

FORUT Plan of Action in Malawi

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For background information on this Plan of Action, please see the following documents:

- FORUT Strategy Paper; Alcohol and Drug Prevention in Malawi
- FORUT Approach to Alcohol and Drug Prevention
- “Rapport rusproblemet i Malawi 2006”; Report in Norwegian

This document will be revised continuously as new activities are defined and agreements are reached with partners.

Development goals

Contribute to improved health, welfare and living conditions for people in Malawi through a reduction in alcohol and drug consumption and, thereby, reduced human, social and economic costs related to such consumption by

- building knowledge on substance abuse as an obstacle to development;
- contribute to the implementation of culturally sensitive and effective alcohol and drug prevention activities;
- involving the civil society in alcohol and drug prevention as an integral part of their development strategies and programmes;
- promoting government policies to reduce alcohol and drug consumption built on the international evidence base on effective interventions;

Areas of Action

1. Research and documentation
2. Competence-building
3. Policy development
4. Mobilization and awareness-raising

Focus areas

Priority will be given to activities that have a special relevance for the Malawian situation of today and that have been highlighted by many Malawian institutions, governmental as well as non-governmental:

- * HIV/AIDS
- * Gender-based violence

1. Research and documentation

1.1 Long-term ambition:

To contribute to establishing a national system for monitoring of the alcohol and drug issue in Malawi (consumption trends and related problems).

The Government of Malawi has in its Drug Control Policy defined the need for such a monitoring system: “...establishment of a reliable and comprehensive and integrated national data base on drug related information (page 14).

The WHO Expert Committee on Problems Related to Alcohol Consumption concluded in its meeting in Geneva, 10–13 October 2006:

In view of the need to provide a sustainable system for monitoring and surveillance of progress in reducing the harmful consequences of alcohol use, the Committee recommends that WHO: — establish a global information system on alcohol, based on the current WHO Global Alcohol Database, with country-based counterparts, to bring together and analyse alcohol monitoring and surveillance information based on comparable data and agreed definitions;

1.2 Short-term goals:

- * To collect information on the alcohol and drug situation in Malawi with particular relevance to the priority areas of this Plan of Action.
- * To build a network of Malawian and Norwegian agencies and NGOs who could contribute towards more documentation on the problems of substance abuse in Malawi.
- * To build competence on alcohol and drug research among Malawian scholars by involving Malawian partners in research projects.

1.3 Activities:

Pilot study on “Masculinity, Alcohol and HIV/AIDS prevention”

A co-operation project with the Norwegian Church Aid in Malawi, REACH/the Norwegian Heart and Lung Association and supported by a reference group of resource persons from Malawian organizations and agencies.

By using a methodology from the project “Men, Sex and AIDS” in Botswana, information will be collected to better understand the interaction between the construction of male identities, male sexuality and alcohol consumption – and how this relates to risky sexual behaviour and violence against women and, in turn, contributes to the HIV/AIDS pandemic.

Pilot study on gender-based violence and alcohol

A co-operation project with SINTEF Health (Norway), Centre for Social Research (University of Malawi/Zomba) and Malawian NGOs. The purpose of the study is to explore how substance use has an effect on gender based violence in Malawi: How does men's use of substances put women at risk of being violated physically, mentally and sexually?

Pilot study on substance use and abuse and its implications

A co-operation project with SINTEF Health (Norway), Centre for Social Research (University of Malawi/Zomba) and Malawian NGOs. The study will explore the alcohol and drug situation in rural and urban locations, both to serve as a baseline for later studies and to facilitate planning of interventions. Furthermore, the results of the study will be used to formulate proposals for broader and more extensive research.

Other research activities

FORUT has the intention to raise funds for a broader research programme on the prevalence of substance use in Malawi and problems arising from such use. One first step might be a smaller, qualitative (pilot) study in a selected rural and urban location.

Education of social workers

A co-operation with the University College of Bodø, Norway (Faculty of Social Science) and the University of Malawi:

- * Data collection from pilot activities with the method "Family Group Conference" (2009)
- * Master students of social work: Field work focusing on alcohol and drugs as social problems, related to their master thesis

Master thesis on women

Master student Nelli Kongshaug: Field work on women, everyday life and alcohol in Chinsapo.

Focus areas for the ADD network

The partners of the ADD network in eight countries have decided to make a joint effort to develop documentation and competence on some selected focus areas related to alcohol and drugs as a development issues. Two of these areas have special relevance for Malawi:

- * Gender-based violence and alcohol
- * HIV/AIDS and alcohol

Material produced by the ADD network will be put at the disposal of our Malawian partners and, on the other hand, experiences from Malawi will be integrated into the process of making the material.

Funding of research in Malawi

In cooperation with research partners FORUT will investigate possible sources of funding for a more comprehensive research programme on alcohol and drug issues in Malawi.

2. Competence-building

2.1 Long-term ambition:

To give key resource persons in Malawi basic education on alcohol and drugs as obstacles to development and to give training in effective interventions:

- * Professional groups in the field of health, welfare and education;
- * Key persons in civil society;
- * Politicians and civil servants

2.2 Short-term goals:

Provide training on prevention of alcohol and drug problems to key persons in a selection of voluntary organizations

2.3 Activities:

Training of nurses

Integration of the alcohol and drug issue in the training of nurses in Malawi. A cooperation with Norwegian and Malawian partners:

- * Norwegian Church Aid in Malawi and Norway
- * CHAM (Christian Health Association of Malawi)

* Norwegian colleges which are partners in the development of training programs for nurses in Malawi

Training of social workers

Integration of the alcohol and drug issue in the coming master education in social work in Malawi. A cooperation with the University College of Bodø and the University of Malawi:

* A one-month course on the working method "Family Group Conference" (start 2008 or 2009)

* Alcohol and drugs in everyday life will be part of the research project "Children, family and problem solving in everyday life", to be carried out by two Malawian master students

Training in partner organizations

Training of key personnel (staff and voluntary leaders) in Malawian partner organizations will be an integral part of projects and programmes listed in this plan of action.

Competence in Malawi

FORUT will establish contact with Malawian institutions which have special competence on information, communication and behaviour change with the aim to integrate this competence in our work with alcohol and drug issues.

Feasibility study: A national training programme

FORUT will discuss with government officials and partners in the civil sector the possibility to establish an ADD training program in Malawi; "Alcohol, Drugs and Development". The program could be a combination of shorter training sessions and Web-based e-studies.

This can, in case it is realized, be seen as a pilot project for the implementation of such training programmes in other ADD partner countries and organizations.

Inclusion in the ADD network

Coming partner organizations for FORUT in Malawi will be included in the activities and exchange of information within the network of ADD partner organizations in Asia, Africa and Europe.

ADD conferences in Malawi 2008

The Annual Consultation meeting of the ADD network, involving development agencies from 8-9 countries, will in 2008 be held in Malawi, probably in October/November. This will be an opportunity for South-South dialogue on substance use as an obstacle to development, where Malawian agencies can meet other experienced development organizations from Asia, Africa and Europe.

The ADD consultation meeting will be combined with open conferences on alcohol and drugs issues, where a broad range of Malawian organizations will be offered training of their key persons.

3. Policy development

Evaluations made by the government reveals that important part of the alcohol and drug legislation in Malawi is outdated, that the capacity to implement policies is weak and that enforcement of existing laws is to a large extent lacking.

3.1 Long-term ambition:

To contribute towards an alcohol and drug policy in Malawi based on the international evidence base, with a strict government control over production and distribution of alcohol and a situation where the use of illicit drugs is a marginal phenomenon.

To stimulate civil society in Malawi to act as a driving force towards more effective government prevention policies and to integrate alcohol and drug prevention in the development strategies of Malawian CBOs and NGOs.

3.2 Short-term goals:

To contribute to competence-building on alcohol and drug issues in interested Malawian CBOs and NGOs.

To discuss with relevant NGOs the establishing of a national policy network on alcohol and drugs.

3.3 Activities:

Dialogue with voluntary organizations

A dialogue with selected agencies in government and the civil sector on how voluntary organizations in general and FORUT in particular best can contribute towards the development of an effective alcohol and drug prevention policy in Malawi, eg:

- * The Ministry of Home Affairs and Internal Security/Interministerial Committee on Drug Control
- * NGO Gender Coordination Network
- * Faith-based organizations

Follow-up of GBV pilot study

The result of the pilot study on gender-based violence and alcohol will be used in a follow-up towards government agencies and development NGOs.

Training of NGO leaders

Training sessions on alcohol and drug policy for interested NGOs in Malawi.

4. Mobilization and awareness-raising

4.1 Long-term ambition:

To make “alcohol, drugs and development” an integral part of strategies and activities of CBOs and NGOs in Malawi.

To strengthen and/or establish Malawian NGOs which are specialized in alcohol and drug prevention.

4.2 Short-term goals:

Give support to NGOs which have shown interest in including alcohol and drug issues in their strategies and programmes

Open a dialogue with more of the existing CBOs and NGOs, in particular organizations which are working on alcohol- and drug-related issues; eg. gender, health, HIV/AIDS, poverty.

4.3 Activities:

Prevention programme with the Malawi Girl Guides Association

Cooperation with the Malawi Girl Guides Association (MAGGA) on the planning and implementation of a three-year program; “Drug and Alcohol Abuse Prevention among in-and-Out-of-School Youth”. The overall objective of the project is to prevent alcohol and drug abuse among youth, and MAGGA members in particular through Behavioural Change Communication interventions. The programme will be tested in five communities in the Lilongwe region and later, if successful, it will be rolled out to other areas in Malawi through the MAGGA network.

Ecumenical Counselling Centre

Discussion with the Ecumenical Counselling Centre in Lilongwe on their training module on alcohol and drugs, to see if this can be a start of a stronger involvement from faith-based organizations in alcohol and drug prevention.

Drug Fight Malawi

FORUT will provide a small contribution to Drug Fight Malawi – as one of the few specialized anti-drugs NGOs in Malawi – towards raising a headquarter, from which the organization can strengthen and develop its activities.

Building of network

FORUT will continue meeting new organizations and agencies in Malawi with the aim to find organizations which are willing and in the position to raise alcohol and drug issues nationally and locally.

Priority will be given to eg:

- Organizations and agencies working with HIV/AIDS issues
- Women’s and human rights organizations
- International agencies (UN, WHO, SADC etc) and their representatives in Malawi

Other activities

Dialogue with the Embassy

FORUT will keep the Norwegian Embassy in Lilongwe continuously updated on our plans for Malawi, and we will regularly seek the advice of the Embassy on relevant matters along the way.

FORUT will present to the Embassy, as well as to Norad/Ministry of Foreign Affairs in Oslo, a description of the connections between alcohol and drug issues and Norwegian priorities in the development cooperation with Malawi.

Gender and conflict sensitivity

In line with general FORUT policy we will conduct an analysis of gender aspects with working in Malawi as well as a conflict sensitivity assessment.

FORUT resource person in Malawi

FORUT will not – at least not at this point of the process – be established as a national NGO in Malawi with its own office and resident representative. The need may however arise to have a resource person on the spot to contribute towards the building of networks and training of key personnel. This will be discussed with partner organizations and government officials in Malawi.

A new framework agreement with Norad

Malawi will be presented as a new FORUT country programme in our negotiations with Norad in 2008 on the next five-year framework agreement for 2009-2013.