

**TRAINING REPORT ON UTC 3 & 4 ORGANISED BY
FOUNDATION FOR CHANGING LIVES AGAINST
SUBSTANCE ABUSE IN NIGERIA, DATED 26Th February-
1st March, 2024.**

**Report prepared by Dr. Chia Francis
(ICAP III).**



Participants for UTC 3 & 4 posed for a group photograph in Makurdi, Benue State Capital City.

Summary

The training on Universal Treatment Curriculum 3 & 4 organized by Foundation for Changing Lives Against Substance Abuse (FOCLASA) took place between 26th to 1st March, 2024 at the Hephzibah Plaza, Makurdi, Benue State, Nigeria. Ten (10) people registered and successfully completed the course. The training was facilitated by Dr. Chia Francis (ICAP III) who is a UTC national trainer in Nigeria. The trainer strictly used the UTC 3 & 4 materials developed by the Colombo-Plan to deliver the training program. Result scores from the pre-test and post-test on each of the curriculum showed a great improvement in knowledge among the participants in both UTC 3 & 4(See the chart below).

Introduction

Foundation for Changing Lives Against Substance Abuse in cognizance of the prevailing challenges of drug abuse in Nigeria as documented by the UNODC Report of the first-ever national survey in Nigeria on drug use released January, 2019 has put up this program to address especially the challenge of low addiction workforce in the country. This program was seen as a welcome development by practitioners in drug addiction field in Benue state as they raised their concern of practicing but with limited knowledge. Furthermore, the knowledge at hand is narrowly evidence-based. At the end of the training program, the training provider entered into a general discussion session with the participants and one take-home common to all the participants was that the program has updated and expanded their knowledge in the field of addiction science. In view of this, all the participants requested that the education provider should not delay in announcing the next training course i.e UTC 6, 7 & 8. In quick response to this request, both the education provider and the participants further discussed and reached an agreement that the next training course should commence on the 1st - 8th July, 2024 in Makurdi, Benue State Capital.

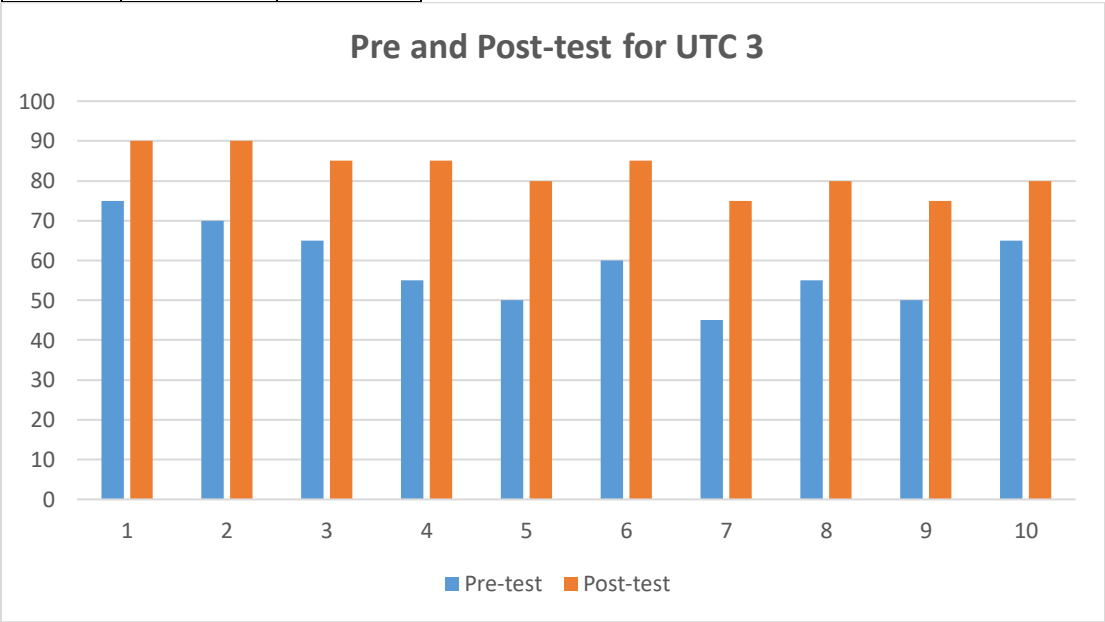
LIST OF SUCCESSFUL PARTICIPANTS FOR UTC 3 & 4 in Makurdi.

S/N	TITLE & SURNAME	MIDDLE NAME	OTHER NAMES
1	Dr. Chia	Ngosoo	Perpetua
2	Dr. Ajonye	Anyalewa	Alan
3	Mr. Oibiokpa	Michael	Oibiokpa
4	Mr. Alakpa	Peter	Okopi
5	Mr. Aboje	Ojebe	Matthew
6	Mr. Uzzi	O.	Henry

7	Alao	Olusayo	Helen
8	Afaor	Gertrude	Mrumun
9	Akura	Joyce	Erdoo
10	Dr. Zibs-Godwin	Izibenua	Faith

Pre and Post-test for UTC 3.

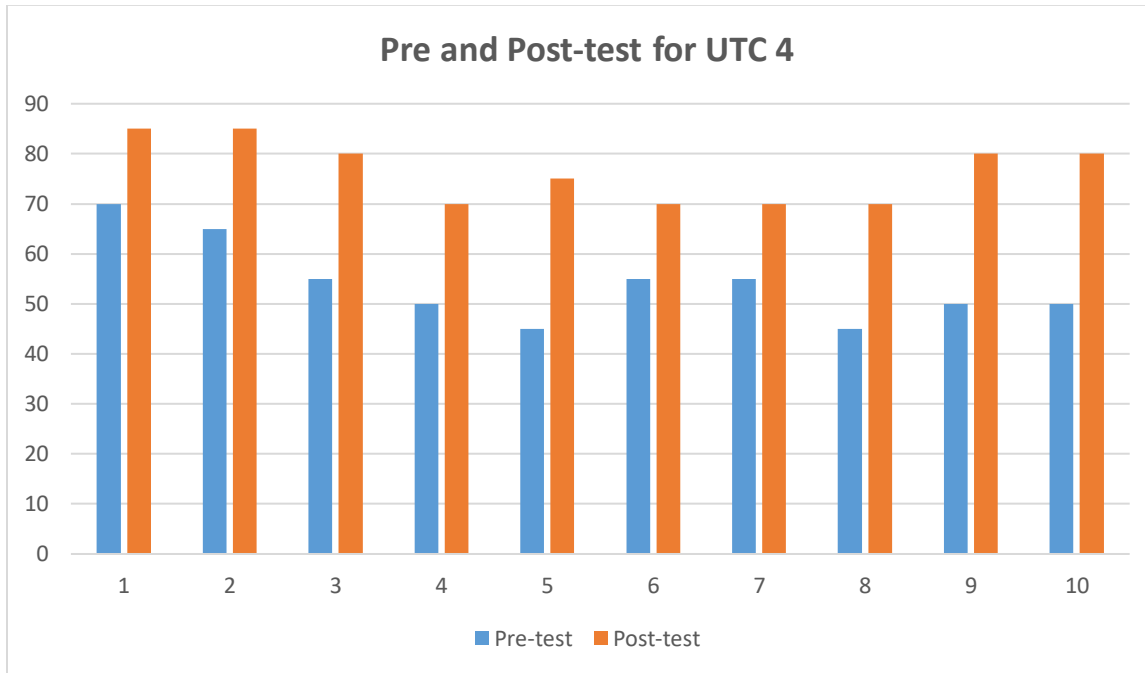
S/N	Pre-test	Post-test
1	75	90
2	70	90
3	65	85
4	55	85
5	50	80
6	60	85
7	45	75
8	55	80
9	50	75
10	65	85



Pre and Post-test for UTC 4.

S/N	Pre-test	Post-test
1	70	85
2	65	85
3	55	80
4	50	70
5	45	75
6	55	70

7	55	70
8	45	75
9	50	80
10	50	80

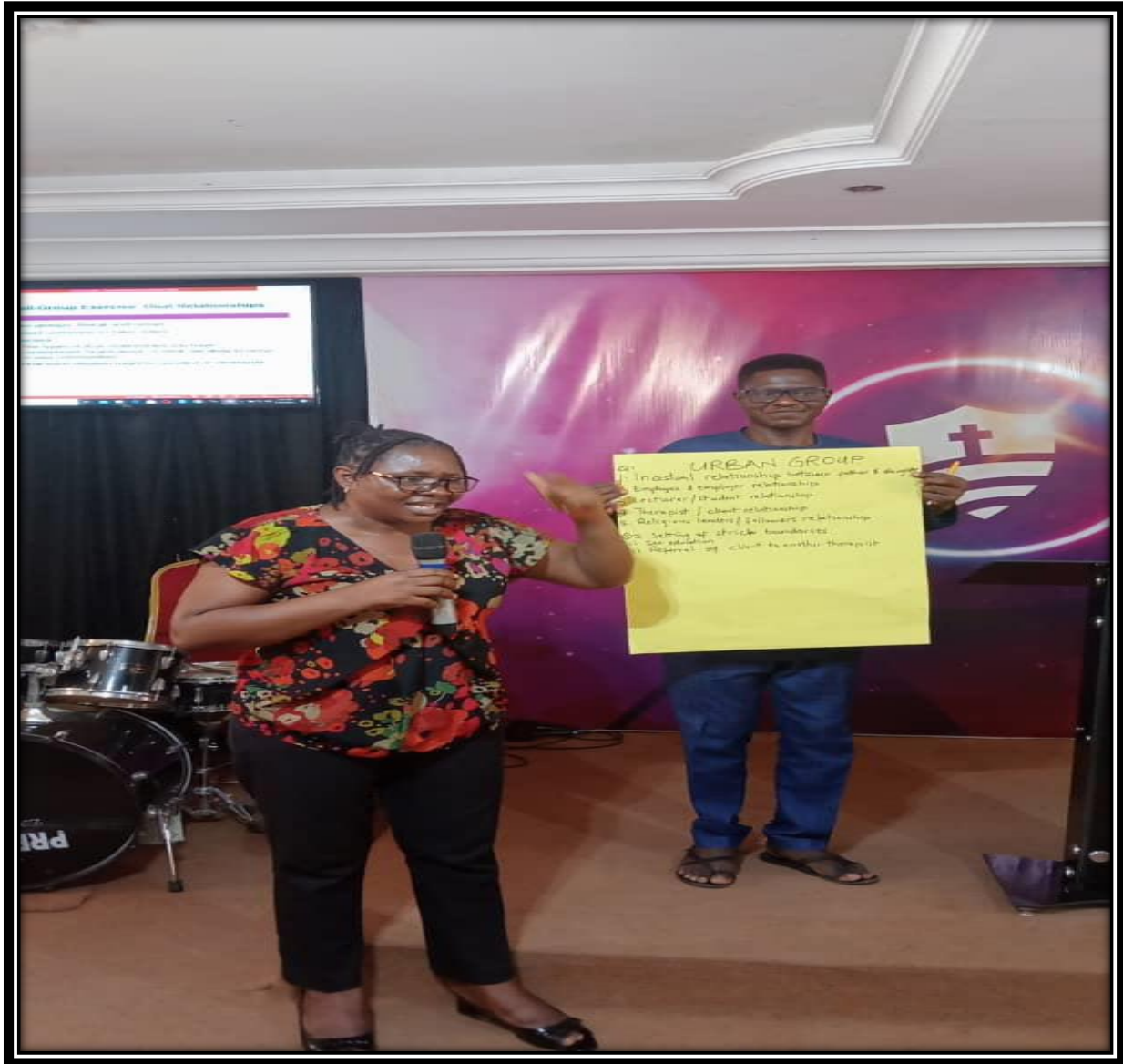


Methodology

In addition to lecturing method, other methods were used in conducting the training as seen in the pictures below, e.g Group work, group presentations, participant sharing of personal experience, whole class collaborative exercises, energizers etc.



Picture of participants during a group work session.



Group-work presentation by group two



Group-work presentation by group one

1. Sleep disturbance, eating poorly, instability at work, crying spells, suicidal ideation and plans, deep sense of hopelessness and helplessness

2. Bipolar II

3. Get her into a residential treatment center (inpatient center) for psychotherapy and treatment for SUD.

Group 1

- Q1: Feelings of hopelessness
- i. Lack of trust
 - ii. Sleepiness
 - iii. Poor eating
 - iv. Excessive thinking
 - v. Reluctance to see people
 - vi. Suicidal thoughts

Q2: Depression

- Q3: Request for psychotherapy and treatment
- * Professional intervention (therapy) for SUD



Some participants at lunch time



Participants practicing counselling skills



Group work presentation



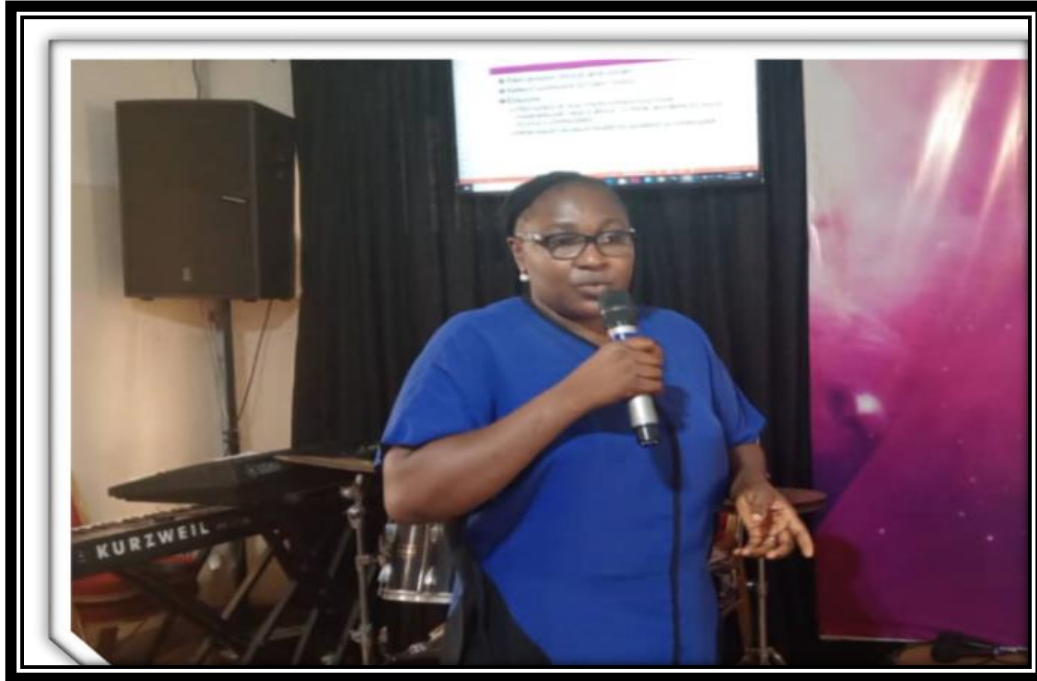


Conclusion

The goal for organizing this training was realized as there was increase in participant's knowledge on the taught curriculum. At the end of the week-long training, participants gladly discussed with the education provider and scheduled the next training on UTC 6, 7 & 8 by first week of July, 2024.

Participants Feedback

HELEN Olusayo Alao



I wish to thank Foundation for Changing Lives Against Substance Abuse for organizing this training. I have been looking for an opportunity like this to see how I can on my own address substance abuse disorder issues in my community. I am glad that I am here in attendance and the experience acquired is highly appreciated and will not be wasted. I look forward for participating in the remaining curriculum so that I will learn more and be more equipped.

Thank you.

Alapa Peter Okopi



It is a thing of great joy for being a participant in this training for I have missed several opportunities in the past. I am grateful to friends that kept me posted on this training and provided every necessary encouragement to attend. To our resource persons, you have been very wonderful in your art of facilitation. Permit me to state at this juncture that this training has indeed added my knowledge spurring me to go and do better. I wish to

announce that my organization is going to start implementing medicated Assisted Treatment very soon and the knowledge acquired in this training is going to be of much help. I am very keen about this training and hope that the next training will be announced without much delay so that we will return for another curriculum. What Foundation for Changing Lives Against Substance Abuse is doing is highly commendable.

Thank you all.

GALLERY





