



**NACADA**  
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

# NACADA QUARTERLY

A PUBLICATION OF THE NATIONAL AUTHORITY FOR THE CAMPAIGN AGAINST ALCOHOL AND DRUG ABUSE



**AUTHORITY HONORED AT FiRe AWARDS FOR EXCELLENCE IN FINANCIAL REPORTING**

**THE GLORIFICATION OF ALCOHOL THROUGH SLANG: A CALL TO RETHINK TRENDS**

**CHAMPIONING A DRUG-FREE CREATIVE INDUSTRY AT TUKUZA AWARDS**

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## AUTHORITY HONORED AT FiRe AWARDS FOR EXCELLENCE IN FINANCIAL REPORTING



*Dr. CPA Samuel Makini, Deputy Director, Finance and Accounts receives the award on behalf of NACADA*

### By Simon Mwangi

The National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) has received a Certificate of Recognition at the 2024 Financial Reporting (FiRe) Awards. The accolade, presented on the 5th of December, 2024 at the Serena Hotel in Nairobi, was under the category of Unqualified Report - International Public Sector Accounting Standards (IPSAS), acknowledging the Authority's exemplary commitment to sound financial management and accountability.

Speaking during the event, the CEO Dr. Anthony Omerikwa, MBS, expressed pride in the achievement, crediting the milestone to the Authority's unwavering adherence to government policies and guidelines on resource utilization.

"This award is a testament to the robust systems and frameworks we have established to ensure prudent management of resources entrusted to us," said Dr. Omerikwa.

"At NACADA, we understand that transparency and accountability are non-negotiable in delivering our mandate to fight against alcohol and drug abuse. This recognition motivates us to keep raising the bar."

The FiRe Awards, a prestigious annual event jointly organized by the Institute of Certified Public Accountants of Kenya (ICPAK), the Capital Markets Authority (CMA), and the Nairobi Securities Exchange (NSE), celebrate excellence in financial reporting, corporate governance, and sustainability. It aims to encourage organizations to adopt high standards of financial reporting and compliance with international accounting principles.

NACADA's recognition is particularly significant as it underscores the Authority's commitment to aligning its financial reporting with International Public Sector Accounting Standards (IPSAS), the globally accepted accounting framework for public sector entities.

The CEO emphasized the efforts NACADA has undertaken to enhance resource management which include strengthening internal controls and governance structures, continuous capacity building for staff in financial management and compliance, leveraging technology to improve efficiency and accountability in reporting and regular audits to ensure adherence to legal and regulatory requirements.

"The public entrusts us with the responsibility of addressing alcohol and drug abuse, a critical issue affecting our communities," the CEO noted.

"We must demonstrate integrity in every aspect of our operations, including how we manage financial resources. This award reflects our dedication to that responsibility."

The recognition also reaffirms NACADA's alignment with the government's broader agenda of promoting transparency and fiscal discipline across public institutions. The Authority has consistently demonstrated its commitment to good governance and effective service delivery, making it a benchmark for other public sector entities.

## AUTHORITY CHAMPIONS REGIONAL COLLABORATION AT DRUG OBSERVATORY MEETING



**Officials after the In-Person Meeting of National Focal Points for the Regional Drug Observatory in Nairobi.**

### By Simon Mwangi

The CEO of the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) Dr. Anthony Omerikwa, MBS, officially opened the inaugural in-person meeting of National Focal Points for the Regional Drug Observatory in Nairobi.

Organised by the General Secretariat of the Indian Ocean Commission, this landmark meeting underscores the growing importance of data-driven strategies in combating drug abuse and illicit trafficking.

In his address, the CEO emphasised the critical role of accurate and timely data in crafting effective interventions.

“Data is the currency of the future,” he remarked, likening it to a truth-telling friend whose insights, though sometimes uncomfortable, are vital for evidence-based policymaking. He highlighted the need for robust data to track trends in drug consumption, pricing, crime, and rehabilitation outcomes, describing it as indispensable in addressing the multifaceted drug challenge.

Dr Omerikwa also shed light on Kenya’s leadership in this space, showcasing the achievements of the National Drug Observatory (NDO), established in 2013 and housed at NACADA. He outlined the NDO’s accomplishments, including bi-annual reports to Parliament, contributions to the UN Office on Drugs and Crime (UNODC), and its role in shaping national policy. Kenya’s regional leadership was further evidenced in its support for Seychelles in setting up its observatory in 2022.

The establishment of a Regional Drug Observatory, he noted, is a visionary step toward strengthening data-sharing and regional collaboration. However, he stressed that collaboration, trust, and investments in technical and infrastructural capacity are essential for the initiative’s success.

“A Regional Drug Observatory isn’t just a tool for data collection—it’s a time machine, allowing us to anticipate challenges before they arise and proactively address them. By creating a regional framework, we will have access to a consolidated pool of data that can support both national and regional interventions.” added Dr. Omerikwa.

The meeting, attended by representatives from various nations and key stakeholders, aims to lay the groundwork for a unified regional response to the drug menace. The CEO reaffirmed NACADA’s commitment to this transformative initiative, calling it a “game-changer” in the fight against illicit drugs.



**The CEO, NACADA, Dr. Anthony Omerikwa, MBS, during the meeting**

Dr Omerikwa extended gratitude to the NACADA team and stakeholders whose dedication made the achievement possible.

“This recognition is not just for NACADA as an institution—it is a collective win for everyone who has contributed to our success. From the board to management and staff, your commitment to excellence continues to make a difference,” the CEO remarked.

As NACADA continues its mission to combat alcohol and drug abuse, the recognition by the FiRe Awards serves as a reminder of the importance of financial integrity in achieving impactful outcomes. The Authority reaffirmed its commitment to sustaining high standards of financial reporting and resource utilization to better serve the Kenyan public.

With this milestone, NACADA joins a distinguished list of public and private organizations recognized for their financial stewardship, further solidifying its position as a trusted leader in public sector accountability.



# FACTSHEET

## Substance Use Disorders

 <p><b>MYTH:</b> Substance Use Disorder (SUD) is a choice or lack of morals</p> <p><b>FACT:</b> Substance Use Disorder (SUD) is a chronic brain disease that affects behavior, making it difficult for individuals to control their use of alcohol or drugs. Alcohol and drug addiction is now classified as Substance Use Disorders</p>	 <p><b>MYTH:</b> People with Substance Use Disorders (SUD) lack self-control and willpower</p> <p><b>FACT:</b> Alcohol and drugs take control of the brain's reward system, leading to uncontrollable behaviors. It is not about self-control; it is about the complex interplay of biology and the environment.</p>
 <p><b>MYTH:</b> Substance Use Disorders (SUD) treatment is unsuccessful; relapse is unavoidable</p> <p><b>FACT:</b> Evidence-based treatments and ongoing support considerably increase the chances of long-term recovery.</p>	 <p><b>MYTH:</b> People with Substance Use Disorders (SUDs) cannot lead successful lives</p> <p><b>FACT:</b> Countless individuals have overcome SUDs, rebuilt their lives, and made substantial contributions to society. Recovery is a journey towards self-discovery and resilience.</p>
 <p><b>MYTH:</b> Substance Use Disorders (SUDs) only affects the individual</p> <p><b>FACT:</b> Substance Use Disorders (SUDs) not only impact the individual but also affect families and communities. Building a supportive network is crucial for sustained recovery.</p>	 <p><b>MYTH:</b> If addiction runs in the family, it is inevitable for me too</p> <p><b>FACT:</b> While genetics contribute to addiction risk, they don't guarantee it. Environmental factors, personal choices, and access to support play crucial roles in shaping an individual's risk of developing addiction.</p>
 <p><b>MYTH:</b> Addiction only affects certain groups of people</p> <p><b>FACT:</b> Addiction knows no boundaries and can impact anyone, regardless of age, gender, race, or status. It is important to eliminate stigmatizing labels and recognize the universality of addiction.</p>	 <p><b>MYTH:</b> You cannot be addicted if you have a successful career or stable family life</p> <p><b>FACT:</b> Substance Use Disorders can affect individuals from all walks of life, including those with successful careers or stable family situations.</p>
 <p><b>MYTH:</b> One type of substance use disorder treatment works for everyone</p> <p><b>FACT:</b> There is no one-size-fits-all approach to treatment. Treatment plans and recovery are as unique as the individual.</p>	 <p><b>MYTH:</b> You cannot help someone with addiction unless they want help</p> <p><b>FACT:</b> Interventions and support from loved ones can motivate individuals to seek help. Offering resources, understanding, and encouragement can be instrumental in someone's decision to start their recovery journey.</p>

For counseling and drug addiction referral services, Call our 24Hrs Toll Free Helpline 1192






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## THE AUTHORITY'S CEO HONORED AT AFRICAN YOUTHS' INITIATIVE ON CRIME PREVENTION SUMMIT IN ABUJA

Dr. Anthony Omerikwa, MBS, the Chief Executive Officer of Kenya's National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA), has been recognized with the Outstanding Global Personality in Drug and Substance Abuse Prevention award. The accolade was presented during the African Youths Initiative on Crime Prevention (AYICRIP) summit in Abuja, Nigeria in November 2024.

The award celebrated Dr. Omerikwa's exceptional contribution and unwavering commitment to the global fight against substance abuse among youth. His leadership in promoting youth development, empowerment, and innovation has significantly impacted Africa, inspiring young people to lead healthier, drug-free lives.

Speaking at the event, Dr. Omerikwa dedicated the award to Africa's youth, emphasizing their critical role in shaping a drug-free future. "This recognition is a testament to the collective efforts of NACADA and our partners in empowering young people to resist the lure of drugs and embrace their potential. Together, we can turn the tide on substance abuse," he stated.

The AYICRIP summit brought together stakeholders from across Africa to address crime prevention, substance abuse, and youth empowerment. Dr. Omerikwa's leadership in innovative programs, such as NACADA's targeted youth campaigns and rehabilitation initiatives, was lauded as a model for other nations.

In their remarks, AYICRIP organizers praised Dr. Omerikwa for his visionary approach and for setting a high standard in tackling substance abuse through preventive strategies, capacity building, and community-driven solutions.

Dr. Omerikwa's recognition reinforces the importance of collaboration and innovation in addressing substance abuse, ensuring a brighter, drug-free future for Africa's youth.



**NACADA CEO Dr. Anthony Omerikwa during the AYICRIP summit in Abuja, Nigeria.**



## TRAINING ON BASIC NARCOTICS INVESTIGATIONS: BUILDING CAPACITY IN THE FIGHT AGAINST DRUG ABUSE



*Participants pose with Mr. Mohammed Amin, Director of the Directorate of Criminal Investigations (middle) flanked by Dr. Anthony Omerikwa, MBS, NACADA Chief Executive Officer NACADA to his left*

### By Pauline Maina

The menace of drug and substance abuse continues to be a pressing challenge, threatening the well-being of individuals, families, and communities across Kenya. As part of NACADA’s commitment to combating this societal challenge, key officers from the Authority joined their counterparts from the Directorate of Anti-Narcotics Unit and the Kenya Coast Guard Service in attending a specialized Basic Narcotics Investigations Course. This training, organized by the Drug Enforcement Administration (DEA) – Office of Training, International Training Section, took place in Nairobi from 2nd to 6th December 2024.

The opening ceremony was officiated by the Director of Criminal Investigations Department, officials from the US Embassy in Nairobi, the NACADA Chief Executive Officer, and a representative of the Kenya Coast Guard Service Director-General.

The week-long course was designed to equip participants with essential knowledge and skills to effectively address the complexities of narcotics-related crimes. The training delved into a wide range of topics critical to narcotics investigations, including: case initiation and development, operational planning, handling confidential sources, financial investigations, suspect interviews and interrogation skills, surveillance techniques, medical and tactical emergencies.

One of the highlights of the training was the emphasis on inter-agency collaboration. The inclusion of officers from NACADA, the Directorate of Anti-Narcotics Unit, and the Kenya Coast Guard Service fostered a unified approach to narcotics control. Trainers from the DEA, led by Kris and supported by Dave, Joe, and Rob, shared global best practices, bridging the gap between international and local enforcement strategies.

For NACADA, this training reinforces our capacity to address narcotics-related challenges within the broader framework of our mandate. The knowledge gained will be instrumental in strengthening our role in prevention, enforcement, and policy advocacy. The lessons learned will undoubtedly translate into more effective strategies for combating narcotics in Kenya. The ripple effect of this capacity-building initiative will enhance our collective efforts to protect communities from the devastating impact of drug abuse.



*NACADA staff attending the training*

## THE GLORIFICATION OF ALCOHOL THROUGH SLANG: A CALL TO RETHINK TRENDS



**By Maawiya Mohammed**

In recent times, a phrase has been echoing through social circles among Kenyan youth: “Tushike county.” It’s not just a saying; it refers to the consumption of a popular alcoholic drink known as County. The phrase, often used in jest or camaraderie, reflects a larger issue—the normalization and glorification of alcohol consumption through casual slang and inside jokes.

Inside jokes and slang like “Tushike county” or others tied to specific drinks create a culture where excessive drinking is seen as trendy or humorous. Social media has amplified this behavior, with memes, hashtags, and videos. For many young people, these terms and actions are a way of fitting in, projecting confidence, or escaping reality. What’s often overlooked is the deeper harm this culture causes.

The concern lies not in the use of slang but in its impact. By making alcohol a lighthearted topic, the dangers associated with it are often overlooked or ignored. Youth engaging in such trends may not fully grasp the potential harm of regular or excessive drinking. Alcohol consumption, particularly at a young age, can disrupt one’s physical and mental health, impair judgment, and lead to risky behaviors.

Alcohol’s accessibility further fuels this trend. Drinks like County are affordable and widely available, making them an easy choice for young people, especially those with limited financial means. The allure of drinking as a “group activity” or as part of youth culture is amplified by the affordability and the social buzz surrounding these beverages.

It’s crucial to note that the problem isn’t just about the drink or the phrase—it’s about the environment that enables such

trends to thrive. Economic hardship, unemployment, and lack of recreational opportunities often leave young people seeking ways to escape or bond. Unfortunately, alcohol has become a default choice for many.

What can we do? It starts with changing how we talk about alcohol. Inside jokes and slang may seem harmless, but they carry significant influence. Parents, teachers, and mentors need to engage youth in honest conversations about the realities of drinking—without judgment, but with clarity.

Social media, too, plays a powerful role. Instead of amplifying slang that glorifies alcohol, let’s create content that highlights alternatives—creative hobbies, sports, or discussions that bring young people together in healthier, more constructive ways. Influencers and role models must also recognize their responsibility to shape these narratives positively.

The phrase “Tushike county” doesn’t have to symbolize drinking. It can be a starting point for meaningful dialogue about the choices we make and the culture we want to foster. By addressing the underlying issues and providing healthier outlets, we can shift the narrative and ensure that young people are empowered to make informed decisions about their lives.

Let’s challenge ourselves to move beyond the trends and create a culture where youth thrive without needing an escape in a bottle.

## FESTIVE SEASON ROADSHOWS IN WESTERN KENYA



*The Vihiga County roadshow being flagged off at Mbale by Vihiga County Commissioner Florence Sitawa, assisted by Sub County Administrator Michael Yate Aliong'o*

### By Simon Mwangi

The Authority conducted its festive season roadshows in the country's Western region, based on the current statistics that place it as the leading in alcohol abuse in the country. The roadshows were modelled into a campaign to raise awareness of the dangers of alcohol and drug abuse.

Highlighting the importance of the roadshows as a means of educating the public, NACADA Chief Executive Officer Dr. Anthony Omerikwa, MBS, indicated that the festive season is usually accompanied by wanton alcohol and drug abuse.

"This festive season should indeed be a season of merriment. We cannot, however, allow it to degenerate into one characterised by drug and alcohol misuse. The roadshows have provided a good platform to educate and sensitize the communities of their righting and rising to reject substance abuse," said Dr. Omerikwa.

Flagging off the campaign at the Vihiga County Commissioner's office, Mbale, was the County Commissioner, Florence Sitawa, assisted by NACADA Kakamega County Coordinator Ms. Eunice Arubia and other county officials. The launch set the pace for a high-energy campaign incorporating education and entertainment to blend critical messages.

The Kakamega roadshow picked high momentum with the launch at the County Commissioner's Office, graced by Deputy County Commissioner Christine Chacha, Prof. Solomon Shibairo of Masinde Muliro University of Science and Technology, and County Secretary Mr. Omuhaka Lawrence. Their presence amplified the

collaborative approach adopted by the Authority in the activities.

Dr. Omerikwa further reiterated the Authority's commitment to continuous community engagement, saying, "We will sustain these efforts into the new year, working closely with local leaders, law enforcement, and community members to address the menace of alcohol and drug abuse in our society."

The roadshows featured sensitization sessions, distribution of educational materials, and performances by local artists, all tailored to inspire positive action and community responsibility. They covered Transnzoia, Vihiga, Kakamega, Bungoma and Busia counties, where communities, local leaders, and other stakeholders in the fight against substance abuse were also engaged.





# Addiction

## MYTHS VS. FACTS



**MYTH:** Addiction is a choice or lack of morals

**FACT:** Addiction is a chronic brain disease that affects behavior, making it difficult for individuals to control their use of alcohol or drugs. It affects judgment, decision-making, and self-control.



**MYTH:** People with addiction lack self-control

**FACT:** Alcohol and drugs take control of the brain's reward system, leading to uncontrollable behaviors. It is not about self-control; it is about the complex interplay of biology and the environment.



**MYTH:** Addiction treatment is unsuccessful; relapse is unavoidable

**FACT:** Evidence-based treatments and ongoing support considerably increase the chances of long-term recovery.



**MYTH:** People with addiction cannot lead successful lives

**FACT:** Countless individuals have overcome addiction, rebuilt their lives, and made substantial contributions to society. Recovery is a journey towards self-discovery and resilience.



**MYTH:** Addiction is solely a result of poor choices or a weak will

**FACT:** Genetics plays a significant role in determining vulnerability to addiction. Certain genetic factors can make individuals more vulnerable to substance use disorders.



**MYTH:** Addiction only affects the individual

**FACT:** Addiction not only impacts the individual but also affects families and communities. Building a supportive network is crucial for sustained recovery.



**MYTH:** If addiction runs in the family, it is inevitable for me too

**FACT:** While genetics contribute to addiction risk, they don't guarantee it. Environmental factors, personal choices, and access to support play crucial roles in shaping an individual's risk of developing addiction.



**MYTH:** Addiction only affects certain groups of people

**FACT:** Addiction knows no boundaries and can impact anyone, regardless of age, gender, race, or status. It is important to eliminate stigmatizing labels and recognize the universality of addiction.



**MYTH:** You cannot be addicted if you have a successful career or stable family life

**FACT:** Addiction can affect individuals from all walks of life, including those with successful careers or stable family situations.



**MYTH:** You cannot help someone with addiction unless they want help

**FACT:** Interventions and support from loved ones can motivate individuals to seek help. Offering resources, understanding, and encouragement can be instrumental in someone's decision to start their recovery journey.

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## A LETTER TO KENYAN DRILL, GENGETONE, AND URBANTONE ARTISTS

### *USE YOUR MUSIC TO INSPIRE THE YOUTH AND CHAMPION AGAINST DRUG ABUSE*

The streets are buzzing right now, and you have got everyone talking. Ethic's comeback has reignited the energy, sparking conversations and even a little friendly beef about who's really running the show—Urbantone or Gengetone. But let's take a moment to pause and look at what matters here. It's not about who's better. It's about the incredible power all of you hold.

Your music moves more than just the charts; it moves the culture. It's not just about beats and rhymes. The youths look up to you. They see you as more than just artists; they see you as reflections of their aspirations and mirrors of their realities. You are the voice they trust, the rhythm they follow, the energy that fuels their days. When they hear Wakadinali spit bars, when they vibe to a gengetone hit, or when they catch the smooth vocals of an Urbantone track, they're not just hearing music—they're hearing a movement.

Look at what you've already achieved. You've proven that music with a message can still be raw, real, and resonant. Drill artists like Wakadinali have captured the grit and grind of everyday life, creating anthems that speak to a generation. Gengetone acts like Ethic and Mbogi Genje have given the streets a bold, unapologetic voice, ensuring that our stories are told with authenticity. Urbantone artists, with their smooth vibes and universal appeal, have shown that Kenyan music can hold its own on any global stage. Collectively, you've shaped the sound of this generation, giving the youth a language they can call their own.

But here's where it gets real. Drug use remains a challenge for many young people, threatening their potential and futures. These are the same youth who look up to you, who memorize your lyrics, and who see you as role models. Your words, energy, and influence resonate deeply with them, shaping how they see the world and themselves. This is why your voice is so powerful—it holds the ability to inspire positive change, offering hope and direction in the fight against substance abuse.

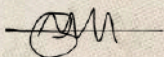
You already have their ears. They listen to you before they listen to anyone else. What if you used that trust to give them something bigger? What if your music became the reason they stayed away from drugs? What if your tracks reminded them that their lives matter, that they have dreams worth chasing, and that they are stronger than the pull of addiction?

I am not asking you to change who you are or what you do. Keep the energy, keep the authenticity, and keep making the music that makes the streets come alive. All I am saying is, when you sit down to write those lyrics or drop those bars, think about the message. You have the power to create something more than a hit. You can create change.

This is bigger than just music. It's about the legacy you leave behind. Years from now, when people look back at this era, they will remember how your music didn't just entertain—it inspired. It gave young people hope, it gave them direction, and it gave them a reason to believe in themselves.

You have already proven that you're leaders. The youth are listening to you. You've got the mic, and with it, the chance to not just move the streets, but to move hearts and minds.

**Yours Truly,**



**Maawiya Mohammed**, fellow Gen Z and youth



## AUTHORITY TAKES PART IN NAIROBI COUNTY CITY MARATHON ON WORLD AIDS DAY



**NACADA team during the Nairobi city county marathon on world AIDS day at Nyayo national stadium in Nairobi.**

**By Rebecca Barasa**

On December 1st, 2024, the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) participated in the Nairobi County City Marathon on World AIDS Day at Nyayo National Stadium. This global observance serves as a reminder of the ongoing battle against HIV/AIDS, with 2024's theme being 'Take the Right Path: My Health, My Right.' The marathon aimed to raise awareness about HIV/AIDS prevention and promote the health and well-being of those affected by the disease.

The event was organized by the National Syndemic Diseases Control Council (NSDCC) in collaboration with several key partners. Dr. Ruth Laibon Masha, the CEO NSDCC, officially flagged off the marathon, with the Cabinet Secretary, Ministry of Health, Dr. Deborah Mulongo overseeing the proceedings.

Mr. Karisa George, NACADA Nairobi Regional Manager, along with other NACADA personnel, took part in various races, including the Corporate Challenge, 21 km Half Marathon, 10 km Road Race, and the 5 km Road Race. These races were designed not only to commemorate World AIDS Day but also to raise funds for HIV/AIDS prevention efforts.

The focus was to create awareness about HIV/AIDS, advocate for the end of the disease by 2030, and highlight the importance of supporting women and children who are disproportionately affected by the triple threat—HIV/AIDS, gender inequality, and violence. Additionally, NSDCC and NACADA utilized this platform to spread critical messages about public health, emphasizing that good health is a basic human right and should be protected.

As an inclusive event, the marathon brought together people of all ages, abilities, and backgrounds. Members of the community were encouraged to participate and show their support for the fight against HIV/AIDS. NACADA, in

particular, used this occasion to highlight the dangers of alcohol and drug abuse, which are significant contributors to the spread of HIV/AIDS. Individuals, under the influence of alcohol or drugs, may engage in risky behaviors, including unsafe sexual practices that increase the likelihood of HIV transmission.

The Authority used the marathon as a platform to educate participants on the link between substance abuse and the increased vulnerability to HIV/AIDS, urging everyone to take responsibility for their health and make informed choices. It also underscored the role of substance abuse prevention in the broader fight against HIV/AIDS

The event successfully reinforced the message that ending the triple threat requires collective action. By raising awareness and promoting healthier lifestyles, NACADA played a pivotal role in ensuring that the fight against HIV/AIDS continues to gain momentum, as the world works toward the goal of ending AIDS by 2030.

In conclusion, the Nairobi County City Marathon on World AIDS Day was a significant event that not only highlighted the ongoing efforts to combat HIV/AIDS but also served as a platform for NACADA to promote awareness about the detrimental impact of alcohol and drug abuse. Through such initiatives, NACADA remains committed to supporting public health and working toward a future where HIV/AIDS and substance abuse no longer pose a threat to communities.



## TIKTOKING AND JOURNALING AS A MEANS TO AVOID DRUG USE



By Maawiya Mohammed

In today's fast-paced, often overwhelming world, young people are faced with various emotional and social challenges. These pressures can lead to unhealthy coping mechanisms, with drug use being one of the most dangerous paths. However, there are more positive, creative ways to manage stress and find an outlet for emotions. Two such alternatives that have gained significant popularity among young people are TikToking and journaling.

### The Therapeutic Power of TikToking

TikTok has become a global platform where creativity and self-expression thrive. With its short video format, users have the ability to share snippets of their lives, showcase their talents, and engage with a vast community. For many, TikToking has become more than just entertainment—it's a way to cope, connect, and escape from the pressures of life.

For young people, TikTok offers an accessible and fun outlet to express emotions, creativity, and individuality. Whether it's creating dance challenges, sharing personal stories, or just participating in trending content, the act of making and watching TikTok videos allows young people to engage in positive self-expression and connect with others who may share similar experiences. It can serve as a safe space where individuals feel validated, appreciated, and understood by their online peers, reducing the temptation to use drugs as a means of escape.

**Journaling:** A Simple, Reflective Tool for Emotional Clarity. While TikTok offers an external outlet for self-expression, journaling is a more internal, reflective practice that can help individuals manage their emotions in a private, safe environment. Writing in a journal allows young people to process their feelings, track their progress, and reflect on their thoughts in a way that is personal and cathartic.

For those struggling with emotional challenges or peer pressure, journaling provides a non-judgmental space to release pent-up frustrations or fears.

Writing about daily experiences or personal struggles helps individuals gain clarity, build emotional resilience, and develop a deeper understanding of themselves. Journaling can also help track one's mental health journey, serving as a reminder of growth and resilience, and as a tool to prevent falling into negative habits like drug use.

### Combining TikToking and Journaling for a Holistic Approach

Both TikToking and journaling can be incredibly powerful tools when used together. TikTok allows for an external, public expression of one's creativity and emotions, while journaling provides the privacy and introspection needed to process those emotions on a deeper level.

For example, a young person may use TikTok to share a personal story or participate in a positive trend, and then use journaling afterward to reflect on their feelings and thoughts during the process. This combination helps them connect with others, express their emotions in a creative way, and understand their inner world more fully. It encourages a balanced approach to emotional well-being, where both external and internal self-expression work in harmony.

The temptation to use drugs often stems from the need to escape overwhelming emotions, stress, or loneliness. While drugs may provide temporary relief, they come with lasting consequences. TikTok and journaling offer far healthier alternatives. They allow young people to manage their emotions and build self-awareness without resorting to harmful substances.

Both TikToking and journaling empower individuals to take control of their mental health and emotional well-being. These creative outlets provide a sense of purpose, boost confidence, and allow young people to find meaningful ways to cope with challenges.

## CHAMPIONING A DRUG-FREE CREATIVE INDUSTRY AT TUKUZA AWARDS

The Authority demonstrated its recognition of the powerful role played by gospel artists as behaviour change agents in drug and substance use during the Tukuza Awards in Nairobi, which recognized various talents in the country's religious creative industry.

The Board Chair, Rev. Dr. Stephen Mairori, who was the Chief Guest officiated the awards ceremony. He was accompanied by the CEO, Dr. Anthony Omerikwa, MBS. In his keynote address, he commended the organizers for their commitment to uplifting creative talent while incorporating vital societal messages.

"Artists have this special power to mold the mindset of society, especially the youth. By embracing their role as champions of positive change, they can help steer the next generation away from the dangers of alcohol and drug abuse," said Dr Mairori.

The evening was marked by performances, presentations of awards across various categories, and a lively panel discussion on the role of art in social advocacy. Dr Omerikwa took to the platform to sensitize artists on their responsibility to uphold ethical practices and use their influence in combating the rising threat of substance abuse in Kenya.

Speaking during the same event, Tukuza Awards Chief Executive Officer, Boniface Milimo, hailed the partnership with the Authority. "We appreciate NACADA for making the awards a success this year. Together we can empower the artists to be able to speak through their work for good change and help bring about a free culture from the tight grasp of drugs," he said.

As the curtains fell, NACADA pledged continued collaboration with the creative industry in pushing forward the Authority's mandate. The event brought together notable figures in the entertainment sector to showcase how artists can help promote a drug-free society.



**NACADA Board Chair Rev. Dr. Stephen Mairori (left) awards winners of a category at the Tukuza Awards**



**NACADA CEO Dr. Anthony Omerikwa, MBS, speaks during the event**



# Parents' Misconceptions on Children and Youth Drug Use

01

**MYTH: It is normal for children to experiment with alcohol or drugs.**

**FACT:** Experimenting with alcohol or drugs is not normal. Majority of the children are not using alcohol or drugs. USE can lead to ABUSE which can lead to ADDICTION therefore any use is not acceptable.



02

**MYTH: My children do not care what I think.**

**FACT:** Your children do listen to you even if they it does not seem so. They do care what you say but you have to tell them what you think and what you expect.



03

**MYTH: My adolescent child does not listen to me.**

**FACT:** You are the number one role model of your children. As a parent you have the power to shape their attitudes about alcohol and drugs. Children who learn risks about alcohol and drugs from their parents are less likely to use than those who do not.



04

**MYTH: It is okay for me to use alcohol and drugs because I am an adult.**

**FACT:** When you drink or smoke, your children think it is okay for them to do it too, no matter what you say. Show your beliefs about alcohol or drugs through your actions and your child is likely to believe you.

05

**MYTH: I can teach my teenager 'responsible drinking' by providing alcohol and a place to consume it.**

**FACT:** Allowing teenagers to drink may instill a sense of comfort in alcohol use which could increase their tendency to drink, with or without their parents present.

## What Should I do as a Parent/ Caregiver?

**1. Start Early:**

It is never too early to promote healthy attitudes, emotions and behavior. Starting at teenage is too late

**2. Know the Facts:**

Who are their friends? Teachers? What do they aspire to be? What are their challenges?

**3. Be a Good Model:**

Model safe, healthy attitudes and behavior. It is more about what you do than what you say

**4. Communicate Openly and Honestly:**

Your child should feel safe to come to you with any questions or problems

**5. Share Your Expectations:**

Set clear boundaries and limits

**6. Monitor their Behavior:**

Know where your children are, what they are doing and who they are doing it with

**7. Health not a Punitive Approach:**

Focus on support for healthy rather than punishing unhealthy or unsafe behavior

**8. Encourage Healthy Risk Taking and Emotion Regulation:**

Help your children face challenges and go beyond their comfort zone. Help them manage setbacks, failures, stress, anger and fear

**9. Use Positive Reinforcement:**

Give positive feedback when your child show effort; focus on desired attitudes and behavior

**10. Know your Children's Risk Level and Respond Accordingly:**

Be vigilant for and responsive to signs of risk and know when and how to seek help for them and your self



## MIGORI COUNTY DRUG TRAFFICKERS ARRESTED IN OPERATION



**By Simon Mwangi**

A multi-agency operation spearheaded by the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA), in collaboration with the Anti-Narcotic Unit (ANU), Directorate of Criminal Investigations (DCI), and other law enforcement agencies, successfully dismantled an illicit drug and alcohol syndicate in Pandipieri area of Migori County.

During the operation, officers recovered 384 tariffs and 628 sticks of what is suspected to be marijuana. During the operation, 21.5 liters of chang'aa, dry green plant material suspected to be cannabis (packed in two sacks and a basin), and two phones were also recovered. The tariffs were stored in a plastic water container.

Following the raid, additional intelligence led the team to a house within the Pandipieri area, suspected to be a hub for drug trafficking activities where two suspects were arrested. A search of the premises yielded 40 tariffs and 230 sticks of what is suspected to be cannabis, as well as 1.5 liters of chang'aa, uncustomed cigarette packets, dry plant material suspected to be cannabis, and an improvised black smoking device.

Speaking on the operation, NACADA Chief Executive Officer Dr Anthony Omerikwa, MBS, commended the collaborative effort of the agencies involved.

“This successful operation highlights the strength of our multi-agency approach in combating the proliferation of illicit drugs and alcohol. We are determined to safeguard communities from the adverse effects of substance abuse,” he said.

“The CEO also emphasized NACADA’s zero-tolerance stance on alcohol and drugs. “We cannot allow our neighbourhoods to be overrun by the devastating consequences of drug abuse. These substances destroy lives, families, and the very fabric of our society,” added Dr Omerikwa.

The seized items will undergo forensic analysis, and the suspects will face legal action as investigations continue. The CEO further called on the public to play a proactive role in the fight against substance abuse. “We urge community members to remain vigilant and report suspicious activities to authorities. Together, we can create a safer, healthier environment for all.”

NACADA reaffirmed its commitment to ensuring the strict enforcement of laws against illicit drugs and alcohol, with the CEO reiterating, “This operation is a testament to our resolve to address this issue head-on. We will not relent in our efforts to protect our people and uphold the law.”



## PARTNERSHIP WITH HOMABAY COUNTY FOR YOUTH SENSITIZATION

The Authority joined hands with the Homabay County Women Representative Hon. Joyce Atieno Bensuda in a campaign aimed at sensitizing the county's youth on the dangers of alcohol and drug abuse. The forums, which reached over 1,000 young people across the county, are part of a larger effort to curb the growing threat of substance abuse among the youth.

The forums featured a series of interactive sessions aimed at educating the youth on the harmful effects of alcohol and drug use, with a special focus on prevention and rehabilitation. Participants had the opportunity to hear from experts, counsellors, and reformed individuals who shared their personal experiences with addiction and recovery.

According to the Homabay Women Representative, this initiative is timely, as many young people in the county are vulnerable to substance abuse due to various social and economic challenges. "Our youth are the future of this county and this nation. We must do everything we can to protect them from the dangers of drugs and alcohol. These forums are just the beginning of a larger mission to empower them to make informed choices and lead productive lives," she said.

In addition to the forums, a roadshow traversed all sub-counties in Homabay, bringing the anti-drug abuse message to a wider audience. The roadshow featured entertainment, public addresses, and the distribution of educational materials.

NACADA officials have expressed their commitment to intensifying the fight against drug and alcohol abuse, particularly among the youth. "Our goal is to reduce the prevalence of substance abuse and provide young people with the knowledge and tools they need to stay drug-free," the NACADA Deputy Director, Corporate Communications, Mr. Simon Mwangi said.

The campaign is expected to have a lasting impact on the community, fostering a drug-free generation.



*Homabay Women Representative Joyce Bensuda speaks to the media during the launch of the youth forums*



## STARTING SECONDARY SCHOOL RIGHT: AVOIDING DRUGS AND STAYING ON TRACK



*Shimo La Tewa receives form ones, 2021 / Credit: Kenya News*

### By Maawiya Mohammed

As students transition from primary to secondary school, they are entering a new phase of their educational journey, filled with excitement and opportunities for growth. However, along with the possibilities of personal development and academic achievement come new challenges—some of which can have long-lasting consequences. One of the most significant challenges facing students today is the increasing temptation to experiment with drugs.

**Understanding the Risks of Drug Use:** Secondary school is a time of transition, and students are exposed to various pressures and influences. Curiosity, peer pressure, and the desire to fit in with social groups can all lead to experimentation with substances. While some students may view this as a way to socialize or cope with academic or emotional stress, the consequences of drug use can be severe. Substances such as alcohol, marijuana, and other drugs can negatively impact students' academic performance, health, and overall well-being. What may seem like a harmless experiment can quickly spiral into dependency or other dangerous behaviors.

Drugs can impair cognitive function, memory, and the ability to concentrate—skills that are vital for academic success. Substance abuse also poses serious risks to physical and mental health, leading to issues such as depression, anxiety, and long-term damage to vital organs. For students who are just beginning their secondary school education, these consequences can significantly affect their academic trajectory and personal development.

**The Importance of Focus and Discipline:** Secondary school provides a foundation for students' future careers and personal growth. It is a critical period for building discipline, setting academic goals, and developing positive habits. Avoiding the distractions and dangers of drug use is key to staying focused on one's studies and goals. It is essential to make decisions that prioritize personal health and well-being, as these choices will shape the course of the student's life.

**The Role of Peer Pressure:** Peer pressure is one of the most powerful forces influencing young people in secondary school. Many students feel pressured to engage in risky behaviors, including drug use, in order to fit in with a particular group. However, true strength lies in the ability to say no, even when faced with pressure from others. Students must remember that true friends will respect their decisions to stay drug-free and will support their academic and personal goals.

**The Support Systems in Place:** Students entering secondary school need to know they are not alone. There are a wide variety of support systems available to help students navigate the pressures and challenges they may face. Many schools offer counseling services, mentorship programs, and student support groups designed to assist with academic stress, mental health issues, and peer pressure. Teachers, school counselors, and parents can all provide valuable advice and support during difficult times.

It's crucial for students to recognize that seeking help is not a sign of weakness, but an essential step in maintaining their health, well-being, and academic success.

As students begin their secondary school journey, it's important to acknowledge the challenges that lie ahead, including the risk of drug abuse. Drug use can have a profound impact on a student's academic performance, health, and future opportunities. By staying focused on their goals, avoiding negative influences, and making healthy choices, students can ensure that their time in secondary school is one of personal growth and success.

## GOING ABOVE AND BEYOND IN THE CUSTOMER SERVICE WEEK 2024



*Dr. Eric Omondi, Compliance Officer, Standards and Licensing (Right side) receiving the Best Regional office Award and certificate on behalf of Miritini Treatment & Rehabilitation Centre from CPA Patrick Obura, Director Corporate Services*

### By Emmah Kadi

From October 7th to 11th, 2024, The Authority hosted a memorable Customer Service Week under the theme 'Above and Beyond.' This annual event highlighted the Authority's dedication to exceptional service and celebrated the contributions of both staff and customers.

Customer Service Week is an international celebration dedicated to recognizing the importance of customer service and the individuals who provide it. It serves as a platform to honor the critical role of customer service in promoting trust, satisfaction, and loyalty. The week-long event underscored the value of appreciating employees and customers alike, as they are the foundation of any successful organization.

For NACADA, Customer Service Week is more than just a calendar event; it is a testament to its unwavering commitment to building lasting relationships with its customers. It signifies the Authority's dedication to creating a positive impact through empathetic interactions and efficient service delivery. By going 'Above and Beyond,' NACADA reaffirms its mission to serve the public with excellence, integrity, and responsiveness.

Throughout the week, various activities showcased the value of customer service in driving success. Employees were acknowledged for their hard work, and customers were appreciated for their trust and engagement. The theme 'Above and Beyond' was brought to life through acts of dedication, teamwork, and excellence.

On December 20th, 2024, a virtual ceremony was held to honor staff members who showcased exceptional customer service. This special event celebrated the remarkable

achievements of both individuals and teams who excelled in service delivery. The winners included;

- **Brayan Otina;** Honored with the Above and Beyond Award for exceeding expectations and ensuring customer satisfaction.
- **Gilbert Kipkemoi;** Celebrated as Customer Service Champion for his empathy and dedication to addressing customer concerns.
- **Charity Kiria;** Recipient of the Exceptional Service Award for her unwavering commitment and swift problem solving.
- **Corporate Communications Department;** Named Outstanding Department of the Year for their strategic approach and innovative customer engagement.
- **Miritini Treatment & Rehabilitation Centre;** Awarded Best Regional Office for their efficient processes and focus on customer needs.

As a token of appreciation, each winner received Kshs. 10,000 to celebrate their achievements.

The event also provided an opportunity to reflect on the role of teamwork in delivering exceptional customer service. Staff members worked collaboratively to ensure every activity was executed seamlessly.

## CRACKDOWN ON ILLICIT BREWERIES IN MERU COUNTY



*The operation that led to the arrest of a notorious brewer in Mbeu Village, Tigania East*

**By Simon Mwangi**

The Authority intensified its enforcement activities in Meru County, dealing a significant blow to illicit alcohol production and distribution.

In a targeted operation within Mbeu Village, Tigania West Sub-County, NACADA enforcement officers together with their counterparts from the National Police Service (NPS) apprehended a notorious brewer known for supplying illicit liquor in the locality. During the raid, officers recovered 200 liters of suspected illicit brew (locally called mugaca) at the suspect's compound. Additionally, empty sachets of instant yeast, sugar, molasses, and other ingredients believed to be used in manufacturing the illegal liquor were seized.

In a separate operation later that day, NACADA enforcement officers uncovered an industrial-scale brewery in Majengo estate of Meru town. The well-concealed facility was well-equipped with an assortment of distilling apparatus, pointing to large-scale production and distribution of illicit alcohol (chang'aa). The discovery highlights the growing sophistication in illegal brewers and the challenges facing authorities in addressing the menace.

All suspects involved in the two operations were taken into custody and booked at Meru Police Station, where they await further police action. NACADA has reaffirmed its collaboration with law enforcement agencies to ensure thorough investigations and prosecutions of individuals engaging in the illegal trade.

This decisive action is part of NACADA's commitment to curbing the availability and consumption of harmful, unregulated alcoholic substances in Kenya, which pose serious health risks and undermine societal well-being.

Speaking after the operation, NACADA Head of Enforcement Superintendent of Police Nicholas Kosgey emphasized the importance of community cooperation in addressing the challenge. "We urge members of the public to continue providing information that can help us identify and dismantle these illegal operations. Together, we can protect our communities from the harmful effects of illicit brews," he stated.

NACADA remains steadfast in its mission to promote a drug-free society and safeguard the health of all Kenyans. These operations underscore the Authority's commitment to combating illicit alcohol and safeguarding public safety.

The fight against illicit brews is ongoing, and NACADA encourages citizens to report suspicious activities through the toll-free helpline, 1192.



## COMPLAINT HANDLING PROCEDURE

### HOW TO COMPLAIN

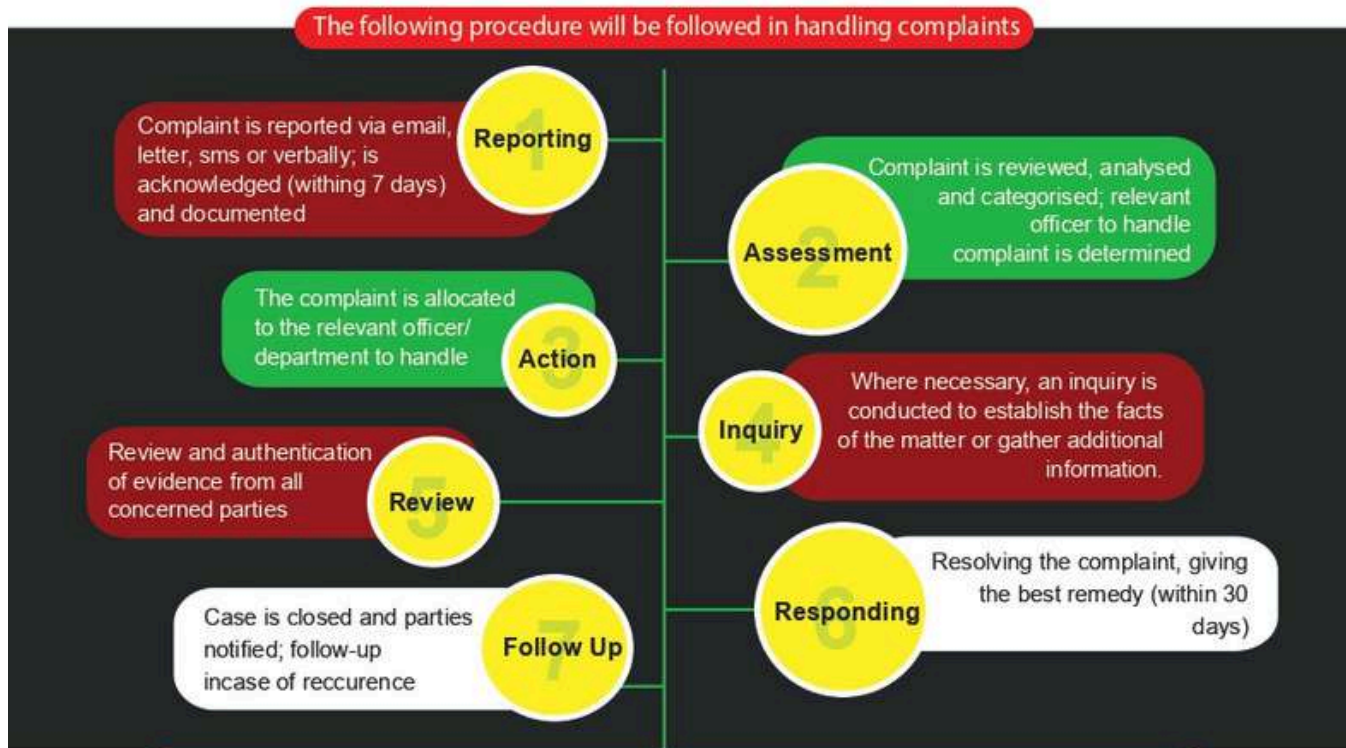
Where our services do not meet the standards that we have set, you may forward your complaint to us through the following channels:

- Verbally; you may ask to speak to the line manager for the service you are seeking.
- You may forward your complaint by email to [ceo@nacada.go.ke](mailto:ceo@nacada.go.ke) or [info@nacada.go.ke](mailto:info@nacada.go.ke)
- You may write a letter directly to the Chief Executive Officer.

### COMPLAINT HANDLING PROCESS

1. We will acknowledge complaints and enquiries within seven (7) days of receipt.
2. We will acknowledge receipt of other disputes and complaints received through email, letters and related communication within seven (7) days.
3. We will make our decision known on any matter brought before the Board within 30 working days following the conclusion of investigations.

Every effort will be made to treat your complaint with utmost confidentiality.



### COMPLAINT CHANNELS

All complaints should be forwarded to us through the following channels:

**CHIEF EXECUTIVE OFFICER**  
**National Authority for the Campaign Against Alcohol and Drug Abuse**  
 NSSF Building, Block A, 18th Floor  
 P.O. Box 10774-00100 GPO NAIROBI  
 Tel.: +254 020 272 1997, 2721993  
 Email: [complaints@nacada.go.ke](mailto:complaints@nacada.go.ke) / [info@nacada.go.ke](mailto:info@nacada.go.ke)  
 Website: [www.nacada.go.ke](http://www.nacada.go.ke)

**THE COMMISSION SECRETARY/CEO**  
**Commission on Administrative Justice**  
 2nd Floor, West End Towers, Waiyaki Way, Nairobi  
 P.O. Box 20414-00200 NAIROBI  
 Tel.: +254 020 2270000/ 2303000  
 Email: [complain@ombudsman.go.ke](mailto:complain@ombudsman.go.ke)  
 Website: [www.ombudsman.go.ke](http://www.ombudsman.go.ke)



## CUSTOMER SERVICE DELIVERY CHARTER

At the **National Authority for the Campaign Against Alcohol and Drug Abuse**, we are committed to serving you promptly with courtesy and efficiency. This is our promise to you.

SERVICE	REQUIREMENTS TO OBTAIN SERVICE	SERVICE FEE (KSHS*)	TIMELINE
Serving Customers	Courtesy and respect	Free	Within 7 minutes
<b>Access to Information</b>			
Face to Face Enquiries	None	Free	Immediate
Telephone Enquiries	None	Free	Up to 3 rings
Correspondences	None		Acknowledgement within 7 days upon receipt
Suggestion box	None	Free	
Website	None	Free	Immediate. Visit <a href="http://www.nacada.go.ke">www.nacada.go.ke</a>
Official email <a href="mailto:info@nacada.go.ke">info@nacada.go.ke</a>	None	Free	Acknowledgement within 48 hours upon receipt
Social media platforms	None	Free	
Publications/IEC materials	None	Free	Immediate. Visit <a href="http://www.nacada.go.ke">www.nacada.go.ke</a>
Resource Centre	None	Free	Weekdays during working hours (Mon-Fri 8.00am to 5.00pm) excluding public holidays
<b>Technical Services</b>			
Research on alcohol and drug abuse- Baseline/ follow-up surveys	Letter of Request or proposal	Subject to contract guidelines	Acknowledgement and response with 7 working days. Services offered weekdays during working hours (Mon-Fri 8.00am to 5.00pm) excluding public holidays
Advise on development and implementation of ADA Workplace policies (Public & private sector organizations)	Letter of Request or proposal	Subject to contract guidelines	
Trainings/Capacity-building on ADA prevention, counseling, treatment, rehabilitation and aftercare (Public & Private Sector)	Letter of Request or proposal	Depends on required resources & scope. Each case on its own merit	
Basic counselling and referrals on treatment, rehabilitation and aftercare	None	Free	45 Minutes to 1 Hour
<b>24-hour free Helpline service 1192:</b> Counseling and referral services on alcohol and drug abuse	None	Free	Immediate*
Accreditation, advise, and licensing of treatment and rehabilitation facilities	None	Free	Acknowledgement and response with 7 working days
Licensing Alcoholic Drinks Importers and Exporters	Application	Depends on scope of operations	
Certification Training Program for Addiction Professionals (Three Phases)	Application	Kshs25,000/- per phase	
Enforcement on compliance to the ADCA, 2010 on alcohol and drug abuse	None	N/A	
Job or Attachment Application	None	N/A	
Payments for goods and services rendered	Relevant documents to support payments	N/A	
Procurement of goods and services	Relevant documents	As per PPRA	

\*Depends on when a counselor concludes serving clients before an incoming call.

Any service that does not conform to the above standards or any officer who does not live up to the above commitment to courtesy and excellence in service delivery should be reported to:

**CHIEF EXECUTIVE OFFICER**  
**National Authority for the Campaign Against Alcohol and Drug Abuse**  
 NSSF Building, Bishops Road; Annex 9th Floor  
 P.O. Box 10774-00100 GPO NAIROBI  
 Tel.: +254 020 272 1997, 2721993  
 Email: [complaints@nacada.go.ke](mailto:complaints@nacada.go.ke) /[info@nacada.go.ke](mailto:info@nacada.go.ke)  
 Website: [www.nacada.go.ke](http://www.nacada.go.ke)

**THE COMMISSION SECRETARY/CEO**  
**Commission on Administrative Justice**  
 2nd Floor, West End Towers, Waiyaki Way, Nairobi  
 P.O. Box 20414-00200 NAIROBI  
 Tel.: +254 020 2270000/ 2303000  
 Email: [complain@ombudsman.go.ke](mailto:complain@ombudsman.go.ke)  
 Website: [www.ombudsman.go.ke](http://www.ombudsman.go.ke)

*NACADA endeavors to uphold our national values and principles of governance on human dignity; human rights; equality and equity; social justice and inclusiveness; non-discrimination and protection of the marginalized.*

[www.nacada.go.ke](http://www.nacada.go.ke) | [@NACADAKenya](#) | [NACADA](#)

NSSF Building Block A, 18<sup>th</sup> floor (Eastern Wing)  
 P.O Box 10774-00100  
 Nairobi Kenya

**Telephone:** +254 020 2721997  
**E-mail:** [info@nacada.go.ke](mailto:info@nacada.go.ke)

Need someone to talk to on drugs and alcohol?





## MKATABA WA HUDUMA KWA WATEJA

Katika Halmashauri ya Kitaifa ya Kupambana na Matumizi Mabaya ya Pombe na Dawe za Kulevya, tumejitolea kukuhudumia kwa heshima, uaminifu na uadilifu. Hili ndilo ahadi letu.

HUDUMA/BIDHAA	MAHITAJI YA KUPATA HUDUMA/BIDHAA	GHARAMA ZA HUDUMA AU BIDHAA	RATIBA YA WAKATI MUDA
Kuhudumia wateja	Uadilifu na heshima	Bure	Ndani ya dakika saba
Kuuliza swali	Tumia vituo vinavostahili- Ziara ya kibinafsi	Bure	Ndani ya dakika saba
	Piga simu nambari 020-2721997	Bure	Kufikia mlio wa tatu
	Barua pepe <a href="mailto:info@nacada.go.ke">info@nacada.go.ke</a>	Bure	Kwa siku saba baada ya ombi
	Masanduku ya maoni	Bure	Kwa siku saba baada ya ombi
	Barua kupitia Afisa Mkuu Mtendaji	Bure	Kwa siku saba baada ya ombi
Vitabu na vifaa vya kuelimisha	Barua ya maombi	Bure	Kwa siku saba baada ya ombi
<b>HUDUMA ZA TAARIFA</b>			
Tovuti <a href="http://www.nacada.go.ke">www.nacada.go.ke</a>	Muunganisho wa mtandao	Bure	Papo hapo
Mitandao ya Kijamii	Muunganisho wa mtandao	Bure	Jibu kwa masaa 48 baada ya kupokea ombi
Kituo cha Rasimali za Kielimu	Hakuna	Bure	Jumatatu hadi jumaa kwa masaa za kazi
<b>HUDUMA ZA KITAALAMU</b>			
Utafiti kuhusu utumiaji mbaya wa pombe na dawa za kulevya	Barua ya maombi au pendekezo	Inategemea mahitaji na nafasi iliyoko. Kila jambo litashughulikiwa inavyostahili	Jumatatu hadi jumaa kwa masaa za kazi
Mafunzo maalum ya kudhibiti uraibu wa pombe na dawa za kulevya			
Ushauri na utungaji wa sera kazini kuhusu pombe na dawa za kulevya			
Ushauri kuhusu leseni ya vituo vya kurekebisha uraibu			
Kuhakikisha Utekelezaji wa Sheria za Uzuiaji wa Vileo, wa 2010 (ADCA, 2010)			
Kuhakiki na kutoa leseni kwa vituo vya kurekebisha uraibu			
Ushauri wa kimsingi unaohusu uraibu na maelezo kuhusu matibabu	Hakuna	Bure	Dakika 45 hadi saa 1
Mafunzo ya Kitaalamu kwa Wasomi wa Uraibu (Certification Training)	Barua ya maombi au pendekezo	Shilingi 25,000/- kila awamu	Majibu siku saba baada ya kupata ombi
Simu ya Msaada, 1192 (Hupatikana masaa 24)	Hakuna	Bure	Wakati huo huo*
Maombi ya Kazi	Hakuna	Bure	Kwa siku saba baada ya kupata ombi
Kutoa huduma na uuzaji bidhaa		Kulingana na Public Procurement & Disposal Act, 2005, and Regulations 2006	Kwa siku saba baada ya kupata ombi
Malipo ya bidhaa na huduma zilizotolewa	Kabithi hati ya malipo iliyotiwa sahihi	Kulingana na Public Procurement & Disposal Act, 2005, and Regulations 2006	Kwa siku saba baada ya kupata ombi

*\*Itategemea kupatikana kwa mshauri kukamilisha huduma kwa wateja waliotangula.*  
 Masaa za kazi: Jumatatu hadi jumaa, saa mbili asubuhi hadi saa kumi na mpja jioni  
 Iwapo bado hujaridhika, uliza uhudumiwe na msimamizi wake. Kwa maoni, malalamiko au mapendekezo, wasiliana nasi kupitia anwani zifwatazo.

**Afisa Mkuu Mtendaji**  
 NACADA  
 Jengo la NSSF, Block "A", 18th Floor  
 S.L.P. 10774 - 0100 Nairobi  
 Simu: 020-2721997, 2721993  
 Barua Pepe: [info@nacada.go.ke](mailto:info@nacada.go.ke)  
 Tovuti: [www.nacada.go.ke](http://www.nacada.go.ke)

**Katibu Wa Tume/Afisa Mkuu Mtendaji**  
 Tume Ya Utawala Wa Haki  
 Jengo la West End Towers Gorofa ya 2, Barabara ya Waiyaki  
 S.L.P. 20414 - 00200 Nairobi  
 Simu: +254 020 272 1997  
 Barua pepe: [complain@ombudsman.go.ke](mailto:complain@ombudsman.go.ke)  
 Tovuti: [www.ombudsman.go.ke](http://www.ombudsman.go.ke)

**NACADA inajitahidi kutekeleza maadili yetu ya Taifa na kanuni za utawala katika hadhi ya binadamu, haki za binadamu, usawa, haki za kijamii na kushirikisha mashirika yasiyo ya ubaguzi na ulinzi wa wanyonge.**

NSSF Building Block A, 18<sup>th</sup> floor (Eastern Wing)  
 P.O Box 10774-00100  
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Telephone: +254 020 2730889 | 2721994  
 E-mail: [ceo@nacada.go.ke](mailto:ceo@nacada.go.ke)  
 Website: [www.nacada.go.ke](http://www.nacada.go.ke)

Need someone to talk to on drugs and alcohol?  
 **TOLL FREE HELPLINE 1192**



**NACADA**  
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

Need someone to talk to on drugs and alcohol?

Call NACADA's



**TOLL FREE  
HELPLINE**

**1192**