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SOLACE

ISSUP | INTERNATIONAL
SOCIETY OF
SUBSTANCE USE
PROFESSIONALS

NIGERIA Chapter



THE OFFICIAL NEWSLETTER OF THE NIGERIAN SOCIETY OF SUBSTANCE
USE PREVENTION AND TREATMENT PROFESSIONALS

**From the
President's
desk**

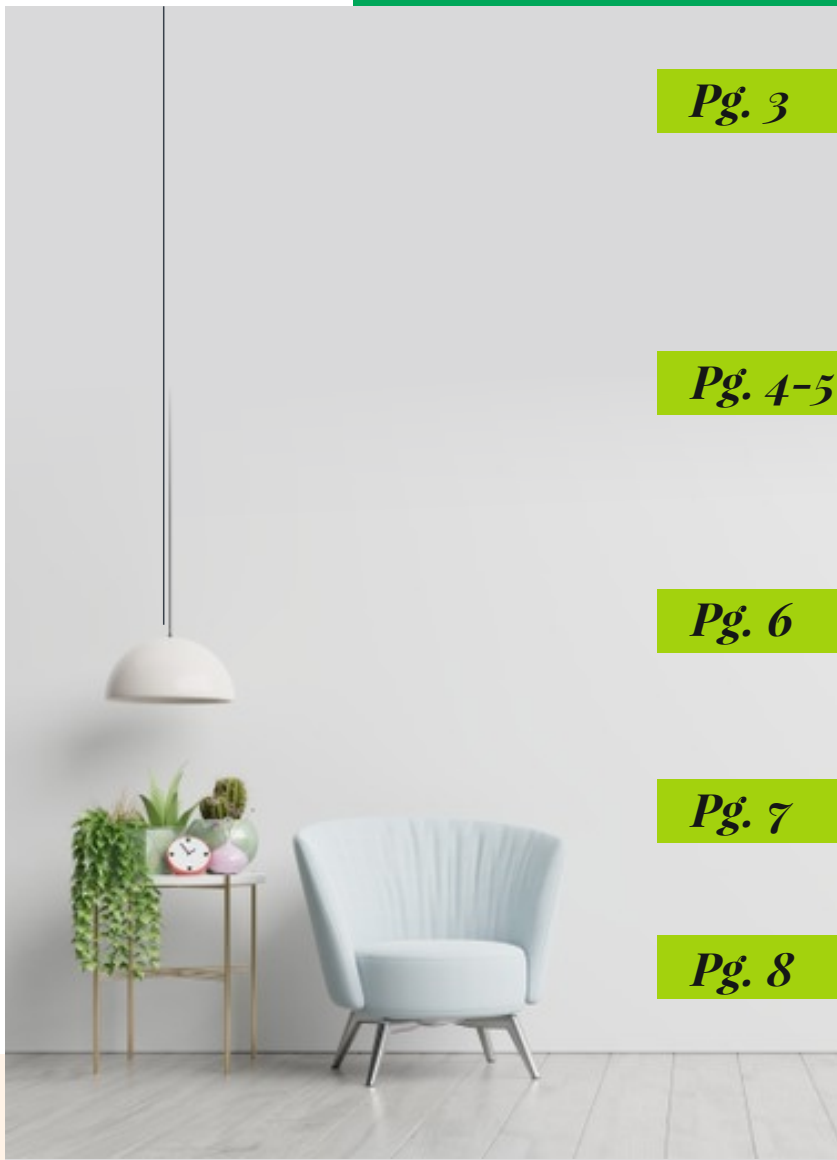
**Preventing
Burnout**
among substance
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From The President's Desk

Welcome to the fifth edition of ISSUP Nigeria Chapter Newsletter; SOLACE and the first for the year 2021. As usual, this edition features activities of the Chapter within the past three months as well as some upcoming activities.

Being the first edition in the year, allow me to highlight some of our activities in the previous year and the tasks ahead. In the past year, ISSUP Nigeria Chapter, with the support of the Board of Trustees, the National Executive Council, and members, were able to deliver on most of the proposed activities despite the setback from the COVID-19 pandemic.

Some of these include a robust membership drive and the establishment of executive committees in more states. As at today, 26 out of the 36 states in Nigeria, including the Federal Capital Territory, have State Executive Committees as part of our grassroots mobilization. Similarly, we have consistently held the ISSUP Nigeria Chapter bi-monthly online seminar tagged "Knowledge Share Update." Through this channel, we have been able to improve on the knowledge of members on evidence-based interventions in the field of drug demand reduction. This is in addition to workshops and seminars organized by the different state branches of ISSUP Nigeria chapter. Our efforts also received both local and international recognitions with appointments, speaking opportunities, and invitations.

In this year 2021, we shall sustain our bi-monthly online seminars, support our members with training on delivering evidence-based interventions and expand our collaborative efforts with major stakeholders in drug control in Nigeria. We have moved speedily in this direction since the beginning of the year with courtesy visits to the National Drug Law Enforcement Agency (NDLEA), the Federal Ministry of Health (FMOH) and the United Nations Office on Drugs and Crime (UNODC). Courtesy visits to other stakeholders will follow soon. As part of our activities to mark the 2021 International Day against drug abuse and illicit trafficking, ISSUP Nigeria Chapter will begin capacity building on evidence-based substance use prevention and treatment of persons with substance use disorders. Similarly, we shall continue in our efforts towards the introduction of addiction studies in higher institutions of learning and

professionalization of drug demand reduction in Nigeria, among other initiatives.

ISSUP's vision towards addressing the threat of drug and substance abuse in Nigeria is to build a united, trained, skilled, knowledgeable, and effective multidisciplinary national network of substance use prevention, treatment, recovery professionals and researchers to undertake and promote high quality evidence-based interventions and policies. This is our call and collectively, we shall achieve this goal.

Once again, I say welcome to this edition of our Newsletter. Enjoy it and look forward to later editions.

Dr. Martin O. Agwogie

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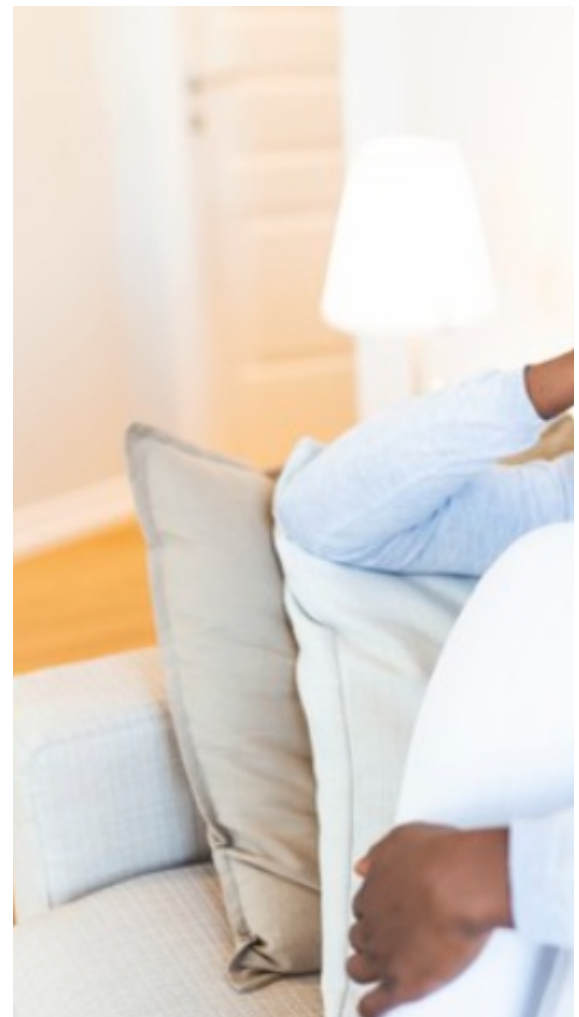
Preventing burnout among substance use prevention and treatment professionals in Nigeria

The field of substance abuse prevention and treatment is evolving in Nigeria. One unique feature of the practice is the professional working within a team to achieve defined goals. Supply reduction efforts impacts on demand reduction and vice versa. Teams involve multi-disciplinary professionals working in prevention, treatment, and recovery. Like a sports team, understanding roles and function would help the professional prevent or manage burnout.

Burnout for the substance use professional occurs on three dimensions; emotional exhaustion (when compassion for clients begin to fade), depersonalization (we become detached from the emotional needs of clients) and a sense of a lack of personal accomplishment. Burnout may result from the nature of the work itself, expectations from the workplace, personal (own health issues, finances, interpersonal relationships) or family/environmental stress. In this

write-up, I am focusing on burnout from work itself. To help with this, we can learn using football teams.

Players in a team have a common goal. To win a match, players need to know their roles. The difference between teams is not reliant on how good players are individually, but how they complement each other. Truly, strikers get the most attention, but no matter how good a striker is, if the defence is poor, they would rarely win. Likewise, if we look at treatment teams as an example, it would be unwise to regard some professionals as dispensable. On the other hand, a striker who is eager to win for his team and spends a lot of time in the defence and midfield, would burn-out before the end of the match and be unproductive! Indeed, strikers may help in defense sometimes, but a good striker knows that his/her primary role is to be in the right place to score when the opportunity presents itself! The following tips may help the professional prevent or reduce burnout.



1 Know The Field But Focus on Your Role

A smart professional knows the field. He/she updates needed knowledge on the roles of other professionals and on evidence-based practices yet improves competencies in his/her own role. This way you optimize your output and stay efficient over the long term. Trying to be excellent in multiple roles may mean that other aspects of your life may be suffering.

4 Rest

The smart professional knows that rest is key to success! Take time off when needed, undertake a new task, or learn a new skill! Researchers say that learning a new and unrelated skill, no matter how small is revitalizing!

2 You Are Not The Messiah

A lot of passionate professionals fall prey to this thought. As a result, they lack clear targets needed to achieve specific goals for themselves as it regards their work. When goals are not defined and targets are not set as a professional, it is easy to become despondent. The professional does not hold the magic wand to implement prevention programs successfully or transform a client on the path to recovery. Success is an accumulation of interventions! For example, getting a client to enter treatment may not just be down to your motivational interviewing skills, but the effort of the client's self-appraisal of his need for treatment and family support.

5 Celebrate Success

Whether it is a personal success, or success from team effort, make it a big deal! Celebration reinforces the bond that holds teams together. It may be accomplishing a new certification, it may be acquiring a grant, or even instituting a new program. Learn to celebrate it! It does not have to be elaborate but celebrate still!

3 Spend Time Making Your Team Better

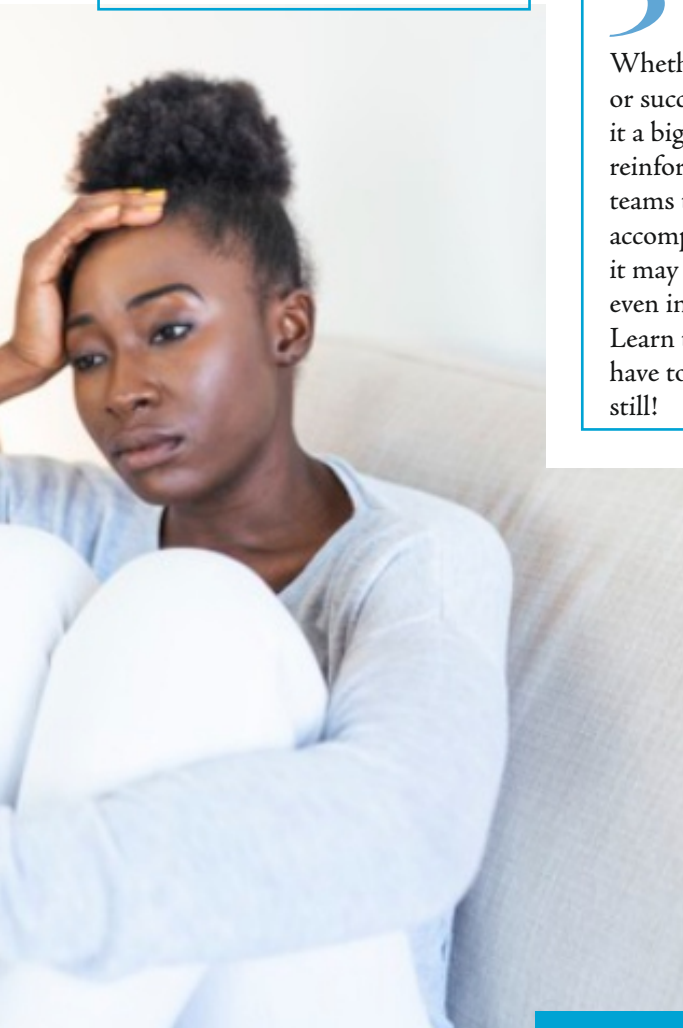
You are only as good as your team. No man is an island. Sharing resources, helping, constructive criticism, building trust, trusting colleagues all help improve teams. An efficient team gets more work done! Remember together everyone achieves more (T.E.A.M).

6 Mentors Are A Great Resource

If you have a mentor, great! If you do not, seek self-development by tapping into the experience of people who have gone ahead in the field, especially in your defined role. Mentors or advisors offer advice that you are not compelled to abide by. In fact, a good mentor wants you to have counsel from others and decide on what helps you best! Peers are also a good resource! The best managers say that their chances of making errors reduced significantly when they sought input from peers or seniors.

A burnt-out professional is a liability to himself, his team, and his client(s). In a field where success rates are not huge or immediate, staying healthy has a positive impact on self and the team.

■ *Bawo James, is an addiction psychiatrist and PRO, ISSUP Nigeria.*



State Coordinators

In Focus

Dr Kingsley Mayowa Okonoda is a Consultant Psychiatrist and The Deputy Chairman, Medical Advisory Committee (DCMAC), Education and Training Jos University Teaching Hospital. He is a Senior Lecturer in the Department of Psychiatry, College of Health Sciences, University of Jos. He is the Chief Executive Officer, Netwealth Consult, Training and Development, (a consulting and training firm specializing in Mental Health Promotion, Management Consulting, Personal Development and Peak Performance), the Medical Director, Netwealth Medical Services and Drug Treatment Centre and the Executive Director, Netwealth Rehabilitation Initiative, a nonprofit foundation for the organization.



He graduated with MBChB from College of Health Sciences, Obafemi Awolowo University, holds the Fellowship of West African College of Physicians (Psychiatry) and holds a Master of Public Health from the University of Jos. He has many certificates including Leadership and Management in Health, Implementation Science and Project Management in Health from the University of Washington.

Dr. Okonoda, is Master Trainer, Sensitization on Drug and Drug Prevention, Treatment and Care (DPTC) and Master Trainer TREATNET III Addiction Treatment Program sponsored by the United Nation's Office on Drugs and Crime and Federal Ministry of Health. He is National Auditor, Association of Psychiatrists in Nigeria (APN), 2018-2022.

He is the North Central Coordinator for Community Intervention Network on Drugs (CIND), and Plateau State Coordinator for International Society of Substance Use Professionals (ISSUP, Nigeria Chapter).

Dr Okonoda is a member of Psychiatric Rehabilitation Association (PRA), USA, International Society of Addiction Medicine (ISAM), International Society of Substance Use Professionals (ISSUP). He facilitates conferences, seminars and workshops and speaks regularly on radio and TV programmes on addiction, mental health, relationships, business, and general life and living.

Mrs. Ngozi George Nwankwo is a nurse with the Abia State University Teaching Hospital at Aba, Abia state. She is also the Director, Daniel Nwankwo Foundation, an NGO that primarily focuses on drug-crime prevention and offers advocacy in several areas. She is Assistant Director, Right Steps Outreach in Nigeria. She is also a member of the World Federation against Drugs (WFAD).

She is a registered nurse and midwife and holds a B.Sc. in Nursing Science and Nursing Administration respectively from the Imo state University (IMSU) and a Post graduate degree in Education from the Nnamdi Azikiwe University in Anambra state.

She has also received training on drug education for school children, and drug prevention, treatment and care



sensitization both organized by the United Nations Office on Drugs and crime (UNODC), and on the Universal Prevention Curriculum by the Global Initiative on Substance Abuse (GISA).

She is an active member of several organizations including the Civil Society Network against Drugs and Substance Abuse (CSNetSDA), Community Intervention Network on Drugs (CIND) and East Africa World Federation Against Drugs (EA-WFAD) Regional Forum.

Her work has been recognized by several bodies including the NDLEA and she is a member of the Abia State committee on Drug Abuse. She is also the coordinator of the International Society of Substance Use Professionals (ISSUP), Nigeria Chapter in Abia State.

ISSUP Nigeria Chapter Embarks On Nationwide Courtesy Visits

The executive of the Nigerian Society of Substance Use Prevention and Treatment Professionals, (ISSUP Nigeria Chapter) paid courtesy visits to the Office of the Honourable Minister of Health, Federal Ministry of Health, the Chairman / Chief Executive Officer, National Drug Law Enforcement Agency (NDLEA) and the United Nations Office on Drugs and Crime (UNODC). The visit aimed at congratulating and familiarizing these key stakeholders of the activities of ISSUP.

Addressing newsmen, Dr. Martin Agwogie, National President of ISSUP Nigeria Chapter stated that ISSUP will be collaborating with NDLEA and the Federal Ministry of Health to support drug prevention and treatment efforts in Nigeria.

As part of his introductory remarks, Dr. Agwogie highlighted the vision of ISSUP to include the development of a multidisciplinary network of core and allied professionals and organisations in drug use prevention and treatment; professionalization through capacity building and certification; promoting evidence-based substance use prevention, treatment, and recovery; support quality research and the introduction of addiction studies in higher institutions of learning in Nigeria, among others.

Top on the advocacy was a call for the establishment of Drug Demand Reduction Regulatory Council which the President said will enhance the professionalization of the drug demand reduction sector and the promotion of evidence-based practices in Nigeria.

The ISSUP President commended the NDLEA Chairman / Chief Executive Officer, Brig.-Gen. Mohamed Buba Marwa (rtd), for his commitment, passion, and courage to make a positive change in national drug control efforts, which he has



demonstrated within a very short time of his assumption of office which is a positive sign of things to come. In his response, Gen. Marwa noted that ISSUP is a pride to all and commended the association for its efforts to professionalise the field of drug demand reduction. According to Gen. Marwa, “everybody has a stake in ensuring a drug free Nigeria and should be given a platform to contribute”.

Similarly, ISSUP commended the Federal Ministry of Health for its efforts to regulate the production and sale of high concentration alcohol in sachet and small polythene and the handling of the global health crises orchestrated by the outbreak of COVID 19.

On his part, the Minister of Health, Dr. Osagie Ehanire alongside the Minister of State for Health, Dr. (Sen.) Adeleke O. Mamora and some Directors in the Ministry welcome the ISSUP team. He went ahead to express happiness for the visit and charged ISSUP on substance use prevention noting that substance use has become a major challenge in the country and efforts to prevent its use should take top priority to prevent development of substance use disorders and treatment. He went ahead to commend the association for its vision and gave assurance of the Ministry’s support.

The virtual visit of the UNODC provided an opportunity for both organisations to share their programmes and activities. The UNDOC Country Representative, Dr Oliver Stolpe was represented by the UNODC Project Coordinator in Nigeria,

Mohammad Azim Arshad. UNODC congratulated Dr. Martin Agwogie led ISSUP for the great work they are doing in Nigeria in promoting evidence-based practices amongst practitioners with the assurance to sustain the already established partnership with ISSUP. Earlier, the ISSUP President expressed appreciation to the UNODC for their collaboration since the day of inauguration of the Chapter to the featuring of the Country representative as one of the discussants at the maiden session of ISSUP Nigeria Chapter bi-monthly webinar. He called for continued collaboration especially in using ISSUP professionals to support the capacity of stakeholders in drug demand reduction for effective service delivery and for institutional development. The President also called for UNODC support towards the professionalisation of drug demand reduction in Nigeria.



News

ISSUP Nigeria Chapter, Lagos State Branch holds a webinar to mark the 2021 International Women's Day

The Lagos State branch of ISSUP Nigeria Chapter, held a webinar on the 17th of March 2021 to commemorate the International Women's Day.



The webinar tagged "Women in Addiction care: Achieving Equality and Women Leadership", contributed by Prof. Bola Ola, Coordinator of ISSUP Lagos Branch, was delivered by Maria Ilugbuhi of The Shelter NGO. The one hour virtual session held between 1400hrs-1500hrs Nigerian time aimed to create awareness among ISSUP communities in Nigeria on the inequality in women's access to care in addiction in Nigeria, sensitize ISSUP communities on the importance of mainstreaming in addressing women's inequalities in addiction care and recovery in Nigeria, identify gaps in sensitization and advocacy, create and expand women's networks as well as stimulate discussions on action plans.

At the end of the seminar, attendees were furnished with knowledge about gaps, mainstreaming instruments and options, attitude to gender bias in addiction and action plans.

Going forward, the branch is taking steps to create an advocacy group that

would engage local and international bodies for networking and support.

ISSUP Nigeria Chapter, Cross River State Branch pays courtesy visit to NDLEA Command

The Cross River State Branch of ISSUP Nigeria Chapter, paid a courtesy visit to the National Drug Law Enforcement Agency (NDLEA) in Calabar on the 15th of March, 2021. The ISSUP team was warmly received by the Cross River State Commander of the NDLEA, Mrs. Anthonia Edeh (CN) in the presence of the Head of Drug Demand Reduction Team, Ms. Roseline Ada Nandi, a member of ISSUP, and other senior staff. The ISSUP Cross River State Coordinator, Mr. Asu Obasse introduced the organisation and briefed the Commander on the vision of ISSUP. He solicited for partnership with the NDLEA in the area of training, NDLEA membership of ISSUP and joint programmes for substance use prevention in the state.



In her response, Mrs. Edeh reiterated the agency's commitment to the drug demand reduction drive and its willingness to partner with ISSUP. She acknowledged the high level of professionalism among the members of ISSUP and highlighted areas in which the State needed improvement. These include the setting up of a Drug Abuse Control Committee in Cross River State and the establishment of a State-owned rehabilitation centre. She encouraged ISSUP to carry out advocacy visits to the relevant State and Federal Government agencies to assist with the aforementioned. The visit ended with the presentation

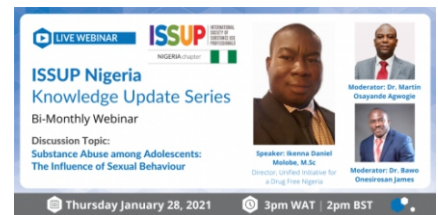
of ISSUP materials to the Commander and a group photograph.

Training

ISSUP Nigeria has continued its bi-monthly webinars in 2021. Ikenna Molobe and Peter Adenibuyan delivered interesting and engaging discourse on substance use in adolescents and family roles in substance abuse recovery.

<https://www.issup.net/knowledge-share/resources/2021-01/bi-monthly-webinar-issup-nigeria-knowledge-update-series-fourth>

<https://www.issup.net/knowledge-share/resources/2021-03/bi-monthly-webinar-issup-nigeria-knowledge-update-series-fifth>



- ISSUP Nigeria Chapter to commence capacity building of members as part of activities to mark the 2021 International Day against Drug Abuse and Illicit Trafficking in June, 2021.
- Two (2) members of ISSUP Nigeria Chapter completed ISSUP Global INEP Plus training of trainers.
- Dr. Ann Ukachi Madukwe appointed coordinator of ISSUP, Imo state, South East Nigeria.



Upcoming Trainings/Events

■ *GISA / Colombo Plan DAP UPC School based specialty track training*

Date: 3rd to 8th May, 2021

For participation call 0705 348 6054 or visit www.gisainitiative.org to register.

■ *ISSUP Nigeria Chapter UPC Core Training*

Date: 10th to 12th and 17th to 19th June 2021

For participation call 08129378557

■ *The Shelter Youth and Community Network (The Shelter NGO) upcoming trainings*

1. Universal Prevention Curriculum (UPC): CORE COURSE (Practitioners' Series), 5th to 10th April, 2021.
This is an in-person training.

2. Universal Prevention Curriculum for Substance Use (UPC): SCHOOL TRACK (Practitioners' Series): 24th to 29th May, 2021.
This is an in-person training.

For participation/enquiries:

Email: dshelterngo@gmail.com

Call/WhatsApp: 08081368804 or 08024994368

■ *Federal Neuropsychiatric Hospital, Yaba / Colombo Plan DAP UTC training.*

Date: May 17th to 25th, 2021.

For participation, call 08085635026 or 08169986687

ISSUP Nigeria Chapter
*Building a Multidisciplinary
Network of Core and Allied
Professionals
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