

# DRUG ABUSE AND ADDICTION

BY PRINCE MINJO PETER (UPC-1)

LIVE  
WEEKLY  
WEBINAR

FRIDAY  
8-9pm



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**PRESENTER**

**Prince Minjo Peter**  
Addiction Counselor,  
Mental Health Advocate,  
CHI Promoter, CDO (UPC1)



**MODERATOR**

**Nsadhu Emmanuel**  
Pharmaceutical representative  
Unimed laboratories

## TOPIC: **Drug Abuse and Addiction**

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# Background

- Harmful substances (alcohol and other drugs) hinder development as they adversely affect individuals, families, communities and societies' wellbeing.
- Uganda is ranked among the highest alcohol consuming countries in Africa and facing worst alcohol related consequences (such as diseases, poverty, domestic violence, accidents among others), globally and the major cause and effect of addiction is mental illness.
- **Jinja Recovery Center (JRC)** was established in 2022 with the major program of treatment and rehabilitation for people with substance use disorder but this is hampered by lack of resources.

## Most commonly (ab)used drugs and respective street names

- ▶ **Marijuana** – Mugo (stick), Weed, ssada...
- ▶ **Khart** – Kakoola (leaf), Side mirror..
- ▶ **Mira** – Tama (cheek)..
- ▶ **Heroin** – Nchwiri/Kachwiri, Mayoyo
- ▶ There Increasing reports of ‘Newer’ and ‘harder’ drugs on the streets e.g. Cocaine, etc
- ▶ Also of concern are the new concoctions whose effects are yet to be studied e.g. Kabanga ( Mixture of tobacco and Marijuana) and Kagoro (gin derived from sugar molases)

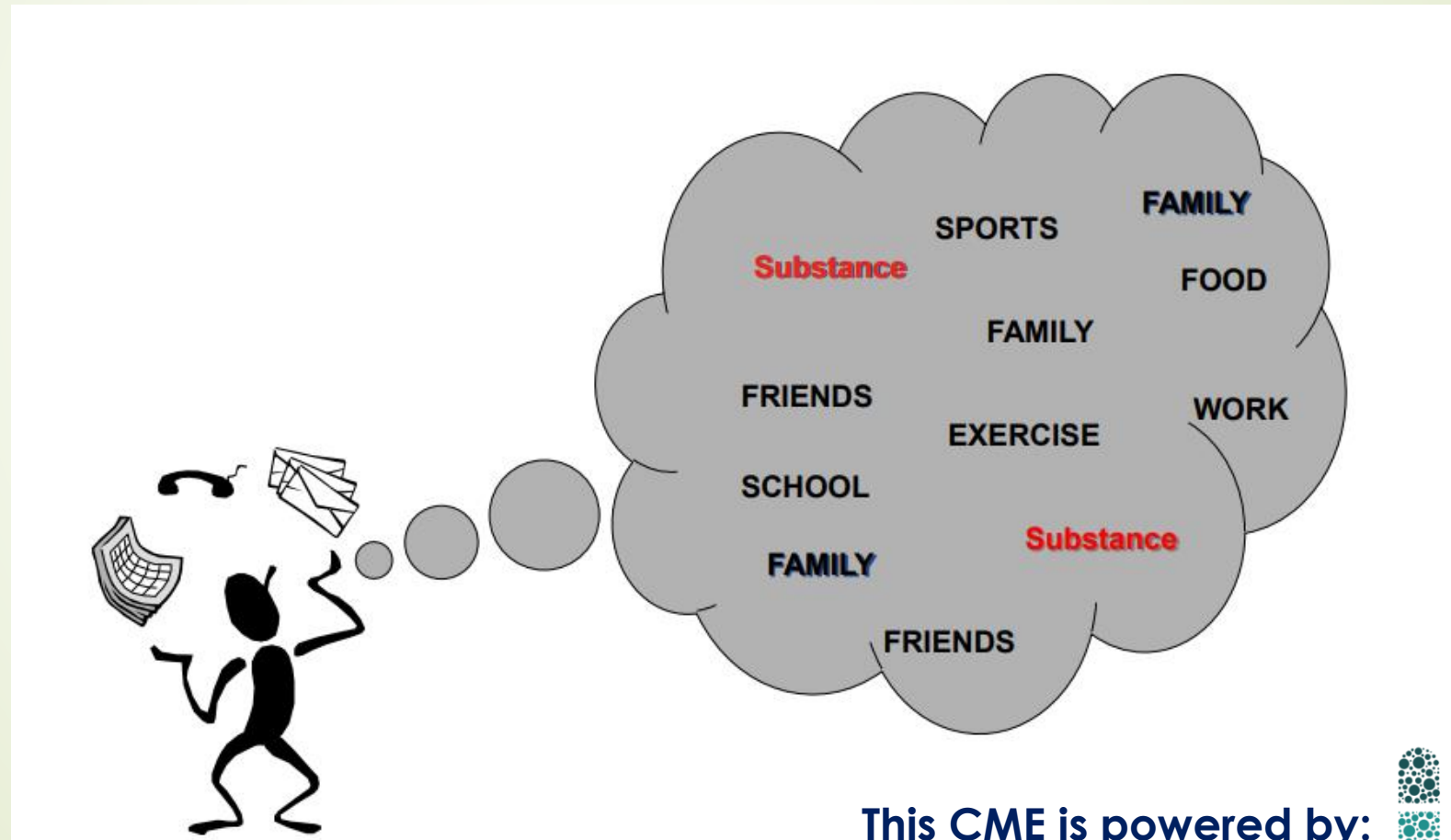
# Reasons for Substance use by the youth

- Massive advertisement
- Peer pressure
- Feel high/good/relax/get energized and to Sleep
- Boast sexual performance
- Environment
- Erosion of cultural values, traditions lifestyle
- Inadequate life skills

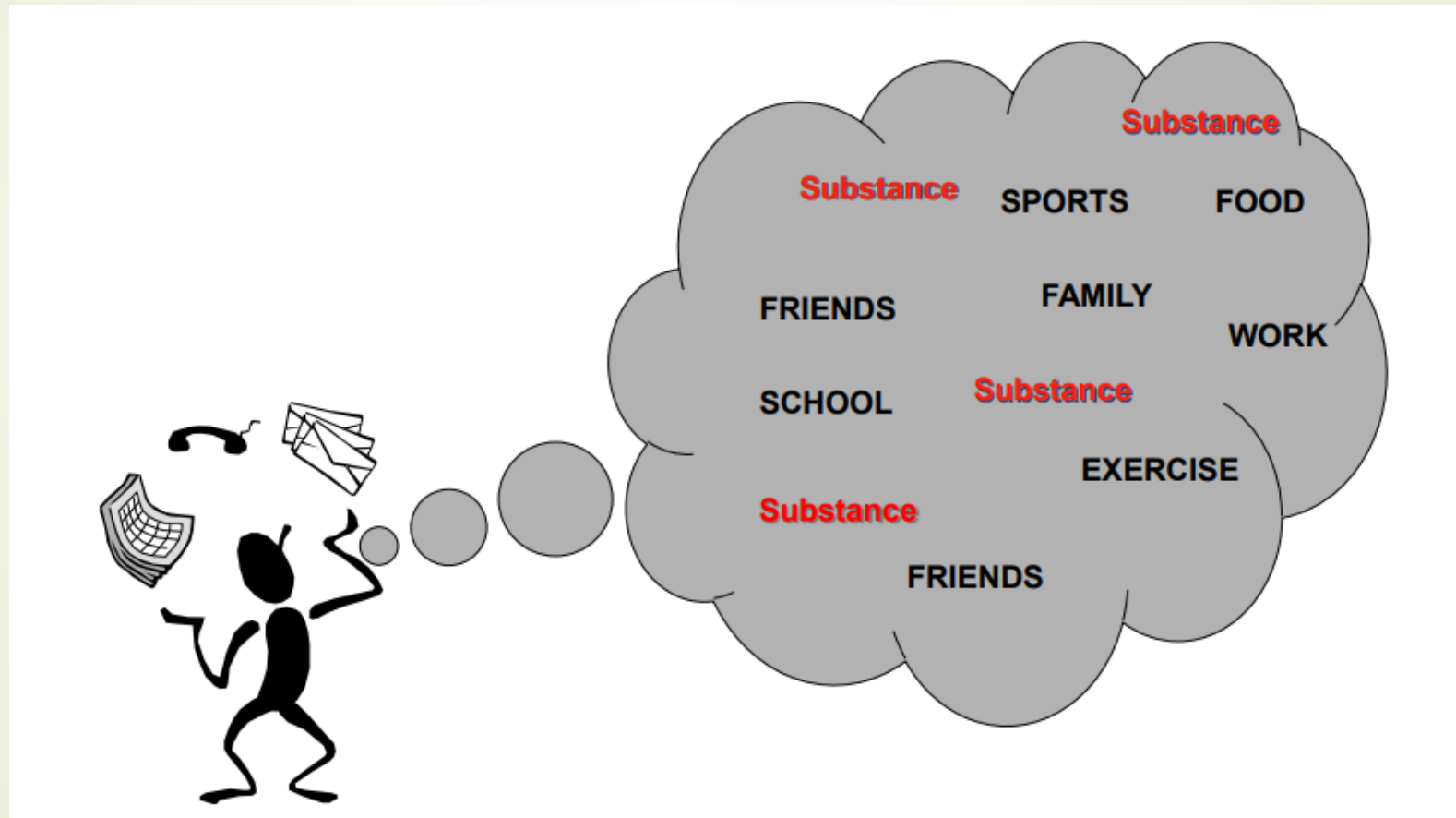
# Psychological consequences of drug abuse among young people

- ▶ Mood disorder e.g. Depression and Anxiety
- ▶ Trauma: drug using young people are both victims and potential perpetrators.
- ▶ Attention deficit Hyperactive Disorder
- ▶ Adult disorders
- ▶ Vulnerability to juvenile delinquencies eg; crime

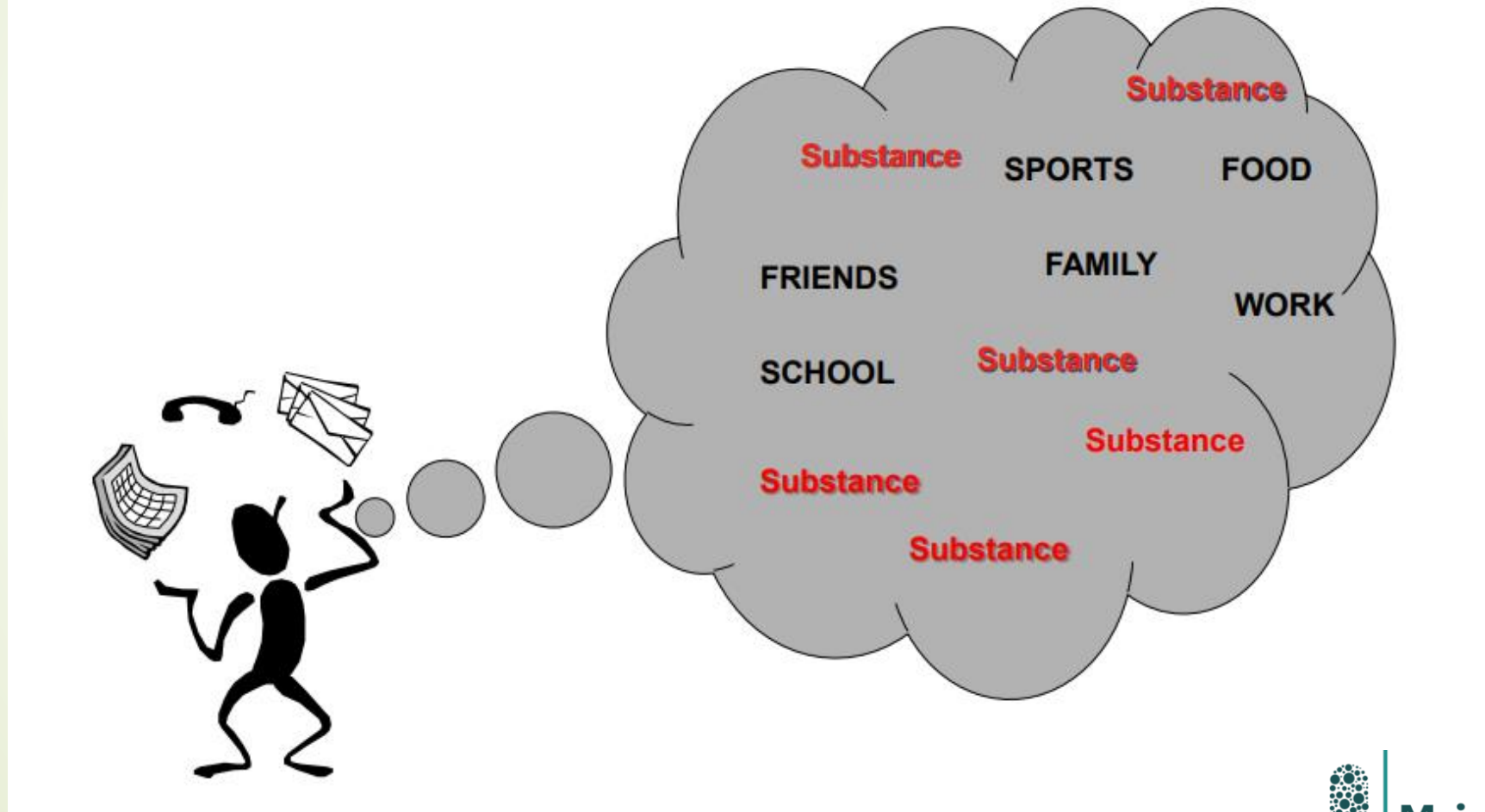
# Progression of Addiction 1: Experimental/recreational use/Social use



## Progression of Addiction 2: Circumstantial/Occasional use

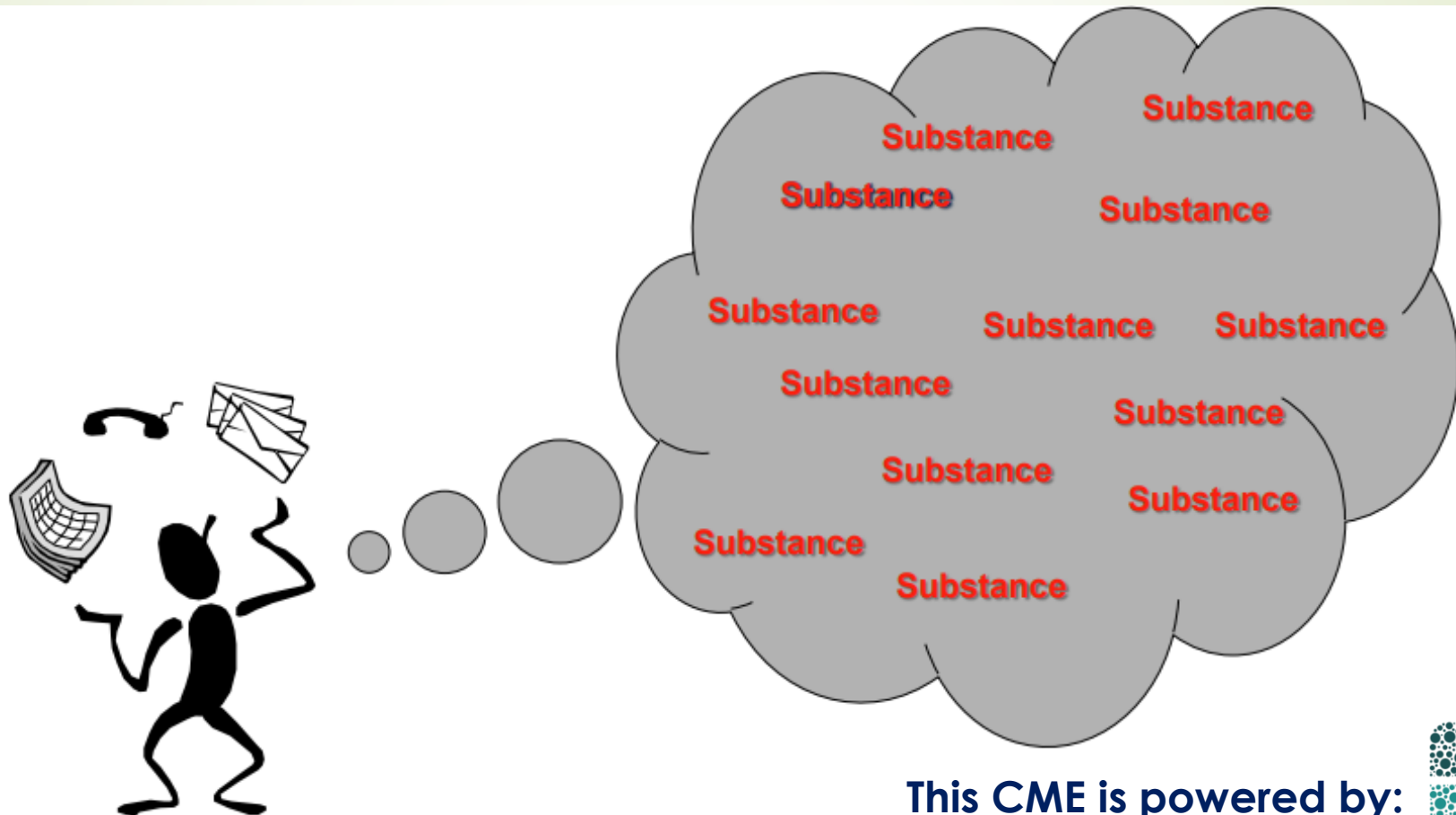


# Progression of Addiction 3: Intensified/regular use/Habitual use/habit





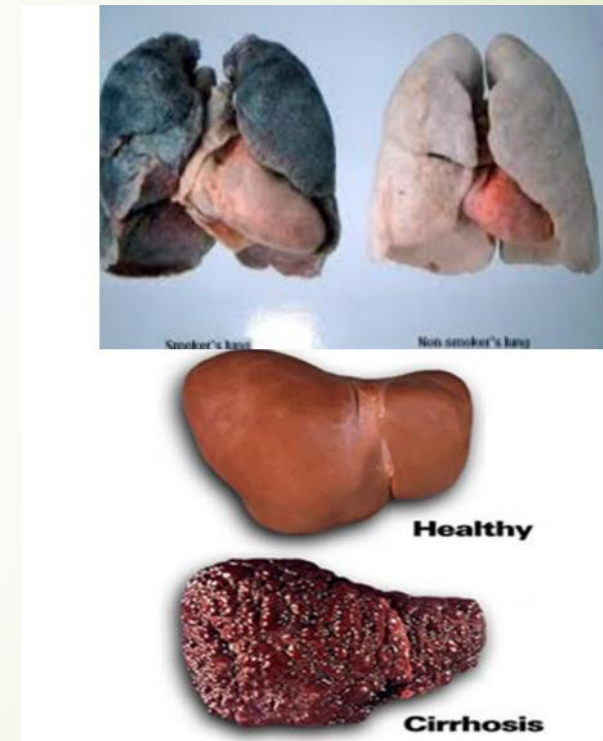
# Progression of Addiction 4: Compulsive/addictive use/ Dependence/ Addiction



# Signs and Symptoms of Addiction (Cont'd)

Risky use:

- Use in physically hazardous situations, Persistent physical and/or
- psychological problems caused by failure to abstain from drugs
- Continued use despite the difficulties it is causing





# 7 Important elements of Counselling people with Use Disorders

1. Counselor Characteristics and Style
2. The Helping Relationship
3. Application of Core Counseling Skills
4. Individual Counseling: Awareness of Stages of and Strategies for Change.
5. Management of Group Counseling
6. Psych-education Groups for Clients and Families
7. Teaching Clients Skills



# Lessons learnt

- High drug use prevalence among young people calls for innovative and youth friendly prevention and treatment.
- Young people respond better to treatment than adults
- Youth friendly services help in attracting and retaining young people in treatment
- Life skills and livelihood skills are important prevention and treatment strategies and should be used in homes and education centers.

### **SERVICES OFFERED.**

- ☐ Addiction counselling.
- ☐ Addiction prevention programs
- ☐ pre-marital counselling
- ☐ Youth mentorship
- ☐ Out reaches to institutions and organizations
- ☐ Mental health consultations
- ☐ Psychiatrist assessment and management(stress, trauma, depression, schizophrenia, panic attacks, anxiety etc
- ☐ Rehabilitation and treatment  
(yet to start)



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