

# NACADA QUARTERLY

SEPTEMBER 2020



## RENEWED HOPE FOR PERSONS WITH ALCOHOL AND DRUG PROBLEMS AT THE COAST

New Chairperson

Alcohol Licensing

KPA- Renewed Hope

Prison Wardens

Conjestina Story

# FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) is a Semi-Auton-omous State Corporation under the Ministry of Interior and Coordination of National Government as per the Executive Order No. 1 of June 2018 (Revised).

A Gazette Notice dated April 26, 2001, established the National Agency for the Campaign Against Drug Abuse (NACADA) to undertake public education and awareness campaign against drug abuse, especially among youth in schools and other institutions of higher learning. The Authority operated as such until May 2006 when His Excellency the then President of the Republic of Kenya established an Advisory Board and appointed its Chairman through the Kenya Gazette Notice No. 3749 of 19th May 2006.

Through a Legal Notice No. 140 published in the Kenya Gazette Supplement on 29th June 2007, the Agency was transformed into the National Campaign Against Drug Abuse Authority (NACADAA) under the State Corporations Act (Cap 446 of the Laws of Kenya) to coordinate a multi-sectoral campaign to prevent, control and mitigate the impact of alcohol and drug abuse in the country. In 2010, the Authority's mandate was expanded to include implementation of the Alcoholic Drinks Control Act 2010.

In July 2012, the Authority was again transformed to the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) having been firmly established under an Act of Parliament and its mandate expanded and elaborated in the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) Act, 2012.

## Vision

A nation free from alcohol and drug abuse.

## Mission

To lead and coordinate a multi-sectoral campaign against alcohol and drug abuse through prevention, advocacy, policy development, research, treatment and rehabilitation programs and execution of relevant statutes in Kenya.

## Core Values

Compassion, Integrity, Professionalism, Equity, Courage, Creativity and Innovation.



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# Message from The CEO



As a country and the world at large, we recognize that alcohol and drug abuse has greater negative impact on young people, particularly children and adolescents, given their developmental stage. Intoxicating substances retard cognitive development of young brains, negatively impacts memory and learning. Destroys interpersonal and intrapersonal relationships, and generally stalls growth and development. Early initiation to substance use increases the risk of future substance use disorders and other negative outcomes such as delinquency, crime, diseases and even death. However, a good proportion of this age group does not use substance and this a position that needs to be continually reinforced.

NACADA is addressing this issue both from the demand reduction and supply suppression angles. On demand reduction, NACADA has initiated various alcohol and drug prevention programmes such as Life Skills Training in partnership with the Ministry of Education and media-based campaigns targeting parents as they play a great role in shaping the behavior of their children. On the supply suppression angle, we are aware of the upsurge in online sale of alcoholic drinks and drugs.

In spirit and letter of the existing laws, we are working very closely with the National Administration including Regional Commissioners and the National Police Service in conducting crackdowns on drug dealers and illicit alcohol merchants, some of whom have been apprehended and arraigned in courts.

For those who are already addicted to drugs, NACADA is working closely with the County Governments in providing affordable treatment and rehabilitation services. One of the key projects is the establishment and operationalization of the Miritini Rehabilitation Centre that is now operational and is being implemented in two phases. Phase one is an out-patient programme which has been operational since March 2020. Identification of clients was done in collaboration with local civil society organizations and National Administration officers. Phase two is an inpatient program where clients will be accommodated at the Centre for the entire rehabilitation period. We are hopeful that phase two will start by January 2021 when all the infrastructural requirements will be in place.

As we adopt to the new normal and recovery from the Corona Virus pandemic, unless we normalize evidence-based interventions and strategies, emerging trends show that there is a shift towards a problem of underage alcohol and drug abuse. To mitigate this, our 2019-2022 Strategic goal to reverse the mortality and morbidity levels associated with alcohol and drug abuse through public education and training of primary health workers on early identification of substance use problems. Let us work together in the campaign against alcohol and drug abuse which is a major impediment to the attainment of our development agenda.

Together, let us make informed decisions and protect our children.

**Victor G. Okياما, EBS**  
CHIEF EXECUTIVE OFFICER



# Editorial Note



The field of substance use prevention, treatment and reintegration has not been spared by the pandemic. Rising cases of consumption of alcohol and drugs have been reported predisposing children and young adults to substance use. However, all is not lost, as the Authority has been at the forefront of creating awareness through targeted media campaigns to avoid or delay initiation into drug use. On the flip side, the Authority has coordinated broad-based multiagency compliance strategies in line with existing laws and regulations.

This inaugural edition of NACADA Quarterly examines how the pandemic is affecting us and some of the interventions the Authority is undertaking during the recovery process. The newly appointed Chairperson of the Board shares her vision and how NACADA shall be mitigating the long-term effects of the Corona Virus pandemic in the discharge of its strategic mandate.

Also profiled in this issue is the Chief Executive Officer, Mr. Victor Okioma, as he discusses the NACADA need for interagency collaboration in alcohol and drug control. In addition, new staff that have recently joined the Authority are also profiled as they share the unique skills set they are adding to the Authority.

Thank you for reading and you are encouraged to send your feedback to [info@nacada.go.ke](mailto:info@nacada.go.ke)

The last few months have not been easy for all of us. The COVID-19 pandemic has transformed the world and we are all struggling. The virus has swept around the world and in a bid to contain the spread of the virus, governments around the world have instituted quarantines, curfews and other measures that have disrupted our way of life. We are now accustomed to the new normal of wearing masks, physical distancing and attending virtual meetings.

**The COVID-19 pandemic has transformed the world and we are all struggling.**

## NACADA QUARTERLY



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# MEET THE NEWLY APPOINTED BOARD CHAIRPERSON, PROF. MABEL IMBUGA, PhD, EBS

by Caroline Kahiu

Prof. Mabel Imbuga was appointed to serve as the Chairperson of the Authority on 13th May 2020. She is the immediate former Vice Chancellor of the Jomo Kenyatta University of Agriculture and Technology (JKUAT). She was the first competitively appointed VC and the first female Vice Chancellor of this science and technology oriented university.

She is a Professor of Biochemistry, with over 35 years of teaching, scholarly and leadership experience. While serving as VC JKUAT she steered successful collaborations between the University and various Universities, Research Institutions and private and public sectors both Nationally and Internationally.

Prof. Imbuga graduated with an Honors Degree in Biochemistry and this was followed with a Master of Science in Biochemistry and a PhD in Biochemistry from the University of Nairobi. Her academic journey did not stop there, as she then proceeded to the International Centre of Insect Physiology and Ecology (ICIPE) where she obtained her Post-Doctoral. "This opportunity provided me with tremendous experience that acted as a springboard for a career in research, academia and international recognition." She added.

Prof. Imbuga joined the University of Nairobi at the Demonstrator position after her master's degree and rose through the ranks to the Senior Lecturer position in the Biochemistry Department. In 1997, she moved to JKUAT as an Associate Professor in Biochemistry and rose to the rank of a Full Professor. She held several management positions which included Chairperson of Biochemistry Department, Dean Faculty of Science and Director Academic programs at the Institute of Tropical Medicine and Infectious Diseases (ITROMID) which was a collaborative training program between JKUAT and Kenya medical Research Institute (KEMRI).

In 2005, she was competitively appointed as the Deputy Vice Chancellor Academic Affairs, a position she served for three years. This was a defining moment for her as she started breaking the glass ceiling at the University. In 2008 Prof. Imbuga was competitively appointed as Vice Chancellor of the Jomo Kenyatta University of Agriculture and Technology. A position that was quite "memorable, exciting and fulfilling," she revealed. Prof. Imbuga held this position until the expiry of her term in 2018.



She has driven the change agenda for scientific education across Africa and beyond as demonstrated by the range and number of significant Board positions she has held at the local, regional and international levels. She is the immediate former Chairperson of the Regional University Forum for Capacity Building in Agriculture (RUFORUM) which boasts of a membership of over 126 universities in Africa.

Locally, just to mention a few, she has served as a board member of Kenya Universities and Colleges Central Placement Services (KUCCPS), Kenya Agricultural and Livestock Research Organization (KALRO), Federation of Kenya Employers (FKE), Kenya Private Sector Alliance (KEPSA), a Commissioner at the then Commission for Higher Education (CHE) which is currently Council for University Education (CUE) and a Jury Member, L'Oréal/United Nations Educational, Scientific and Cultural Organization (UNESCO) for Women in Science Program.

She is the Founder and immediate former first President of the Female Vice Chancellors of Universities in Africa (FAWOVC) and founder and immediate former first President of African Women in Science and Engineering (AWSE) organizations which mentor women across the continent.

Prof. Imbuga was conferred an Honorary Doctorate by Cardiff Metropolitan University, Wales for transforming JKUAT to be the most entrepreneurial university in Africa. She was also awarded a recognition award by RUFORUM for her excellent leadership, management and contribution to the advancement and transformation of university education in Africa.

Most recently, His Excellency the President of the Republic of Kenya appointed her as the Chair to the Board of the National Authority to the Campaign Against Alcohol and Drug Abuse (NACADA).

"I do not take it for granted. I value the opportunity because it is significant and I really thank God. I also thank His Excellency the President for appointing me to this position. My experience so far as the Chair has been an eye opening as I am interacting with communities and transforming lives." She said on her appointment.



### IMBUGA

**It is never too late to learn since as a full professor I still pursued an MBA in Strategic Management**



Prof. Imbuga acknowledges that the Authority has had great impact in the lives of Kenyans and that there are still areas of interventions in the campaign against alcohol and drug abuse. "We need to reverse the rising cases of children and youth getting into substance use. The only way to change this is through development and implementation of evidence-based interventions. This is one of the things on my to-do list."

Also on her to-do-list is empowering researchers and staff to venture into the field of substance use research to inform policy and programming. "We have very competent Board members and staff and together, we will steer the implementation of the NACADA Act to the best of our ability," observed Prof. Imbuga.

She admits that the Corona Virus pandemic has transformed the world henceforth. "Sadly, we have seen a rise in cases of online sales of alcohol and illicit drugs and this has exposed our children as these substances are more readily available within the confines of our homes. As a parent and a proud grandmother, I urge all of us to protect our children from the adverse effects of alcohol and drug abuse."

In her free time Prof. Imbuga enjoys gardening and spending quality time with her family especially her grandchildren whom she enjoys sharing interesting stories with. She also enjoys watching local programs which is as a result of influence from her late husband who was a renowned Kenyan writer, playwright, literature scholar, teacher and professor. In addition, she likes reading about advancements in science and supervising PhD students.

In her own words, "It is never too late to learn since as a full professor I still pursued an MBA in Strategic Management from Eastern and Southern African Management Institute (ESAMI) which was being offered in collaboration with Maastricht University (Netherlands)."



# AUTHORITY TAKES OVER LICENSING OF IMPORTERS AND EXPORTERS OF ALCOHOLIC DRINKS

by Simon Mwangi



The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) is the regulatory body that shall license importation and exportation of all alcoholic drinks in the country. This follows after a resolution by a multi-agency team comprising representatives from the Ministry of Interior and Coordination of National Government, Kenya Revenue Authority (KRA), Kenya Bureau of Standards (KEBS), Council of Governors (CoG) and other bodies involved in the regulation of international trade.

The Inter-Governmental Relations Technical Committee (IGRTC), which is the successor of the defunct Transition Authority (TA), advised that the liquor licensing function ought to be unbundled to enable the national and county governments take up the areas that fall within their respective constitutional mandates. NACADA has already notified industry players and the public that henceforth all licensing functions relating to importation and exportation of alcoholic drinks will be under its mandate.

In a meeting with the Association of Beer and Alcoholic Drinks Manufacturers of Kenya (ABAK), the Authority's Chief Executive Officer, Victor Okioma, reiterated on the need for protection of consumers from counterfeit and illicit alcoholic drinks which proliferated the industry in the past. He observed that a big part of the problem stems from licensing issues especially as implemented by county governments. "NACADA is aware that some county governments have been issuing importation and exportation licenses to manufacturers against the letter and spirit of constitutional provisions on international trade as it relates to alcoholic drinks businesses. This license by NACADA will streamline the industry by providing details of the alcoholic drink manufacturer, brand origin, batch number among other considerations to facilitate tracking of products through the value chain. What we as the regulator is mostly concerned about is the health and safety of the consumer from unscrupulous businesses," said Okioma.

Concurring with the development, East African Breweries Limited (EABL) Corporate Affairs Director Mr. Eric Kiniti, who also doubles up as the Secretary ABAK, called for regular discussions and consensus building to protect all interested parties and stakeholders. He affirmed that EABL, as a major player in the alcoholic drinks industry, will rally all ABAK members to apply for the license in line with guidelines set forth by the Act. He decried practices by some importers who import alcoholic drinks without complying with requirements by KEBS and KRA. He was accompanied to the meeting by EABL's Director of Legal services Mr. Rowland Nadida, and other senior managers.

The need for industry players to adhere to provisions of the Alcoholic Drinks Control Act, 2010 has never been more prominent as during the current COVID19 pandemic.



# COMPLIANCE TO LIQUOR LAWS DURING A GLOBAL PANDEMIC

THE KENYAN STORY

*by Nyambura Kigera*



Who would have ever thought that the world could fall ill at the same time? The year 2020 has seen a first of many things world over. The COVID-19 pandemic has destabilised various aspects of life including the legal and regulatory sphere. In Kenya, the first case was reported in March 2020 and in line with the World Health Organization's guidelines, the government took measures to contain the further spread of infections. Key amongst the containment measures prescribed was closure of entertainment venues including bars, hotels and restaurants. The rationale behind this was to reduce human interaction that was likely to increase the infection rates.

Consequently, people began to consume alcohol at home, online sale and home delivery services intensified as well as the sale in off license outlets such as supermarkets and wines and spirits establishments. This also saw an increase in the number of requests for new off license premises as well as renewal of licences/permits.

In response to the Presidential Directives and protecting Kenyans from consuming illicit/counterfeit alcoholic drinks, the Authority coordinated various multi-agency operations aimed at educating the bar owners and community members on the need to adhere to given government directives as well as laws and guidelines. The first multi-agency operations was undertaken in June to July 2020 covering 26 counties. The teams visited over 900 premises and this led to the closure

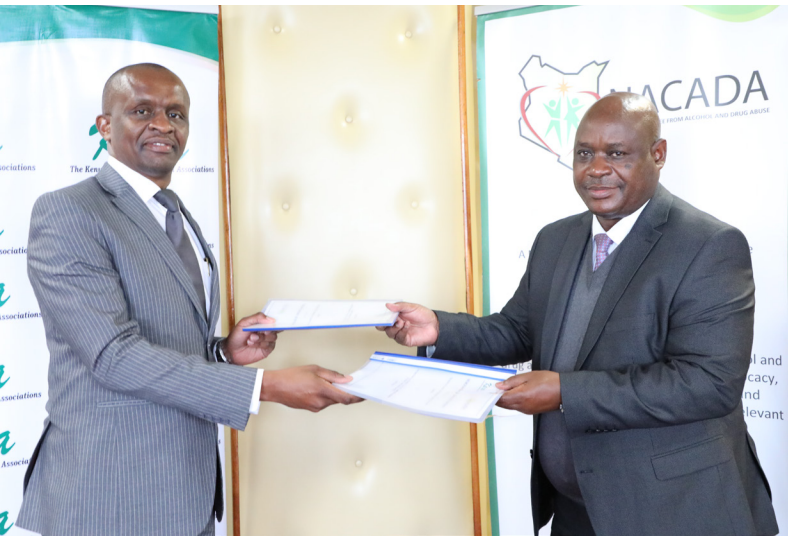
of 138 premises and over 40 were arrested and charged in contravention of the law. This was followed by a second wave August and September 2020 and 4,159 premises visited in 37 counties. Out of this 754 were found to be non-compliant with offences ranging from operating without licenses or valid licenses, allowing consumption in off license premises (wines & spirits), not complying with the prescribed hours of sale and not complying with set public health standards. In addition, there was the sale of shisha and single stick cigarettes in contravention of the Tobacco Control Act, 2007.

Overall, key lessons learnt were that there is a shift in alcohol consumption at home exposing children and young adults. Also, online sales will continue to rise and if unregulated will pose challenges such as sale to persons under the age 18 years and sale of products that do not meet the minimum prescribed standards in terms of packaging, labelling and quality.

Moving forward, there is need for NACADA to continue monitoring the trends in alcoholic drinks consumption and put in place the necessary legal and policy frameworks. In addition, County Governments should ensure all premises are operating within the confines of the law and those contravening the law should be arrested and prosecuted accordingly. Lastly, there is need for continuous awareness creation of entertainment venues' proprietors and their employees on the need to comply with the law and Ministry of Health guidelines.

# PARTNERSHIP WITH KARA FOR PROMOTION OF CAMPAIGN AGAINST ALCOHOL AND DRUG ABUSE

by Simon Mwangi



Chief Executive Officer Victor Okioma, EBS with his Kenya Alliance of Residents Association (KARA) counterpart Henry Ochieng during the signing of the MoU

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) will collaborate with the Kenya Alliance of Resident Associations (KARA) in a campaign aimed at promoting a society free from alcohol and drug abuse in the wake of guidelines on sale of alcohol announced by the government.

Speaking during a ceremony to unveil the cooperation, NACADA Chief Executive Officer Victor Okioma pointed out that the COVID-19 pandemic had presented the Authority with a challenging environment within which to enforce its mandate. "This agreement could not have come at a better time given that the Coronavirus pandemic has curtailed our movements and stakeholder engagement activities. We are leveraging on the networks by KARA to ensure that we create avenues through which information will be shared amongst ourselves for the mutual benefit of both the organizations and the public. In this connection, our partnership will among others; Sensitize resident associations to implement awareness/prevention programmes on Alcohol and Drug Abuse; Engage the resident associations to identify and report on bars operating in residential areas;

and continue supporting the Mihadarati Awards for resident associations that excel in ADA prevention campaigns. We have supported this trophy for the last two years. For a start, we want to reach out to our stakeholders by anchoring on KARA structures especially given the ban on sale of alcohol in eateries and other public places," said Okioma.

Acknowledging that there is need to ensure that residential areas are not turned into places for drinking and partying following the recent Government regulations, KARA Chief Executive Officer Henry Ochieng' reiterated the need for mutual partnership as a means of fostering positive societal impact.

"We are keen to join hands with NACADA to ensure that the guidelines are complied with and also support Resident Associations to be able to monitor and take appropriate action against individuals who may flout the guidelines in their neighborhoods. We would also like to ensure that the residents understand their roles and responsibilities in the whole legal framework of drugs and alcohol control and are able to proactively prevent mushrooming of bars and liquor stores in residential areas," said Ochieng.

So as to address alcohol and drug use and its complications, NACADA organizes sensitizations and structured trainings targeting families, workplaces, schools and communities. These sensitizations aim to create awareness on how to prevent alcohol and drug use at home, school, workplace and the community. However, these efforts have suffered a setback due to social distancing requirements which form part of the government's preventive measures against the spread of COVID-19.

The two organizations have previously partnered on an ad-hoc basis in areas of mutual interest among them being the Annual Resident Associations Excellence Awards in December last year where NACADA sponsored the Mihadarati Award category.



# RENEWED HOPE FOR PERSONS WITH ALCOHOL AND DRUG PROBLEMS AT THE COAST

by Simon Mwangi



NACADA Board Chair Prof. Mabel Imbuga, CBS, (Center) flanked by the Chief Executive Officer Victor Okioma, EBS receiving a dummy cheque from the Kenya Ports Authority (KPA) Acting Managing Director Eng. Rashid Salim (Second right)

The fight against drug and alcohol abuse in the Coast region has received a boost after Kenya Ports Authority (KPA) donated one million shillings to the Miritini Rehabilitation Centre to be utilized in rehabilitation and support programs.

This follows a partnership between the KPA and National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) which is mandated to fight alcohol and drug abuse in the country. During the handover, NACADA Board Chair, Prof. Mabel Imbuga, revealed that the organization is keen on ensuring that the Miritini project positively contributes to the fight against alcohol and drug abuse, a major challenge afflicting the youth in the Coast region.

## ELUNGATA

COVID-19 period had presented an avenue for drug dealers to operate under the guise of 'essential services providers' to ply their trade.

"From the surveys carried out by the Authority the challenge of alcohol and drug abuse is growing and unless we all join hands to reverse this trend it will undermine our economic development and impact negatively on our security. Our concern is the upsurge in drug abuse in our schools, institutions of learning and the workplace where productivity is undermined by addiction related absenteeism and reduced hours of productive work," said Imbuga.

"Coast region is one of the most affected regions in the country as evidenced by the many young men in dens and streets. It is on this background that the Miritini rehabilitation center was established following a Presidential directive that saw the transformation of the previous Miritini National Youth Service (NYS) Camp into a drug rehabilitation center to provide care and support to affected youths," added the NACADA Chair.

Speaking during the same function the Coast Regional Commander John Elungata revealed that the COVID-19 period had presented an avenue for drug dealers to operate under the guise of 'essential services providers' to ply their trade. "We have information that some drug dealers have been taking advantage of the essential service provisions to ferry drugs within this region under the cover of darkness. They have been masquerading their activities as food delivery and deliberately ensure that they transport the drugs at night. We are not going to leave any stone unturned in our effort to rid this region from the shackles of alcohol and drug abuse. We shall continue partnering with NACADA in the execution of their mandate even as we laud their operationalization of the Miritini rehabilitation center which will be of great benefit to this region," said Elungata.

Acting Managing Director Eng. Rashid Salim reiterated the need for treatment and after-care for persons with drug use disorders, noting that the vice has equally affected a section of the KPA family and with it their health and productivity. "As an industry leader in the country and the Coast region, it is paramount we join hands to seek solutions to the myriad of challenges afflicting our community", We are always at the forefront to offer counsel and input for the benefit of our community.

Miritini Rehabilitation Center was established following a Presidential Directive in 2015 that saw the transformation of the previous Miritini National Youth Service (NYS) Camp into a Drug Rehabilitation Centre to provide care and support to affected youths. The center is now operational with one hundred and fifty clients currently receiving a wide range of services including Medically Assisted Therapy (MAT) commonly known as Methadone. This drug is administered daily, and on site, to wean off persons from the use of Heroin. Patients receive other general services including counselling, medication, HIV/AIDS testing and counseling and Hepatitis B testing. NACADA's dream is to put up a model center of excellence for the management of substance use disorders and the training of addiction prevention professionals in the country.

### **ELUNGATA**

**We are not going to leave any stone unturned in our effort to rid this region from the shackles of alcohol and drug abuse. We shall continue partnering with NACADA in the execution of their mandate even as we laud their operationalization of the Miritini rehabilitation center which will be of great benefit to this region**

# MANY BARS OPERATING WITHOUT LICENSES IN KENYA

By Carol Kinuthia



A significant number of bars in Kenya are operating without licenses, a surveillance conducted by the anti-drug abuse agency, (NACADA) shows, revealing that premises in some counties are operating with licenses that are not fit for their businesses. The exercise conducted in the counties in August and September this year, shows that a total of 754 out of the 4,159 outlets inspected are non-complaint to standards as they operate without valid licenses, allow consumption of alcohol on the premise against the law and do not comply with the prescribed hours of sale.

Speaking at the NACADA offices Chief Executive Officer, Victor Okioma, revealed that the main areas of non-compliance are non-adherence to required public health standards, allowing of consumptions in off license (wines and spirit) outlets against the terms and conditions of the law, sale of shisha and single stick cigarettes in contravention of the Tobacco Control Act, 2007. He added that in isolated cases, some outlets are operating without licenses or using expired ones.

"The Authority commissioned a surveillance activity in response to the 10th Presidential address on the Covid-19 pandemic which pointed to operation of entertainment establishments being a likely catalyst to an upsurge in the number of infections due to high human interaction," said Okioma.

In his address, the President ordered a ban on sale of alcoholic drinks and beverages in eateries and restaurants in the country, set the closing time for restaurants at 7pm, and ordered the Inspector General of police to withdraw licenses from all bars found operating in breach of the directives.

The CEO revealed that the purpose of the enforcement exercise was to assess adherence to the directive on closure of bars and sale of alcoholic beverages, monitor the level of compliance with policies, laws, regulations and standards on alcohol and drug control as well as educate stakeholders dealing in Alcoholic Drinks on the provisions of these policies, laws and regulations.

"The surveillance exercise was conducted in most of the regions by officers from the Authority between August 11 and September 9, 2020. The areas covered include Nairobi, Central, Coast, Eastern, North Eastern, Nyanza, Western, North Rift and South Rift Regions.

The exercises saw a total of 4,159 outlets dealing with alcohol sale in 37 counties within the 9 regions visited. Out of the outlets visited, 18.1% of the outlets (754) were found to be non-compliant by operating without licenses/valid licenses, dispensing on site for wines and spirits, not complying with the prescribed hours of sale, not complying with set public health standards and failing to comply with the presidential directive on closure of bars." He revealed.

Of the total outlets visited, 81.9 per cent had valid liquor licenses, valid business permits valid Food hygiene certificate and food handler's certificates and were operating within the licensed hours which translates to 3,405 compliant outlets.

The Authority, in a report, recommends that there is need for continued collaboration with County Governments to ensure that the right licenses for the sale of alcoholic drinks are given and no revenue is lost from unlicensed outlets.



# EMPOWERING PRISON WARDENS ON SUBSTANCE USE MANAGEMENT SERVICES

by Caroline Kahiu



NACADA Board Member, Margaret Moitalel (seated center) together with the Manager, Counselling and Rehabilitation, Judith Twala (seated left) with Kajjiado Prison wardens during a sensitization at the prison

Substance use is one of the main problems facing prison systems, threatening security, dominating the relationships between prisoners and staff and leading to violence, bullying and congestion. The most common and closely interrelated issues in prisons are substance abuse, mental health and communicable diseases. Although alternatives to imprisonment have been developed and introduced to in many countries, more and more people who use drugs or are convicted on illicit drugs cases find themselves in prison. In

addition to illegal drugs such as marijuana and heroin, legal drugs (tobacco, alcohol and prescription drugs) often contribute to the substance use dependence and health problems of inmates. Drug use in prisons takes place in extreme secrecy and patterns vary considerably between different groups in prisons.

Prison management is faced with increased pressure to keep prisons drug-free. Substance use dependency services and measures in prisons should be equivalent



to the services provided outside prison settings. This can be best achieved through close cooperation between prisons and external agencies. In general, substance use management interventions can be divided into prevention, counseling, drug treatment services, support groups, harm-reduction measures and aftercare programs.

To address the rising concerns of substance use in prisons, the Authority has partnered with the Kenya Prisons Service to conduct broad-based intervention programs within the prison settings. These programs seek to build the capacity of prison staff on how to help prisoners with substance use issues, many of whom have not had previous contact with prevention and treatment agencies. In September 2020, over thirty prison warders from the Kitengela and Kajiado Prisons were trained in a program that aimed at equipping them with skills related to drug use prevention and management at the workplace. This is part of a series of a training program organized by the Authority which will see over 90 wardens trained.

Speaking in Kajiado County during the training, NACADA Board member, Ms. Margaret Moitalel, stated that trainings are a platform through which the Authority empowers people given the environment in which they operate. "Workplace programs can help improve worker safety, wellbeing and increase productivity. Research has also shown that workers who engage in drug and alcohol use are at increased risk of losing their jobs, disability and death. These are some of the reasons why we have decided to embark on this important training targeting prison wardens even as we appreciate that this knowledge will similarly assist them appropriately deal with inmates," said Moitalel.

According to Ms. Judith Twala, the Counseling and Rehabilitation Manager, the Authority is targeting to

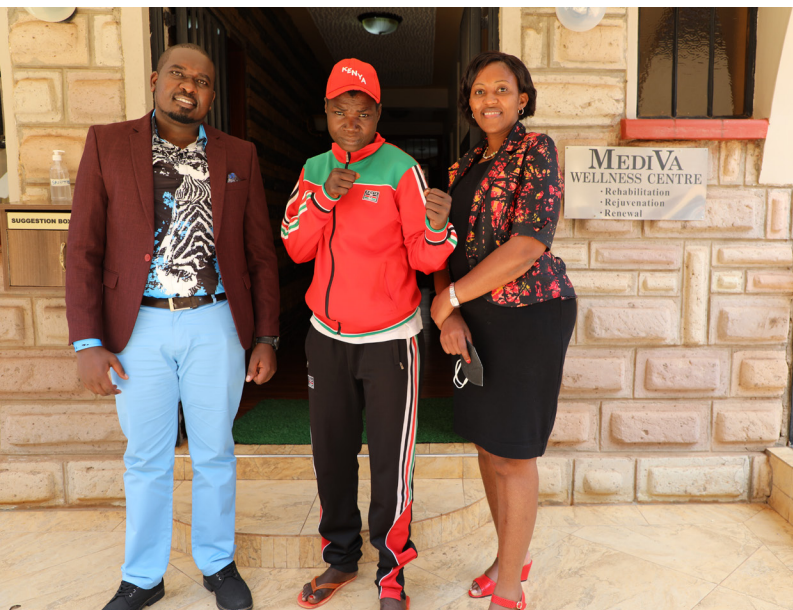
train prison warders from Makueni and Garissa counties within this financial year. "The Coronavirus pandemic threw us into uncharted waters and we forced to significantly scale down our training programs. We are however upbeat that at the end of this program we shall have attained our intention of safeguarding the wardens' spaces both at the workplace and at the family level since alcohol and drug use disorders have the potential to affect them both. In addition, this will act as an eye-opener to them even as they deal with inmates serving their sentences following crimes arising from substance use" she said.

A survey conducted by the Authority (2017), targeting workplaces revealed that that employers recorded 62% absenteeism from workers with alcohol and substance use disorders. This negatively impacted on the overall productivity and such employees required treatment and rehabilitation interventions. "We are working on a strategy to address substance use among prison inmates. This will include adopting a preventive strategy which mainly focuses on deterring them from the vice and also inform them on the available options for those who have fallen into substance use dependence or addiction." Twala further said.

Substance use disorders continue to be one of the most common health problems of people involved with the criminal justice system. Scaling up substance dependence management services in prisons is a global public health and human rights challenge especially in poorly resourced countries. Treatment for people with drug use disorders should be evidence-based and allow for screening, counseling and treatment, in a safe environment and with essential elements to reduce relapse and re-offence.

# KENYA'S LEADING FEMALE BOXER, CONJESTINA ACHIENG, ON THE ROAD TO RECOVERY

by Caroline Kahiu



Former Boxing Champion Conjestina Achieng (center) with NACADA's Managers in charge of Counselling and Rehabilitation Judy Twala (Right) and Corporate Communications Simon Mwangi during a visit to assess the athlete's progress

Sportsmen and women are not immune to drug abuse and addiction just like everyone else. They are even at a higher risk because they may be driven to substance use due to the heightened pressure to perform, to cope with the stress of high-pressure situations such as finals or even to self-treat underlying mental health conditions. Some may also turn to substance use as a coping mechanism after retiring which may happen sooner than later due to injury.

Conjestina Achieng' or "Conje" is a household name and she is not new to many. She was once ranked fifth in the world by the Women's International Boxing Federation in the Middleweight Category. She is the first African woman to hold an international boxing title. Conversely, she has been struggling with mental health and substance use issues for almost ten years. She joins a list of celebrities worldwide who are battling mental and drug use issues. Their public lives have helped shed the light on their personal struggles and well-wishers intervened to walk with them to recovery.

Early this year a Kenyan sports journalist together with Vincent Muasya (Chipukezeey), NACADA Board Member, brought to the attention of the CEO, Mr. Victor Okioma, Conje's struggle with mental illness and substance use struggles. As a response to this, the Authority dispatched a team, who consulted with her family and organized for her admission at a rehabilitation centre based in Thika town which is in Kenya's Kiambu County.

Confirming the developments, the Chief Executive Officer underscored the need to ensure that Conjestina was taken through treatment and rehabilitation and that the Authority will cater for her one month's treatment fees. He called on well-wishers to assist meet the rest of her bill.

"We call on other Kenyans of goodwill and partners so that our female boxing icon receives the much needed treatment and support so that she can get on her feet. As a pacesetter and a role model to many, her good health is important so that she can continue mentoring upcoming boxer," he said.

During a recent visit by a team from NACADA, led by the Counselling and Rehabilitation Manager, Judith Twala, and the Corporate Communications Manager, Simon Mwangi, it was confirmed that Conjestina is responding well to treatment.

In light of the rising cases of sportsmen and women struggling with mental issues and substance use addiction, there is need to put in place structures that will ensure retired sports personalities do not suffer in retirement.

# EMPOWERING STAFF TO OWN HOMES THROUGH HOUSING FINANCE GROUP

by Simon Mwangi



NACADA Chief Executive Officer Victor Okioma, EBS (left) during a courtesy call from his Housing Finance Group, Kenya counterpart Robert Kibaara

Plans are at an advanced stage to ensure all NACADA employees have an opportunity to own homes in line with the government's Big Four Agenda on affordable housing. This was revealed during a meeting between the Authority's Chief Executive Officer, Victor Okioma, and the Housing Finance Kenya Group Chief Executive Officer Peter Kibaara which focused on enhanced partnership between the two organizations for staff empowerment.

According to NACADA's Chief Executive Officer the plan is to upscale access to home ownership options within the Authority so that staff at all cadres can benefit from the opportunities. "Currently, approximately 40% of our staff have accessed a mortgage scheme which we established with the Housing Finance Group. However, looking at the affordable housing options presently coming up within the country and taking advantage of the bursting of the real estate bubble, we want to give all our employees a chance to own a home through structures that we shall set in line with existing legal and regulatory frameworks," said Okioma.

Speaking during the same meeting the Housing Finance Chief Executive Officer underscored the need for the partnership stating that home ownership is one of the most progressive empowerment mechanisms contributing to society's overall growth. "In line with our strategic mission, we promise to offer NACADA innovative products and services, delivered under one roof by exceptionally committed people to enhance value. We have numerous options that we shall discuss with them with the sole purpose of ensuring that their employees get value and own their homes at affordable rates. This is an added advantage to the mortgage financing scheme which we have established with the Authority and which I am happy is performing well," added Kibaara.

Kenya's Affordable Housing Programme (AHP) was launched in December 2017 as one of the national government's four pillars of growth, in the government's Big Four development plan. The AHP promises to deliver 500,000 affordable homes over a five-year period, and involves a number of incentives and supports to enable the delivery of affordable housing in Kenya.

"We plan to make it easier for individuals within NACADA to buy their first homes, given that most households are unable to raise the minimum house purchase deposit or afford the typical monthly mortgage repayments. With this in mind, we shall continue engaging the Housing Finance Group so as to explore the mechanisms we can put in place to ensure that our staff can take advantage of the available affordable housing options and own their homes," added Okioma

Available data shows that demand for affordable housing in Kenya far outstrips supply not only in the main towns and cities, but also in secondary towns and rural areas.

## NEW STAFF



**Jeremiah Muchembi**, MCIPS, MKISM has joined the Authority in the capacity of Manager, Supply Chain. He holds a Master of Science in Procurement and Logistics and a Bachelor in Business Management. He also has a Diploma in Supply Chains Management. He is a licensed Supply Chain Practitioner.

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**Kirwa Lelei** has joined the Authority in the capacity of Manager, Policy and Planning. He brings in over 12 years of experience in Economic Planning, Research, Monitoring and Evaluation. He holds two Masters Degree in Economics and in Project Planning and Management both from the University of Nairobi. He also has a Bachelor Degree in Education (Mathematics and Economics) from Moi University.

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**Simon Mwangi** has joined the Authority in the capacity of Manager, Corporate Communications. He is a dynamic and highly accomplished Development Communications professional with over ten years' experience in the communications field. He brings a wealth of experience from the public and private sectors in development and implementing communication strategies. His vision is to meticulously reinvigorate Behavior Change Communication strategies in line with existing communication needs and infuse new approaches and ideas into the campaign against alcohol and drug abuse as per the overall organizational strategic mandate.

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**Carol Kinuthia** has joined the Authority in the capacity of Senior Corporate Communications Officer. She is an astute strategic communications expert commanding over 15 years proficiency in media relations, image and crisis management. She holds a Bachelor's Degree in Development Communication from the University of Nairobi and a Diploma in Journalism from the Kenya Institute of Mass Communication.

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