

ALCOHOL USE DISORDERS & TREATMENT

Dr. David Kalema
Hope and Beyond

Content

- Background: SDG, Alcohol, Uganda
- Perspectives on causes/symptoms of AUDs in Uganda
- Nature of AUD Treatment in Uganda
- Treatment challenges of AUD
- Recommendations



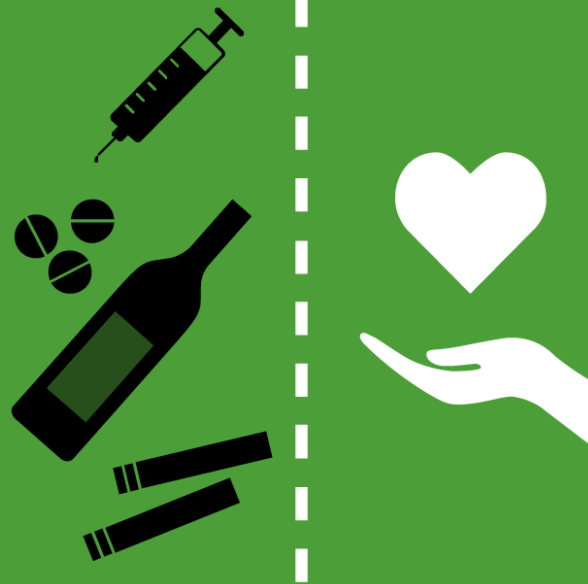
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| Introduction | Causes & Symptoms of AUD | Nature of AUD Treatment | Challenges of AUD Treatment | Conclusions & Recommendations |
|---------------------|-------------------------------------|--------------------------------|------------------------------------|--|

Background



TARGET 3.5

3 GOOD HEALTH AND WELL-BEING



STRENGTHEN PREVENTION AND TREATMENT OF SUBSTANCE ABUSE, INCLUDING NARCOTIC DRUG ABUSE AND HARMFUL USE OF ALCOHOL

Target 3.5: Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol

- Implementing, public policies to reduce the harmful use of alcohol' Regulating marketing; restricting availability enacting appropriate drink-driving policies; reducing demand through taxation and pricing mechanisms; raising awareness of public health problems caused by harmful use of alcohol and;
- Providing accessible and affordable treatment for people with alcohol-use disorders; and
- Implementing screening and brief intervention programs for hazardous and harmful drinking in health services.



**TOWARDS EFFECTIVE,
CULTURALLY ADAPTED
TREATMENT PROGRAMS
FOR ALCOHOL SERVICE
USERS IN UGANDA**

We need to worry



- Alcohol users (15+ years) in Uganda have increased from 38% to 42.8%: Almost half of the males and a quarter of female
- A young population leading alcohol consumption in Africa with a prevalence of 54% in binge drinking Uganda suffers the worst alcohol-related negative consequences worldwide (Graham, 2013);
- Universal AUD treatment coverage is about 10% and a lot lower in Uganda: One specialized AUD for the country's regional psychiatric units and a few private initiatives

Work Packages (WP)



- Alcohol (Mis)use and policy response in Sub-Saharan Africa
- Alcohol Addiction: causes and treatment challenges
- Correlates of motivation for treatment
- Treatment outcome and predictors of recovery
- General Conclusions & recommendations

Perspectives on alcohol addiction



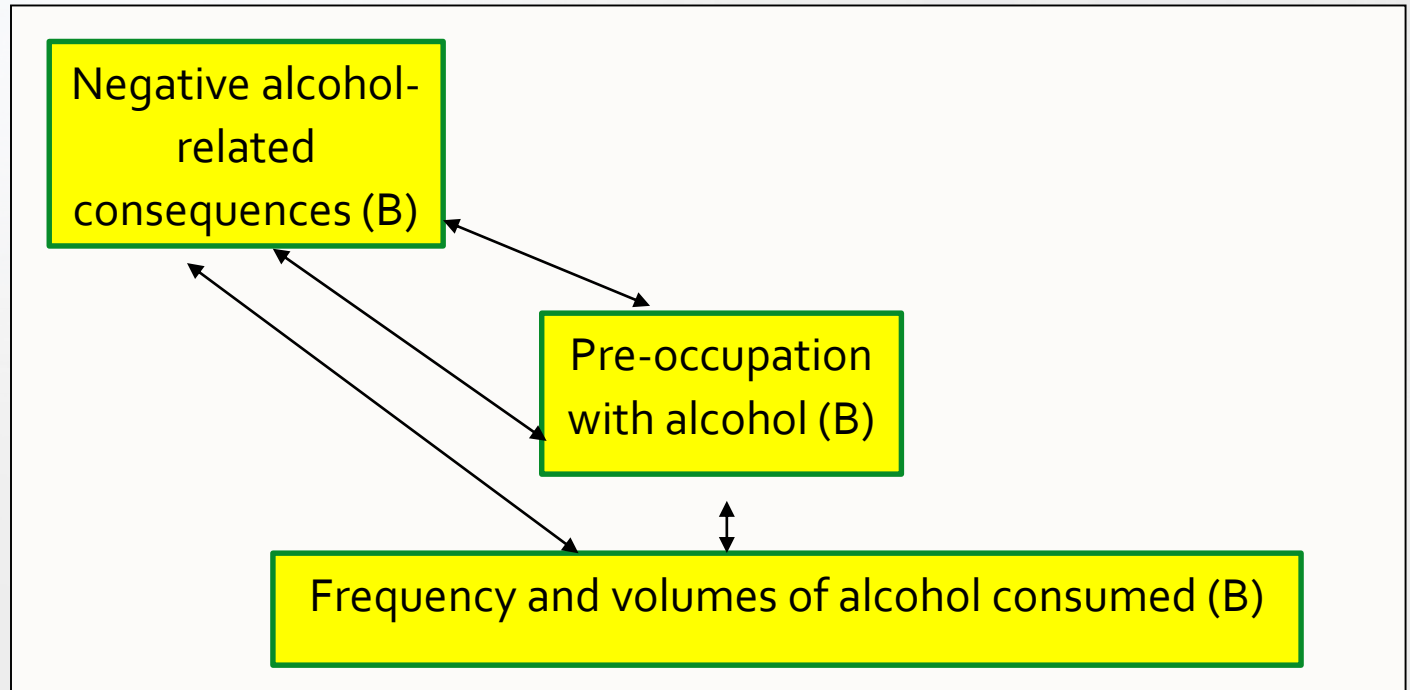
*Indicative
behaviours*

*Attitude
towards users*

Perspectives on alcohol addiction



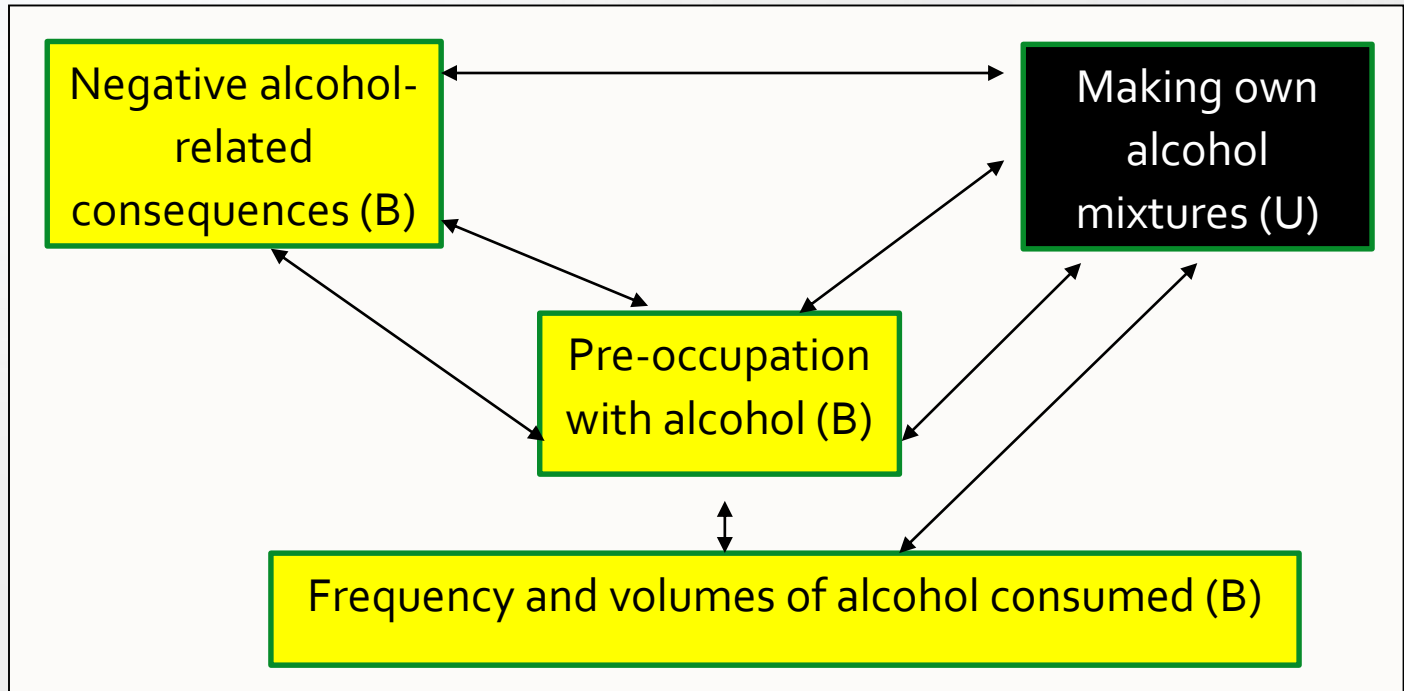
Indicative behaviours



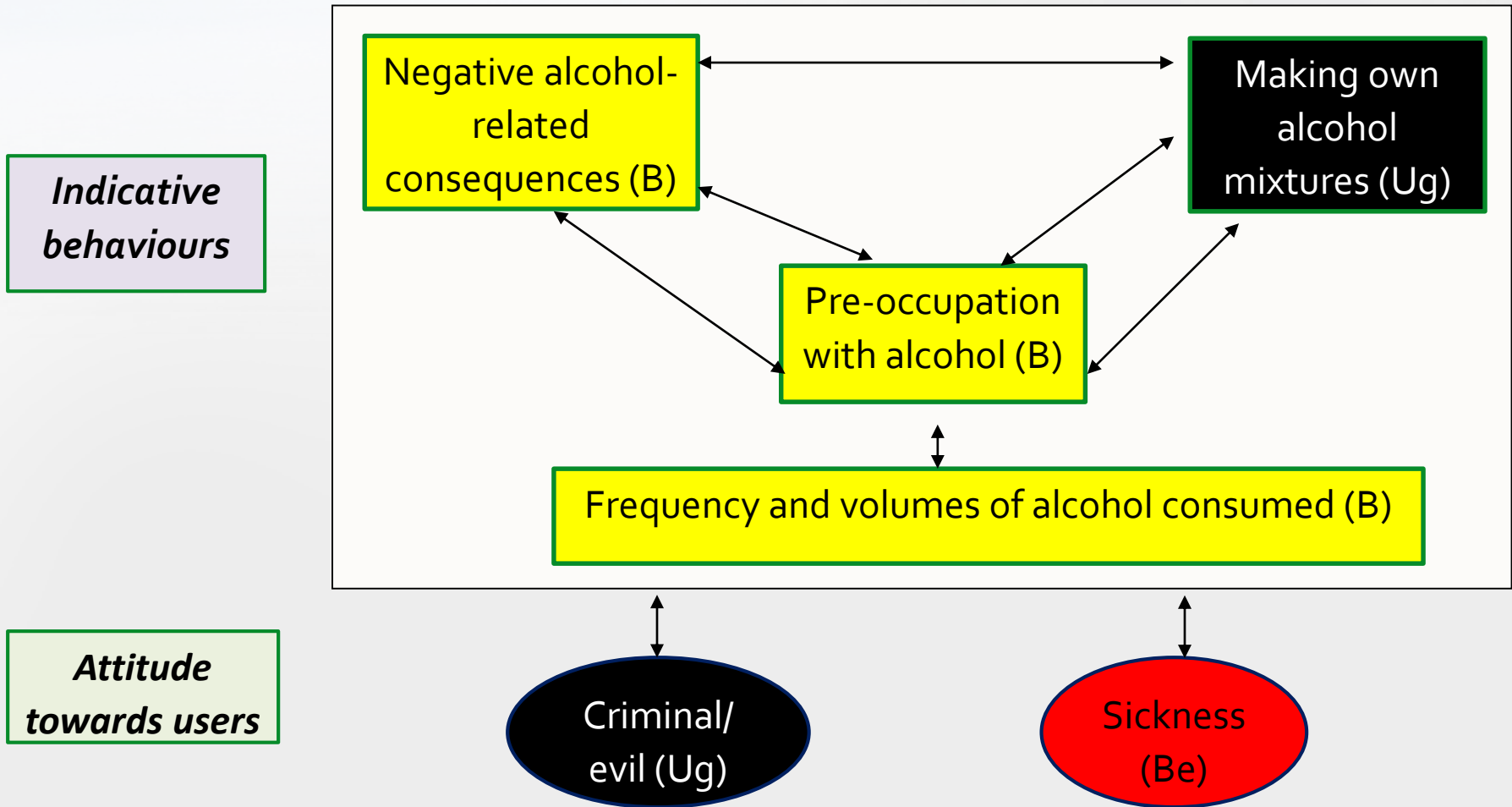
Perspectives on alcohol addiction



Indicative behaviours



Perspectives on alcohol addiction



"We are like social rejects. When people know that you either drink or smoke weed they think it made you crazy. .. You can't fit into society, freely. ... Most people perceive us as Criminals..."

User, Uganda

Reference



Drugs: Education, Prevention and Policy >
Volume 26, 2019 - Issue 2

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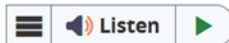
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Original Articles

Perspectives of alcohol treatment providers and users on alcohol addiction and its facilitating factors in Uganda and Belgium

David Kalema , Sofie Vindevogel, Ilse Derluyn , Peter K. Baguma, Femke Bannink & Wouter Vanderplasschen

Pages 184-194 | Received 06 May 2017, Accepted 14 Sep 2017, Published online: 09 Oct 2017

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THREE

What underlying factors challenge participation in AUD treatment in Uganda?



AUD TREATMENT IN UGANDA

- Treatment settings:
Traditional/spiritual healers, general hospitals, a specialized unit at the National psychiatric referral hospital and several private Non-Government Organizations concentrated in Kampala
- Philosophy: Bio-Psycho-Social - Spiritual (Minnesota) Model lasting 30 – 90 days



Reference

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Alcohol misuse, policy and treatment responses in Sub-Saharan Africa: The case of Uganda

Peter Baguma

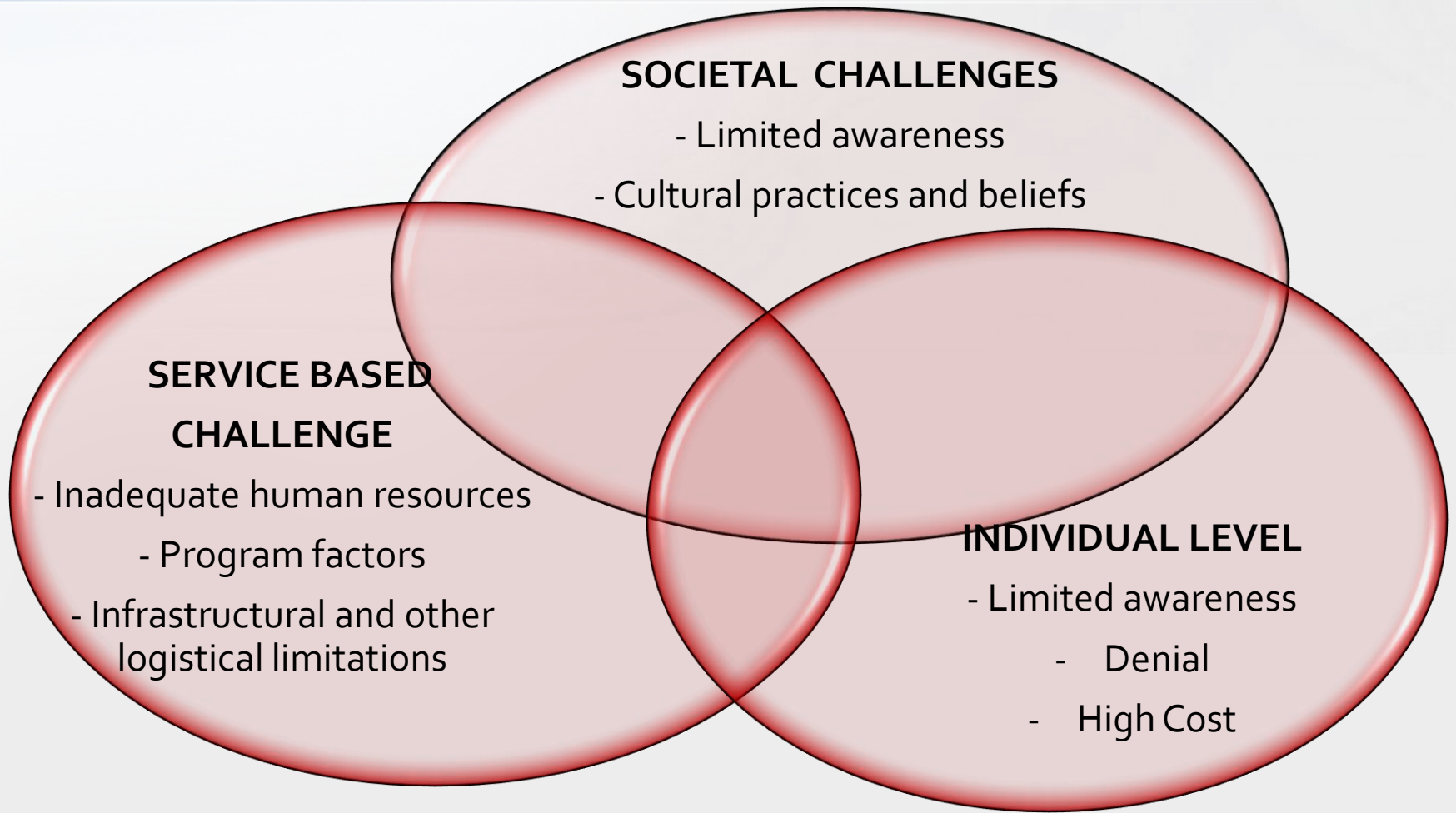
Alcohol has become an important feature in the lives of many inhabitants of Sub-Saharan Africa and is increasingly associated with excessive consumption and negative personal and social consequences. Uganda is one of the Sub-Saharan countries with the highest rate of alcohol-related burden in the world, but supply and demand reduction strategies such as regulatory measures, prevention and treatment programs are hardly available. Consequently, the aim of this article is to critically review the situation in Uganda as part of a regional trend. First, the origins of alcohol misuse and emerging policy initiatives in Sub-Saharan Africa are discussed. Then, the consequences of alcohol misuse in Uganda are highlighted, as well as policy and treatment responses. Recommendations are formulated for developing more effective and culturally adapted treatment programs and policies.

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AUD Treatment challenges



***"majority of users
are resentful of the
program and fail to cooperate.
Also, some residents try to sneak
alcohol or other drugs in the treatment
center and eventually escape, which
demotivates other service users and
frustrates the staff".***

***Psychologist,
Uganda***

Reference



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Treatment challenges for alcohol service users in kampala, uganda

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| | |
|------------------|---|
| Title | Treatment challenges for alcohol service users in kampala, uganda |
| Publication Type | Journal Article |
| Authors | Kalima, D. Vandersloot, W. Vinduyal, S. Baguma, D. Darlwin |

What are the salient features for building culturally sensitive and effective AUD treatment programs in Uganda?



Policy Implications

Population-level

- Intercultural exchanges
- Comprehensive alcohol prevention and treatment policies

Institutional reforms (Increasing treatment access)

- Addiction screening and brief interventions in health units
- Public-Private partnerships
- Attention to special populations (The low income, Female and young users)
- Additional logistical, infrastructural, and human resources
- Increase outpatient and outreach activities



A call to investment in research on Treatment of AUD



- Obstacles to Participation in formal treatment
- Alternative (informal) treatment modalities
- Role of Religion in Treatment of AUD
- Attributes of the effective treatment environment
- Treatment needs of highly educated users
- Theory: Role of Self Determination theory and community models in AUD treatment service delivery
- Cultural adaptation of instruments

Thank you

