

REPORT FOR ACTIVITIES PERFORMED DURING INTERNATIONAL YOUTH DAY AT LIFE AND HOPE REHABILITATION CENTER

12/8/2018

The national policy of youth development (2007) defines youth as 15-35years. The policy intends create an enabling environment that builds the capacity of young people and promotes employment opportunities and access to social securities. It focuses on a number of areas including employment, healthcare, education, the role of local agencies. HIV/AIDS. disability. equality, financial services, juvenile justice, the informal sector and ICTs. In 2009 it received critique which focuses on the hurried development of policy, with the result that is “not quite informed by what the youth on ground really demands.”

ICCAO as youth led non-governmental organization and one of its mission is working on youth empowerment by engaging, working together with other civil societies organization and the government. on the to the International Youth Day ICCAO visited at Life and Hope Rehabilitation is Non-Profit Organization, for the aim of rehabilitating people who are addicted by using drugs, heavy alcoholism, Homeless, Violently, Sectional and Domestically. Organization is running its rehabilitation center (Sober House) located in Bagamoyo district, Coast region. Tanzania.



The theme for International Youth Day 2018 is Safe Space for Youth

Youth need safe spaces where they can come together, engage in activities related to their diverse needs and interests, participate in decision making processes and freely express themselves. While there are many types of spaces, safe spaces ensure the dignity and safety of youth. Safe spaces such as civic spaces enable youth to engage in governance issues; public spaces afford youth the opportunity to participate in sports and other leisure activities in the community; and well-planned physical spaces can help accommodate the needs of diverse youth especially those vulnerable to marginalization or violence.

International Youth Day 2018



We believe our safe space is when we have self-control. Drug abuse is a major issue in Tanzania. Most people who are involved in drug abuse in Tanzania are youths, who are often involved in trafficking and consuming illegal drugs like cannabis. The common illegal drugs in Tanzania are Khat, marijuana, heroin, cocaine and cannabis.

Activities Conducted

Awareness on drugs abuse effects to youth

ICCAO conducted awareness on drugs abuse at Life and Hope in Bagamoyo.

The increasing drug abuse awareness, it's important to gather and share information about all kinds of drugs, regardless of what the perceived risk of addiction is. Some people believe that heroin, cocaine, and meth are more addictive with more serious consequences, but the truth is

that drugs like marijuana (Bangi) can be just as addictive and just as dangerous. It is important for people of all ages recognize the potential damage that any drug can cause; not only to the body but also to the mind.



Train the importance of self-learning skills to youth

ICCAO train the importance the ability to think and act without the help or influence of others, the ability to decide what you should be or do instead of depend on others to make decisions for an individual. This causes people with power and privilege to take responsibility for the lives of those that are less fortunate as a result youth fall on drugs consumptions.



Share the experience and testimonial of the other youth

Youth shares stories and personal experiences about the challenges which faced them and how they overcome those challenges through those experiences inspired others who were addicted to learn through those successfully testimonial stories and this describing how the message can be a great lesson to those youth who were addicted, such as the Executive Director share the experience with drugs addicted.

Social responsibility

Provide a food staff to youth, this duty was also the aim of the organization to so the organization has an obligation to act for the benefit of youth at large. Social responsibility is a duty every individual has to perform so as to maintain a balance between the economy and the

Open dialogues questions and answers

In this session all youth participated in the questions and answers where by the chair of the discussion allow audience and others to ask questions and got an answer all were concern with drug abuse effects.

Challenges facing addicted and Sober house a case study Life and Hope Sober in Bagamoyo

Despite the advantages of halfway houses, there are limitations as well.

First, there is typically a limit on how long residents can stay. After some period of time, usually several months, residents are required to move out whether or not they feel ready for independent living. The roughly period for staying at this house is six months to one year.

A second issue is financing the houses. This leaves facilities vulnerable to funding cuts. The houses require residents to pay fees and charges of their stay in these houses and have completed or be involved in some type of formal treatment.

Sober living houses characteristics include: required compliance with house rules such as maintaining abstinence, paying rent and other fees, participating in house chores and attending house meetings, resident responsibility for financing rent and other costs.

Methadone usage

Methadone is a prescription drug, and is part of a group of drugs which is taken as a replacement for heroin and other drugs as part of treatment for dependence on these drugs. Replacing a drug of dependence with a prescribed drug in this way is known as pharmacotherapy. As well as improving wellbeing by preventing physical withdrawal, pharmacotherapy helps to stabilize the lives of people who are dependent on heroin and other drugs and to reduce the harms related to drug use.

Effects of methadone: The effects of methadone last much longer than the effects of heroin. A single dose lasts for about 24 hours, whereas a dose of heroin may only last for a couple of hours.

Relapse

Relapsing is one of the biggest challenges many addicts in recovery face both during and after rehab. Cravings, stress, anxiety, and old acquaintances can all be potential threats when they're

trying to stay sober. Fortunately, drug and alcohol rehab is designed to help addicted establish life skills, modify unhealthy behaviors, and develop a peer support system that will keep you firmly rooted in your sobriety. Making the transition from a life of addiction into an independent life of sobriety is another challenge they will face after rehab.

Lack of family therapy

Due to social perception, family members might find themselves isolated and/or socially stigmatized. Moreover, drug abusers could become hostile and irresponsible in addition to excessively abusing drugs to escape from the negative and painful emotions, if they are not positively supported by the family to deal with the drug abuse problem. There is a scarcity of information on how an addicted person and their families cope.

Factors contributing to drug addiction, family endeavor in dealing with an addicted person, and the social and psychological problems associated with addiction at both the individual and family levels have been given little attention. As a result, little is known, for example, about how poverty and addiction reinforce each other dialectically

Judge mental environments we live in society where people are quick to judge and not able to accept others for what they are, lack of acceptance, in denial of our situations which lead to a lot of youth finding drugs as the short cut to all their visions and dreams.

Recommendation

There is a need for family therapy in our society on how to handle and stay with these people after discharge, the impact of addiction at family level, an understanding of how addicted individual and their families respond to such situation is vital. Families living with an addict should attempt to seek support from psychologist concerning family therapy.

Also there is need for more professional rehabilitation support due to the fact that the number of the professional rehabilitation is fewer compared to the number of the addicted ones and this resulted to more people not get this service.

The government also should focus on more rehabilitation than promoting methadone which seems to stimulate addicted to continue with this drugs.

Many individuals attempting to abstain from alcohol and drugs do not have access to appropriate housing that supports sustained recovery. Our study, which suggests they might be an effective option for those in need of alcohol- and drug-free housing. Improvements were noted in alcohol and drug use.

Owners and operators of the rehabilitation house should pay attention to factors that predicted better alcohol and drug outcomes, including higher involvement in 12-step meetings, lower alcohol and drug use in the social network, and lower psychiatric severity.

Volunteer and probation activities should be offered to those who have release from the rehabilitation house like gardening and painting the old houses so as to keep them busy and staying idle in the street.

Youth need to be trained on development skills and learn the ethics of hard work small efforts, and empowered to see the way in executing their dreams so that they don't find a short cut that ends up destroying their lives. "Our safe space is where we have self-control".