

## **Implementing MAT Policy and Services in East Africa** ***Adopting a Recovery Oriented System of Care (ROSC) in The Republic of Tanzania***

Because substance abuse and addiction play a critical role in the transmission of HIV, as well as adherence to treatment for people already living with the virus, the need to create a Tanzania Substance Abuse Twinning Partnership was initiated in 2008. The American International Health Alliance awarded Great Lakes Addiction Technology Transfer Center (Great Lakes ATTC) at the Jane Addams College of Social Work-University of Illinois to be the new lead US partner. Under the leadership of Lonnetta Albright, Executive Director of the Great Lakes ATTC the US collaborating partners included: Calvin Trent, PhD, consultant and former director of the Detroit Department of Health and Wellness Promotion; Andre Johnson, President and CEO of the Detroit Recovery Project; Imam Abdullah Bey El-Amin, Inter-Faith component; Dr. Kanzoni Asabigi, Detroit Bureau of Substance Abuse Treatment and Recovery/Department of Health and Wellness Promotion; David Whitters, PhD, consultant; Dr. Ijeoma Achara, Lead ROSC subject matter expert and ATTC consultant and project staff at AIHA. **The ultimate goal of this multi-partner twinning collaboration between Tanzania and the US was to reduce HIV incidence and prevalence rates among substance abusers in Tanzania through a comprehensive, evidence-based approach with a strong focus on a recovery oriented system of care (ROSC).**

Under the ROSC framework, services are much broader in scope. The focus moves beyond symptom reduction and helping people achieve abstinence-- to assisting people with building individual, social, and community resources to promote long-term recovery through a variety of pathways. The AIHA twinning partnership aims to provide a holistic response to supporting those in recovery and involves supporting the wider community as well as peer recovery support services, including peers and recovery coaches. Within a ROSC, this expanded focus on the promotion of community health and wellness is a critical component of, not only treatment services, but also prevention services. Through focus on PEPFAR II, this approach is aligned with system change efforts intended to build and create sustainable capacity within and throughout the Tanzania system of care.

Recovery-oriented System of Care (ROSC) is the framework and foundational structure of a successful substance use recovery paradigm. Peers in the Tanzanian ROSC are persons in addiction recovery (PIR), who have been prepared to assist others in need of recovery. In the case of Zanzibar and the mainland, Peers are primarily, but not exclusively, recovering injection drug users (IDU). They are responsible for empowering others in need of addiction recovery, from within their communities. This empowering process leads to sustained or long-term recovery among substance users as well as other recovery associated benefits. **These benefits include reduced behaviors that lead to HIV and hepatitis infections; tuberculosis; ongoing homelessness and criminal activity, as well as a general improvement in overall health and wellness of the individual, community and nation as a whole.** Furthermore, the program works to promote ROSC as a framework across Tanzania to go beyond the individual to help strengthen the surrounding community, integrating treatment efforts including Methadone Maintenance Treatment; with the services and supports already available.

### **This presentation will provide:**

1. A brief overview of a ROSC and Recovery-Oriented Methadone Maintenance
2. An overview of how MMT is integrated within a ROSC in The Republic of Tanzania, Africa
3. Lessons learned; successes and challenges
4. A discussion regarding the role of peers and people in recovery
5. Data and outcomes to date regarding MMT in Tanzania