

HOPE AND BEYOND

10th ANNIVERSARY AND OFFICIAL OPENING OF HOPE AND BEYOND MEDICAL CENTRE

Speech Of The Executive Director, Hope And Beyond

Our Chief Guest, the LC3 Chairperson, The Vice President and the Treasurer of FORUT, Mpigi District Medical Officer, Directors of Hope and Beyond (HaB), Representatives of Civil Society, Our partners, Local Council Chairperson and Executives, Friends, Ladies and Gentlemen,

With great pleasure, I welcome all of you to this auspicious event where we hit several birds with one stone.

- Celebrating the 10 years of existence
- Closing the week long mental and medical treatment camp
- Opening the Health Centre and HaB home to be

ON 7th January this year, a few of us here were in this very place to do the ground breaking ceremony. 10 months later, we are here to open the first block of the center!

About Hope and Beyond

HaB was founded in January 2012 to instill unlimited hope and resilience among those discouraged by the challenges of life especially that of addiction. Our vision is: “a Society free from addictive problems”. For ten years now, HaB has continuously offered services for holistic care to individuals and families suffering from substance use” and not even COVID-19 stopped us! Actually COVID19 has simply amplified the need for our work. Our addiction rehabilitation centre is located in Kampala.

Alcoholism, drug use, gambling and other addictive behaviors such as pornography and technology addiction are on the rise in Uganda than ever before. The negative impact of alcoholism and drug use is worsening the already difficult social economic condition of our people. In this COVID19 era where many have been frustrated due to loss of loved ones, economic opportunities and children not going to school ... we are observing increasing number of people with substance use disorders and other mental related challenges. Our patients come from all sorts of backgrounds yet many health facilities lack adequate expertise to manage addiction.

Vision 2030: Specialized Addiction Treatment and General Health Care

Project goal: Vision 2030 was conceived to provide general health services to the locals in Nakabiso and quality addiction recovery services to the general population in order for them to live a productive life. I conceived this vision during my PhD studies in Ghent University in Europe where I visited many treatment facilities and was mentored by IOGT international. It is expected that the entire project consisting of the administrative block, reception, clinical and accommodation centers shall be built on three acres of land and will be made in different phases. We already have two acres of land which is sufficient for the initial phases.

Today we celebrate the completion of the first block that has a pharmacy, staffroom, a doctor's room, theatre, nurse Station, treatment ward and attached washrooms. With this in place, we have launched our outpatient services which have been well justified by the treatment camp that we concluded today. *In this camp we planned to treat about 20 people for each day and in any case not more than 100 in total. We have been surprised that on day one, we had 87 participants. This has led us to change many of our plans to accommodate more people. Even when we stocked more medicine almost on a daily basis during the camp we were not able to serve all the patients and many more were returned back. In total we have ended up seeing over 365 patients some coming as far as Kabaale. In this camp, we have also profiled our people to gain insight into their social economic life. This will help us to be even more relevant to their needs. We have seen different types of people with majority being children, followed by women, the elderly and the males. We note that the common illness in ulcers, hypertension and Diabates. Majority of young people and adults have also informed us that they use alcohol. A few use drugs and many passed the drug screening tests. This is therefore clear that we make our priorities in those areas. To us this was like putting one leg in the water to test its depth. Now that we know, we shall devise appropriate strategies.*

I am glad that with the completion of this phase we are able to operate our outpatient, outreach and other brief intervention services such as detoxification and camp treatment. On completion of the entire project, we estimate to serve at least 50 patients daily on an outpatient's basis, a total of about 18,000 every year.

We are now set to embark on the construction of the second phase (Rehabilitation accommodation facility). The accommodation building is planned to house at least 30 clients (20 males and 10 females) who need residential

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addiction treatment at any one time. Our clients shall be trained in skills and empowered with knowledge not only to support their recovery but to be able to start and sustain economic ventures.

Although there shall be discounted rates for those that cannot afford the services, users shall be required to pay for the services so as to promote economic sustainability of the facility. Proceeds from the fees shall be used for maintenance and repair, personnel costs and other operational expenses. Products from the livelihood activities such as agriculture, animal husbandry and poultry shall be used to feed the clients while the excess shall be sold off to supplement the maintenance costs.

The center shall also provide research and training opportunities for professionals that are interested in management of SUDs.

Besides primary health and addiction treatment services, the proposed centre shall focus on related services to improve community welfare. More specifically, special programs will be designed for providing social empowerment of the girl child and the woman in general. Programs shall be extended to include life/livelihood skills which are essential for survival and realization of one's potential. Activities such as handcrafts, carpentry, agriculture, animal husbandry and poultry will be embodied in the program for economic empowerment of the beneficiaries.

Finally, this project will provide safe water to the people within a reasonable walking distance (a radius of 1.5km from the project site).

Appreciation

We are grateful to FORUT-Germany (represented by Mr/Mrs Klahn) whose generous donation contributed to about 80% of the entire construction costs. One by one makes a bundle. Through local contributions we managed to mobilize the 20%. We are grateful to our local donors who have included Eng Kizito, Margaret Nasanga and HaB Clients/Sponsors. Special appreciation to others who have contributed toward the growth of the project including the unsung heroes who have contributed prayers, advice and labor including the HaB Directors and staff, building professionals including the Architect, Engineer, Construction workers and Material supplier. Finally we thank the leaders and residents of Nakabiso for embracing us whole heartedly.

We are also grateful to our other partners without whose support we would not hold a successful camp. These include our board members, UAPA, Fasthealth

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pharmacy, Medlinks, Springs Pharmacy and individuals such as Mr. Kiyaga and the VHTs. The heroes of this camp is the team members who in spite of being few they have diligently served the masses.

Finally we thank all that have made this occasion a success including the Chairperson LC1, Nakabiso women groups and

Above all I wish to thank my wife and family for sacrificing their precious resources to keep this vision alive.

Appeal

- We appeal for support from everybody's in helping us to achieve our mission. Contributions can be sent on **Mobile Money number: 0789 241624 or On Account 3100023832 of Centenary Bank.**
- To the local community we have more requests, we need more land for expansion, hard working men and women to take this vision forward and confidence in us to accomplish this project.
- We also appeal to the local leaders to help us mobilize resources to support our people especially in medical needs. We can collaborate with local system to bring medical services closer to the people.

But for now, let's relax and celebrate this major landmark

For a vibrant Life

Dr. David Kalema (EXECUTIVE DIRECTOR)