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**PSYCHOSOCIAL REHABILITATION PROGRAM COMBINED WITH VALUES  
BUILDING IN REHABILITATION CENTRES**

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## 1. INTRODUCTION

For the public interest, the Republic of Rwanda has opted for rehabilitation service as a comprehensive solution addressing especially delinquent individual's needs leading to positive behavioral change.

It is in this regard that, the National Rehabilitation Service (NRS) was established by N° 17/2017 of 28/04/2017 and currently is governed by the Presidential Order n° 045/01 of 08/03/2024 governing and determining its mission, organization and functioning. The NRS vision is "Towards Free Delinquency Country", hence its mission is to eradicate all forms of deviant behaviors by instilling positive behaviors, educating and providing professional skills.

Achieving its overall mission, the NRS has specific missions which include among others "to establish and make follow-up on the program designed to provide counseling services to those admitted in rehabilitation centers to help them change their behaviors and provide individualized treatment for those who need it".

So far, three public rehabilitation centres were established namely Iwawa, Nyamagabe and Ngarama for male adults and Gitagata for children and ladies.

This document describes the whole process of psychosocial rehabilitation from admission of a client by a rehabilitation center up to graduation.

## 2. GUIDING PRINCIPLES OF REHABILITATION PROGRAM

1. Addiction and associated deviant behaviors are complex but treatable ill health condition that affects brain function and behavior.
2. Demand for treatment is not always from the ill person. It may come from family, employment settings, can significantly facilitate treatment entry, retention rates, and the ultimate success of drug treatment interventions.
3. No single treatment appropriate for everyone. Treatment varies depending on type(s) of drug, deviant behavior (s) manifested and characteristics of the clients. To be effective, the treatment should combine medication, psychotherapy vocational training and Values building.
4. Effective treatment must respond to the individual's needs and any associated medical, psychological, social, vocational, and legal problems with consideration of age, gender and culture.
5. The appropriate duration of rehabilitation for an individual depends on the type and degree/level of the client's problems and needs.
6. All clients should undertake medical screening for immediate medical treatment, other drug abuse, associated deviant-behaviors and related comorbidities must be also screened by concerned services.

### **3. PSYCHOSOCIAL REHABILITATION PROCESS**

#### **3.1. ADMISSION**

Are eligible all people involved in drug/substance abuse and associated deviant acts. The request can be issued by Local Authorities, parent, relative or foster parent.

#### **3.2. REQUIREMENTS**

- An official request with a list of trainees sent by the concerned District
- Results of medical examination of all eligible trainees
- Eligibility of trainees:
  - o Rwandan by Nationality;
  - o Aged between 14 to 17 years old for children;
  - o Aged above 18 years for adults;
  - o Absence of disease incompatible to activities planned in the process of rehabilitation program;
  - o Avail all materials to facilitate trainee complete his/her rehabilitation.

### 3.2. THE PROCESS

#### 3.2.1. WELCOME PHASE

**Key objective:** The new trainees are motivated to start a new journey towards positive change in a rehabilitation center.

Steps	Outcome	Activities	Responsible	Period	Comments
<b>Reception, registration of the new intake and health assessment.</b>	<b>New trainees are settled in new environment</b>	<ul style="list-style-type: none"> <li>• Provision of all materials to respond to basic needs</li> <li>• Provision of meals and refreshment</li> <li>• Deworming their clothes</li> <li>• Placing people in their respective dormitories</li> <li>• Identify health status of each individual prior to the appropriate medical treatment (Special diet, Antiretroviral, TB, Hepatitis, Mental services, STIs, etc)</li> <li>• Registration of new intake</li> </ul> <p>Communication with the family by informing that the client is admitted in rehabilitation center.</p>	Animators, Psychologists, Trainers and nurses.	Two weeks	
	<b>Induction period</b>	Overview of the center premises, the main programs and the daily schedule	Coordinator		
<b>Initial Assessment</b>	<b>Group formation</b>	Establishing groups of life and attribute names referring to the Rwandan culture in line with behavior change.	Psychologists and animators	One month	These are belonging groups are different from group therapies
	<b>Health screening and therapeutic</b>	Health screening and psychological assessment by collecting the important information on	Psychologists' animators and nurses.		

	<b>groups formation</b>	trainees/clients as basic to the continuum of care program.			
		<ul style="list-style-type: none"> <li>○ Psychological assessment, categorization of new trainees/clients and formation of group therapies based on following criteria:</li> <li>○ Age</li> <li>○ Cause of admission</li> <li>○ Drug use: frequency and quantity</li> <li>○ Marital status and related information (single, Married, children)</li> <li>○ Education background</li> <li>○ Occupation background</li> <li>○ Psychological problems</li> </ul> Type of drugs taken and comorbidities.			
<b>Introduction to values building</b>	<b>Life skills provided through values building</b>	<ul style="list-style-type: none"> <li>○ Presentation of basic practice in new life in rehabilitation Center:               <ul style="list-style-type: none"> <li>- Kubahiriza igihe (Time management)</li> <li>- Ubupfura n'ubunyangamugayo (Decency and integrity)</li> <li>- Kugira isuku (cleanliness and hygiene)</li> <li>- Kwiubaha no kubahana (Self and mutual respect)</li> <li>- Gushima no gushimira (sense of gratitude and recognition)</li> <li>- Imvugo iboneye (civil and polite language)</li> <li>- Kwiyoroshya (humility)</li> </ul> </li> </ul>	Administration and all staff	One week	After the sessions on basic practice as element of values building, some of them will be displayed indifferent areas of Rehabilitation center.

		<ul style="list-style-type: none"><li>- Kubana neza n'abandi (interpersonal skills)</li><li>- Kwihangana (resilience)</li><li>- Kwisuzuma no Kwimenya (self-awareness)</li><li>- Kubaha ubuzima (Life protection)</li></ul>			
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### **3.3. DETOXIFICATION**

Detoxification is a pharmacological treatment leading to relief from drug withdrawal symptoms and facilitating the stabilization of the patient's physical and emotional state in a safe and protected setting. Very often detoxification diverts some people perception and regarded as a complete treatment in itself rather it is the first step in the long-term treatment of drug dependence and deviance (WHO, 2009).

As the rehabilitation centers have no materials and qualified staff for detoxification, this process is performed in collaboration with specialized agencies which signed Memoranda of Understanding with NRS, to respond to the needs of identified clients.

## **4. PSYCHOSOCIAL REHABILITATION PROGRAM COMBINED WITH VALUES BUILDING.**

### **4.1. INTRODUCTION**

In Rehabilitation center, trainees/clients receive a package of mental health services ( individual and group therapy and family visits), literacy and numeracy, vocational training, sports activities and leisure and a 9 month program for value building.

The clients admitted in rehabilitation centers are expected to graduate with positive values and attitude, equipped with vocational skills that will enable them to get employed and play an active role in psychosocial economic and development of Rwanda (will enable them fight against poverty and become competitive at labor market).

The lessons from the past 11 years of psychosocial rehabilitation program implementation, there is a high need to revise rehabilitation program and skills development program being offered in rehabilitation centers and some innovations are obviously needed including values rebuilding with focus on values restoration which were previously destroyed.

### **4.2.THE IMPLEMENTATION OF REHABILITATION PROGRAM COMBINED WITH VALUES BUILDING**

The rehabilitation program for drug users and associated deviant people combines medical treatment, psychosocial interventions and vocational training to address substance and other misbehaviors related problems by providing to individuals, an opportunity to explore, discover and clarify ways of living more resourcefully, with a greater sense of wellbeing and encompass the physical, psychological, spiritual, environmental, family and cultural values. Saunders J, et al (2002).

Normally, the maximum period of rehabilitation program covers 9 months but depends on each individual needs, then discharged to continue the rehabilitation process in the family. The first phase of three months is exclusively for psychosocial rehabilitation. The second phase of six months is



allocated to both vocational training and continuation of psychosocial program with a special focus on vocational training. The values building starts from 2<sup>nd</sup> month and continue in the whole process of rehabilitation. As stipulated in article 12 of the Presidential Orders n<sup>o</sup> 99/01, 100/01, 101/01 of 02/06/2018 establishing respectively Iwawa, Gitagata and Nyamagabe rehabilitation centers, the management of the Center determines the period a person spends in the Center and the type of rehabilitation program he or she receives.

#### **4.3. THE MAIN OBJECTIVE OF PSYCHOSOCIAL PROGRAM COMBINED WITH VALUES REBUILDING.**

The psychosocial rehabilitation program combined with values rebuilding intends to deal with causes that triggered the person to abuse drugs and be involved in misbehaviors as well as the associated negative psychological effects.

It increases clients' motivation to change, providing incentives for abstinence, building skills to resist drug use, replacing drug-using activities with constructive and rewarding activities, improving problem-solving skills and facilitating better interpersonal relationships. It enhances clients' capacity to manage substance use and misbehavior up to abstinence and positive behaviors.

#### **4.4. The Main activities of psychosocial rehabilitation combined with values building.**

##### **4.4.1. Values building**

Values are beliefs of a nation, guiding the actions and behaviors of its citizen, are also principles of Governance that are normative standards which oblige the state to perform its functions in a manner that promotes general well-being of its people. The decisions we make every day are a reflection of our values.

In values building, there are many activities but we focus on 4 main ones in rehabilitation centers.

- Dialogues
- Practical exercise to internalize values building
- Drills

##### **Dialogues (ibiganiro)**

In our rehabilitation centers, we have many values, among them 11 are spotlighted as they are considered very important in helping our clients to change their past deviant behaviors.

- ✓ Kubahiriza igihe (Time management) ;
- ✓ kugira isuku (cleanliness and hygiene)
- ✓ Kwisuzuma no Kwimenya (self-awareness)
- ✓ Kwihangana (resilience)
- ✓ Kubaha ubuzima (Life protection)

- ✓ Ubupfura n'ubunyangamugayo (Decency and integrity) ;
- ✓ Kuzigama (saving culture)
- ✓ Gukunda umurimo no kuwunoza (Hardworking and excellence)
- ✓ Kwihangira umurimo no gukorera hamwe (job creation and teamwork)
- ✓ Gukunda igihugu (Patriotism)
- ✓ Kwihesha agaciro (strive for self-worth)
- ✓ Gufata icyemezo no kugira intego (decision making and purpose driven life)

### **Practical exercise to internalize values building:**

- Kumenyana (Getting familiar and networking)
- Kwisuzuma no Kwimenya (self-awareness)
- Kwihangana (resilience)
- Kugira isuku (cleanliness and hygiene)

During the whole process of Rehabilitation Program, every trainee should be guided by values Rebuilding which prepare him to an effective community reintegration.

### **Drills (imiyereko)**

#### **4.4.2. Psychosocial rehabilitation activities**

There are two and complementary types of psychotherapy: Individual and group therapies.

- Individual therapy involves one to one relationship between a psychologist and a patient with the primary aim of helping the latter gets rid of his/her drug abusing behavior so that he/she may be able to get involved in productive work and develop insights into his conditions.
- Group therapy is a form of therapy where the individual is help through group process. Each member of the group receives immediate feedback from the other members regarding his verbal and other forms of behavior. Group support and encouragement are given to the subject on the premise that these are effective devices, which can produce positive results toward behavioral modification.

**4.4.3. Motivation phase**

The motivation is the driving force behind action. Starting the change process especially in areas of addiction is very difficult and time consuming. Above all, it gets more complicated when delinquent people are placed in a residential setting out of their families, occupations and entertainment.

The first step for change process is motivating clients to embrace change and voluntarily stick on despite of continued exposure to drugs.

The client is supported to slowly by slowly becoming aware of his/her problem to allow him/her to be actively involved in the rehabilitation process.

Regardless of the reason, it takes a high level of internal motivation to stay clean in the long run.

Naturally, a variety of factors prompt the desire for change: personal well-being, awareness of long-term negative consequences, awareness of past issues due to the drugs abuse and delinquent acts to name just a few.

**4.4.4. Motivation phase in our Rehabilitation Centers**

**4.4.4.1. Admission of Client in Rehabilitation Center**

- Preparation of admission of new intake (environmental cleaning, avail clothes and other hygienic materials)
- The clients are welcomed by the rehabilitation Center’s Leaders and orient them in different areas (dormitory, dining rooms, bathroom, toilets.,
- Medical screening for immediate treatment is conducted
- Induction: Presentation of Psychosocial support and professional skills providers, services offered by Rehabilitation Center and awareness on internal rules and regulations.

The whole process should be done *with Heartwarming words* in order to differentiate the Rehabilitation Center from delinquent life.

**4.4.5. Cost-Benefit Analysis**

It is a simple exercise which help people to assess loss and gain while active in delinquency and other deviant behavior. We create two columns. In the left column, write down gains from deviant acts while the right column, indicate the loss from deviant acts. Explore the financial, emotional, social personal development.

**Example**

Benefits/gains of delinquency and other deviant behavior	Loss caused by delinquency and other deviant behavior
----------------------------------------------------------	-------------------------------------------------------

<p>There is none benefit of delinquency and other deviant behavior, only mythology attributed on some bad behavior like drug abuse, gambling, etc.</p>	<ul style="list-style-type: none"> <li>-Poverty,</li> <li>-Family conflict</li> <li>-school drop out</li> <li>-drug abuse for coping with delinquent life</li> <li>-Jail</li> <li>-Mental disorders (depression, anxiety...)</li> <li>-Suicidal ideas</li> <li>-Being stigmatized because of his/her bad behavior</li> </ul> <p>The list is not exhaustive</p>
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#### 4.4.6. Time for meditation

A stay in a center is an opportunity to personally make analysis of the previous life and set new strategies for productive life.

#### 4.4.7. Reward oneself

The strategy is used from the center since the recovery is a process, not an event. The trainees need to come up with ways to get and stay motivated in the long-term. A good way to do this is to treat them every now and then. Whether it is getting a message or buying him/herself clothes, write a letter congratulating him/herself. The rewards keep everyone motivated in achieving goals.

#### 4.4.8. Substitution of drugs by a useful activity

Redundancy and isolation are factors for people to take refuge to drugs. Avoiding the relapse, when a person is strongly feeling attracted to taking again drug, any person should put in place and obey personal strategies to break the cycle of drug abuse such as: praying, playing, studying, visiting inspiring people, exploitation of his/her talents, listening to motivational audio, avoiding negative peer groups....

### 4.5. Client's psychological assessment, problem statement and prioritization

At this stage, psychologists work in group to identify main issues of clients and decide which problems to be considered in individual and group therapies. It is also an opportunity to determine the group with apparently most challenging to start with in individual therapy and others to be dealt in group therapy.

This phase aimed at helping the client to:

- Identify life challenging problems
- Be aware of the linkage between problems and how some have escalated up to the current situation

- Recognize any negative consequences of substance use and or deviant acts for themselves, their families and significant others, and the community

This process includes assessment of the psychological issues of the client, their background and personal history, drug use and delinquency history, physical health, mental health and readiness to change.

Clinical Psychologist is recommended to not be misguided by only psychological issues associated with drugs and delinquency rather they should cover all psychological issues of the client.

The following areas should be focused on:

- Family context
- Childhood experiences
- Adolescent experiences
- Experiences of school (academic, social, sporting, bullying)
- Traumatic experiences
- Occupational history
- Relationship experiences
- Legal issues and illegal behavior
- Financial and housing information
- Interests and leisure pursuits.

After psychological assessment, the client in collaboration with the psychologist should agree and prioritize the issues according to:

- The problem severity
- The problem causing other problems
- The problems require support from other disciplines such as legal area, social and economic support, shelter for homeless, ...

#### **4.6. Treatment plan and its execution**

A treatment plan is a detailed overview of the planned intervention similar to a road map for therapy. Treatment plan ensures that psychological care service covers the concerns relevant to the client and provide hope by planning ways to help clients address these concerns.

##### **4.6.1. Treatment plan should:**

- Be well developed and articulated, written and highly detailed
- Be jointly negotiated between psychologist and client
- Be structured around meeting the client's goals and needs
- Be directly derived from the results of assessment, goal-setting and client choice
- Contain practical, realistic goals and the strategies for achieving these goals

- **Treatment plan should contain the following:**
  - List of psychological issues according to the priority
  - A statement of client goals
  - A list of strategies for achieving these goals (Client is a key in therapeutic process)
  - Schedule for therapeutic meetings
  - An assessment of client progress towards meeting the therapeutic goals
  - Graduation and celebration
  
- **Key methods and technics to be used in treatment progress**

<b>DRUGS &amp; ALCOHOL DEPENDANTS/</b>	<b>DRUGS &amp; ALCOHOL + MENTAL DISORDERS/</b>	<b>DRUGS DEPENDANTS &amp; DELINQUENCY</b>
<u>Psychotherapy</u> a) <u>Setting:</u> - Individual - Group  b) <u>Approaches:</u> - Humanistic - Motivational - Interviewing (MI) - Cognitive Behavioral Therapy (CBT) - Systemic - Occupational Therapy - Supportive Psychotherapy	<u>Psychotherapy</u> a) <u>Setting:</u> - Individual - Group  b) <u>Approaches</u> - Humanistic - Motivational interview (MI) - Cognitive Behavioral Therapy (CBT) - Narrative Therapy - Systemic - Occupational Therapy - Supportive Psychotherapy	<u>Psychotherapy</u> a) <u>Setting:</u> - Individual - Group  b) <u>Approaches</u> - Humanistic - Motivational interview (MI) - Cognitive Behavioral Therapy (CBT) - Narrative Exposure Therapy (NET) - Systemic - Occupational Therapy - Supportive Psychotherapy

There should be a written, agreed upon and periodically updated treatment plan for each client.

The treatment process should take into consideration the strengths and other resources of the client to help him/her to deal with issues related to drug abuse, causes led people to be involved in drug use and deviant acts and set up new ambitions with positive orientation. It is a favorable time to identify goals for each stage, and achievement of these goals is assessed when considering applications to move between stages.

### **Key areas of focus in treatment process**

- Healing psychological issues as root cause of drug abuse patterns and deviant acts.

- Reducing the frequency of negative mood states and increasing the capacity to recognize the onset of drug abuse and manage the course of any negative mood states associated with use substance use, deviant acts and related behaviors.
  - Improvement of health and general functioning:
    - Improving general health
    - Reducing risky behavior
    - Increasing involvement in non-drug related activities
    - Increasing life satisfaction
  - Increasing involvement with non-drug using peers
- **Communication modalities**
- Treatment plans should be discussed and negotiated with trainee (client)
  - Client should be informed of the outcome of any sessions
  - Any communication style should enhance client self-respect and his/her to cooperate in the process of healing.
  - Positive communication fosters the development of positive behavior and values in the treatment program.
  - Clinical Psychologist can use all means of communication: written and verbal
- **Complete documentation (to be kept in an individual file):**
- Psychological assessment result
  - Appropriate treatment and management plans for each patient
  - Client records regularly updated with details of treatment, progress and any changes to the original goals
  - A completion summary on the clients' record at the end of the term in rehabilitation center.
  - Certificate of completion

#### **4.6.2. Treatment of mental health issues**

This case requires medical treatment such mental disorders or management of drug withdrawal symptoms, psychologist collaborate with psychiatric service.

#### **4.7. Psychosocial rehabilitation of families**

Family therapy as a form of intervention is based on the recognition that the family, as a primary social unit, can be a source of problem leading to drug use. Family therapy may include restructuring of the family, environmental manipulation, strengthening of family communication and discovery of family members to help facilitate the rehabilitation of the drug dependent.

Family plays a big role in rehabilitation of client and may contribute at some extent to the complication of drug use or deviant acts. It is in this regard, involving people in the process of holistic rehabilitation of the client.

The problematic of drug and alcohol use can reflect negatively on family and partners of clients, that is why the involvement of couple and family should be particularly considered. Family members act as useful supports in assisting clients with goals and strategies for change.

Psychotherapies should focus on the drug and alcohol issues relevant for the client, how these issues impact on the relationships within the family/couple setting, and increasing effective communication between family members and the client and other issues such as longstanding marital problems, parenting skills, aggression and violence within the family, etc.

The therapies should be organized during visit of parents of family members or through phone communication in the case of Iwawa Rehabilitation center where maritime transport does not facilitate monthly movement.

For children, frequent meetings between children and parents should be organized to repair relationships and assess other family issues that need advocacy to gain supports from other domains.

## **4.8 Modalities of work**

### **4.8.1. Individual therapy**

Individual therapy is a psychotherapy implemented by a trained professional therapist or psychologist, to help a client work on a problem. its implementation varies widely depending upon the psychological problem experienced by the client, the personal beliefs and practices of the therapist, and the individual needs of the client.

The psychologists will select the trainees with most challenging problems to be treatment on individual basis and allocate them to psychologists. Furthermore, each psychology will arrange appointments according to the most needed. According the severity of the issue a person may have 2 sessions in a weekly while another an appointment in a month.

The individual therapy sessions results are interlinked to the group therapy. Psychologists should organize restitution sessions to share therapeutic information from group and individual sessions to constitute a data on individual.

#### **4.8.1.1. Setting**

- An isolated room from any disturbance and noise
- Two chairs and a table
- Paper tissues and pens
- Drinking water



### 4.8.2. Group therapy

Group therapy can be conducted according to the purpose of the therapist and the goals of group. In this regard, it can be therapeutic groups, Educational and Life-Skill Groups, Growth Groups, Self-Help Groups, Task Groups.

The term "therapy" covers a wide range of groups. The groups are set up to provide education and life skills, counseling and therapy, personal growth, and self-help. Two of the major methods used in these groups are feedback and interaction. Therapeutic groups also help members in acquiring new behaviors, attitudes, and coping skills (Corey & Corey, 1992).

The group therapy should be facilitated by two psychologists and group members should not exceed 20 to facilitate its management. Sessions are organized according to the predetermined topics. Time to spend on each topic will depend on its length, importance and its interest manifested by trainees. The facilitators are requested to promote active participation.

#### 4.8.2.1. Key topics on drug abuse and delinquency:

- Emotional experience in transit and rehabilitation centers
- Onset of drug abuse
- Underlining causes of drug abuse or delinquency
- Relationship of drug abuse and delinquency
- Negative consequences of drugs
- Challenges to stop drugs and relapse triggers
- Strategies to quit drug abuse and delinquency.
- Coping strategies and relapse Management
- Behavior change cycle
- Delinquency and life goals
- Recapitulating session.

### 4.8.3. Psycho-Education

The psycho-education will focus on educating clients on life skills or restoring the devastated one due to drug abuse and delinquent acts.

Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life (WHO 1994). It has been claimed that the life skills approach, which is mostly used in schools, has a positive impact which lasts (Botvin et al 1990; Dusenbury et al 1997).

The objective of building life skills is part of a comprehensive (holistic) approach to treating people with a drug dependency and deviant acts and a way to increase active involvement in therapy by the

trainee and strengthen abilities to assume control, take responsibility, make a difference and bring about change.

The WHO publication Skills for health (2003) identifies these essential life skills:

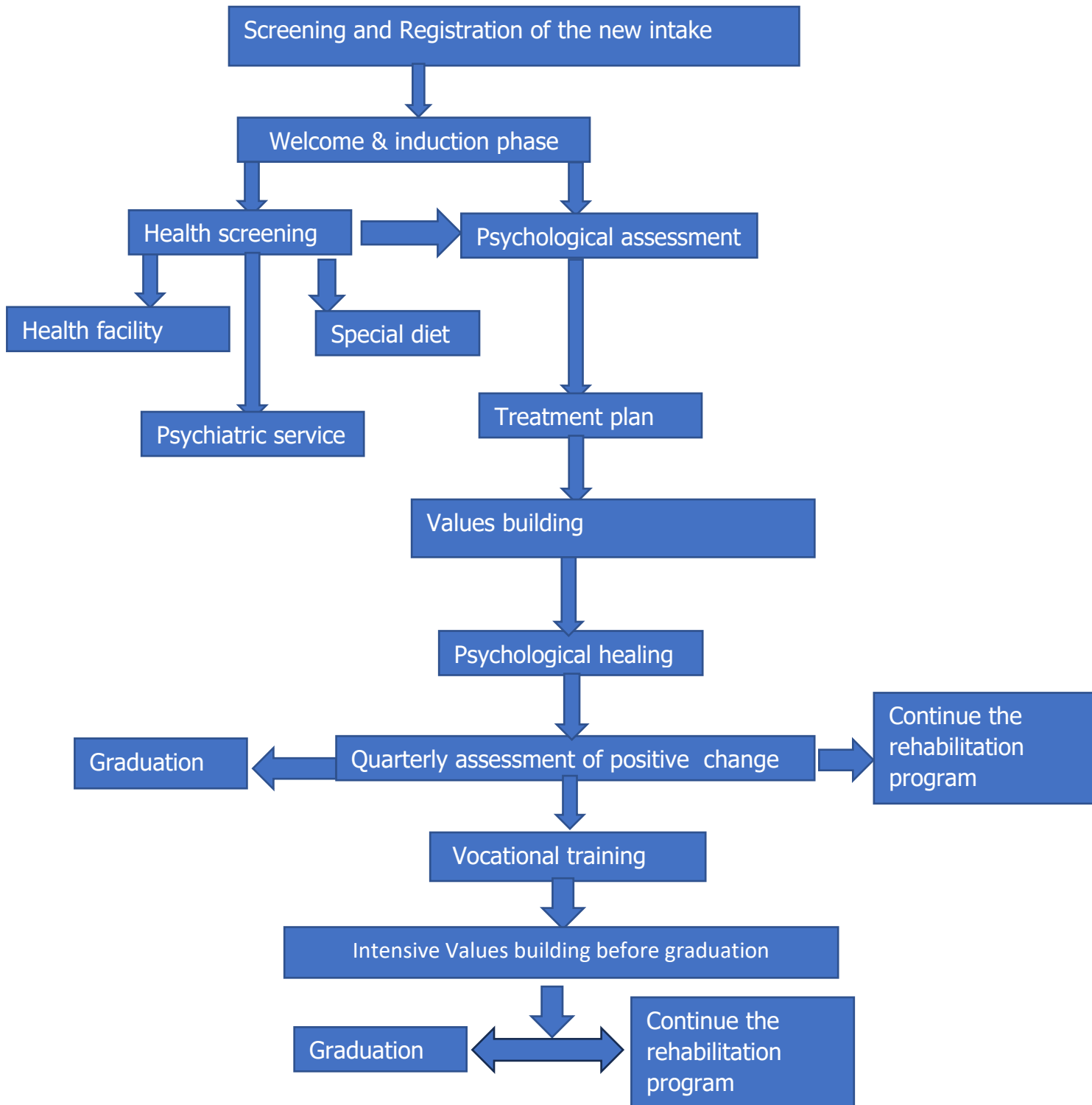
- Decision making skills
- Critical thinking skills
- Coping skills
- Self-management skills
- Skills for increasing personal confidence
- Goal setting skills
- Self-assessment skills
- Communication and interpersonal skills
- Negotiation skills

#### **4.8.4. Peer to peer support**

Peer to peer support is organized in group and led by group member with psychologists as facilitator. The psychologists can facilitate more than one group therapy. His/her role is mainly guidance and remove any obstacle for smooth interaction.

The peer-to-peer support provides an environment open reflection and discussion of personal issues related to use drug and deviant acts. It facilitates sharing experience between individuals and some people can teach each other. This process prepares the trainees to manage their behaviors after residential program. In the community, it provides a safe, drug-and-alcohol-free environment, a time and place for clients to withdraw from a high-risk lifestyle or situation, peer support and encouragement to withdraw from drug use. It facilitates additional networks and supports, particularly among those who are able to quit drug abuse and deviant acts as way to prevent relapse.

## The process of psychosocial rehabilitation in a center



#### 4.8.5. Spiritual and religious services

Spiritual and religious services intended to develop moral and spiritual values of the drug dependent and deviant people. Spiritual sessions provide time to renewal relationship with God resulting to solve internal and external conflicts.

Strengthening the spiritual foundation would involve, among others, reorientation of moral values, spiritual renewal, bible study and other charismatic sessions. It aims to bring them closer to God. Various religious denominations are involved in to observe the right of each trainee to belong in a religion of one's choice.

In addition, churches should not limit to preaching but also to combine it with the spiritual counselling because it is helpful in recreating hope and positive perception of life.

To perform well, it is paramount to partner with different religious denominations such as Catholic Church, ADEPR, Adventist, Zion Temple, EAR (Anglican Church), Islam, and others who are willing to contribute to the rehabilitation process.

The main activities in religious include:

- Daily preaching
- Baptism of youth from different religious organizations
- Weekly gathering
- Public preaching and concert
- Hosting religious counselling

#### 4.8.6. Civic education

Civic education is the study of theoretical, political and practical aspects of citizenship, as well as its rights and duties; the duties of each other as members of a society. The civic education is channeled through all trainees' sessions and during Itorero.

##### The themes for civic education

No	Themes
1	History of Rwanda (pre, colonial and post-colonial)
2	Law and regulation regarding the people caught using or selling drug abuse
3	Conflict management and decision making
4	History of genocide done against Tutsi in 1994
5	Education on fighting against genocide ideology and its denial
6	Education for peace and its role
7	Education on good governance and democracy
8	Education on Government institution(body)
10	Education on discipline as a foundation of success

11	Ndi umunyarwanda program
12	Education on security and its role in the development

#### 4.8.7. Education on culture

Teaching on culture topics are done especially through Igitaramo and organized gatherings. The main topics to be covered are the followings:

No	Topics
1	Taboos, rites and ritual
2	Rwandan moral values, ethics and patriotism (indangaciro, kirazira)
3	Traditions itorero (imirimbire n'imibyinire, inkera mu imitamire)
4	Community work and development (umuganda)
5	Home grow solutions (gahunda ya girinka,.... )
6	Cultural basis to develop the country

#### 4.8.7. Sports and leisure

##### 4.8.7.1. The mains activities

- **Collective sports:**
  - o Daily morning and evening run
  - o Daily sports practices in different discipline
  - o Miles running competition, and stick running
  - o Olympic games shows
  
- **Disciplines and tournament**
  - o Football
  - o Basketball
  - o Handball
  - o Volleyball
  - o Traditional and modern music competition

#### 4.8.8. Duration of psychosocial rehabilitation and vocational training combined with values building.

##### 4.8.8.1. Introduction

The process of rehabilitation program combined with values building covers 9 months in maximum. However, there is no fixed period for everyone since each person is unique and particular. Specifically,

once a client and his/her families/Districts are ready for reintegration, the center in collaboration with district of origin proceed with community reintegration.

Clinical Psychologists conducts regular evaluation. Hence, in a period of six months for psychosocial rehabilitation program, some clients graduate and be transferred to other services out of the center based on the report of psychologists and guidelines below

#### **4.8.8.2. Criteria for a person to be allowed to graduate after 6 months of psychosocial rehabilitation**

The full rehabilitation process goes through two major phases, the intensive rehabilitation program phase of 3 months and vocational training phase for 6 months. As stipulated in the Presidential Orders of N° 99/01, 100, 101 of 02/06/2018 establishing respectively Iwawa, Gitagata and Nyamagabe in its article 12, the management of the Center determines the period a person spends in the center depending on the short- or medium-term training program and the type of rehabilitation program he or she receives.

This part intends to highlight the criteria for graduation after 6 months of intensive psychosocial rehabilitation combined with values building and for whom it is not crucial to undergo the vocational training program and be transferred for other complementary service for full recovery.

Graduation after rehabilitation without undergoing the vocational training program, a client must fulfill the following criteria:

- To spend 6 months of rehabilitation program combined with values building with a positive psychotherapeutic clinical evaluation report as evidence.
- To be well disciplined within 6 months of rehabilitation as stipulated by the internal rules and regulations with a positive disciplinary committee report as evidence.
- To have at least one of the following professional certificate, careers or other ways of earning income:
  - ✓ To be a holder of a secondary or university degree with a commitment from parents to facilitate him/her in job creation.
  - ✓ To have a professional certificate that can help him/her to get or create a job (driving license, vocational training certificates, etc).
  - ✓ To be a holder of a registered active business with business registration certificate or any other commercial document as evidence.
  - ✓ To be a student who dropped out from secondary school or university before rehabilitation and ready to go back to school. They must present the school attendance certificate or any other academic document and parental commitment as evidence.

#### 4.8.8.3. Results from deliberation committee

Based on the guidelines for assessment of a trainee, a deliberation team establish a list of trainee ready for graduation after 6 or 9 months of psychosocial support or after vocational training. The center Coordinator reports to the Director General the proposed list of eligible candidates to graduate after 6 or 9 months or after vocational training.

#### 4.8.8.4. Reintegration process

After graduation, Districts, parents or guardians and family members must be actively involved in reintegration of rehabilitated people to prevent recidivisms. The competent administrative institutions (NRS, Districts and family members) should timely work hand in hand in order to guide parents and clients for the execution of these guidelines

### 5. Key steps in the journey of trainee in a rehabilitation center

MONTH	WEEK	ACTIVITIES
MONTH 1	Week 1	<b>Induction phase</b> <ul style="list-style-type: none"> <li>• Welcoming</li> <li>• Instructions</li> <li>• Hygiene</li> <li>• Registration</li> <li>• Interventions in emergent cases</li> <li>• Medical screening</li> <li>• Group of life formation (based on Rwandan names)</li> <li>• <b>Value building: Topic: 1: Kubahiriza igihe (Time management)</b></li> </ul>
	Week 2	<b>Induction phase</b> <ul style="list-style-type: none"> <li>• Medical screening</li> <li>• Registration</li> <li>• Initial assessment</li> <li>• <b>Value building: Topic: 1: Kubahiriza igihe (Time management)</b></li> <li>• <b>Value building: Topic 2: Kugira isuku (cleanliness and hygiene)</b></li> </ul>
	Week 3	<b>Induction phase</b> <ul style="list-style-type: none"> <li>• Medical screening</li> <li>• Registration</li> <li>• Initial assessment</li> <li>• <b>Value building: Topic: 1: Kubahiriza igihe (Time management)</b></li> <li>• <b>Value building: Topic 2: Kugira isuku (cleanliness and hygiene)</b></li> </ul>
	Week 4	<ul style="list-style-type: none"> <li>• Individual deep assessment</li> <li>• Therapeutic group formation</li> <li>• Numeracy and literacy training</li> <li>• <b>Value building: Topic: 1: Kubahiriza igihe (Time management)</b></li> <li>• <b>Value building: Topic 2: Kugira isuku (cleanliness and hygiene)</b></li> <li>• <b>Value building : Topic 3: Imvugo iboneye (civil and polite language)</b></li> </ul>
MONTH 2	Week 5	<ul style="list-style-type: none"> <li>• Individual deep assessment</li> </ul>

		<ul style="list-style-type: none"> <li>• Therapeutic group formation based on trainee issues/ reasons for rehabilitation</li> <li>• Numeracy and literacy training</li> <li>• <b>Value building: Topic 1: Kubahiriza igihe (Time management)</b></li> <li>• <b>Value building: Topic 2: Kugira isuku (cleanliness and hygiene)</b></li> <li>• <b>Value building : Topic 3: Imvugo iboneye (civil and polite language)</b></li> </ul>
	Week 6	<ul style="list-style-type: none"> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• <b>Value building: Topic 1: Kubahiriza igihe (Time management)</b></li> <li>• <b>Value building: Topic 2: kugira isuku (cleanliness and hygiene)</b></li> <li>• <b>Value building : Topic 3: Imvugo iboneye (civil and polite language)</b></li> </ul>
	Week 7	<ul style="list-style-type: none"> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• <b>Value building: Topic 1: Kubahiriza igihe (Time management)</b></li> <li>• <b>Value building: Topic 2: kugira isuku (cleanliness and hygiene)</b></li> <li>• <b>Value building : Topic 3: Imvugo iboneye (civil and polite language)</b></li> </ul>
	Week 8	<ul style="list-style-type: none"> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• <b>Value building: Topic 1: Kubahiriza igihe (Time management)</b></li> <li>• <b>Value building: Topic 2: kugira isuku (cleanliness and hygiene)</b></li> <li>• <b>Value building: Topic 3: Imvugo iboneye (civil and polite language)</b></li> </ul>
MONTH 3	Week 9	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 4: Kwisuzuma no Kwimenya (self-awareness)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> </ul>
	Week 10	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 4: Kwisuzuma no Kwimenya (self-awareness)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> </ul>
	Week 11	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 5: Kwihangana (resilience)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• Career guidance</li> </ul>
	Week 12	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 5: Kwihangana (resilience)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• Career guidance</li> <li>• Psychosocial support quarterly evaluation</li> </ul>
MONTH 4	Week 13	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 5: Kwihangana (resilience)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training (weekend)</li> </ul>



		<ul style="list-style-type: none"> <li>• Vocational training</li> <li>• Parents/ Relatives meeting</li> </ul>
	Week 14	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 6: Kubaha ubuzima (Life protection)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training (weekend)</li> <li>• Vocational training</li> <li>• Parents/ Relatives meeting</li> </ul>
	Week 15	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 6: Kubaha ubuzima (Life protection)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training (weekend)</li> <li>• Vocational training</li> <li>• Parents/ Relatives meeting</li> </ul>
	Week 16	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 7: Ubupfura n'ubunyangamugayo (Decency and integrity)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational training</li> <li>• Numeracy and literacy training (weekend)</li> </ul>
MONTH 5	Week 17	<ul style="list-style-type: none"> <li>• <b>Value building: Topic 7: Ubupfura n'ubunyangamugayo (Decency and integrity)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training (weekend)</li> <li>• Vocational training</li> <li>• District Officials visit</li> </ul>
	Week 18	<ul style="list-style-type: none"> <li>• <b>Value building Topic 8: Gukunda Igihugu (Patriotism)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training (weekend)</li> <li>• Vocational training</li> <li>• District Officials visit</li> </ul>
	Week 19	<ul style="list-style-type: none"> <li>• <b>Value building Topic 8: Gukunda Igihugu (Patriotism)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• Vocational training</li> <li>• District Officials visit</li> </ul>
	Week 20	<ul style="list-style-type: none"> <li>• <b>Value building topic 9: Gukunda umuryango (family protection)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training (weekend)</li> <li>• Vocational training</li> <li>• District Officials visit</li> </ul>
MONTH 6	Week 21	<ul style="list-style-type: none"> <li>• <b>Value building topic 10: Kwihesha agaciro (strive for self worth)</b></li> </ul>

		<ul style="list-style-type: none"> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• Vocational training</li> </ul>
	Week 22	<ul style="list-style-type: none"> <li>• <b>Value building topic 11: Kuzigama (saving culture)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training (weekend)</li> <li>• Vocational Training</li> </ul>
	Week 23	<ul style="list-style-type: none"> <li>• <b>Value building topic 11: Kuzigama (saving culture)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy training</li> <li>• Vocational Training</li> </ul>
	Week 24	<ul style="list-style-type: none"> <li>• <b>Value building topic 11: Kuzigama (saving culture)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Numeracy and literacy assessment</li> <li>• Vocational Training</li> <li>• Psychosocial support quarterly evaluation</li> </ul>
MONTH 7	Week 25	<ul style="list-style-type: none"> <li>• <b>Value building topic 11: Kuzigama (saving culture)</b> Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• Parents/ Relatives meeting</li> </ul>
	Week 26	<ul style="list-style-type: none"> <li>• <b>Value building topic 11: Kuzigama (saving culture)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• Parents/ Relatives meeting</li> </ul>
	Week 27	<ul style="list-style-type: none"> <li>• <b>Value building topic 11: Kuzigama (saving culture)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• Parents/ Relatives meeting</li> </ul>
	Week 28	<ul style="list-style-type: none"> <li>• <b>Value building Topic 12: Gukunda umurimo no kuwunoza (Hardworking and excellence)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
MONTH 8	Week 29	<ul style="list-style-type: none"> <li>• <b>Value building Topic 12: (Hardworking and excellence)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 30	<ul style="list-style-type: none"> <li>• <b>Value building Topic 13: Kwihangira umurimo no gukorera hamwe (job creation and teamwork)</b></li> </ul>

		<ul style="list-style-type: none"> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 31	<ul style="list-style-type: none"> <li>• <b>Value building Topic 13: Kwihangira umurimo no gukorera hamwe (job creation and teamwork)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 32	<ul style="list-style-type: none"> <li>• <b>Value building Topic 13: Kwihangira umurimo no gukorera hamwe (job creation and teamwork)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
MONTH 9	Week 33	<ul style="list-style-type: none"> <li>• <b>Value building Topic 13: Kwihangira umurimo no gukorera hamwe (job creation and teamwork)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 34	<ul style="list-style-type: none"> <li>• <b>Value building Topic 13: Kwihangira umurimo no gukorera hamwe (job creation and teamwork)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 35	<ul style="list-style-type: none"> <li>• <b>Value building Topic 13: Kwihangira umurimo no gukorera hamwe (job creation and teamwork)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 36	<ul style="list-style-type: none"> <li>• <b>Value building Topic 14: Gufata icyemezo no kugira intego (decision making and purpose driven life)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• Psychosocial support quarterly evaluation</li> </ul>
MONTH 10	Week 37	<ul style="list-style-type: none"> <li>• <b>Value building Topic 14: Gufata icyemezo no kugira intego (decision making and purpose driven life)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• Parents/ Relatives meeting</li> <li>• District Officials visit</li> </ul>
	Week 38	<ul style="list-style-type: none"> <li>• <b>Value building Topic 14: Gufata icyemezo no kugira intego (decision making and purpose driven life)</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• Parents/ Relatives meeting</li> </ul>

		<ul style="list-style-type: none"> <li>• District Officials visit</li> </ul>
	Week 39	<ul style="list-style-type: none"> <li>• <b>Value building: Reflection on topic 5 &amp;6</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• Parents/ Relatives meeting</li> <li>• District Officials visit</li> </ul>
	Week 40	<ul style="list-style-type: none"> <li>• <b>Value building: Reflection on topic 7&amp;8</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> <li>• District Officials visit</li> </ul>
MONTH 11	Week 41	<ul style="list-style-type: none"> <li>• <b>Value building: Reflection on topic 9&amp;10</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 42	<ul style="list-style-type: none"> <li>• <b>Value building: Reflection on topic 11</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 43	<ul style="list-style-type: none"> <li>• <b>Value building: Reflection on topic 11</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
	Week 44	<ul style="list-style-type: none"> <li>• <b>Value building: Reflection on topic 12&amp;14</b></li> <li>• Psychosocial support (Individual therapy, Group therapy, Psychoeducation, Occupational therapy, Spiritual healing and recreational activities)</li> <li>• Vocational Training</li> </ul>
MONTH 12	Week 45	<ul style="list-style-type: none"> <li>• <b>Value building: Reflection on topic 13</b></li> <li>• Vocational Training assessments</li> <li>• Industrial attachment</li> <li>• Psychosocial assessments</li> </ul>
	Week 46	<ul style="list-style-type: none"> <li>• <b>Comprehensive program for value building to prepare trainees for graduation</b></li> <li>• Vocational Training assessments</li> <li>• Industrial attachment</li> <li>• Psychosocial assessments</li> <li>• Preparation for reintegration in their respective districts</li> </ul>
	Week 47	<ul style="list-style-type: none"> <li>• <b>Comprehensive program for value building to prepare trainees for graduation</b></li> <li>• Industrial attachment</li> <li>• Preparation for reintegration in their respective districts</li> </ul>
	Week 48	<ul style="list-style-type: none"> <li>• Preparation for reintegration in their respective districts</li> <li>• Graduation</li> </ul>

Done at Karongi 12/05/2022

**MUFULUKYE Fred**

**Director General**

**3. BIOGRAPHY**

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Daily activities are conducted through timetable shown below

<b>Time / Day</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>04h30-05h00 AM</b>	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
<b>05h00-06h00 AM</b>	General hygiene and parade state	General hygiene and parade state	General hygiene and parade state	General hygiene and parade state	General hygiene and parade state	General hygiene and parade state	General hygiene and parade state
<b>6:00-7:00 AM</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>7:00AM-7:15AM</b>	National Anthem/ Morning brief	National Anthem/Morning brief	National Anthem/Morning brief	National Anthem/Morning brief	National Anthem/Morning brief	National Anthem/ Morning brief	National Anthem/Morning brief
<b>7:15AM-12:00 PM</b>	Psychotherapy Vocational training	Psychotherapy Vocational training	Psychotherapy Vocational training	Psychotherapy Vocational training	Psychotherapy Vocational training	Environment cleaning	Religious Activities
<b>BREAK /LUNCH</b>							
<b>2:00 PM-05:00 PM</b>	Values building	Psychotherapy Vocational training	Values building	Psychotherapy Vocational training	Psychotherapy Vocational training	Sport	Sport
<b>5:00- 7:00 PM</b>	General Hygiene Sport Supper	General Hygiene Sport Supper	General Hygiene Sport Supper	General Hygiene Sport Supper	General Hygiene Sport Supper	General Hygiene/Supper	General Hygiene/ Supper

*Schedule for values building sessions*

S/N	WEEK	DAY	TIME	ACTIVITIES	RESPONSIBLE
<b>PHASE I: VALUE BUILDING SESSIONS</b>					
<b>1</b>	<b>Week One</b>	<b>Monday</b>	<b>02:00-02:30</b>	<b>Opening remarks</b>	<b>RC Coordinator</b>
			02:30-03:30	Kubahiriza igihe (Time management)	Trainers, psychologists, Animators
			03:30- 04:30	Umukorongiro wo kumenyana (practical exercise to get familiar and networking)	Trainers, psychologist, Animators, Trainees
			04:30- 05:00	Drills (Imyiyereko)	Instructors, animators
		<b>Wednesday</b>	02:00-04:00	- Indangagaciro zishamikiye ku ndangagaciro yo Kubahiriza igihe (Time management)	Trainers, Psychologists, Animators
			04:00-05:00	- Running and stretching	Trainers, Animators & Instructors
<b>2</b>	<b>Week Two</b>	<b>Monday</b>	02:00-03:30	-Kubahiriza igihe (Time management) Comments, Questions and recapitulation	Trainers, Psychologists and Animators
			03:30-04:30	Ubuhamya (testimony and take home)	trainees
			04:00-05:00	Drills (Imyiyereko)	Instructors
		<b>Wednesday</b>	02:00-03:30	Kubaha ubuzima (Life protection)	Trainers, Psychologists and Animators
			03:30- 04:30	Ubuhamya (testimony and take home)	Trainees
			04:30- 05:00	Drills (Imyiyereko)	Instructors
<b>3</b>	<b>Week three</b>	<b>Monday</b>	02:00-04:00	- Ubupfura n'ubunyangamugayo (Decency and integrity)	Trainers, Animators and Psychologists
			04:00-05:00	- Running and stretching	Trainers &Instructors and Psychologists

		<b>Wednesday</b>	02:00-03:30	Ubupfura n'ubunyangamugayo (Decency and integrity) (Comments, Questions and take home and recapitulation)	Trainers
	<b>Week Four</b>	<b>Monday</b>	02:00-03:30	-Gucunga neza ibyawe n'iby'abandi (Property management)	All staff
			03:30- 04:30		All staff
			04:30- 05:00	Drills (Imyiyereko)	Instructors
		<b>Wednesday</b>	02:00-04:00	- Value: Indangagaciro zishamikiye ku ndangagaciro yo gucunga neza ibyawe n'iby'abandi (Property management)	All staff
			04:00-05:00	- Running and stretching	Trainers &Instructors
<b>5</b>	<b>Week Five</b>	<b>Monday</b>	02:00-03:30	- Value: Kwimenye no Kwisuzuma	All staff
			03:30- 04:30	- Umukorongiro wo Kwisuzuma no Kwimenya (Practical exercise to internalise the value of self-awareness)	All staff
			04:30- 05:00	Drills (Imyiyereko)	Instructors
		<b>Wednesday</b>	02:00-03:30	- Value: Kwihangana (resilience)	All staff
			03:30- 04:30	Umukorongiro wo Kwihangana (Practical exercise to internalize the value of resilience)	Trainees
			04:30- 05:00	Drills (Imyiyereko)	Instructors
<b>6</b>	<b>Week six</b>	<b>Monday</b>	02:00-04:00	- Value: gukunda umuryango (family protection )	All staff
			04:00-05:00	Value: gukunda umuryango (discussion about family protection )	All staff
		<b>Wednesday</b>	02:00-03:30	Value: gukunda umuryango (negative impact of family neglect)	All staff
			03:30- 04:30	Ubuhamya bwerekeye ku muryango (testimonies, discussions and take away)	Trainees



			04:30- 05:00	Drills (Imyiyereko)	Instructors
<b>PHASE II. READY FOR COMMUNITY REINTEGRATION</b>					
<b>7</b>	<b>Week 7</b>	<b>Monday</b>	02:00-03:30	Value: Gukunda umurimo no kuwunoza (hardworking and excellence)	All staff
			03:30- 04:30	Value: Gukunda umurimo no kuwunoza (hardworking and excellence)	All staff
			04:30- 05:00	Drills (Imyiyereko)	Instructors
		<b>Wednesday</b>	02:00-04:00	- Value: Gukunda umurimo no kuwunoza (discussions, Questions, comments)	All staff
			04:00-05:00	- Running and stretching	Trainers &Instructors
<b>8</b>	<b>Week Eight</b>	<b>Monday</b>	02:00-03:30	Value: Gukunda Igihugu (Patriotism)	All staff
			03:30- 04:30	Kumenya gahunda za Leta (National Policies and programs)	All staff
			04:30- 05:00	Drills (Imyiyereko)	Instructors
		<b>Wednesday</b>	02:00-03:30	Value : Kubungabunga umutekano w'abantu n'ibintu (security and safety)	All staff
			03:30- 04:30	Value : Kubungabunga umutekano w'abantu n'ibintu (security and safety)	All staff
			04:30- 05:00	Drills (Imyiyereko)	Instructors
<b>9</b>	<b>Week Nine</b>	<b>Monday</b>	02:00-04:00	Value: Kwihangira umurimo (job creation)	All staff
			04:00-05:00	Running and stretching	Trainers &Instructors
		<b>Wednesday</b>	02:00-03:30	Value: Gukora umushinga (developing project)	Trainees
			03:30- 04:30	Value: Gukora umushinga (developing project)	Trainees
			04:30- 05:00	Drills (Imyiyereko)	Instructors

<b>10</b>	<b>Week Ten</b>	<b>Monday</b>	02:00-03:30	Value: Ibyiza byo Kwihesha agaciro (strive for self-worth)	All staff
			03:30- 04:30	Ibyiza byo Kwihesha agaciro (strive for self-worth)	All staff
			04:30- 05:00	Drills (Imyiyereko)	Instructors
		<b>Wednesday</b>	02:00-04:00	Ibyiza byo Kwihesha agaciro (strive for self-worth)	All staff
			04:00-05:00	Running and stretching	Trainers &Instructors
<b>11</b>	<b>Week eleven</b>	<b>Monday</b>	02:00-03:30	Value: Gufata icyemezo (decision making)	Trainees
			03:30- 04:30	Guhiga+ presentation of projects	Trainees
			04:30- 05:00	Drills (Imyiyereko)	Instructors
		<b>Wednesday</b>	02:00-05:00	Presentation of projects	Trainees & Instructors
<b>12</b>	<b>Week Twelve</b>	<b>Monday</b>	02:00-05:00	<b>Closing:</b> Recapitulation of Values Rebuilding sessions	RC Coordinator, all staff, Trainees