



Short-Term Effectiveness Evaluation of Community-Based Adolescent Substance Abuse Rehabilitation Programmes in Kenyan Slums, 2013

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Abstract

Adolescent substance abuse is a significant public health issue in Kenyan slums, where limited access to formal rehabilitation services often leads to inadequate support for affected youth. A mixed-methods approach combining qualitative interviews with a standardised survey was employed to assess participant outcomes, including behavioural changes and programme satisfaction levels. Participants reported significant improvements in substance use behaviors, with 70% showing reduced alcohol consumption after three months of participation. However, ongoing support needs were highlighted as a key challenge for sustaining long-term recovery. Community-based programmes offer a viable alternative to formal rehabilitation settings but require sustained community engagement and additional resources for effective implementation. Increase funding for community outreach initiatives, enhance peer mentoring networks, and integrate mental health support into existing programmes to improve programme sustainability and efficacy.

Keywords: *African Geography, Community Interventions, Ecological Theory, Outcome Evaluation, Randomized Controlled Trials, Social Capital, Youth Mental Health*

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