



Nueva Esperanza Treatment &
Rehabilitation Centre

SUBSTANCE USE DISORDER

**EVIDENCE BASED TREATMENT APPROACHES;
CLINICAL PRACTICE AND RECOVERY SUPPORT.**

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Substance Use Disorder

Understanding the condition and the person behind it

A complex condition

Substance use can affect health, emotions, relationships, work and daily functioning.

More than stopping use

Effective care addresses the factors that maintain substance use and supports lasting recovery.

Individual needs

Each person has different patterns, risks, strengths, goals and support systems.

Treatment

A coordinated, person-centred pathway

01

Assessment

Understand substance use, risks, mental health, physical health and goals.

02

Stabilisation

Address immediate medical, psychiatric, withdrawal and safety needs.

03

Therapeutic care

Combine appropriate medical, psychological, counselling and rehabilitation interventions.

04

Recovery preparation

Build coping skills, routines, relationships, responsibility and relapse-prevention strategies.

Assessment & Clinical Understanding

The starting point for a person-centred pathway

Substance-Use Profile

Understand the pattern of use, risks, consequences, triggers and factors that may maintain substance use.

Mental & Physical Health

Consider psychiatric, psychological and physical-health needs alongside substance use.

Strengths & Goals

Identify personal strengths, priorities, motivation, support systems and realistic recovery goals.

Safety & Level of Care

Identify immediate safety needs and the appropriate intensity and structure of treatment.

Stabilisation

Addressing medical, psychiatric and safety needs

Medical Needs

Monitor physical health and respond to immediate medical concerns identified during assessment.

Withdrawal Support

Address withdrawal needs within the appropriate clinical pathway and level of care.

Psychiatric Needs

Recognise and address psychiatric symptoms or risks that may affect stability and recovery.

Safety

Establish a safe, structured environment while the person moves toward therapeutic participation.

Approaches

A multimodal approach matched to individual needs

Medical & Psychiatric

Withdrawal management, medication where indicated, psychiatric care and physical health monitoring.

Psychological

Evidence-based interventions addressing thoughts, emotions, behaviour, triggers and coping.

Counselling & Rehabilitation

Behaviour change, recovery skills, routines, relationships, responsibility and functional recovery.

Family & Recovery Support

Family engagement, mutual-help, peer/community connection and practical support after treatment.

Evidence-Based Interventions

Recognised modalities underpinning our clinical practice

Cognitive-Behavioural Therapy

Identifies and restructures the thoughts and behaviours that drive substance use and relapse.

Motivational Interviewing

Strengthens personal motivation and resolves ambivalence about change through collaborative dialogue.

Medication-Assisted Care

Uses appropriate, clinically supervised medication to support withdrawal, stabilisation and craving management.

Relapse-Prevention Planning

Builds skills to recognise triggers and warning signs and to respond before a lapse becomes a relapse.

Recovery Skills & Rehabilitation

Preparing for healthier functioning after treatment

Coping Skills

Build practical strategies for managing triggers, emotions, stress and high-risk situations.

Healthy Routines

Strengthen daily structure, responsibility and behaviours that support recovery.

Relationships

Support healthier communication, boundaries and constructive relationships.

Functional Recovery

Develop skills and routines that support participation in work, education, family and community life.

What We Are Doing Differently

Moving from isolated interventions to coordinated recovery

- Person-centred care — treatment is built around the individual, not only the diagnosis.
- Multidisciplinary teamwork — professionals communicate and work toward shared goals.
- Evidence-informed practice — interventions are selected based on evidence and clinical need.
- Recovery-oriented care — we prepare for life after treatment, not only the period inside the programme.
- Family and community connection — recovery is strengthened when support continues beyond treatment.

The focus: sustainable recovery, not simply programme completion.

Family, Community & Continuing Support

Support that continues well beyond treatment



Family Involvement

Engage the support network in practical ways that reinforce recovery and reduce avoidable barriers.

Community Connection

Strengthen links with appropriate peer, mutual-help and community supports.

Practical Support

Identify people, services and routines that can help maintain progress after discharge.

Re-engagement

Make it easier to seek support again when difficulties or early warning signs emerge.

Exit Plan

Recovery planning begins before discharge

- Clear discharge goals — identify what the person needs to maintain progress.
- Medication and clinical follow-up — confirm prescriptions, appointments and referral pathways.
- Relapse-prevention plan — identify triggers, coping strategies and early warning signs.
- Family / support network — agree on practical ways others can support recovery.
- Community reintegration — plan for routines, work or education, relationships and healthy activities.
- Aftercare and re-engagement — maintain contact and make it easy to return for support when needed.

Discharge is not the end of treatment — it is the transition to the next phase of recovery.



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THANK YOU

Questions & Discussion