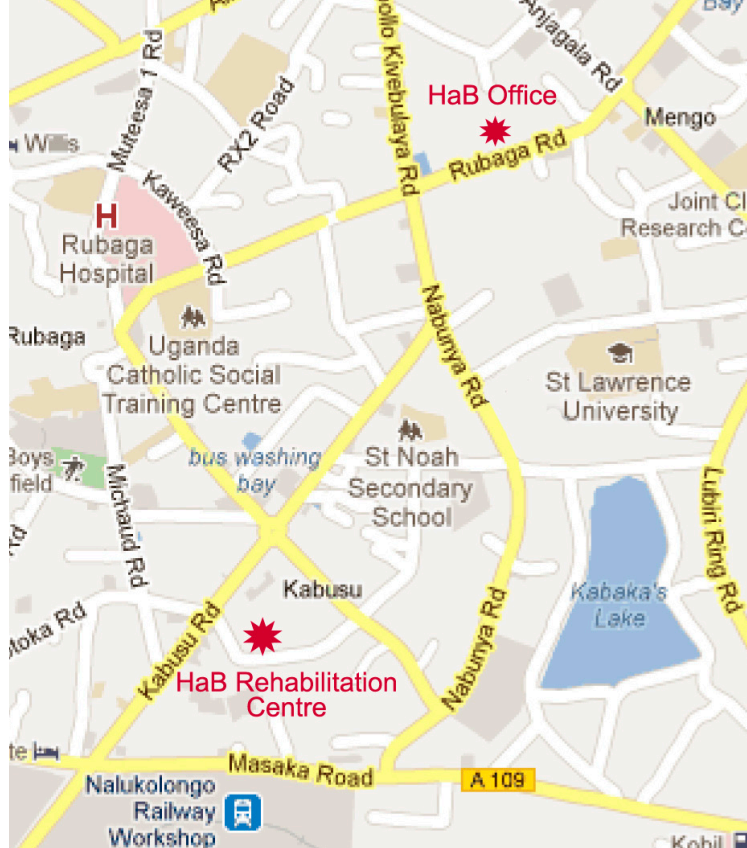


Core Values

Humility
Openness
Patience
Empathy

Strategies and activities of HaB

1. Treatment and rehabilitation of people affected by substance abuse. This takes the form of detoxification and psychosocial interventions.
2. Advocacy: HaB works with institutions and groups to advocate for and promote good policies to mitigate the impact of substance abuse (see picture below).
3. Capacity building for individual, communities and institutions helping people affected by substances abuse.
4. Research and information dissemination
5. Networking and partnership development
6. Education and awareness creation: Communities are sensitized on the disease nature of Substance Abuse (SA). This is intended to promote awareness and motivate the suffering addicts to seek treatment. Educational activities include conferences, workshops, exhibitions, trainings, seminars, workshops & exhibitions.
7. Institutional growth and development.



HaB conducts an interactive radio talkshow on Radio on radio Maria 103.7 FM every Saturday 2.00pm – 3.00pm.

“Laugh off your pain, cry out your happiness. Cry till you laugh again... Be glad with what you have... Be strong, live fearless. Try, fail; Try more, succeed... Just listen to yourself, find that inner strength. If you take away everything inside, love is all that's left. Love was there before you where you. Love will remain the biggest part of you”

Anonymous



Hope and Beyond (HaB)

Alcohol & Drugs Recovery Services

Hope and Beyond (HaB)
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Background

Substance Abuse continues to pose a health danger to humanity. Alcohol abuse, in comparison to other substances, is the leading cause of substance related deaths (Benjamin, 2003). It is estimated that of the two billion people who consume alcohol worldwide, 76.3 million people have alcohol abuse disorders (WHO, 2004). About 40 million people are estimated to abuse drugs worldwide (UN report on drug Abuse 2009).

Ugandan Situation

In Uganda, 44% of adult Ugandans drink alcohol and 23% are heavy episodic drinkers (UN, 2006). In 2011, WHO reported that alcohol consumption per capita for Uganda was 11.9 litres and hence the second in Africa. Cases of drug abuse are equally rampant especially among the youth. Nicotine, Cannabis and Khat are the commonest although others like cocaine, heroin and amphetamine are starting to take root in the society.



◀ Confiscated cocaine pellets being prepared for destruction at Nsambya police barracks

- **Impact:** Uganda has the highest rate consequences among listed drinkers around the world. (Kathryn, 2010)
- **Economy:** Uganda Demographic Health Survey of 2004 supports the assertions that indeed there is a link between alcohol and poverty and further recognizes excessive alcohol consumption as a development issue of an enormous magnitude.
- **Policy:** In July 2005, the 7th Parliament of Uganda expressed concern on the unacceptable high level of alcohol consumption and requested for a policy to guide national response. (National Draft Alcohol Control Policy, 2009).

Problems of Substance Abuse (SA)

- **Deaths:** Alcohol causes an estimated 2.5 million deaths every year, of which a significant proportion occurs in the young (WHO, 2010) for example;
 - ☠ Drunken drivers are involved in 50 percent of all automotive fatalities and this percentage increases to 75 percent when only accidents occurring in the evening are considered.
 - ☠ Alcohol use and related disorders are also associated with 50 percent of all homicides and 25 percent of all suicides (Benjamin, 2003).
- **Poverty:** Alcohol abuse leads to poor employment/ career performance resulting into poverty (Johns Hopkins University, 1995).
- **Crime:** abuse of drugs leads to criminal activities.
- **Diseases and disability:** Use of drugs leads to psychiatric problems, and increases the spread of high-risk infectious diseases including HIV/AIDs (WHO, 2010).



HOPE AND BEYOND (HaB)

Hope and Beyond is an organisation with a mission to provide holistic care to families and communities suffering from addictive illnesses and substance abuse.

Vision:

A society without Substance Abuse

Goal:

Restoration of hope to those who are discouraged by the challenges of alcohol and substance abuse.

Objectives of HaB

1. To implement programs and activities geared towards reduction of alcohol and substance abuse.
2. To mitigate the challenges of HIV among people affected by substance abuse.
3. To work with people and communities affected by substance abuse to acquire and sustain resources to improve their standard of living.