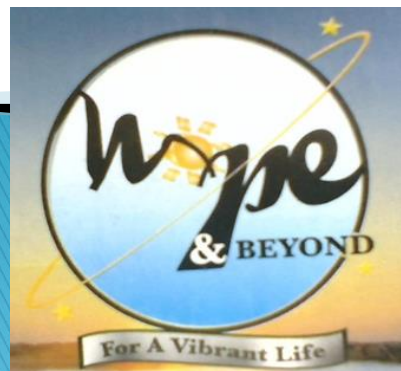


# INGREDIENTS OF RECOVERY ORIENTED POLICIES

Hargreaves Twinomujuni – Programs Manager  
(Hope and Beyond – Uganda)

PRESENTATION AT REGIONAL WFAD  
CONFERENCE ON 10<sup>TH</sup> FEBRUARY, 2017 AT BEST  
WESTERN MERIDIAN HOTEL, NAIROBI, KENYA



# HOPE AND BEYOND

**Vision:** A society without Substance Abuse

**Mission:** Restoration of hope to those who are discouraged by alcohol and substance abuse.

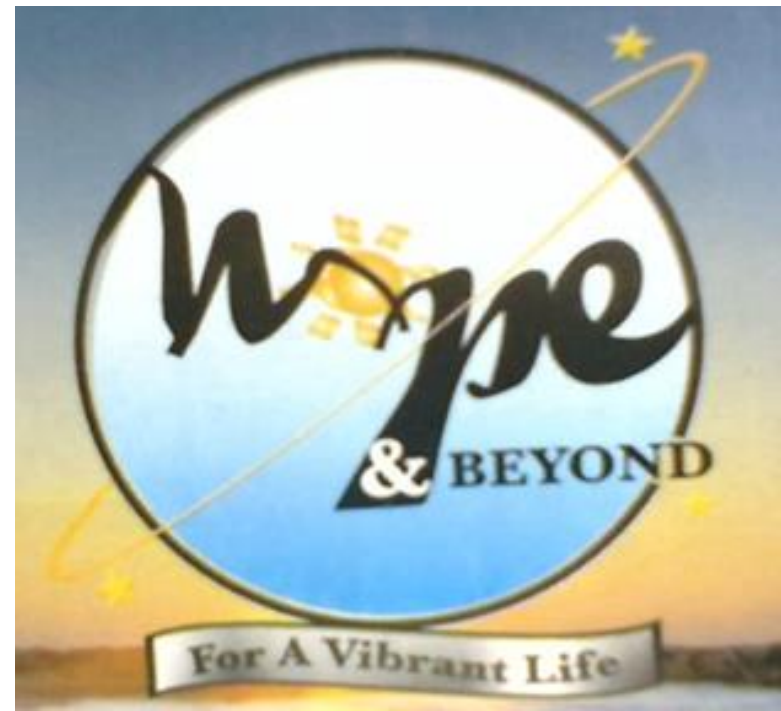
## Core Values

Humility

Openness

Patience

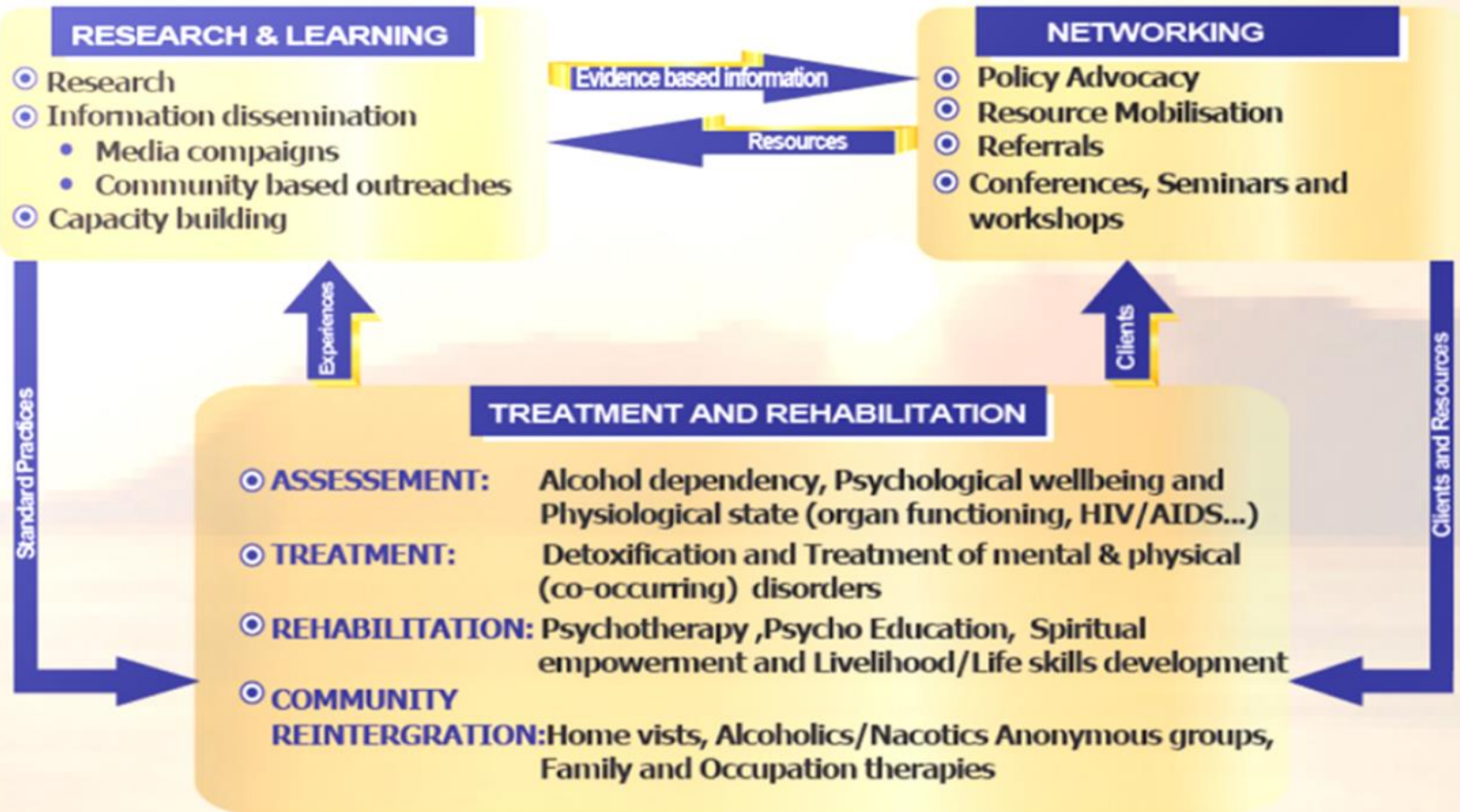
Empathy





# HOPE AND BEYOND

## Holistic Way To Address Alcohol & Substance Abuse Challenge







# HOPE AND BEYOND

*Holistic Way To Address Alcohol & Substance Abuse Challenge*

## RESEARCH & LEARNING

- Research
- Information dissemination
  - Media campaigns
  - Community based outreaches
- Capacity building

Evidence based information

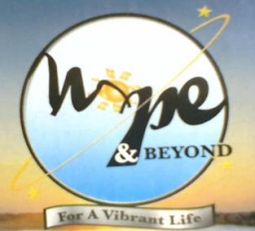
Resources

## NETWORKING

- Policy Advocacy
- Resource Mobilisation
- Referrals
- Conferences, Seminars and workshops

## TREATMENT AND REHABILITATION

- **ASSESSMENT:** Alcohol dependency, Psychological wellbeing and Physiological state (organ functioning, HIV/AIDS...)
- **TREATMENT:** Detoxification and Treatment of mental & physical (co-occurring) disorders
- **REHABILITATION:** Psychotherapy, Psycho Education, Spiritual empowerment and Livelihood/Life skills development
- **COMMUNITY INTEGRATION:** Home visits, Alcoholics/Narcotics Anonymous, Family and Occupation therapies



# CONTINUUM OF CARE

## TREATMENT AND REHABILITATION

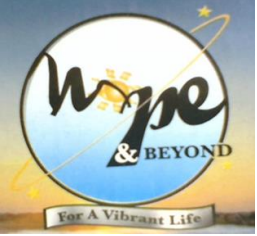
### ➤ Assessment:

- Dependency severity;
- Psychological &
- Physiological well being

### ➤ Treatment:

- Detoxification
- Treating co-occurring disorders
- Bed side nursing and nutrition





# CONTINUUM OF CARE

## TREATMENT AND REHABILITATION (Cont'd.)

- REHABILITATION: Psychotherapy, Psychoeducation, spirituality and Life skills
- COMMUNITY REINTERGRATION AND SUPPORT SERVICES
  - Employment and skills training
  - After care program
  - Home visits
  - Al anon/ A.A / N.A meetings

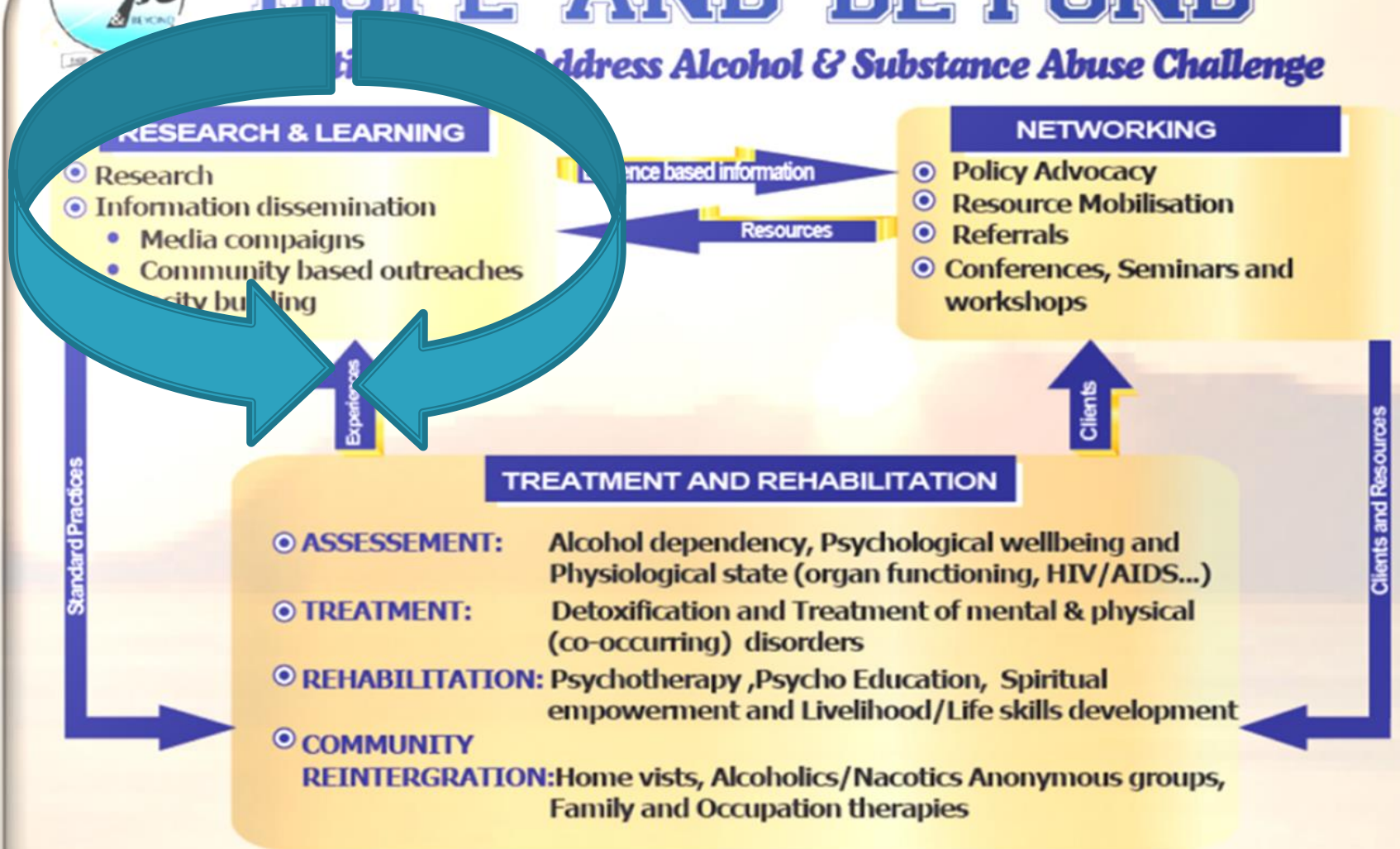


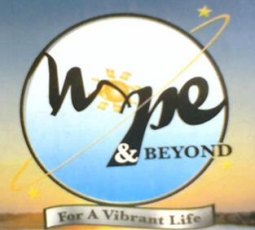




# HOPE AND BEYOND

## Address Alcohol & Substance Abuse Challenge





# CONTINUUM OF CARE (Cont'd.)

## RESEARCH AND LEARNING

- Research
- Capacity building
- Information dissemination

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**Commentary**

**Alcohol misuse, policy and treatment responses in Sub-Saharan Africa: The case of Uganda**

Posted online on February 18, 2015. (doi:10.3109/09687637.2015.1006180)  
David Kalema, Sofie Vindevogel, Peter K. Baguma, Ilse Derluyn, and Wouter Vanderplasschen  
1Department of Special Education, Faculty of Psychology and Educational Sciences, Ghent University, Ghent, Belgium.

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# HOPE AND BEYOND

*Holistic Way To Address Alcohol & Substance Use*

## RESEARCH & LEARNING

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Standard Practices

Experiences

Clients

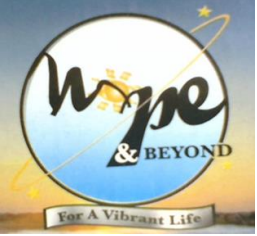
Clients and Resources

# CONTINUUM OF CARE (Cont'd.)

## NETWORKING

- ▶ Referrals
- ▶ Policy advocacy

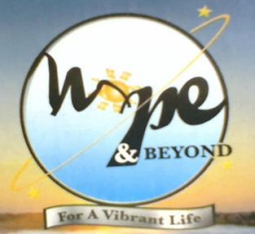




# INGREDIENTS OF RECOVERY ORIENTED POLICIES

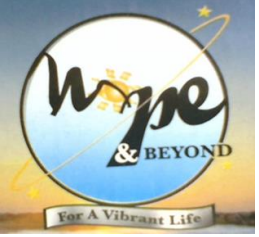
- ▶ Control availability of alcohol and drugs
- ▶ Encourage brief interventions eg WHO recommended brief interventions
- ▶ Promote large scale treatment intervention such as camp treatment
- ▶ Expand screening/assessment at PHC level for early detection
- ▶ Integration of detoxification and treatment programs in mainstream health centres.
- ▶ Expansion of residential treatment programs through public – private partnerships
- ▶ Support of community integration programs





# IMPORTANCE OF RECOVERY ORIENTED POLICIES

- ▶ Reduce stigma
- ▶ Increase treatment uptake and
- ▶ Enhance treatment effectiveness; prevent relapses
- ▶ Help society to get full benefits of treatment e.g.; reduction in crime rates, accidents, etc.



# Appreciation

# Thank you

# FOR ASSISTANCE

Contact us on Rubaga Road Opp. Red Cross Offices or

**Email:** [hopeandbeyondug@gmail.com](mailto:hopeandbeyondug@gmail.com)

**Facebook:** Hope And beyond

**Website:** [Hopeandbeyondug.org](http://Hopeandbeyondug.org)

**Tel:** 0702/0713 481003

