

Evidence-Based Treatment Approaches:

Towards person-centered, multi-disciplinary
and recovery-oriented treatment

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Alcohol use is found in almost every society...

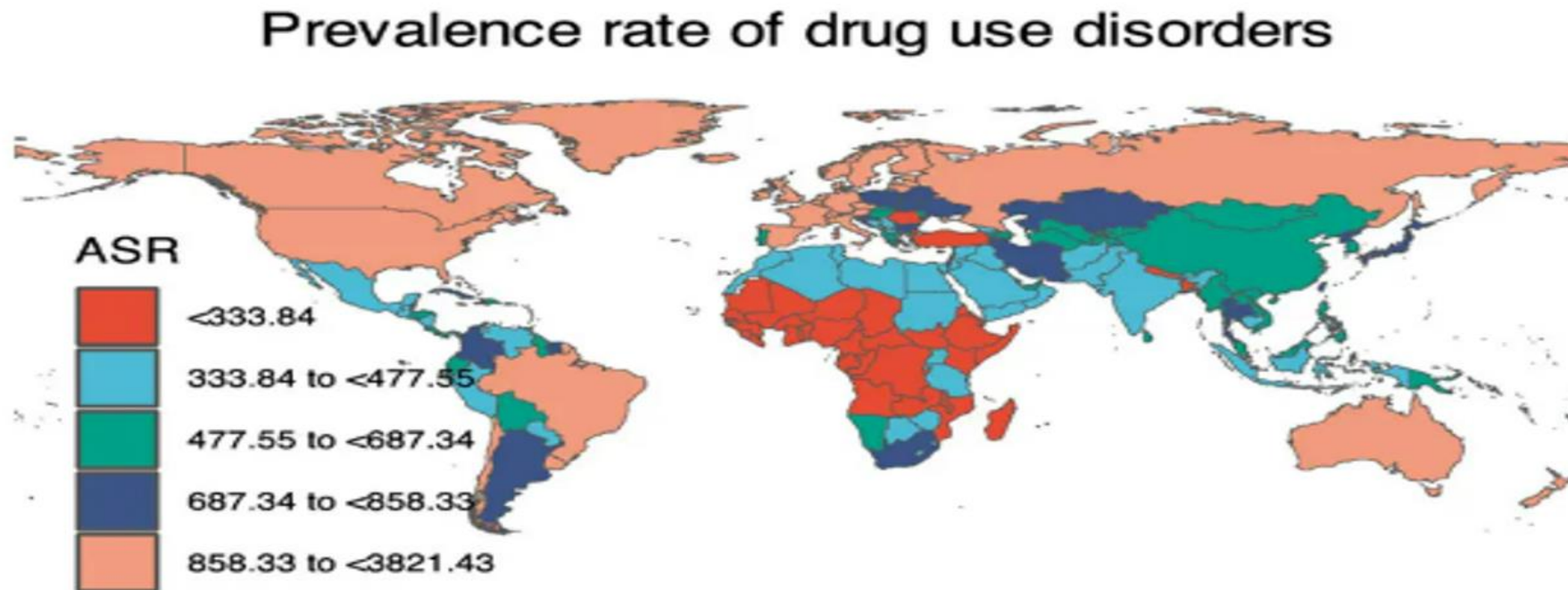
Prevalence of alcohol use disorders globally¹



1. <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/alcohol-regional-prevalence-of-alcohol-use-disorders>

Drug use disorders are similarly found in almost all societies...

Prevalence drug use disorders²



SUDs develop from a complex mix of biological, environmental, and psychological factors...



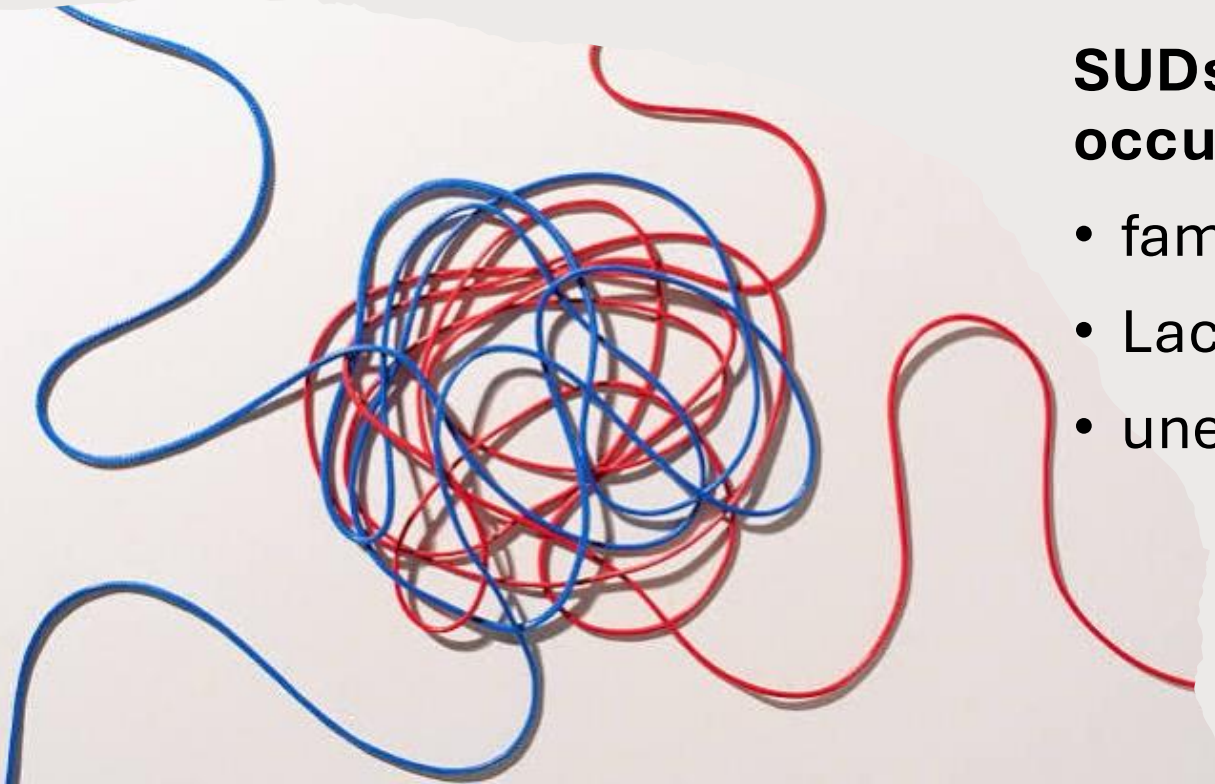
**SUDs have a
complex
presentation...**

**SUDs frequently co-occur with adverse
childhood experiences:**

- mood disorders
- anxiety disorders
- personality disorders (borderline and antisocial personality)

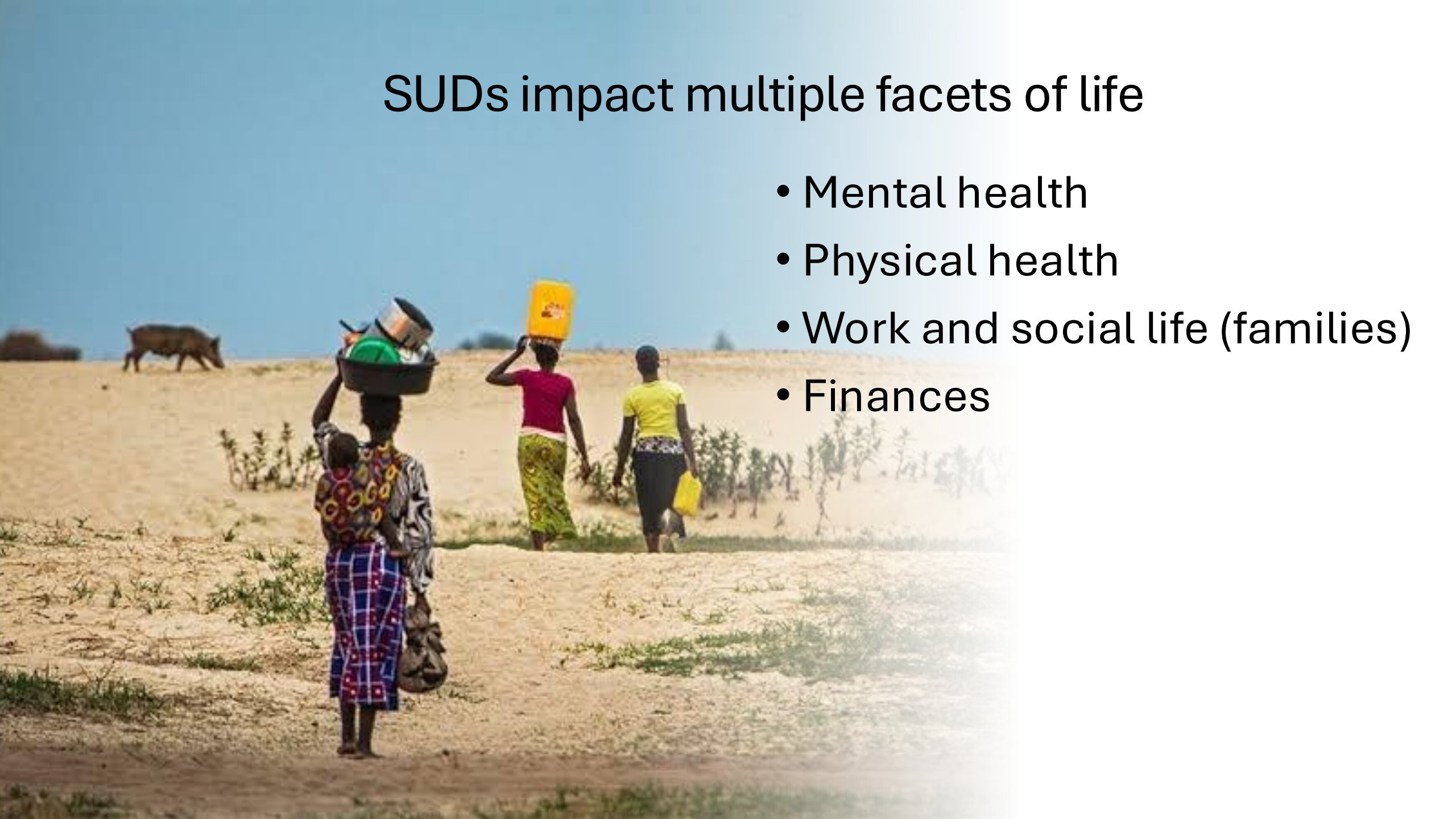
**SUDs co-occurs with significant social and
occupational dysfunction:**

- family challenges
- Lack of educational attainment
- unemployment



SUDs impact multiple facets of life

- Mental health
- Physical health
- Work and social life (families)
- Finances



SUDs may share certain similar characteristics like risky substance use, but each person has their unique needs and contexts.



Management for SUDs should therefore be...

Person-centered:

focus on unique needs of the person

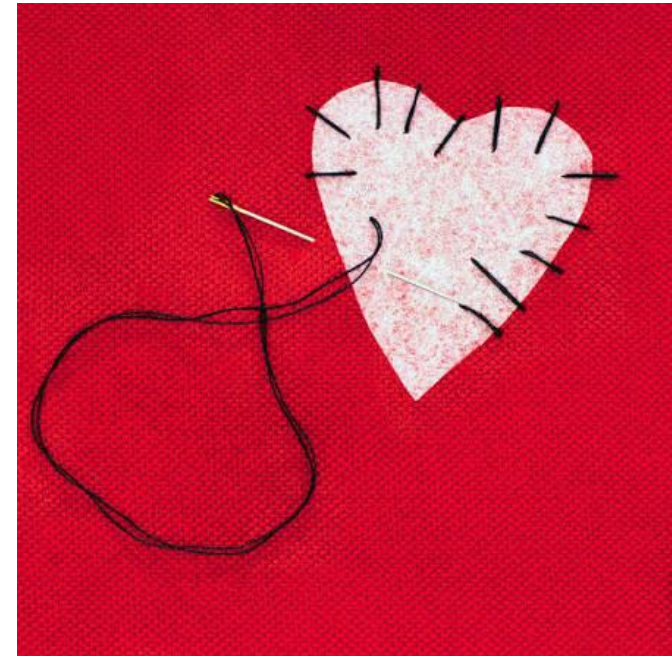
Multi-disciplinary:

address the bio-psycho-social risk factors of SUDs

Recovery-oriented/holistic:

focus not just on substance use but also functioning (work, relationships, income earning etc.)

“...I want to mend my relationships with my family”



Management for SUDs should address social context:

Stigma and misinformation – psychoeducation of community, and family

Harmful family dynamics e.g., enabling, boundary violation (family therapy)

Social risk factors e.g., unemployment, social isolation, intimate partner violence

Identify relevant supports at home and in community e.g., peer support, church, etc.

Socio-economic empowerment; vocational skills training; table banking etc.

Management for SUDs therefore requires

- Community-based and health facility resources
- A multi-disciplinary team:
 - Health workers:** Nurses, clinicians, psychiatrists, psychologists, social workers
 - Community supports:** Community health workers, peer-support groups, AA, vocational skills trainers, spiritual leaders, family
- Collaborative effort: patient and family involvement (decenters the provider)



Outcomes with recovery-based approaches

Providing housing reduces substance use

➤ [Front Public Health](#). 2025 Mar 6;13:1506412. doi: 10.3389/fpubh.2025.1506412. eCollection 2025.

Recovery housing for substance use disorder: a systematic review

Corrie L Vilsaint^{1 2}, Alex G Tansey¹, Emily A Hennessy^{1 2}, David Eddie^{1 2},
Lauren A Hoffman^{1 2}, John F Kelly^{1 2}

Randomized Controlled Trial ➤ [J Subst Abuse Treat](#). 2023 Jan;144:108917.

doi: 10.1016/j.jsat.2022.108917. Epub 2022 Oct 27.

Housing and supportive services for substance use and self-efficacy among young mothers experiencing homelessness: A randomized controlled trial

Natasha Slesnick¹, Jing Zhang², Xin Feng³, Allen Mallory³, Jared Martin³, Ruri Famelia³,
Brittany Brakenhoff³, Tansel Yilmazer³, Qiong Wu⁴, Jodi Ford⁵, Eugene Holowacz³,
Soren Jaderlund³, Irene Hatsu³, Ellison Luthy³, Laura Chavez⁶, Laura Walsh³, Kelly Kelleher⁶

Outcomes with recovery-based approaches

Vocational skills training improves engagement in income generating activities, self-efficacy, and reduces substance use

► [Ther Communities](#). Author manuscript; available in PMC: 2014 Jul 9.

Published in final edited form as: [Ther Communities](#). 2014;35(2):42–47. doi: [10.1108/TC-03-2014-0008](#)

Vocational Training and Employment Attainment among Substance Abuse Recovering Individuals within a Communal Living Environment

[Daisy Gómez](#)¹, [Leonard A Jason](#)¹, [Richard Contreras](#)¹, [Julia DiGangi](#)¹, [Joseph R Ferrari](#)¹

► [Am J Public Health](#). 2020 Jun;110(6):900–906. doi: [10.2105/AJPH.2020.305631](#)

Spillover Effects of Job Skills Training on Substance Misuse Among Low-Income Youths With Employment Barriers: A Longitudinal Cohort Study

[Sehun Oh](#)^{1,✉}, [Diana M DiNitto](#)¹, [Daniel A Powers](#)¹

Outcomes with recovery-based approaches

Findings are mixed and further research is needed...

› [Subst Use Misuse](#). 2026;61(8):1192-1203. doi: 10.1080/10826084.2025.2600642. Epub 2025 Dec 14.

The Effectiveness of Peer Support Interventions for Improving Cocaine and Crack Cocaine Treatment Outcomes: A Systematic Review

Yaa Asuaba Duopah ^{1 2}, Esme Kittle ¹, Lisa Moran ^{1 2}, Khalifa Elmusharaf ³, Dervla Kelly ^{1 2}

Review

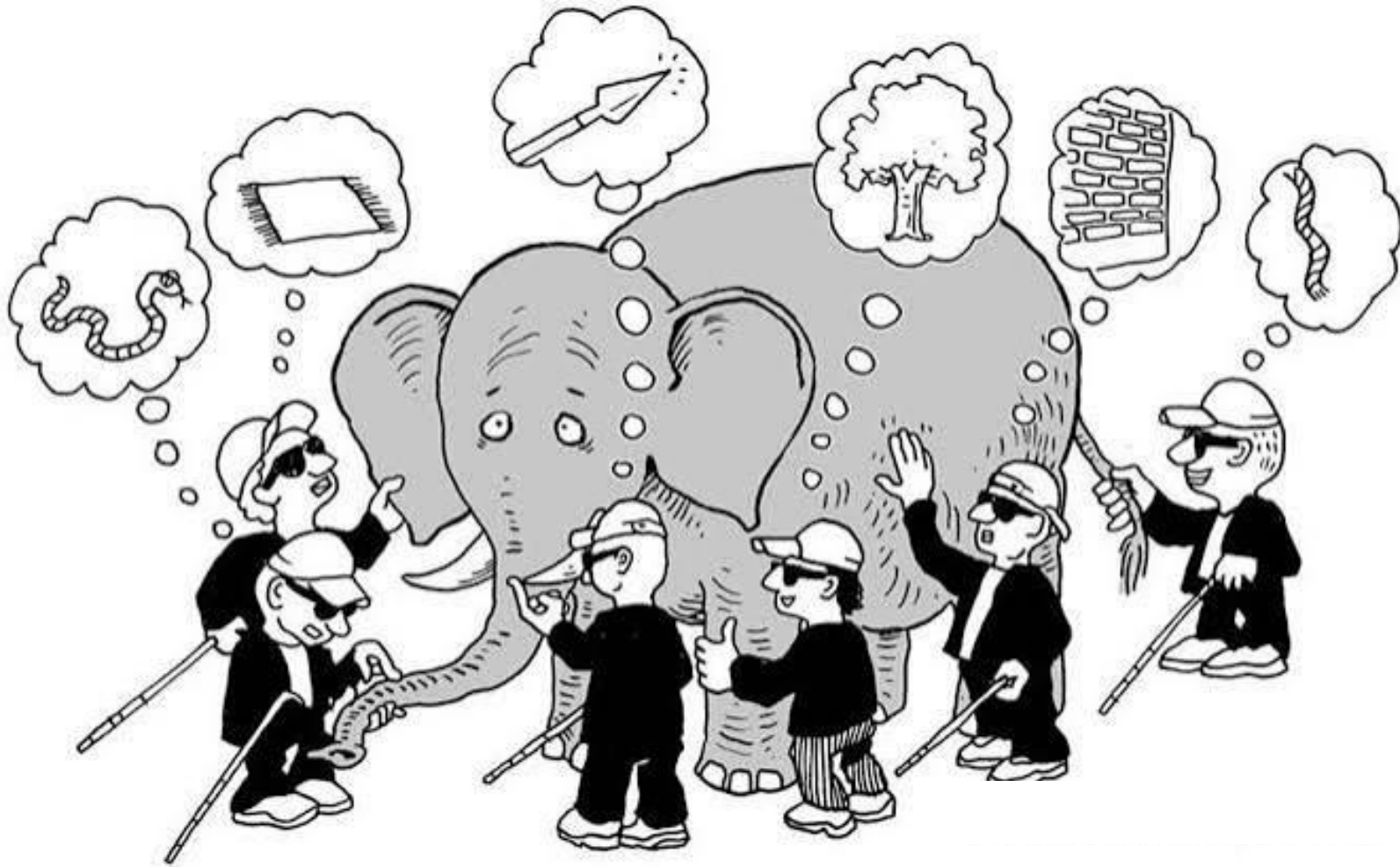
Effectiveness of peer recovery support services on stages of the opioid use disorder treatment cascade: A systematic review

Mirinda Ann Gormley ^{a b}  , Irene Pericot-Valverde ^{b g}, Liam Diaz ^{b d}, Ashley Coleman ^b, Jonathan Lancaster ^{b c}, Erik Ortiz ^b, Phillip Moschella ^{b e f}, Moonseong Heo ^{a b}, Alain H. Litwin ^{b f g}

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In sum...



Key areas for addressing in Kenya

Expansion of community-based
substance use treatment services

Strengthening social services to
support community reintegration e.g.,
vocational skills training, housing

Research to understand effectiveness
of recovery-oriented/holistic services
to inform policy and practice

Thank you!

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