Staff Capacity Building and Retreat Event

UYDEL held a four-days Staff Capacity Building and Retreat Event held from 10th - 14th July 2017 at Hotel Brovad in Masaka, Uganda. The Retreat was made possible with the financial support from Mildmay Uganda and International organization of Good Templers (IOGT). The event was attended by 45 UYDEL staff representing all the eight (8) UYDEL districts of operation in Uganda. With the main theme of “Building on Teamwork”, the event aimed achieving specific objectives: To learn more about the core packages of DREAMS (Determined, Resilient, Empowered, AIDS-Free, Mentored and Safe), Retaining of Adolescent Girls and Young Women (AGYWs), Update on the current DREAMS data, Learning and sharing knowledge, information and experiences on UYDEL intervention Approaches, Find solutions to the work challenges and design a way forward and for the staff to relax and have fun.

Inside this issue:
- Breakfast Dialogue with Stake Holders
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- Child Sexual Exploitation in Kampala Slums
- International Society of Substance Use Professionals
- Reducing underage drinking in Nansana Municipality
Every year the IOGT-NTO movement organizes an Annual Partners Meeting in Arusha Tanzania whereby all its partner agencies from the various countries of East Africa including; Uganda, Tanzania, Kenya, Rwanda and Burundi converge in Arusha Tanzania for a meeting.

This year’s meeting was organized from 13th to 15th June 2017 at Lush Gardens Hotel and UYDEL was represented by two of its social workers; Kinobi Moses and Lunkuse Joan. During the meeting we learnt that a one sided repressive approach to prevent alcohol and use of other drugs whereby the police and other law enforcement agencies are largely used creates a kind of an imbalance approach because punishment alone can never result into lasting solutions. The IOGT – NTO movement Policy Advisor Alcohol and Development Mr. Pierre Anderson revealed that a balanced approach to drug policy requires evidence based methods and strategies accompanied with a lot of sensitization thus limiting a harm to victimization.

In the meeting we also learnt about Advocacy and Lobbying for Alcohol policy since policy is the best form of prevention. The alcohol industry is coming under more pressure from national agencies thus need to conduct effective Advocacy because Anti-alcohol Advocacy erode industry reputation. Also constructive engagement with government and all external stakeholders on alcohol related issues is essential. Regulation places increasing restriction on the availability and marketing of beer. Additionally,

We discussed how alcohol was impeding on the various Sustainable development goals and under this we had to show clearly how alcohol was impeding on each of the sustainable development goals. Under monitoring, follow up and reporting Programme we learnt about

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UYDEL staff graduates in Training of Trainers on the Universal Prevention of Substance use

Mutaawe Rogers participated in the Training of Trainers on the Universal Prevention Curriculum for substance use - Implementers series (UPC-1), CORE course on 24-31 July 2017 which took place in Colombo, Sri Lanka. The Colombo Plan Drug Advisory Programme, organized the training with funding support from the Bureau of international Narcotics and Law Enforcement, US Department of State. In his own words Rogers says that “I learnt about prevention science, critical theories in prevention & why/how to implement evidence based interventions in our community settings. I am going to conduct phased training for other UYDEL staff and NGO partners in designing and implementing measurable evidence based interventions”.

According to the UNODC (2014). World drug Report 2014. New York: united Nations, over 162-324 million people used illicit substances at least once in 2012. Substance use disorder is a global problem. The UN survey also found out that 8.9-22.4 million people inject drugs in 2012 and those are youths.

UYDEL has put in great efforts to fight SUDs among youths in Uganda. Basing on the DREAMS project report, December 2016, over 1,833 young girls had ever used alcohol. UYDEL got an opportunity to train one of the social workers on relevant skills on how to handle youths with substance use disorders. The social worker has familiarity with UYDEL work in the prevention of substance abuse and support of people affected by Substance Use Disorders (SUD) in Uganda.

The social worker was trained by the International Colombo Plan and acquired the International Certificates in the Universal Treatment of SUD. The UTC Programme which was rolled out to other UYDEL staff to empower them with knowledge and skills on how to handle youths with SUDs effectively. According to the Colombo plan, the trainers have to conduct the UTC echo trainings with the goals of; training, professionalize and expand knowledge in the area of handling people with substance use disorders.
Resilience Building process among AGYW

Joanitah Lunkuse shared the study finding on Building resilience among Adolescent Girls and Young Women (AGYW) engaging in Transactional Sex in UYDEL DREAM Safe spaces in Rural Uganda. She explained that it aimed at understanding the resilience building process among AGYW participating in the DREAMS project, document the nature of adversities, document activities that have helped the AGYW to recover, Identifying the gaps and provide solutions as well as increase youth participation in research and gain from their knowledge, energy, ability, experience. She discussed the definition and domains of resilience by use of a slogan ‘Do you bend or break?’ she then gave a snapshot of risks AGYW faced, the current resiliency research, and specific strategies to develop and support resilience among AGYW.

Ms. Joan sharing study Finding on AGYW resilience in a rural setting.

Joanitah gave highlights of the summary findings and observations in rural areas; rape and defilement very rampant (55%), there are both situational and habitual abusers who equally damage the AGYW, high tolerance for early marriages and TS, AGYW clients have daily income and are highly mobile, characterized by vicious circle of poverty makes it difficult to quit TS, no specialized/ technical help for the AGYW except UYDEL, affected by early traumatic exposures which is very troublesome, signs of PTSD among AGYW that need to be addressed.

Signs of adjustment to normal life among AGYW included; change of dress code, more interaction and participation, show more awareness of sexual risks, reduced number of sexual partners change of personal conduct, improved relations with friends, partners and relatives, working and able to provide their needs, reduced dependence on men.

She concluded the session by stressing a few recommendations that included; newly recruited girls in TS may need different interventions, a more rigorous study of a big number of AGYW (at least 500) to design more elaborate interventions, train staff in cognitive behavior therapy and motivational interviewing to address the continuous depression the girls suffer, involve other stakeholders like the law enforcement address rap and GBV, increase the intensity of individual and group counseling sessions, increase and strengthen parents involvement during rehabilitation period, strengthen vocational training in all safe spaces, involve the male counterparts of these AGYW for the program to yield better and sustainable results, devotedly involved young people in programs achieve more from an experience.

Review of The National Plan of Action on Child Sexual Abuse and Exploitation

UYDEL in a consortium with PREFA with support from Terre des hommes Netherlands and the Girls advocacy alliance are implementing a project entitled; “ENGAGING URBAN AUTHORITIES AND LOCAL GOVERNMENTS TO PREVENT AND RESPOND TO CSEC IN GREATER KAMPALA AND WAKISO DISTRICTS.”

In 2011, UYDEL and acting for life conducted a research about child sexual abuse and exploitation and almost 18,000 children are engaged in CSAE.
and 78 percent engaged in work. According to the VAC study, 1 billion children are violated every day, worldwide.

According to the children’s Amendment Act 2016 section 8, A, There are provisions that prevent children from sexual abuse and exploitation. Commercial sex exploitation of children is categorized into child pornography, child trafficking, child sex tourism, child prostitution. CSEC is one of the worst forms of child abuse. CSEC thrives where there is extreme violation of the law and poor or no enforcement.

In regard to that, UYDEL had to engage the government of Uganda (Ministry of Gender, labor and social development to review and operationalise the outdated NAP OF CSEC which was due from 2010-2015. the commissioner and assistant commissioner of children of participated in this activity. The key priorities in the document were; preventive, rehabilitative and responsive mechanisms to address child sexual abuse and exploitation. There were commitments that this document will be operationalised. This came at the right time when the National child policy was being drafted and the issues raised during the NAP review will be integrated there in after the finalization of the document.

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Consultative Meeting on Alcohol Control Bill held at Ministry of Trade, Industry and Cooperatives on August 2, 2017

The meeting was a follow up on the interaction at Golf course meeting held on 21 July 2017.

It was attended by the Permanent Secretary Ministry Trade and Co-operatives, Commissioner for Trade, Senior Industrial Officers, and Quality Assurance Officers from Uganda National Bureau of Standards, Ministry of Gender, Labour and Social Development, Ministry of Justice, alcohol industry and members of Civil Society.

During the meeting Ambassador Onen (Permanent Secretary Ministry of Trade, Industry and Cooperatives) noted that Alcohol is a major global industry and in Uganda the alcohol industry has increased its investments in the last 10 years which has resulted into negative impact on the community. He noted that in Uganda alcohol is part of society since liquor is brewed everywhere yet the country has out dated laws which the Ministry cannot use to regulate the production, sale and distribution. He also noted that there is need to put in a framework for production in order to protect citizens and promote fair trade taking into all the parameters – social, cultural, economic.

The Draft Alcohol Control Bill is guided by seven principles which include Strengthen the regulatory framework, Control the manufacture of alcohol and related products, Promotion of value addition and diversification, Sale, Distribution and Use, Promotion, Advertising, and Marketing, Enforcement by Central and Local Governments, Savings and transitional provisions according to Mr. Denis Ainebyona senior industrial officer in charge of drafting the National control bill. Mr. Kasirye Rogers the E.D- UYDEL he observed in the meeting that there was a need for Government Ministries to harmonise the disjointed efforts for addressing Alcohol. He noted further that the principles were lacking the principle of prevention, treatment which are the key ingredients in addressing Alcohol. Taxation of Alcohol in Uganda have no impact as sales of Alcohol remains at the same price. We need to utilize taxation as a measure to regulate Alcohol as well as packaging which has become a big problem in the country.

The meeting agreed to adjust the principles to include the missing principles. Addressing Alcohol is a collaborative effort and all stakeholders must be brought on board. The industry be only consulted as it has a different agenda. They agreed that they should all meet more frequently.

Are we are putting our children’s future at stake?

By Jayson Pham, Social Work Field Placement Student

The great Nelson Mandela once said “Our children are our greatest treasure. They are our future”. Mandela’s quote is a reminder of our responsibility to uphold their right to self-determination and provide them with a sustainable future. With Nelson Mandela’s quote in mind, we are currently jeopardising our children’s future due to the sales of alcohol in Uganda.

On July 20th, 2017, UYDEL hosted a stakeholders meeting at the Golf Course Hotel with the attendance of; doctors, professors, Social workers as well as the medical experts who had experienced first hand of Uganda’s alcohol problem. This meeting had allowed different stakeholders to give their opinions/suggestions on the Ministry of Trade Industry and Cooperative’s position on the alcohol problem. Many had addressed the major health problems that individuals can experience; along with the societal effects that can occur after prolonged use/exposure to alcohol. Not only do most Ugandans have a drinking
problem, but young people (ages 10—14) are being exposed to alcohol at an early age, and can cause negative health consequences. Young people in Uganda are the prominent figures that must be addressed. Many of these young people have access to Waragi sachets, which are currently in the market for only 300 UGX.

With the startling findings/statistics of Uganda’s rate of alcohol consumption, Uganda is one of the highest consumers of alcohol in the continent of Africa. With stakeholders displaying their research on Uganda’s national issue, this was a chance for stakeholders at the meeting to convince the Ministry of Trade to ban the use of Waragi sachets; as well as proposing an alcohol control bill for Parliament. The proposed idea suggested by UYDEL was to ban the sales of Waragi Sachets in Uganda, but the representative of the Ministry of Trade Industry and Cooperatives had proposed another idea of increasing the volume of the sachets from 100 ml to 200 ml. The statement made by the representative of the Ministry had sparked an uproar of criticism by the medical professionals at the meeting. The comments made by the Ministry is putting more young people at risk, especially in the suggestion of increasing the volume of the sachets that are to be banned by September 2017.

When the stakeholders meeting had wrapped up, there was a sense of displeasure and concern over the position made by the Ministry. However, this is a stepping stone and a new chapter for Uganda in implementing a new alcohol control bill, which will prevent underage drinking amongst youths in Uganda. This is also an opportunity for organisations such as UYDEL to continue to push for social change and providing an adequate future for the children of tomorrow.

Lack of space and Child Sexual Exploitation in Kampala Slums

Discussing living space among families and how this impacts young people, one cannot miss out to raise the issue of living space because this comes with a huge cost and the negative consequences leave a lasting impact to the young people and this is raising concern among social workers.

Uganda population census 2014 indicated that Uganda has the youngest population (78%) below 30 years. Nearly one-quarter (25%) of the households are living in urban areas. The mean household size was 4.7 persons.

Increasingly young people are getting homeless in Kampala and by 2012, over 10,000 young people were living on the streets (Walakira, E. J., 2009a). In 2011 UYDEL estimated that over 18,000 young people were involved in sexual exploitation. Another study by Monica Swahn among UYDEL clients indicated that out of a convenient sample of 1134 to quantify and describe high-risk behaviors and exposures as urban slum youth. She identified 249 (22%) as having no shelter (homeless). It further revealed that another 470 (41%) Sleep in one room. The data reveals that 63% of urban slum either sleep in singles or a homeless. So what are the implications? This is very worrying because it increases high-risk behaviors and exposures to crime, sexual exploitation, drugs and alcohol. This also perpetuate, poverty and is a threat to health and hygiene practices. Many of these 458 (40%) had no parent guidance having lost their parents.

We have observed especially in Makindye slum that slums are further characterized with poor housing structure and unplanned informal settlements, Poor drainage and sanitation systems, high crime rate, illicit activities like drug abuse and sex work, Gambling and violence.

The homes are under severe impoverishment and the care takers find it hard to provide for their young people’s needs in all aspects i.e. educational, physical, and emotional health needs.

Slum poor housing structures and unplanned informal settlements, Poor drainage and sanitation systems.

The young people live in double or single roomed households which are used both as residential and commercial shelters with more than 5 people which brings health and safety threats and also denies people sense of privacy. “it’s always depressing that I have to share everything including a bed with my 18 year old son while his siblings sleep down. It’s even worse when I have to dress up in their presence” tearfully reported one of the beneficiary’s mother during the home visit.
It must be noted that most of our beneficiaries do not stay with their biological parents but rather with other relatives. Some of these are abusive especially emotionally to these young people which somehow explains these young people’s deviant behaviours.

Two sisters one 17 and 16 who were living in a single room with their mother, step-father and 3 more siblings were referred to UYDEL Masooli rehabilitation Centre in April 2017 after facing severe domestic violence from their step father who continually abused them physically and emotionally. The older girl revealed having narrowly survived being raped by her stepfather. They were thus referred to Masooli by Lunkuse Joan - social worker Makindye under the Youth Empowerment Project and the Probation Officer KCCA (UYDEL report/2017).

Among the risks behavior recognized among young people we have identified sexual exploitation to be very rampant. Over 51% of our young people are engaged in CSEC lack shelter forces the young people be vulnerable either through they are forced into sexual acts either as a survival/ coping or as an alternative to secure accommodation. Limited space is like to introduce early sexual involvement as such young people engage in early sex and over half of our clients are sexually active. UYDEL data reveals that almost half of our clients have 1-2 partners and another 255 between 3-4 partners and 6% have more than five partners characterized with (Swahn M 2014). Shockingly in spite of huge spending in condom access 381 (65%) never used a condom consistently. (Because pay more money, when dealing with regular customers and when a client looked healthy). Condom use is around 50% but this significantly comes down; majority use male condoms 477 (81%). Three common modes of payment for those in CSEC is -money (98%), food (33%), Alcohol (41%), Shelter (21%) an issue which keeps showing up.

Housing is a major factor to consider in the rehabilitation process; it has a bearing on frequency of attendance in training vocational skills, healthy seeking behaviours and other psychosocial interventions. I have noticed that young people with accommodation challenges are irregular and often drop out. Interaction with Young people coming from limited spaced households’ reveals that they have very low self-esteem and are stigmatized because they believe they are disadvantaged, poor and less presentable which limits their participation in matters that concern them.

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Depression Study held at UYDEL Masooli Centre

In the world, adults, young people and children suffer from depression and stressful events due to various factors at the individual, family and societal levels. With low levels of depression management approaches, the young people and children are largely affected. Basing on the cases that we receive at the UYDEL Masooli Rehabilitation Centre the symptoms of depression that the young people exhibit among others include; social withdrawal, complain of sickness most especially Headache, sadness, anxiety, hopelessness, act out angry behavior/being short tempered, difficulty in concentrating and the reduced ability to function during activities. A depression study was conducted at Masooli from 17th to 21st July 2017 and it was facilitated by Professor Jeanne Miranda and Doctor Jacqueline B. Persons Ph.D. CBT and Science Centre from USA, with support from Dr. Badru Bukenya from Makerere University.
The social workers were trained on how to handle and conduct the various session in the training manual and the young people (10 boys and 10 girls) were largely engaged in the practices in accordance with the prepared sessions. The sessions that were conducted among others included: Acceptance, crisis survival Skills, Pleasant activities that can help someone improve their mood and increase personal strength, how one can increase his/her social and personal strength through support networks, building communication and goal setting. The young people were actively engaged through role plays and letting them say out what they wanted to say. The training yielded positive impacts as the young people learnt anger management skills and also learnt that engaging in activities that bring about calm is a therapy to depression. The social workers learnt how to conduct and handle sessions embedded in the training manual.

ISSUP also engages members on a national level through ISSUP National Chapters, allowing for culturally and language appropriate networks to build. Currently there are ISSUP National Chapters in Kenya, Pakistan and the Philippines.

Sign up as an ISSUP member today to:-
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- Receive a regular newsletter
- Receive ISSUP event benefits
- Use the ISSUP logo as part of your CV/professional profile
- Receive access to news and information about relevant job opportunities
- Build a network with other professionals in the field
- Sign-up to a code of ethics that demonstrates your professionalism
- Be registered on ISSUP’s unique list of Substance Use Prevention and Treatment Professionals

Please visit www.issup.net for further information

Join the International Society of Substance Use Professionals (ISSUP)

The International Society of Substance Use Professionals (ISSUP) is a global not-for-profit, non-government membership organisation that promotes evidence-based, high-quality and ethical approaches to substance use prevention and treatment. It is there to support the professional development of those working within these fields. The organisation’s website (www.issup.net) serves as an access point for all the latest related news, resources and research as well as offers information about how to access training and networking opportunities.

ISSUP’s vision is for a well-connected, well-trained and highly-competent substance use prevention and treatment community that is equipped with the knowledge and skills to undertake and deliver effectively high-quality and ethical practice based on sound scientific research.

ISSUP holds a unique annual event that takes place in different regions of the world to allow the international substance use prevention and treatment field to come together to receive training from international organisations and other experts, network and attain credentials. The next ISSUP event will be taking place in Cancún, Mexico from December 4th – 8th, 2017.

Sports gala to commemorate the Alcohol Prevention Awareness month and UN Day against Drug Abuse and Trafficking

UYDEL organized a sports gala on Saturday 22nd July, 2017 at Masooli Vocational Training and Rehabilitation Center among 4 Centres with a Theme: Life does not rewind; Say No to alcohol. This aimed at Increasing numbers of young people participating and perceiving the sports as an alternative to engaging in unhealthy high risk behaviors and helping young people understand what constitutes a healthy lifestyle and using sports to reflect healthy lifestyles through preventing use of any performance enhancing substances and emphasizing the pursuit of a healthy lifestyles. Main activities for the day included: Aerobics, talking about importance about leading an alcohol free life, Volley ball, Netball and Football.
Reducing underage drinking in Nansana Municipality

UYDEL partnering with IOGT-NTO Sweden have embarked on a mission to reduce underage drinking through community education, mobilization and education policy change. The project at increasing knowledge about dangers of underage drinking and the norms which promote drinking; increase enforcement in the area and also use the experience to discuss and raise the need for policy reviews and changes by key stakeholders.

UYDEL team working with the community has already collected data on the situation of alcohol and resources necessary to leverage the problem. Nansana municipality is faced with an epidemic on alcohol which is highly linked to crime, souring, violence, death of women and also young people facing increased alcohol problems. Community committees at several sub counties are beginning to form and a logical model has been developed and clear outcomes documented. Seminars on alcohol have begun after UYDEL developed a useful curriculum to train partners and in future also develop media strategy and training to help pass on messages which reduce underage.

The study conducted among 400 (258 male and 142) young people early 2017 in Nansana and Gombe divisions in Wakiso district. Out of a total number of 400 respondents, 244 buy alcohol by themselves
and 98 by other person. Most of the young people (46%) were introduced to alcohol by friends. It was reported that 37% drink alcohol packed in sachets of 100 mls and below. Most of these were noted to be cheap, easy to hide, flavored and packaged well. Children were drinking more, spend a lot on alcohol and yet many had no sources of income. There was a general need to cut down on drinking (62%), impose a ban on sachet. In schools the picture is worrying many as (50%) students interviewed reported to have missed classed to drinking, involved in fighting, having unprotected sex and other abused by their parents due to alcohol. Out of 400 respondents, 255 have alcohol selling points located within 500m in their area and use of other substances almost at 50%.

The study recommended an increased awareness on changing alcohol norms, ban sachets, reducing on alcohol bars and other outlets and cutting down outdoor and electronic media which bombards young people with misleading messages.

Above: Political councilors in Gombe division enacting the alcohol bye laws

We hope in the short run the project activities should be able to increase knowledge about benefits of control selling to underage minors, skills and attitudes and norms, selling alcohol among the many outlets. There also to increase enforcement, ban of selling sachets as a way to reduce on minors. The policy makers will be able to appreciate the long term impact of changing norms, increase enforcement and bans on alcohol sachets and outlets. This will decrease rates of underage drinking and alcohol related problems and opens door for health lifestyles among young people.

VOCATIONAL SKILLS TRAININGS

These are practical or firsthand skills that helps young people to obtain jobs in future. Students have opportunities for learning by getting hands on experiences while working on vocational carrier of their choices. When identification and assessment process has taken place, young people are referred by social workers to the instructors to equip them with various vocational skills such as hair dressing and cosmetology, tailoring, welding, motor bike, plumbing, catering, electronics, Building. The practical sessions empower them with knowledge and skills on how they can make money and become self-reliance hence reducing on the social problems that are commonly faced by the young people.

Furthermore, young people are also equipped with additional skills like jewelry making, bakery, liquid soap, shampoo, conditioner, and candle making. Such skills require little capital and labor.

In conclusion therefore, vocational skills have positively impacted to the lives of young people across different centers like Kamwokya, Bwaise, Natete, Makindye, Banda, Mukono, Masooli rehabilitation Centre among others.

Above: Vocational training in cooking
Upcoming Events

1. SVRI Forum 2017 - Rio De Janeiro (September 17 - 22)
2. Global Alcohol Policy Forum 2017 (4th - 6th October)

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