



EKEYOKON PATHWAYS COMMUNITY OUTREACH CAMPAIGN REPORT

*"Building a Drug-Free Generation for a Healthier,
Smarter Karamoja"*

23rd–24th December 2025 | Lolachat Subcounty,
Nabilatuk District

EKEYOKON PATHWAYS

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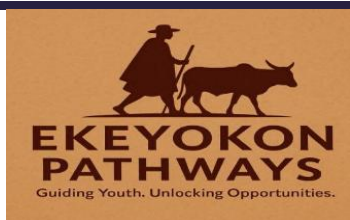


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1.0 INTRODUCTION & BACKGROUND

Ekeyokon Pathways is a voluntary youth-led community initiative based in Lolachat Subcounty, Nabilatuk District, Karamoja, committed to driving mindset change, career guidance, advocacy, skilling, leadership, and development among the youth in Karamoja. The name "Ekeyokon" derives from the local language meaning a shepherd who grazes cattle, symbolizing guidance, resilience, and community strength. Our mission is to create safe and inspiring spaces for young people to learn, connect, and unlock opportunities through online mentorship, community events, social initiatives, and service to society.

From December 23rd to 24th 2025, we successfully executed a two-day Anti-Drug Abuse Community Outreach Campaign. The initiative engaged over 500 participants, including youth, parents, elders, and local leaders, through three core activities: an Anti-Drug Abuse Youth Talk, Community Marathon, and Free Medical Camp.

2.0 ORGANIZING LEADERSHIP

Patron: Lomogin John Obadiah

Chairperson: Napokori Peter

Secretary: Tyan Patricia

Treasurer: Kodet Emma

Volunteer Team: Comprising medical students, agriculture students, business professionals, technology enthusiasts, engineers, nutritionists, and youth advocates from Lolachat Subcounty and beyond—both school-going and non-school-going youth united in purpose.

3.0 OBJECTIVES & GOALS

The campaign was designed to achieve the following objectives:

1. Raise awareness among youth and community on the dangers of drug and substance abuse and its impact on health, education, and social well-being.
2. Promote education and positive lifestyles by encouraging youth to stay in school, make informed choices, and pursue productive opportunities.
3. Improve community health and wellness through free medical screening, consultations, and health education.
4. Foster youth engagement through participatory activities such as the anti-drug abuse marathon, digital literacy promotion, and creative awareness campaigns.
5. Strengthen collaboration among local leaders, health professionals, educators, and youth to build a sustainable, drug-free, and empowered Karamoja.

4.0 ACTIVITIES & OUTCOMES

4.1 Anti-Drug Abuse Youth Talk

23rd December 2025 | Lolachat Seed Secondary School Hall

Attendance: 220 participants (100 boys, 70 girls, 50 parents/elders)

Key Speakers & Presentations:

1. *Dr. Lause Renny: Understanding Substance Use Disorder (Addiction)*

Dr. Renny provided a comprehensive medical perspective on addiction, emphasizing it as a chronic brain disorder rather than a moral failing.

Key highlights:

- Brain Science: Explained how substances like alcohol and drugs hijack the brain's dopamine reward system, releasing 2-10 times more dopamine than natural rewards, leading to tolerance, cravings, and reduced self-control.
- Local & Global Impact:
 - Globally: 3 million alcohol-related deaths yearly (WHO), 35+ million people with drug use disorders.
 - Uganda: 48.2% adult alcohol use, 2.1 million with alcohol use disorder, 9.5% cannabis use.
 - Karamoja: 65-75% adult alcohol use, 30-40% of street youth sniff fuel, initiation as young as 10-14 years.
- Youth Vulnerability: The brain develops until ~25 years; early substance use causes lasting damage, higher addiction risk, school dropout, and poor decision-making.
- Diagnosis & Severity: Explained DSM-5-TR criteria and the spectrum from mild (2-3 symptoms) to severe (6+ symptoms), stressing early intervention.
- Prevention & Treatment:
 - Prevention: Strong family relationships, community programs, policy restrictions.
 - Treatment: Medication-assisted therapy, behavioral interventions (CBT, motivational interviewing), support groups (AA/NA).
 - Community Action: Educate to reduce stigma, support local treatment programs, advocate for integrated services.
- Key Message: "Addiction is a health condition, not a character flaw. Recovery is possible with proper support."



2. Sexual and Reproductive Health Presentation

Presented by Dr. Jonathan Lowakori

This presentation covered essential SRH topics often neglected among youth:

- Puberty & Body Changes: Detailed physical changes in boys (voice deepening, facial hair) and girls (breast development, menstruation), normalizing these natural processes.
- Menstruation: Explained the menstrual cycle (typically 21-35 days), menstrual hygiene, and management of cramps (heat therapy, exercise, pain relief).
- Sexually Transmitted Infections (STIs):
 - Focused on HIV/AIDS, Gonorrhoea, and Syphilis—transmission, symptoms, and prevention.
 - Highlighted that 23-27% of sexually active young women in Uganda have an STI.

- Sexual Violence: Defined rape, defilement, and emphasized that "no one should touch your private parts without permission." Outlined steps post-assault: report to police, seek medical care (do not shower first), preserve evidence.
- Contraception: Demonstrated various methods—male/female condoms, injectables, IUDs, oral pills—stressing condoms for dual protection against pregnancy and STIs.
- Abortion: Clarified legal status in Uganda (highly restricted, allowed only to save the mother's life) and risks of unsafe abortion (infertility, infection, death).
- Key Message: "Access to sexual and reproductive health services is a human right. Knowledge protects your future."



3. Other Speaker Contributions:

- **Mr. Lopor Innocent Amaese (Youth Advocate & Guest Speaker)**
Shared his personal journey from addiction to advocacy, urging youth to avoid drug abuse and focus on education. Spoke against gender-based violence linked to substance use.
- **Mr. Lomogin John Obadiah (Patron)**
Delivered career guidance, encouraging vocational training (welding, mechanics, tailoring) and persistence in education.
- **Dr. Logiel Mark (Guest Speaker)**
Called on parents to join the fight against drug abuse and highlighted health dangers of substances.
- **Mr. Dhm Gyaviira (Deputy Head Teacher, Lolachat Seed SS)**
Identified causes of drug abuse (media influence, stress, addiction) and consequences (school dropout, anxiety, memory loss).

4.2 Anti-Drug Abuse Marathon

24th December 2025 | Lolachat Community Playground
Participation: 50 runners (20 girls, 30 boys)

Awards & Recognition:

- Top 3 boys and girls received cash prizes (UGX 30,000, 20,000, 10,000)

· Winners appointed as Anti-Drug Ambassadors & Youth Advocates for Ekeyokon Pathways Awareness Reach:

500 community members across 100 homesteads engaged through route visibility and community participation.



4.3 Free Community Medical Camp

24th December 2025 | Lolachat Catholic Church Grounds

Services Provided:

- Malaria Testing & Treatment
- HIV Testing
- Blood Pressure Screening
- Blood Sugar/Diabetes Screening
- General Consultations

Screening Results:

- 109 individuals tested (20 boys, 30 girls, 20 children, 20 parents, 19 elderly)
- 31 positive malaria cases - treated onsite
- 50 blood sugar tests conducted
- All HIV tests returned negative

5.0 KEY ACHIEVEMENTS

- Over 220 youth and community members directly educated on drug abuse, reproductive health, and career development
- 109 individuals received free medical screenings with immediate treatment for malaria cases
- 31 malaria cases identified and treated, preventing further community spread
- 6 youth appointed as Anti-Drug Ambassadors to sustain advocacy locally
- 500+ community members reached through marathon visibility and community engagement
- Strong multi-stakeholder participation including health workers, educators, and local leaders
- Successful collaboration between volunteer medical students, professionals, and community mobilizers
- Effective leadership execution by the Ekeyokon Pathways organizing committee





6.0 CHALLENGES

- Limited funding affected scope of medical supplies and logistics
- Last-minute apologies from some invited leaders (Sub-County Chief, Police OC, RDC, CAO, MPs, LC5 Chairperson)
- Resource constraints for wider medical outreach and follow-up care
- Coordination of large volunteer team across multiple sectors and locations.

7.0 WAY FORWARD

Under the continued leadership of the Ekeyokon Pathways committee:

- Establish quarterly youth mentorship sessions in partnership with Lolachat Seed SS
- Develop community-based support groups for recovering youth
- Seek sustained partnerships for scaled medical camps in 2026
- Produce and disseminate awareness videos & testimonies from December event
- Strengthen digital literacy components through online mentorship programs

8.0 ACKNOWLEDGEMENTS

Ekeyokon Pathways extends sincere gratitude to:

All Partners, Well wishers & Supporters:

- Karamoja Youth Livelihood Initiative (KYLI)
- Karamoja Youth Effort to Save Environment (KAYESE)
- Lydia Castles Foundation
- Nabilatuk Health Centre IV
- Lolachat Health Centre III
- Lolachat Seed Secondary School

Volunteers & Speakers:

Dr. Lause Renny, Mr. Lopor Innocent Amaese, Mr. Lomogin John Obadiah, Dr. Logiel Mark, Mr. Dhm Gyaviira, Jonathan Lowakori, and all volunteer medical students, mobilizers, and community champions.

Community Leaders & Participants:

LC1s, village elders, parents, and the youth of Lolachat for their openness and engagement.

9.0 CONCLUSION

The December 2025 outreach, led by the dedicated Ekeyokon Pathways leadership team, has laid a strong foundation for sustained community action against drug abuse in Lolachat. Through evidence-based education on addiction and reproductive health, accessible medical services, and youth empowerment, we continue to guide and protect our community—living out the meaning of Ekeyokon as shepherds of a healthier, smarter, drug-free Karamoja. Together, under strong leadership, we are building a generation of hope.

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