

Webinar: Youths and Substance

Topic: Healthy Holiday Choices:
Substance Prevention for Youth



Presenters

- ▶ Dr Cassian Leornard Nyandindi -Chairperson, ISSUP Tanzania Chapter
- ▶ Dr Isaac Rugemalila -Secretary, ISSUP Tanzania Chapter
- ▶ Damali Lucas - Member, ISSUP Tanzania Chapter



**Healthy Holiday Choices:
Substance Prevention for Youth**



Dr. Cassian Nyandindi
Assistant Commissioner for Treatment and Rehabilitation - Drug Control and Enforcement Authority (DCEA)
Chairperson - ISSUP Tanzania



Dr. Isack Rugemalila
Head of Mental Health Department, Benjamin Mkapa Hospital
Secretary - ISSUP Tanzania



Damali Kabwali
Head of Programs - Tanzania Network of People who Use Drugs (TANPLUS)
Member - ISSUP Tanzania



Shabani Miraji
Moderator
Prevention Officer - Drug Control and Enforcement Authority (DCEA)

Thursday, 18th December 2025 6:00 PM EAT | 3:00 PM London
<https://attendee.gotowebinar.com/register/3555585760672751197>

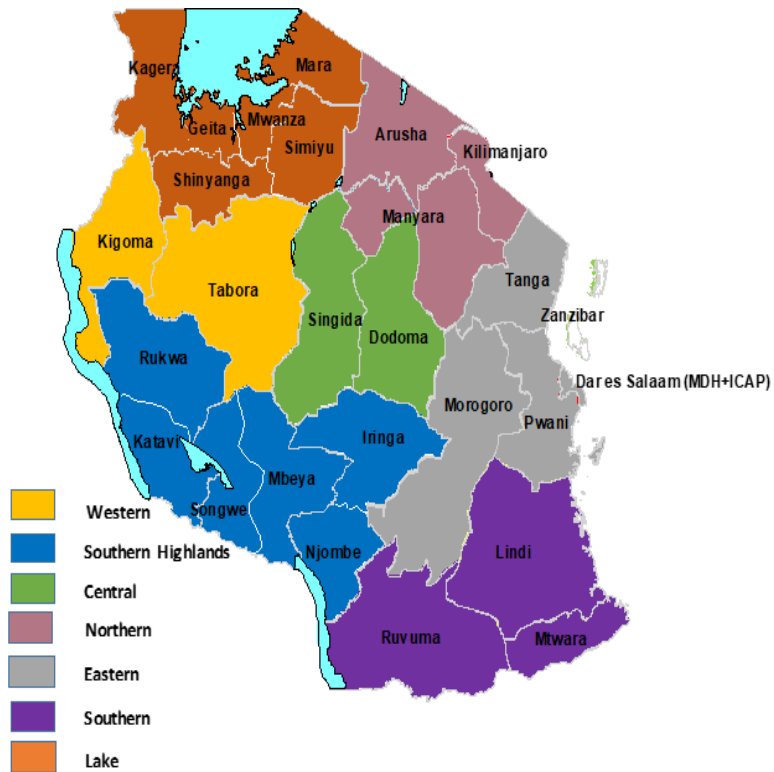
Agenda

- ▶ Opening Remarks - 2 min
- ▶ Introduction of ISSUP Tanzania Chapter -2 min Dr Cassian
- ▶ Background of Drug Use Global, Regional and National - 1 min _Dr Cassian
- ▶ Psychoactive substance use, misuse and substance use disorders (SUDs) -5 min Dr Cassian
- ▶ Practical Prevention Actions for Families, Schools and Communities - 10 min _Damali
- ▶ Health and psychological mechanism behind youth initiation 10 min _ Dr Isaac
- ▶ Festive season risks, current challenges -10 min _ Dr Cassian
- ▶ Questions and Feedback -15 min
- ▶ Closing Remarks - 5 min

Introduction to ISSUP Tanzania Chapter

By Dr Cassian L.Nyandindi

Introduction to ISSUP Tanzania Chapter

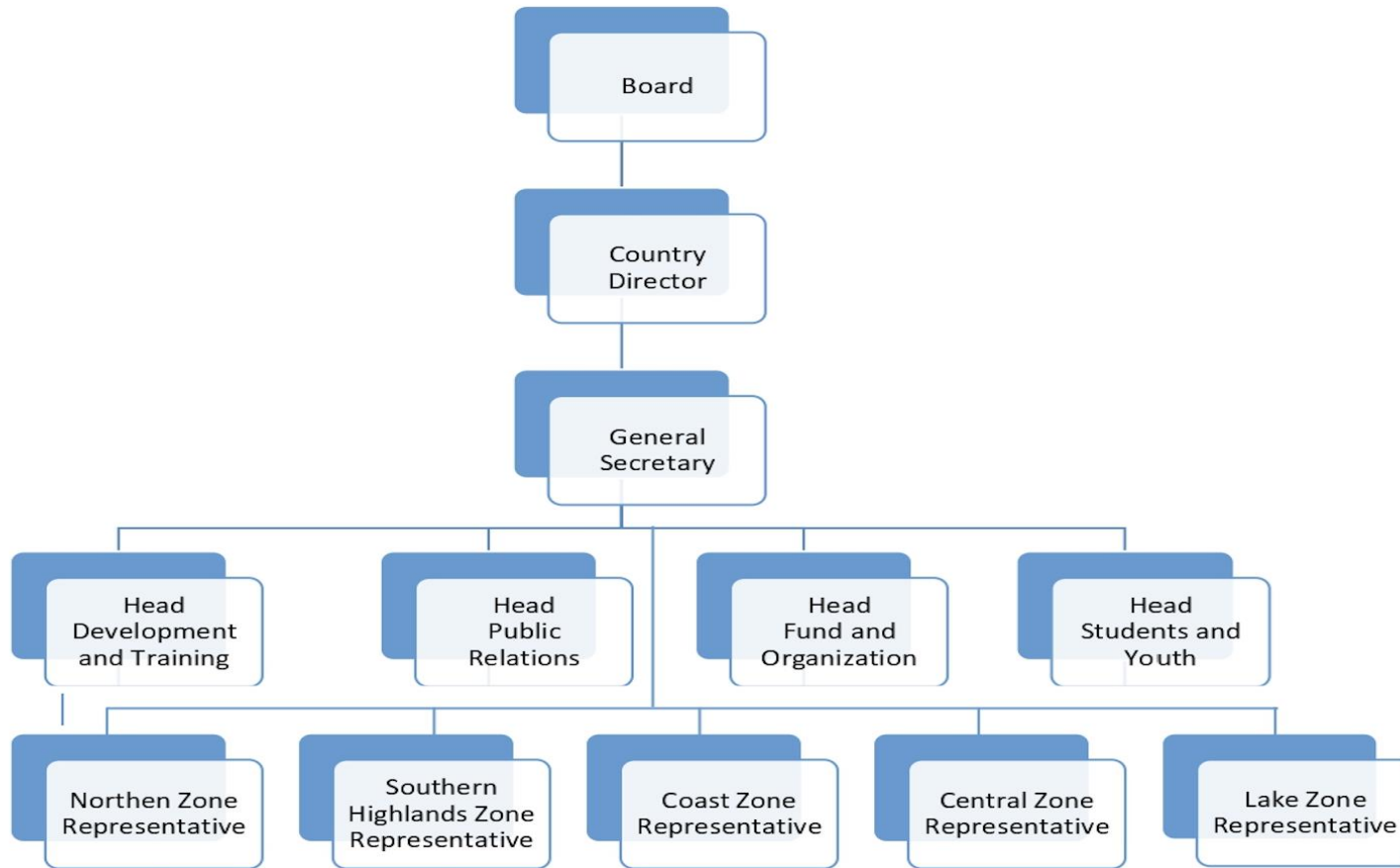


- ▶ The 10th largest country in Africa
- ▶ area of 947,300 square kilometers
- ▶ the population estimate of 62 million people as per 2022 national census.
- ▶ borders with 8 other countries.
 - Burundi, Rwanda and Democratic republic of Congo (DRC) to the west.
 - Kenya and Uganda to the North
 - Malawi, Zambia and Mozambique to the South
 - Indian Ocean to the East.

Structural FRAME WORK OF ISSUP - Tanzania Chapter

- ▶ Officially launched on 28th November, 2023
- ▶ Anchored through the Drug Control and Enforcement Authority (DCEA)
- ▶ DCEA is the government entity under Prime Minister's Office responsible for ADDRESSING AND COUNTERING DRUG PROBLEM
 - ▶ Supply Reduction
 - ▶ Demand Reduction
 - ▶ Harm Reduction
 - ▶ Enhancement Of Cooperation
- ▶ By September 2024, the CHAPTER HAS REGISTERED 196 Members

Tanzania ISSUP Chapter-Organogram



Global, Regional and National Trends on Substance Use

By Dr Cassian L.Nyandindi

Drug Use Trends

- ▶ Reported 316 millions people use drugs globally
- ▶ 28% of them are over 10 years in using drugs
- ▶ 64 milion people who use drugs have drug use disorder, and
- ▶ 13% of them have over 10 years in using drugs
- ▶ Those reported using drugs are aged between 15 -64 years (UNODC, World Drug Report,2025)
- ▶ **29.7 million** adolescents and young adults (aged 10-24 years) were affected by substance use disorders (SUDs) globally
- ▶ **Initiation Age:** Most people use drugs for the first time as teenagers. Users who try an illegal drug before age 15 are 6.5 times more likely to develop a substance use disorder later in life than those who wait until they are 21 or older. (WHO 2024)

Alcohol and drug use among Adolescents

- ▶ Drinking alcohol among adolescents is a major concern in many countries. Worldwide, more than a quarter of all people aged 15-19 years are current drinkers, amounting to 155 million adolescents.
- ▶ Prevalence of heavy episodic drinking among adolescents aged 15-19 years was 13.6% in 2016, with males most at risk.
- ▶ Cannabis is the most widely used psychoactive drug among young people with about 4.7% of people aged 15-16 years using it at least once in 2018.
- ▶ Alcohol and drug use in children and adolescents is associated with neurocognitive alterations which can lead to behavioural, emotional, social and academic problems in later life. (WHO, Adolescent and Young Adult Health, Nov, 2024)

Definition of Terms

Psychoactive Substance Use

- ▶ Any substance that affects feelings, perceptions, thought processes, and/or behavior
- ▶ All psychoactive substances exert their effects by altering the functioning of the nervous system

Substance abuse/Misuse

Refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs.

Misuse and diversion of prescribed controlled substances (e.g. stimulants, central nervous system depressants, opioid analgesics)

Substance Use Disorder (SUD)

- ▶ As a condition where substance use leads to significant impairment or distress, involving a compulsive pattern of using a substance despite harmful consequences, affecting health, social life, and work, and often involving tolerance and withdrawal symptoms, though it's a spectrum from mild to severe, not just addiction.

Practical Prevention Actions for Families, Schools and Communities

By Damali L.Kabwali

Definition of Prevention

Prevention is the application of prevention science to address the health and safety of individuals through improving socialization and socialization processes to enhance self-realization and participation in society.

Science of Prevention

- ▶ Prevention science is the foundation for health education and health promotion as well as prevention interventions.
- ▶ **Primary goal:** To improve public health by identifying malleable risk and protective factors, assessing the efficacy and effectiveness of preventive interventions and identifying optimal means for dissemination and diffusion.

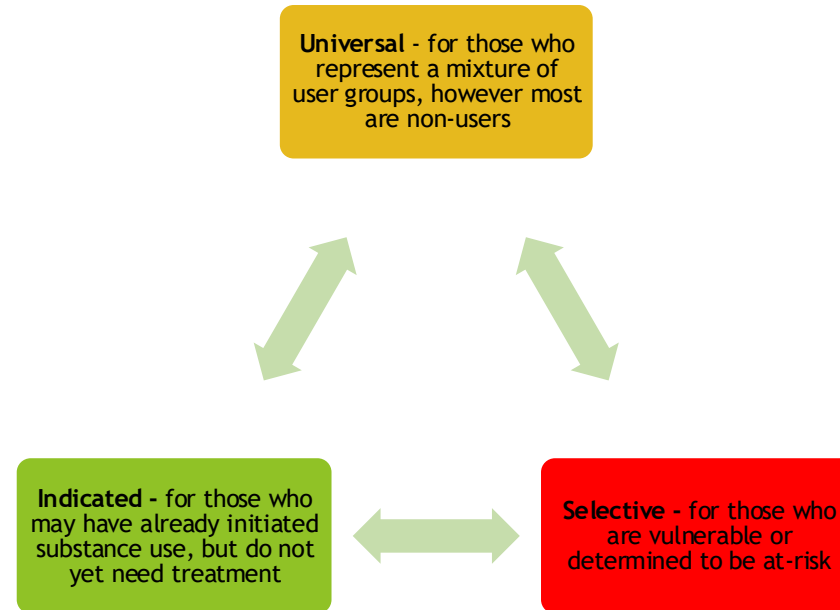
Why is Substance Use Prevention is important?

1. To help people, particularly young people to avoid or delay the initiation of the use of the substances, or if they have started already, to avoid that they develop disorders (e.g. dependence).
2. Concerns to the health and safe development of the children and youth to realize their potential and become contributing members of their community and society.

Critical Theories in Prevention

Categories of Prevention Interventions

- ▶ A theory presents a systematic way of understanding events, behaviors and/or situations.
- ▶ It can explain why some behavior occurs.
- ▶ Prevention theories center around:
 - ▶ Theories of human development
 - ▶ Theories of human behavior
 - ▶ Behavior and behavior change theories



International Standards: Categorization of Interventions and Policies

Developmental framework

- ▶ Infancy and early childhood
- ▶ Middle childhood
- ▶ Early adolescence
- ▶ Adolescence and adulthood

Setting

- ▶ Family
- ▶ School
- ▶ Workplace
- ▶ Community

Family -Based Prevention



Practical Actions:

1. Understand the methods used to intervene effectively to prevent substance use in children and adolescents.
2. Understand how to prepare prevention practitioners to participate in such programs

Goals:

- ❖ Understand family risks and protective factors for substance use
- ❖ Provide information needed to make the business and societal case for implementing substance use prevention in the family.
- ❖ Provide tools needed to identify and engage key family stakeholders in the implementation process.

School -Based Prevention

Goals:

Understand:

- ❖ Interventions and policies and demonstrate the importance of schools for implementations
- ❖ Three components of school-based prevention; school policy, positive school climate and substance use prevention
- ❖ Evidence based approaches to strengthen school policies, improve school climate and intervene directly with classroom prevention interventions
- ❖ Effective planning approaches for administrators and teachers on how to implement evidence in the school
- ❖ Specific skills for teachers primarily on class room focused interventions



Practical Actions

Persuade

- Whom to inform, questions answered, clear vision & outcomes, objectives
- involve people in plans,
- Keep it simple

Implementation

- Clear plan, timeline, benchmark, short and long terms, outcomes, roles, responsibilities identified, (PLAT) how to handle wrong and emergencies,
- Select evidence-based interventions; classroom curricula-lessons, classrooms programs
- Create substance use prevention policies in school, -policy analysis, creation and enforcement

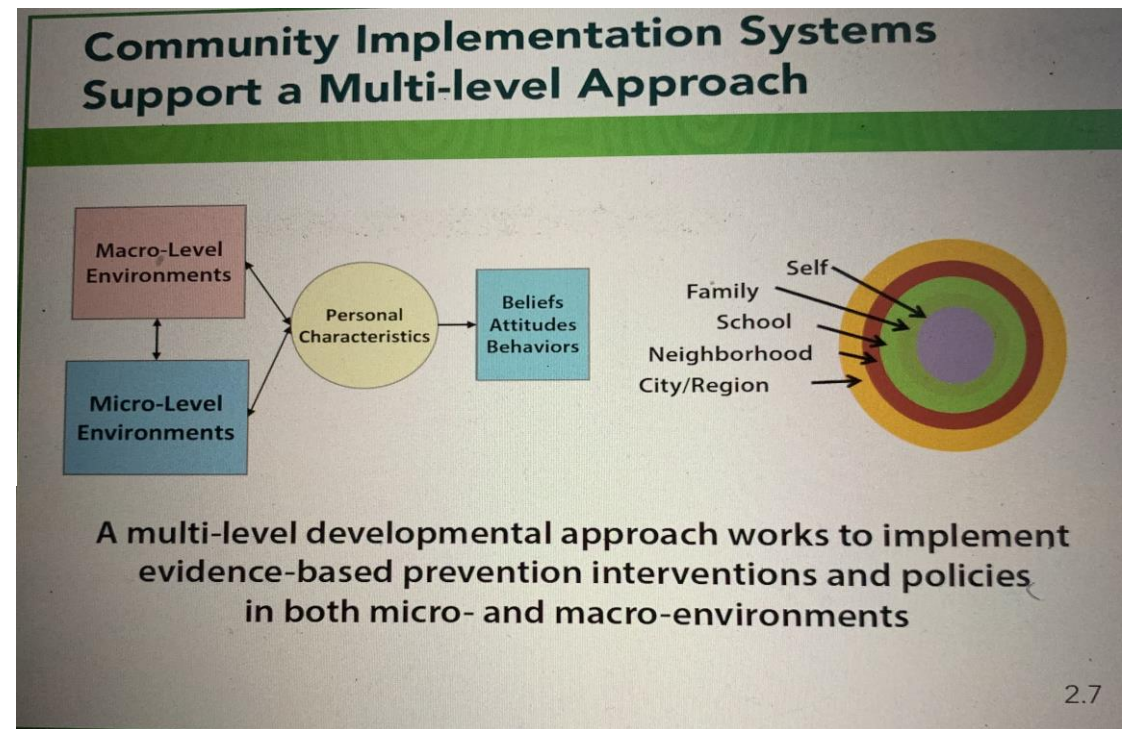
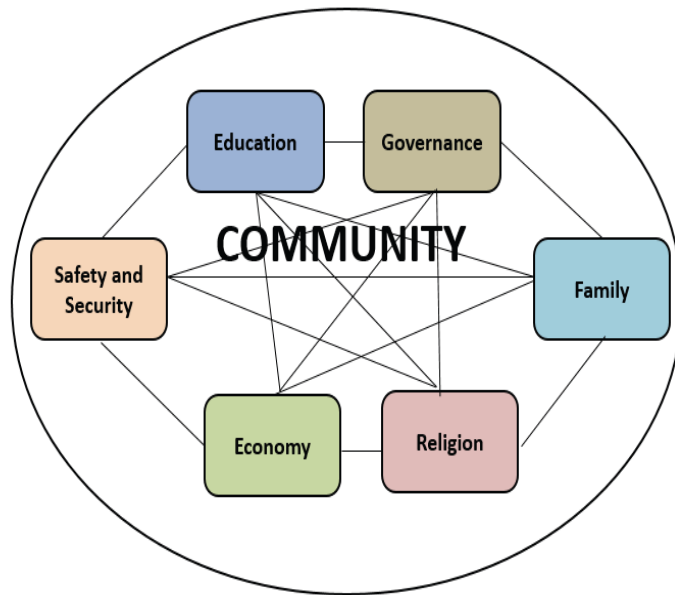
Confirmation

- Recognizes policies and procedures have become standard and
- Integrated in the situation.

School -Based Prevention-can make a difference

- ▶ School Personel
- ▶ Physical setting
- ▶ Programs - curricula,
- ▶ Policies
- ▶ School Climate - connectdeness vs disconnectdeness, positive behavior vs negative behavior, school life, character, quality

Community -Based Intervention



Assessing the Community

- ▶ *What does the substance use picture look like? What information is available to make this assessment?*
- ▶ *How is substance use viewed by the community? Are there particular groups that you want to address first?*
- ▶ *Who are the vulnerable groups? Why do you consider them vulnerable? What environmental factors influence these vulnerable individuals and groups?*
- ▶ *What are the Community's strengths?*
- ▶ *What resources are available for supporting EBIs in the community?*
- ▶ *What are the impediments for evidence-based prevention programming?*

Practical Actions

Present

- The primary methods for planning community wide implementation system

Provide

- Experiential learning in planning and working with stakeholders to develop prevention intervention services

Festive Seasons, Holidays, Youths and Substance Use

By Dr Cassian L. Nyandindi

Festive Holidays Seasons

The festive holiday season is

- ▶ The joyful, celebratory period from late November to early January, centered around Christmas and New Year's, characterized by decorations, parties, gift-giving, time off work, and cultural traditions, creating a peak time for retail and social gatherings, meant for fun, family, and a break from routine, though sometimes overwhelming .
- ▶ Most of the youths are coming back to home from schools /universities (boarding) and meet their peers in the society or families.
- ▶ Some travel for holidays/leave and meet new friends or peers.
- ▶ In this seasons a lot happens to adolescents/ youths, show up, upgrading of literate, fashions, stories, experiences from where they were, practices, relationships, etc.
- ▶ Its time for some of the youths/adolescents can learn, immitate, practice, try,copy, think, join ect from his/her peers in their society.

Key Festive- Season Risk Factors on Substance Use to Youths/Adolescents

1. Family -Lack of reintegration and socialization with in the family level. Between care givers/parents,guardians, children or VS,pubertion, misunderstandings,

2. Peer pressure -new practices, behavior, fashions, copy, learn from peers

3. Psychological problems -if an adolescents/youth is facing at that time - feelings, relationship, puberty, mood swings etc

4. School- what negative issue has been experienced at school life,physical setting, policy, climate school can affect a child.

5. Workplace- there are youth started to work early, what they learn/experience in their work places,might come to share to their peers, celebrations practices, fashions, spendings ect.

6. Community -youth peers,local leaders, local practices like drinkings alcohol, what community views or perspectives

7. Media has influence to youth/adolscents- social media, fashions, artists, video, movies,series,films

Communication Tips for Parents & Communities During this Festive-Holiday Season

Knowledge and skills

- Be informed about substance use and how it affects the health and life of youths.
- Communication skills on how to deliver the prevention message about substance use to youths
- Aware of the environment in the society i.e. availability of substance

Peers

- Understand youth Peers dynamics, behavior, their practices in daily life, celebrations, partying,
- What ,who, when, how ,or ever be engaged in substance use, power to his/her peers, influences.

Family level

- Be informed about substance use and its effects, roles and responsibilities for each, social economic vulnerability, guide children/youth to help prevent the onset of substance use ,

Communication Tips for Parents & Communities During this Festive-Holiday Season

Psychological Support

- Understand what the child is going through, practice face to face talk, how is feeling, vision, dreams
- How to support him/her to become better, etc

School Life

- Like to know about his/her friends, feelings when s/he is at school, relationships, teachers connectedness,
- Physical settings, school policy, school climate,

Workplaces

- There are youths started to work early, know his/her workmates, behaviour, substance use after/during work, weekends, outings, togetherness, relationships
- Motivation to work-has to use drugs or, like in mining, fishing, or any hard works etc.

Communication Tips for Parents & Communities During this Festive-Holiday Season

Environmental interventions;
understand social economic
activities, society celebrations, festival
dances, harvests seasons, youth
gatherings, policy and community wide
strategies

Community Interventions: roles of
churches, peers practices,
prestiges, fashion, how use of drugs
viewed, what the community say
about it, how to intervene,
influencers, etc

Media Interventions: social media use,
artists, musics, videos, fashion trends
practices among youths, do media
maanners understand about
substance use, how they portray the
message in the community

Asanteni....

