

**PROPOSAL**

**The Youth Empowered by Sobriety (YES!) Project**

**Substance Use Prevention Education and Leadership Development for Ugandan Youth**

Requested Budget: $ 49,160 from Global Giving donors

* 1. **Background**
  2. World Action Fund, (WAF) is an indigenous not for profit organization dedicated to solving problems of at risk children and youth in Uganda. Its mission is to improve quality of life of vulnerable and marginalized individuals in Uganda by empowering them through interventions that increase access to education, health care, democracy, and sustainable incomes. Since its establishment in 2011, WAF has implemented a dynamic strategic plan that includes service delivery, advocacy, and partnership building.

In 2016, the WAF team initiated the **YES!** **Project**, a drug and alcohol prevention education and leadership building program designed to train adult leaders and youth in the dangers of substance abuse and offer engaging substance-free activities that develop resiliency characteristics in youth that empower them to say “yes” to the choice of sobriety.

The WAF delivers a broad spectrum of health and human service including HIV and viral hepatitis prevention education, substance abuse intervention, economic development and sustainable community support. As an advocacy organization, it is committed to raising awareness and intervention around the devastating impact of child abuse, sexual assault and domestic violence. As a convening organization, WAF believes in the power of collaboration in realizing its strategic operating plan and empowering the next generation of Uganda youth toward their greatest potential.

Its work is realized through a dedicated team of professionals and a strong network of stakeholders, including the government of Uganda, local organizations, schools, and international partners committed to creating a sustainable future for the people of Uganda. Since opening its doors, WAF has provided over 5,000 youth and adults with vitally needed services and resources.

WAF has established a collaborative partnership with Serenity Centre, Uganda’s first treatment centre for alcoholism and substance abuse. WAF will deliver education sessions at Serenity Centre (SC) and will use the space for leadership building and arts/culture programming for young people that reinforce drug-free living.

* 1. The Centre has a mission to provide access to quality intervention and treatment to substance addicts, abusers and affected communities. The Centre uses multimodal therapeutic approaches, where a multidisciplinary team of professionals plan and assist in creating a comprehensive treatment process for each client. The Centre’s key program areas include: Treatment, Prevention/Education/Outreach and After-Care Programs, Family Intervention/ALANON Programs and Institutional Capacity Development. Since opening in 2001, a total of over 1000 clients from across the Country have benefitted from the SC residential treatment program.

In addition to Sobriety Centre, WAF is collaborating with LEAD Vision LLC (USA); a sustainability-humanitarian consulting firm dedicated to restoring communities, families and environment. LEAD Vision will be assisting by providing linkage to youth drug prevention leaders and initiatives in the US and provide high school age interns that be responsible for online and social media connectivity and to serve as liaisons to the young people participating in **YES!** The LEAD youth team will work with YES! Youth leaders in coordinating future collaborative programs and conferences as the program grows.

LEAD Vision LLC serves as a catalyst for **communities, organizations and citizens** to discover their innate potential that might otherwise be left untapped. LEAD’s vision (USA), to ***Repair the World and Inspire the Spirit*** embodies its holistic sustainability goal. LEAD and WAF are also working collaboratively on a developing an eco-school and sustainable community and are currently launching a fund raising campaign.

**2.0 Preamble**

Alcohol/Drug abuse continues to pose great challenges to the health of the world`s population. It is currently estimated that problems related to alcohol and drug consumption rank among the world`s major public health problems and constitute serious harm to human health, welfare and security. Uganda is no exception; the country was once rated to have the highest per capital consumption of alcohol in the World (WHO-2004). Use of narcotic drugs is also on the rise. Previously only traditional drugs like cannabis were consumed.

Uganda was only a transit country for substance like heroine. Presently, these substances are consumed by the local population, especially the youths. As Government of Uganda struggles to develop and implement policies on the demand and supply reduction, there will be victims of the vice who require addiction care services.

Through its partnership with the Centre, LEAD Vision and other key partners WAF joins hands to educate and inspire youth people to resist substance use and potential addiction. Drawing on research in resiliency skill development in youth and child development, the YES! Project offers an educational, creative and peer-based approach to building social momentum and engagement in the program. It will include education, leadership training, arts and culture, local and international peer connectivity and technology as tools for building involvement and sustaining the program in the long term.

The ultimate aim of The YES! Project is to provide 5,000 young people with education and alternative options that prevent their use of drugs and alcohol.

**3.0 The Problem**

Alcohol and drug abuse is one of the greatest challenges and causes of mental health problems amongst youths in Uganda. Recent studies show that there is an increasing trend in alcohol and substance abuse especially amongst the youths in secondary schools, colleges, and universities as shown below:



This problem arises from many factors which include: technological developments, lack of employment for the new graduates, poor parenting or upbringing of children, loss of sense of belonging, identity and meaning, peer group and environmental pressures. In an effort to address these problems many youths have sought refuge in alcohol and drugs. This has left many parents and teachers wondering about the future youths in this country. In most instances the problem is compounded by parents living in denial.

**4.0 The Suggested Approach**

World Action Fund (WAF) has attempted with limited resources to address these problems at the level of schools. The biggest challenge encountered is inadequate financial resources to extend services of sensitization, awareness, prevention and sustainability in schools and other institutions of learning.

The cost of substance abuse among Ugandan youth in magnified on many levels. The use of alcohol and drugs is often linked to the spread of HIV and other communicable diseases. The economic toll of drug-related HIV transmission is devastating cities across Uganda and robbing the country of vital, employable citizen leaders of the future.

WAF has the conviction that it’s possible to live life without use of substances and with support from other stakeholders who wish to see the youth in Uganda liberated from this challenge. It is in this light that SC is making a request to the Rotary fraternity for financial resources to carry out a countrywide sensitisation program setting a target of 4 Teachers per 6 schools in each region of Uganda. These Teachers would be exposed to literature, facts and tools which can be used to fight this menace. The Teachers would attend a 4 day-residential training program during school holidays. They would be expected to take the message back to their mother schools. Further, they would be assisted to lobby their schools to include the topic of substance abuse in their school curriculum. The resources requested would cover the following in the budget

1. **Project Activities**

This is a new project in the 114 districts that aims at rehabilitating youths involved in drug /substance abuse; and preventing other youths from engaging in destructive behaviors like alcohol abuse, drug addiction, and prostitution in major towns. Project activities will achieve this by increasing the economic productivity of rehabilitees plus other most-at-risk youths in Kampala city; and improving their livelihoods using sustainable income generating activities. Specific project objectives include: 1) Carryout youth rehabilitation activities for 100 youths addicted to alcohol, drug abuse, and prostitution in the 114 districts within 12 months; 2) Initiating economic empowerment program for 100 rehabilitees, youth with disabilities, street children (homeless youths)and out-of-school youths in Kampala city using cottage industries for the production and selling of bread, fruit juice, detergents, crafts, and other ornaments by project end; 3)Starting a marketing cooperative scheme that will be marketing produces from youth-led cottage industries by project end; 4) Initiating a female youth enterprise development program that will see the creation of 150 girl-led businesses for homeless girls in and around Kampala city by project end. Key project activities to carried out are: 1) - conducting a SWOT analysis among the non-schooling youth’s active in prostitution, and drug abuse in Kampala; and design a city youth map; 2) enrolling 100 willing young girls, and boys addicted to alcohols and drugs on a rehabilitation program; 3) forming peer support teams (PST’s) consisting of rehabilitees, and those who have completed the rehabilitation program for continuous peer support; 4) carrying out mass media campaigns against drug abuse, and prostitution among youth in the major cities; 5)reaching out to schooling youths (Secondary schools) using behavioural change communication approaches against alcohol intake, and drug abuse; 6) training of 100 youth’s (rehabilitees, youth with disabilities, and homeless girls) with skills in fruit juice processing, bread making, craft making, domestic ornament making, and detergent processing; 7)clustering of trainees into five (5) home-based production units of fruit juice, bread, soaps, crafts, and sweaters for sale; 8) entrepreneurship training and support of each female beneficiary so that she becomes an independent business person with enough skills and knowledge to expand her production unit (business) to employ many more young people. Project implementation will adopt results based management principles of implementing development projects, and project activities will be done within 12 months.

The training would be conducted concurrently in all these towns WAF would assign two of its staff for each town. It is expected that 4 Resource Persons would be attracted to the project. The speciality of such persons would include Clinical Physiologists, Psychiatrists, Social Workers etc.

Prior to the event WAF staff would need to speak to selected schools, authorities in the Ministries, local Governments and other Stakeholders to ensure success of the program.

**6.0 Sustainability of the Program.**

For purposes of Sustainability of this program WAF shall the value the local community contribution represented by the trained 24 Teachers per region and the local community will be trained too to monitor the youths. The trained teachers shall form the basis of our community mobilizers in the regions for easy organization of follow ups for the youth in the regions. Through the trained teachers, more schools shall be reached and clubs for Anti-alcohol and drug abuse shall be formed. World Action Fund shall organize more workshops for youth in schools in those regions where the already trained teachers will boost our training team so that costs involved in dispatching a team from Kampala shall be reduced to at least one person to work with the 24 teachers already in the region. Ongoing refresher trainings for the 24 teachers shall be organized to equip the teachers with more packages. This shall be achieved in teaming up with Government departments, other institutions like Hospitals in the regions and Schools authorities to address the issue of substance abuse.