

**Uganda Youth Development Link (UYDEL)**  
**Therapeutic Approaches and Models Applied during Rehabilitation**

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**Modified Social Stress Model:** To understand substance use a framework called the **Modified Social Stress Model\*** is used. The model explains the complex relationship between factors that affect the onset and continuation of substance use among young people. The model suggests that positive and negative aspects of six vulnerability/protective factors affect the risk of substance use. These are stress, normalization of behaviour and situations (acceptance) of substance use in the community, effects of behaviour and situations, attachments, skills and resources.

**JewelGirls Art Therapy:** Jewel Girls Uganda is an art therapy implemented as part of the psycho-social support activities for girls who have gone through various traumatic situations and challenges including sexual exploitation and abuse, trafficking and HIV/AIDS. Supported by a social worker, the girls participate in open and informal discussions where they share experiences and support each other to overcome difficult situations as they make beads and necklaces out of recycled paper. JewelGirls primary objective is to use jewelry making and other crafts as a form of art therapy for adolescent girls who have been trafficked, sexually abused and/or exploited.

**Street Smart Model:** Street smart is a ten-day modular life skills training workshop that helps young people get information on various issues that affect them as they learn skills to cope with difficult situations and make important decisions regarding their lives. The goals of Street Smart are: Practice safer sex, Get in touch with your feelings, Get rid of thoughts that are self-defeating, Take control of your life, Feel confident about your ability to act safe, Know where to go when you are in trouble and need help, Know your patterns of risk, Make friends who can help you to stay safer and have fun while changing behavior.

**Sports and talent identification:** Sports is used as a medium of reaching out to young people. Sports activities are popular among 11-24 years age group and if appropriately organized, many young people can be reached with life skills messages. Sports have a potential to promote health seeking behavior, reduction in juvenile crime and promotes social behavior which results in less delinquency and school drop outs.

**Music, Dance and Drama (MDD):** The use of prevention messages including; life skills, resilience promotion, Behavioural Change education, must be combined with accessibility to youth friendly services to cover STD/STI treatment and VCT promotion; formation of parent support groups.

**Shelter:** The shelter is Masooli Vocational Skills Training and Rehabilitation Center where children and young people are accommodated temporarily during the rehabilitation period. This shelter offers accommodation to victims of trafficking, sexual abuse, commercial sexual exploitation, and others engaged in risky behaviors.

**Peer to Peer Prevention Program:** This is a popular drug abuse prevention model of reaching high risk youth in slum areas, youth out of schools, both full and part-timers living on the streets and those living in the slums, but who are abusing alcohol and drugs. The model is hinged on a multiplier effect of training an initial number of peer educators who consequently reach out to other high risk youths with alcohol/drug abuse prevention messages.

**Vocational skills Training:** This is a strategy for withdrawal and rehabilitation including livelihood employment skills training especially business/entrepreneurship and vocational skills placement. Vocational skills training/Apprenticeship approach is a progressive withdraw strategy of young people from survival and causal sex as well as promoting acceptable alternative survival strategies without which can lead one to having multiple sexual partners and use of drugs as co-factors leading to high risk sexual behavior. Vocational skills placement completes the cycle of rehabilitation, withdrawal and integration, which enables children and young people to live a meaningful successful life. After the training period, youths are provided with tool kits / resettlement kits to enable them start their own businesses and integrate in society.