

**EFFECTS OF DRUG AND SUBSTANCE ABUSE MANAGEMENT  
PRACTICES ON ECONOMIC EMPOWERMENT IN KIAMBU: A CASE  
OF KIAMBAA SUB COUNTY**

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## **DECLARATION**

### **Declaration by Student**

This research proposal is my original work and has not been presented for a degree award at this university or any other university.

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## **DEDICATION**

To the Almighty God who freely grants knowledge and to my beloved and caring family: You have been a great source of inspiration.

## TABLE OF CONTENTS

<b>DECLARATION.....</b>	<b>i</b>
<b>DEDICATION.....</b>	<b>ii</b>
<b>ABSTRACT.....</b>	<b>iii</b>
<b>LIST OF TABLES .....</b>	<b>vi</b>
<b>LIST OF FIGURES .....</b>	<b>vii</b>
<b>ABBREVIATIONS AND ACRONYMS.....</b>	<b>viii</b>
<b>OPERATIONAL DEFINITION OF TERMS.....</b>	<b>ix</b>
<b>CHAPTER ONE: INTRODUCTION .....</b>	<b>1</b>
1.1 Background of the study .....	1
1.1.1 Economic Empowerment.....	1
1.1.2. Drug and Substance Management Practices .....	2
1.1.3. Kiambu County.....	3
1.2 Statement of the Problem.....	4
1.3 Objectives of Study.....	5
1.4 Research Questions .....	5
1.5 Justification and Significance .....	6
1.6 Scope of the study .....	6
<b>CHAPTER TWO: LITERATURE REVIEW.....</b>	<b>8</b>
2.1 Introduction.....	8
2.2 Economic Empowerment.....	8

2.3 Drug and Substance abuse and economic empowerment. ....	10
2.3.1 Drug and Substance abuse Prevention practices and Economic empowerment.....	10
2.3.2 Drug and Substance abuse Law enforcement practices and Economic empowerment .....	11
2.3.3 Substance and drug abuse Therapeutic management practices and Economic empowerment.....	12
2.4 Theoretical Framework.....	13
2.4.1. Self-Efficacy Theory (Bandura, 1986) .....	13
2.4.2 Cohen Status Frustration Theory .....	15
2.5 Summary and gaps to be filled by study.....	18
2.6 Conceptual Framework.....	22
<b>CHAPTER THREE: RESEARCH METHODOLOGY .....</b>	<b>23</b>
3.1 Introduction.....	23
3.2 Research Design.....	23
3.3 Variables/Categories of Analysis.....	23
3.4 Site of the Study.....	23
3.5 Target Population.....	24
3.6 Sample Techniques and Size .....	24
3.7 Research Instruments .....	25
3.8 Validity of Research Instruments.....	26
3.9 Reliability of Research Instruments.....	26
3.10 Test for validity and reliability .....	26
3.11 Data Collection Procedures.....	27
3.12 Data analysis and presentation.....	27
3.13 Ethical Review .....	28

<b>CHAPTER FOUR: RESULTS AND FINDINGS.....</b>	<b>30</b>
4.1: Introduction.....	30
4.2 General and Demographic Information of the Respondents.....	30
4.2.1 Response Rate .....	30
4.2.2 Gender of the Respondents .....	31
4.2.3 Respondents Work Experience .....	32
4.2.4 Respondents' Level of Education.....	33
4.2.5 Respondents Job Title .....	34
4.3 Descriptive Statistics.....	35
4.3.1 Prevention Program Strategies and Economic Empowerment .....	35
4.3.2 Law Enforcement Practices and Economic Empowerment.....	38
4.3.3 Therapeutic Interventions and Economic Empowerment.....	41
4.4 Inferential Statistics .....	44
4.4.1 Regression Analysis for Prevention Program Strategies and Economic Empowerment .....	44
4.4.2 Regression Analysis for Law Enforcement Practices and Economic Empowerment	48
4.4.3 Regression Analysis for Therapeutic Interventions and Economic Empowerment ...	51
4.4.4 The Joint Effect of Prevention Program Strategies, Law Enforcement Practices and Therapeutic Interventions on Economic Empowerment.....	55
4.5 Thematic Analysis for Interview Schedule for OCS and DCC .....	60
4.6 Discussion of the Findings.....	62
4.6.1 Prevention Program Strategies and Economic Empowerment .....	62
4.6.2 Law Enforcement Practices and Economic Empowerment.....	64
4.6.3 Therapeutic Interventions and Economic Empowerment.....	66

4.6.4 Joint Effect of Prevention Program Strategies, Law Enforcement Practices and Therapeutic Interventions on Economic Empowerment.....	68
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**CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS..... 71**

5.1 Introduction.....	71
5.2 Summary of Study Findings .....	71
5.2.1 Effect of Drug and Substance Abuse Prevention Practices on Economic Empowerment .....	71
5.2.2 Effect of Drug and Substance Abuse Law Enforcement Practices on Economic Empowerment.....	71
5.2.3 Effect of Drug and Substance Abuse Therapeutic Management on Economic Empowerment.....	72
5.3. Conclusion .....	72
5.4 Recommendations.....	74
5.5 Suggestions for Future Research .....	76

**REFERENCES..... 77**

**APPENDICES ..... 84**

<b>Appendix I: Introduction Letter.....</b>	<b>84</b>
<b>Appendix II: Informed Consent Form.....</b>	<b>85</b>
<b>Appendix III: Research Questionnaire.....</b>	<b>87</b>
<b>Appendix V: Interview Schedule for DCC and OCS .....</b>	<b>94</b>
<b>Appendix VI: Proposed Budget.....</b>	<b>95</b>
<b>Appendix VII: Work Plan.....</b>	<b>96</b>
<b>Appendix VIII: Map of The Study Area.....</b>	<b>97</b>

## LIST OF TABLES

Table 2.1: Summary and gaps to be filled by the study.....	19
Table 3.1 Target Population.....	24
Table 3.2 Sample Size.....	25
Table 3.3: Cronbach's test output.....	28
Table 4.1: Response Rate.....	32
Table 4.2: Respondents Gender.....	33
Table 4.3 Respondents Work Experience.....	34
Table 4.4: Highest Education Level.....	35
Table 4.5: Job Title.....	36
Table 4.6: Prevention Program Strategies on Economic Empowerment.....	37
Table 4.7 Law Enforcement Practices and Economic Empowerment.....	40
Table 4.8:Therapeutic Intervention and Economic Empowerment.....	43
Table 4.9 Economic Empowerment Kiambu County.....	46
Table 4.10 Model Summary.....	47
Table 4.11: ANOVA Results.....	48
Table 4.12: Coefficients.....	49

## LIST OF FIGURES

Figure 2.1: Conceptual Framework.....	22
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## **ABBREVIATIONS AND ACRONYMS**

<b>ADA:</b>	Adenosine Deaminase
<b>AIDS:</b>	Acquired Immune Deficiency Syndrome
<b>CDC:</b>	Centers for Disease Control and Prevention
<b>FASD:</b>	Fetal alcohol spectrum disorders
<b>GDP:</b>	Gross Domestic Product
<b>HIV:</b>	Human Immunodeficiency Virus
<b>NACADA</b>	National Authority for the Campaign Against Alcohol and Drug Abuse
<b>NACOSTI:</b>	National Council of Science, Technology and Innovation
<b>NGOs:</b>	Non-Governmental Organizations
<b>OECD:</b>	Organisation for Economic Cooperation and Development
<b>REBT:</b>	Therapy Rational Emotive Behavior Therapy
<b>SDA:</b>	Social Development Association
<b>SDG:</b>	Strategic Development Goals
<b>SLT:</b>	Social Learning Theory

**UNODC:** United Nations Office on Drugs and Crime

**USA:** United States of America

**WHO:** World Health Organization

## OPERATIONAL DEFINITION OF TERMS

**Public participation:** This study considers public participation to be the process whereby an organisation or an institution consults with the interests of affected people before making a decision.

**Drug and Substance Abuse:** This is when intoxicating drug usage is done improperly to the point where it interferes with one's ability to function personally, academically, socially, and spiritually.

**Therapeutic interventions:** An attempt to enhance the well-being of someone who needs help but is rebuffing it or is otherwise unable to initiate or accept treatment is known as a therapeutic intervention.

**Law enforcement** is the process or action of enforcing legal conformity or observance.

**Preventive practices:** Any practice intended to prevent substance misuse and lessen its negative health and social effects is referred to as a preventive practice. This broad term can refer to activities aimed at decreasing demand and actions aimed at decreasing supply (based on the theory that reducing the availability of drugs lessens the likelihood of misuse and dependency) (including health promotion and disease prevention).

**Economic empowerment.** According to the OECD, economic empowerment is the ability of both men and women to participate in, contribute to, and profit from growth processes in ways that uphold their dignity, acknowledge the value of their contributions, and facilitate discussions about a more equitable distribution of the advantages of growth.

## ABSTRACT

World over, where drugs and substances are known, patterns for their use and abstinence are proscribed. In Kiambu County, various nationally and internationally recognised drug and substance abuse management practices have been put in place. The study aimed to investigate the effects of drug and substance use management practices on economic empowerment in Kiambu County, a County that continues to experience diminishing economic empowerment, especially among the young male folk, mainly due to increased drug and substance abuse. The following objectives were used as a guideline for the study: to assess the effect of drug and substance abuse prevention practices, to find out the impact of drug and substance abuse and law enforcement practices, and to assess the effect of drug and substance abuse Therapeutic management practices on the economic empowerment of Kiambu. The study was anchored on self-efficacy Theory, Cohen Status Frustration Theory and Rational Emotive Behavior Therapy. A descriptive research design was adopted, and the composition of the target population was ward administrators, MAT caregivers, police officers, OC Crime, Deputy County Commissioner and National government administrative officers (NGAO) were sampled using stratified simple random sampling. Key informants were purposively selected. A total of 200 respondents were targeted, and a sample size of 67 was used to collect data using a structured questionnaire; for data analysis, inferential and descriptive methods were used for quantitative data; for the presentation of data, figures and tables were used by harnessing the statistical package for social sciences (SPSS). The study adopted a multivariate regression analysis. The study outcome indicated, and it shows, that drug and substance abuse management practices influence 30 per cent of economic empowerment in Kiambu County through the implementation of various mitigation practices by ward administrators, MAT caregivers, hospital administrators, National government administrative officers (NGAOs) and Police officers. Variables outside this model contribute the remaining 70 per cent. The model was, therefore, appropriate for inferential statistics. Economic empowerment increased when a single unit increased prevention program strategies, law enforcement practices, and therapeutic interventions. In conclusion, the joint effect of prevention program strategies, law enforcement practices, and therapeutic interventions is crucial for the economic empowerment of drug abuse victims. Recommendations included enhancing stakeholder collaboration and communication, including prevention program providers, law enforcement agencies, healthcare professionals, and economic empowerment organisations.

## CHAPTER ONE: INTRODUCTION

### 1.1 Background of the study

#### 1.1.1 Economic empowerment

A study conducted by the United Nations Office on Drug Control (UNODC, 2011) indicates that the illicit drug trade is worth \$870B. According to the annual global Gross Domestic Product GDP, this equals 1.5%, equivalent to 1.5%. By any standard, this revenue is much more than some of the world's largest multi-nations make in a year. Such revenue can easily cause instability and insecurity in some parts of the world.

In the USA Illicit, drugs and substances worth \$65B are sold every year, while in Brazil, injectable drugs have increased HIV/AIDS prevalence by 48 % (Pucurucu, 2017). International Narcotic Control Board (2014) report shows that tobacco use contributes to more disease burden than any other psychoactive agents. The number of people who die from tobacco use annually, according to the current trend, is projected to rise from 6 million to 7.5 million annually by 2020. Jones et al. (2015), using Statistics from the Centre for Disease Control and Prevention (CDC), point that opioids alone were responsible for 33,091 deaths in 2015 in Canada; 21% of all deaths were attributed to tobacco, alcohol and illegal drug use, 25% years lost in life and 19% of hospital visits for Canadians aged 15 years or older (Rehm et al., 2006).

In Africa, Substance abuse has become one of the most serious challenges and threats to the life and well-being of many productive young persons in several parts of the continent (UNODC, 2018; Uwakwe & Gureje, 2011). In the northwest part of Nigeria, Williams (2016) speculated that over 6 million bottles of codeine are sold and are available daily despite the government's sanctions on the importation or production and sale of these commonly abused

drugs. In South Africa, the use of illegal drugs is an increasing public health issue. Drug usage climbed from 3.7 per cent in 2008 to 4.4 per cent in 2012, according to data from the South African national population-based survey conducted in 2012 (Peltzer & Ramlagan, 2010).

In Kenya, Drug and substance abuse frequencies and related consequences have significantly increased in recent years, attracting huge attention from the government and non-state actors (Kipkemboi, 2013). Despite these efforts to regulate the production and consumption of substance and drug abuse, many Kenyans from across the society have continued to experience the negative effects of alcohol consumption. Kwambai & Kimutai (2017) observe that deaths related to the consumption and abuse of drugs are frightening. For example, illicit drink killed the following people in Kenya: 12 in Nairobi's Shauri Moyo Estate in April 2010; 5 in Thindigwa, Kiambu County, in July 2010; 23 in Kibera slums, Nairobi County, in August 2010 and in the same month 5 in Ngobit, Laikipia County (NACADA, 2011). In November 2010, at Mukuru Kwa Njenga and Mukuru Kaiyaba in Nairobi, illicit drinking resulted in 140 deaths and loss of sight

### **1.1.2. Drug and Substance Management Practices**

Psychoactive substance has been part and parcel of human civilisation such as in entertainment, celebrations, relaxation, medicine and day to day life such that psychoactive substances culture is synonymous to human culture. (Csiernik 2016). In fact, when you say “a drink”, it’s likely to be taken to mean an alcoholic drink. World over where drugs and substances are known, patterns of use and abstinence are prescribed in details. It has been recognized with time that various management practices regulating production, sell as well as consumption have been in existence. Drug and substance abuse is viewed as a medical problem by some management practices that requires medical interventions such as treatment. On the other hand, other

management practices reflect the Victorian and prohibition-era notions which holds that drug and substance abuse is an indicative of moral decay and that drug and substance addicts are weak, lack will power, are deviants and should pay the price. (Dabaghi e t. Al., 2018). But even as the society endeavors to mitigate the problem, it would appear that society has simultaneously stomached and even supported the vice as citizens continue to be encouraged through manufacturing, marketing of some and advertisements to include a variety of recreational and therapeutic drugs (Goodstadt,2015) Overall approaches concerning substance and drug use have changed considerably over the years, with many governments and organizations initiating and running strict substance and drug prevention programs (Wright, 2017). But even as many societies endeavor to moderate the problems associated with substance and drug use, it would appear that they have simultaneously stomached or even supported the vice, as citizens continue to be encouraged through manufacturing, marketing and advertisements to use a wide range of recreational and therapeutic drugs (Goodstadt, 2015).

### **1.1.3. Kiambu County**

In Kiambu County, drug and substance abuse has been one of the major debilitating threats to economy in the following ways: It has led to the high unemployment rate among the youths, and because of this there is little or no saving and consequently no investment. Also, drug and substance abuse has resulted to poor progression rates in learning institutions resulting to increase in dropout rates. This has resulted in the deteriorating security and increase in crime in the area. Youth abandon meaningful economic activities to join criminal gangs.

Kiambu County Annual Development Plan (2016) also points out that the health of people in the county has been affected by drug and substance abuse. People who abuse drugs are

predisposed to several diseases including HIV/AIDS and suffered more injuries. In this regard, the research seeks to look into the effect of drug and substance use and management practices on the socio economic empowerment in the County of Kiambu, Kenya.

## **1.2 Statement of the problem**

The number of NGOs, government departments as well as CBOs involved in drug abuse prevention has risen significantly over time but with no corresponding reduction of drug and substance abuse. According to Brass (2010), the number of NGOs grew 15-fold between 1991 and 2008, from about 400 to over 6000, and with sufficient funding derived from foreign sources. A very large proportion of these NGOs report engaging in capacity-building usually in form of group training classes, specifically targeting the youth in: HIV/AIDS prevention, behavioural modification, communication skills, independence, and occupational training are all connected to drug and alcohol misuse. With all these management practices in place, some stretching from the colonial period, drug and substance abuse has been rampant resulting to severe social, health and economic continues to cause (Chepkwony, Chelule & Barmao, 2013).

According to NACADA (2012) report, there has been an increase in alcohol consumption in the country since 2007. North Eastern region increasing with 5.4%, Nairobi 3.4%, Western 3.4% while Rift Valley with 3.2%. The earliest age of the first time use of alcoholic beverages too has gone down, ranging from 4-6yrs depending on the region. The most abused drugs are; Alcohol, Tobacco, Miraa, Bhang and injectable at ;3,293,495, 2,240,656, 1,106,830, 269,959 and 18,327 persons affected respectively (NACADA 2011).

Drug and substance misuse has been the subject of several research. For instance, Njoki (2013) investigated drug and substance misuse in secondary schools in Kiambu County and found that

there are several variables that influence pupils to take drugs, with peer pressure, curiosity, and ignorance serving as the major drivers. Rono (2014) used a few Kenyan public and private colleges to do research on the effectiveness of drug and substance addiction prevention programmes. She discovered many socio-psychological, economic, and cultural elements that contribute to drug usage. In a study by Margaret (2019), it was found that the main barriers to both types of interventions were a lack of support from parents and teachers. In order to reduce marijuana and alcohol consumption among high school students in Kiambu County, the research examined the efficacy of counselling and non-counseling approaches. Ongwae's investigation into the reasons for and consequences of drug and alcohol addiction among pupils in Nairobi County's Starehe Sub-County. According to the study's results, peer pressure is a major factor in driving most students to misuse drugs and alcohol. To counter this threat, teachers should be included in the curriculum revision process.

Despite the existence of several drug and substance management approaches in Kiambu, which should, of course, benefit from and improve as a consequence of the many studies that are now available, the drug and substance problem there has not been under control. Instead, in many metropolitan areas, including Ruaka, there is a surge in the number of jobless youth, crime, drug and alcohol dens (both legal and illicit), the homeless, and the impoverished billionaires.

### **1.3 Objectives of the study**

The following objectives will serve as a guide for this research;

1. To evaluate the effect of drug and substance abuse prevention practices on the economic empowerment of Kiambu County, Kenya.

2. To establish the effect of drug and substance abuse law enforcement practices on the economic empowerment of Kiambu, Kenya.
3. To assess the effect of drug and substance abuse Therapeutic management practices on the economic empowerment of Kiambu, Kenya.

#### **1.4 Research Questions**

The following inquiries will serve as a guide for this research;

1. How do the alcohol and drug abuse prevention practices affect the economic empowerment in Kiambu County?
2. How does law enforcement practices affect the economic empowerment in Kiambu County?
3. How does Therapeutic interventions affect the economic empowerment in Kiambu County?

#### **1.5 Justification and significance**

Global, regional, and local drug challenges are fast evolving and becoming more complex with each passing day. These challenges continue to erode the social, economic and political life of the addicts, tearing apart families, friendships and professions, relationships, and threatening economic empowerment which depends on people's ability to work, create wealth and to invest.

The study will assist national and county governments by providing data and findings to inform policies and strategies to sustain the fight against drug abuse and improve economic

productivity. It will help other stakeholders and NGOs to identify new perspectives and areas for further research.

This study will, above all, provide insight into the relationship between management practices and their impact on economic empowerment in Kiambu.

### **1.6 Scope of the study**

To reduce drug and substance misuse in Kenya, this research will examine existing trends, practises, and regulations and how they influence economic empowerment. It will also examine the mitigation methods used by the government and other stakeholders to fight the problem in view of changing trends in demand and supply.

It will also examine drug users' experiences, which will be used to develop homegrown drug abuse management strategies in Kenya. The study will investigate the current drugs in use in Kiambu County, the level of awareness of the harmful effects, and the users' views about the management strategies already in place.

## **CHAPTER TWO: LITERATURE REVIEW**

### **2.1 Introduction**

This chapter will provide an overview of drug and substance abuse management techniques based on the literature study of researchers' findings on drug addiction prevention measures throughout time. Additionally, theoretical frameworks for drug and substance abuse prevention will be presented. Albert Bandura's social learning theory will serve as the foundation for the theoretical framework, which will also make some allusions to other social change evaluations and models pertinent to strategies for managing substance and drug use. The three major management strategies, namely prevention, treatment, and law enforcement, will be the main focus. Finally, the chapter will explain the study's variables and conceptual framework in diagram form.

### **2.2 Economic empowerment**

Each year, substance and drug abuse cause immense economic damage across the globe in areas of crime control, management of public health and safety, productivity and governance. All these are co-efficient in economic empowerment and smooth functioning societies. An understanding of the relationship between substance and drug abuse and development would, therefore, help develop management policies and practices that would reduce abuse and addiction and foster economic empowerment.

According to Babor et al. (2010), health and social harm from substance abuse arise in three significant ways: through the toxic effects on various body organs and tissues of the user, the development of substance dependence and intoxication. The available literature on the subject

has identified over 200 health conditions that directly or indirectly undermine the achievement of the global Health Strategic Development Goals (SDG) targets.

According to research by Faller et al. (2016) and Goldstein (1985), drug and alcohol misuse can sometimes be the cause of crime. Drug users may conduct crimes, and the acute effects of narcotics may encourage violent behaviour or thievery. Drug users will also commit crimes to maintain their drug use and addiction (e.g. when they need to buy drugs but lack the money, which may result in robberies, burglaries, or fights between buyers and sellers over bad transactions). According to Esbec & Echebura, additional factors that affect drug use and crime include poverty, personality issues, social and cultural contexts, and relationships with other users (2016). Prostitution, assault, rape, theft, break-ins, and other unforeseen crimes are routinely committed. The existing literature discusses the connection between drugs and crime using three explanatory models: First, drug misuse contributes to crime. Second, criminality contributes to drug usage. Third, the connection is either coincidental or may be accounted for by a group of common reasons. (White & Gorman 2000; Boyum et al 2011; Caulkins & Kleiman 2011; White & Gorman 2000)

According to Florence et al. (2016), the US economy is expected to bear a total burden of \$78.5 billion. The expense of higher health care and drug misuse treatment accounts for more than one-third of this sum (\$28.9 billion). The public sector pays for around one-fourth of the cost of health care, drug rehab, and criminal justice expenses. Increased unemployment rates are anticipated to occur in the same age bracket as individuals who are most prone to use drugs and have drug issues in Latin America, Southeast Asia, and Africa. It is also impossible to dismiss estimates of productivity losses brought on by lower labour force participation.

According to Easton et al. (2016), the average weekly salary (ordinary + overtime) in New Zealand, for example, was \$1,066, or \$55,660 per year. The additional productivity losses suffered by those providing care for people with Fetal Alcohol Spectrum Disorder (FASD) who are subsequently unable to work in the paid labour force as a result of their caregiving or from ineffective or otherwise unnecessary spending in the education, health, or justice systems are not, however, considered in these estimates. Without the economic constraints caused by FASD, these funds might be used for other commercial and governmental expenditure initiatives that would benefit every one in New Zealand.

## **2.3 Drug and Substance abuse and economic empowerment.**

### **2.3.1 Drug and Substance abuse Prevention practices and Economic empowerment**

In a few Kenyan public and private institutions in 2014, Ronoh conducted research on the efficacy of drug and substance addiction prevention programmes. The study's particular objectives were to determine the objectives of different levels of prevention programmes and activities, implementation techniques, student participation in prevention activities, difficulties confronting prevention services, and elements that maintain drug addiction in universities. It was created to assess the success of drug usage prevention programmes at a few Kenyan institutions, both public and private. The theories of Self-efficacy and Ecological Systems provided the framework for this inquiry. A multi-stage sampling approach was used to choose 499 respondents, comprising 395 students and 104 social support providers. Data from two state institutions and two private universities in Kenya were gathered using a cross-sectional survey that included qualitative and quantitative techniques. The study's findings demonstrated that social, psychological, economic, and cultural factors all affect drug abuse and that the

biggest challenges to effective implementation include poor implementation tactics, a lack of resources, and unfavourable student attitudes.

Gateri and Nyakwana conducted a study on the predisposing variables for drug and substance misuse among teenagers in Gachie, Kiambu County, Kenya (2018). On a sample of Gachie inhabitants who were willing to participate in the survey and were between the ages of 19 and 35, the study utilised a descriptive cross-sectional research methodology. A straightforward random sample approach was employed to get the 73 respondents. Structured questionnaires were used to gather data. According to the study's findings, juvenile substance misuse in Gachie, Kiambu County, was influenced by peer pressure, drug availability, and unemployment.

### **2.3.2 Drug and Substance Abuse Law enforcement practices and Economic empowerment**

A case review on the never-ending drug war: impediments to changing drug war policies was the subject of research by Scherlen (2012). The review clarified the continuation of the drug wars using the ideas of policy termination and prospect theory. The study demonstrated that prudent judgement and sound economic reasoning are insufficient to persuade legislators to change current policy. Certain aspects of the drug policy, the political climate at the time, as well as customary institutional and bureaucratic constraints all significantly impede efforts to put an end to the drug war. Views on the advantages and drawbacks of ending the drug war can cause snags. The paper concludes that before the drug war programme can be ended, a lot of things need to change.

Lutta performed research on how corruption and law enforcement employees affected Nairobi County's execution of alcohol and drug misuse regulations (2016). The research aimed to determine how much corruption is impeding Kenya's efforts to execute its drug and substance restrictions. This research aims to examine the connection between corruption and Kenya's drug and substance misuse laws. The study concentrated on the core concepts that affect how DSA policies are put into practice, such as resource allocation, the effectiveness of enforcement personnel, police officer readiness for duty and training, chiefs' and assistant chiefs' readiness for duty, and corruption in the form of bribery and extortion. Cross-sectional research was performed in the study to compare various demographic groups at a particular time using qualitative and quantitative methodologies. Questionnaires were used to collect data from randomly and consciously chosen groups for the research. Data was acquired and analysed using SPSS utilising questionnaires. The results showed that corruption impacts how DSA policies are implemented.

### **2.3.3 Substance and drug abuse Therapeutic management practices and Economic empowerment.**

Substance Abuse Treatment in Correctional vs Non-Correctional Settings: Analysis of Racial/Ethnic and Gender Differences is the title of the research by Camplain et al. (2018). National Survey on Drug Use and Health cross-sectional data were utilised to identify White, African American, and Hispanic individuals who had undergone drug addiction treatment in the preceding year (2002-2016). Using multiple logistic regression, the influence of gender and race/ethnicity on the relationship between different exposure factors and the treatment locus was studied. Even though drug addiction treatment programmes are beneficial in the United States, few individuals use them, particularly women, African Americans, and Hispanics.

People with drug addiction problems often interact with the criminal justice system, and African Americans and Hispanics are disproportionately represented in this population. Due to the great demand for treatment, poor treatment uptake, and the link between drug usage and incarceration, correctional facilities are gradually filling the treatment gap by offering safety-net treatment programmes.

In Nairobi County, Kalangi (2018) performed research on how patients who abuse alcohol and drugs access and use information resources, concentrating on the Asumbi Treatment Center, an approved rehabilitation facility in Nairobi Town. The objectives of the study included identifying the information needs of DSA patients in the rehabilitation centre, identifying the information-seeking behaviours of DSA patients, evaluating the current information services available to DSA patients, understanding how DSA patients use information, determining the obstacles DSA patients face when accessing and utilising information and formulating recommendations for improving the delivery of information services to DSA patient. DSA patients and administrative personnel from the rehabilitation centre conducting a census were the respondents in a qualitative case study design. The results showed that DSA patients had specific information demands, including those related to behaviour modification, profession choice, business, sign language, and current events.

## **2.4 Theoretical Framework**

### **2.4.1. Self-Efficacy Theory (Bandura, 1986)**

This Theory is credited to Canadian psychologist Albert Bandura, born in Alberta in 1925. According to Bandura (1995, 2004), self-efficacy is the belief in one's ability to plan, carry out, and succeed in the actions necessary to handle impending events. Several health behaviour

outcomes have been demonstrated to be predicted by self-efficacy, or confidence in one's abilities, according to other studies (Ormrod, 2003; Margolis & McCabe, 2006; Conner & Norman, 2009). According to Bandura (1977), one's self-beliefs about oneself and talents serve as a major foundation for self-efficacy. As a result, rather than what is objectively true, people base their emotional states and actions more on what they think. As a result, rather than what they are capable of doing, people's behaviour is frequently better predicted by the assumptions they hold about their capabilities. He contends that self-efficacy beliefs control how people use their knowledge and abilities. According to Bandura's thesis, developed preventative programmes may or may not be used by various social strata in a community, which is a significant issue that might arise. The views and attitudes individuals hold regarding preventative initiatives' effect on their lives shape this illustrated circumstance.

The Theory of Planned Behaviors by Fishbein and Ajzen (2010) heavily references Bandura's theory. According to him, attitude refers to a person's tendency to react positively or adversely to an item, activity, individual, institution, or event. Zimmermann (2008) contends that a dynamic process that a person engages in while they strive toward a goal is a crucial component of the influence of attitude on self-regulation. It is desirable to receive feedback or reflection to modify and maintain behaviour management. According to the hypothesis, the environment may have a beneficial or harmful impact on how one regulates oneself. Effective self-regulation is challenging if the environment offers no social cues or feedback. This assertion suggests a correlating relationship between attitude and environmental dynamics.

Drug and substance abusers are likely to take advantage of deterrent initiatives if they give them any thought. The way drug and substance users conceptualise their underlying forces of self-efficacy influences both their progressive response and their participation in preventative

efforts. According to the notion, the implementation and success of preventive initiatives are greatly influenced by the involvement of drug and substance users. According to self-efficacy, almost everyone can think of activities they want to do, impacts they would like to change, and objectives they would like to reach. However, not everyone will find this to be so straightforward.

Bandura (1977, 2004) asserts that a person's self-efficacy significantly affects managing objectives, responsibilities, and challenges. A strong sense of self-efficacy is associated with a more significant commitment to one's objectives and course of action. By arguing that one's capacity to dominate, rule, or meritoriously transform the environment relies on one's choices and actions, Bird, Conrad, Fremont, and Timmermans (2010) support the position. According to Luszczynska and Schwarzer (2005), self-efficacy determines whether and how much effort will be put into changing one's health behaviour and how long that behaviour will be maintained in the face of challenges and disappointments.

West (2006) adds that cognitive biases, along with beliefs, prospects, self-efficacy, attributions, and attention, all contribute to the maintenance of addiction to his ideas on cognitive bias. Behaviour change occurs when a person can carry out a behaviour or when several other variables, such as perceived self-efficiency and perceived behavioural control, are met, according to Bartholomew et al. (2006). In order to ensure that the tactics and strategies being employed are in sync with student cognitive dynamics, it is crucial for preventative programmes to access this information.

## 2.4.2 Cohen Status Frustration Theory

In his research on criminal gangs, Cohen made the case that these groups tried to "substitute" their subcultures for society's accepted norms and values. He provided two straightforward ideas, "status frustration" and "response formation." The former (Status Frustration) mainly targeted young people from lower socioeconomic strata. It argues that when social realities and the rest of societal desired goals do not coincide, people become frustrated with the constraints and injustices they must contend with, as Albert Cohen endorsed this view (1955). He used it to convey how discouraged the working class feels about their ability to reach the same position as middle- or upper-class peers. According to the notion that society will always have results, Cohen's second principle, or "response formation," is reached. According to Cohen, reaction formation is the response to "status dissatisfaction," Young people from lower socioeconomic groups find themselves replacing the standards and ideals of their society with new ones. For example, disruptive behaviours such as competing to commit the most rapes or burglaries may take the role of working hard as the group's aim for respect.

Cohen maintains that the response to status frustration is a common reaction rather than an individual one, in contrast to Merton's strain theory. This idea explains why non-utilitarian crimes like graffiti, loitering, and joyriding are on the rise in most places with high rates of substance and drug usage. Although such activities do not benefit the perpetrator financially, they become significant to subculture members and provide easy access to achieving respect and prestige among the peer group. Although the working middle class was the context in which the theory was developed, it may still be applied to various societal processes regardless of class. In this instance, addiction may be able to provide the group with a sense of values and prestige that they are unable to obtain from the wider society, allowing them to adjust to their

exclusion from it more effectively. Despite cultural expectations, the hypothesis may help to explain why and how certain people develop drug and alcohol addictions. Realistic substance and drug misuse management solutions may be built based on such in-depth information.

One's life may be lived without the restrictions of drug usage (Ellis, Dryden, & DiGiuseppe, 2015).

### **2.4.3 Therapy Logic Emotional Behavior Theory**

In 1955, Albert Ellis founded Rational Emotive Behavior Therapy (REBT). It is a theory, practice, and school of thought-based therapeutic framework. Rational emotive behaviour therapy, formerly known as rational therapy and rational emotive therapy, is an active-directive psychotherapy with philosophical and scientific underpinnings. The idea, by its proponent, seeks to identify emotional and social conflicts and problems and to assist people in leading happier lives. Each year, many people lose their lives to drug and alcohol addiction (Albert Ellis, Haper, & Powers, 2018). This academic claims that substance and drug misuse is defined as a persistent want to seek out drugs even when one is aware of the harm they might cause. According to the supporters of the need, hazardous chemicals' effects on the brain drive the desire.

REBT is a type of psychotherapy that encourages people to think differently to encourage positive behaviours and actions. Applying REBT helps a person get rid of undesired behaviours, stop addictive patterns, and work toward living a contented and joyful life. The idea also encourages the development of moral principles such as strong approbation of one's personality and those of others (Ellis & Joffe, 2017). The decision to start consuming narcotics is often the result of several different causes. Risk factors influence a person's propensity for

drug addiction, whereas protective factors work to reduce that risk. People can become addicted if protective elements are not appropriately applied, and even occasionally when they are. For those who are addicted, REBT may help alter their thought patterns, which will then alter their addictive behaviours. It takes more than just medicine and family support to stop relapses. Affected people may need to change their way of thinking and adopt a new way of life in order to resist additional substance misuse.

## 2.5 Summary and gaps to be filled by the study

**Table 2.1: Summary and gaps to be filled by the study**

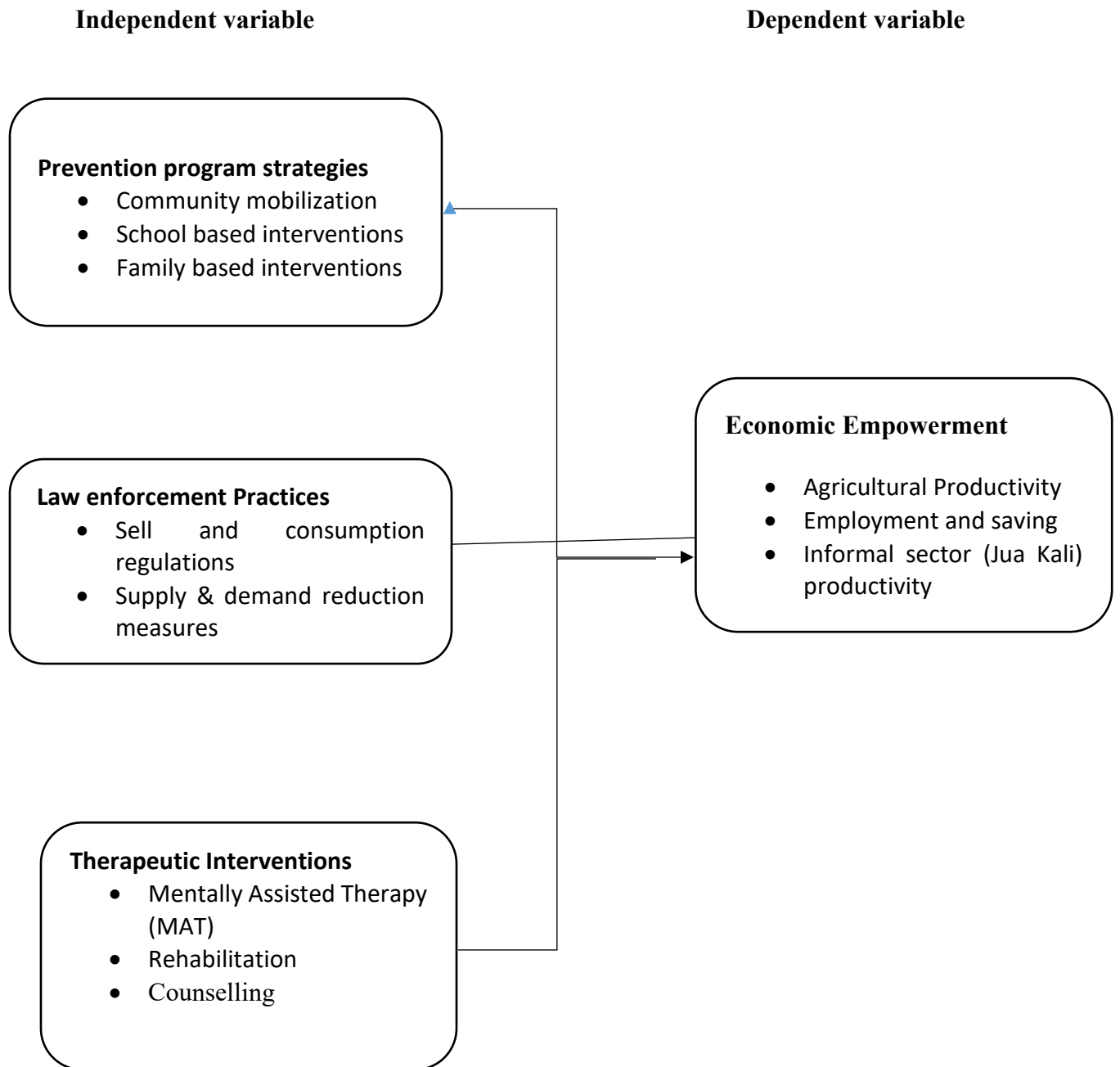
Author	Title	Variables	Design	Findings	Gaps
Zipporah A.H et al. (August 2018)	Knowledge on Use and Effects of Drug and Substance Abuse among Youth Aged 13 To 24 Years in Raila Village, Kibera Slum,	Individual factors (age, sex, religion, marital status Knowledge and awareness Effect on individual, family and community Social factors Peer pressure, curiosity, challenges to life and fun Economic factors Education is the primary source of income.	Data was gathered using open-ended and closed-ended interviewer-directed questions. The quantitative data were evaluated using the Statistical Package for Social Sciences (SPSS). Microsoft Excel was used for the graphical display.	-Males between the ages of 21 and 24 made up the majority of youngsters using drugs and other substances. -contributing aspects were failure to transit to colleges or universities after completion of secondary school education, -school dropouts both at primary and secondary education levels -Majority of interviewees understand what drug and substance abuse involves. -Additionally, they were aware of nearby drug and substance abusers.	Whereas the research concerns youth aged 13 to 24, this research examines society.
Kemei C. Ronoh, (MA)	"Effectiveness of drug and substance abuse prevention programs in selected public and private universities in Kenya."	Social Support Service -counselling -mentoring -cultural dynamism -status of resources	The research used both qualitative and quantitative methods in a cross-sectional survey methodology. To gather data,	The study found that 1. social factors contributed the most to drug abuse in the universities, 2. Youth culture, 3. Financial influences and then	The researcher's work examines how to prevent substance and drug

		<p>-academic schedules</p> <p>Psychosocial and environmental factors</p> <p>-interactive nature</p> <p>-Target personal and group coordination</p> <p>-Target risk and protective factors</p> <p>-Enhance positive factors relations</p>	<p>the study included surveys, interview schedules, focus group discussions (FGDs), and a structured observation guide. Codes and themes were divided using NVIVO 10, and SPSS was used to scrutinise data from respondents</p>	<p>psychological factors.</p> <p>It also found that the fight against substance and drug abuse will continue to drag because of the underfunding of prevention campaigns and also because of the complex supply chains within the universities.</p>	<p>abuse in Universities. This research, however, endeavours to investigate how the problem affects economic empowerment in society.</p>
Paul Waiganjo Gitau	"Factors associated with non-adherence to Regulations on alcohol sale in Thika Municipality, Kiambu County"	<p>The dependent variables were;</p> <ul style="list-style-type: none"> <li>- Lack of awareness of alcohol sale</li> <li>- Economic factors and contextual factors</li> </ul> <p>While Independent variables were:</p> <p>Regulation of alcohol sale and control</p>	<p>The research used a mixed-approach methodology, including both qualitative and quantitative techniques. Data was collected using a questionnaire, and key informant interviewees were sought purposively. The information gathered was appraised using SPSS.</p>	<p>The research found that a majority of the merchants did not adhere to "Alcoholic control regulations". Most merchants did not observe the selling hours, the "300 meters away from schools" rule, the Posting of smoking warning signs, or the knowledge that fines were less than 1000 shillings. The study nonetheless found that more females comply than males.</p>	<p>While Gitau, P. W looks at what causes non-adherence to regulations in place, this research work is concerned with the effects of various mitigation measures on economic empowerment.</p>
Gateri, L. N., & Nyakwan	Factors Predisposing to Drug and		It used a descriptive cross-sectional	The research found that peer pressure, availability of drugs	Gateri's work looks at factors

a, (2018).	T. Substance Abuse among the Youth in Gachie, Kiambu County, Kenya.		study design. The targeted population was the people of Gachie, aged 19-35.	and unemployment fortified drug and substance abuse among the youth in Gachie Kiambu County.	that contribute to substance and drug abuse among the youth. This research work attempts to look at the entire society in terms of economic empowerment affected by substance abuse.
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Source: Researcher (2021)

## 2.6 Conceptual Framework



Source: Researcher (2021)

Figure 2.1: Conceptual Framework

## **CHAPTER THREE: RESEARCH METHODOLOGY**

### **3.1 Introduction**

The study's research style is described in this chapter. It draws attention to the chosen research strategy.

### **3.2 Research Design**

The study's writing style is described in this chapter. It draws attention to the chosen research strategy.

### **3.3 Variables/Categories of Analysis**

The goal of the research was to determine how drug and alcohol misuse treatment strategies affect Kiambu's economic empowerment. The independent variables in the research were prevention management methods, Law enforcement management strategies, and management of therapeutic interventions. The economic empowerment, on the other hand, was the dependent variable. The research focused, in particular, on the economic effects of drug and substance misuse in Kiambu.

### **3.4 Site of the Study**

One of Kenya's 47 counties, Kiambu County, is classified as the 22nd county. According to the 2019 Kenya Population and Housing Census, it is situated in the central region and spans a total area of 2,543.5 km<sup>2</sup>, with around 476.3 km<sup>2</sup> of that land being covered by forest. The counties of Nairobi and Kajiado to the south, Machakos to the east, Murang'a to the north and east, Nyandarua to the north and west, Nakuru to the west, and Machakos to the north and west surround Kiambu

County. Geographically, the County is located between longitudes 360 31' and 370 15' East and latitudes 00 25' and 10 20' South of the Equator.

### **3.5 Target Population**

According to Cochran (1989), the term population is used to designate the aggregate from which the selection (sample) is chosen. The target population hence embraces the total population of interest in a specific study (Borg & Gall, 1989). This study targets all persons involved in the implementation of various mitigation practices. Therefore, the target population will include Ward administrators, MAT caregivers, hospital administrators, National government administrative officers (NGAOs) and Police officers.

**Table 3.1 Target Population**

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<b>Stratum</b>	<b>Target Population</b>
MAT caregivers	20
NGAOs (chiefs)	33
NGAOs (DCC)	1
County government Administrative officers (Ward administrators)	5
Police officers	140
OC Crime	1
<b>Total</b>	<b>200</b>

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**Source: Researcher 2021**

### **3.6 Sample Techniques and Size**

A sample must be both modest in quantity to make data collecting simple and big enough to serve as an accurate representative of the community from which it was selected, according to Kothari

(2006). This research included both stratified simple random sampling and deliberate sampling. The sample size for security officers and NGAOs was determined using a straightforward random procedure. Officers were chosen at random from the lists of each police post, which was treated as a unit. The basic administrative unit was a location, from which Chiefs were chosen at random. The selection of MAT caregivers was also done in the similar way.

Key informants like DCC, OC crime, and ward administrators purposively chosen.

**Table 3.2 Sample Size**

<b>Stratum</b>	<b>Target Population</b>	<b>Sample</b>
MAT caregivers	20	6
NGAOs	33	10
DCC	1	1
Ward administrators	5	2
Police officers	140	42
OC Crime	1	1
<b>Total</b>	<b>200</b>	<b>62</b>

**Source: Researcher (2021)**

### **3.7 Research instruments**

Primary data was obtained using closed and open ended questionnaires as recommended by Mugenda and Mugenda (1999). Interview guides was used to get information from key informants. For that reason, MAT caregivers, Ward administration, NGAOs, Police officers were issued with questionnaires. DCC, and OCS were however interviewed using interview guide.

In this study, questionnaires were used since respondents could read and fully comprehend the questions before replying. In contrast, unstructured (open-ended) questions provided the respondent freedom in responding, which aided the study in gauging the respondents' sentiments, claim (Cooper and Schindler 2006). Use of structured questions in a questionnaire led to the standardisation of replies. The structured questions in this study were based on the Likert scale.

The researcher and his team delivered the questions personally and subsequently, after they had finished, collected and secured the filled-out questionnaires.

### **3.8 Validity and Reliability of Research instruments**

#### **3.8.1 Validity**

When an instrument gives the anticipated results, it is valid for investigation (Mugenda & Mugenda, 2003). The questionnaires were delivered to the intended respondents. The collected data was analysed to see if it accurately represents the variables of the research.

#### **3.8.2 Reliability**

According to Mugenda & Mugenda, a component of dependability is the validity of a study's findings (2003). Sekaran and Bougie (2016) define reliability as the absence of errors or biases, which ensures that measurements are consistent across time and space. Using Cronbach's Alpha coefficient, the researcher analysed the internal uniformity reliability of the questionnaire. The purpose of this coefficient was to evaluate the dependability of the methods used to test internal consistency and, in essence, to demonstrate how effectively different scale items capture the

notions they were intended to convey (Cronbach, 1951). The threshold for credibility was set to the suggested value of 0.7.

### 3.9 Test for Validity and Reliability

The first test was to check for the validity and reliability of the prevention program strategies, law enforcement practices, and therapeutic interventions of the effects of drug and substance abuse management practices on economic empowerment in Kiambaa Sub County. In statistics, the recommended validity and reliability of the data should have coefficients of 0.70 and more. In this case, the Cronbach's ( $\alpha$ ) test was used to gauge the reliability of the collected data as an assurance of an accurate analysis result. The outcome of the Cronbach's ( $\alpha$ ) test was as summarized on the table below.

**Table 3.3: Cronbach's test output**

<b>Factors</b>	<b>No. of Variables Tested</b>	<b>Cronbach's Coefficient</b>	<b>Remarks</b>
Economic Empowerment	5	0.839	Reliable
Prevention program strategies	5	0.821	Reliable
Law enforcement practices	5	0.885	Reliable
Therapeutic interventions	5	0.848	Reliable

**Source: Researcher (2021)**

Based on the result above, it is evident that the instruments used in the data-gathering process were valid and reliable to guarantee and assure the generation of dependable analysis output.

### **3.10 Data Collection Procedures**

After meeting the standards set out by the University, the researchers applied for a research clearance from the Kenyatta University Graduate School. The researcher then petitioned the National Council of Science, Technology, and Innovation (NACOST) for permission to undertake the research study in Kiambu County. The researcher also made a courtesy visit to the county commissioner and deputy county commissioner's offices in Kiambu and Kiamba. Afterwards process of sampling was done and questionnaires physically handed to the respondents. The researchers ensured that all the questionnaires were circulated to the respondents sampled and dully-filled questionnaires were collected for data analysis.

### **3.11 Data Analysis and Presentation**

The SPSS Version 27.0 was used to analyze the data using frequency and percentage-based summaries and inferential statistics. It was then extensively scrutinized for correctness, completeness, and errors. Tabular, graphical, and pie charts were used to display the analyzed data. In addition, descriptive data was used to develop specified Interventions for this study. In the descriptive analysis, the frequencies, mean, and standard deviation were provided.

The updated data was then organized using SPSS for all variables (Prevention management practises, Law enforcement management practises, and Therapeutic management practises).

### **3.12 Empirical Model**

Multiple regression analysis filters the data further and demonstrates the relationship between the dependent and independent variables. This kind of analysis is used when the purpose of a research

is to investigate whether an independent variable predicts a dependent variable, (Saunders, 2009).

The format of the multivariate regression model is shown below:

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \epsilon$$

$\beta_0$  = Constant

$\beta_1$  to  $\beta_3$  = Regression co-efficient

$X_1$  = Prevention program strategies

$X_2$  = Law enforcement Practices

$X_3$  = Therapeutic Interventions

$\epsilon$  = Error Term

### 3.13 Ethical Review

Professional standards and ethical considerations should be upheld in all stages of the research process (Sekaran and Bougie (2016). This is because these two reflect a moral stance that incorporates researching to attain high professional standards of processes and safeguarding and respecting subjects who have consented to be investigated (Creswell, 2003). Ethical concerns and professional standards were followed in this investigation. One of them was avoiding unethical behaviours like fabrication, falsification, and plagiarism. Before starting the data collection process, the researcher got approval from the appropriate authorities. During the data-gathering process, the researcher obtained the respondents' consent. The researcher ensured that the

information acquired was treated with the highest secrecy and utilised solely for academic reasons while explaining to the respondents the aim and significance of the study.

## **CHAPTER FOUR: RESULTS AND FINDINGS**

### **4.1: Introduction**

This chapter contains the findings on the effects of drug and substance abuse management practices on economic empowerment in Kiambu: a case of Kiambaa Sub County. It includes the findings and discussion on the demographic information of the respondents, prevention program strategies, law enforcement practices, and therapeutic interventions of the effects of drug and substance abuse management practices on economic empowerment.

### **4.2 General and Demographic Information of the Respondents**

The study sought to determine the socio-demographic data of the respondents in relation to gender, job title, work experience, and the highest level of education.

#### **4.2.1 Response Rate**

The study targeted sixty-two respondents: the MAT caregivers, Ward administration, NGAOs, Police officers, DCC, and OCS. Out of the sixty-two questionnaires issued, fifty-one were duly filled and returned to the researcher for analysis.

**Table 4.1: Response Rate**

<b>Response</b>	<b>Frequency</b>	<b>Per cent</b>
Number of questionnaires returned by respondents	51	82.26
Number of questionnaires not returned	11	17.74
<b>Total</b>	<b>62</b>	<b>100</b>

**Source: Field Data (2025)**

This gave a response rate of 82.26 %. This response rate was within the recommendation of Mugenda and Mugenda (2003), who stipulated that a response rate of 70% and above is excellent. This high response rate suggests significant interest and investment from the MAT caregivers, Ward administration, NGAOs, Police officers, DCC, and OCS in the issue of drug and substance abuse management practices in Kiambaa Sub County. The fact that 51 out of 62 questionnaires were duly filled and returned for analysis reflects a willingness among stakeholders to contribute their perspectives and insights to the research (Mugenda & Mugenda, 2003). This level of participation enhanced the credibility and validity of the study findings, providing a robust foundation for analysing the effects of drug and substance abuse management practices on economic empowerment in the area.

#### **4.2.2 Gender of the Respondents**

The study sought to establish the gender distribution among the respondents, namely the MAT caregivers, Ward administration, NGAOs, Police officers, DCC, and OCS. As shown in Table 4.2 below, 60% of the respondents were female, while 40% were male. This is an indication that

women are more actively involved in drug and substance abuse management practices for economic empowerment than men.

**Table 4.2: Respondents Gender**

<b>Gender</b>	<b>Frequency</b>	<b>Percentage</b>
Female	31	60
Male	20	40
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

The significant participation of women in the study, comprising 60% of the respondents, suggests a notable gender disparity in engagement with drug and substance abuse management practices in Kiambaa Sub County. Several factors could have contributed to this disparity. Women could have had unique motivations for participating in such initiatives, including personal health concerns, familial responsibilities, and aspirations for the well-being of their families. Additionally, societal expectations and gender roles may have played a role, with women often shouldering greater caregiving responsibilities within families and communities. Economic factors, such as financial stressors or the need to secure employment opportunities, could have also influenced women's involvement in drug abuse prevention and recovery efforts (Mugenda & Mugenda, 2003). This gender discrepancy highlights the importance of considering gender-sensitive approaches in designing and implementing interventions to address substance abuse and promote economic empowerment in the community. By recognising and addressing the specific needs and motivations of women, stakeholders can ensure more inclusive and effective strategies for combating substance abuse and its socioeconomic consequences.

### 4.2.3 Respondents Work Experience

The study sought to determine the work experience of the participants. From the findings in Table 4.3 below, most respondents were 1-5 years old (5.71%), with only a tiny percentage being 6-10 years old (27.14%). Those above 10 years were 67.14%. This was attributed to members in the age bracket (26-50 years) being more active in economic activities and the job market.

**Table 4.3 Respondents Work Experience**

<b>Age</b>	<b>Frequency</b>	<b>Per cent</b>
1-6 years	3	5.71
6-10 years	34	27.14
Above 10 years	14	67.14
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

Work experience can have a significant influence on an individual's participation in educating drug and substance abuse victims. Work experience in relevant fields such as counselling, social work, psychology, healthcare, or addiction treatment can provide individuals with knowledge and expertise about drug and substance abuse. This knowledge equips them with a deeper understanding of the challenges faced by victims and the approaches to support and educate them effectively (Mugenda & Mugenda, 2003). Work experience can develop important professional skills that are valuable in educating and supporting drug and substance abuse victims. These skills may include effective communication, active listening, empathy, conflict resolution, motivational interviewing, group facilitation, and program development. Having honed these skills in their work, individuals can apply them to educate and empower those affected by substance abuse.

#### 4.2.4 Respondents Education Level

The level of education of the MAT caregivers, Ward administrators, NGAOs, Police officers, DCC, and OCS is tabulated in Table 4.4 below. Only 5.71% of the targeted population claimed to have gone up to the college level. The majority said that they had gone up to the secondary level (92.86%), with few reaching primary levels of education (1.43%).

**Table 4.4: Highest Education Level**

<b>Level</b>	<b>Frequency</b>	<b>Per cent</b>
Primary	0	0
Secondary	39	27.63
Bachelor's Degree	9	66.49
Postgraduate Degree	3	5.88
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

The level of education can have a significant influence on an individual's participation in educating drug and substance abuse victims. Higher levels of education provide individuals with a broader knowledge base and a deeper understanding of the complexities of drug and substance abuse. Education in relevant fields such as psychology, counselling, social work, public health, or addiction studies equips individuals with the foundational knowledge of addiction, its causes, consequences, and evidence-based approaches to treatment and prevention. This knowledge enables them to educate victims with accurate information and practical strategies (Pro et al., 2018)

Higher education can provide individuals with the knowledge and skills to develop and implement educational programs and interventions for drug and substance abuse victims. They may learn about program planning, needs assessment, curriculum design, and evaluation methods. This

expertise allows them to create comprehensive educational initiatives that address the specific needs of different populations and contribute to effective prevention and treatment efforts.

#### 4.2.5 Respondents Job Title

The respondents' job title data was collected and tabulated in the table below. The results show that police officers were the majority at 54.90%, followed by MAT caregivers at 27.45% and NGAOs at 11.76%, whereas the ward administrators, DCC, and OC crime had 1% each.

**Table 4.5: Job Title**

<b>Job title</b>	<b>Frequency</b>	<b>Per cent</b>
MAT caregivers	14	27.45
NGAOs	6	11.76
DCC	1	1.96
Ward Administrators	1	1.96
Police Officers	28	54.90
OC Crime	1	1.96
<b>Total</b>	<b>51</b>	<b>100</b>

**Source: Field Data (2025)**

The job title can cultivate leadership skills and a sense of social responsibility. Individuals with advanced job titles in their work hierarchy may be better equipped to take on leadership roles in educating drug and substance abuse victims. They can advocate for policy changes, engage in community outreach, and contribute to developing evidence-based practices and interventions (Pro et al., 2018). Moreover, job titles often encourage collaboration and an interdisciplinary approach to problem-solving. Individuals with different job titles may have experience working in multidisciplinary teams and understand the value of collaboration with professionals from various

fields, such as healthcare, social services, law enforcement, and education. This collaborative mindset allows them to coordinate efforts effectively and provide holistic support to drug and substance abuse victims.

### 4.3 Descriptive Statistics

#### 4.3.1 Prevention Program Strategies and Economic Empowerment

This study sought to describe the prevention program strategies used to prevent drug and substance abuse and their effect on economic empowerment. The following subsection presents a summary of the output.

**Table 4.6: Prevention Program Strategies on Economic Empowerment**

Statements	N	Min.	Max.	Mean	Std. Deviation
Awareness campaigns are conducted at the community level	51	1	5	3.06	.925
There is gender presentation in sensitisation meetings	51	1	5	4.18	.910
Youths are involved in creating awareness	51	1	5	4.43	.539
There are outreach programs in schools and colleges within Kiambu	51	1	5	2.75	.891
There is gender presentation in sensitisation meetings	51	1	5	3.18	.910
The counselling department is well-funded	51	2	5	2.92	1.08
Drug traffickers are charged and jailed	51	1	5	2.84	1.14
<b>Average</b>				<b>3.60</b>	<b>.94</b>

Source: Survey data (2025)

The output in Table 4.6 indicates that respondents moderately agreed, by 3.6 mean and 0.94 std, that prevention program strategies used to prevent drug and substance abuse lead to economic empowerment. Many participants agreed that the youths are involved in creating awareness by 4.43 mean and 0.539 std. There is gender presentation in sensitisation meetings was highly agreed by 3.18 mean and 0.910 std. Awareness campaigns conducted at the community level were agreed by 4.06 mean and 0.925. The counselling department is well funded, which moderately disagreed with 2.92 mean and 1.08 std. Drug traffickers are charged and jailed was disagreed by 2.84 mean and 1.14 std. Outreach programs in schools and colleges within Kiambu disagreed by 2.75 mean and 0.891 std. This discrepancy may indicate a gap between perceived effectiveness and the actual delivery of services by community health workers, highlighting the need for further evaluation and intervention in this area to ensure comprehensive support for individuals affected by substance abuse.

Qualitative data showed that preventative programme techniques impact the rate of economic empowerment in Kiambu County to a great level as the cases reported continued to be minimal. Another way prevention program practices influence economic empowerment in this county is by contributing to resources and workforce preservation. The interviews pointed out that the key prevention program strategies implemented in Kiambu County to address drug and substance abuse were sensitisation of the people, especially the youths, as well as placing using or selling drugs illegally. Most respondents rated to a moderate level on the prevention programs strategies that raise awareness of drug abuse within the community.

A study conducted by Ojonuba et al. (2023) in a neighbouring county yielded similar results, indicating a strong positive correlation between preventative program techniques and economic

empowerment outcomes. Ojonuba et al. found that communities with robust preventative programs, including substance abuse prevention initiatives, health education campaigns, and vocational training opportunities, experienced higher rates of economic empowerment among residents. These findings emphasise the potential of preventative measures to improve health outcomes and stimulate economic growth and prosperity in underserved communities. By prioritising preventative strategies and investing in comprehensive community development initiatives, policymakers and stakeholders can create a conducive environment for long-term economic empowerment and sustainable socio-economic progress.

A study by Malick (2019) in a similar context found comparable trends regarding the effectiveness of awareness campaigns and community-based interventions in addressing substance abuse. However, like the current study's findings, Malick identified challenges in the responsiveness of healthcare professionals to individuals seeking support for substance abuse issues. This discrepancy underscores a common theme across different communities and contexts, emphasising the importance of targeted training and capacity-building initiatives for healthcare providers to enhance their responsiveness and effectiveness in addressing the complex needs of individuals struggling with substance abuse. Addressing these gaps in service delivery can significantly improve the overall efficacy of substance abuse management practices and contribute to better outcomes for affected individuals and communities.

#### **4.3.2 Law Enforcement Practices and Economic Empowerment**

Law enforcement practices in drug and substance abuse play a role in the approach to drug and substance abuse in both enforcement efforts and public health-oriented strategies to address

addiction as a public health issue. Ten items were used to evaluate law enforcement practices employed by law enforcement agencies in drug and substance abuse. The low mean score indicates a low degree of law enforcement practices. The coefficient of variation (CV) was used to describe variability from the mean. A high coefficient of variation represents a higher dispersion around the mean. Table 4.7 depicts a summary of the results.

**Table 4.7 Law Enforcement Practices and Economic Empowerment.**

Statements	N	Min.	Max.	Mean	Std. Dev
There are operations to disrupt drug trafficking	51	1	5	2.94	1.10
There are arrests of drug traffickers	51	1	5	2.67	1.07
Drug traffickers are charged and jailed	51	1	5	2.84	1.14
There is coordination of agencies in combating retail drug markets	51	1	5	2.78	1.05
There is the distraction of drug production dens	51	1	5	2.90	1.10
Institutions mandated to combat drug trafficking are present	51	1	5	2.24	1.27
The agencies fighting drug trafficking are incorruptible	51	1	5	2.47	0.92
There is information sharing among enforcement agencies	51	1	5	2.96	1.08
The community is sensitised to the consequences of drug trafficking	51	1	5	2.94	1.07
There is community policing on matters of drug trafficking	51	1	5	2.78	0.99
<b>Average</b>	<b>51</b>			<b>2.75</b>	<b>1.08</b>

**Source: Survey data (2025)**

Table 4.7 shows that the impact of prevention program strategies on economic empowerment statements was disagreed by 2.75 mean and 1.08 std. There are operations to disrupt drug trafficking disagreed close to moderate by 2.94 mean and 1.10 std. Distraction of drug production dens was disagreed to a moderate level by 2.90 mean and 1.10 std. 2.96 mean and 1.08 std indicate moderate information sharing among enforcement agencies. The community is not very sensitive to the consequences of drug trafficking by 2.94 mean and 1.07 std. There is little community policing on matters of drug trafficking, with 2.78 means and 0.99 means. The Institutions mandated to combat drug trafficking are rarely present by 2.24 mean and 1.27 std. The agencies fighting drug trafficking are incorruptible, which was disagreed with by 2.47 mean and 0.92 std. There are minimal arrests of drug traffickers, with a mean of 2.67 mean and 1.07 mean. Drug traffickers are charged and jailed was disagreed by 2.84 mean and 1.14 std. There is little coordination of agencies in combating retail drug markets by 2.78 and 1.05 std.

The qualitative observation showed that law enforcement has enabled the Kiambu County economy to redirect its resources to venturing into business. The Youths have also been focusing on avenues that help them generate more money than substance abuse. The interviews pointed out that law enforcement practices play an important role in ensuring adherence to the guidelines, creating order and also discouraging drug abuse, and this has combated drug trafficking and related crimes, some of the challenges or barriers encountered in enforcing laws against drug trafficking and related crimes are mostly corruption where law enforcers fail to take appropriate actions on lawbreakers. Also, the perpetrators can use fake names and accounts, which makes them anonymous. Law enforcement practices have impact on community economic empowerment

because it minimizes on waste of resources. Also it accelerates redirection of energetic people to more productive activities that generate more income to the economy.

These findings underscore the importance of investing in preventative measures and holistic approaches to community development that address underlying social determinants of health and well-being, ultimately contributing to sustainable economic empowerment.

A study conducted by Strom (2016) in a similar context found comparable results regarding the influence of law enforcement practices on economic empowerment outcomes. Strom (2016) observed a positive correlation between proactive law enforcement measures, such as crime prevention initiatives, community policing programs, and the overall economic well-being of communities. Their findings underscored the role of law enforcement agencies as key stakeholders in promoting social stability, attracting investment, and fostering entrepreneurship, all of which are essential components of economic empowerment. By prioritising effective law enforcement practices and adopting a community-oriented approach to policing, policymakers can enhance public safety, strengthen the rule of law, and create an enabling environment for sustainable socio-economic development in Kiambu County and beyond.

### **4.3.3 Therapeutic Interventions and Economic Empowerment**

Therapeutic interventions play a crucial role in supporting and treating individuals who are struggling with drug and substance abuse. These interventions aim to address the physical, psychological, and social aspects of addiction, promote recovery, and prevent relapse. The respondents were queried about therapeutic interventions in Kiambu County, as shown in Table 4.8 below.

**Table 4.8: Therapeutic Intervention and Economic Empowerment**

	N	Min	Max	Mean	Std. Dev
There is community policing on matters of drug trafficking	51	1	4	3.19	.64
The institutions available are well-staffed and equipped	51	2	5	2.76	.95
The community have been sensitised to the importance of MAT	51	1	5	3.48	.98
Counsellors are available in healthcare facilities	51	1	4	2.82	.99
The counselling department is well-funded	51	2	5	3.53	1.08
There are available contacts for the public to reach out for counselling services	51	1	5	2.37	.78
Mentorship programs are available for victims in schools and colleges	51	1	5	1.51	1.02
There are adequate staff to assist the drug and substance abuse victims	51	2	5	3.45	.97
<b>Average</b>	<b>51</b>			<b>2.89</b>	<b>.93</b>

**Source: Primary Data (2025)**

Table 4.8 indicates that measures of therapeutic intervention on economic empowerment generally disagreed with a mean of 2.89 mean and 0.93 std. Most MAT caregivers, Ward administration, NGAOs, Police officers, DCC, and OCS agreed that the community had been sensitised on the importance of MAT by 3.48 mean and 0.98 std. The counselling department is well funded, which was moderately agreed by 3.53 mean and 1.08 std. There are adequate staff to assist the drug and substance abuse victims 3.45 mean and 0.97std. There is community policing on matters of drug trafficking had a 3.19 mean and 0.64 std, which was moderate reactions. There is minimal community policing on matters of drug trafficking by 3,19 mean and 0.64 std. The institutions available are generally poorly staffed and equipped, as proved by 2.78 mean and 0.95 std. Similarly, no counsellors are available in healthcare facilities by 2,82mean and 0.99 std.

Mentorship programs were available for victims in schools and colleges. The statement was strongly opposed by 1.51 mean and 1.02 std.

The qualitative observations were that therapeutic interventions influence economic empowerment in Kiambu County in many ways, like offering recovery sessions for the affected victims. There have been improved livelihoods of the county people where people have been keen to watch substance abuse. Therapeutic interventions have also been critical in offering opportunities for practising counsellors who have acquired financial resources and are improving the county's economy. Some count members have felt the impact of therapeutic intervention practices to a greater extent than others due to limited financial resources to support various programs aimed at preventing drug abuse. The interview views on the availability and effectiveness of therapeutic interventions for individuals affected by drug and substance abuse in Kiambu County were that such interventions were not well funded and hence could not be delivered fully. Therapeutic interventions were viewed to promote economic empowerment among affected individuals by restoring their work capabilities.

A study by McKay (2021) in a similar setting found parallels with the current study's findings regarding the availability and staffing of support institutions for substance abuse victims. Smith et al. observed a high level of agreement among participants regarding the existence and staffing of MAT facilities, reflecting a perceived need and demand for such services. However, like the current study's findings, McKay identified gaps in ancillary support services, such as mentorship programs in educational settings, and highlighted the importance of addressing these gaps to provide comprehensive support for individuals in recovery. These findings underscore the importance of a holistic approach to substance abuse management, which includes not only

treatment and therapy but also educational and vocational support to facilitate long-term recovery and reintegration into society.

A study conducted by Munson et al. (2022) in a comparable context yielded similar results regarding the impact of therapeutic intervention practices on economic empowerment outcomes. Munson et al. found that communities with accessible and effective therapeutic interventions, including counselling and rehabilitation programs, experienced improved mental health outcomes, reduced substance abuse rates, and enhanced economic participation among residents. Their findings underscored the importance of integrating mental health and substance abuse services into broader socio-economic development initiatives to address the complex interplay between health, well-being, and economic empowerment. Policymakers and stakeholders can create a supportive environment that fosters resilience, recovery, and inclusive growth in Kiambu County and beyond by prioritising investment in therapeutic interventions and promoting a holistic approach to community development.

#### 4.3.4 Economic Empowerment Kiambu County

**Table 4.9 Economic Empowerment Kiambu County**

<b>Statements</b>	<b>N</b>	<b>Min</b>	<b>Max</b>	<b>Mean</b>	<b>Std. Dev.</b>
There had been a noticeably increased level of agricultural productivity	51	1	5	2.1	1.1
Agricultural products are increased in the market chains	51	1	3	1.5	0.6
The employment rate has grown continuously	51	1	5	3.4	1.4
There have been notable savings by implementers of various drug mitigation practices	51	1	4	3.8	1.1

There is increased Informal sector (Jua Kali) productivity, leading to increased employment	51	1	5	2.5	1.2
<b>Average</b>	<b>51</b>			<b>2.4</b>	<b>1.1</b>

**Source: Primary Data (2025)**

Table 4.9 shows that measures of economic empowerment in Kiambu County disagreed with 2.4 mean and 1.1 std. The agricultural products have not been increased in the market chains due to measures undertaken on substance abuse by 1.5 mean and 0.6 std. The employment rate has grown continuously, and it was agreed to a moderate level of 3.4 mean and 1.4 std, possibly because the youths were opting to keep themselves busy. Implementers of various drug mitigation practices have made minimal notable savings by 2,8 mean and 1.1 std. Increased informal sector (Jua Kali) productivity leads to increased employment by 3.8 mean and 1.1 std.

The above results support Easton et al. (2016), that the average weekly salary (ordinary + overtime) in New Zealand, for example, was \$1,066, or \$55,660 per year. The additional productivity losses suffered by those providing care for people with Fetal Alcohol Spectrum Disorder (FASD) who are subsequently unable to work in the paid labour force as a result of their caregiving or from ineffective or otherwise unnecessary spending in the education, health, or justice systems are not, however, considered in these estimates. Without the economic constraints caused by FASD, these funds might be used for other commercial and governmental expenditure initiatives that would benefit everyone in New Zealand.

## 4.4 Inferential Statistics

### 4.4.1 Regression Analysis

Multiple regression analysis demonstrates the relationship between economic empowerment and drug and Substance management practices.

Table 4.10 presents the analysis results.

**Table 4.10 Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.179 <sup>a</sup>	.032	.030	.92649

a. Predictors: (Constant), Therapeutic intervention, Prevention Program strategies, Law enforcement strategies

#### **Source: Researcher (2025)**

In Table 4.10, the R-squared value is 0.30. It indicates that drug and substance abuse management practices influence 30 per cent of economic empowerment in Kiambu County through the implementation of various mitigation practices by ward administrators, MAT caregivers, hospital administrators, National government administrative officers (NGAOs), and Police officers. Variables outside this model contribute the remaining 70 per cent. The model is, therefore, appropriate for inferential statistics.

#### 4.4.2: ANOVA

The ANOVA outputs viewed the regression model fitness.

Table 4.11 Display the outputs

**Table 4.11: ANOVA Results**

ANOVA <sup>a</sup>					
Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	1.342	3	.447	.521	.001 <sup>b</sup>
Residual	40.344	47	.858		
Total	41.686	50			

a. Dependent Variable: Economic empowerment

b. Predictors: (Constant), Therapeutic intervention, Prevention Program strategies, Law enforcement strategies

**Source: Researcher (2025)**

Table 4.11 shows that the model fitted and the data are statistically significant at the F-ratio (3,47) of 0.521. The 0.001 probability value was less than the adopted threshold, which proves that the combined impact of drug abuse prevention practices, law enforcement practices, and therapeutic interventions affect economic empowerment in Kiambu County.

#### 4.4.3 Coefficients

The relationship between drug abuse prevention practices, law enforcement practices and therapeutic interventions was analysed to reveal their existence and also to validate if they affect the economic empowerment in Kiambu County.

**Table 4.12: Coefficients**

Coefficients						
Model		Unstandardised Coefficients		Standardised Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.185	.534		4.090	.000
	Prevention program strategies	.090	.108	.122	.837	.001
	Law enforcement strategies	.021	.104	.142	.974	.000
	Therapeutic interventions	.034	.093	.053	.367	.001
a. Dependent Variable: Economic Empowerment						

**Source: Researcher (2023)**

Table 4.12 shows that 2.185 is the constant value of the dependent variable when prevention program strategies, law enforcement strategies and therapeutic interventions are held.

The regression model adopted was as below

$$Y = 2.185 + 0.090X_1 + 0.101X_2 + 0.034X_3 + e$$

Where:

Y = Economic empowerment

X<sub>1</sub> = Prevention program strategies

X<sub>2</sub> = Law enforcement strategies

X<sub>3</sub> = Therapeutic interventions

$\beta_1$  to  $\beta_3$  are the beta coefficients

e is the error term

$\beta_0$  is the y-intercept

#### **4.4.4 Drug and Substance Abuse Prevention Practices and Economic Empowerment**

The focus was to evaluate the effect of drug and substance abuse prevention practices on the economic empowerment of Kiambu County, Kenya.

Table 4.12 points that  $\beta = 0.090$ ,  $t = 0.837$ ,  $p = 0.000$ . The value 0.090 signifies the effect of a sole unit of the search for drug and substance abuse prevention practices alters the economic empowerment of Kiambu County, Kenya. The t-values ( $t = 0.837$ ,  $p < 0.05$ ) are statistically significant and prove the influence of drug and substance abuse prevention practices on the economic empowerment of Kiambu County, Kenya.

A study by Malick (2019) in a similar context found comparable trends regarding the effectiveness of awareness campaigns and community-based interventions in addressing substance abuse. However, like the current study's findings, Malick identified challenges in the responsiveness of healthcare professionals to individuals seeking support for substance abuse issues. This discrepancy underscores a common theme across different communities and contexts, emphasising the importance of targeted training and capacity-building initiatives for healthcare providers to enhance their responsiveness and effectiveness in addressing the complex needs of individuals struggling with substance abuse. Addressing these gaps in service delivery can significantly improve the overall efficacy of substance abuse management practices and contribute to better outcomes for affected individuals and communities.

#### **4.4.5 Abuse Law Enforcement Practices on the Economic Empowerment**

The focus was to establish the effect of drug and substance abuse law enforcement practices on the economic empowerment of Kiambu, Kenya.

Table 4.12 points that  $\beta = 0.021$ ,  $t = 0.974$ ,  $p = 0.001$ . The value 0.021 signifies the effect of the sole unit of law enforcement practices on the economic empowerment of Kiambu, Kenya. The t-values ( $t = 0.974$ ,  $p < 0.05$ ) are statistically significant and prove the effect of drug and substance abuse law enforcement practices on the economic empowerment of Kiambu, Kenya

A study conducted by Strom (2016) in a similar context found comparable results regarding the influence of law enforcement practices on economic empowerment outcomes. Strom (2016) observed a positive correlation between proactive law enforcement measures, such as crime prevention initiatives, community policing programs, and the overall economic well-being of communities. Their findings underscored the role of law enforcement agencies as key stakeholders in promoting social stability, attracting investment, and fostering entrepreneurship, all of which are essential components of economic empowerment. By prioritising effective law enforcement practices and adopting a community-oriented approach to policing, policymakers can enhance public safety, strengthen the rule of law, and create an enabling environment for sustainable socio-economic development in Kiambu County and beyond.

#### **4.4.6 Therapeutic management practices on the economic empowerment of Kiambu, Kenya.**

The aim was to assess the effect of drug and substance abuse therapeutic management practices on the economic empowerment of Kiambu, Kenya.

Table 4.12 points that  $\beta = 0.034$ ,  $t = 0.367$ ,  $p = 0.001$ . The value 0.034 signifies the effect of the sole unit of therapeutic management practices on the economic empowerment of Kiambu, Kenya.

The t-values ( $t = 0.034$ ,  $p < 0.05$ ) are statistically significant and prove the effect of drug and substance abuse therapeutic management practices on the economic empowerment of Kiambu, Kenya.

A study conducted by Munson et al. (2022) in a comparable context yielded similar results regarding the impact of therapeutic intervention practices on economic empowerment outcomes. Munson et al. found that communities with accessible and effective therapeutic interventions, including counselling and rehabilitation programs, experienced improved mental health outcomes, reduced substance abuse rates, and enhanced economic participation among residents. Their findings underscored the importance of integrating mental health and substance abuse services into broader socio-economic development initiatives to address the complex interplay between health, well-being, and economic empowerment. By prioritising investment in therapeutic interventions and promoting a holistic approach to community development, policymakers and stakeholders can create a supportive environment that fosters resilience, recovery, and inclusive growth in Kiambu County and beyond

## **CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

### **5.1 Introduction**

Chapter five summarises the critical findings based on the study objectives. It also discusses the conclusions and implications of this study for the economic empowerment of drug and substance abuse victims. The chapter concludes by providing research limitations and outlining the proposed areas for future studies.

### **5.2 Summary of Study Findings**

The first objective examined the impact of prevention program strategies on the economic empowerment of individuals affected by drug and substance abuse in Kiambu County, Kenya. Findings revealed a statistically significant positive relationship between prevention program strategies and economic empowerment. Specifically, as prevention program strategies increase, economic empowerment increases even slightly. A large number of the participants agreed that the youths are involved in creating awareness. There was gender presentation in sensitisation meetings, and awareness campaigns were conducted in the community. The counselling department is moderately well-funded. The drug traffickers are not charged and jailed.

The second investigation was on the impact of law enforcement practices related to drug and substance abuse on economic empowerment in Kiambu County, Kenya. Results indicated a statistically significant positive relationship between law enforcement practices and economic empowerment. This suggests that as law enforcement practices increase, there is a corresponding increase in economic empowerment. There are operations to disrupt drug trafficking that disagree.

There is, however, the low distraction of drug production dens and no existence of information sharing among enforcement agencies. The community is not very sensitive to the consequences of drug trafficking since there is little community policing on matters of drug trafficking. The Institutions mandated to combat drug trafficking are rarely present.

Lastly, the study reviewed the impact of therapeutic interventions for drug and substance abuse on economic empowerment in Kiambu County, Kenya. Results demonstrated a statistically significant positive relationship between therapeutic management practices and economic empowerment. The counselling department is moderated and funded, and there are few staff to assist the drug and substance abuse victims. It was noted that the community had policies on matters of drug trafficking. The institutions available are generally not well-staffed and equipped. Similarly, there are not enough counsellors available in healthcare facilities. Mentorship programs were also scarce for victims in schools.

### **5.3. Conclusion**

In conclusion, the joint effect of prevention program strategies, law enforcement practices, and therapeutic interventions on the economic empowerment of drug abuse victims is instrumental in promoting their recovery, reintegration, and long-term well-being. This comprehensive approach recognises the interplay between addressing the root causes of substance abuse, reducing drug availability, supporting recovery through therapy, and providing economic opportunities. By combining these interventions, individuals affected by drug abuse have a greater chance of achieving positive economic outcomes and leading fulfilling lives.

Prevention program strategies, such as school-based interventions, community awareness campaigns, and youth empowerment programs, play a crucial role in reducing the incidence of drug abuse and promoting healthy behaviours (Arthur et al., 2018). These programs create a foundation for individuals to make informed decisions, resist peer pressure, and develop coping mechanisms, ultimately contributing to their readiness for economic empowerment opportunities. Law enforcement practices, including drug interdiction efforts, prosecution of drug offenders, and diversion programs, are essential in disrupting drug supply chains, reducing drug availability, and creating safer environments for individuals to engage in economic activities. These practices not only protect communities but also enable individuals affected by drug abuse to access treatment, support services, and economic empowerment programs more effectively.

Therapeutic interventions, such as counselling, cognitive-behavioural therapy, and medication-assisted therapy, address the underlying psychological, emotional, and behavioural factors contributing to drug abuse. By supporting individuals in their recovery journey, these interventions improve mental health, enhance resilience, and equip individuals with the necessary skills and coping mechanisms to engage in economic empowerment activities. The joint effect of these interventions creates a synergistic impact on the economic empowerment of drug abuse victims. Prevention programs reduce the demand for drugs, making law enforcement efforts more effective. Law enforcement practices create a safer environment for individuals to access treatment and engage in economic activities. Therapeutic interventions address the underlying issues contributing to drug abuse, enhancing individuals' resilience and readiness for economic empowerment opportunities.

By combining prevention program strategies, law enforcement practices, and therapeutic interventions, individuals affected by drug abuse are better equipped to secure employment, start businesses, access education and training, and overcome the socio-economic barriers that often accompany substance abuse. Economic empowerment initiatives provide them with the skills, resources, and opportunities to achieve financial stability, reduce dependence on illicit activities, and foster sustainable recover. In conclusion, the joint effect of prevention program strategies, law enforcement practices, and therapeutic interventions is crucial for the economic empowerment of drug abuse victims. This comprehensive approach addresses the root causes of substance abuse, reduces drug availability, supports recovery, and provides economic opportunities. By promoting recovery, reintegration, and long-term well-being, it paves the way for individuals to lead productive, fulfilling lives beyond drug addiction.

#### **5.4 Recommendations**

Recommendations for enhancing the effect of prevention program strategies, law enforcement practices, and therapeutic interventions on the economic empowerment of drug abuse victims include enhancing collaboration and communication among stakeholders, including prevention program providers, law enforcement agencies, healthcare professionals, and economic empowerment organizations. Regular coordination meetings, information sharing, and joint planning can ensure a comprehensive and integrated approach.

Moreover, develop targeted prevention program strategies that not only focus on drug abuse prevention but also incorporate elements of economic empowerment. Integrate life skills training, financial literacy education, and entrepreneurship development into prevention programs to equip

individuals with the necessary tools for economic success. Additionally, provide training and sensitization programs for law enforcement personnel on the importance of economic empowerment and the role they can play in supporting individuals' recovery and reintegration. This can enhance their understanding of the complex needs of drug abuse victims and foster a more compassionate and supportive approach.

Foster the establishment of community-based support systems that bridge the gap between prevention, law enforcement, therapeutic interventions, and economic empowerment. These systems can facilitate information sharing, resource mobilization, and collaboration among local organizations, professionals, and community members. Ensure that therapeutic interventions are tailored to the specific needs of drug abuse victims, taking into account their individual circumstances and aspirations for economic empowerment. This may involve integrating vocational counseling, financial management skills, and career development support within therapeutic programs

Furthermore, increase the availability and accessibility of economic empowerment opportunities for drug abuse victims. This can include expanding vocational training programs, creating job placement initiatives, facilitating access to microfinance options, and supporting entrepreneurship development. Provide long-term support to individuals in recovery, including continued access to therapy, job retention support, and mentorship programs. This sustained support can help individuals maintain their recovery, overcome challenges, and successfully transition into independent and fulfilling lives.

By implementing these recommendations, stakeholders can enhance the joint effect of prevention program strategies, law enforcement practices, and therapeutic interventions, ultimately supporting the economic empowerment of drug abuse victims. This comprehensive approach has the potential to foster sustainable recovery, reduce relapse rates, and contribute to the overall well-being and productivity of individuals affected by drug addiction.

### **5.5 Suggestions for Future Research**

This study investigates the relationship between prevention program strategies, law enforcement practices and therapeutic interventions on economic empowerment of drug and substance abuse victims in Kiambu County in Kiambaa Constituency. The researcher suggests further research in investigating the long-term effects of the joint approach of prevention programs, law enforcement practices, and therapeutic interventions on the economic empowerment of drug abuse victims. Assess the sustainability of economic empowerment outcomes and explore factors that contribute to long-term success. Moreover, the study can explore how gender, socio-economic status, and other intersecting factors influence economic empowerment outcomes.

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## APPENDICES

### Appendix I: Introduction Letter

DANIEL MUSIKO OMUKOKO

P.O. BOX 13316-00400

NAIROBI.

Dear respondent,

**Re: Effects of drug and substance abuse management practices on economic empowerment in kenya: A case of Kiambu County**

I am a postgraduate scholar undertaking studies in Master of Arts degree in Public Policy and Administration at Kenyatta University. I am collecting data for a research project named: **Effects of drug and substance abuse management practices on economic empowerment Kiambu: A case of Kiambaa Sub County.**

I respectfully request that you complete the accompanying questionnaire to contribute to the study.

Please note that the information you provide will only be used for academic study, and every attempt will be taken to protect your privacy.

Thanks for your anticipated cooperation,

Daniel Omukoko.



## **Appendix II: Informed Consent Form**

Effects of drug and substance addiction management techniques on economic empowerment in Kiambu: A case of Kiambaa Sub County is the research project I'm working on as a master's student at Kenyatta University.

### **Procedures that must be used**

You consent to participating in this study by completing a survey. However, as it is voluntary, you are free to decline. Any queries you may have about the study are welcome. You have the option of not responding to any of the questions or ceasing all participation.

### **Benefits**

Participating in this survey may assist to highlight the factors impacting the development of initiatives in the county, which is one benefit. Your suggestions will also help the parties involved think of ways to improve local building activities.

### **Reward**

It would be a pleasure to include you and I will be grateful for all of your contributions to this body of art.

### **Confidentiality**

Confidentiality of facts and respondent anonymousness will be assured as the information will solely be for academic purposes .

**Contact information**

In case of any queries of need for clarity, you may contact Dr. Jane Njoroge, cell number 0721711435 or The Department of Public Policy and Administration, Kenyatta University.

**Participant's statement**

I thank everyone who participated for their efforts. I was given the chance to ask my questions, and they received satisfactory responses.

.....

Code of respondent

.....

.....

Signature

Date

**Investigator's statement**

As the researcher, I have ensured that the participants are aware of the expectations, risks, and advantages connected with their participation.

.....

Name of interviewer

.....

.....

Interviewer signature

Date

## Appendix III: Research Questionnaire

### Section A: Background Information

1. Gender:      Male                       Female
2. Job title
- Chief
- Drug and substance abuse victims
- MAT caregivers
- Ward administrators
- Hospital administrator
- Police officers
3. Work experience (kindly tick in the box appropriately)
- 1-5 year  6-10 years'  above10 years
4. What is your highest level of education? (Tick as applicable)
- Primary
- Secondary
- Bachelor's Degree
- Postgraduate Degree
- Others (Specify) \_\_\_\_\_

**SECTION ONE: Prevention program strategies.**

Please mark your degree of agreement with the following statements about Prevention programme techniques.

Use 1 to 5 scale wherein: 1 = extreme disagreement, 2 = disagreement, 3 = moderate agreement, 4 = agreement, 5 = strong agreement for the four sections

<b>Prevention program strategies</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	Awareness campaigns are conducted at community level					
2	There is gender presentation in sensitization meetings					
3	Youths are involved in creating awareness					
4	There are outreach programs in schools and colleges within Kiambu					
5	There are drug and substance abuse clubs in schools leading campaigns against drug abuse					
6	Community health workers are well trained and equipped to conduct outreach programs at village level					
7	Counsellors are available to affected families					

8	Community health workers are responsive to those in need of their services					

7. In what other ways can prevention program practices influence economic empowerment in Kiambu County?

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8. How do preventative programme techniques impact the rate of economic empowerment in Kiambu County? (Using the supplied scale, choose the relevant choice)

Not at all = 1

To a small extent = 2

Moderate extent = 3

Great extent = 4

Very great extent = 5

**SECTION TWO: Law enforcement Practices**

Please mark your degree of agreement with the following statements about Law enforcement practises.

<b>Law enforcement Practices</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	There are operations to disrupt drug trafficking					
2	There are arrests of drugs traffickers					
3	Drug traffickers are charged and jailed					
4	There is coordination of agencies in combating retail drug markets					
5	There is distraction of drug production dens					
6	Institutions mandated to combat drug trafficking are present					
7	The agencies fighting drug trafficking are incorruptible					
8	There is information sharing among enforcement agencies					
9	The community is sensitized on consequences of drug trafficking					
10	There is community policing on matters drug trafficking					

8. To what extent does law enforcement practices influence economic empowerment in Kiambu County?

- No extent
- Little extent
- Moderate extent
- Great extent
- Very great extent

9. In what ways do practices of law enforcement impact economic empowerment in Kiambu County?.

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**SECTION THREE: Therapeutic Interventions**

9. Does Kiambu County has therapeutic interventions in place

Yes

No

No idea

Please mark your degree of agreement with the following therapeutic intervention practices-related statements.

<b>Therapeutic Interventions</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	There any institutions of Mentally assisted therapy (MAT)					
2	The institutions available are well staffed and equipped					
3	Community have been sensitized on the importance of MAT					
4	Counsellors are available in healthcare facilities					
5	Counselling department is well funded					
6	There are available contacts to the public to reach out for counselling services					
7	Mentorship programs are available for victims in schools and colleges					

8	There are adequate staff to assist the drug and substance abuse victims					
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9. In which ways does therapeutic interventions influence economic empowerment in Kiambu County?

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10. To what extent does therapeutic interventions practices affect economic empowerment in Kiambu county.

- No extent
- Little extent
- Moderate extent
- Great extent
- Very great extent

**SECTION FOUR: ECONOMIC EMPOWERMENT**

Please mark your degree of agreement with the following therapeutic intervention practices-related statements.

<b>Economic Empowerment</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	There had been noticeable increased level of agricultural productivity					
2	Agricultural products are increased in the market chains					
3	The employment rate has grown continuously					
4	There has been notable savings by implementers of various drug mitigation practices					
5	There is increased Informal sector (Jua Kali) productivity leading to increased employment					

## **Appendix V: Interview Schedule for DCC and OCS**

1. Could you please provide an overview of your role and responsibilities in managing drug and substance abuse issues within Kiambu County?
2. From your perspective, what are some of the key prevention program strategies implemented in Kiambu County to address drug and substance abuse?
3. How effective do you believe these prevention program strategies are in raising awareness and reducing drug abuse within the community?
4. What role do law enforcement practices play in combating drug trafficking and related crimes in Kiambu County?
5. In your experience, what are some of the challenges or barriers encountered in enforcing laws against drug trafficking and related crimes?
6. How do you perceive law enforcement practices' impact on community economic empowerment?
7. Could you please share your insights on the availability and effectiveness of therapeutic interventions for individuals affected by drug and substance abuse in Kiambu County?
8. From your perspective, how do therapeutic interventions contribute to promoting economic empowerment among affected individuals?

9. What do you see as the key priorities or areas of improvement in managing drug and substance abuse issues and promoting economic empowerment within Kiambu County?

**Appendix VI: Proposed Budget**

<b>ITEM</b>		<b>COST</b>
<b>1</b>	Stationery and other purchases	10,000/=
<b>2</b>	Vehicle fuel and any other transport needs	50,000/=
<b>3</b>	Printing and typing	8,000/=
<b>4</b>	Internet services and airtime	8,000/=
<b>5</b>	Binding	3000/=
	<b>Total</b>	<b>79000/=</b>

## Appendix VII: Work Plan

ITEM	JUNE- OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
Proposal writing					
Proposal Presentation					
Assembly of necessary instruments for data collection.  Authority to carry out research from KU and NACOSTI					
Data collection					
Report writing					

### Appendix VIII: Map of The Study Area

