



2017-2019 REPORT



Hope and Beyond (HaB)
Centre of Excellence for Addiction services

Supported by IOGT/FORUT Germany
and Addiction Recovery



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ABBREVIATIONS

| | | |
|-------------|---|--------------------------------|
| ASI | - | Addiction Severity Index |
| AUD | - | Alcohol Use Disorders |
| COH | - | Children of Hope |
| HaB | - | Hope and Beyond |
| HCSL | - | Hopkins CheckList |
| MoH | - | Ministry of Health |
| UAPA | - | Uganda Alcohol Policy Alliance |
| WHO | - | World Health Organisation |
| QOL | - | Quality of Life |

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EXECUTIVE DIRECTOR'S REMARKS

Since its formation in 2012, Hope and Beyond (HaB) has established herself as a pioneer organisation to combine treatment and research for Alcohol Use Disorders in Uganda.

The period between 2017 and 2019 was eventful and special for within this time; HaB was officially opened, conducted ground-breaking research and scaled up outreach and treatment services. In 2017, HaB launched community based services including; free treatment for Substance Use Disorders among low income populations, offering of community service and donations to the needy. The beneficiaries of our treatment services have now increased to a cumulative total of 495 clients of which 134 were registered in 2019 alone – the highest number



of beneficiaries registered in one year. On the research front, we organised two addiction professionals' workshops to valorise our findings; managed four peer reviewed publications and shared our results in local and international conferences. Among the products of our research is a special program to care for the psychological need of the children of our clients which we are now happy to share with other addiction treatment centres. We are grateful to FORUT and IOGT Germany for giving us opportunities to talk about HaB activities to the IOGT groups in Mülheim, Düsseldorf, Bielefeld, Iserlohn, Hannover, Hoya and Berlin.

HaB's theme for 2020 is 'Arise and Shine'. Besides our regular programing, we plan to pay extra attention to resource mobilisation for building 'a centre of excellence for addiction treatment and other mental health services', continue with our research programs and expand treatment outreaches for the low income communities.

On behalf of the directors and management, I would like to express our appreciation to the staff, clients, well-wishers and to our development partners; FORUT Germany and Addiction Recovery who have supported us to achieve our goals in the past year. Utmost thanks to Rolf and Sabine Hullinghorst for their moral and financial support towards our outreach services. I implore those reading this report to support HaB in all possible ways so as to achieve her vision of a 'Society without substance misuse'. For a Vibrant life

Dr. David Kalema

SECTION ONE: ABOUT HOPE AND BEYOND (HAB)

Established in 2012, Hope and Beyond (HaB) is a registered allied medical facility which promotes alcohol and drug free lifestyle through evidence based treatment, mass education, policy advocacy and capacity building activities. The vision of HaB is "A society without Substance Abuse" and her primary goal is restoration of hope to those who are discouraged in life due to use of alcohol and drugs. HaB's mission is aiding recovery and improving the socio-economic wellbeing among family/community members of people challenged with addictive behaviors.

Key Services:

1. Treatment and rehabilitation: HaB offers a homely and professional environment to enable clients initiate and support recovery from addictive disorders. With support of partners, HaB also undertakes free treatment camps to substance users who cannot afford institutionalized treatment. Discharged clients are supported to achieve long term recovery through continuous care programs such as counseling, home visits and mentorship.
2. Children of Hope (COH) program: Directly resulting from the treatment gaps identified in our research, COH is a psycho-social (play therapy based) program that promotes parent-child dialogue and builds resilience and coping skills for a positive and substance free life among children from communities with addictive problems. This program has been greatly appreciated by our clients and HaB, working with the Addiction Recovery would like to promote it as a best practice among other treatment centers in Uganda.
3. Outreaches and institutional capacity building: HaB sensitizes communities and institutions about alcohol/drug use problems and the disease nature of addiction and its treatment. HaB uses various media platforms to offer mass education and offers opportunities for professional mentorship to Substance Use Disorder treatment (SUD) professionals. HaB staff are involved in several training initiatives to professionalize treatment of substance use in Uganda.

A note of gratitude from a discharged client

Am so excited about today, I don't know how to show my gratitude towards every single one of you who played a role in the journey to my narcotics' addiction recovery. It wasn't easy guys. It never is for everybody.

My life was a mess only you don't know how much. I had a problem which as much you know I NEVER wanted to admit, I was always in denial and on the negative side of everything. I think I was giving up on life but God abundantly bless every single one of you who didn't give up on me. Never thought I would make it this far. You guys are magical in a way.

The love and care you showed me was meaningful, it gave me hope and beyond, and am happy to say I'VE BEEN SOBER every minute since I came out regardless all the temptations that keep coming my way.

I know what you do is not easy, I just pray for you never to give up. Keep going and going. You're life savers. You restore our lives and give us the reason to hold on to life by pointing for us the right direction.

Thank you so much for everything.

4. Research: HaB is Uganda's only specialized centre that combines research and treatment for addictive illnesses. Our ground-breaking research offers opportunity for culturally adapted effective treatment for alcohol and substance users in Uganda and has resulted in numerous international publications.
5. Advocacy: HaB is the secretariat of Uganda Alcohol Policy Alliance (UAPA) the only civil society umbrella advocating for policies to control alcohol harm in Uganda.

The Gaps HaB Addresses

Knowledge gap: There is general lack of information on alcohol/drug use problems and the disease nature of addiction. Use of alcohol and some other drugs like nicotine is not perceived as a problem since it is widespread, legally accepted and many don't even know that addiction is treatable yet new addictive substances and behaviors such as gambling and internet are on the rise in Uganda.

Treatment Gap: Many of Uganda's health and social service providers are not empowered to provide the needed specialized treatment for substance use. Even the detoxification interventions and addiction counseling rarely reach the low social economic status people and yet they are the ones most at risk.



Hope and Beyond rehabilitation Centre's New Home at Bulwa Zone, Wakliga

A basketball game in progress at the centre

Challenges and strengths:

Challenges faced range from limited recovery resources and addiction professionals yet our clients have complex needs that vary from addiction to other co-occurring disorders.

- HaB does not have a funder for its residential treatment services and therefore, clients in long-term rehabilitation contribute financial resources to sustain their treatment. Although this is good for HaB's sustainability, some people miss the opportunity for residential treatment due to inability to meet the fees. To counter this challenge, HaB offers free treatment camps and subsidies on residential treatment fees and for those coming from low social economic backgrounds.
- HaB adheres to corporate financial guidelines and is audited annually. All the financial audit reports including the latest (2019) indicated that HaB's financial health is in a fairly good condition and remains a going concern.
- HaB recognizes grants and contributions from FORUT-Germany and Addiction Recovery to conduct treatment camps and Children of Hope programs respectively.

Management and Human Resource

HaB's Board of Directors is the supreme decision making body and meets twice a year for project supervision and recommendations to the management team. Departmental heads constitute the Management committee which meets on a monthly basis to guide the operations of the centre. HaB boasts of a youthful multidisciplinary and dedicated team of 25 staff; 18 fulltime and 7 part-time. Three of the staff are International Certified Addiction Treatment Professionals and the other is an international expert in prevention of Substance Use Disorders. HaB hosts student interns in Social works, Counselling and Psychology departments from Ghent, Uganda Christian University and Kyambogo Universities.

Internship experiences:

"It was an awesome experience with and an environment that felt like a home away from home. I was given a chance to assist the Administrator and to work in the Clinical department as well. Although it was a bit scary working with people having SUDs (I always perceived them as aggressive), all the people at the centre were really welcoming and my attitude towards them changed as well. I was assigned a very good and approachable supervisor who was always ready to help and gave a good report which earned me good marks. During my internship I acquired a number of skills like better counseling, communication, record keeping, managerial and clinical. Furthermore I gained confidence and was able to freely express myself amongst the team members. After my internship in August, 2020 I was given an opportunity to become a volunteer until now which has given me more experience at work" **Agnes Natuuwa, Student intern in Social Work and Social Administration at Kyambogo University, June 2019 to August 2019.**



Staff moments: Above, some of the staff members of HaB and



Besides, is Pauline, Lisa (Ghent University) and Agnes (Kyambogo University) cutting a cake after successful completion of their internship at HaB

SECTION TWO: TREATMENT AND REHABILITATION FOR PEOPLE WITH ALCOHOL AND SUBSTANCE USE DISORDERS

Management of SUD continues to be the backbone to HaB services. This has always been in form of residential treatment but in 2019 this program was supplemented with a camp to reach out to the needy populations.

Residential Treatment

HaB's treatment and rehabilitation program is holistic covering among others detoxification and other medications, a range of individual and group psychosocial therapies (Cognitive Behavior Therapy, and Motivational approaches), Livelihood and skills building (e.g. tailoring and entrepreneurship), Psycho education and Spiritual renewal programs. These therapies are delivered in numerous interactive sessions (e.g. meditation and prayers, life skills, alcoholic and narcotics anonymous fellowships, experiential therapy and family and group therapies).

The Livelihood and skills building programs such as music, baking and art and craft that were introduced in the reporting period have been much appreciated by clients as some have even taken them on as a source of income during and after treatment. HaB also conducts home visits of discharged clients to support their integration to normal lives.



HaB sports team. Sports and games are important components of HaB's recovery activities

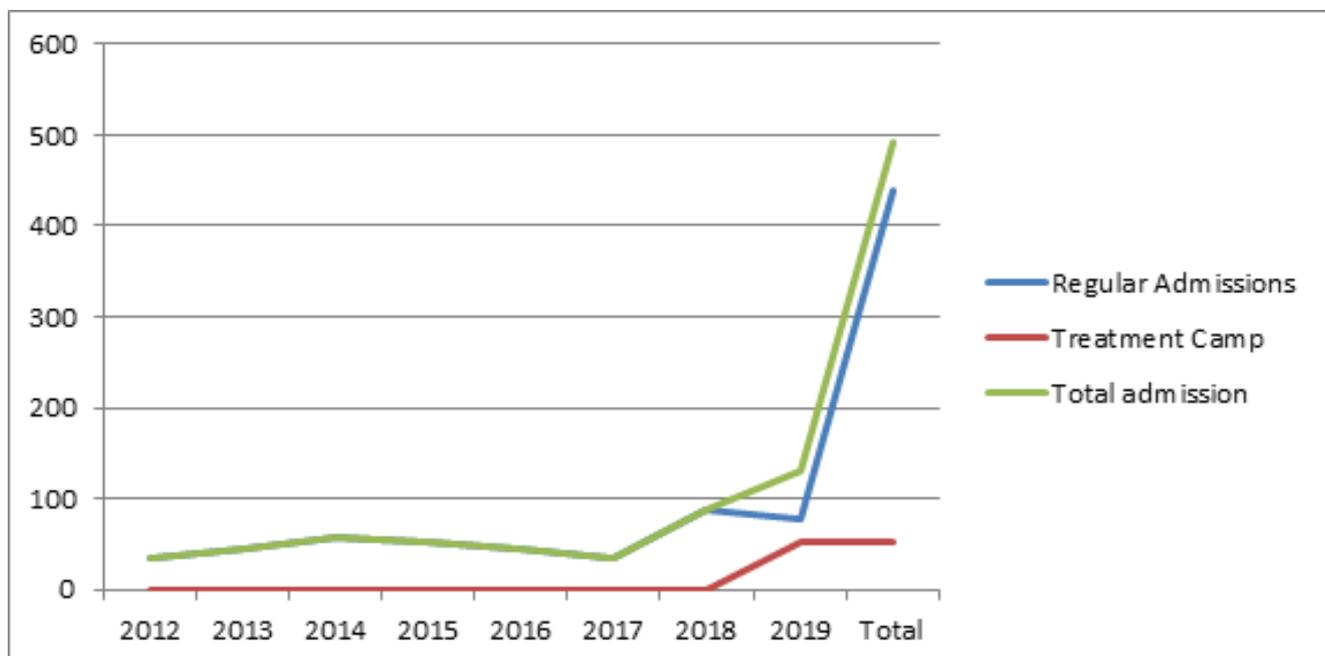
Treated clients' addictions and comorbidities:

Clients handled in this period reported to be using alcohol, marijuana, tobacco, crack cocaine and heroin. Gambling and sexual addictions are the other emerging behavioural disorders that were handled. Most of the clients experienced co-occurring disorders such as mental illness (like bipolar and schizophrenia), while others presented with HIV/AIDS, respiratory diseases, hypertension, fever, dental problems and poor vision.

Trends: There has been tremendous growth in the number of treated clients in a year from 36 in 2017 to 88 in 2018. The year 2019 registered the highest number of admissions since HaB's inception with 79 being regular admissions and 53 from the camp treatment program (See table one). Majority of the clients are Ugandans and a few others from South Sudan, Kenya, Rwanda and Democratic Republic of Congo.

Table and line graph one showing the number of admitted clients in the respective years

| Year | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | Total |
|-----------------|------|------|------|------|------|------|------|------|-------|
| Residential | 35 | 46 | 58 | 53 | 45 | 36 | 88 | 81 | 442 |
| Treatment Camp | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 53 | 53 |
| Total admission | 35 | 46 | 58 | 53 | 45 | 36 | 88 | 134 | 495 |



Evidence from our research: Does addiction treatment really work?

From a comprehensive study conducted in 2017, discharged clients that were treated at HaB performed better on various indicators of recovery when compared with others sampled from the National psychiatric hospital. Results of this study were published in a peer reviewed journal (<http://doi:10.1080/07347324.2019.1692639>). The same study re-interviewed 50 alcohol clients six months after residential treatment to assess the impact of treatment and observed marked improvement on various life aspects as follows:

1. Psychological/Mental functioning: Decline in depression and anxiety.
2. Social conduct: Reduction in behaviours such as thefts, lies...
3. Overall QoL: Improvement on the physical, psychological, social and environmental domains
4. Addiction severity; Increase in abstinence from alcohol use by (86%) and general reduction in addiction symptoms: (drug use (48%), heavy alcohol use (91%) expenditure on alcohol (82%) social problems with relatives (46%).

Appreciation and encouragement from our ex-clients

"Am very grateful for your services and I pray that you extend much more help to others and beyond just as the name suggests, putting hope in people and go beyond their expectations. God bless". **Moses**

Upon his discharge in 2017, Moses resumed normal work as a construction engineer. HaB outreach staff checked on him in 2018 and 2019 and he was doing well.

"I willingly came to HaB and I don't regret the decision. Though I relapsed at the first discharge, I am grateful that I was given another chance to return and work on my weaknesses. It was a hard task for me. I needed to understand what had brought me there. I really thank the staff. At HaB, I had a good time and it is where I actually discovered who I am. I am, so strong and confident that I will work out my sobriety. And I will try to read all the things I wrote while at HaB so that my recovery can be a good journey and make me a better person." **Bernard**



Counsellor Carol and Moustapha with Bernard (seated) at his home

After 24 months of rehabilitation, Bernard was reunited with his family members during the Christmas period of 2019 and was reportedly sober by the time of making this report.



Fr Jumba conducting a retreat to clients and staff of HaB ahead of 2019 Christmas. Spirituality is an important part of the HaB rehabilitation program

Camp Treatment:

With support from FORUT-Germany, HaB conducted the first free treatment camp for people with Alcohol and Drug Use Disorders in Kampala in 2019. The health camp was conducted at Kisigula HEALTH CENTRE, Mutundwe Division in Wakiso District. Thirty patients were admitted on residential program while the 23 patients, on an outpatient's basis.

Client characteristics:

Most of the patients (47%) were Catholics followed by Anglicans (21%), Muslims (15%), Seventh Day Adventist (9%) and Born Again Christians (8%). Majority (58%) were from Wakiso district followed by Kampala district (34%) while (4%) hailed from Kasese and the other (4%) from Mayuge and Busembatya districts. In terms of age, the youngest client was 17 years while the oldest was 64 years and the mean age of the camp participants was 40 years.

Benefits and recommendations:

Besides treatment, it is estimated that the awareness messages disseminated during the camp period reached at least 100,000 people. The camp was also well reported in the media including Uganda's leading daily (See New vision story on 21st February 2019) and a significant part of the camp resources were raised through mobilizing the local community. Owing to the success of the camp, it was recommended that it is replicated in other areas. Recommendations included planning for at least 50 clients for each subsequent camp, studying its effectiveness, and engaging more political and religious leadership and other local benefactors such as Rotary for resource mobilization.



Youth addicts get free therapy

By Nelson Njiru

"Alcohol and drugs ruined the future of my son," Sylvia Nambouo, the mother of 28-year-old Peter Sefwami, said.

Nambouo said Sefwami started taking alcohol and using drugs while in secondary school and got addicted.

"At first, I took a lightly but later realised my son's life deteriorated and he suffered a mental breakdown. I took him to Butabika Hospital for rehabilitation," Nambouo said.

She said after spending three months undergoing rehabilitation, Sefwami came back worse than he was before.

It was against this background that Nambouo appealed to the Government to make alcohol expensive.

"This alcohol is very cheap, everybody, including children, can afford it," Nambouo was among over 50

parents and carers who started their loved ones to Kisigula Health Centre II in Makindye-Saabagabo municipality, Wakiso district, to receive free treatment for drug and alcohol addiction on Tuesday.

BETWEEN THE LINES

Peter Mingo, a counsellor with the centre, said the major goal is to help them regain sobriety and provide them with the necessary knowledge, skills and habits necessary for them to remain free from addiction.

The one-week medical camp was organized by the Hope and Beyond Rehabilitation Centre, an organisation that takes care of addicts.

Dr David Kalima, the executive director of the centre, said the Government should decisively deal with the issue of drug abuse and alcoholism to avert a national disaster.

"We do not have any government

programmes where people addicted to drugs and alcohol are helped at primary level. There is only one alcohol and drug unit in Butabika Hospital. People fear to go there because it is a mental hospital," he said.

Alberty Kasulya, a former addict, said the Government should not only take out money to the youth in the slums but also rehabilitate those suffering from addiction.

"The money will destroy them," he said.

Statistics

Uganda is among the highest alcohol-consuming countries in Africa.

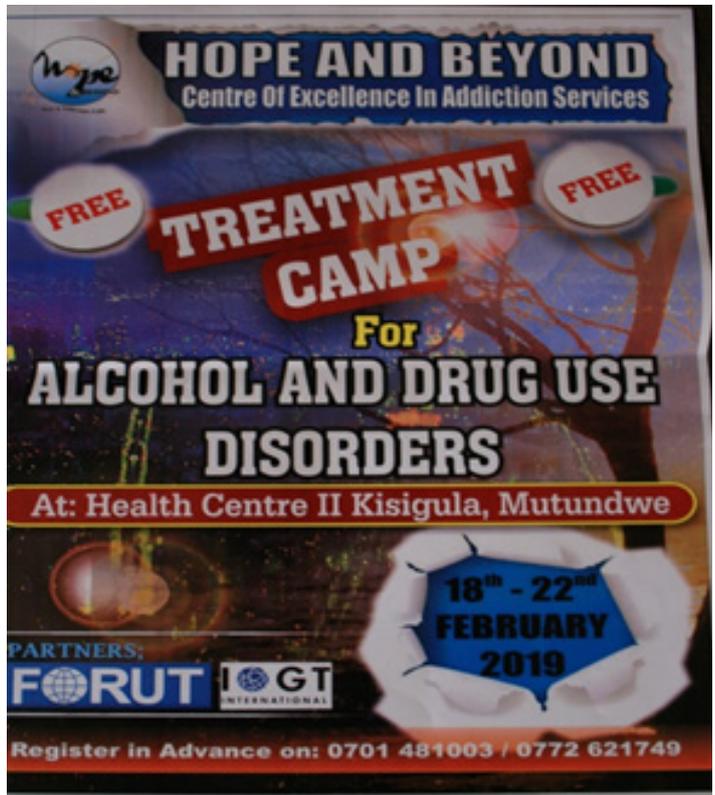
Four million Ugandans are said to suffer from alcohol use disorders per underage drinking and drug abuse is rampant. About three million people are considered to have mental health problems in Uganda.

Dr Kalima said young people were particularly vulnerable to mental illnesses as many have been exposed to alcohol and drugs at a tender age.



Counsellors attending to the youth at Kisigula Mutundwe, Wakiso district on Tuesday.

Above is the "The New vision" report about the camp treatment while besides is Poster made to announce the treatment camp



Children Project

Between 2016 and 2019, HaB built capacity for implementation of Children of Hope project, a special program for Life skills and Resilience training among clients' children. Through the logistical and technical support of Mr. Hugo Van Den Berge and Benedikte De Wulf, both based in Belgium, HaB managed to hold several sessions with clients' children, visited them in their homes and organised annual end of year parties. To empower clinicians with addiction prevention and coping strategies for children, HaB conducted Children therapist workshop for child care givers in Kampala and pastoral workers in Mbarara. A major outcome of this program is the **Hugo Children Therapy Box** an evidence based tool for supporting children of people in recovery with stress management skills.



Bendikte and Hugo during the Children therapist workshop all held at HaB and below is the Children fun day



SECTION THREE: OUTREACH/NETWORKING AND PROMOTIONS

HaB implements a variety of prevention activities to create awareness and advocacy against alcohol and drug abuse. On several occasions, HaB hosted visitors including those from Ministry of Health (MoH) to share about SUD treatment in Uganda. Such activities not only show confidence in HaB but also establish rapport with the community and enables referrals of people with SUD.

Outreaches

HaB held outreaches and seminars in various educational institutions (such as St. Peter's SS Naalya, Rubaga Girls, Uganda Matyres SS Rubaga, Kyambogo University, St Joseph's SS Nansana ...), religious and faith based communities (Mosques and churches), mainly in Kampala and Mbarara areas. HaB also regularly participates in various health exhibitions and speaks among Rotarians. Most of these outreaches are sponsored by respective institutions yet outreaches in communities have been realized with the generous support of Rolf and Sabine Hullinghorst.



An Outreach session in progress for the youths of St Gyaviira, Bunnamwaya Catholic Parish

Media

To educate the masses about addiction, HaB has an active Facebook page and has since her inception conducted weekly media interface on Radio Maria. From October 2019, HaB conducted weekly addiction awareness shows on Gugudde TV. HaB programs have also been aired on NTV, Bukedde TV and NBS TV, on various radio stations including Spirit FM, Family FM, Metro FM, Radio Uganda, and in the local publications such as the New Vision and Bukedde among other media appearances. Through the support of IOGT and FORUT members based in Germany, HaB's work was also featured in some German media outlets.

Advocacy

HaB is the current secretariat of Uganda Alcohol Policy Alliance and continues to be leaders of alcohol control advocacy in Uganda. As the Chair of alcohol control advocates in Uganda, HaB co-sponsored the first Uganda Alcohol Policy Conference in November 2018 and effectively lobbied for banning of sachet alcohol and enactment of the National Alcohol Policy. HaB was part of the United Nation Office on Drugs and Crime discussions on implementation of Ministerial declaration on control of drugs. HaB Director was appointed on World Health Organisation Civil Society working Group on Non Communicable Diseases.

Research, Publications and Information Dissemination

In 2019, HaB in collaboration with Researchers from Gent University, made a publication in a peer reviewed journal entitled Alcoholism Treatment Quarterly. See below

Predictors of early recovery for alcohol Use disorder after treatment in Uganda

ABSTRACT: Data on treatment for AUD (Alcohol Use Disorders) in developing countries are scarce. This study explores aspects of early recovery and correlates of alcohol use after residential AUD treatment in Uganda. 78 respondents were followed up using, among others, the ASI-6, HCSL-37A and WHOQOL-BREF. They were interviewed within two weeks after admission in residential treatment and six months later. Significant reductions in addiction severity and psychopathology, as well as improvements in Quality of Life (QoL) were observed after treatment. Treatment environment, individual characteristics and problems with close friends were the main predictors of early recovery from AUD.

A detailed paper can be accessed on ...

David Kalema, Lore Van Damme, Sofie Vindevogel, Ilse Derluyn, Florian Meulewaeter & Wouter Vanderplasschen (2019): Predictors of Early Recovery after Treatment for Alcohol use Disorders in Uganda, *Alcoholism Treatment Quarterly*, <http://doi:10.1080/07347324.2019.1692639>

Papers published in 2017 included;

- Kalema, D., Vanderplasschen, W., Vindevogel, S., Derluyn, I., & Baguma, P. (2017). Treatment challenges for alcohol service users in Kampala, Uganda. *International Journal of Alcohol and Drug Research*, 6(1), 27-35. doi: <http://dx.doi.org/10.7895/ijadr.v6i1.240>
- Kalema, D., Vindevogel, S., Derluyn, I., Baguma, P., Bannink, F., & Vanderplasschen, W. (2017). Perspectives on alcohol addiction among alcohol treatment providers and service users in Uganda and Belgium. *Drugs: Education, Prevention and Policy*. doi: [10.1080/09687637.2017.1381667](https://doi.org/10.1080/09687637.2017.1381667)

Previous publication through the doctorate of David Kalema included:

- Kalema, D., & Vanderplasschen, W. (2016). Addictions The role of religion in alcohol consumption and demand reduction in Muslim majority countries (MMC), *Addiction* 111(10).

- Kalema, D., Vindevogel, S., Baguma, P., Derluyn, I., & Vanderplasschen, W. (2015). Alcohol misuse, policy and treatment responses in Sub-Saharan Africa: the case of Uganda. *Drugs: Education, Prevention and Policy*, 22(6), 476-482 (<https://www.ajol.info/index.php/ajdas/article/view/133133>).
- Kalema, D., & Vanderplasschen, W. (2015). Features and challenges of alcohol abuse treatment in Uganda. *African. Journal of Drug & Alcohol Studies*, 14(2), 125-136.

Awards and new affiliations.

Besides the doctorate award from Ghent University in treatment of AUD, HaB's evidence based efforts in mitigating alcohol harm were recognized with a Medal of Honor to Dr David Kalema by the Catholic Scholarship Fund.

Capacity Building.

In 2018, HaB partnered with UAPA to conduct a Universal Treatment Curriculum for Addiction professionals resulting to accreditation of eleven addiction counselors. Together with Uganda Counselors' Association plans are underway to conduct a similar program among the counselors.

Below: Some of the participants of the UTC capacity building program



Networking and Research valorisation

In 2017 HaB launched Research valorization with a series of networking activities; including; Community work and sensitizations, Radio and TV talk shows, Press conference, Workshop for addiction professionals, and the climax was the Open day on 24th November 2017. At this occasion HaB was officially opened by the representative of MoH. Dr Sheila Ndyambangi (RIP) and graced by Prof. Wouter Vanderplaschen of Ghent University among others.

HaB participated in several international meetings including the IOGT International Congress in Sigtuna, Kentil Brunne Society international alcohol epidemiological conference in Sri Lanka, 'Celebrate liberation' meeting in, Lusaka Zambia, the International Network of Brief Interventions against Alcohol conference in Lubeck, Germany. HaB works also featured significantly in local conferences such as Uganda Counselors' Association Conference, Reformed Theological College, National Prefects Conference and at the East African Psychological Association Conference.



The late Dr. Sheila Ndyabangi cutting the tape on behalf of the Minister of Health to officially open HaB services. Looking on are the Board member of HaB.



Some of the participants of the 69th IOGT international Congress in Sigtuna, Sweden in 2018

SECTION FOUR: THE FUTURE OF HaB; VISION 2030

Proposed Specialized Addiction Treatment And General Health Facility In Mpigi Disitric, Uganda

Project goal

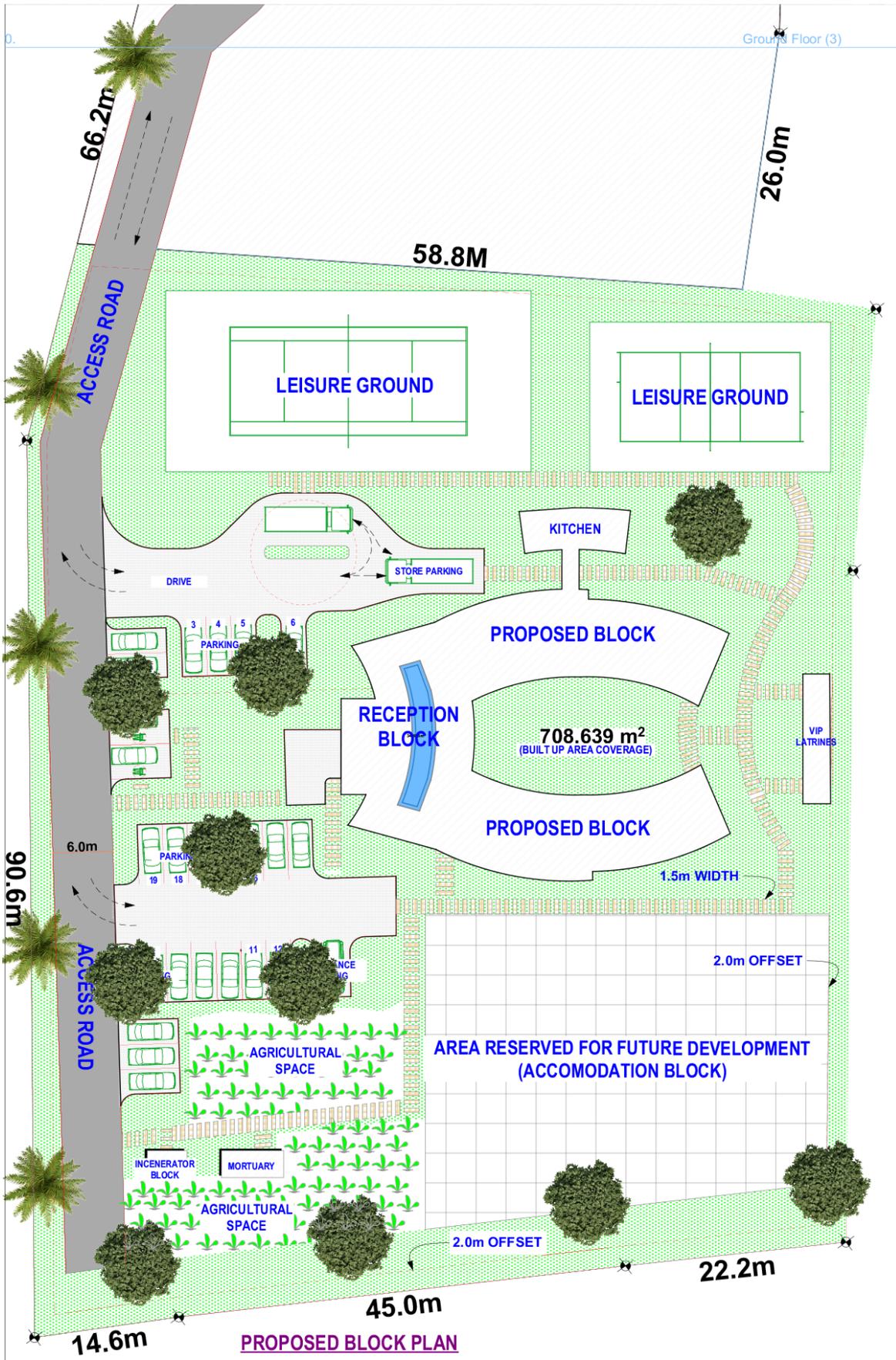
Vision 2030 intends to provide quality addiction recovery and general health services to the people of Mpigi district in particular and Ugandans in general in order for them to live a healthy and productive life. The project shall contribute to the district health sector objective of reducing morbidity and mortality from the major causes of ill health and to Uganda's Vision 2030 of "A Transformed Ugandan Society from a Peasant to a Modern and Prosperous Country". The project will directly contribute towards 5 goals of the UN 17 sustainable development goals (SDGs) to transform our world (i.e. preventing poverty, hunger, and promoting good health and well-being, gender equality and access to clean water and Sanitation).

Description of the Project

Vision 2030 shall house specialized treatment and rehabilitation services and offer primary health and related services. It is expected that the entire project shall be built on three acres of land and will be made in different phases. The project is expected to become operational after the first phase of construction. HaB has already secured two acres of land which is sufficient for the first phase. This first project phase is estimated to cost 500,000,000 Uganda shillings (Approx. 125,000 Euros). HaB shall work with various stake holders to ensure that the project goals are met.

Major components of the services shall be primary health care, detoxification and psychosocial programs (therapies, Prayers and self-help groups) to meet the basic health needs of the people while at the same time treating addictive illnesses. Clients in critical condition shall be admitted for residential treatment and rehabilitation while others not critical shall be seen on an outpatient's basis. We estimate to serve not less than 50 patients daily on an outpatient's basis, a total of about 18,000 every year. The facility is planned to house at least 30 clients (20 males and 10 females) who need residential addiction treatment at any one time. The center shall also provide research and training opportunities for professionals that are interested in management of SUDs.

Lay out of vision 2030



Some of the Artistic Impressions of
Proposed Rehabilitation and Mental Health Facility



Because of the cross cutting nature of health issues and the diverse social challenges faced by the local population, there is need for an integrated approach to health. Besides primary health and addiction treatment services, the proposed centre shall focus on related services to improve community welfare. More specifically, special programs will be designed for providing social empowerment of the girl child and the woman in general. Programs shall be extended to include life and livelihood skills which are essential for survival and realization of one's potential. Activities such as handcrafts, carpentry, agriculture, animal husbandry and poultry will be embodied in the program for economic empowerment of the beneficiaries.

Finally, this project will provide safe water to the people within a reasonable walking distance (a radius of 1.5km from the project site), at least a minimum of 20 litres per person per day.

Sustainability

Although there shall be discounted rates for those that cannot afford the services, users shall be required to pay for the services so as to promote economic sustainability of the facility. Proceeds from the fees shall be used for maintenance and repair, personnel costs and other operational expenses. Proceeds from the livelihood activities such as agriculture, animal husbandry and poultry shall be used to feed the clients while the excess shall be sold off to supplement the maintenance costs.

Progress

- The architectural plan of the proposed site is finished and approved by the local administration.
- We plan to build in stages starting with the administrative phase which shall initially be multipurpose. Construction is expected to commence in 2021.
- We have opened up a building account in Housing Finance Bank: Name; Hope and Beyond, Account no; 1500091046, Currency; Euro

Fundraising:

Between 2017 and 2019, HaB and IOGT Germany and FORUT have had several exchange visits between Uganda and Germany. In April 2017 and October 2019, our ED visited Germany, conducted exhibitions and spoke to groups in Mülheim, Düsseldorf, Bielefeld, Iserlohn, Hannover, and Berlin. Later FORUT team visited Uganda in 2017 and witnessed the camp being conducted in 2018. The exchange visit resulted in collaboration with FORUT to mobilise resources for the addiction centre of Excellence in Uganda but also gave the much needed exposure to the wide SUD treatment options currently being practised in Germany. Special thanks to Dietmar and Ulrike Klahn and Rolf and Sabine Hüllinghorst for enabling this exchange visit.

Some of HaB Activities in Photos



IOGT Germany president (in white jacket), FORUT board members and HaB Executive Director after a presentation on HaB to IOGT Berlin.



Ulrike and Dietmar Klahn, David Kalema with the Director of Syanon a non-medical based recovery program for people with addictions based in Berlin



Justine Nabukenya receiving a medal of Honor for her distinguished service to HaB.

Carol Mulyowa conducting a session with the children.



Capacity building (Mengo hospital medics) sessions in progress.



Outreach (Kisigula mosque) sessions in progress.

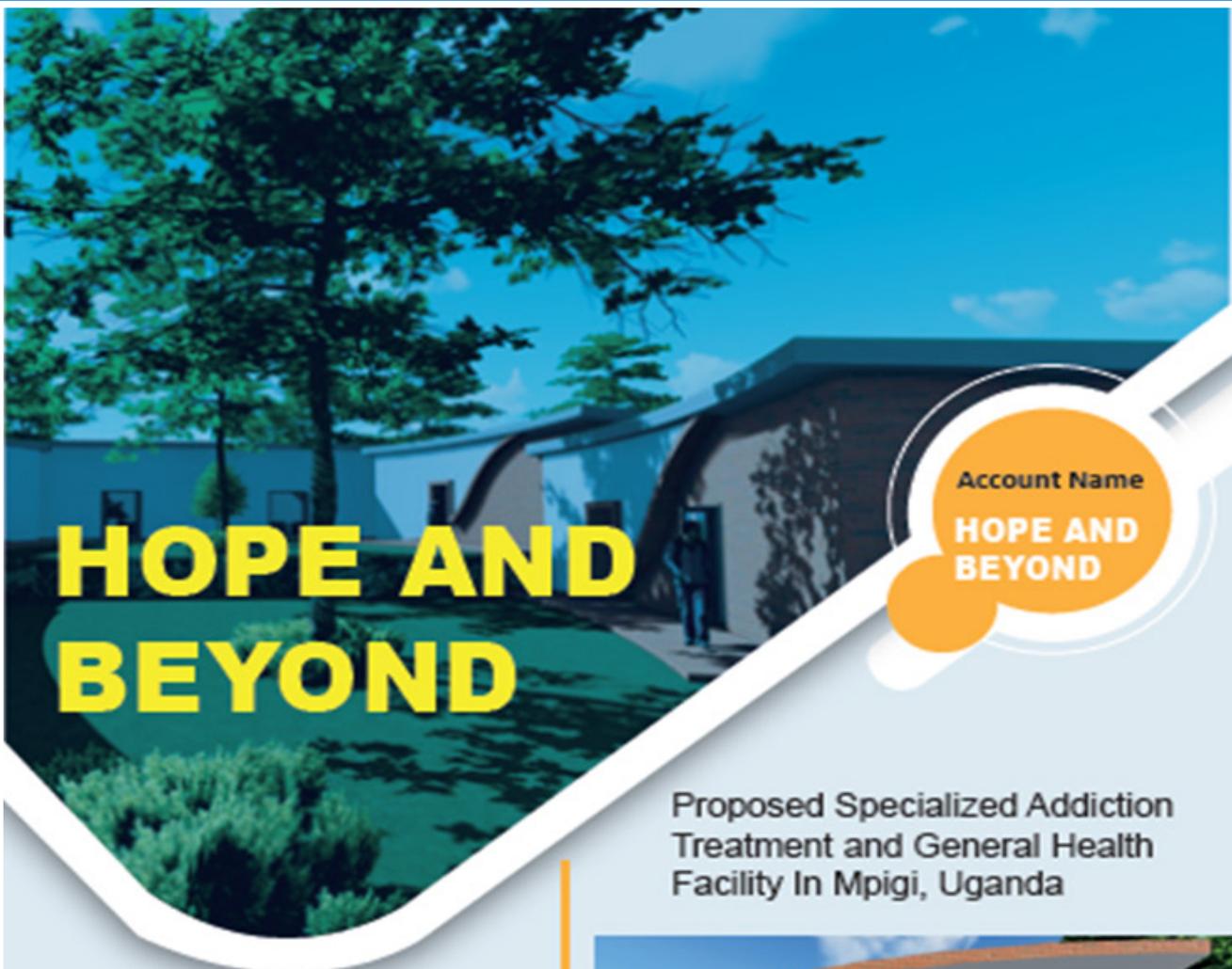


Towards culturally adapted effective treatment for alcohol service users in Uganda



Available at HaB
Get your copy now!

DAVID KALEMA



HOPE AND BEYOND

Account Name

HOPE AND BEYOND

Proposed Specialized Addiction Treatment and General Health Facility In Mpigi, Uganda

HOPE AND BEYOND

We appeal to all people of good heart to support us in the realization of this project.

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Venue: Kiringente Subcounty,
Luvumbula Parish in
Nakabiso village

HOPE AND BEYOND