



Newsletter



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Unlocking second chances thanks to Ihururu Treatment and Rehabilitation Hospital

By Governor's Press Unit (Compiled by Muthoni Kanja & Barbara Wambui)

The threat that alcohol and drug abuse continues to pose to the residents of Nyeri County cannot be understated. And so, the operationalization of Ihururu Treatment and Rehabilitation Hospital in Tetu Sub-County has ensured that the County Government of Nyeri remains at the forefront of advancing rehabilitative services to those affected; a significant achievement that has been actualized during the tenure of H.E Governor Mwalimu Mutahi Kahiga.

The Treatment and Rehabilitation Hospital, initially operating as a Health Centre, is a dream brought to life via a collaboration between Nyeri County through the Department of Health Services, and the Department of Gender, Youth, Sports and Social Services as well as NACADA. After its completion, the project was officially handed over in January 2023 to the Department of Health Services to resume its management and operations.

NACADA then accredited the facility to operate as a fully-fledged rehabilitation Centre in November of that same year, during an occasion graced by Cabinet Secretary Interior and National Administration Kithure Kindiki. Later that same month, the facility was officially opened as a Level IV Hospital during an event graced by the Second Lady of the Republic of Kenya Her Excellency Pastor Dorcas Rigathi.

The 90-bed capacity Rehab center takes pride in being the only County Government owned and managed rehabilitation in Kenya, serving clients from all over the country. So far, the Centre has seen 163 male clients admitted with the youngest being 16 years and the oldest being 65 years.

Over 70 percent of those admitted have successfully completed the treatment process while facilitating referrals for those whose conditions may require more specialized management than that offered at the Centre.

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Despite this success, some clients tend to drop out of the program for various reasons. According to Eric Muthee, the Hospital Administrator, "We try our best to encourage our clients and help them visualize the importance of completing treatment for their own benefit. Sadly, we still have some who abscond due to uncertainties and other personal reasons."

During their stay at the rehab, clients' needs are handled by a team of trained professionals consisting of clinical psychologists, nurse psychologists, addiction counselors, clinical psychiatrists, as well as a visiting psychiatrist who comes bi-weekly for routine assessment of the clients.

Before admission, booking is made by making a call through **0795707198**, and upon arrival, the clients undergo an intensive assessment for treatment eligibility which is conducted by a certified medical practitioner. The treatment period takes a minimum period of *three* months and a maximum period of six months depending on how the client responds to treatment.

Typically, the Institution offers a wide range of activities designed to support recovery and improve the quality of life for the individuals. The daily routine incorporates supervised maintenance of individual personal hygiene and clean-

ing of rooms, group and individual counseling sessions, education sessions, and other activities to enhance independence. The Institution's management recognizes the importance of co-curricular activities and has invested in provisions to facilitate both indoor and outdoor games. Clients also engage in gardening not only as a hobby but as a way of embedding healthy nutritional practices into their daily routines.

After successful completion of treatment, the counselors are tasked to do follow-up

with their clients through home-based care where they conduct household visits or through virtual management such as making phone calls.



In addition to being a rehabilitation center, the hospital also offers both outpatient and inpatient maternity services. For the outpatient, services on offer include General Consultation, Special clinics, Laboratory Services, Mother-and-Child Health Services, Comprehensive Care Clinics, Occupational Therapy, and Psychiatric Clinics. Inpatient services include: maternity services, Client Assessment for Drug Addiction, Occupational Group and Psychoeducation, and Family and Mar-

riage Counseling.

"Our pride lies in providing quality care to our clientele and more so in changing the lives and giving a chance to a new life. We are glad for the support we get from the County Government of Nyeri under the stewardship of H.E Governor Mwalimu Mutahi Kahiga which ensures that service delivery is seamless." Beatrice Baragu, the Hospital In charge."

"Addiction is a disease like any other. Those who come here are fathers, brothers, and even friends. The last thing we should do is stigmatize them. We encourage those surrounding them to provide moral support during their journey to recovery and beyond," notes Sr. Stellamaris an addiction counsellor at the facility.

In the future, the management looks to expand the Institution in terms of infrastructure and scope of services. This will include the construction of a wing to accommodate female clients and the introduction of a toxicology drug test which is a rapid test used to detect traces of drugs in the blood.

Furthermore, the Management looks to standardize its clients' support system in terms of empowering them with resources to enhance their reintegration back into society after undergoing treatment, especially for those who are unemployed.

2024 Central Kenya National Show held at Kabiru-ini Grounds



Story - Jospeh Wambugu | Photo - Gaudencia Kemunto

H.E. Governor Mutahi Kahiga joined the Deputy President H. E. Rigathi Gachagua during the official opening of this year's Central Kenya ASK National Show at Kabiru-ini grounds in Nyeri.

He thanked the Deputy President for the unwavering support of the agriculture sector for the economic growth agenda in this country.

The agriculture and rural development sector in Nyeri County is a key driver of the economy, not only locally but across the region, comprising agricultural production, water, forestry, trade, cooperatives, environment and forestry.

This year's theme is, 'Promoting Climate Smart Agriculture and Trade Initiatives for Sustainable Economic Growth.' This was showcased by various exhibitors who demonstrated innovations for improved productivity.

The day also marked the remembrance of the Cooperative movement.

At the same time, after touring several stands, the Governor was convinced that this year's theme, 'Promoting Climate Smart Agriculture and Trade Initiatives for Sustainable Economic Growth' recognized the place of innovation and technology as key drivers in enhancing food security, agricultural growth, and trade.

"These are the critical enablers of our Country's economic growth and development. It is for this reason that the County Government of Nyeri funded projects to promote irrigated agriculture, market infrastructure, and local agro-based processing and manufacturing," he said.

In collaboration with the National Government, the Counties are setting up the Agro-Industrial Parks.

The Nyeri County Aggre-

gation and Industrial Park (CAIP) is coming up in Thegu River Ward.

"Once complete, the Park will then integrate with the existing aggregation units in the various value chains to ensure that we can add more value to our products. We are welcoming investors to start exploring this opportunity. As we move on with the implementation of the third-generation County-Integrated Development Plans (CIDPs), we are building on the gains achieved so far in productivity, to ensure that we can enhance the marketing and commercialization of our value chains," the Governor said.

Through the National Value Chain Development Project (NAVCDP), more investments are lined up to ensure a more efficient coffee value chain and that the benefits are passed back to the farmer.

To further increase value

addition and youth employment CGN will, this financial, year equip a common user facility at Wambugu ATC, with small equipment for avocado oil extraction, macadamia cracking and roasting, and honey processing which will benefit the youth.

"I want to thank our local County assemblies, who have continued to support our development agenda.

In my capacity as the Chair of the Central Kenya Economic Bloc (CEREB), I will continue rallying our member Counties to continually embrace our collective responsibility of making this annual activity bigger and better every year. I also thank the entire Central ASK team and all the exhibitors who have come together to make this year's Central Kenya National Show possible," added the Governor.

During the show, the County Government of Nyeri

received the trophy for the 'Best County Stand', among other trophies.

The show offered a platform where exhibitors inclusive of financial institutions, institutions of higher learning, health and hospitality institutions, sectors of agriculture, livestock, fisheries, trade, manufacturing, NGOs, CBOs, youth enterprises, and women-based groups, among others meet to engage in the learning and sharing process.

All the departments showcased their services at the County Government of Nyeri's stand.

The Show committee members led by Chairman Patrick Karinga thanked the over 100 exhibitors for the high level of exhibition which continues to help show-goers learn.

2024 CENTRAL KENYA NATIONAL SHOW

Pictorial



2024 CENTRAL KENYA NATIONAL SHOW

Pictorial



Medical Supplies Replenishment Continues



As part of our commitment to ensuring smooth service delivery in our health facilities, we recognize the importance of continuous replenishing of drugs in the

health facilities as a critical process to ensure that medications are always available for patient care. Mukurwe-ini Sub-County Hospital has received a

consignment of medical supplies procured through MEDS. Some of the supplies delivered were essential drugs including, Amoxicillin,

Paracetamol, Omeprazole, Azithromycin, H.pyroli Kits, and Diclofenac among others. The County Government of Nyeri is dedicated to contin-

ue prioritizing health wellness for the Nyerians.

Health Department wins Best Display Award at Central Kenya ASK Show



The Department of Health Services, under the County Government of Nyeri's stand was awarded 1st Position in the Best Display and Services in the health sector and pharmaceutical stands category at the 2024 ASK show, Kabiru-ini ground, Nyeri. The incredible team show-

cased essential health services such as Diabetes & Hypertension Screening, Free Medical Consultations, and even offered Free Ambulance Services. Community Health, Health Promotion, Public Health, Nutrition, Mental Health, Occupational Therapy, HIV & AIDS, and more played a

crucial role in making this a success. Special thanks to our partners, AMREF Health Africa, Mwai Kibaki Hospital and Nyeri Hospice, for their unwavering support. Together, all are committed to promoting health and wellness in our community. Meanwhile, there was a mo-

ment of great pride as the CECM Health, Dr. Joseph Kiragu, alongside the Chief Officer Ibrahim Adan and Director of Health Services Dr. Nelson Muriu, received the prestigious trophy for Best Display and Services in Health Sector at the 2024 ASK show in Kabiru-ini. Dr. Kiragu expressed his

deep gratitude to the entire Department of Health team for their outstanding commitment and dedication, echoing the benefits of team playing and effective planning of activities in the department. The Chief Officer also commended the tireless efforts in ensuring the community benefitted from the variety of services being offered as encrypted in the Department's core mandate as well as the high level of accountability displayed during the implementation of the activity. Dr. Muriu upheld the critical role played by the partners who were on board, attributing the last week's success to the seamless collaboration. Representing the health stand displaying departments were County Health Promotion Officer Nancy Ngati and County Occupational Therapist Lawrence King'ori.

Chinga and Karima youths receive sports kits



The Department of Gender, Youth, Sports, and Social Services distributed sports equipment to youth teams in Chinga Ward, Othaya sub-county.

A total of 14 football teams each received uniforms and balls, while 11 volleyball teams were provided with uniforms, balls and nets. Additionally, eight

teams from Karima received volleyballs, footballs, first aid kits, and a pump, to support their sports activities. This initiative aimed to promote youth par-

ticipation in sports and empowering local communities under the ward-specific programs.

What you need to know about Blessed Irene Stefani Shrine in Gikondi

The Blessed Irene Stefani Shrine, located in Gikondi, Mukurwe-ini, is known for being a significant religious and pilgrimage site dedicated to Blessed Irene Stefani, also known as "Nyaatha," which means "Mother of Mercy" in the Kikuyu language.

Blessed Irene was an Italian nun and a member of the Consolata Missionary Sisters who devoted her life to serving the people of Kenya, particularly in Gikondi and its surrounding areas, during the early 20th century.

The shrine is a place where visitors can honour and reflect on her life of selfless service, compassion, and love for the poor and sick. It is a site of spiritual significance where pilgrims come to pray, seek blessings, and find solace.

The shrine is especially important to those who revere Blessed Irene for her role in promoting education, healthcare, and spiritual growth among the local communities.

The site is also historically significant, as it is closely associated with Blessed Irene's beatification, which took place in 2015, making her one of the few individuals in Kenya to receive such an honor from the Catholic Church.

If in need of seeking faith, reflect, pray or learn about the life of Blessed Irene Stefani, look no further.

Busia Governor in Nyeri for Benchmarking Tour

Story - Barbara Wambui
Photo - Muthoni Kanja

Busia Governor H.E Dr. Paul Otuoma visited Naromoru Level IV Hospital for a benchmarking exercise on the hospital's progress since its inception ahead of launching a similar project in Busia County.

During the exercise, the visiting Governor and his team led by Roads and Public Works Chief Officer Ahmed Hefow were taken on a comprehensive tour of all the departments in the facility where they interacted with a section of staff and clients. He appreciated Nyeri County's ambition in successfully undertaking the progressive plan of upgrading the Naromoru Health Centre to an operational Level 4 hospital. The multi-million shilling project, awarded through an open and competitive tendering process, was sup-



ported via a World Bank award through the Kenya Devolution Support Program (KDSP) in partnership with the County Government of Nyeri.

The recent roll-out of in-patient services marks Naromoru Hospital's second phase of operationalization. Health Services CECM Dr. Joseph Kiragu welcomed

Governor Otuoma to Nyeri County while also relaying H.E. Governor Mwalimu Mutahi Kahiga's regards. Dr. Kiragu appreciated the visitors not only for choos-

ing Nyeri County as one of their key benchmarking references but also for recognizing Naromoru Hospital's place as a leading light.

Nyeri Town Health Centre Maternity Open Day

Story & Photo - Muthoni Kanja

The Nyeri Town Health Centre fraternity held a colourful maternity open day, an auspicious event that allowed the Institution to open its doors to the community especially to the expectant mothers, fathers, and their birth companions to interact freely with health care providers on the services available and the birth procedures. Nyeri Town Health Centre Maternity is a project that was actualized in a joint collaboration between the Japanese Government (through JOICFP) and the County Government of Nyeri. This ultra-modern 35-bed ma-



ternity is equipped with amenities designed to bring services closer to the community while enhancing the

safety and comfort of mothers. Other than Mother & Child health services, the facility offers other out-pa-

tient services such as general consultation, laboratory services, pharmacy and Comprehensive Care clinic.

Maternity Open Day is key in increasing use and acceptance of Mother & Child services, improving knowledge, promoting transparency, being familiar with the environment, procedures, and maternity staff, and increasing the client's knowledge and confidence on what to expect during labour and delivery. The County Government of Nyeri under the leadership of H.E Governor Mutahi Kahiga is committed towards supporting mother-child health by ensuring that all mothers have access to quality services in all facilities and an environment where safety is a priority.

Debriefing Sessions for Firefighters



In a continued effort to foster strong partnerships, the CECM Health, Dr. Joseph Kiragu hosted a team from the Centers for Disease Control and Prevention (CDC) to discuss the ongoing partnership on HIV/AIDS programming in Nyeri County. This visit underscores the successful collaboration between the County Government of Nyeri, under the leadership of H.E. Governor Mutahi Kahiga, and CDC

that started in 2020, following the selection of Nyeri County to pilot the implementation of a HIV /AIDS transition grant. The focus of the meeting was the review of the implementation of the transition grant that is currently in its fourth year of implementation. This is a significant program funded by PEPFAR / CDC through a Government-to-Government (G2G) grant.

The five-year program has been pivotal in supporting the implementation, management and sustainment of high-quality HIV services in the county. The Program is currently being implemented in the three sub counties of Kieni West, Kieni East and Tetu. The County has more than 20,000 clients who are benefitting from PEPFAR/ CDC-supported grants through various HIV preven-

tion, care and treatment programs. The program is set to further extend its support to Nyeri South Sub-county. Dr. Kiragu commended the CDC team for their outstanding support and highlighted the tangible positive impact of the program on Nyeri citizens. He assured them of the County's unwavering commitment to accountability and sustainability, ensuring that the benefits of this col-

laboration continue to reach those in need. This visit marks another step forward in the County's mission to provide quality healthcare services, particularly in the fight against HIV/AIDS and reaffirms the strong partnership between Nyeri County and its esteemed partners.

NYERI TOWN HEALTH CENTRE MATERNITY OPEN DAY

Pictorial



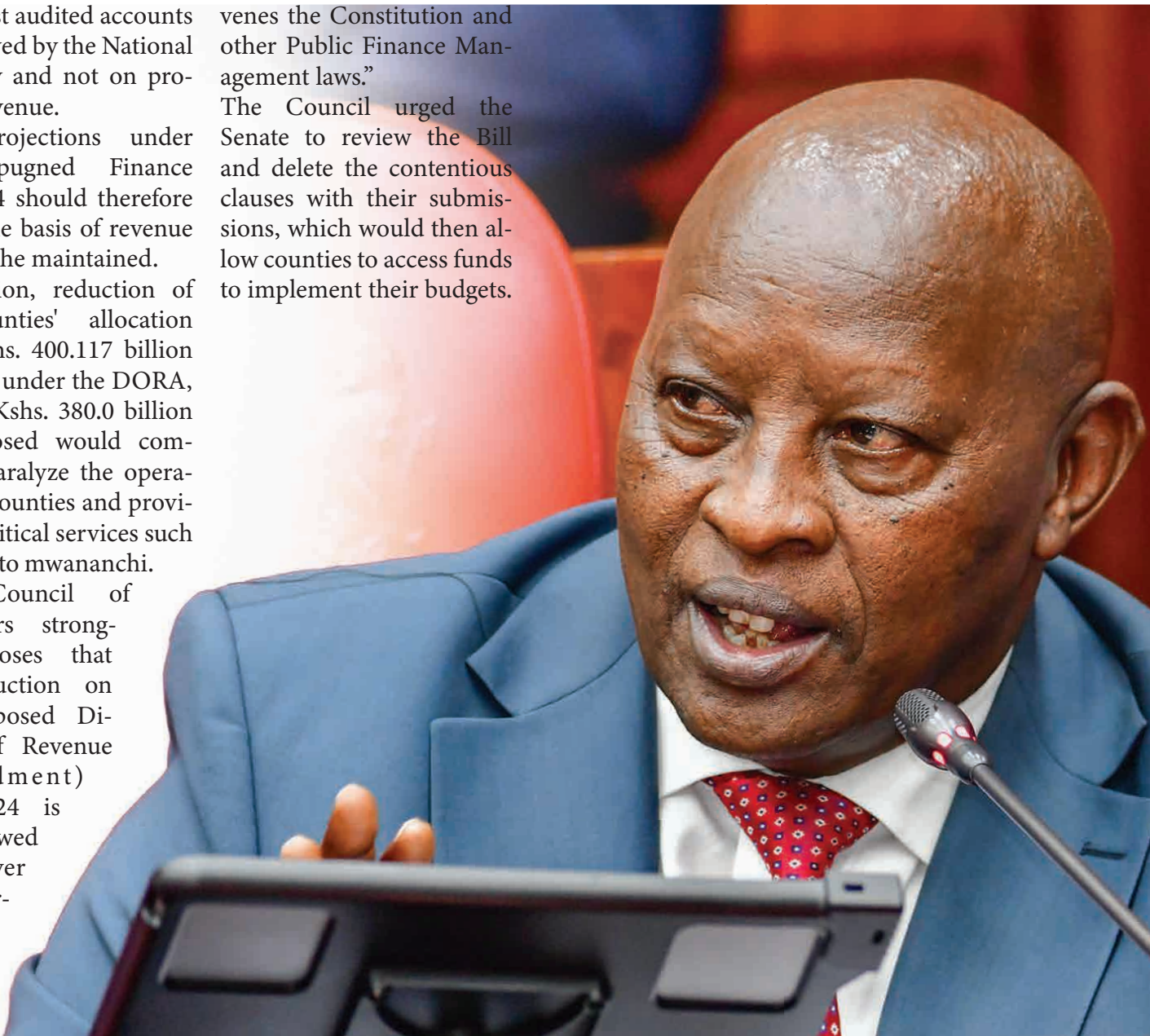
Governor Joins Colleagues at Senate

Story & Photo - Kenneth Ngatia

As the CoG Human Resources, Labour, and Social Welfare Committee Chair, H.E. Governor Mutahi Kahiga joined colleague Governors appearing before the Standing Committee on Finance and Budget of the Senate chaired by Mandera County Senator Hon. Roba Ali Ibrahim to deliberate on the Division of Revenue (Amendment) Bill, 2024. The Bill was passed by the National Assembly with a Schedule reducing the Counties equitable share for FY 2024/25 to Kshs. 380 billion. The Council noted with utmost concern the proposal to deduct the Counties equitable share that had been allocated by Kshs. 20.117 billion. When making his submissions, Governor Kahiga strongly opposed the proposal and called for retention of the Counties Equitable Share at Kshs. 400.11Billion, reason being the counties' equitable share of revenue was based

on the last audited accounts as approved by the National Assembly and not on projected revenue. "The projections under the impugned Finance Bill, 2024 should therefore not be the basis of revenue sharing," he maintained. In addition, reduction of the counties' allocation from Kshs. 400.117 billion allocated under the DORA, 2024 to Kshs. 380.0 billion as proposed would completely paralyze the operations of counties and provision of critical services such as health to mwananchi. "The Council of Governors strongly proposes that the reduction on the proposed Division of Revenue (Amendment) Bill, 2024 is not allowed whatsoever as it clearly con-

travenes the Constitution and other Public Finance Management laws." The Council urged the Senate to review the Bill and delete the contentious clauses with their submissions, which would then allow counties to access funds to implement their budgets.





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