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Our Vision: Healthy People, Empowered Communities

Our Mission: To improve the Health and Well Being of Communities through Capacity Building and Promotion of Innovative

Leadership

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East Africa Harm Reduction Project: Final Report Validation Meeting



Stakeholders during the final report validation meeting

KANCO hosted the regional HIV and Harm reduction project final report validation meeting in September 2018. The meeting held in Nairobi is one of the lead up actions to the close-out of the Regional HIV and Harm Reduction Project, funded by the global fund and implemented in Eight Africa countries across the greater Eastern African region addressing the policy environment, community systems and research.

Speaking during the meeting the report writing team lead, Professor Alloys, reported that in their opinion the regional project which was a pilot in the region, had delivered on its mandate as through the evidence generated, it has sowed the seeds for governments to work side by side with the civil society and other stakeholders to implement harm reduction. His counterpart Dr. Elizabeth added that based on their interactions and observations with the implementing partners, the three objectives were adequately covered.

The evaluation report looked at the necessity of the project, efficacy, and

provisions of the law and utilization of resources. In terms of creation of an enabling environment for uptake of harm reduction services, the team reported that champions had been established, provision of services was ongoing including but not limited to provision of needle and Syringe services (NSP), Medically assisted therapy (MAT) with evidence of documented commitments to support harm reduction in the region across the Africa countries including the development of regional policy guideline presently under review by the EAC. In addition to strengthening of existing networks, new ones had been established where none existed and this the team observed had strengthened the voice of the community of people who use drugs in the region. They further noted that though the networks were at different operational levels, most of them had the basics like they were registered, had work plans and constitutions. The team also noted since inception of the project there has been significant increase in strategic information on communities of PWIDs informing programming advocacy engagements

Among the recommendations for sustainability of the gains made in the project was the domestication of harm reduction policies as well as continued and strengthened stakeholder collaboration (Country coordinating mechanism, ministries of health, as well as law enforcement etc)

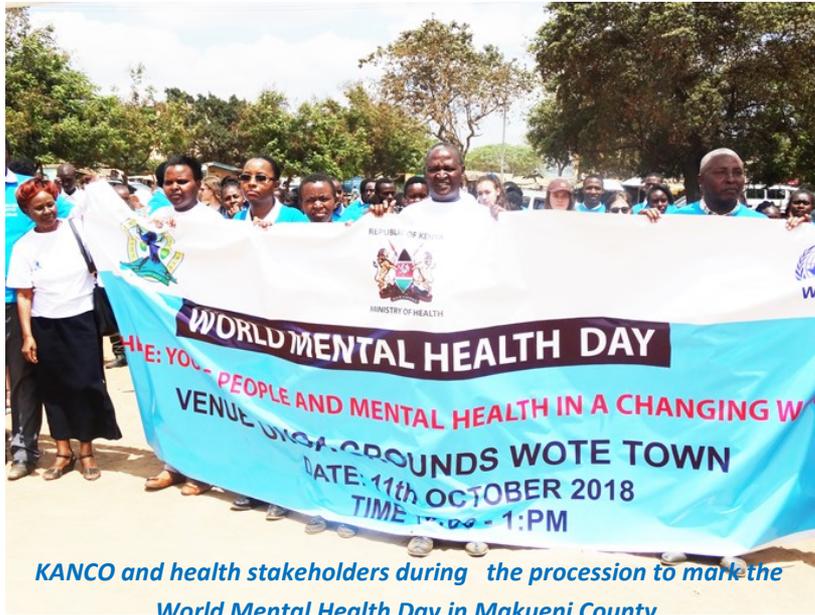
Addressing the meeting KANCO Executive Director, Allan Ragi appreciated the journey and the experiences of piloting the regional harm reduction project stating that that it has marshalled great impact where presently West Africa looks to replicate the model. He stated that the biggest achievement for the project is being able to profile the drug use problem in the region with governments and their agencies such as parliaments, CCMs networks etc rallying behind the cause. Through these engagements he said " We hope we have been able to create good discussions within our countries that are strong enough to sustain the discussions beyond the project' challenging the members to seek avenues to keep the harm reduction conversations going including the use of media and evidence gathered to build case for invest in harm reduction. He added that he hoped that the global fund would extend the engagement period to allow for more time finish the policy pieces, research, expansion to other areas of need

Representing the community, a delegate from Burundi appreciated the fact that governments are beginning to appreciate harm reduction following the project impact. He impressed on the need for future harm reduction programs to address drug use problems beyond commodity support to include life skills, rallying the participants " We don't have to stop here, we cannot afford to, we need to keep reaching out to the people and keep harm reduction alive"

Dr, Kiragu KANCO board member also attending the meeting challenged the team to focus on the positive things they had achieved and build on them

In his closing remarks Mr. Allan challenged the group to saying" we must move from NSP issuance to a multiplicity of services

Marking the World Mental Health Day 2018: No health without mental Health



KANCO and health stakeholders during the procession to mark the World Mental Health Day in Makueni County

KANCO joined the nation and the globe in marking the international mental health day marked every 10th of October towards raising awareness on mental health issues around the world and mobilizing efforts in support of mental health.

According to Newsplex Kenya, 1 in every 4 Kenyans is likely to suffer from mental health disorders and will find it difficult to access health care. Its estimated about 5 out of every 6 Kenyans with mental health illnesses do not receive treatment, while further catalyzing suicides and self harm. Among the most common mental health disorders are bipolar disorder affecting about 60M people globally, Dementia 48M, Schizophrenia 21 Million and depression and accounts for 13 per cent of the global disease burden Kenya faces acute shortage of mental health specialist with only 62 psychiatrist against a population of over 42 million Kenyans.

During the event marked in Makueni County Dr. Nguguna the Director of mental health services impressed on the theme “Young People and mental Health in a changing world” saying that research had shown that the youth are more adversely affected by factors that predispose them to mental health issues that involves both environmental factors as well as the their own biological, emotional and physical changes. Youth make up to 60 percent of the African population a majority of them below 25 years and facing changes from their environments such as peer pressure, unemployment substance abuse, technology etc. further challenged by the changes in the youth as they transition through adolescence to adulthood.

Addressing the meeting Professor Ndeti pointed on the shortage of mental health human resources and limited investment as compounding in addressing mental health in Kenya and Africa at large. He impressed on the need to be innovative and use resources efficiently to bridge the treatment gap. He further impressed on the need for multi-stakeholder collaboration including working with policy makers saying political goodwill is critical for combating the mental health challenges.

According to the Mental Health Atlas 2017 released by WHO, the ratio of mental health workers can be as low as 2 per 100,000 people in low income countries, compared to more than 70 in high income countries. It is also estimated that 540 million people suffer from mental disorders, with almost three-quarters of them living in middle and low income countries with slightly more than three-quarters of severe cases in the low- and middle-income world went untreated.

Officiating the celebrations the Director of Medical Services Dr. Jackson Kioko impressed the government’s commitment to ensuring every Kenyan has the highest attainable standards of health and this includes mental health. He reaffirmed the government’s commitment to close the invest gap for mental health and put in place measures such as the institution of the mental health policy as a step towards addressing these measures. He further noted that the changing environment greatly impacts the mental health of young people where about 2.6 million people die from preventable causes as per the WHO report 2018. He added that it is the responsibility of every Kenyan to create conducive environment for mental health, given that they are preventable and held great stake’s in terms of the nation’s health hence welfare.

KANCOs continued contribution to the improved health outcomes on the Makueni county and the region was commended. During the celebrations in Makueni County, KANCO was on site offering HTS and TB screening services to the participants. KANCO also participated and supported the Nyeri County Celebrations, KANCO was also among the key stakeholders in the development of the Kenya mental Health Policy 2015-2030 and has been rallying CSOs and stakeholders through grassroots advocacy for resource allocation to address the mental health problem.



Director of Medical Services Dr. Jackson Kioko handing the Mental Health Policy to the Minister for Trade, Industry, Tourism and Cooperatives Ms, Rosemary Maundu and the County Health Management team during the celebrations



L-R, The KANCO Eastern Region regional coordinator John Kivuva sharing the KANCO annual report and the KANCO informal health service providers engagement for health strategy with Professor Ndeti-Africa Mental Health Foundation.



KANCO team ready to provide HTS and TB screening services on the ground during the International Mental Health Celebrations



Stakeholders procession during the International Mental Health Celebrations in Makueni County

Zanzibar team learning mission to Kenya on the comprehensive HIV prevention and harm reduction program for people who inject drugs



Front row from right: Hon. Hamad Rashid Mohammed, Minister for Health (the Leader of the delegation); H. E. Salim Mvurya, Governor Kwale County; Hon. Mohammed About Mohammed, Minister of State in the Second Vice Presidents Office; H. E. Fatuma Achani, Deputy governor Kwale County; Mr. Khamis- Vice Chairperson- Zanzibar Global Fund Country Coordinating Mechanism (ZGFCCM) and Mr. Issa Abeid Mussa; Deputy Programme Manager Integrated HIV, TB and Leprosy Programme (ZIHHTLP). **Back row from right:** Mr. Onesmus Mlewa, Program Director, KANCO; Mr. Dennis Wali, Community Systems Strengthening Advisor, KANCO; Ms. Sylvia Ayon, Harm Reduction Program Manager, KANCO; Dr. Farhat J. Khalid- Programme Manager, Zanzibar ZIHHTLP; Ms. Asha Ali Abdulla- Principal Secretary Ministry of Health Zanzibar; Rodgers Chimega, Kwale Governor's Personal Assistant; Mr. Ali Mwauchi, Site Coordinator, KANCO and H. E Francis Gwama, Executive Committee Member, Health Services in Kwale county during a courtesy call visit to Kwale County.

KANCO coordinated a Zanzibar high level delegates visit to Kenya to learn about harm reduction approaches, particularly the Needle Syringe exchange program. The mission was held in Mombasa and Ukunda Counties between 8th to 11th October, 2018. Zanzibar has an estimate population of 1 Million residents with 7% having a drug abuse problem with HIV prevalence among people who inject drugs reported as 11% compared to that of the general population at 0.4%.



The deputy governor of Mombasa William Kingi, cordially welcomes, Minister for Health Zanzibar, Hon. Hamad Rashid Mohammed, for a harm reduction learning visit at the county.

Zanzibar has a well established and aggressive campaign to deal with its drug problem through institution of Sober Houses which are drug abstinence programs. The delegation that included policy makers and senior technical officers from Ministry of health were keen to explore options to scale-up service delivery that is inclusive of the needs of people who use and those that inject drugs (PWUDs and PWIDs)

Kenya coastal counties of Mombasa and Ukunda were selected on the basis of their similar cultural, religious and social norms and the recorded success of the region in reducing new HIV infections among PWUDs. Between 2011–2012 Kenya introduced and implemented a comprehensive harm reduction programme to tackle a sub-epidemic of HIV among people who inject drugs (PWID). A number of factors contributed to a successful introduction of harm reduction during the period: A strong knowledge and evidence base of the scale of risky drug use and its impact on the HIV epidemic in Kenya; Evidence base of harm reduction as an effective response; Support within state health and social



policy structures for a prevention strategy targeting ; Growing experience, expertise and voice within communities of/for working with, drug users; Willingness by KANCO and other organizations to take risks and introduce a controversial strategy and focused donor support . One of KANCO's projects, Community Action on Harm Reduction (CAHR), entered Kenya specifically to introduce Needle Syringe Exchange Program, (NSP). Currently harm reduction services available in Kenya include: distribution of clean injecting equipment; sexual and reproductive health information and services; drop in centers providing food and showers, health education and basic medical treatment from an on-site nurse; HIV, Hepatitis and TB counseling and testing; referrals to state medical facilities with fees sometimes waived for paya-

Delegates at Methadone Maintenance Treatment Site in Kombani Kwale County

ble services (TB treatment, Hepatitis C treatment and ART are free); case management for drug users living with HIV; Overdose prevention and management ;Medically Assisted Treatment with methadone since 2014.

During her address, Dr. Farhat J. Khalid- Programme Manager, Zanzibar Integrated HIV, TB and Leprosy Programme (ZIHTLP), explained that, "In Zanzibar we have all the harm reduction programs except the Needle and Syringe Exchange Programs," with the principal secretary adding "We are concerned that needle syringe exchange program may be widely perceived as encouraging drug use."

Honorable Mohammed About Mohammed, Minister for the Ministry of the Second Vice Presidents Office in his address said the main objective of visit was to expose Zanzibar team involved in the roll-out of national harm reduction services to other implementation modality to inform respective national responses and implementation of alternatives to fast-track the scale up of evidence informed interventions.

The Zanzibar delegation visited the Mombasa and Kwale Counties where they were exposed to service delivery models for Medically Assisted Therapy and Needle Syringe Exchange Programs. One of the greatest achievement of the Mombasa and Kwale county leadership is the establishment of sustainable livelihood programs for PWUDs in treatment programs. Service providers in the counties reiterated that political goodwill is an essential component to success of harm reduction interventions. During the tour the political leaders of Kenya and Zanzibar discussed on opportunities for sustainable programs and resolved to continue engagements on the same especially since donor funds are dwindling. On this the minister of Health Zanzibar, Hon. Hamad said its important to explore the natural resources presented by the oceans e.g sea weed processing, could generate much needed employment opportunities for the people recovering from drug use.

Kenya's KANCO supported by the Global Fund is leading development of an east African harm reduction response (regional advocacy, policy reform, information) across eight countries: Kenya, Uganda, Zanzibar, Tanzania, Seychelles, Mauritius, Ethiopia and Burundi. The Zanzibar team was keen to continue partnership with KANCO towards strengthening harm reduction response in the country and was confident to begin needle syringe exchange programs as all the doubts were long gone



Delegates at Needle and Syringes Exchange Program (NSEP) site: Muslim Education Welfare Trust (MEWA)

Zanzibar Delegates visit to Kenya Pictorials



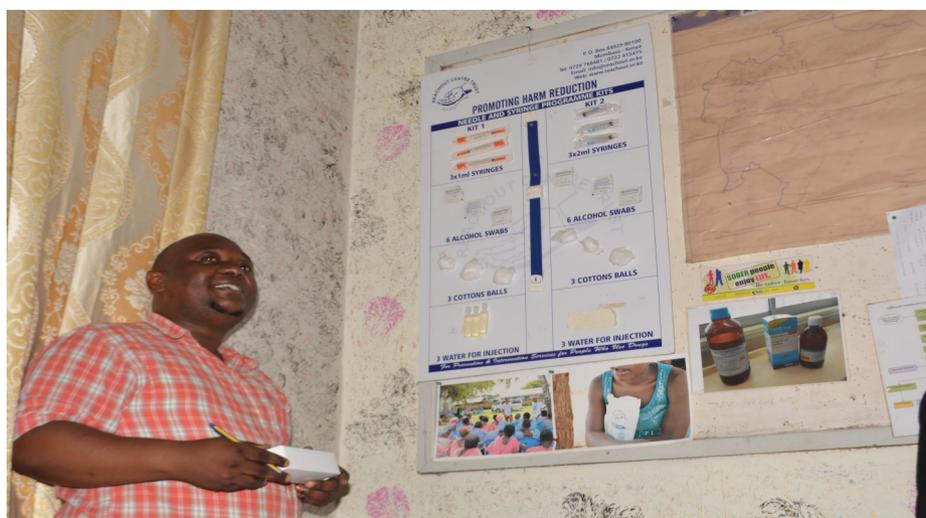
Clients happy to meet Zanzibar team, Inset; lady in middle with sunglasses, Dr. Khadija Shikely, County Chief Officer Mombasa County at Methadone Maintenance Treatment Site in Kisauni



Delegates at Methadone Maintenance Treatment Site in Kombani Kwale County



Delegates at Needle and Syringes Exchange Program (NSEP) site: Teenswatch Centre Trust

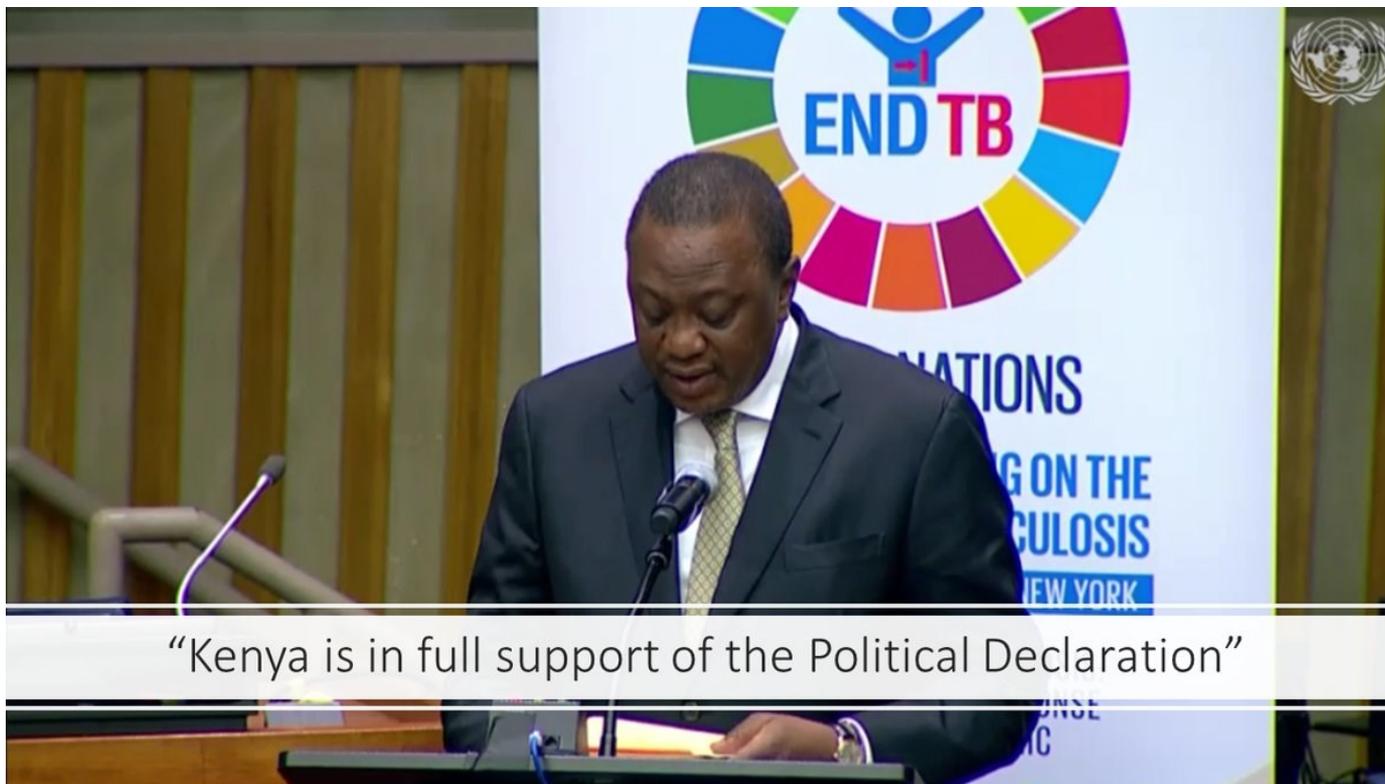


Outreach coordinator explains Needle and Syringes Exchange Program in Mombasa Reachout Centre Trust



Zanzibar team learning mission to Kenya 2018

UNHLM proceedings and lead up actions



President Uhuru Kenyatta making remarks during the UNLHM

On 26 September 2018, the United Nations General Assembly held the first-ever high-level meeting on the fight against tuberculosis, under the theme “United to end tuberculosis: an urgent global response to a global epidemic”. The meeting sought to accelerate efforts in ending TB and reaching all affected people with prevention and care.

Leading up to the UNHLM, KANCO conducted several activities to create awareness and rally support for representation at the UNHLM. KANCO held media trainings, CSOs mobilization as well as one on one engagement meeting with the chair of the Africa TB Caucus Hon. Stephen Mule and the Speaker of the national assembly where they made a request for the president to attend the UNHLM where important decision towards the eradication of TB would be made by world leaders.

The meeting saw the signing of the political declaration on TB, in which Kenya was represented by H.E Uhuru Kenyatta accompanied by other high level delegates , In his remarks H.E Uhuru Kenyatta stated that “Kenya was in full support of the political declaration The UNHLM was a follow up of the successful Ministerial Conference on Ending TB in Moscow on 16-17 November, 2017 which resulted in high-level commitments from Ministers and other leaders from 120 countries to accelerate progress to end TB. It was anticipated that the high-level meeting therefore would results to an ambitious Political Declaration on TB endorsed by Heads of State that would strengthen action and investments for the end TB response, saving millions of lives.

KANCO participates in the Nairobi International Trade Fair 2018.



KANCO exhibition booth at the Nairobi International Trade Fair 2018

KANCO participated in the Nairobi International Trade Fair 2018 themed “Promoting innovation and Technology in Agriculture and Trade” from the 1st-7th of October 2018.

KANCO got an opportunity to share and learn from likeminded stakeholders on advancing the health agenda with KANCO exhibition booth hosting many guest seeking learn more on the organizations health programming and opportunities for collaboration . Many stakeholders commended KANCOs contribution in the disease response in the country from the initial response to HIV/AIDs that has since evolved to cover TB and other health interventions including nutrition interventions and advocacy

In 2018 KANCO also participated in the Mombasa International Trade Fair 2018 where they shared information on KANCOs programming areas as well as the innovation of the iron fortified beans, w

hich are equitable to iron supplements and are rich in vitamins too. The iron fortified beans also take a short time to grow, thus catering for the needs of low income households as well pregnant and lactating mothers who require high iron intake.