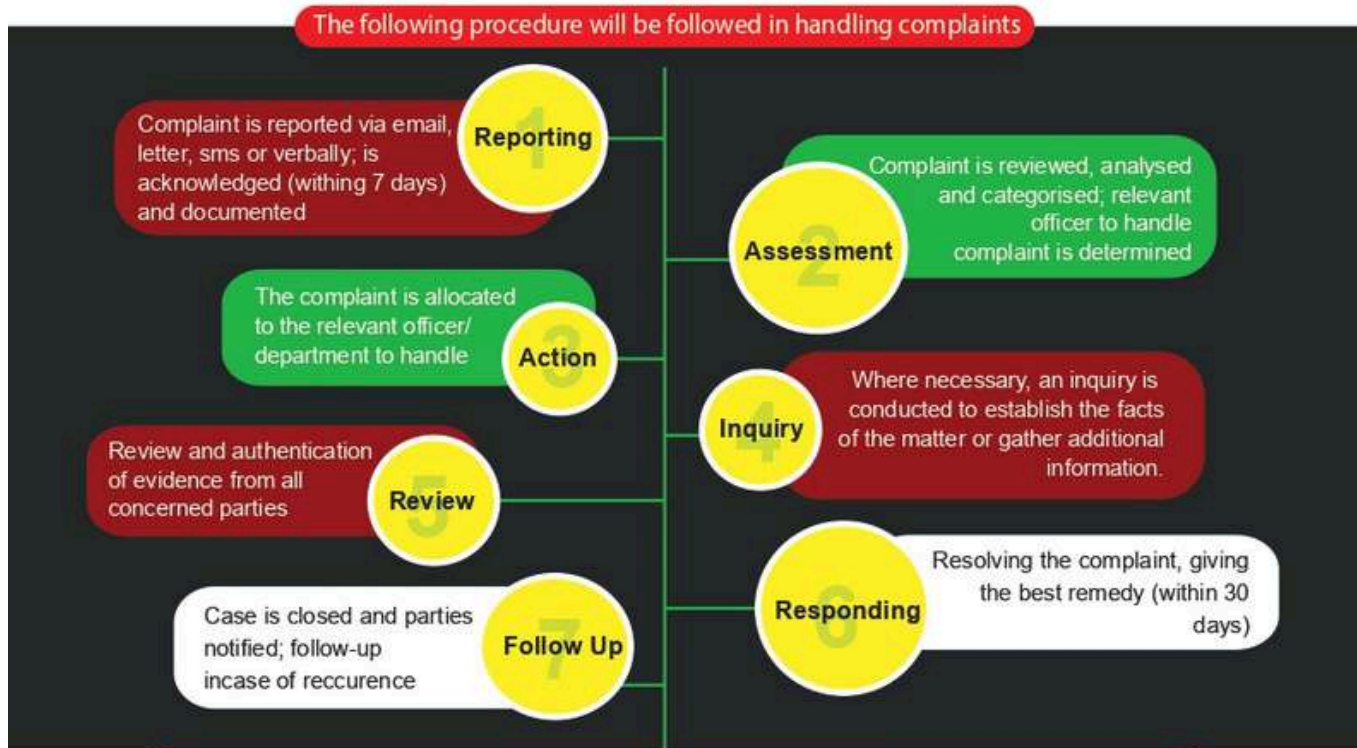
Where our services do not meet the standards that we have set, you may forward your complaint to us through the following channels:

- 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	Free	Acknowledgement within 7 days upon receipt
Suggestion box	None		
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
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 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 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			
Tovuli 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 juma 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 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 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
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 Website: www.nacada.go.ke

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



NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

Need someone to talk to on drugs and alcohol?

Call NACADA's



**TOLL FREE
HELPLINE**

1192