

NACADA QUARTERLY

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



NACADA HOSTS AFRICA LEADERSHIP CONFERENCE ON DEFLECTION AND ALTERNATIVE TO INCARCERATION

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RISING TRENDS IN E-CIGARETTES AND VAPES: WHAT A NEW STUDY REVEALS ABOUT KENYA'S TOBACCO LANDSCAPE

KENYA LEADS THE WAY IN AFRICA'S CAMPAIGN AGAINST ALCOHOL HARM THROUGH THE RESET ALCOHOL INITIATIVE

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NACADA HOSTS AFRICA LEADERSHIP CONFERENCE ON DEFLECTION AND ALTERNATIVE TO INCARCERATION



Participants during the Africa Leadership on Deflection and Alternative to Incarceration held on 2-3 October, 2024 at the Panafric Hotel

By Simon Mwangi

In our commitment for advancing deflection efforts worldwide, we hosted the first ever Police Treatment and Community Collaborative African Leadership Conference (PTACC) in Nairobi, Kenya on October 2-3, 2024. Themed, "Innovative International Deflection Initiatives," the conference aimed to network, inform and exchange evidence-based ideas deflection, alternatives to incarceration and harm reduction. PTACC is a global alliance of professionals in law enforcement, behavioral health, community advocacy, research, and public policy, dedicated to expanding community health and social service options through law enforcement and diversion programs.

Deflection is a public safety strategy that diverts individuals from the criminal justice system into community-based treatment, services, and support. Instead of arresting individuals for offenses often linked to substance use or mental health issues, law enforcement officers refer them to appropriate services, reducing incarceration rates and promoting recovery and reintegration.

Leaders from 21 African countries attended the summit, which provided a platform to share knowledge and strategies on deflection and incarceration alternatives. Dr. John Mwangi, representing Dr. Raymond Omollo, CBS, Principal Secretary of the State Department for Internal Security and National Administration, Ministry of Interior, officially opened the event. In his remarks, the Principal Secretary emphasized the importance of the summit, stating, "The summit promotes programs that foster peer support and mentorship among inmates, creating a network for accountability and healing." He highlighted the need to redirect repeat offenders with substance use disorders toward treatment services.

NACADA's Chief Executive Officer, Dr. Anthony Omerikwa, MBS reaffirmed the Authority's dedication to drug prevention, stating, "At NACADA, we have teamed up with various stakeholders to implement drug demand and supply reduction strategies focused on prevention, harm reduction, treatment, rehabilitation, and integration." He stressed that helping someone rebuild their life through deflection is not only transformative for the individual but for the community as well.

Dr. Yvonne Olando, Director for Public Education and Advocacy opened discussions with a compelling presentation on "Alternatives to Incarceration Kenya - Deflection. Debbie Plotnick, EVP of State and Federal Advocacy at Mental Health America, highlighted the importance of addressing mental health in reducing deflection, stating, "By providing access to mental health services, promoting trauma-informed care, and addressing systemic issues, prisons can improve the well-being of inmates and reduce the need for deflection." Other presentations explored topics such as the benefits of deflection, how it fits into alternatives to incarceration (ATI), and the foundations of successful deflection programs.

The closing ceremony, presided over by NACADA Board Chairperson Rev. Dr. Stephen K. Mairori, EBS, emphasized the importance of equipping law enforcement, community leaders, and healthcare professionals with the skills to implement deflection programs. "Moving forward, we will foster continuous dialogue and exchange of ideas to stay ahead of emerging trends and effective interventions," he said, praising the summit for establishing a strong network among African nations united in combating substance abuse through evidence-based approaches.

SHINING AT THE NYERI AGRICULTURAL SHOW AND WINNING THE TOP AWARD FOR YOUTH EMPOWERMENT AND ADVOCACY



Former Deputy President of Kenya, His Excellency Rigathi Gachagua having a conversation with the CEO Dr. Anthony Omerikwa, MBS, during the Nyeri ASK show at the Kabiru-ini grounds

By Sharon Cess

The Authority emerged victorious at this year's Nyeri Agricultural Society of Kenya (ASK) Show, where its stand was recognized as the best in the Youth Empowerment and Advocacy category. The show, which took place from September 11 to 14, 2024 at the Kabiru-ini Showground, attracted thousands of attendees, including high-level dignitaries. This year's theme is "Promoting Climate Smart Agriculture and Trade Initiatives for Economic Growth."

NACADA's impressive stand highlighted its ongoing efforts to educate the public, particularly the youth, about the dangers of drug and substance abuse while providing information on available resources for rehabilitation and recovery. The Authority's interactive exhibits, informative sessions, and youth-centred programs captured the attention of the show's visitors and judges alike.

Former Deputy President Rigathi Gachagua visited NACADA's stand, accompanied by Nyeri County Governor Mutahi Kahiga. DP Gachagua commended NACADA for its critical role in addressing alcohol and drug abuse among young Kenyans, emphasizing the need for continued youth empowerment and advocacy.

In recognition of their outstanding efforts, NACADA was awarded a trophy for their exceptional work in promoting youth empowerment. The trophy was presented by the Deputy President, a testament to the Authority's impactful presence at the event.

NACADA CEO, Dr. Anthony Omerikwa, expressed gratitude for the recognition, reaffirming the Authority's commitment to the fight against alcohol and drug abuse and its dedication to empowering the nation's youth.



To continue with public education and awareness efforts, the Authority participated in the Nairobi International Show at the Jamhuri Showgrounds from the 23-28 September, 2024. The Authority's impressive stand bagged third position in the Youth Empowerment and Capacity building category once again.

LAUNCH OF THE SHE RECOVERS MOVEMENT IN KENYA



The Board Vice Chair Ms. Anne Mathu (fourth left) flanked by women running treatment facilities on substance use disorders for women in Kenya

By Caroline Kahiu

When women gather, emotions tend to swell. But on this particular day at the Empower Her Recovery Centre—Nueva Annex, the tears that flowed were not of pain or struggle. They were tears of triumph. It was September 27th, 2024, and what unfolded was more than just an event—it was a movement. The SHE RECOVERS Movement had finally found its way to Kenya, and at that moment, it became clear: she did recover, and she did it with strength.

As I listened to Wangui Mucara speak, her vision was undeniable- a collective of women redefining recovery means. It was not just about overcoming personal battles, it was about inspiring hope, ending stigma, and supporting one another on a shared journey. “We are all recovering from something,” She reminded us. Whether trauma, substance use, mental health issues, or the silent weight of life’s challenges, no woman should walk the road alone. Recovery should not be a solitary moment and the SHE RECOVERS Movement steps in, creating a powerful sisterhood of resilience and healing.

As Caroline Kagia shared her personal story of battling addiction for nearly two decades, she set the stage for a powerful conversation on recovery. Her raw account underscored the central message of the day: recovery is not a solitary path and addiction does not respect class, religion, and gender. More women took to the stage to share their stories, and emotions continued to swell as they acknowledged that healing starts with acknowledging their pain.

Then came the moment everyone had been waiting for Ms. Anne Mathu, NACADA Board Vice Chairperson, the Chief Guest, to take the stage. Known for her magnetic storytelling, Ann’s presence electrified the gathering. She did not just tell her story, she brought her audience into it. With raw emotion, she shared her battle with alcohol, sneaking bottles into school to nearly losing her life. Her story was not just a tale of overcoming- it was a reflection of every woman in recovery. Her message was simple: no matter how far down you have gone, there is always a way back up.

As the event drew close, it took a more somber yet poignant turn. The women gathered together for a candle-lighting ceremony to honor those who had lost their lives to substance use. The flickering candles symbolized not just loss but also remembrance and a promise to continue fighting for those in need of treatment and rehabilitation. It was a deeply moving tribute, reminding everyone that the journey had just begun.

To officially mark the launch of the SHE RECOVERS Movement in Kenya, a beautiful cake was cut, symbolizing new beginnings. The cutting of the cake was a sweet reminder of how far the women had come and how much hope lay ahead for the recovery journey. On that day, it was evident- she recovers, they recover, and together, women can rise above anything. September is the National Recovery Month that seeks to create a sense of community for people in recovery and their families and others supporting them giving them a safe space to celebrate and acknowledge their achievements.

AUTHORITY TAKES PART IN SPORTS TO PROMOTE DRUG FREE LIFESTYLES



Ms. Anne Mathu, Board Vice Chair showcasing her football dribbling skills

By Shaki Mararu

Recognizing the powerful role of sports in helping youth stay drug-free, the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) participated in a sports event titled “NACADA Mashinani” to raise awareness about the dangers of alcohol and drug use.

Sports-based programs play a crucial role in directing young people’s energy into physical activities that not only build healthy bodies and minds but also foster essential life skills such as teamwork, leadership, and academic success. Through sports, youth can also find a sense of belonging, reducing feelings of loneliness and decreasing the risk of turning to drugs as a coping mechanism. Persistent loneliness can lead to isolation and substance dependency, which these programs aim to prevent.

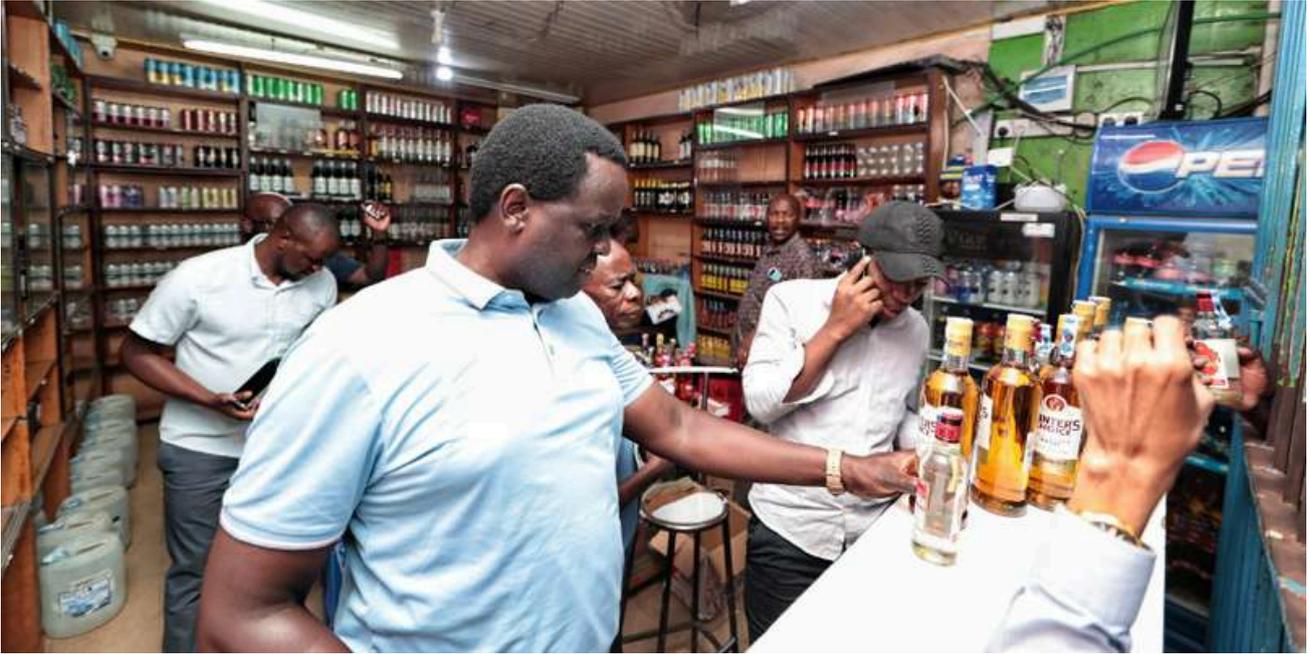
To advance this mission, NACADA’s Vice Chair, Anne Mathu, and the Kiambu/Murang’a County office attended the lively event at Kahoro Stadium on September 1, 2024. The occasion featured an exciting football finale between St. John Academy and Galo FC, drawing a passionate crowd and creating an ideal setting to discuss the benefits of a healthy lifestyle. Fans, united in their enthusiasm, provided a receptive audience for NACADA’s message on the dangers of alcohol and drug abuse. Banners displaying key messages were strategically placed around the stadium, and the authority offered brief interventions along with personalized guidance to those seeking support.

Reaffirming NACADA’s commitment to combating illicit brews, Vice Chair Ann Mathu addressed the troubling rise of new illegal drinks, known locally as “Diamond” and “Blue.” Highlighting their harmful effects, she called on community members to stand together against these dangerous substances and advocate for a drug-free environment.

By leveraging the appeal of sports, NACADA effectively demonstrated how physical activity can serve as a protective factor, empowering residents to make healthier choices and fostering a drug-free community.



15 ARRESTED IN CRACKDOWNS IN MOMBASA



Mr. Kirwa Lelei, Deputy Director Corporate Planning inspects an alcoholic drink during the crackdown in Mombasa

By Simon Mwangi

The Authority took its compliance and enforcement efforts to Mombasa County with a series of crackdowns on alcohol dispensing outlets in the Coastal City as part of ongoing efforts to ensure compliance with the Alcoholic Drinks Control Act (ADCA) 2010.

Leading a multi-agency team, the operations come in the wake of sustained government drug supply suppression initiatives aimed at firmly dealing with the alcohol and drug abuse challenge in the country.

Speaking during the crackdowns, NACADA Chief Executive Officer Dr. Anthony Omerikwa emphasized the importance of strict enforcement of the ADCA 2010, urging proprietors of alcohol dispensing outlets to take proactive measures to ensure their businesses operate within the law.

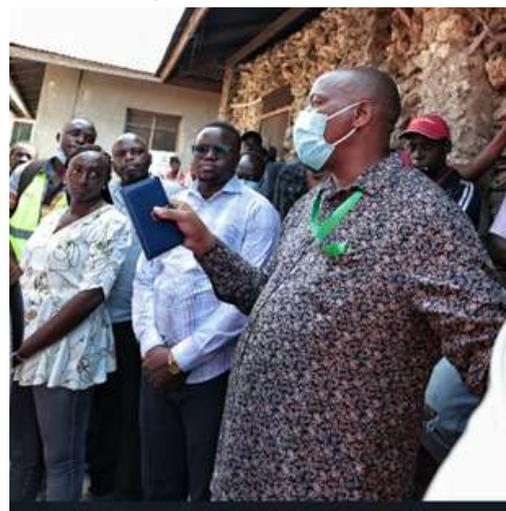
“Our goal is to protect the public, especially vulnerable groups like the youth, from the dangers of unregulated alcohol outlets. This crackdown will help ensure compliance with the law, curb illicit trade, and reduce the harmful effects of alcohol abuse. By enforcing the Alcoholic Drinks Control Act (ADCA) 2010, authorities can curb illegal sales, reduce the availability of harmful alcoholic products, and ensure that outlets comply with legal standards, ultimately protecting consumers from unsafe practices,” Omerikwa said.

Crackdowns on alcohol dispensing outlets are an effective strategy in the campaign against alcohol and drug abuse in Kenya because they directly target the root of the problem—unregulated and non-compliant establishments.

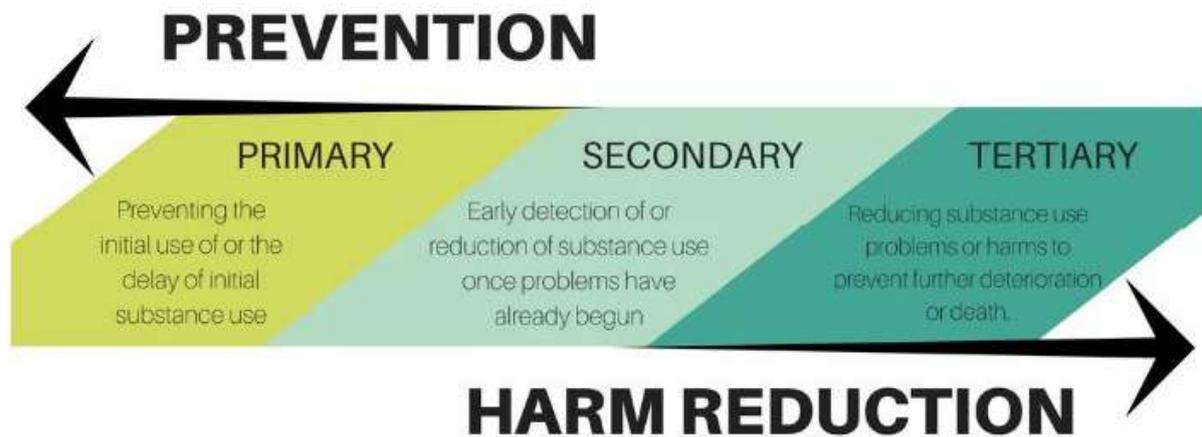
Many of these outlets sell alcohol to minors, operate without licenses, or stock illicit brews, all of which contribute to rampant alcohol abuse and its associated social and health problems.

“In total, we visited fourteen establishments within Bamburi, Kisauni, and the Central Business District areas of Mombasa County, and cumulatively fifteen suspects were placed in custody for flouting various requirements of the regulations and laws related to alcohol dispensing outlets. All of them are undergoing due court,” added the CEO.

These crackdowns demonstrate the government’s commitment to public health and safety, while promoting responsible consumption which is crucial in NACADA’s broader mission to reduce alcohol and drug abuse across Kenya.



CHAMPIONING HARM REDUCTION BILL



Credit: Shutterstock

By Simon Mwangi

Recognizing the powerful role of sports in helping youth stay drug-free, the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) participated in a sports event titled “NACADA Mashinani” to raise awareness about the dangers of alcohol and drug use.

NACADA’s support for the Harm Reduction Bill is rooted in the understanding that drug dependence is a multifaceted health disorder that requires a multi-faceted approach. Harm reduction strategies, which focus on minimizing the negative consequences of drug use, offer a practical and effective means of addressing the issue.

Dr. Anthony Omerikwa, NACADA’s Chief Executive Officer, emphasized that harm reduction is not a standalone solution but rather an integral component of a broader drug demand reduction strategy. He highlighted the importance of evidence-based approaches and the need to avoid stigmatizing individuals struggling with addiction.

NACADA’s support for the Harm Reduction Bill extends beyond mere endorsement. The organization has taken concrete steps to integrate harm reduction interventions into its programs and policies. The Authority has incorporated harm reduction strategies into the 2024 Draft National Policy on Alcohol and Drug Abuse and has been a strong advocate for Medically Assisted Therapy (MAT) since 2014.

The Harm Reduction Bill is particularly timely given the pressing challenges posed by drug overdose, high HIV and Hepatitis C prevalence, and the limited availability of affordable rehabilitation services. The bill aims to address these issues by making harm reduction services more accessible and affordable to those in need.

Hon. Esther Passaris, Nairobi County Woman Representative, underscored the importance of implementing harm reduction services across all health facilities in Kenya. She drew parallels with Portugal, where a similar approach has yielded positive results in reducing HIV and Hepatitis C transmission among drug users.

NACADA’s commitment to harm reduction extends beyond its support for the Harm Reduction Bill. The organization also coordinates the Alternative to Incarceration program, which provides the necessary support, including MAT, to individuals who abuse drugs and come into contact with the criminal justice system.

NACADA’s unwavering support for the Harm Reduction Bill is a testament to its dedication to addressing the complex issue of drug abuse compassionately and effectively. By embracing harm reduction strategies, Kenya can take a significant step towards reducing the negative consequences associated with drug use and improving the lives of individuals struggling with addiction.

NACADA MASHINANI ROADSHOWS IN MAKUENI, NAROK AND NAIROBI COUNTIES



Narok County Commissioner, Kipkoech Lotiatia flagging off the NACADA Roadshow in Narok County

By Sharon Cess and Shaki Mararu

Are roadshows the key to effective awareness and mobilization?

This August and September, NACADA teamed up with Makueni, Narok, and Nairobi counties for the vibrant "NACADA Mashinani" roadshows, introducing new offices and connecting with communities on the pressing issues of alcohol and drug abuse. The roadshows were officially flagged off by County Commissioner representatives alongside NACADA County Officers.

The roadshows were dynamic and allowed NACADA to reach people in their own communities, nurturing real-time interactions and engagement. Through music, dance, talks, and interactive sessions, "NACADA Mashinani" brought the message directly to the public, making it easier for people to learn about NACADA's new local offices and how to access resources to tackle substance abuse issues.

With lively songs blaring from the speakers at the back of the truck, the roadshow kicked off in the expansive Makueni in August, moving on to Narok and wrapping up in Nairobi County. We were met with a diverse audience of all ages, creating the perfect opportunity for the team to openly discuss alcohol and drug use prevention and management.

"During his press briefing in Makueni, CEO Dr. Antony Omerikwa, MBS, emphasized the Authority's commitment to combating alcohol and drug abuse nationwide. He announced plans to expand county offices to ensure comprehensive support for addressing substance-related issues. Dr. Omerikwa stated that the Authority's primary goal is to educate the public about the dangers of substance abuse, ensuring that every "Mwananchi" is well-informed. He also made it clear that those involved in drug trafficking will face serious consequences and be apprehended.

In conclusion, the *NACADA Mashinani* roadshows significantly enhanced the visibility of the new county offices while promoting essential referral services for substance abuse support. This initiative not only raises awareness but also empowers residents to seek assistance, ensuring that the support they need is within reach.



RISING TRENDS IN E-CIGARETTES AND VAPES: WHAT A NEW STUDY REVEALS ABOUT KENYA'S TOBACCO LANDSCAPE



Photo credit: @IILA on X

By Adrian Njenga

The increasing use of new generation tobacco and nicotine products (NGTNPs) like e-cigarettes, vapes, and heated tobacco products in Kenya is presenting fresh challenges for tobacco control advocates, healthcare professionals, and policymakers. A recent study conducted by the National Taxpayers Association and the Brain and Mind Institute sheds light on the evolving patterns of consumption for these products, with important implications for public health.

These new-generation products, also known as Electronic Nicotine Delivery Systems and Electronic Non-Nicotine Delivery Systems (ENDS/ENNDS), heat and aerosolize nicotine liquids or tobacco products, producing vapor that users inhale. Since their global market introduction in 2006, the uptake of these products has surged, especially among young people.

The study, which was conducted in Nairobi, Kiambu, Nakuru, Mombasa, Kisumu, Nyeri, and Kakamega, shows that ENDS and similar products are growing in popularity, particularly among younger demographics. Notably, 55.1% of illicit shisha users come from low-income areas, suggesting that economic factors influence access and usage. Co-use of illicit cigarettes, cannabis, and ENDS/ENNDS products is also more prevalent in low-resourced regions, while individuals with post-secondary education drive ENDS consumption across different socio-economic settings.

Despite a moderate level of awareness about these products, many users lack full understanding of the potential health risks. A common perception is that these products are less harmful than traditional cigarettes, although scientific evidence on their long-term effects is still limited. Social media and advertising play significant roles in shaping consumer perceptions, contributing to the rising popularity of these products, especially among youth.

The higher illicit use of shisha, cannabis, and cigarettes in low-income areas intensifies existing issues related to poverty, unemployment, and limited access to healthcare. This trend exacerbates addiction-related inequalities and threatens to undermine tobacco control efforts due to the affordability of these illicit products.

The study further highlighted the urgent need for Kenya's tobacco control policies to adapt to these emerging challenges. Current regulations, primarily focused on traditional cigarettes, lack specific provisions for NGTNPs. Economically, the proliferation of NGTNPs is unlikely to reduce healthcare costs. Instead, their growing popularity may increase the strain on the country's healthcare system, necessitating additional resources for research, prevention, and treatment.

To address these challenges, the study recommends a comprehensive approach that includes targeted regulations, public awareness campaigns and proactive policies are essential to mitigate the potential harms of these products, especially among children and young people.

The findings of this study underscore the urgent need for Kenya to review its existing tobacco control framework in response to the changing landscape of tobacco and nicotine consumption. By fostering collaboration between relevant government agencies, healthcare providers, and stakeholders at community level, the country can work to safeguard the health and well-being of its citizens in the face of these emerging trends.



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



TREATMENT BARRIERS AMONG WOMEN WITH SUBSTANCE USE DISORDERS: THE SOCIAL, CULTURAL AND PERSONAL PERSPECTIVE



Credit: Shutterstock

By Lucy Wairimu

According to the 2024 World Drug Report by UNODC men make up the large majority of people who use drugs, but women who use drugs face greater harm and more barriers to entering treatment. Women face multiple barriers to accessing treatment and other health and social services for people who use drugs or have drug use disorders. What are these barriers and how can they be overcome to make treatment more accessible for women with substance use disorders?

The barriers are many and varied, but let us just focus on a few social, cultural and personal barriers as these are influenced by our beliefs and attitudes and they play an important function in the decision-making process or intention to engage in behaviour as described in the theory of planned behaviour. Women experience significant social, cultural and personal barriers when accessing substance abuse treatment. This is related to the social and cultural norms that exist, which include the role that a woman has and what type of behaviour is considered appropriate.

Women's lack of empowerment in many societies leads to disadvantaged life circumstances. In some of the developing countries women's lives are characterized by poverty, lack of basic health care and reproductive care, low literacy levels, domestic violence and lack of access to family resources. As such they are not empowered nor have the resources to change their life situations.

Societal and community norms and attitudes about women with substance use disorders also make it difficult for women to access treatment. In most societies and cultures traditionally, women are seen as caregivers, nurturers, homemakers, and helpers. A woman's substance use is therefore more stigmatized than a man's. As a result, the shame and guilt that women experience about their substance use and their "failure" to live up to society's roles and expectations make it difficult for women to acknowledge their substance use and seek help.

These feelings may be even greater for women engaged in sex work, women who have children that they cannot care for properly and women living in societies with very strong cultural or religious taboos against women using substances. In these circumstances, women may perceive themselves as deviating even further from societal expectations.

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.

Finally, lack of support from family, particularly husband, partner, or significant male, is a substantial hindrance to women's access to treatment. Studies have documented that women are more likely than men to have a substance-using partner and to have families of origin who have substance-use problems. Because relationships play such a significant role in women's lives, women living with a substance-using partner may be deterred from seeking treatment because they fear the loss of the relationship.

In some cultures, women may be forbidden to leave their homes to go to treatment, or husbands may not support their wives' leaving family and household responsibilities. In these circumstances, family members may only take women to a treatment facility when they are unable to fulfil their family responsibilities or are very sick.

KENYA LEADS THE WAY IN AFRICA'S CAMPAIGN AGAINST ALCOHOL HARM THROUGH THE RESET ALCOHOL INITIATIVE



Public Participation in Western Region

By Adrian Njenga

Kenya stands out as the only African country selected to participate in the global RESET Alcohol Initiative, an effort that unites governments, civil society organizations, researchers, and global public health leaders to implement evidence-based alcohol policies. The program, coordinated by a consortium that includes Vital Strategies, Movendi International, the Global Alcohol Policy Alliance (GAPA), the NCD Alliance (NCDA), and the World Health Organization (WHO). Other participating countries in this initiative includes; Colombia, Brazil, Mexico, the Philippines, and Sri Lanka.

The initiative's overarching goal is to reduce alcohol harm by implementing targeted policies that yield health, social, and economic benefits. The death, disability and injury burdens caused by alcohol are largely preventable through effective, evidence-based, population-wide measures. The best way to minimize the social and health harms from alcohol is to lower overall consumption. One key aim under this program is to advocate for at least one legislative or regulatory action that strengthens restrictions on alcohol availability and marketing.

Kenya's selection for this initiative early this year accentuates the country's established institutional framework for addressing alcohol and drug abuse, as well as the robust national and county-level legislation on alcohol control.

Under the RESET Alcohol Initiative, NACADA coordinated the development of a comprehensive National Alcohol Policy aligned with the WHO's SAFER Technical Package.

This policy prioritizes critical areas to reverse the harms associated with alcohol use by enhancing restrictions on alcohol availability, enforcing bans on alcohol advertising, and improving access to treatment for persons with alcohol use disorders. By focusing on these areas, NACADA aims to foster a model for sustainable alcohol control that promotes public health and safety across Kenya.

Success in alcohol prevention and control requires coordinated efforts between government agencies, faith and community based organizations and other relevant non-state actors. Building capacity of stakeholders at the community level is also essential, as local alcohol and drug control champions play a pivotal role in promoting and supporting policy initiatives.

As Kenya continues its journey with the RESET Alcohol Initiative, stakeholders remain dedicated to applying these lessons to create lasting change. By advancing the SAFER policies, NACADA seeks to cultivate a healthier and safer environment for all Kenyans, setting a powerful example for alcohol control programs in the continent.

GROWING BHANG USAGE AMONG THE YOUNG POPULATION



Photo credit: Free-range Stock

By Sharon Cess

The rising rate of bhang (cannabis) use among youths and young adults is frequently associated with the desire to fit in or seem "cool," with peers who are referred to as the "cool kids." A percentage of young people participate in this behavior without fully understanding the potential consequences, and by the time they do, they may already be, deeply entrenched in addiction and dependence.

Cannabis is the most widely used psychoactive substance among teenagers. According to a study by NACADA in 2022, in the last five years' cannabis use has grown by ninety percent, with Nairobi leading prevalence of current use followed by Nyanza region. The use of cannabis has become normalized in colleges, leading to the perception that it is a socially acceptable activity similar to smoking cigarettes. This acceptance comes with serious risks, such as dependence, health complications, social stigma, cognitive decline, and legal issues.

In addition, edibles like cookies and candy are among the many cannabis products that young users commonly experiment with. This experimentation has common outcomes of greater use and reliance on the substance. It has been observed, young people have been observing a trend of multimodal use, which involves alternating between eating, smoking, and vaping. This suggests that cannabis consumption patterns are becoming more complex.

A common misconception among young people is that consuming cannabis increases their creativity and productivity. They frequently utilize cannabis as a coping method for stress or anxiety. According to research, teens who use cannabis as a coping mechanism run a higher risk of developing mental health conditions like anxiety and depression.

As their dependence on the drug deepens, they can start stealing or engaging in other unethical activities to support their addiction.

Over time, users' tolerance grows, and they frequently need bigger doses to get the same effects. This spiral can cause serious financial hardship and poor performance at work, eventually damaging relationships. During withdrawal phases, users may experience mood swings and become unpredictable as a result peers may distance themselves to safeguard their reputations, which can lead to social isolation.

Although young people may find it fashionable to consume cannabis, society must understand the long-term effects of normalizing cannabis usage. Research indicates that there is a connection between early cannabis usage and a higher risk of cannabis use disorder development in later life. Additionally, compared to their classmates who do not use cannabis, teenagers who consistently use the drug are more likely to struggle academically and fail out of school.

In conclusion, these results call for further public education efforts by relevant authorities such as the National Authority Against Alcohol and Drug Abuse (NACADA) to increase knowledge of the risks associated with young substance use. Comprehending reasons for teenage cannabis consumption can contribute to the development of preventive measures and lessen the effects of the drug on subsequent generations.

A LIFE DEDICATED TO HOPE AND CHANGE



Mr. Victor G. Okioma, EBS was a remarkable leader whose legacy continues to resonate within NACADA and beyond. A true champion of change and an astute public servant. He believed in the transformative power of community and dedicated his life to ensuring public service is accessible and impactful.

His love for life was evident in everything he did. He possessed a rare ability to connect deeply with individuals, making them feel and heard. Throughout his tenure at NACADA, he advocated for policies that protect the at risk and vulnerable populations.

His zest for life extended beyond his professional endeavors; he celebrated every moment with enthusiasm and joy. Whether engaging with colleagues, or spending cherished time with his family, he lived each day with purpose and intention. His love for life and his commitment to service were intertwined, creating a legacy that continues to inspire us.

As we reflect on his extraordinary journey, we honor a man who truly embodied compassion, strength, and optimism. His spirit and vision remain integral to NACADA's mission, guiding us as we strive to fulfill the dreams he so passionately fought for.



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

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.



9th August 2024

DANGEROUS DRUG AND SUBSTANCE USE PRACTICES AMONG THE YOUTH

The Authority's attention is drawn to a current media production that has since gone viral, showing alcohol enemas (also called butt chugging or boofing) allegedly adopted by the youth in Kenya. This trend, if indeed factual, poses enormous health concerns and calls for an urgent inquiry by relevant stakeholders.

Alcohol enema is the introduction of alcohol into the body through the rectum. Compared to other methods of consumption, this route is extremely dangerous and poses a significant health risk due to very rapid absorption into the bloodstream.

In contrast to traditional methods of consumption that allow the body to metabolize and regulate the intake, alcohol enemas bypass these natural defenses, leading to:

- a. **Alcohol Poisoning:** Which can appear as confusion, vomiting, seizures, slow or irregular breathing, hypothermia or unconsciousness.
- b. **Rectum or Colon Damage:** The direct contact of alcohol with delicate tissues in the rectum could lead to severe health problems. It can also lead to ulcers and rectal bleeding
- c. **Life-threatening Complications:** With the heightened rate of absorption, alcoholic beverages may lead to sudden unconsciousness, respiratory failure, or death in users.
- d. **Increased risk of infection:** Including inflammation and tears in the mucosal lining and hepatitis
- e. Lack of control over dosage.
- f. Severe dehydration.
- g. Impaired judgement leading to risky behavior.
- h. **Alcohol Dependence/Addiction:** consumption of alcohol in this manner is more potent and a faster gateway to alcohol use disorder

We strongly advise all individuals, more so the youth, to desist from such dangerous practices. NACADA maintains that alcohol enemas, as well as any other forms of alcohol and substance abuse, are life-threatening practices that should be avoided.

Cognizant that social media is a powerful communication medium that can be used to promote new emerging, unconventional, and harmful ways of substance use, NACADA calls on all stakeholders to positively engage with the youth so as to avoid the spread of adverse information and consequent adoption of harmful practices.

The Authority reiterates its commitment to ensuring the health and well-being of all Kenyans by advocating for a sober and healthy country. To report or seek assistance on any alcohol or drug related challenge please get in touch with us through our **TOLL FREE Helpline 1192** available for 24 Hours.

Dr. Anthony O. Omerikwa, MBS
Chief Executive Officer



NATIONAL AUTHORITY FOR THE CAMPAIGN AGAINST ALCOHOL AND DRUG ABUSE

NAC/PS/01/8/24

28th August 2024

Ref. No.

Date

ALCOHOL AND DRUG USE DURING SCHOOL REOPENING

In light of a recent viral video showing students being dangerously ferried in a public service vehicle, the National Authority for the Campaign against Alcohol and Drug Abuse (NACADA) is deeply concerned about the risks posed by alcohol and drug use as students travel back to school.

Private and public vehicles can be hotspots for alcohol and drug use and distribution, especially during this period. NACADA is aware of students' pressures and risks, both within and outside the school environments, and their ability to trigger substance use.

It is our collective responsibility to protect our children from the dangers posed by alcohol and drug use. We urge parents, guardians, school authorities, and all of us to remain vigilant. Parents should also monitor their children's travel arrangements and ensure they know the potential dangers during transit.

We encourage schools to empower students through education and open communication about the risks associated with alcohol and drug use. Schools should endeavor to implement and strengthen preventive measures through awareness campaigns, peer support groups, and counseling services.

No one should allow students to board public or private vehicles if they display signs of being under the influence of substances, because they not only endanger themselves but also pose significant risks to other road users. Equally, the public is encouraged to report intoxicated drivers and other transport operators to the relevant authorities.

Finally, any other drug and substance use-related incidents should be reported through our Free number 1192 which is available for 24 hours.

Dr. Anthony Omerikwa, MBS
Chief Executive Officer

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
Website: www.nacada.go.ke

Need someone to talk to on drugs and alcohol?

TOLL FREE HELPLINE 1192



NATIONAL AUTHORITY FOR THE CAMPAIGN AGAINST ALCOHOL AND DRUG ABUSE

Ref. No. NACADA/PS/01/9/24

Date 23rd September 2024

SOCIAL MEDIA INFLUENCERS AND CONTENT CREATORS' ONLINE PROMOTION OF DRUG AND SUBSTANCE USE

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) has noted with concern the increasing trend where social and digital media influencers, as well as content creators, are posting content that promotes the use of drugs and substances. Such content, often directed at young audiences, poses a significant threat to the fight against alcohol and drug abuse, while undermining the efforts to protect vulnerable groups, especially children, from these harmful influences.

NACADA implore upon influencers and content creators against using their platforms to normalize or glorify drug use. The Authority reminds the public that promoting drugs and substance use through social media is not only irresponsible but is also a violation of the law. Under the **Alcoholic Drinks Control Act, 2010 (ADCA)** and the **Narcotic Drugs and Psychotropic Substances Control Act, 1994**, promoting, advertising, or encouraging drug use is illegal and punishable by law.

NACADA encourages parents and guardians to closely monitor the content their children are exposed to online, particularly on social media platforms, which often lack adequate safeguards. Parents should exercise control by enabling parental control settings, educating children about the dangers of drug use, and reporting any harmful content to relevant authorities.

Social media platforms and digital content creators have a responsibility to uphold ethical standards and promote healthy behaviours among their audiences.

For any inquiries or to report content promoting substance abuse, please contact NACADA through our free helpline at 1192.

Dr. Anthony Omerikwa, MBS
Chief Executive Officer

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.



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



COMPLAINT HANDLING PROCEDURE

HOW TO COMPLAIN

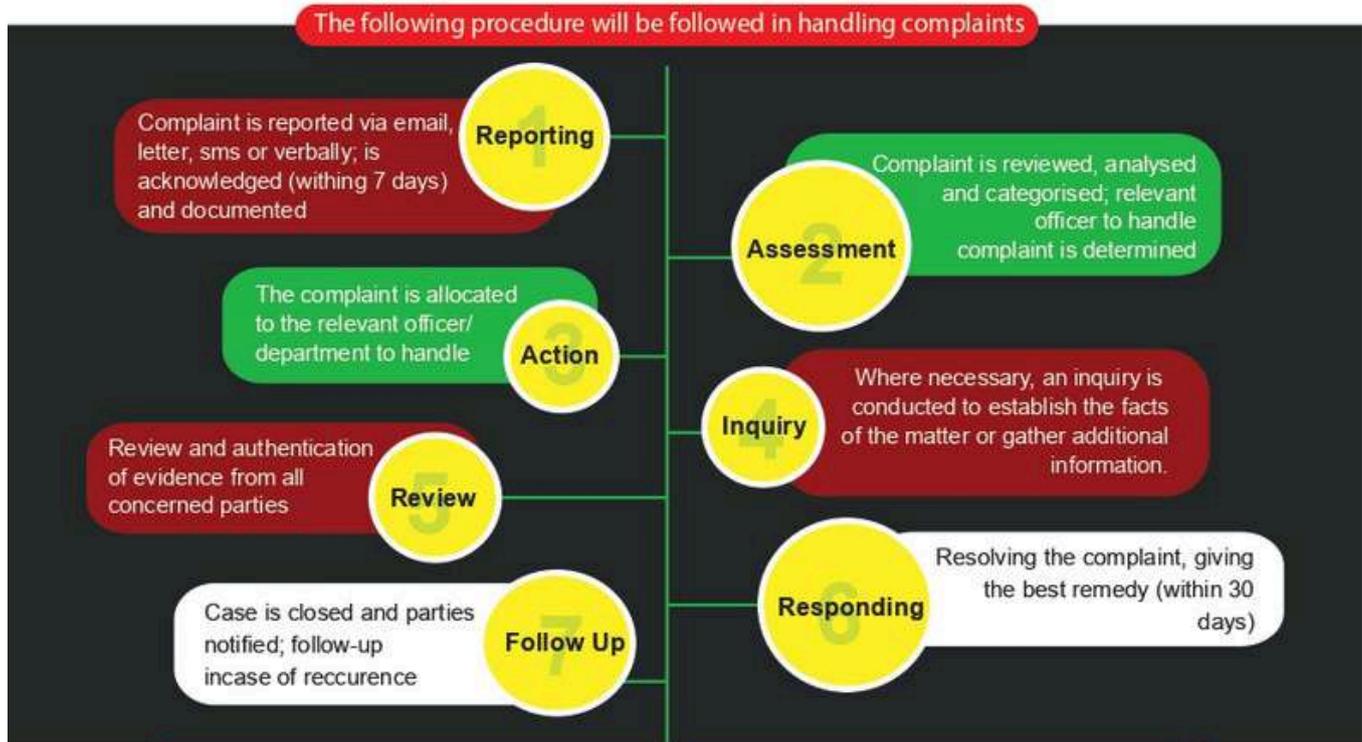
Where our services do not meet the standards that we have set, you may forward your complaint to us through the following channels:

- 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](#) | [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?





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			
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 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**