

AIDS News

ISSN 0856 - 4311 | Issue No. 038 April - June 2020

METHADONE THERAPY EDITION



**FIVE NEW
SITES ON
TRACK**

CONTENT

- Trapped in Drugs Seeking Sexual Potency
- Addicts to be empowered with soft loans
- Mirembe Starts With a Kick
-



Test . Plan . Live

NACP

EDITORIAL BOARD

Dr. Leonard Subi-Director of Prevention
 Dr. Beatrice Mutayoba Chair
 Dr. Magret Kagashe Member
 Shoko Subira Chief Editor
 Said Makora Editor
 Dr. Anath Rwebembeera Member
 Neusta Kwesigabo Member
 Baraka Mpura Member
 Abwene Mwakalobo Member
 Edda Katikiro Member
 Neema Makyao Member
 Eveline Maziku Member
 Peris Urassa Member
 Dr. Prosper Njau Member
 Veryh Sambo Member
 George Laizer Member
 Susan Mbando Member
 Zeye Masunga Member
 Buberwa Muchwampaka Member

CONTRIBUTORS

James Kaji (Commissioner. Gen.)DCEA
 Dr.Peter Mfisi - DCEA
 Dr. Christian Mbwasi DCEA
 Florence Khambi DCEA
 Raymond Mushumbusi (MoH)...CDGEC



From Programme Manager



LET'S MAKE A CLEAR DRUGS UNDERSTANDING

This year's (2020) theme for the International Day Against Drug Abuse and Illicit Trafficking "Better Knowledge for Better Care" emphasizes the need to strengthen the fight against this matter.

This theme has a strong and clear message; Let's Build a Proper Understanding of drug and the fact that you want to be in a good position to help in strengthening the fight against drugs, it's important to have a proper understanding of the problem.

Despite the great success of moving Methadone services to the target audience, there are significant challenges for communities not to accept and even stigmatize drug use disorders.

The required understanding is for a person to have an accurate understanding of the magnitude of the drug problem and the challenges facing addicts. The motto of this year's Anti-Drug Day celebrations emphasizes the strengthening of the fight against the following:-

First; to acknowledges the existence of the drug problem in society, nation and world. Let us accept it as a major problem for the future of the nation.

Second; let's learn the best ways to deal with drugs by intensifying the struggle about the problem at hand. Those methods are encouraging the use of Methadone as an appropriate treatment for drugs use disorders recovery by stopping the use of such drugs.

Third; communities, parents, guardians, teachers, religious leaders together collaborating in strengthening the fight against the drug use disorder problem by providing appropriate education and emphasis to users or engaging in trafficking or selling drug stops.

Forth; for health care providers, which is an important component to achieve the goals to strengthen the fight against drugs problem by providing health services to addicts without stigmatizing or discriminating against them.

Fifth; encouraging drug users to show up at Methadone therapeutic services, a step that is important to achieve goals and achievements to increase the number of addicts from drugs withdrawn symptoms (arost) and drug dependence.

Four; for health care providers who are an important part of achieving and achieving the goals of strengthening the fight against the drug problem by providing medical care to addicts without stigmatizing or discriminating against them.

Sixth; encourage drug use disorders to turn to Methadone treatment services a step that is essential to achieve the goals and achievements of increasing the number of addicts from depressive and drug dependence.

Sixth; recognizing that many drug use disorders became addicts due to influence from partners or sexual partners or peer pressure so they need family and community support from drug dependence and recovery in order to participate in nation building activities.

The Government is achieving its goal by establishing more Methadone care clinics in the drug-ridden regions of the country so it is the responsibility of all drug use disorders to access this treatment without payments.

IDENTIFY DRUGS, LAWS AND POLICIES FOR ADDICTS

Drugs

It is the chemicals that a person uses that affect the nervous system and cause changes in mood, thought and behavior. The most widely used drugs in the country are marijuana, heroin, cocaine and prescription drugs such as Valium, Tramadol, Pethidin and Ketamine.

The Magnitude of the Problem in the Country

A study conducted in 2014 showed that approximately 300,000 people (250,000 to 500,000) were using drugs mainly heroin in the country.

However, the number is likely to decline right now due to the availability of more heroin treatment centers and the decline in drug trafficking in the country.

The most widely used drug in the country is marijuana. However, there are no specific statistics showing the number of Tanzanians who use cannabis.

The Drug Law, Medical Policy and Medical Service for Addicts

Section 31 of the Drug Control and Anti-Drug Act No. 5 of 2015 in addition to the 2017 amendment, states that, "If a drug addict is convicted of possession of a small amount of the drug for its use and it is certified by a physician as a drug addict, the court will order the person to be sent to a medical facility instead of being sent to jail or fined.

This move helps many drug addicts convicted of possession of a small quantity of drugs for their use to be sent to medical facilities instead of being imprisoned or fined.

Agonies of Drug Use and Trade

Drug use and trafficking have health, social, economic, environmental and safety impacts as follows: -

Healthy

Injectable drug use leads to HIV and hepatitis B and C. HIV studies conducted in 2014 showed that injecting drug use disorders living with HIV were 24 percent up to 42.

In addition, drug use causes Tuberculosis. Statistics show that TB infection among addicts is 11 percent including chronic tuberculosis. While in society as a whole it was 0.2 percent (2014 Survey). Other diseases include Mental Illness, Oral Disease, Skin Disease and even Sudden Death.

Social

Drug use affects families and communities by causing the following: - Family breakdown, increase in orphans, moral erosion, increased crime, absenteeism at school, unintended pregnancies and loss of family property.

Economically

The drug trade disrupts the country's economy in a number of ways including: Poor consumer health and impaired ability to work, use of national resources in treating addicts and controlling drug traffickers. Inducing illicit cash flow contributing to inflation, economic downturns by a few, widening income gap and the presence of illicit investment.

Environmental

+ Pollution

- *Disposal of self-injection pipes contaminate the environment, endangers the safety of passers-by, and transmits germs that can spread disease.*
- *Marijuana growers cultivate in inaccessible areas and dollar containers such as in the mountains in dense forests. To make the land more productive, they cut down trees or burn down forests. The situation will cause water sources to dry up, rain to fall and erosion.*

Security

The drug trade leads to civil war, terrorism, piracy and revolutionary regimes. Taliban terrorists in Afghanistan use the proceeds from heroin sales to finance global terrorism.

Government Strategy to Expand Methadone Treatment and Service

The government through the Drug Control and Anti-Drug Authority in collaboration with the Ministry of Health, Community Development, Gender, Elderly and Children and other stakeholders has developed a special strategy (MAT Scale up Plan) to establish medical centers for heroin addicts. use Methadone in all areas with high levels of drug use. This measure will enable all areas affected by heroin use to have Methadone treatment centers.

Number of Addicts on Methadone Service in the country

As of June 2020, 8,500 addicts were registered in the nine existing centers in the country currently located in Dar es Salaam regions (Muhibili National Hospital, Mwananyamala Referral Hospital and Temeke Referral Hospital); Tanga (Regional Referral Hospital, Bombo); Dodoma (Mental Health Referral Hospital, Mirembe); Mbeya (Regional Referral Hospital, Mbeya); Mwanza (Regional Referral Hospital, Sokou Toure) and Pwani (Bagamoyo District Hospital).

Challenges in Methadone Service Delivery

Drug use disorders on methadone addiction lack of income-generating activities to meet their basic needs. This condition causes some of them to turn to drug use. Stigma against addicts at the family and community level, makes some of them less likely to show up for treatment.

Addicts women not appearing at medical facilities.

Drug addicts are people who have run out of resources, so they do not have the money to pay for treatment when they get other diseases like Malaria, diabetes e.g. The strategy is being set up to set aside a special window in some health care facilities, where financially capable addicts will be able to arrange their time to visit the facilities for treatment by contributing a small fee.

So far, the Government don't have a plan to allow clinics or private hospitals to provide Methadone to substance use disorders. Even that there is possibility to aside a special window to some of the existing Government clinics where addicts who are wealth can set their time to go for service by contributing some little money.

Achievements Achieved Drug Control

Since the establishment of the Drug Control and Anti-Drug Authority in 017, significant progress has been made in the country as follows: -

- + Identifying networks of major drug traffickers in and out of the country, this step facilitates the arrest of drug popes
- + Large drug dealers have been arrested and their cases are pending
- + The political will of the war on drugs has greatly helped to control the traffickers and the business in the country
- + The global drug situation report released by UNODC in 2018 states that Tanzania has reduced the import of drugs by 90 percent.

Women Addicts' Don't Appear in Treatment

The involvement of women in our MAT clinics is disappointing. The representation of women in all MAT clinics except for Mwananyamala Methadone Clinic is less than 5 percent. The experiences of female drug users are often very different from that of their male counterparts. Female, drug users suffer greater social stigma than men, and often suffer a greater severity of addiction with physical and psychological reactions. Special tailored needs for women with drug use disorders are needed to attract more women clients in our MAT clinics.

Five New Sites on Track



Minister for Health, Community Development, Gender, Elderly and Children, Hon. Ummy Mwalimu (MP), listening on detailed information from the construction engineer of the Methadone Clinic building at the Tanga Regional Referral Hospital, Bombo, on her right is the Tanga Region Commissioner, Martine Shigella.

The Minister of Health, Community Development, Gender, Elderly and Children, Hon. Ummy Mwalimu (MB), has ordered the establishment of five Methadone clinical care units in the drug-ridden regions of the country by December 2020.

Speaking at the launch of Methadone services at Tanga Regional Referral Hospital, June 25, 2020, Minister Ummy said she was impressed by the innovations made by health stakeholders by introducing services at a temporary facility at minimal cost.

"I am very impressed with the innovations made by Amref Africa Tanzania in collaboration with the Tanga Regional Administration to establish Methadone service here at Bombo Regional Referral Hospital using the amount of 21 million shillings to establish a temporary facility while the construction of a permanent buildings continues," says the Minister Ummy and adds;

"With this amount of money, we can inaugurate services (Methadone) to other drug-ridden regions. So, I order establishments

for the five temporary sites in before December this year".

The Minister issued the directive while launching the Methadone services at a temporary service center at the Tanga Regional Referral Hospital, Bombo where she also inspected the ongoing construction of a permanent service building at the Regional Hospital at a cost of more than 783 million shillings.

"Currently there are eight clinics that provide Methadone services in various regions in the country. In the Dar es Salaam Region services have dropped from the district hospital level to the council level," says Minister Ummy and adds;

"We will soon start providing services at Kigamboni, Mbagala, Tegeta and Segerea Prisons hospitals."

In the City of Dar es Salaam, Methadone services are provided at Muhimbili National Hospital, Kinondoni District (Mwananyamala Hospital) and Temeke (Temeke Hospital) with regional referral hospitals.

Commenting on the drug situation in the country, Minister Ummy says the Ministry of Health figures show that there

are between 200,000 and 350,000 users with 30,000 injectors.

She said drug use disorders registered on the Methadone therapy in eight clinics providing treatment services are 8,031 of whom 480 are women and 7,591 are men.

"Drug users in the eight clinics that provide Methadone treatment in eight clinics are 8,031. There are 480 females and 7,551 males. Out of every 100 addicts on treatment, six are women and 94 are men," says Minister Ummy.

When interviewed by the AIDS News Newsletter on the implementation of Minister Ummy's directive priority regions, the Assistant Director of Non-Communicable Diseases, Ministry of Health, Community Development, Gender, Elderly and Children, Dr. James Kiologwe says the Minister's order must be implemented starting with the regions of Arusha, Morogoro and Iringa.

"In other regions we will sit down with stakeholders to discuss as Methadone treatment is much needed in large part. The drug problem in the country is enormous," says Dr. Kiologwe.

Trapped in Drugs Seeking Sexual Potency

JOFREY NYAMBUYA



The benefits I got from Methadone is that I had stop taking drugs and rebuild my life. I have now built a new three-bedroom house in the Mkaramo area and opened a mobile money transaction shop as well a second-hand shoes' store.

Jofrey Nyambuya, 38, indulged in drug abuse due to the peer pressure from his fellow youths in Mbeya, who encouraged him to use it to increase male potency.

Before he started using drugs in 2001, at the age of 19, he was doing small business in the open markets (minadani) at the Dodoma Mnadani area and as the business grew, he traveled to regional auctions in Tabora and Mbeya.

Arranging a room in Mbeya, he met fellow young tenants who were using drugs and they convinced him that it increases male potency and he take and after three days of using heroin he was trapped.

The scandal forced her to spend money on drugs, and became addicted to drugs. His business collapsed and he sold the plot he started building and reached on the windows level as well as selling other resources he had.

The relationship with her partner who paid for her meat processing courses at the Vocational Training Academy (VETA) in Dodoma as a pre-arrangement to live together broken as there was no increase in male strength as promised.

After six years of drug abuse from 2001 to 2007, losing a partner, a shaky business and selling his resources, he moved to Dar es Salaam and lived in a camp.

"While in Dar es Salaam, I lived in Madago when we had a slogan; 'By way and means, I must use' which meant in any means they must use drugs," says Jofrey.

He remembers to be imprisoned for three months at the Segerea Prison for invading in 2007 and then three months at the Isanga Prison's in Dodoma in 2009 when he was re-

leased on parole.

Jofrey says when he was released, he went straight to a mzungu (drug dealer) and asked him for drugs to overcome his drugs withdrawn syndromes.

He says it is common for 'wazungu' to give free drugs to the use disorders who have stopped consuming it knowing that will bring them back to the limelight so what they give for free will be refund through purchasing.

"It came at a time when my family wanted me to stay out of prison and others wanted me to die in prison because I had no value to them. When I was arrested they did not bother to get tired of my actions. I saw the practice of repeated incarceration as a warning and the next step is even worse which is death," says Jofrey.

Jofrey came out of the injection and started Methadone therapy at the Itega Methadone Clinic at the Mirembe Mental Health General Hospital Dodoma in January, 2019.

"The first day I was given 30 grams I slept until 8 o'clock at night when it was exhausted. When I came to the clinic the next day, I told them and it was increased to 60, it ran out at 10 o'clock in the morning. On the third day I was increased to 90 and the maximum dose I used was 110 grams," says Jofrey;

"I am thankful Methadone has saved me from addiction as I used to use between five and 10 dice a day, one dice sells for 7,000 shillings. I have been entrusted with the task of finding addicts on the streets and I have brought them to the treatment of more than 100 users at the clinic".

He says the task of finding drug addicts on the streets and taking them to clinics is not easy as they face strong opposition from drug dealers, who are vying to stop using them to

deceive them.

"The task of persuading addicts to come to the clinic is not an easy task. We are facing strong opposition from drugs retailers, propagating that Methadone kills and is the government strategy to decease all addicts (drug use disorders) because they are not profitable," says Jofrey.

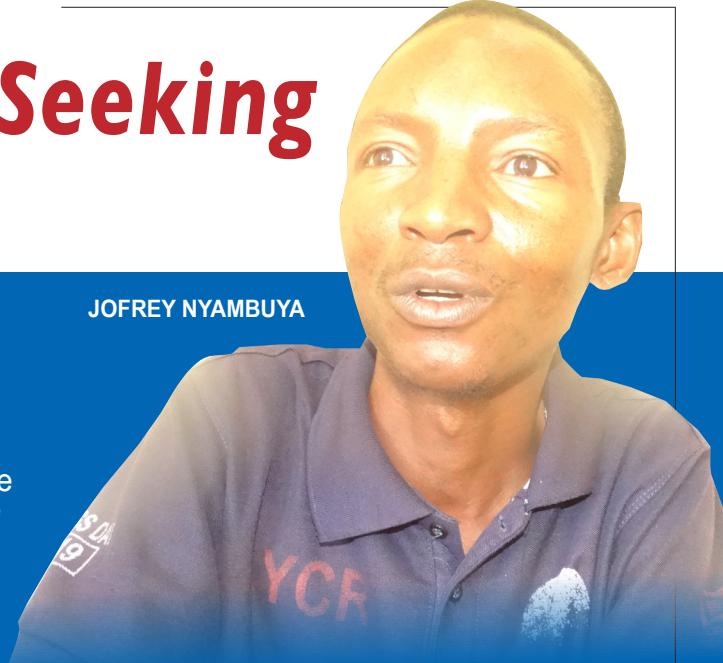
"Drugs retailers are telling the consumers that we are being paid 5,000 shillings so that we can send them to treatment and they will be given medication so they had to die. And we counter back the allegations by also educate them on the effects of addiction, the benefits of Methadone treatment to open their eyes to the money they spend on drugs that benefit them from living luxury lives".

Commenting on how he had benefit from Methadone, Jofrey counts that it was a trust in the community and the family that was tired of him because of the evil deeds he was committing.

He says he has now rebuilt himself by starting to build a new three-bedroom house in the Mkaramo area when he opened a cash transaction service shop and a second-hand shoe store.

"The benefits I got from Methadone is that I had stop taking drugs and rebuild my life. I have now built a new three-bedroom house in the Mkaramo area and opened a mobile money transaction shop as well a second-hand shoes' store," says Jofrey;

"I have also taken my two children I am studying, one in seventh grade and the other in fifth grade. It hurts so much to live in an untrustworthy society. I am thankful he has stopped using drugs, my family that used to curse me now recognizes and respects me"



Addicts to be Empowered With Soft Loans

The government has instructed all municipal councils in the country to include groups of drug use disorders who had graduated from Methadone treatment on of 10 percent soft loans of their own source incomes.

The order is issued by the Minister of Health, Community Development, Gender, Elderly and Children, Hon. Ummy Mwalimu (MP), so that the recovered drug use disorders will be included with other groups of young people, women and the disabled to access the interest-free loans to get productivity activities capital.

Minister Ummy says they had recommended to the National Committee chaired by the Prime Minister, Kassim Majaliwa for the Central Government to allocate funds for these special group.

"We in the National Committee under the coordination of the Office of the Prime Minister have seen the Central Government allocate funds to provide these group of people in parallel with those councils enabling groups of young people from addiction," says Minister Ummy and added;

"These young people sitting there are unemployed, yes, we give

them Methadone. They are going to produce but what will they produce? We must gather them in groups, give them capital so that they can do various tasks".

Speaking at the launch of Methadone Services at Tanga Regional Referral Hospital, Bombo on June 25, 2020, the Minister said the move aims to empower drug use disorders to be self-reliant.

Tanga Regional Commissioner, Martine Shigella promises to ensure that the recovered drug use disorders to be part of the beneficiaries of the 10 percent of the own source revenue in the Tanga Regional Councils as do youth, women and the disabled benefits.

On his part, the Commissioner General of the Drug Control Authority, Commissioner James Kaji says one of the authority's responsibilities is to rehabilitate drug use disorders whom to them they are key stakeholders.

"For us, these are not patients, but important stakeholders and one of our responsibilities is to rehabilitate them. One of the ways is to help by empowering them by providing entrepreneurship education so they can be engaged in car washing, shaving and for women to plaiting hair," says Commissioner Kaji.



Minister for Health, Community Development, Gender, Elderly and Children, Ummy Mwalimu (MP)

Minister Ummy says they had already introduced before the National Committee chaired by the Prime Minister, Kassim Majaliwa to allocate some money for this special group.





MWASITI
ATHUMANI

She Escapes From Her Mother to 'Sell Sex'

I am thankful that Methadone treatment has changed my life because I have found a job, I have stopped going to the streets (selling myself), I have stopped stealing, I have become clean and now I am trusted by relatives and friends

Accompanied by his mother who wanted to take her back home to Kigoma after hearing she was doing prostitution to get money to buy drugs, at Manyoni Singida Train Station, Mwasiti Athumani escaped and went to 'sell sex' and return to Dodoma where she was picked.

Mwasiti, now 26, started smoking marijuana at the age of 17, says she managed to escape his mother when they arrived at Manyoni Station after an earlier attempt to escape Salanda Station failed.

"My mother came from Kigoma to pick me up after hearing that I was selling my body (practicing commercial sex) to get money to buy flour here in Dodoma. When she arrived, she searched and me in the addicts' dorms and after finding me, she forced me to return to Kigoma," says Mwasiti and adds;

"I did not want to go. And my lover asked her to leave me because I was safe with him, but my mother would not let me;

"We left the train here in Dodoma and when it stopped at Salanda Station, I escaped, but she suddenly appeared and arrested me. We continue with our journey and reached Manyoni where the train broke down and my mother took me to the Central (police station) so I could not escape".

Mwasiti says she was detained and she was unrelieved by drugs withdrawn syndrome and feel worse and worse. When the police saw

that her condition getting worse, they took her to a hospital where she was injected a painkiller.

After recovery, they left the hospital and returned to the station only to find the train had not been maintained. While waiting to leave, the young woman says she escaped and go to 'sell body' an act that gave her money and asked for a truck lift to return to Dodoma.

She returned to her boyfriend, a mining mechanic and they were scared of her mother to follow them with police, so they went for hiding in the rural mines.

Rural life overcame her. Mwasiti returned to the city and resumed her commercial sex to get money to buy drugs.

Mwasiti have two children, one been raised by her aunt and the other one by her sister-in-law. She says that she started using drugs under the influence of his white boyfriend whom they met at a nightclub in Kigoma.

She says at that time she was taking marijuana and it's there where she tasted drugs on her first night and being fascinated. On the following day, she called him and asked for more mixture again as it was in the night before.

The drug addiction drove the young woman to moved to live with her boyfriend, the drug use disorder until the white man was arrested during an anti-trafficking operation and sentenced to three years in Sangwe Prison, Kigoma.

The white man's imprisonment left Mwasiti out

of money to purchase drugs and she involve herself in the commercial sex. She came in agreement with one of her friends to move to Dodoma for commercial sex.

While dealing with commercial sex in Dodoma, a friend fell sick and was unable to continue with its activities. Mwasiti contacted her relatives who went to pick her and return her to Kigoma.

Although she faced big challenge of drug addiction and living depending on men, Mwasiti was not ready to quit from one of the two. Later she found a boyfriend who wanted to take her to a sober house so that she could recover and marry him.

Even after agreeing to go to an anti-addiction house in Kigamboni in Dar es Salaam, on the day of the trip Mwasiti ran away from him. The boyfriend did not give up and helped her to prepare for another trip.

Life was not easy to continue with the 'deception' until the drugs ran out in Dodoma and then he called his friend who had been returned to Kigoma to return and move to Gairo.

"Gairo the situation was tense, we had no place to live. You can sex and men who refuse to pay you and others force to have sex without using condom," she says.

Mwasiti says the challenges led them to decide to return to Dodoma to join the Methadone services they had heard about at the Itega Clinic at the Mental Health Specialist Hospital, Mirembe.

However, in addition

to joining Methadone, she combines the therapy with drugs. She stopped treatment when she reunited with her boyfriend who she left him in the quarry. Her boyfriend returned to town with money they rent a room, bought furniture and continued smoking together spending about 20 dice a day.

Mwasiti says the financial situation changed and they started selling furniture to earn money to buy drugs and then they decided to stop using drugs and join Methadone.

Even after the preparation, they were not careful to start treatment due to sometime avoiding until they all decided and together to join the treatment at Methadone Itega Clinic there in Dodoma.

Mwasiti was appointed secretary of the addiction to the governing body. Elected leaders were encouraged to set an example by not mixing Methadone with other alcoholic liquors, including marijuana.

Commenting on the benefits he has received from joining Methadone treatment, Mwasiti says it had stop sell herself, stop stealing, be clean and now trusted by relatives and friends as well as to make good progress including getting a job.

"I am thankful that Methadone treatment has changed my life because I have found a job, I have stopped going to the streets (selling myself), I have stopped stealing, I have become clean and now I am trusted by relatives and friends," says Mwasiti.



Minister for Health, Community Development, gender, Children and Elderly, Hon. Ummy Mwalimu (MP) cutting a ribbon to official launch for the Methadone therapy service at the Temporary Clinic at the Tanga Regional Referral Hospital, Bombo. On the left is Tanga Regional Commissioner, Martine Shigella and Right is the Commissioner General of the Drug Control Commission, James Kaji.

Tanga Launch's on Methadone Services

The Minister for Health, Community Development, Gender, Elderly and Children, Hon. Ummy Mwalimu (MP), launched the Methadone therapy which cures drugs symptoms services at Tanga Regional Referral Hospital, Bombo on 25 June, 2020.

Launching the services in Tanga Region which according to the Ministry's stats it's the second region with many drugs users in Tanzania takes it to be the sixth region to provide the services in the country.

The services launched are provided at a temporary site allocated at the Bombo Regional Referral Hospital built at 21 million shillings sponsored by the Amref Africa Tanzania.

The construction of the permanent four floors clinic building is on the way inside the regional referral hospital and will cost 783 million shillings.

Minister Ummy says there is a need for Tanga Region to have the Methadone services because the ministry's statics' of 2016 shows

that region have 5,190 drugs users and make it to be the second after Dar es Salaam.

The Amref Tanzania Residence Director, Dr. Florence Temu says her institution is participates in many projects to Tuberculosis and AIDS interventions, the diseases she pointed to be threat for people who inject drugs due to sharing of needles.

"Amref we are participating in many projects on T.B (Tuberculosis) and AIDS prevention, those are disease which are dangerous to drugs addicts who inject because of sharing needles. We had spent 14 million (shillings) for the construction of the site, training for service providers and procurement of equipment's," says Dr. Temu and adds;

"The site indicates a good start because in only ten operating days it had enroll 35 clients, let's asks ourselves how will it be after one year? Due to the testimonies given, it will help to reduce teenage pregnancies, school absenting, youth to quit from school and early marriages".

'Freedom' Deceived Latifa



I'm sorry to go through this. I am grateful for the establishment of the Methadone sites which have saved many of us from drug use disorders.

It is normal for a woman, especially a mother, to endure hardship and suffering in a romantic relationship with the aim of ensuring the safety of the children and her home, but the decision made by Latifa Abdalah is different as she abandoned everything in search of the pleasures she feels missing in her marriage.

Latifa, 41, believed the lack of freedom to smoke from her husband who claimed she found him smoking before marrying him contributed to pushing him into the world of drug addicts.

After her husband stopped her, she continued to smoke in disguise using her children to buy for her. She was not satisfied with the situation that's when she moved to a nearby local liquor club near her home where she lives mixing with groups of cigarettes and marijuana smokers.

Latifa says the desire to smoke increased after each birth and the effect of smoking is great as she lost the joy of having sex with her husband by putting her neck aside to hide the smell of cigarettes. Smoking has its effects.

The smoker feels comfortable when he smokes and feels free. Secret smoking takes away the pleasure of smoking, you do not feel comfortable, so it does not satisfy the desire to smoke," says Latifa and continues;

"I lost my peace in my marriage and I did not enjoy the act of marriage for my husband and later I found a boyfriend who was using drugs and then my love moved to him."

Latifa a mother of three, two boys and one daughter, says she was getting more comfort from her boyfriend and she spent more time with him when she finished her household responsibilities every morning.

She was the one who was providing money to buy drugs from her cosmetics business. She started smoking marijuana in 2002 and persuaded her friend to stop using drugs and to smoke marijuana as he asked her to consume

drugs.

Latifa says she started taking drugs to please her boyfriend and after becoming an addict, she rebelled her marriage, abandoned her three children and left home moving to live in addicts' dorms (madago) with her boyfriend.

I lived in madago for years without caring about my family. But every time I saw my daughter grow up, I was very hurt remembering my dream for her to be my friend growing up because others are boys," she says.

After hearing of the existence of a drugs and addiction treatment center in Dodoma, at that time Methadone had not introduced, Latifa joined a ten-step study course to break free from addiction.

She started the course and when she reached the ninth stage, she failed to finish the tenth by being overwhelmed until she was admitted to the Mirembe Mental Health Specialist Hospital, and counselled to wait for the start of the Methadone service.

Latifa says during the addiction period, she lost her life dreams, destroyed her marriage, abandoned her children and ruined her reputation. But she says one thing she was aware is that she had not reached the worst point as other addicts get, that she was the best!

"I'm sorry to go through this. I am grateful for the establishment of the Methadone sites which have saved many of us from drug use disorders," says Latifa and adds;

"I am thankful that treatment has brought me back to a good life as I have gathered my children and educated them together and continued my cosmetics business which I am thankful I did not lose my customers".

Commenting on the drugs situation in Dodoma, Latifa says drug use disorders are present and they exist and a large group of consumers are young men as women are not many.

"We (addicts) know not many women. For the few who remained to join the clinic they have not decided, so do not use force to force them but to educate them to realize the benefits of joining the treatment," says Latifa.

LATIFA ABDALAH

Wife, Clients Run Away Cause Drugs Addiction

The influence of the friends he accompanied while studying car mechanics at the age of 23 in Tanga, is the result of Athumanzi Zuberi getting involved in drug consuming.

Drug use has exposed the challenges he says he will never forget, including running away from a wife who begged for everything while they were living and leaving.

On the job side, customers ran away from him by denying him the job of repairing their cars by seeing him as an unreliable person and declaring him untrustworthy after discovering he was a drug use disorder from Tanga.

The people's lack of trust in him made his job difficult in Tanga when he was born and studied his primary education, and moved to Dodoma believing he would control his behavior in the new region where no one knew him.

"Some customers were giving me money to buy drugs and spare parts for cars so that I could have the strength to do my job quietly because despite my addiction, many believed he was a good technician who was satisfied with my work," says Athumanzi.

He continued with car mechanics while continuing to use drugs in code but even so his secret of addiction did not last long as his clients discovered him and avoided him for fear of being stolen.

"As the days went by, life became increasingly difficult and I had a difficult time. The situation only got worse after the woman I was

living with ran away from me and begged for all the things I had after discovering I was using drugs," says Athumanzi.

He says the situation prompted him to move to live in the addicts' dorms (madago) and follow their criminal activities to raise money to buy drugs.

"I continued to live this life of tents and theft until the day I met my sister who was married here in Dodoma and when she saw me she was very upset with the life she saw me living she begged me to go home to Tanga," says Athumanzi.

Athumanzi returned to Tanga with the help of his sister and resumed his car mechanic career while still taking drugs.

He says he faced a more difficult situation in Tanga due to the local community stigmatizing him and explicitly excluding him while motorists continued to hold jobs due to his addiction.

"I realized that my community was not happy with my return because they refused to accept me. It stigmatized me for my past actions, life was more difficult and I thought it best to go back to Dodoma," says Athumanzi.

When he arrived in Dodoma, living conditions were difficult and they started a burglary to track down people who left their belongings such as bicycles to sell.

Athumanzi says he tried very hard to break free from drug use disorders without success as the drugs withdrawn

syndromes cause severe pains.

"I went without food for two weeks and the day I was overwhelmed I went straight to a drug dealer. He gave me the dice to overcome the drugs withdrawn syndromes," says Athumanzi and adds;

"I have now stopped using drugs and regained my dignity, I have regained the confidence of my clients who now trust me and give me a job. I live a good life and now I am saving and I have a good family" says Athumanzi.

Athumanzi joined Methadone Clinic at Itega Clinic at Mirembe Mental Health Specialized Hospital, Dodoma Region, in February 2019.

Athumanzi is now the leader of other addicts at Itega Clinic, Mirembe, and is asking for the services and treatment to be provided in every district hospital to follow the many needy who cannot afford to go to remote clinics.

I realized that my community was not happy with my return because they refused to accept me. It stigmatized me for my past actions, life was more difficult and I thought it best to go back to Dodoma.



ATHUMANI ZUBERI

COMMISSIONER GENERAL,
JAMES KAJI

Drugs Combats Escalate

He says in a 2019 report, released by the United Nations World Drug Enforcement Agency, it has identified Tanzania had control drug by 90 percent drug addict.



According to the Drug Report released by UNODC 2019, Tanzania has taken significant steps to curb drug trafficking.

Heroin intake in Tanzania has been reduced by 90 percent. This good news was clarified by the Commissioner General of the Drug Control and Enforcement Authority, James Kaji recently.

Speaking at the launch of Methadone Services at Tanga Regional Referral Hospital, Bombo, June 25, 2020, Commissioner General, James Kaji said the successes included the arrest of 10,384 suspects.

Commissioner Kaji says since the establishment of the Authority in February, 2017, the war on drugs in the country has been successful since the Fifth Phase Government led by Dr. John Pombe Magufuli, President of the United Republic of Tanzania who established the Drug Control and Control Authority (DCEA).

He says the decline in drug trafficking in the country has led some drug users to use alternative drugs such as medical drugs and to make more addicts join Methadone

Clinics for treatment.

Commissioner Kaji says access to medicines is not as easy as it used to be, the price of medicines on the market has increased. Those are just some of the reasons why many addicts join Methadone therapy.

He says in a 2019 report, released by the United Nations Drug Enforcement Agency, it cited Tanzania's success in controlling 90 percent of drugs.

Commissioner Kaji says the remaining 10 percent is due to the existence of small loopholes, including control of Tanzania's long coastline used to smuggle drugs into the country.

In 2019, we seized 21 tons of cannabis, destroyed 24 hectares of marijuana plantations, 9 tons of marijuana and 53 kilograms of heroin. In 2020 (six months), we seized 250 kilograms of heroin, 10 kilos of cocaine, marijuana and equipment of drugs," says Commissioner Kaji and added;

"The number of suspects arrested is 10,384 and their cases are pending in the federal court. We have now begun operations to control

the remaining 10 percent on the coast as we know there are sales coming directly from Pakistan."

Commissioner Kaji says the drug problem is serious and there are additional strategies for new generations.

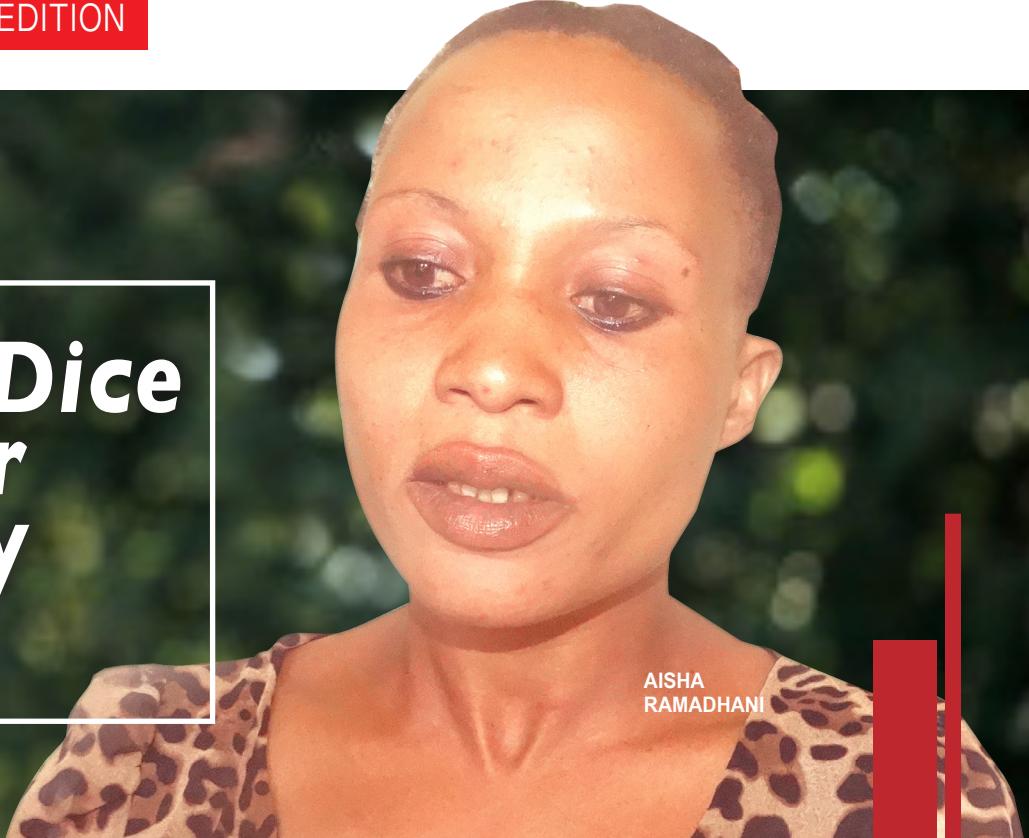
The authority, in reference to other stakeholders, has developed a curriculum on the effects of substance abuse on subjects with third-grade students.

He cites a group of students who are at risk if they are not given the right education to be better as the ability to be used with hair products such as the use of sweets they are given.

Commissioner Kaji says his authority oversees three pillars, firstly to control drug trafficking where it operates by arresting the perpetrators, secondly to the effects of testing and third of the drug addiction.

In addition to our regulatory role in controlling the sale and sale of drugs, we also have a responsibility to influence the impact on existing hair by being healthy and free from HIV, Hepatitis, B, Tuberculosis (TB), Sexually Transmitted Infections and mental health patients Commissioner Kaji.

Daily 90 Dice Consumer Sacked by Sailor



AISHA RAMADHANI

At the age of 14, Aisha Ramadhani lived with a sailor who was a drug dealer (mzungu), Temeke in Dar es Salaam and she sniffed three grams equivalent to 90 dice of drugs a day.

Aisha says her ex-husband, who was a major distributor of drugs in Dar es Salaam City and other regions, but was not using it so when she found out her partner was a drug addict, he dismissed her.

"I used to just take drugs and use it because I was the one who storing the load (drugs) being handled to sell to small street vendors," says Aisha and continued;

"It got to the point where I couldn't even wake up without first boosting. It came and I used to use 3 'G (three grams)' a day. Remember that one gram when packed gives 28 to 30 dices".

Before starting to use drugs, Aisha, a native of Nzega in Tabora region, used to smoke marijuana. She was fired by his boyfriend when he was

20 years old and she return and involved in shoplifting.

"When I returned to Nzega I found the drugs there. After I finished my savings, I thought what to do to get money to buy it because the amount I was spending required a lot of money that I could not afford to sell," says Aisha and continues;

"We robbed them a lot, my job was to confuse the shopkeeper by asking him a lot of things while the relative asked for things and put them in a bucket. We have asked them a lot from Tabora, Bukoba (Kagera), Shinyanga, Singida, Iringa, Morogoro and Dar es Salaam regions and all their districts," says Aisha.

Aisha says they went wherever they heard there was drugs after moving around, finally in March 2019 she arrived in Dodoma and pitched a tent in the cemetery for lack of a place to live even though city soldiers were beating and chasing them from time to time.

While in the tent they

were visited by community level service providers from an organization looking for addicts and urged them to join the Methadone preparation at Itega Clinic, Mirembe Special Mental Health Hospital, Dodoma.

Aisha started treatment in April 2019, with no place to live and no income-generating activity and thanks Methadone which she believes has changed her and made her aware, she has now rented a room, bought a bed and a mattress.

She says her mother had contracted high blood pressure (BP), due to her actions. And now she is relieved that Methadone has changed her and she is now being accepted in the community, going to borrow he is trusted, she is clean while her relatives value her.

She says the biggest challenge facing female addicts is that they do not join treatment and do not have time to attend the clinic every morning as many people stop to sell sex to earn a living.

We robbed them a lot, my job was to confuse the shopkeeper by asking him a lot of things while the relative asked for things and put them in a bucket.

She Regrets on Drugs, Destroyed Her Dreams



ANGELRIC
OLOMY

Aleg injury caused by a stabbing injection into a blood vessel is a reminder of the effects of the drug's lifelong use of 26-year-old Angelric Olomy.

"I have had a foot injury due to a bad burn, I am not able to walk properly. That has made me unable to work as a home care provider to find addicts on the streets and encourage them to join treatment," says Angelric and adds;

"I started smoking marijuana at the age of 14 while studying Form Two here in Dodoma in 2006 after starting a sexual relationship with a boyfriend who was smoking marijuana and cigarettes. She was the one who got me into drug abuse until I became addicted".

She was discovered four years later for stealing anything of value in exchange for money to buy drugs. His father drove her away and forbade to go to their home.

Angelric relocated in the addicts' dorms (madago), moving from one place to another and from one city to

another living by selling his body to finance his needs and buying drugs.

"As the first and only female of six children, I truly regret what I did when I used the powder that took me through difficult periods of degeneration," says Angelric Olomy and adds;

"It was a time when I was forbidden to bring my foot into our home and live a life of wandering the streets living in madago, moving from one city to another doing evil including selling my own body to earn money to buy drugs".

She regrets on the period of addiction losing his dignity and 'personality' by 'selling her body' to any man who came forward with money.

After being exhausted and living an unhealthy lifestyle, she returns to Dodoma continuing to use drugs and her addiction increased, she shifted to injections in his blood vessels and that is where the incidence of the disabled occurred.

Angelric joined Methadone treatment which relieves symptoms at Itega Methadone Clinic at Mirembe Mental Health Specialist Hospital in Dodoma on February 20, 2018.

She highlights the benefits she gained from Methadone's services as she joins is to stop using drugs and rebuild her relationship with her family which allowed her to be returned home where she now lives with her parents and family.

"I am grateful for the Methadone treatment that had rid me of my addiction, linking my understanding with that of my family that allowed me to return home and now support my mother's business," says Angelric.

I am grateful for the Methadone treatment that had rid me of my addiction, linking my understanding with that of my family that allowed me to return home and now support my mother's business.

Drug Addiction Lead to Miss Mother's Last Will

The biggest thing that hurts me every time I sit down and remember is not responding to my mother's call when she was admitted to General (Dodoma Regional Hospital) to come and see her," says Ally and adds;

"Even when she was referred to Muhimbili (National Hospital) for treatment, I was in Dar and did not respond to calls to see her and get her will until she died due to his addiction," says Ally Sungura.

Ally, 33, says she received news of her mother's death from a colleague who told her aloud how does he work when her mother had died. He says the report shocked and collapsed.

When he went to Muhimbili hospital he found that his mother had indeed died. The act hurts her feelings so far believing it is a state of addiction that has caused their relationship to deteriorate in the last days of her mother's life.

Ally started smoking marijuana and drinking alcohol at the age of 21 in Dar es Salaam when he was working as a potato peel due to the peer pressure of his best friend a Daladala (public bus) para conductor.

I started using drugs in 2008 in Dar es Salaam due to the poor environment working to peel chips while my best friend smokes in front of me and persuades me from time to time," says Ally.

During his addiction, he faced the challenge of robbing his girlfriends and his non-drug use

disorder friends. He says he was robbed of three lovers and his friends, he believes it was due to his addiction.

One of her loved ones who was abducted was in Dodoma when she returned to live and when she entered into a new relationship and for fear of being robbed, she became addicted to drugs.

Her 'evil' plan was successful and after some time the partner became pregnant and gave birth to unknown drug use disorders.

"We continued to use flour even after giving birth and then relatives asked us why our health deteriorated as the days went by. The baby was also affected because when he suckled his mother before he pulled he was crying a lot but sucking after he pulled, he was sleeping a lot," says Ally.

When the Methadone services started at Itega Clinic at Mirembe Mental Health

Hospital in Dodoma, and he says he delayed to enroll in the therapy to see its effectiveness due to the existence misleading reports circulating to intimidate addicts not to join treatment.

"After seeing the progress of the treatment was good for the previous ones and satisfied with their progress, but I was still worried that is why I told my wife to wait for me to start so that if anything happened she would survive," says Ally and added;

"The first day I was given 30 grams of Methadone, it was not enough, I mixed it with drugs my wife and I used. The next day when I came here (to the clinic) and told them that the medicine was not enough for me they added to 70 grams and it was enough for me not to mix it with drugs".

He says that after the addition and not mixing with the drugs, even his wife was surprised when he told her he did not feel discouraged and asked her to use the flour alone and he went not to mix Methadone alone. Ally says his wife joined in treatment he and his wife.

While he is on the verge of stopping taking Methadone, his wife has recovered and stopped the anti-depressant treatment.

Ally says she is currently doing well with the business and has gone from business to property to cash payment and also has enough time to be with her family.

Ally, 33, says she received news of her mother's death from a colleague who told her aloud how does he work when her mother had died. He says the report shocked and collapsed.



ALLY
SUNGURA

ITEGA CLINIC METHADONE SITE
MANAGER, DR. SADIKI MANDARI



Mirembe Starts With a Kick

Methadone therapy services which cures the drugs withdrawn symptoms in the Itega Clinic at the Mirembe Mental Health Specialist Hospital in Dodoma have started with a boost of enrolling many addicts at the shortest time since it starts.

Until May 31, 2020 when the clinic counted its 18 months of operations, it had enrolled 372 addicts where female were 13. Those who were HIV positives were 28 females being two.

The Methadone clinic is part of the Itega Drug Dependency Treatment Center which is invested to be state of heart of the nation as the center for curing all types of addictions in the East African countries.

Speaking on exclusive interview with AIDS News Newsletter, the Iteba Clinic Methadone Site Manager, Dr. Sadiki Mandari says four addicts were suffering from Tuberculosis (T.B) they had been treated and recover.

He says for now his clinic don't have integrated health services of HIV care and treatment (CTC) for People Living With HIV (PLHIV), those suffering from T.B and infected Hepatitis B and C.

For that situation, Dr. Mandari says they come in agreement with the Mirembe CTC to offer treatments to their addicts PLHIV at the clinic so all the two services will be conducted under one roof which started on June 15, 2020.

He says that will help addicts HIV positives to get all the two services at the same time which will save their time to attend two clinics at two different allocations and will attract many others to go for the treatments.

The Itega Clinic has arisen to have many addicts enrolled for treatment in the new clinics on the past months compared to other Methadone clinics established in other regional referral hospitals in the country.

Dr. Mandari says more than 80 percent of the addicts enrolled goes daily for medication from different parts of the capital city while the less of remaining 20 percent gone missing many since the outbreak of the Corona epidemic.

He says many addicts go from far distances walking to and back from the clinic without defaults. The major challenge now is for not having public transport to the clinic which is at the shores of the Dodoma city.

"Many addicts come and go back

walking daily from far others coming from Kisesa for Methadone therapy. They are attracted to come here because of other medical services including consultations without being charged," says Dr. Mandari.

He highlights the challenge for not providing integrated health services claimed by addicts is that are stigmatized and to pay contribution for treatment while they are poor without incomes when they are referred to go for other services at other hospitals including the General Referral Hospital.

Speaking on female addicts, Dr. Mandari highlight's the major challenge they face is that many of them deals in commercial sex whom spent all their time at night on streets searching money from hunting men in the morning they are relaxing.

The Site Manager says the number of female sex workers who use drugs and using drugs in Dodoma is still low so there is a need to take them in treatments as well to prevent those who are not taking drugs not to use.

Dr. Mandari says it's only by preventing the female sex workers who are not in drugs can control the situation not exploded and to be as large as it is in Dar es Salaam.



ITEGA CLINIC

METHADONE CLINICS SITES

For more information please call toll free

