



**INCREASING ACCESS TO TREATMENT SERVICES FOR  
ALCOHOL AND SUBSTANCE SERVICE USERS IN LOW  
INCOME COUNTRIES:  
Lessons Learnt From Trial Brief Intervention Program In  
Uganda**

**Sylvia Teopista Nabirye ([nabiryesylvie@yahoo.com](mailto:nabiryesylvie@yahoo.com))  
Hope and Beyond , Kampala, Uganda**

**INTERNATIONAL NETWORK ON BRIEF INTERVENTIONS FOR  
ALCOHOL AND OTHER DRUGS CONFERENCE '19**

# Hope and Beyond (HaB)



**Mission:** Providing holistic care to individuals and family suffering from addictive illnesses especially alcoholism and drug abuse.

# Aim of this Paper

Highlight treatment challenges for Alcohol and Substance Use Disorders (SUD) in Uganda and discuss the potential role of brief intervention as alternative treatment.

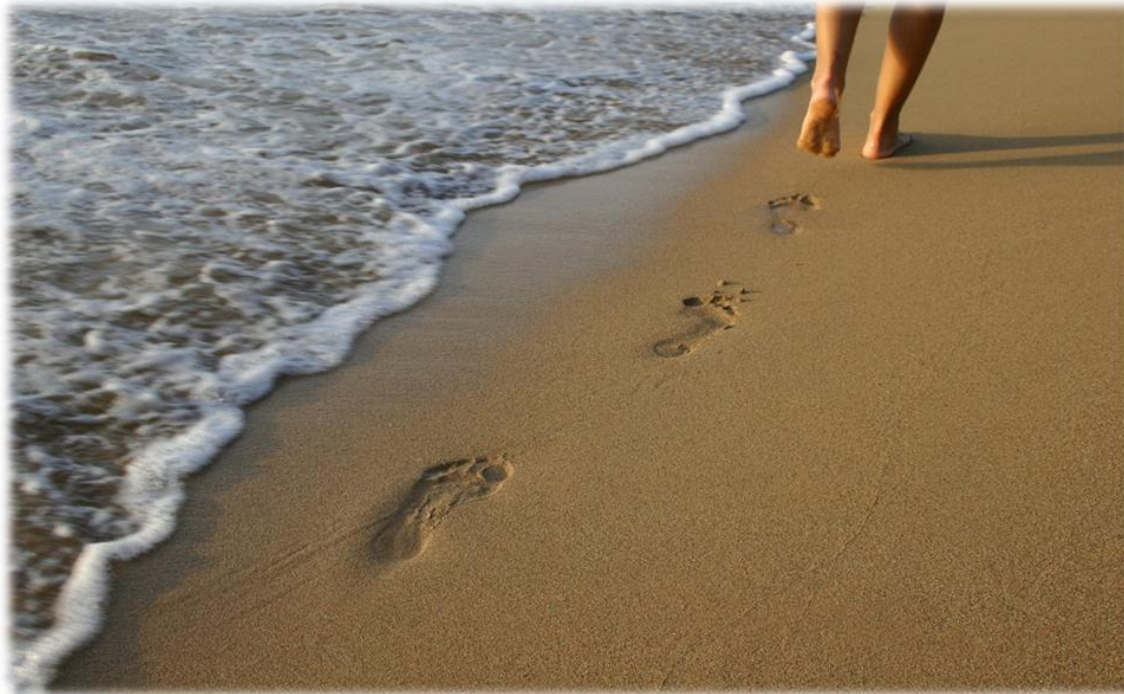


# Towards culturally adapted effective treatment for alcohol service users in Uganda



**David Kalema, PhD**

**Selected findings**



# UGANDA: The pearl of Africa



Area; 241 038 km<sup>2</sup>

Literacy levels - 73.2%

Population; 40 M (Over 50% 15 years)

Per capita Income – 2 \$ a day

# Introduction : Problem Statement



- Low income countries are faced with a growing challenge of negative alcohol and substance use
- Uganda is estimated to have 3,900,000 people with alcohol use disorders
- Interventions are scarce and rarely documented

# Treatment responses

- One specialised public treatment facility located in the National Psychiatric referral hospital
- A few private initiatives limited to the capital city
- Treatment is copy and paste of the Minnesota model without local evidence/adaptations
- No research on treatment and generally limited options



The screenshot shows the homepage of the African Journal of Drug and Alcohol Studies (AJOL). At the top, there is a navigation bar with the text 'PROMOTING ACCESS TO AFRICAN RESEARCH' and a search box. Below this, a secondary navigation bar lists 'AFRICAN JOURNALS ONLINE (AJOL)', 'JOURNALS', 'ADVANCED SEARCH', 'USING AJOL', and 'RESOURCES'. The main title 'African Journal of Drug and Alcohol Studies' is prominently displayed. Below the title, there are several menu items: 'JOURNAL HOME', 'ABOUT', 'ADVANCED SEARCH', 'CURRENT ISSUE', and 'ARCHIVES'. A login section is present with the text 'Log in or Register to get access to full text downloads.' and fields for 'Username', 'Password', and a 'Remember me' checkbox. To the right, there is a logo for 'AFRICAN JOURNALS ONLINE AJOL' featuring a map of Africa. At the bottom, there is a section titled 'HOW TO USE AJOL...' with bullet points for 'for Researchers', 'for Librarians', and 'for Authors', and another section titled 'OTHER RESOURCES...' with bullet points for 'Journal Quality', 'for Researchers', and 'for Journals'. The article title 'Features and challenges of alcohol abuse treatment in Uganda' by David Kalema, Wouter Vanderplaschen is visible at the bottom.

# TREATMENT CHALLENGES FOR ALCOHOL SERVICE USERS IN UGANDA

## SOCIATAL CHALLENGES

- Limited awareness
- Cultural practices and beliefs

## SERVICE BASED CHALLENGES

- Inadequate human resource
- Program factors
- Infrastructural and other logistical limitations

## INDIVIDUAL LEVEL

- Limited awareness
- Denial

IJADR

International Journal of Alcohol and Drug Research

The Official Journal of the Kettil Bruun Society for Social and Epidemiological Research on Alcohol

doi:

IJADR, xxxxx, x(x), xxx - xxx

ISSN: 1925-7066

Treatment challenges for alcohol service users in Kampala, Uganda

David Kalema<sup>1,2</sup>, Wouter Vanderplasschen<sup>1</sup>, Sofie Vindevogel<sup>3</sup>, Peter K. Baguma<sup>2</sup>, and Ilse Derluyn<sup>4</sup>







# BI: Treatment Camp for A/SUD

- BI is a major recommendation from the doctoral research study
  - Hope and Beyond conducted a 5 days' residential camp to pilot BI as a treatment for A/SUD in Uganda.
  - Hosted at Health Centre (HC) II in Wakiso district near Kampala
  - Residents were mobilized to contribute towards logistical needs of camp participants.
  - The Camp was facilitated by a multidisciplinary team (Psychiatrists, General Practitioners, Psychologists, spiritual leaders...)
-



# HOPE AND BEYOND

Centre Of Excellence In Addiction Services

**FREE**

## TREATMENT CAMP

**FREE**

**For**

# ALCOHOL AND DRUG USE DISORDERS

At: Health Centre II Kisigula, Mutundwe

**18<sup>th</sup> - 22<sup>nd</sup>  
FEBRUARY  
2019**

PARTNERS;



Register in Advance on: 0701 481003 / 0772 621749

# Program description

- **Activities:** screening and assessments, detoxification and medications; psychotherapies; HIV counseling and testing, sensitization workshops, prayers/spiritual support and referrals.
- **Challenges** ranged from logistical to human resource constraints yet many clients were in severe physical and mental condition and low on motivation.



# Outcomes

Although the project planned for 20 participants, 53 clients turned up and were treated for SUD, 12 health workers from nearby medical centers were trained in addiction management and sensitization was conducted in 11 Churches and 2 Mosques reaching out to over 10,000 people.



# Limitations, Conclusion & Recommendations

- Small sample of 53 participants mainly from the central region
- No follow-up yet done to assess the impact of the intervention
- Camp treatment as a way of BI is a promising practice for mitigating challenges faced while treating A/SUD in low income settings but scientific studies are necessary to establish effectiveness of BI in these settings.

**END**

**THANK YOU FOR  
LISTENING**