

ADDICTION AND SOCIETY

CONTEXT IN STRESS MANAGEMENT AND WORK-LIFE BALANCE

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EDEN HOUSE

Started by a group of recovering addicts almost 12 years ago.

Has Residential Rehabs in Kabete ,Diani Likoni and Outpatient Clinic at City Park

Has a Halfway House at Parklands and Hosts APRAK.

Has 100 beds across all its facilities and the only program in Kenya that has a continuum of care from Prevention to Aftercare

PRIORITY AREAS FOR EDEN

Prevention Science(Adolescents)

Treatment Interventions

OUTPATIENT, RESIDENTIAL AND AFTERCARE

HIV/AIDS Prevention

STRESS

We view stress has one that is caused by factors at work and factors around employee personal lives

Domestic issues including marital problems ,problems with kids or partner including alcohol and drug use ,health problems ,financial problems including loans and the FULIZA craze all affect employee and potential sources of stress

Workplace related issues including long working hours ,demanding bosses etc may also cause stress

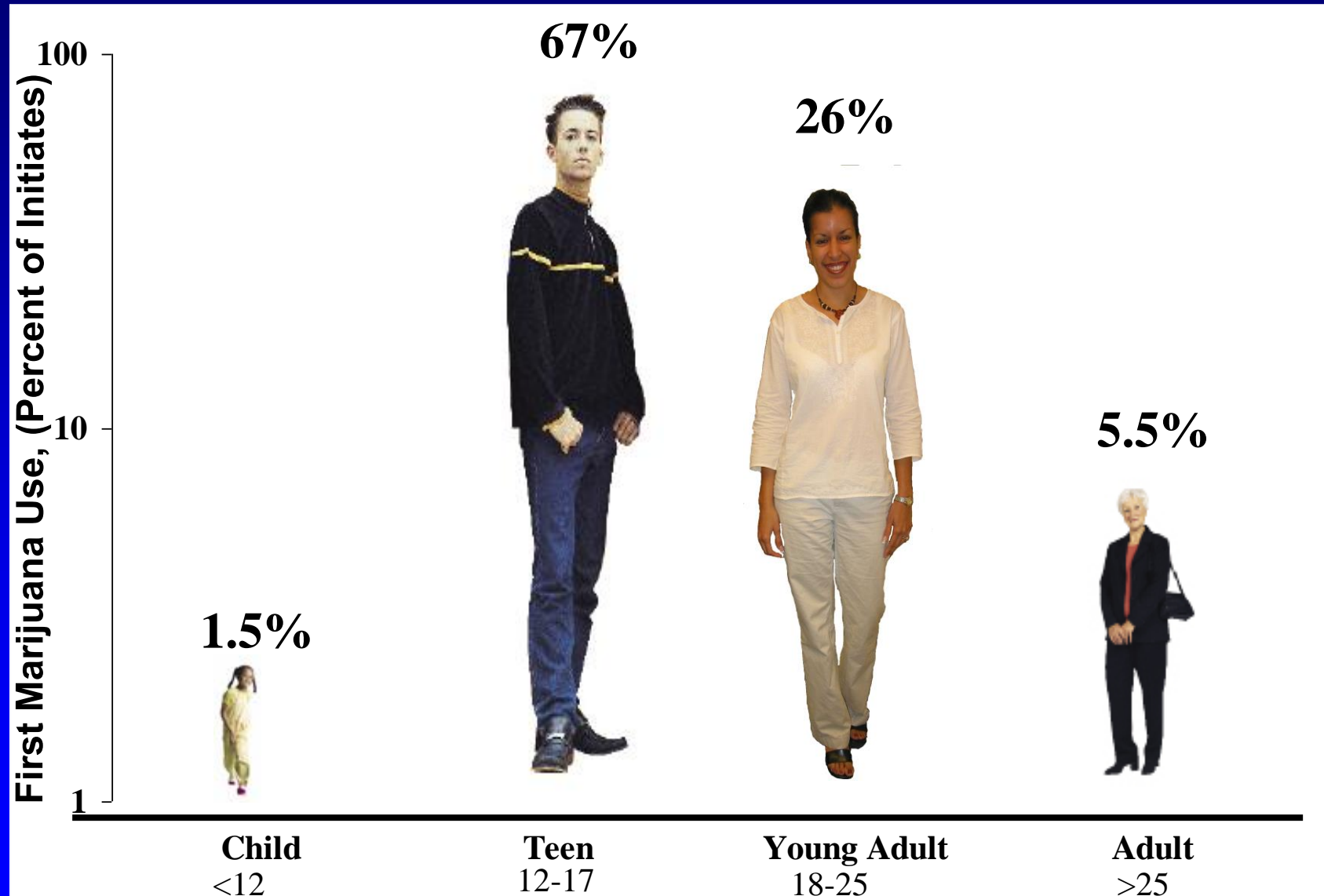
STRESS CONT

Alcohol and Drug use is seen by many as a way of handling stressful situations. Is it really healthy? Well, it may lead to addiction or self destructive patterns as we shall discuss shortly.

Alcohol and drug use is also seen as away to create “work-life” balance .Drink or Use when not at Work??Is it healthy or a real balance??

We have all seen our colleagues that are struggling with alcohol and drugs ,in away that their use is impacting on their performance at work or relationships. Know one? They need help?

Addiction is a Developmental Disease: It Starts Early





**We Know There's A
Big Genetic Contribution To
Drug Abuse and Addiction...**

**And the Nature of this Contribution
Is Extremely Complex**

What Other Environmental Factors Contribute to Addiction?

Co-morbid mental illness

Early physical or sexual abuse

Witnessing violence

Stress

Peers who use drugs

Drug availability

Prevention Works



Treating a Biobehavioral Disorder Must Go Beyond Just Fixing the Chemistry

We Need to Treat the Whole Person!

**Pharmacological
(medications)**

Behavioral Therapies

Medical and

Social Services

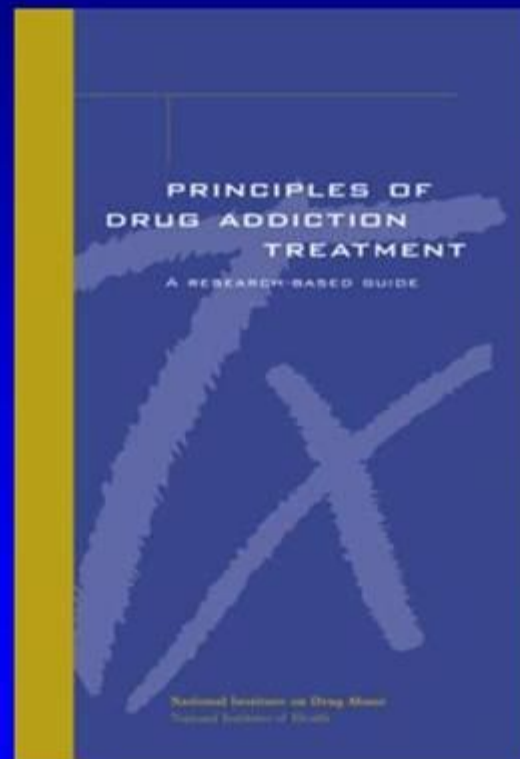
In Social Context



Treatment Can Work

NIDA's Principles of Treatment

- No single treatment is appropriate for all individuals.
- Treatment needs to be readily available.
- Treatment must attend to multiple needs of the individual, not just drug use.
- Multiple courses of treatment may be required for success.
- Remaining in treatment for an adequate period of time is critical for treatment effectiveness.



But, drug addiction is a chronic illness with relapse rates similar to those of hypertension, diabetes, and asthma

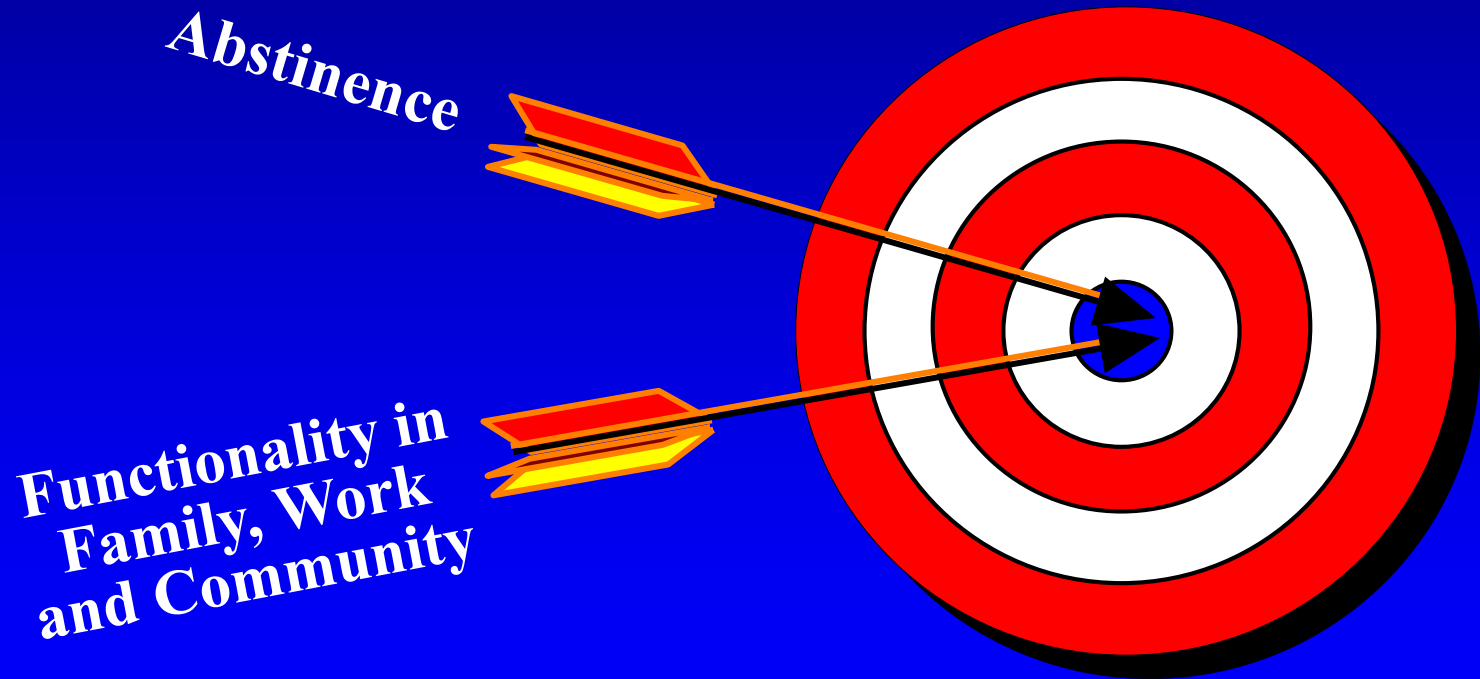
Addiction is Similar to Other Chronic Illnesses Because:

- Recovery from it--protracted abstinence and restored functioning--is often a long-term process requiring repeated treatments
- Relapses to drug abuse can occur during or after successful treatment episodes
- Participation in self-help support programs during and following treatment can be helpful in sustaining long-term recovery

Therefore...

In Treating Addiction...

**We Need to Keep Our Eye on
the Real Target**



APRAK Supports national Drug Rehabilitation In Numerous Ways

- 🌐 Funding and policy advocacy
- 🌐 Provide training and exchange opportunities
- 🌐 Set national standards and priorities
- 🌐 Organize & sponsor conferences and meetings
- 🌐 Dissemination of information
- 🌐 Ensure compliance and quality of Care