

# **The Soberlife Mentorship Society**

**P.O Box 7343-00300 Nairobi**

**[lilkogi888@gmail.com](mailto:lilkogi888@gmail.com)**

**[soberlifementorshipsociety@gmail.com](mailto:soberlifementorshipsociety@gmail.com)**

**+254 724 600 450**

**[Soberlifementorshipsociety.blogspot.com](http://Soberlifementorshipsociety.blogspot.com)**

**F/b: soberlifementorshipsociety**

# **PRESERVING THE FOURTH GENERATION**



**BIG VISION vs BIG CHALLENGE**

## **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 4<sup>th</sup> 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 up-starting 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.**

# Soberlife Mentorship Society Outreaches







# Economic Empowerment Initiatives



**Aquariums planet**  
Live with nature...

We deal with aquariums and aquariums accessories. We also custom make outdoor and indoor aquariums. A partnership with you will leave you amazed, customer satisfaction is our pride. It's great to live with nature. Below are some aquarium models we have made.



14,500/=



22,000/=



20,000/=



18,000/=



20,000/=



13,500/=

For trade inquiries feel free to contact us: 0717 874310

Email: [onlinemuthoni@gmail.com](mailto:onlinemuthoni@gmail.com)

Facebook: Aquariums planet ( please like our page)

# CND Presentation, Vienna March 2016 (Sponsored by WFAD)



# 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 semi-insane 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**



...?





# 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**