

# AIDS News

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METHADONE THERAPY EDITION



"Drugs so wicked, I regret using"

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Test . Plan . Live

NACP

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## From Programme Manager



## LET'S SUPPORT ADDICTS

**O**ne of the major achievements noticeable is the control of illicit drugs inflow in the country, which make youth—the national manpower to salvage from substance use disorders.

Right now, the anti-drugs battle in the country is encouraging as a matter of fact that drug inflow in the country particularly heroin has been controlled. This has made many people with drug use disorders to seek for treatment, hence a good number of them have been enrolled in the Medically Assistance Therapy (MAT) services.

MAT was started in Tanzania in 2011 as a pilot program aiming at preventing HIV transmission in People Who Inject Drugs (PWID) population which had a high HIV prevalence.

To date, there are nine MAT clinics in the country which all together have cumulatively recruited over 9000 clients.

Furthermore, the government has set up a plan to establish MAT clinics in all regions where there is high number of people with substance use disorders. MAT is an evidence –based intervention which provide a “whole-patient” approach to the treatment of substance use disorders.

At the clinic, several services are offered including, Counselling and cognitive behavioral therapies, HIV, HCV, and HBV testing, TB screening diagnosis, referral and linkage to treatment, and Referral and linkage to ARV treatment and care.

The ultimate goal of MAT is full recovery, including the ability to live a self-directed life. This treatment approach has been shown to significantly increase a patient's adherence to treatment of other conditions such as TB and HIV, it also decreases transmission of infectious diseases such as HIV and hepatitis.

It decreases illicit opiate use and other criminal activity among people with substance use disorders, it increases patients' ability to gain and maintain employment and improves birth outcomes among women who have substance use disorders and are pregnant.

We insist to the addicts to enroll themselves on Methadone therapy provided on the selected clinics by the Government without charges to support its efforts to eliminate drugs consuming in our country and resume in contributing on the country's development.

# 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.

# JACKLINE:



JACKLINE MGAYA

## Luxurious Agonized

**II** She is now studying her high school studies to fulfill her education dreams which stick up to vanished.

**A**s a secondary school student with high education motivation, for Jackeline Mgaya it's obvious that by playing part in desire for enjoyment and pressure from peer groups damaged her dreams.

The 26-year-old woman started drinking and going to nightclubs with her classmate's uncle to party in luxurious events. It was at those pleasure's when Jackline started using Cocaine and one day her friend's uncle mixed heroin in her beer.

She remembers how feel extremely enjoyment and that was her beginning of using drug. At the time, she was a secondary school student, living in a hostel and all she was doing her home didn't have a slight idea of what was going on.

In 2011 when he was overwhelmed by malaria the school administration called her late mother to told her about her daughter's poor attendance in studies, falling she was always dizzying and missing studies something which affected her performance in class and examinations.

After her drug consuming problem was exposed to the public, she was transferred to another school.

After her drug use disordered exposed, she was transferred to another school to continued her studies still consuming drugs. Her uncle promised his sister who passes away in 2015 that he will join her in Methadone treatment that would quit her from drugs withdrawn syndromes.

Jackeline started Methadone therapy on

**She is now studying her high school studies to fulfill her education dreams which almost vanished**

June, 2016 after attending the orientation from an origination dealing with drug addicts. The lady took time to recover but she is now doing well.

Jackline started Methadone treatment in June, 2016 after receiving training at an organization preparing drug use disorders for the cure used to treat drugs use disorders failing to recover from the Sober House in Unguja.

She is now studying her high school studies to fulfill her education dreams which she almost vanished. The young woman highlights a major challenge she facing as lack of funds especially for transport fares to and from home every day to attend studies as she is an orphan.

Jackline is now pursuing a high-level secondary school studies to fulfill her dream of getting an education that she was about to lose. The young woman says the biggest challenge she faces in treatment is the inability to fare to the clinic and attend classes as she is an orphan.

Regarding treatment, he recommends that addicts be introduced to Methadone while continuing their training as many fails to participate with addiction.

She wants an increase of Methadone clinics as well as for the proclamation of its services because not all drug use disorders are aware of the services provided at the clinics.

# NOEL: Methadone Cherish My Dignity

**My mother was terribly upset, believing that I was bewitched and there was dark force behind the drug. I was taken to the traditional doctors in Tanga and smoked pots, excavated on my body and given herbal remedies to stop using drugs.**

I remember the day we were coming back from a traditional healer in Tanga, when I disembarked at the bus at the Ubungo Bus Terminal, I went straight to the pusha (drug dealer) to buy a dice

-NOEL MAPUNDA



Noel Mapunda is a father of three. At the age of 40, he is now well-respected with well-respected after recovering from drug withdrawn syndromes.

"Methadone has built up a reputation starting from my marriage, relatives and friends who despised me for the situation I was in. This treatment had changed me at large," he says.

Noel who since he started Methadone therapy in 2016 he didn't miss for a single day, told The AIDS News newsletter that he doesn't want to stop from using Methadone soon.

"Right now, I'm using a small amount of Methadone

because there is nothing to rush to graduate because there isn't anything to hurry for in the streets," he says and adds;

"I struggled so much when I was a drug use disorder. I disturbed so much my relatives especially my mother. There is no place I was not sent to seek treatment, including tradition doctors where I was excavated in every part of my body and taken to intercession churches;

"My mother was terribly upset, believing that I was bewitched and there was dark force behind the drug. I was taken to the traditional doctors in Tanga and smoked pots, excavated on my body and given herbal remedies to

stop using drugs;

"I remember the day we were coming back from a traditional healer in Tanga, when I disembarked at the bus at the Ubungo Bus Terminal, I went straight to the pusha (drug dealer) to buy a dice."

Noel is now one of the addicts' overseers at the Kinondoni Regional Referral Hospital (Mwananyamala) in Dar es Salaam, says the addict's decision to start treatment will be of successful if it will be decided on his own will and not under pressure nor prize promises.

He says addicts who discontinue treatment are those who go to the clinic after being affected with other diseases such as Tuberculosis, have HIV or

II  
I struggled so much when I was a drug use disorder. I disturbed so much my relatives especially my mother. There is no place I was not sent to seek treatment, including tradition doctors where I was excavated in every part of my body and taken to intercession churches;

life's knock them and when they recover they stop taking Methadone impatiently.

Noel regrets on the desires of having good life, as he saw to his peers involved in drug trafficking.

It's in that time many youths were motivated in drugs dealing, possessing and spending money in money squandering spending the situation inspired to deal with drugs and later on collapse in consuming.

That desire of wealthier life led him to enter into drug trafficking. At the age of 25, he was arrested for drug trafficking in Iran and imprisoned for six months.

Noel says it was during that time in prison he began to using drugs even when he was released and returned to Tanzania and continuing consuming them. Before using drugs, he used to drink beer and after taking drugs due to addiction the efforts to quit was difficult.

The beneficiary advises for the government to increase service centers along with education to drug use disorders so they can join as the success of Methadone reflected in calm and peace on the streets compared to previous years.

"Now you can pass through the Kinondoni streets at 6 or 8 o'clock at night without fear of being trampled. So, I suggest that operations to end drugs to be put in place so that there are no new and existing addicts to be educated to join treatment," Noel insists.

Victoria a of mother 42 years, she was treated for four years from 2014 to 8th February, 2018 in Temeke Methadone Clinic at the Temeke Regional Referral Hospital in Dar es Salaam.

Being idle, convince me to start drugs trafficking to Kilosa's retailers being paid on certain payments.

I traffic six trips carrying 30 grams of the drugs and it was when I got back in consuming the drugs.

In the early years, when Methadone therapy was introduced, it based to people who inject drugs to prevent them in HIV infections.

# VICTORIA: Idleness Reverted to Addiction

"I was treated and recovered from drugs dependence. I return back home at Tandika from the Dagos (drugs addict camps) living without having any specific job to give me incomes," Victoria Philipo says, adding.

"Being idle, convince me to start drugs trafficking to Kilosa's retailers being paid on certain payments. I traffic six trips carrying 30 grams of the drugs and it was when I got back in consuming the drugs. This is why I am here starting Methadone treatment from the scratch."

Victoria a of mother 42 years, she was treated for four years from 2014 to 8th February, 2018 in Temeke Methadone Clinic at the Temeke Regional Referral Hospital in Dar es Salaam and recovered from drugs dependency and now she has to restart the therapy.

In the early years, when Methadone therapy was introduced, based to people who inject drugs to prevent them in HIV infections due to the high risk of contaminated the virus through sharing needles.

In order for Victoria to qualify in the Methadone therapy, she forced herself into injecting drugs for the aim to get scars which was as an essential required qualification for the drugs addictions to been enrolled in the medication.

Victoria started smoking marijuana and drinking local liquor famous known as 'gongo' when she was at 20 years in 1998.

It is in that time, when she with some of her friends were taken from Dar es Salaam to Kisiju in the Pwani Region engaging in commercial sex "dada poa".

She highlighted that the 'businesses did not perform well which results for their group to broke where the situation pushed her into selling the outlawed local liquor and marijuana.

Victoria engaged to a man using drugs. That decision of living with her drug use disorder partner ended by her parents and relatives to be furious and exclude her from their family.

In 2000, she got pregnant and delivered. After delivery, she sent the baby to her parents who take care of him as her businesses of local liquor and marijuana were not doing well.

She was diagnosed with tuberculosis (TB) in 2013 and treated at the Mbagala Zakhem Dispensary for some months before starting Methadone therapy in the first phase at the Temeke Clinic in Dar es Salaam in 2014.



VICTORIA PHILIPPO

**In order for Victoria to qualify in the Methadone therapy, she forced herself into injecting drugs for the aim to get scars which was as an essential required qualification for the drugs addictions to been enrolled in the medication.**

I was aware on the risk of being a drug use disorder is difficult to overcome it. But I didn't think by tasting slight dose to evaluate its quality could lead to be a drug disorder

# MELVIN: I Possess What I Lost

**A**fter recovering from drug addiction, Melvin Barker is now proud of molding and reconstructing his life by retaining properties and assets he lost when he was using drugs.

Among what he is now proud is to have his family of a wife and two children, one studying at university in Dar es Salaam.

"I'm happy to be with my family I abandoned. I'm now taking care of my first born, who is at the university," he recounts.

Melvin started drug retailing business in Mozambique where he set his life. At that time, he was sourcing drugs from South Africa in early 1990s. Flourishing of his business made him travel from South Africa to Brazil and as far as Southern Asia.

The 45-year-old Melvin, started by sniffing slight doses of drugs for the purpose of tasting its quality after losing confidence with his tester who was under grading the quality. Before consuming drugs, Melvin smoked marijuana for seven years from 1989 to 1996.

He advances from drugs testing and started mixing testing with marijuana for six months then shifted in sniffing

the cocktail by warming using metallic objects.

"I was aware on the risk of being a drug use disorder will be difficult to overcome it and by sniffing slight dose to evaluate for its quality could lead me to be a drug disorder," he emphasizes.

Melvin says the use of drugs greatly affected his business as he reached the point of making it unprofitable by wanting to keep his capital by pulling profits but the situation failed and he went bankrupt.

In 2014, after serving a one-year prison sentence in South Africa for drug possession, he returned to Tanzania to care for his ailing father.

Four years later her parent died and she was persuaded by her relatives to stay in the country and leave her two children in South Africa.

Melvin says it was here in Tanzania that he began his efforts to quit drugs by going to a detention center in Zanzibar where he stayed for three months without success.

"After leaving the sober house, I joined a training center for joining Methadone," he says.

Unlike many drugs use disorder who spend a long time on Methadone therapy, for him the

MELVIN BARKER



## Melvin said consuming drugs affected his business to the extent

he decides not to expect on making profit but to attempt for the capital but it didn't apply and things went worst before he got broke.

situation was different as he broke free from drug addiction after only eight months.

The Methadone beneficiary thanks the Government for introducing the program had saved the cries of many family members who had been hurt by drug use disorder by stealing and looting people

with the aim of raising money to buy flour.

He appeals to the community not to stigmatize addicts as the actions they have taken are not for their own purpose but due to the dependency they had which pushes them to do anything and asks for help by sending them to the service.

In terms of services, he advises organizations dealing with drug use disorders to increase their efforts to follow addicts to their facilities and residences as many have not been reached so that they too can access services.

# Minister Ummy launch Kipepeo Campaign



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

*dreams*

Minister Ummy says that the Campaign will assist students basically female on self-awareness, self-confidence and increased effort to fulfill their dreams

The Campaign is implemented in collaboration with the Ministry of Health, Community Development, Gender, Elderly and Children, through the National AIDS Control Program (NACP) and the Benjamin William Mkapa Foundation.

**T**he Minister of Health, Community Development, Gender, Elderly and Children Ummy Mwalimu launched the Kipepeo Campaign in Morogoro region in January 2020.

The Campaign is implemented in collaboration with the Ministry of Health, Community Development, Gender, Elderly and Children, through the National AIDS Control Program (NACP) and the Benjamin William Mkapa Foundation.

Minister Ummy says the aim of the campaign is to assist students, especially adolescent girls and young women students, to be self-aware, self-confident and increase their efforts to build their dreams while providing them with techniques to deal with various life challenges, lessons and temptations that can lead them astray and fail to achieve their dreams.

The Minister adds that her Ministry, in collaboration with health stakeholders, aims to make the Kipepeo more accessible to more adolescent students to increase their HIV awareness the risks of teenage

pregnancies', ARV adherence and anti-stigma consciousness.

The Benjamin William Mkapa Foundation Executive Director, Dr. Ellen Senkoro says that the Kipepeo Campaign will be implemented in 10 regions based on the following, first considering region with high HIV prevalence to the targeted group and secondly, region with high rate of teenage pregnancies.

These regions include Mbeya, Iringa, Njombe, Mwanza, Dodoma, Tanga, Arusha, Mtwara, Morogoro and Singida.

Morogoro Regional Commissioner, Loata Ole Sanare said his region supports the campaign as through such a campaign the region has been very successful in educating the public about HIV infection, the effects of teenage pregnancy, proper use of ARV adherence and spreading education on anti-stigma.

The campaign has reached 7,771 were adolescent girls peers 4,736 and 3,035 adolescent boys' students from 12 schools in the region and exceeded the target of 6,000 young people expected.



Nikki wa Pili on an edutainment session to students attended the launching ceremony.

## DRUGS TRAFFICKING UNDER CONTROL

According to the Word Drug Report issued by UNODC in 2019, our Country has done a tremendous job in preventing Inflow of drugs particularly heroine from source countries.

The inflow of Heroine in Tanzania from source countries has been reduced by 90 percent. This good news was clarified by the Commissioner General of the Drugs Control and Enforcement Authority, Mr. James Kaji recently.

The Commissioner General

highlighted that, the war against drugs in the country has been successful since the Fifth Government regimen lead by His Excellency Dr. John Pombe Magufuli, the President of United republic of Tanzania established The Drug Control and Enforcement Authority (DCEA).

Commissioner Kaji says The Authority was established in February, 2017, since then there has been a well-coordinated war against drug which has led to a significant decrease of

drug supply in the Country.

Although this decrease of drug supply in the Country has caused some drug users to use some alternative drugs like prescription medicines, it has also made many addicts to seek for treatment in methadone clinics.

The availability of drugs is not as readily as it used to be in the past, the black market's price of drugs has spiked. These are reasons for people with Drug use disorders to go for Methadone.

# Muhimbili Icon in Methadone Services

**T**he Methadone care and treatment clinic at Muhimbili National Hospital has proven effective in treating and removing more than 70 drug use disorders in the nine years since its inception.

Being the first clinic to provide Methadone therapy in the Country, it starts to provide its services in 2011. So far, it had enrolled 2,846 drug use disorders and providing services to more than 2,000 dailies.

The Muhimbili Methadone clinic is opened from 11 a.m. to provide the Methadone pharmaceutical services that enables drugs use disorders who works or rush to other activities had to for early therapy services and continues in the nation building routines.

The clinic has four specialist nurses and welfare officers every day and also had skilled specialists who provide training and practical education to other Methadone providers and it is a center for theory and practical services for trained providers from new clinics.

Speaking to AIDS News, the nurses, John Mwaijage, John Maganga and Sanga Mbuhilo highlighted the biggest challenge is to ensure that addicts go to the center every day for treatment under special supervision.

"Addicts should come to the clinic every day on time without fail," he said, adding; "That is due to the drugs they use being under strict supervision so it is protected

from entering the target audience."

The nurses says the situation poses a serious challenge for addicts as they lack bus fare to go and return from the clinic daily because many of them do not have reliable incomes and lack families support.

They say many drug use disorders doesn't have homes to leave and economic income generation so when they leave the Clinic, they return to the situation which push them into substance use disorders environments and friends whom had contribution to their falls.

Commenting on the challenges of female drug use disorders to show up for treatment, the nurses says it has many factors such as lacking of income, involving in the drug trafficking and for those on therapy after showing body improvements, they relocated and moved away from the service center.

The nurses mentioned unemployment status is the fundamental challenge to female drug use disorders' is the inability to set time for treatment because many of them involves themselves in commercial sex at night and in the day time where the clinics are operating for them is time to sleep or resting.

Commenting on the centre's success, they say it includes integrated Methadone, Counseling and Care services for people living with HIV, treatment for Tuberculosis and for pregnant women to monitor their pregnancy progress until they deliver at the Clinic.

## THE MUHIMBILI

Methadone clinic is opened from 11 a.m. to provide the Methadone pharmaceutical services that enables drugs use disorders who works or rush to other activities had to for early therapy services and continues in the nation building routines



Nurses Sanga Mbuhilo and John Maganga



SIWEMAABDALLAH

# SIWEMA: Drugs Diminished Persists Waste

Methadone treatment beneficiary says the small amount sold on the streets is not good but the straw, which makes many drug use disorders to quit consuming.

**O**ne of the reasons many drug use disorders are joining the Methadone drug treatment and treatment is drug addiction on the streets.

Siwema Abdallah, a drug use disorders for eight years, says, currently there is no quality drugs in the streets due to the strict controls imposed by the Government to prevent the drugs from entering the country.

As a result, the Methadone treatment beneficiary says the small amount sold on the streets is not good but the straw, which makes many drug use disorders to quit consuming.

"Currently there is no drugs on the street, they remain straws that the drug use disorder uses when he gets used to it and the price has gone up a lot as the cargo has been controlled to enter the country," says Siwema.

The addict says the challenge for drug use disorders especially female addicts is a major one in running their lives after recovering from dependency, says Siwema who receives

treatment at the Methadone Clinic at Temeke Referral Hospital in Dar es Salaam.

"Many women (drug use disorders) are unable to attend services and treatment (Methadone) because we have no income. We have come out of a very risky life and if we decide to give up drugs, we are facing a difficult life," says Siwema and added;

"Women, we can start batik making, pottery and many other activities that would increase our income and meet our living needs."

Siwema suggests the existence of a mechanism that will enable groups of women addicts to obtain property production loans. Talking about his addiction to drugs, she says to start using drugs when living with a man who was selling and letting her to sell when he gets away.

Her boyfriend was not a drug use disorder but was just vendor. She says it is her friend who get her into consuming drugs was her friend used to buy drugs from her regularly/

Siwema says one day her friend didn't have money to purchase drug so she begged

her dearly to lend some drugs because she was feeling drugs withdrawn syndromes'.

"At first I did not understand the reasons she was flattering to take a dice and to share with her to feel the pleasure that is contained in the drugs," says Siwema.

She says after spending the day been attracted by its flavor, she started taking until her secret was revealed by her boyfriend who forbade her to use drugs and when he realized she was still consuming, he drove her out of his house and she moved to brothels.

Siwema thanks the service providers from organizations seeking for drug use disorders and orient them on the therapy before they had to be enrolled for therapy at the Temeke Regional Referral Hospital Clinic in Dar es Salaam.

The Acting Commissioner General of the Drug Control Authority, James Kaji, says importation of the drugs in the country had been controlled by 90 percent, compared on the situation it was at the past four years before the fifth phase government crackdown on the importation of drugs.



Mwananyamala  
Methadone Clinic  
Site Manager, Dr.  
Sosteus Hongo.

The Center Manager says there is an increase of between 12 and 16 new drug use disorder weekly who joins for the Methadone therapy who have been diagnosed with HIV in three years is 10 and in 2019 there were only three.

## Mwananyamala Sets Friday as Women's Day

**T**he Methadone Clinical Care and Treatment Clinic of Mwananyamala Regional Referral Hospital in Dar es Salaam has set aside Friday as a special day for female drug disorders to start services and treatment directly at the hospital.

Typically, drug use disorders are given a two-week orientation in drug-rehabilitation organizations before referring them to Methadone clinics.

Mwananyamala Methadone Site Manager, Dr. Sosteus Hongo says the procedure has attracted many female drug use disorders as on Fridays they are automatically received for training at the clinic and start treatment without going through the organization.

"The process of setting aside Friday to be special for female had attracted them and we (Mwananyamala Clinic) have more than 200 female and we are the leading centre having more female throughout the country.

Mwananyamala Methadone Clinic started on September 2012, and by January 31, 2020 it had registered 2,140 drug use disorders. The clinic program statistics show that infections and among People Who Inject Drugs (PWID) had decrease in HIV and Hepatitis B infection addicts in recent years.

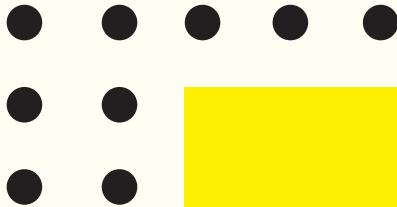
"There has been a decline in hepatitis B and C viruses, for HIV-positive addicts as a seven-year study on the program (Methadone) shows that the prevalence

rate for infection is now the same as in the community," says Dr. Hongo and Additions;

"Since 2017 Hepatitis B and C viruses, and risky behaviors such as needle sharing have decreased. We are also witnessing a decrease in incidents of vandalism on the streets".

The Center Manager says there is an increase of between 12 and 16 new drug use disorder weekly who joins for the Methadone therapy who have been diagnosed with HIV in three years is 10 and in 2019 there were only three.

Commenting on the increase in addiction in therapy, Drs. Hongo says the disappearance of drugs on the streets has escalated its prices while its quality is poor, a situation that makes them lack the taste they want.

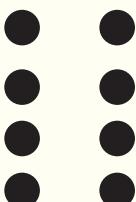


Bagamoyo  
Methadone Clinic  
Site Manager,  
Husna Kipilipili.

# Bagamoyo to Enroll Four Addicts Daily

Husna Kipilipili says they had introduced a strategy to enroll not less than

**16**  
addicts weekly



**A** new Methadone Clinic at the Bagamoyo District Hospital in Coast Region has set target to enroll four drug addicts in four working days a week.

The Bagamoyo Methadone Clinic Site Manager,

Husna Kipilipili says they had introduced a strategy to enroll not less than 16 addicts weekly in the Methadone therapy.

"We had set target of receiving four addicts from Monday to Thursday in a week we shall enroll 16 addict equivalents to 64 monthly making more than 768 annually" she says.

Bagamoyo Methadone Clinic started on 3rd February, 2020 with eight addicts one month later they reached to 31, four been referred from Mwananyamala Regional Referral Hospital in Dar es Salaam.

The Site Manager says they are using post drugs addictions from MEFADA organization that goes in streets site to look for addicts and take them in two weeks then referred to Methadone clinic services.

Husna says they had come to agreement with the community-based providers who takes the addicts to the hospital to make follow up to their places which now many

come from nearby places to know where they live.

Apart from the 31 addicts, two are female, two are living with HIV and one is Tuberculosis defaults whom all are now treated at the clinic.

The clinic has nine skilled providers with special training to provide Methadone therapy services. Those providers are two clinicians, two nurses, two pharmacists and one record attendant as well as a sociologist and health assistant.

Speaking on the challenges they faced since they started offering Methadone services in that clinic is the day they diagnosis a HIV positive when screening tests on a new client.

"It was a big challenge because we were trained to provide Methadone therapy we were not set for that. The good thing was to be with a mentor from Muhimbi who handle the case and initiate ARV here in the clinic and he is now doing fine," says Husna.

The Bagamoyo Methadone Clinic Site Manager recommends for many clinics to be opened so to serve lives of many because drug addiction is a major problem in the society.

# METHADONE

## has Reversed My Senses



THOMAS UDANDA

**T**homas Udanda, 42, is grateful that Methadone treatment had brought him back to his home where he abandoned his wife and two children whom he had escaped and moved to be a drug use disorders residence.

"I am so grateful that I have regained my self-esteem and returned home, the biggest thing I am grateful for is returning to my wife's family and my two children that I abandoned when I moved to a tent," says Thomas.

He says in the period he was addicted and isolated, he didn't had contact with his family nor was he responsible for anything where the family did not know where he was.

Thomas started smoking at once for the purpose of having fun. He moved on to mixing cigarettes with marijuana and drinking beer.

He remembers the first day he used drugs was when he was addicted to cigarettes and drugs when he asked for a cigarette from his friend. He says that after he smoked the cigarette he tasted it.

Seeing that, he asked his friend what was mixed with the cigarette he had given him and he refused to tell him. He asked her if she was interested in giving him money to buy it and he did so and then he discovered he was mixing it with drugs.

Thomas says after learning of the situation, he started using the mixture by sending it to his friends as he himself was embarrassed to go to retailers to buy.

The situation did not last long and he started going to buy it himself after his addiction increased and the rate of consumption from one to two times a week, became three and finally every morning he woke up.

"I used to smoke every morning and then I had nightmares. I did not get any sleep at night and when I asked my colleagues they told me it was due to arosto (drug addiction)," says Thomas and added;

"And to sleep, I have to spend the night. I started using it at night and I slept well, so I started using it every morning and night".

At the time he was able to buy as he was working in a factory in Kurasini before losing it in 2007 due to poor performance. Losing a job did not excuse him from drug use disorder. He moved to collecting scrap metal and selling it in Kurasini to raise money to buy drugs.

After hearing about the availability of Methadone treatment services at the Temeke Regional Referral Hospital in Dar es Salaam, in October 2014 he joined the service that removed him from the dependence in September 2019.

Thomas is now one of the assistants at the Clinic he says that in order for more drug use decoders to benefit from Methadone treatment, information should be disseminated to reach more addicts.

"The government can create an environment for drug use disorders picking plastic bottles, scrap metal and cleaning the streets so that cities are clean and these jobs despite providing us with income will also keep us busy and avoid drug use," says Thomas.

The beneficiary of Methadone treatment says addicts find it difficult to break free from drug addiction because joining a treatment you have to go to the clinic every day when many have no sources of fare.

He suggests that the task of picking up bottles, scrap metal or street cleaning can be done by addicts a step that will be beneficial to all parties.

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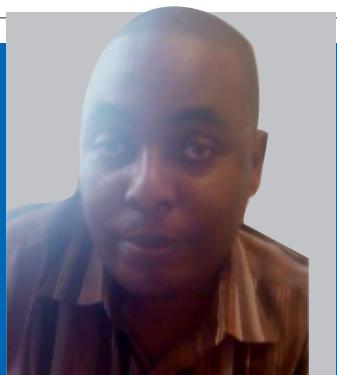
**The government can create an environment for drug use disorders picking plastic bottles, scrap metal and cleaning the streets so that cities are clean and these jobs despite providing us with income will also keep us busy and avoid drug use.**

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# Temeke Delightful to Its Performance



DR. MESHACK SHIMWELA



DR. FRANCIS LUKUWI

**T**he Temeke Regional Referral Hospital in Dar es Salaam is pleased to successfully recruit 1,794 Methadone addicts to treatment and treatment, of whom 160 are living with HIV.

Speaking to the AIDS News newsletter, the Temeke Hospital, Head of the Psychiatry Department, Dr. Francis Lukuwi says they as health care providers are proud of the health of thousands of addicts from the streets.

The Temeke Clinic is the third to be established in Dar es Salaam in 2014, it has helped free 52 drug use disorders from addiction.

"For us the success we are enjoying is putting more than 1,500 drug use disorders who come every day for treatment. Of those 160 are HIV-positive people receiving services at this clinic every day," says Dr. Lukuwi and adds;

"That for us is a success because if this group did not get treatment, the community out there would be a big challenge for example looting would be rampant on the streets and some would get sick and even die".

"More than 70 percent of the addict in our clinic are redundant without formal occupation to do, so it is a big group that had join in the drug addiction and they don't have any way to quit without safety procedures," he says.

Dr. Lukuwi says supervising drugs use disorders' and making sure they get their daily care is a difficult task as they live in difficult circumstances, some have no relatives, family or shelter.

"More than 70 percent of the drug use disorders in our clinic do not

have special activities to do, so it is a large group that has become addicted to drugs and have no way to get out without safe help," he says.

Commenting on the challenge of female drug use disorders not showing to the Methadone service, Dr. Lukuwi says their income situation contributes as many of them are involved in prostitution at night so in the morning during their clinic they are the ones who rest.

The Temeke Regional Referral Hospital, Medical Officer in Charge, Dr. Meshack Shimwela says addiction treatment takes a long time due to the side effects the addict receives.

The health expert mentions the affected organs, including the thinning of the skin on the intestines and intestines used to absorb food, a condition that makes many addicts unable to eat solid foods.

"Consumption of drugs scratches the smooth skin of the intestines and intestines used to absorb food, a condition that can lead to stomach ulcers and even intestinal rupture. It is because of this that addicts are very weak and like to eat biscuits and drink Fanta soda to get glucose," says Dr. Shimwela and add;

"For sniff drug use addicts have an effect on the soft skin inside the nose that makes them talk in the nose, for injections not knowing the type of injectable arteries causes blood clots in the heart valves if they misbehave and inject themselves into different arteries."

Dr. Shimwela, a Physician of recommends that education be provided on the effects of drugs in schools to enable students to know the effects of early drug use.

More than 70 percent of the drug use disorders in our clinic do not have special activities to do, so it is a large group that has become addicted to drugs and have no way to get out without safe help," he says.

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He had become a drug use disorder and was arrested by the police and linked to suspects in a robbery case



HARUNA JUMANNE

When he was freed, he returned to the environment he was before and continue to use drugs for several days before he decided to stop using them after being advised by a friend who was a former drug use disorder.

## Haruna: My Brothers Taught Me Smoking

**I**t may be strange but that is what happened to Haruna Jumanne who started using drugs as taught by her older wives who were using it.

Referring to the source of his addiction, 37-year-old Haruna says it was in 1997, when he was in standard six, he moved in with his father when he found his two brothers.

Two years later at the age of 16 he had become a drug use disorder and was arrested by the police and linked to suspects in a robbery case.

"I was charged with

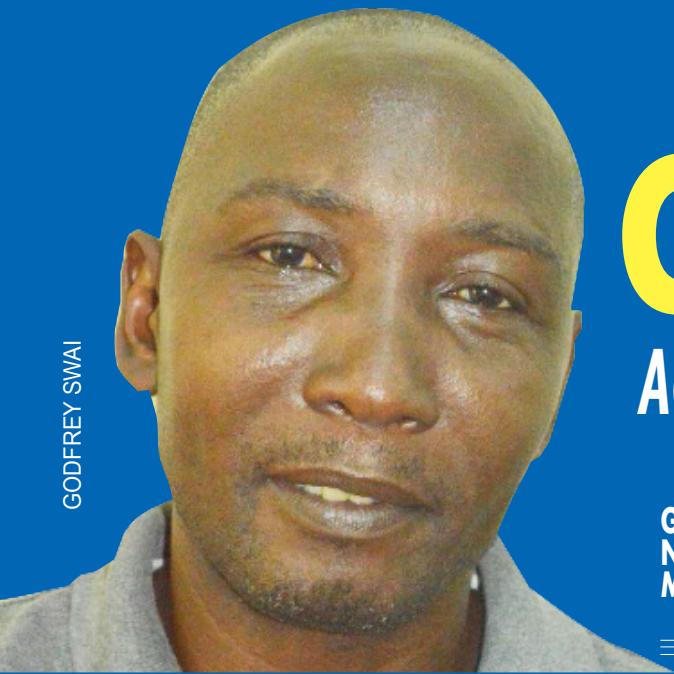
robbery and taken to court until the day I was released," he said. Due to the significance of the case I was in, I decided to change my life to be God's worshiper, asking his power and have mercy on me the grant that respond by releasing me free on December 2011," says Haruna.

When he was freed, he returned to the environment he was before and continue to use drugs for several days before he decided to stop using them after being advised by a friend who was a former drug use disorder.

Haruna is living

with HIV and is the father of an 11-year-old boy. By 2017, he had graduated from Methadone drug treatment that relieved his of drug addiction, hoping to marry his girlfriend who she described as a great help in her treatment.

Addressing the challenges facing drug use disorder want to stop consuming drugs and start Methadone treatment is not being able to afford the fare to go to the clinic and return daily to get treatment and advises addicts who want to stop dependence to identify the goal they want to succeed.



# GODFREY:

## Addiction Lead to Drop University

**Godfrey is a national coordinator for high-risk groups on the National Coordinating Committee under the Office of the Prime Minister (TNCM).**

If you think in official institutions including education it is a safe place for young people to get protection from drug addiction you can be far from the truth.

This fact is confirmed by the life of Godfrey Swai who started smoking marijuana in the third form in 1993 and continued to use drugs and eventually dropped out of university.

After completing Form Four at Kilimanjaro, he enrolled in a high school in Dar es Salaam where he came out of marijuana and switch to heroin.

In 2002, Godfrey began injecting drugs and continued using them when he joined a diploma course at a college in Dodoma between 2007 and 2010 when he graduated. He was selected to join the degree course at the college but came to drop out of his studies as a second year in 2011.

Godfrey is a national coordinator for high-risk groups on the National Coordinating Committee under the Office of the Prime Minister (TNCM).

"Every drug user has a reason for his or her addiction, although other factors appear to be small in the community, such as smoking marijuana or drinking alcohol, especially among young people," says Godfrey.

Godfrey, a beneficiary of Methadone

care and treatment at Muhimbili National Hospital, acknowledges the existence of a major campaign to explain to the community that drug abuse is a problem in the country, especially among young people.

Godfrey says quitting drugs is a process for addicts if they do not intend to do so due to the challenges they will face will cause them to stop treatment and continue using the drug.

The young man says he failed four times to complete the process of stopping the drugs until he finally decided from the heart to succeed. He cites other challenges facing addicts such as lack of accurate information about available services, lack of close supervision at all times of treatment and limited facilities as some follow long-distance services with no certainty of fares.

The beneficiary is one of the main assistants used by Methadone Muhimbili Clinic says the lack of activity for addicts after recovery is a major challenge.

"The problem is for those who complete treatment and stop dependence we wonder what we will do? When they finish treatment, they do not have life skills and some lack support from the family due to the history of what they did when they were addicts," says Godfrey.



Quitting drugs is a process for addicts if they do not intend to do so due to the challenges they will face will cause them to stop treatment and continue using the drug

For more  
information please  
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