



MANAGING CAMPUS HEALTH

EVIDENCE-BASED, YOUTH-CENTRED APPROACHES

Presented by
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THEME

**Prevention | Harm Reduction | Treatment
Policy Reform**

The Reality on Kenyan Campuses

- 1 in 2 students in higher institutions have used drugs at least once

(NACADA, 2025)

- 40.5% alcohol | 20.4% tobacco | 18% cannabis
- 9% suffer mental illness linked to substance use disorders
- Institutional responses remain punitive and stigmatizing

Introducing the
 S^3 FRAMEWORK

Smart | Safe | Supported

Vision

Transform campus health through public health–based, youth-led strategies

Mission

To fill the gap: While prevention messaging exists, there is no supporting pathway for students who are already using drugs.

Focus Areas

- **Prevention** – Education, awareness, life skills
- **Harm Reduction** – Safe spaces, peer support
- **Treatment Access** – Counseling and referrals
- **Policy Reform** – Youth inclusion and advocacy

Pillar 1 – Prevention through Education

- Interactive, relatable education instead of one-time lectures
- Creative tools – peer talks, art, social media, workshops
- Integrate prevention into campus wellness programs

Pillars 2 & 3 – Harm Reduction & Treatment Access

- Establish campus wellness hubs or peer-led support centers
- Train staff and peer mentors to identify early signs
- Build referral systems to local clinics and counselors
- Ensure confidentiality and dignity for students seeking help

Pillar 4 – Youth-Led Policy and Research

- Involve students in policy design and review
- Encourage research on youth drug use trends
- Promote dialogue between students, universities, and NACADA
- Ground interventions in lived experiences

From Global Inspiration to Local Action

- Learn from harm reduction models in Europe and Asia
- Adapt them to Kenya's cultural and institutional realities
- Build Afro-Asian knowledge exchange for campus well-being

Expected Outcomes

- Reduced stigma and punitive actions
- Increased access to mental health and support services
- Stronger student peer networks
- Improved academic performance and well-being
- Policy reforms at institutional and national levels

Call to Action

- **Universities:** Adopt compassionate, health-centered policies
- **NACADA & MoH:** Support youth-led initiatives
- **Civil Society & Donors:** Fund prevention and advocacy
- **Students:** Be peer champions of change

“Being smart also means being safe and supported.”

**Marveline Atieno,
Chairperson, SSDP Kenya**

Thank You