

# TRAUMA INFORMED AND TRAUMA RESPONSIVE CARE IN MANAGING WOMEN WITH ALCOHOL AND OTHER SUBSTANCE USE DISORDERS IN THE TREATMENT SETTINGS IN UGANDA

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## SCOPE OF COVERAGE

**TRAUMA = EVENT + EXPERIENCE OF THE EVENT + EFFECTS**

Trauma can be Acute, Chronic, and complex or attachment trauma

## 1-INTRODUCTION

- A global survey found that among 68,894 people from 24 countries, 70.4% experienced lifetime traumas. Around 76 million women worldwide suffer from substance use disorders (SUDs), with alcohol being the most commonly abused substance.
- In East Africa, women's alcohol consumption rates are increasing, with Kenya reporting 21.2% of women consuming alcohol, and Uganda showing similar trends.
- In Uganda, cannabis comes next to alcohol among common illicit drugs used by women, with 2.5% of the female population using it annually.

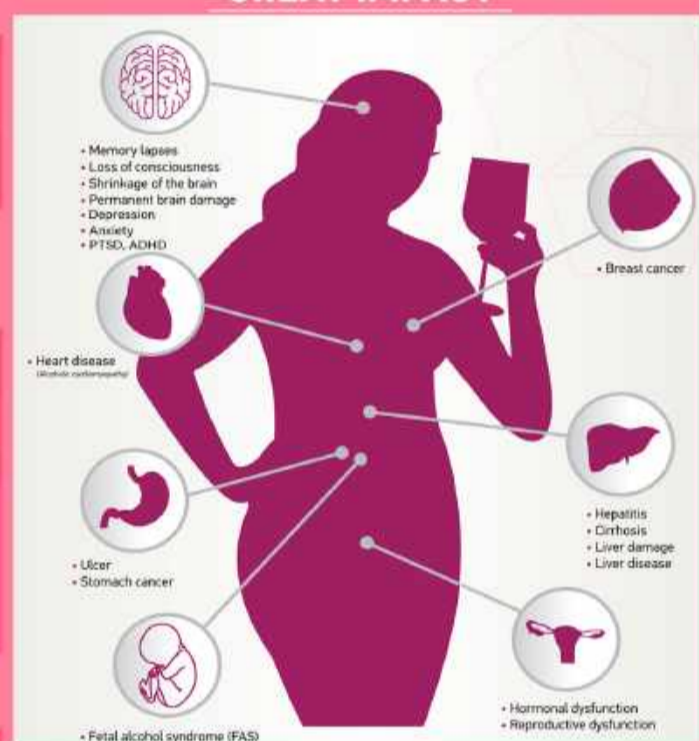
## 2-RESULTS AND FINDINGS

The study revealed that women are faced with traumatic experiences at:

- the individual level,
- the community level and
- the national level

The findings revealed that specialized treatment program only for women including trauma specific models in Uganda is almost not there.

## 4-THE INTERTWINE BETWEEN TRAUMA AND ALCOHOL USE DISORDER "GREAT IMPACT"



## 3-AIMS/OBJECTIVES AND PURPOSE

The present presentation is to assess the effectiveness of trauma-informed and trauma responsive care in supporting women with alcohol and other substance use disorders and retain them in treatment for sustainable recovery.

## INTERPERSONAL TRAUMA



## 5-TREATMENT

The principles of Trauma Informed Care approach include:

- Safety,
- Trustworthiness and
- Transparency

The 4 R's of Trauma informed care:

- Realise,
- Recognise,
- Respond and
- Resist re-traumatisation.

What can help include: Trauma informed policy, therapeutic parenting skills, trauma sensitive approaches, attachment-based therapy, improvement of maternal functionality and teach self regulation

## 6-LOCATION



Kawotto-Kajjansi  
Wafula Road

• Fore Tranquil Home  
Treatment Center

Albert Elwa Louis

Director, Focus on Recovery Uganda



## 7-CONTACTS

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Mental health care providers should be sensitised more on the relationship between AUD and Trauma especially among women who come for treatment. How the intertwine between the two can affect treatment outcomes.

Trauma Informed and trauma responsive care is found to be effective in AUD treatment among women.

Ministry of Health and different organisations looking at prevention and treatment of AUD such as UAPA and APRAU should encourage treatment centres to incorporate trauma informed care and trauma specific models into the services provided for effective AUD treatment and sustainability of recovery among women.

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