



MARANATHA

International Counselling

FOUNDATION

*ALCOHOL RISK REDUCTION PROGRAM
AMONG SCHOOL GOING CHILDREN IN
CENTRAL KENYA, AFRICA
JUNE 2013 TO JULY 2014*

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Main Goal & Scope

- Equip the vulnerable children and youth with specific life skills in order to reduce the risks that would plunge them into using alcohol at an early age
- Program beneficiaries were pupils from upper primary classes 6, 7 and 8 in 29 selected schools in Central Kenya who were most at risk of alcohol consumption



Key Objectives

- Provision of appropriate information about alcohol consumption, drinking patterns and outcomes to youths and children in schools
- Empower youths and children with coping and problem solving competences to combat high risks of alcohol use and abuse
- Realize School and community engagement in prevention against alcohol use among youths and children
- Provide an early warning solution to early indulgence in alcohol use among the youths and children.



Identification of Most at Risk Schools

Those schools:

- Whose catchment is notorious with brewing illicit brews
- In slums areas
- In low income areas
- With high populations of single parents and high conflict families
- With high numbers of orphans



Program Strategy

- Mapped for selected most at risk schools in the sub counties
- Sought for authorization from the Ministry of Education at County and Sub County level to work with the select primary schools
- Held meetings with the County education stakeholders to be supportive of the program
- Signed an MOU with the school to run the program with clear terms of reference
- Trained volunteer teachers in the select schools to give the program sustainability
- Held sensitization meetings with school committees and parents to get program approval and buy in



Program Strategy contd.

- Sought approval from the Ministry of Public Health to run health programs in schools using the community health strategy model
- Trained Community Extension Workers (CHWs) to provide further interventions in the communities
- Placed addiction counsellors in every school to offer group counselling sessions and life skills
- Worked alongside teachers identified by the school managements to give support to the program



Pupils in a Life skills Activity





Pupils in a Psycho-education Session





ASSESSMENT OF IMPACT



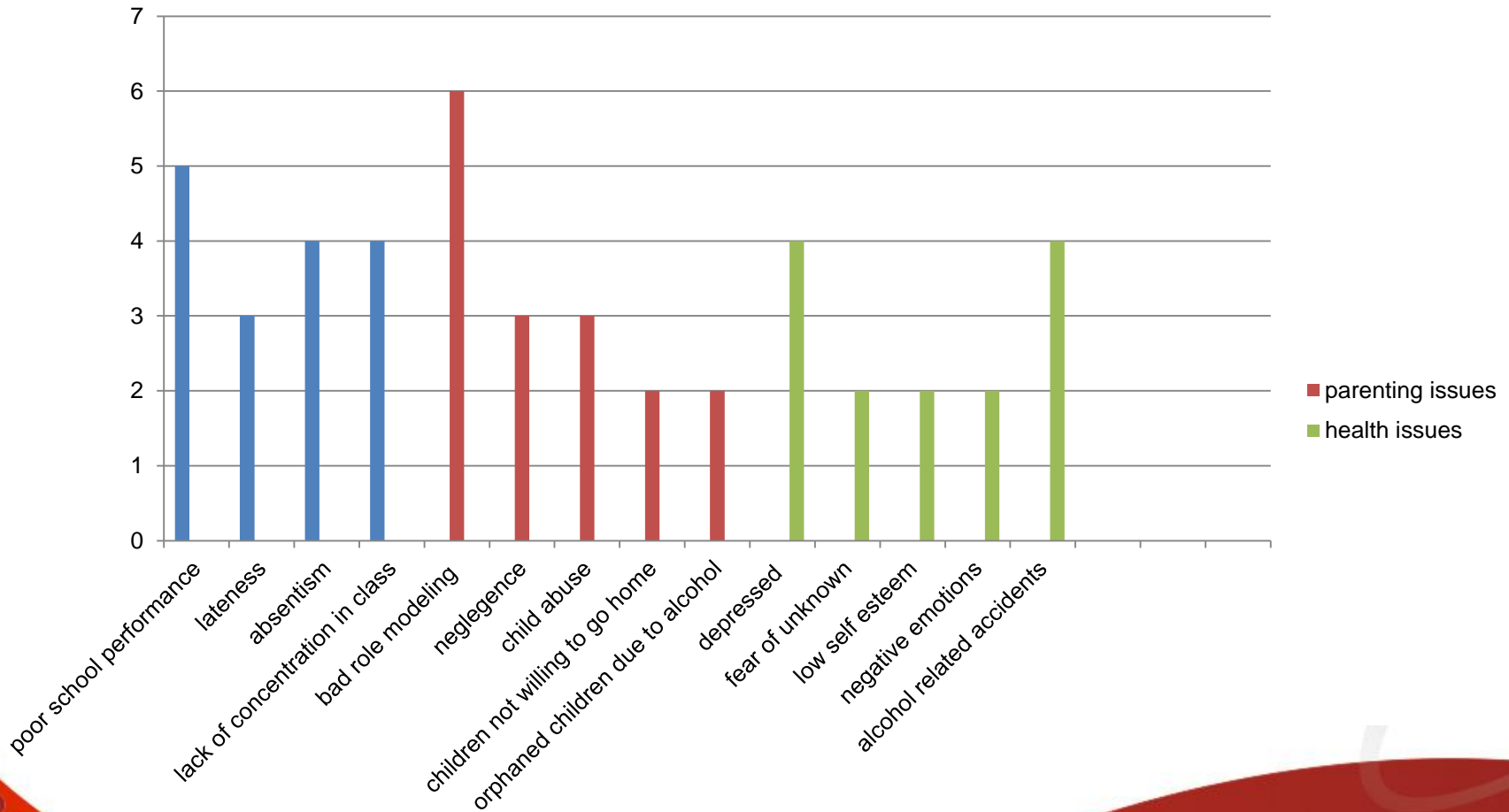


IMPACT OF THE RISK REDUCTION PROGRAM IN SCHOOLS

- Pupils became change agents in school and community. They graduated as Anti alcohol and drugs ambassadors
- Their self esteem was enhanced through being equipped with life skills
- There was noted decline of indiscipline as captured in head teachers reports
- Academic performance of some pupils and schools improved
- Some parents stopped use of alcohol after their children discussed the effects of alcohol
- There was evidence of pupils actively engaging others on stopping to use drugs and alcohol

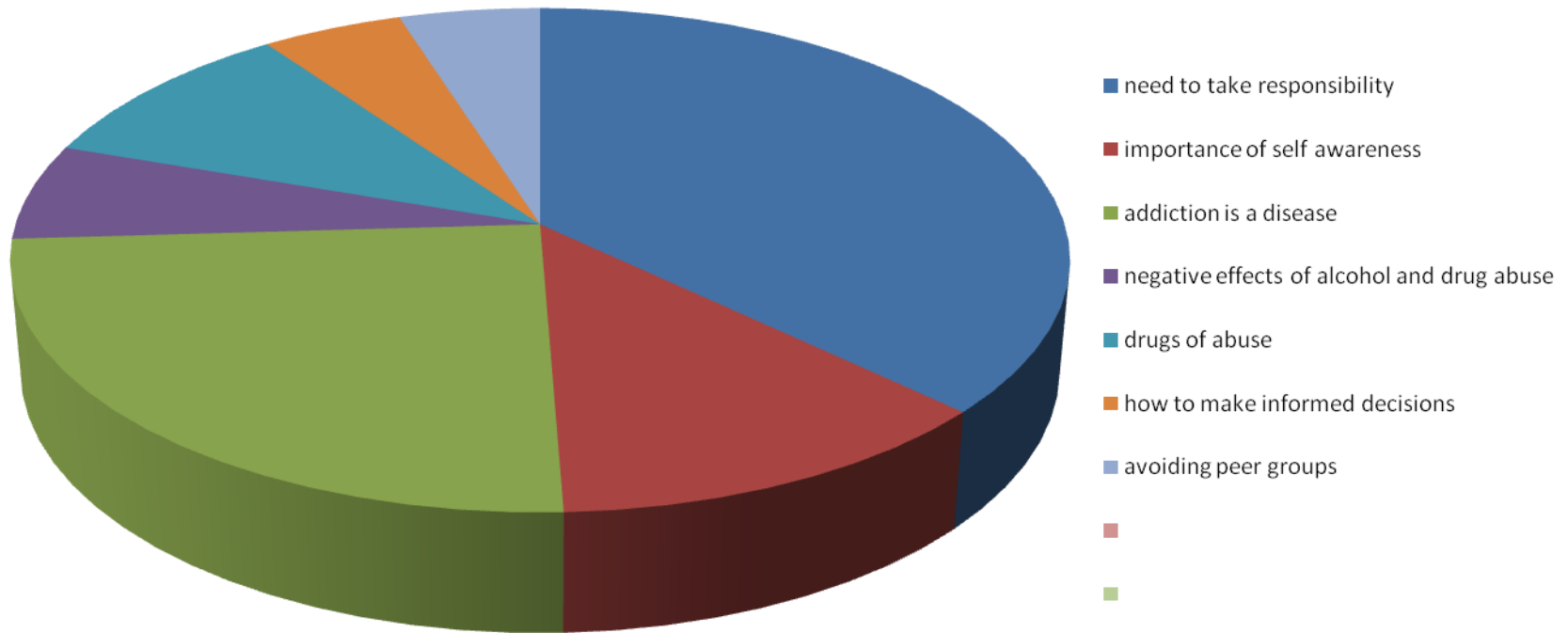


Impact of Parents Alcohol Use on their Children





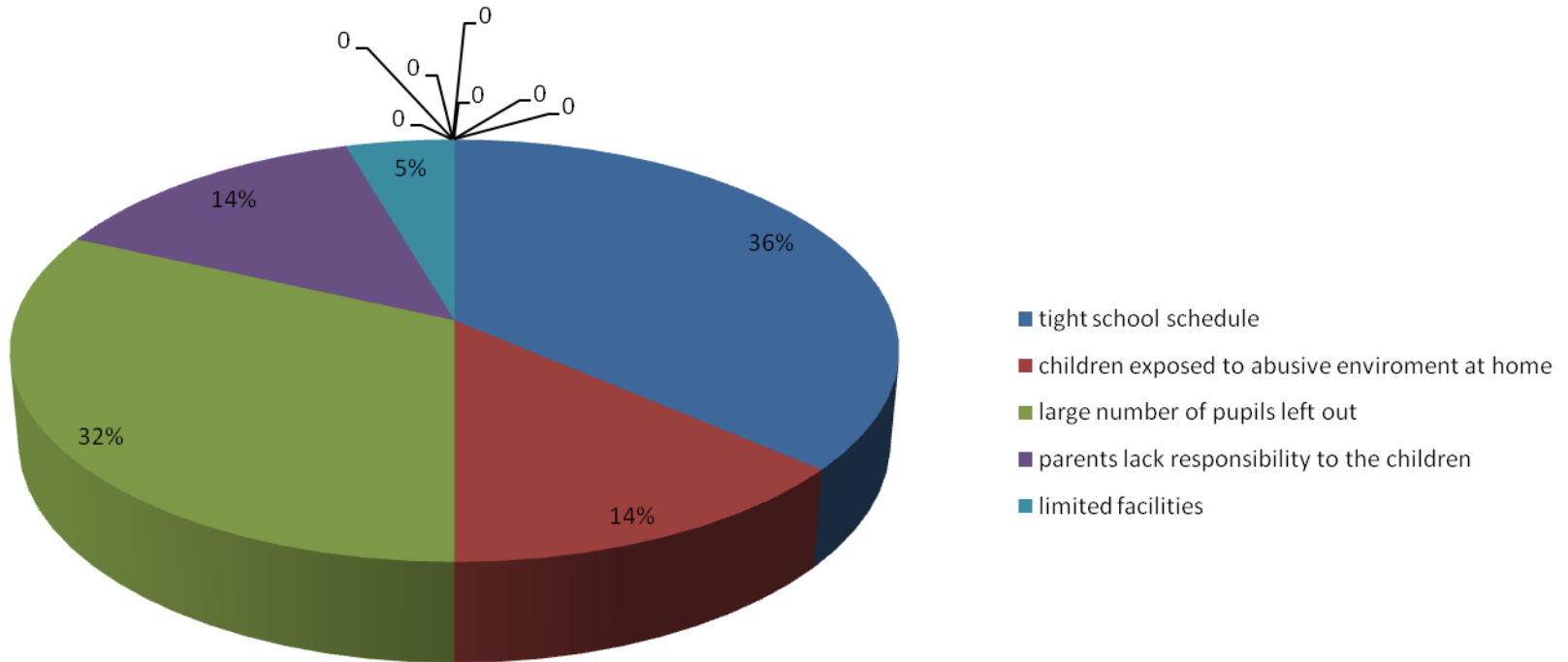
Lessons Learnt by the Target Population





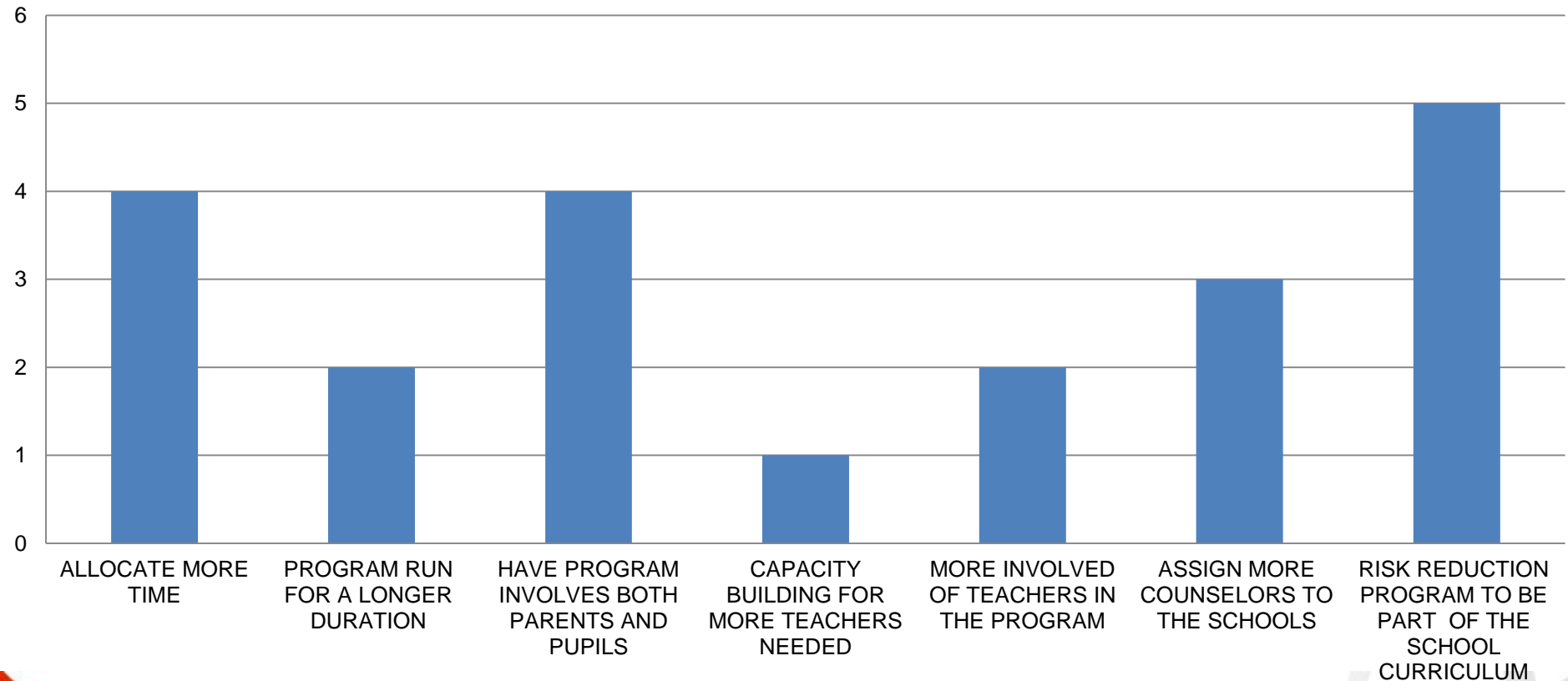
Challenges Faced During Implementation

CHALLENGES FACED DURING IMPLEMENTATION





CONSIDERATIONS FOR IMPROVING FUTURE RISK REDUCTION PROGRAMS IN SCHOOLS





Program Sustainability

- Training of teachers to provide continuity to the program
- Capacity building the Community Health Workers (CHWs) to provide continuum of care in communities using the Community Health Strategy
- Initiated the starting of health clubs in schools as stipulated in public health policy for schools in Kenya
- Training of peer educators to give help to vulnerable children



Enhancing Risk Reduction Programs

- Having an integrated program with a focus on micro level factors (school, family and peer) and personal factors (mental health and personality traits, neurological development and stress reactivity)
- Provide income generating activities for care givers/guardians/parents for strengthened child welfare
- Capacity building of primary care givers to effectively respond to children's growth needs