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

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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.
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 km²
Literacy levels - 73.2%
Population; 40 M (Over 50% 15 years)
Par 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
TREATMENT CHALLENGES FOR ALCOHOL SERVICE USERS IN UGANDA

SOCIATLAL 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

Treatment challenges for alcohol service users in Kampala, Uganda
David Kalema1,2, Wouter Vanderplasse1, Sofie Vindevogel1, Peter K. Baguma3, and Bee Derluyn4
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
For
ALCOHOL AND DRUG USE DISORDERS
At: Health Centre II Kisigula, Mutundwe

18th - 22nd FEBRUARY 2019

PARTNERS;
FORUT INTERNATIONAL

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.
THANK YOU FOR LISTENING