The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

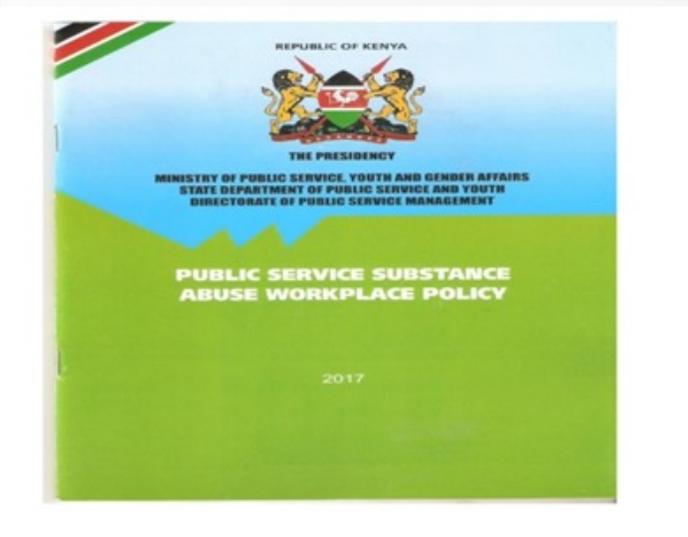
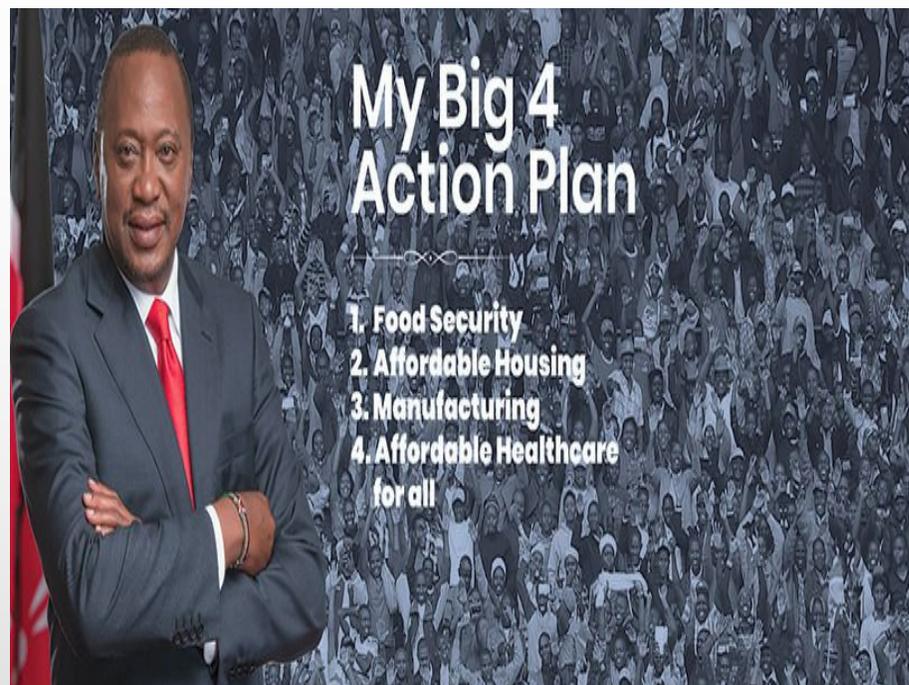
IDENTIFYING THE NEED FOR RECOVERY SUPPORT (CASE STUDY FOR RECOVERY SUPPORT IN KENYA)

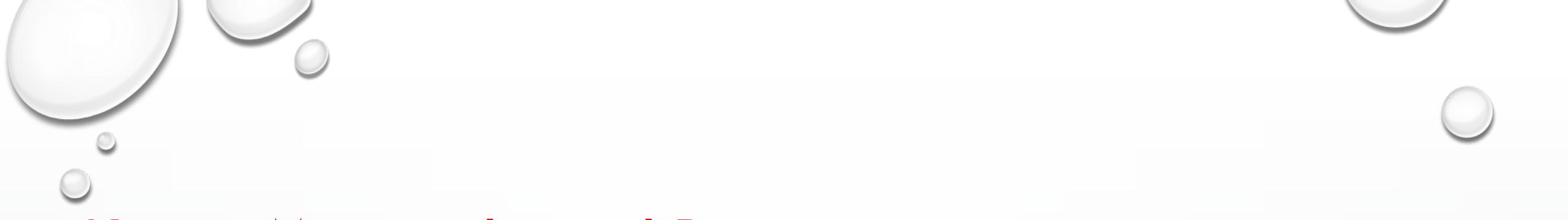
PAMELA KAITHURU, PHD

ISSUP-K

OUTLINE







- **Kenya Meteorological Department**

- Mandated to provide timely and accurate early warning weather and climate information services, to all sectors of the economy, for the safety of life, protection of property and safeguarding of the natural environment for sustainable development
- 

WHAT IS THE GOAL

Enhance individual and institutional productivity

Socio-economic growth of nations

- Reduce diseases burden
- Enhance personal growth



Current use of drugs & substances of abuse in Kenya

Alcohol	23.8%
Tobacco	4.8%
Miraa/Khat	2.9%
Bhang/Cannabis	1.9%
Prescription Drugs	1.0%
Heroin	0.8%
Cocaine	0.8%

(NACADA, 2021)





- **WHAT IS THE PROBLEM?**
- Alcohol use has been identified as the major contributor to the burden on SUDS in public sector workplaces in Kenya
- Alcohol Use Disorders 13.2%
- Mild AUD 5.7%
- Moderate AUD 3.0%
- Severe AUD 4.5%

ACTIONS

- The workplace as an entry point to the family and community
- Education and awareness
- Identifying needs/ offer counselling/ referral
- Work with the rehabilitation facility **during** the treatment, monitors progress of the person in recovery and facilitate their follow-up and adherence to treatment **during** and after **discharge**



- Keeps tabs with the staff to support sobriety and address challenges/ emerging issues (for in/out patient)
- Immediate family member to the staff the same support is provided
- Creates awareness to the family and the workplace to forge a healthy environment that may influence relapse
- Advices on policy to reduce demand, improve recovery and management





- Achievements in the public sector workplace (NACADA 2021)
- 61.1% aware of policies
- 60.5% aware of ADA mainstreaming activities
- **30.3%** trained/sensitized
- 45.1 % have seen messages
- 59.7% aware of counseling & TX services
- **2018-2021 at the Department /Ministry**
- **70% of staff sensitized**
- **100% Insurance cover (NHIF) – include SUDs treatment**
- **16 individuals (staff & family members)**
- **Several relapse cases (40-60% success rate)**
- **Re-integrate to workplace and family**

• Identified Issues

- Work-related (shift workers, stations, stress)
- Comorbid (Mental Disorders, Non-communicable Diseases)
- Family dysfunctions
- Change management



- Few professionals (working through committees) – not core
- Stigma related to SUDs /misconceptions such that identifying needs not easy/ supervisors and family
- Lack of supervisions leading to burnout/ high turnover, changes in Committees
- Funds for programs- competing needs for resources



CONCLUSION

- A healthy employee is a resource and through use of the available proven approaches the workplace is a place of rescue for individuals, families and society at large in drug demand reduction

