The Soberlife Mentorship Society

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PRESERVING THE FOURTH GENERATION



Generation 1: Liberators (1950s-70s)

- Main concern: Illiteracy, Poverty and Disease
- Call for Unity in Nation building

Generation 2: Autocracy (1970s-2000)

- Power retention; community support
- Break down of political and economic structures

Generation 3: Reformers (2000-Present)

 Reconstruction of the economy, infrastructure and ICT. Existence of deep corruption systems

Expected 4th Generation: Current Youths between 16-35 years

- Highlights: Expected to be the movers of Africa to the borders of the first world
- Key need: Skills, innovation, technology and manpower
- Key necessity: Strong, sober, passionate and fast thinking population (youths)
- Success trend: Networking, synergy development, expansion of markets from local to the international base

Challenges

- Continued social, political and economic conflicts and decline
- Rise of many lifestyle diseases
- Breakdown of traditional moral values due to expanded liberties/ civil rights/ Western influence
- Emergence of drug the drug problem in unprecedented levels with initiation among the school going age and youths between 14-30 years

STATISTICS

- A huge external debt (Kenya: Ksh3.2trillion or Ksh71,111 / USD 711per person)
- 60% of the population is youth.
- In a population of 45,000,000; 27,000,000 are youth
- Up to 24% of youth are engaged in one form of drug or another
- Means that 6,480,000 young people in drugs
- Very few of these access any treatment/ rehabilitative care or services

RESULT

- A physically, mentally, emotionally and socially drained population
- Weak labor force/ manpower to initiate and upscale development
- A dependency generation instead of the needed independence/ interdependence
- Continuous cycle of common ills; diseases, crime, political strife, poverty
- Slow, stagnated or negative development

SUGGESTIONS

- Continuous awareness and motivational campaigns targeting youths with psycho social support sessions in juvenile centers and rehabilitations centers
- A community based approach of re-integrating those in the recovery process; household meetings with parents and the general community to accept and support them
- Strengthening of Real Life Mentorship and peer education specially targeting those who are unable to access treatment and rehabilitation

- Clear policies on recovery support to be formulated, reviewed, analyzed and shared
- Establishment of low-cost rehabilitation/ recovery centers which can support low income patients
- Integration of drug addiction counseling, treatment and rehabilitation in hospitals and corrective institutions
- Allocated resources to empower youths in prevention and recovery services, for upstarting or up-scaling economic ventures for those in recovery

BENEFITS OF RECOVERY POLICIES

- It will support those in the initiation stage not to proceed with the habit; Those in the manipulative stages to start the recovery process; Those in addiction to be secure from stigmatization and appreciate they are useful in society
- Enable those in recovery ability to access care
- Economic empowerment initiatives will deter idleness, a leading factor of initiation and relapse
- Resources allocated for managing drug issues will be channeled to more productive ventures
- Restoration of moral values, therefore a responsible generation dependable of bringing lasting positive change
- Platform for the emergence of a strong, developed and progressive nation, continent and the world at large.

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Outreaches















Economic Empowerment Initiatives



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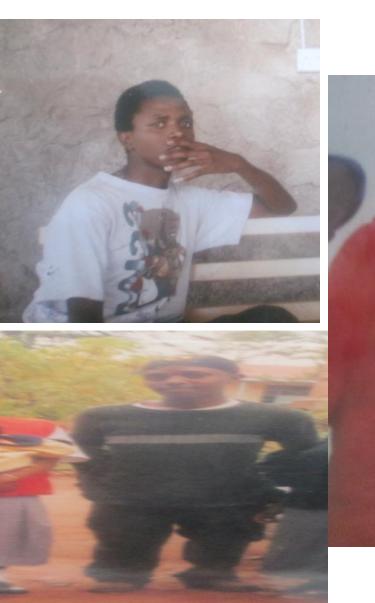
About the Founder

- Born in a rural set up
- Got into drugs abuse and trafficking from high school
- Ran away from home for a one year period after high school
- Was remanded for several days due to delinquency
- Had dread locked hair and was considered semiinsane by community
- Could not afford Rehab treatment and solely depended on self motivation and mentorship
- Almost committed suicide due to despair

Founder.. Cont'd

- Studied International Relations at the United States international University, Nairobi graduating in 2008
- Quit drugs and the juvenile lifestyles while entering third year in campus
- Started Real Life Mentorship while still in the university and continued till today
- Worked with the government, local and international organizations
- Founded the Soberlife Mentorship Society and has directly mentored over 20,000 youths

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NOW..



THE BOOK



Memories Alive

The Life Story of Paul Kogi Mburu

To the young at heart, and for those who wish to be young again.. this book is dedicated to you

PREVENT, TREAT &PROTECT; DON'T **PROMOTE** IT IS POSSIBLE; LET'S BELIEVE AND LET'S ACT. NOW