



Drug and substance treatment and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya

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<p>Chief Editor Web: www.ijfdc.org Email: info@ijfdc.org</p> <p>Editing Oversight Impericals Consultants International Limited</p>	<p>Abstract: Prisons have a sole responsibility of rehabilitating and reintegrating offenders to the community. Despite going through the prisons, a great number of offenders still commit crime and are convicted again. The study aimed at assessing the ability of the drug and substance abuse treatment programs offered to inmates to address recidivism in prisons in Nairobi City County, Kenya. The study was guided by Reintegration theory and Cognitive behavior theory. A convergent parallel research design- Mixed method research approach was adopted. Six prisons with inmates serving up to 10 years were selected purposively, simple random sampling techniques was used to select 323 re- offenders, 36 leaders of the inmates were selected purposefully and 22 Key informants from prison administration and 4 probation officers selected purposively. The study used questionnaires, focus group discussion schedules and interview guides in data collection. Descriptive and inferential statistics were used to analyze quantitative data using SPSS version 25 and was presented by use of tables, Qualitative data was analyzed through thematic analysis and presented through verbatim. Study findings revealed that, drug and substance treatment programs are Positively correlated by ($r= 083$). The study recommends that, the government should ensure there is a proper mechanism for after release follows-up of the inmates to help them to avoid relapsing to drug use. The study recommended that, the government establishes a proper mechanism for after release follows-up of the inmates to help them to avoid relapsing to drug use. Further a comparative study on the effectiveness of prison rehabilitation approaches and probation should be conducted.</p> <p>Keywords: Recidivism, Drug and Substance prevention, Offenders, Re-Offenders, rehabilitation approaches</p>
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1.1 Study background

Recidivism is defined as any incarceration, probation violation, or arraignment after index jail release (Evans, Wilson, & Friedmann, 2022). In the year 2019 Europe had more than 850,000 people in prison, and 18% of them had committed offences that had a relationship either to usage, being in possession or either supplying illicit drugs (Aebi and Tiago, 2020). A recent study conducted in 12 European countries demonstrated an average of 61% people using drugs before the entry into prison

institutions (van de Baan et al., 2021). Chepkonga, (2020) in his study on Women, Drug Policy and the Kenyan Prison System points out that there is an estimated 70% individuals serving sentences for alcohol and drug-related offences in Kenya.

According to Mugambi, Lumadede, & Mwirigi, (2023) in a study on Influence of Prison Care on drug Abuse Among Prison Inmates: A Case Of Kangeta Prison, Meru County, Kenya, their study established that drug abuse was not so much of concern by the prison system i.e. the prison system never gave so much emphasis in the rehabilitation of drug and substance using inmates, they gave much emphasis on skills like farming, masonry and carpentry since drug and substance rehabilitation require a lot of resources and skilled personnel which the prison institutions don't have.

1.2 Study objective

The study was guided by the following objective;

To assess the influence of the drug and substance treatment offered to inmates in preventing recidivism in selected Prisons in Nairobi county Kenya.

1.3 Conceptual framework

The aim of this study was to assess the influence of the drug and substance treatment offered to inmates in preventing recidivism in selected Prisons in Nairobi county Kenya. The relationship between the study variables is shown in Figure 1.

Independent variable

Dependent variable

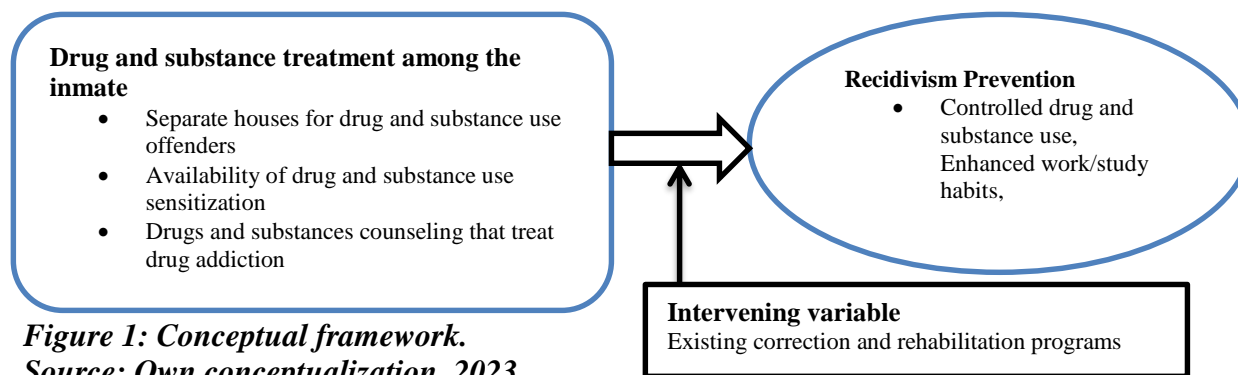


Figure 1: Conceptual framework. Source: Own conceptualization, 2023

1.4 Theoretical Review

1.4.1 Reintegration theory

The idea behind the re-integration theory is that criminality is as a result of a breach or absence of community institutions that guide offender treatment. The proponents of this theory propose that instead of just blaming the offenders because they committed crimes, the society is to blame since it has created an environment that breeds criminals. Therefore the same society has a significant role in helping to find solution to the crime (Yankah, 2020). Reintegration theory give emphasis on long term change over short term control. This helps the offender to see themselves in a in a more positive way and have hope for future (UNODC 2018, 2014).

Costello & Laub, (2020) observed that commission an offence is more likely to be reduced when we maintain this bond. He argued that social institutions in the society help in cementing the social bond between an individual and the society. He viewed an adolescent to be influenced by the

school, family and peers in determining the bond such adolescent would have to the wider society. In adults they argued that marriage, employment, and parenthood assist them in developing social bonds with the society and hence preventing criminality as a result of the bonds created with the society.

Socio-economic factor also is another tenet of reintegration theory De Nadai, Xu, Letouzé, González, & Lepri, (2020). notes that crime does not just occur. There are many factors attributed to criminality just as there is no one cause of crime. Various reasons for indulgence in criminality range from unemployment, drug and substance use. Other variables attributed to criminality include poverty, stability of the family, individual and societal health, Political and demographic consideration.

Clementsson, (2020) points out that there is no one person who is born criminal rather; the circumstances that befall an individual are the ones that push them to criminality. Motivators to criminality are unequally distributed across space since those that commit criminality mostly are concentrated in areas where there are low employment levels, places with low economic status and physical deterioration. When we address these socioeconomic dynamics we are more likely going to address criminality.

Kjellstrand, Matulis, Jackson, Smith, and Eddy, (2021). Points out that, a good rehabilitation and re-integration approach will focus on drug rehabilitation, mental health, educational and vocational training, and basic social counseling which are all a preserve for a state and other non-governmental agencies and private organizations. This is in agreement with Chikadzi, Chanakira, & Mbululu, (2022) who states that for effective treatment of inmates and reintegrating them to the community to be successful it has to involve many stakeholders who are affected by the crime who include the community where the offender hails from, the family of the offender, the government, the prison institution and also the offender himself or herself.

As a result of this, the whole system of justice that have a role in handling the offenders who are; prison, probation communities, police, volunteer organizations, NGOs and many others have a role in the treatment of the inmates and reintegrating them in the community. It is therefore hoped that when the offender rehabilitation and reintegration approaches are improved, better results may be achieved. This is in agreement with the definition of social work which proposes that social work as a profession that promotes social change and development and hence an effort to reintegrate offenders into the society through rehabilitation brings about social change which is envisioned by the social work profession.

1.4.2 Cognitive-Behavioral Theory

In cognitive behavior theory, thinking patterns are reflected in how we attach meaning to ideas, how we judge situations, our appraisals and assumptions attributed to particular life events influence our feelings and actions as we respond to life events therefore facilitating or hindering the adaptation processes.

This theory attributes mental illness from our faulty cognitions about others, our world and us. This type of thinking can be through our deficiency in cognition i.e. lack of planning or distortions in cognitions. These cognitions lead to distortions in how we see and process the stimuli around us. Ellis observed that it is through our mental representations that we interact with the world. Therefore if our mental representations are incorrect or we have an inadequacy in our reasoning this translates to a disordered behavior.

In this study, cognitive behavior theory is employed to address the thinking of an offender as a factor that lead to recidivism. This is with assumption that criminal thinking is a learnt behavior.

Cognitive behavior theory gives emphasis on the systems of thought among the recidivists teaching them alternative thinking processes and hence controlling recidivism.

Therefore cognitive behavior theory strives to build cognitive skills and structures biased or distorted system of thinking. Elements of cognitive behavior theory may include; cognitive skills development, anger management, moral development and relapse prevention. In relation to drug and substance use this theory was employed to help the inmates to change the way they perceive their drug use behavior hence addressing recidivism.

1.5 Empirical Review

1.5.1 Drug and substance treatment and recidivism prevention

Prisons populations contain individuals with vast issues related to drug and substance abuse which affect their capability to be re-integrated back to the community (Chau, Erickson.Vigo, Lou, Pakhomova, Winston, & Small, 2021). According to Baranyi, Fazel, Langerfeldt, & Mundt, (2022) in a recent review of systematic analysis of global prison population established that the newly incarcerated individuals globally had drug and substance disorders. Further in countries such as Norway that are known for their welfare systems reported that 60% of their prisoners were depended on drugs and substances (Larsen, Dale, & Odegard, 2022).

Komalasari, Wilson, & Haw, (2021) in a study on a systematic review of qualitative evidence on barriers to and facilitators of the implementation of opioid agonist treatment (OAT) programmes in prisons in US established that there was unclear roles on OAT programs which leads to doubt in the effectiveness of the programs in prisons. Most of the prisons and more so the LMICs have minimal resources which lead to inefficiency in the implementation. Further the lack of resources lead to problems such as needles, syringes, and bleach distribution programs. The study further affirm the fact that the prison institutions if not controlled could be a breeding zones for HIV/AIDS transmission.

Duke, & Trebilcock, (2022) in a study on exploring ‘problematisations’ of prescribed medication in prisons in the UK. The study established that the doctors are encouraged to prescribe medicine in a restrictive manner in order to solve the problem of diversion and mis-use of drugs by the inmates. Further they are advised to put more emphasis on prescribing non-pharmacological rehabilitation of inmates and other prescriptions with less potentiality for diversion. These inmates are seen as the cause of the problems that prescribed medicine is experienced in Prisons. Inmates are seen to be untrustworthy and their drug addiction symptoms are treated with suspicion. This brings varying problems which may include drug and substance harm, ruining the relationship between the patient and the doctor and hence leading to the disengagement of the rehabilitation services.

According Bahr, Master& Taylo (2012) in a study on what works in substance abuse treatment programs for offenders observed that many pharmacological treatment approaches that reduce drug and substance abuse exist. The study observed that drug abuse and criminality reduced for ex-inmates who received treatment for drug use with a follow up program after incarceration. The study further observed that in situations where ex-inmates are not followed up after release and used to abuse drugs they ended up relapsing to drug use and eventually going back to criminality.

Community corrections officers have a role in the rehabilitation of ex-inmates to prevent them from committing fresh offences as well as getting involved in drug and substance use. This is the most typical approach of rehabilitation employed by probation officers. Probation officers make use of various rehabilitation strategies to ex-inmates as well as offenders under community corrections where they offer support to offenders and surveillance.

Omboto, (2022) observed that Probation employs several techniques in rehabilitation of offenders. Such include; supervising and, resettling the ex-inmates, reintegrating, counseling, and where necessary reconciliation of the offenders and their victims. Further he notes that Probation service also strives to secure vocational training and employment opportunities for the offenders in need based on the offenders' capacities and qualifications respectively. In supervision, the probation officer acts as a guide and counselor thus helping the convict to get out of criminality. He or she ensures that the probationer adheres to the strict supervision guidelines. In cases where we have drug and substance offenders the probation officers have a role in referring them in order to get treatment in the hospitals. An example is in Kenya and particularly in Nairobi County; the supervisees with drug and substance dependency are referred to Mathari mental hospital in order to receive treatment and counseling

According to Flynn, & Higdon, (2022) The UN has demonstrated the significance of collaboration with the stake holders so that the challenges of offender's re-integration can be addressed. Such stake holders may include; non-governmental organizations [NGOs], volunteer's organizations, family members of the inmate, national service providers, community members from where the inmate resides and or external employers

Rehabilitation for the inmates who abuse drugs has to put into consideration the needs of the inmates to develop a supportive environment. Studies conducted by Omboto, Wairire, & Chepkong'a, (2020) shows that most of the drugs abusing inmates are less likely to be involved in a supportive close relationship or is married or are involved in community work. The study also added that such inmates are less likely going to get along with their family members or for those that are married are likely to have difficulties in their relationship with their partners. The study examined whether the prison rehabilitation on the drug and substance abuse addresses these abnormalities experienced by the inmates on how to form a self-fulfilling relationship with their family members as well as the larger community.

According to Idowu, & Odivwri, (2019), in Nigeria, drug and substance depended prisoners are usually victims of physical, emotional, sexual and also psychological abuse .This leads to difficulty in forming a close trusting relationships. Rehabilitation on drug and substance abuse approaches should be designed to incorporate support programs in the communities for such inmates as well as development of self-esteem among the inmates who have had such abuse in order to be able to relate well with the community members. This study aimed at establishing the effectiveness in addressing these challenges experienced by the inmates upon release.

Taye, (2020) in his study on the role of Prison Service in Reducing Re-offence in Ethiopia. The study established that the correctional institutions had established various departments in the correctional facilities with a sole responsibility of making arrangement on drug and Abuse rehabilitation Programs in the prisons, organizing Behavioral Change programs for the ,Educating the offenders on the impact of drug and substance abuse, Conducting Life Skills training and Vocational Training to make the inmates ready to face the job market and facilitating the Follow up Mechanisms and Linkage in order to monitor the progress of the ex-inmates after they are released from the rehabilitation institutions. However, the prison institutions experienced challenges of unavailability of economic and human resource/Capital, weak linkage of the correctional centers with the community and other stakeholder, public perception of discharged prisoners in the community and principle-practice disparity on the role of correctional centers prevented correctional centers from properly executing its responsibilities.

According to Chepkonga, (2020) the incarceration of people who use drugs (PWUD) does not achieve the goals of prison administrations. Prison institutions generally do not have rehabilitative structures or the capacity to provide counseling and treatment for drug dependence. Moreover, because drugs are still accessible from within prisons, incarceration does not ensure termination of use Mugiira, (2020) established that in Kenyan prisons the most commonly abused drug is cannabis sativa followed by the psychotropic substances. He further stated that in addition to the inmates succeeding to sneak into the prison institutions with drugs, most of the drugs are smuggled into the prison institutions by the prison staff.

The Mandela rules provide the general principles and the best practices policies in the rehabilitation of prisoners. The Kenya prison services (KPS) adopted the implementation of these rules in all its prisons countrywide. This led to sensitization of all the prison staff on these rules (Odhiambo, 2017; United Nations Office on Drugs and Crime (UNODC), 2017)

Everyone who entered the prison facilities had to be screened to in order to avoid smuggling the conra-band drugs in the prison institutions Chepkonga, (2021). Further those who had challenges in drug uptake were referred to the health facilities for specialized treatment (MOH, 2017). Despite the roll out of the best practice policy guidelines, Rehabilitation of offenders under incarceration does not necessarily lead to reformation of offenders and termination of using drugs within and without the prison institutions. Drugs still find their way in the prison institutions (MOH, 2017). Prisoners still find it easier to get drugs and substances while they are in the prison than while outside a situation that waters down the rehabilitation efforts.

This study therefore aimed at establishing whether it is true that the prisoners are able to access drugs within the institution and further whether the same drugs are smuggled by the prison staff into the institution a notion that leaves doubt into their capability to rehabilitate the same offenders whom they collaborate with to commit offences. In addition the problem of drug and substance abuse in the prisons is not only found in Kenya alone rather a global problem. Hipplewitz, (2022) gives an example of the United kingdom in the year 2010 where the inmates at Ford open prison rioted when the prison warden were conducting alcohol blow test when large amount of alcohol was found in the prison cells. The study hoped to investigate whether it is true that such incidences still exist Nairobi county prisons and whether they can be attributed to recidivism among the inmates.

1.6 Methodology

This study employed mixed Methods of research. The researcher used convergent parallel research design in order to explore diverse perspectives and uncover the relationships between variables. This study adopted Pragmatic Worldview perspective. The researcher used this worldview since it allowed application of mixed methods studies in order to understand the various reasons that underlie the commission of the offence even after going through the rehabilitation institutions. The study was conducted in six selected prisons in Nairobi City County which include; Nairobi Remand prison, Nairobi Medium prison, Nairobi west Prison, Jamhuri prison, Lang'ata women prison and Kamiti medium prison.

The criteria for selecting Inmates in these prisons were because there were re-offenders at a better position to explain why they have committed an offence for a second time despite having gone through a rehabilitation institution. Such inmates must have been serving a sentence in a prison facility for not more than 10 years. Further such inmates were supposed to be able to independently provide information in the study and hence be of age of majority (18 years and above). The six prisons had a

total of 1685 re-offenders who had reoffended as at 30th may 2023 KPS (2023). It targeted the prison administration as the key informants in highlighting the key issues observed in the rehabilitation programs in the Kenyan prisons and the probation officers. The selected prisons were sampled through purposive sampling techniques, the prison Administration and other categories of individual were selected through purposive sampling techniques. These included Probation officers and the trustees within the prison institutions. They were selected purposefully to participate in the collection of information through the interview guide as well as focused group discussions.

The six prisons had a total of 1685 re-offenders. From these, 323 reoffenders were selected to participate in the study through simple random sampling techniques. In addition 36 trustees were selected purposefully to add to the inmates to participate in focus group discussions. In every prison 6 inmates who were the trustees and heads of the inmate's wards were selected to participate in the study. Further 3 prison officers who represented the views of the prison institutions were also selected and hence a total of 18 prison officers were selected. Lastly, 4 probation officers were also selected to participate in the study that represented the views of community corrections facility.

1.7 Results and Discussion

Questionnaires Return-Rate

The questionnaire response rate was 90% (290) out of the 323 questionnaires that were distributed. The 10% of questionnaires that were not returned may be attributed to the inmate's characteristics. When the study has a high return rate, it increases the trust that the data collected reflects the views of the majority.

Table 1: Return Rate for the Questionnaire

Questionnaire Categories	Frequency	Percentage (%)
Received questionnaires	290	90
Unreturned questionnaires	33	10
Total	323	100.0

Source: Researchers, 2024

Findings in Table 1 designates that the return rate as 90%. This supersedes 68% as the minimum response rate for conclusive survey findings (Holtom, Baruch, Aguinis & Ballinger, 2022). All the 18 prison officers, 4 probations officers and 36 leaders of the inmates involved in focus group responded to all the questions and discussion as per the objectives.

Descriptive Data on drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya

There were eight items responded to as indicated in Table 2 on Data on drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya.

Table 2: Descriptive Statistics on drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya

Statements(Drug and substance treatment programs)	SD % F	D % F	N % F	A % F	SA % F	Mean	Std Deviation
1. The prison stay has rehabilitated me to avoid drug and substance abuse	19 (6.6%)	74 (25.5%)	34 (11.7%)	97 (33.4%)	66 (22.8%)	3.40	1.26
2. I feel after leaving the prison I will not abuse drugs.	16 (5.5%)	63 (21.7%)	35 (12.1%)	113 (39.0%)	63 (21.7%)	3.50	1.20
3. The skills I have acquired will help me to help me and others to avoid drug and substance use.	16 (5.5%)	81 (27.9%)	31 (10.7%)	97 (33.4%)	65 (22.4%)	3.39	1.25
4. The skills I have gained in this prison will help me come out of criminality as a result of drug abuse training	10 (3.4%)	66 (22.8%)	39 (13.4%)	114 (39.3%)	61 (21.0%)	3.52	1.15
5. Prison Institution has helped me to address the problem of relapse to drug use.	14 (4.8%)	73 (25.2%)	37 (12.8%)	105 (36.2%)	61 (21.0%)	3.43	1.21
6. Prison Institution has not helped me to address the problem of relapse to drug use.	14 (4.8%)	66 (22.8%)	45 (15.5%)	99 (34.1%)	66 (22.8%)	3.47	1.20
7. The prison institution has separate houses for drug and substance use offenders to assist them to learn to avoid using drugs	14 (4.8%)	74 (25.5%)	43 (14.8%)	104 (35.9%)	55 (19.0%)	3.39	1.19
8. The prison institution does not have separate houses for drug and substance use offenders to assist them to learn to avoid using drugs	10 (3.4%)	71 (24.5%)	27 (9.3%)	107 (36.9%)	75 (25.9%)	3.57	1.21
Overall Composite Mean and Std deviation						3.45	1.24

Source: Researchers, 2024

From the above table, responses on the statements were as follows:- *“The prison stay has rehabilitated me to avoid drug and substance abuse”* statement had a mean of 3.40 and standard deviation of 1.26. According to the respondents, 19(6.6%) strongly disagreed, 74(25.5%) disagreed, 34(11.7%) neutral, 97(33.4%) agreed while 66(22.8%) strongly agreed. This result shows that 3.40 is lower than the composite mean of 3.45. The implication of the results to the study is that, the prison helped the inmates to avoid taking drugs and other substances. The Standard deviation of 1.26 is higher than the composite standard deviation of 1.24 indicating that there was convergence in opinions of the respondents. These results were in disagreement with Firmanto, Harkina & Sandayanti,(2021) who observed that the effectiveness of incarcerating of drug and substance user with aim of reforming them in Bandar Lampung do not run optimally because of faulty supporting systems within the prison setting e.g. having too many inmates who needed such help.

“I feel after leaving the prison I will not abuse drugs” statement had a mean of 3.50 and standard deviation of 1.20. According to the respondents, 16(5.5%) strongly disagreed, 63(21.7%) disagreed, 35(12.1%) neutral, 113(39.0%) agreed while 63(21.7%) strongly agreed. These results show that 3.40 is higher than the composite mean of 3.45. The implication of the results to the study is that the prison helped the inmates to avoid taking drugs and other bad substances. The Standard deviation

of 1.26 is higher than the composite standard deviation of 1.24 indicating that there was convergence in opinions of the respondents. These views were in disagreement with Brezel, Powell, & Fox, (2020) who observed that disorder associated with Pioid use was more prevalent among the inmates. Drugs used for treating opioid use disorder include; methadone, buprenorphine, and naltrexone which was used widely. However the effectiveness of the drug treatment programs despite having a well-documented plans failed to improve the health and social outcomes of the inmates in American jails.

“The skills I have acquired will help me to help me and others to avoid drug and substance use” statement had a mean of 3.39 and standard deviation of 1.25. From this statement, 16(5.5%) strongly disagreed, 81(29.9%) disagreed, 31(10.7%) neutral, 97(33.4%) agreed while 63(22.4%) strongly agreed. This result shows that 3.39 are lower than the composite mean of 3.45. The implication of the results to the study is that the prison helped the inmates to avoid taking drugs and other bad substances. The Standard deviation of 1.25 is higher than the composite standard deviation of 1.24 indicating that there was convergence in opinions of the respondents. Gooch, & Treadwell, (2020) observed that low cost of the drugs coupled with easy distribution techniques, simple ways of consumption, and increased and more complex way of exchange, poor and dilapidated prison conditions, increase in organized crimes in and outside the prison institutions have made it easy to use and supply drugs and substances in and outside the prison setting and hence compromising the effectiveness of the rehabilitation programs.

“The skills I have gained in this prison will help me come out of criminality as a result of drug abuse training” statement had a mean of 3.52 and standard deviation of 1.15. From this statement, 10(3.4%) strongly disagreed, 66(22.8%) disagreed, 39(13.4%) neutral, 114(39.3%) agreed while 61(20.0%) strongly agreed. These results show that 3.39 is lower than the composite mean of 3.45. The implication of the results to the study is that the prison helped the inmates to avoid taking drugs and other bad substances. The Standard deviation of 1.15 is lower than the composite standard deviation of 1.24 indicating that there was convergence in opinions of the respondents. These results are in agreement with Redondo, Padrón-Goya, & Martín (2022) who observes that many inmates, despite being still in prison, claim to have experienced favorable changes and have different facilitating factors to abandon their previous criminal life. Arbour, Lacroix, & Marchand, (2021) observed that inmates whose risk and needs were evaluated and programs reduces recidivism by about 9 percentage points within three years following release. Therefore if the rehabilitation programs could tailor the rehabilitation of the inmates towards the assessed needs of the inmates it could help them out of criminality. Doyle, Guthrie, Butler, Shakeshaft, Conigrave, & Williams, (2020) observes that without further support post-prison, the men in this study are likely to return to the same situation and continue their AOD use.

“Prison Institution has helped me to address the problem of relapse to drug use” statement had a mean of 3.43 and standard deviation of 1.21. According to the respondents, 14(4.8%) strongly disagreed, 73(25.2%) disagreed, 37(12.8%) neutral, 105(36.2%) agreed while 61(21.0%) strongly agreed. These results show that 3.39 is lower than the composite mean of 3.43. The implication of the results to the study is that the prison helped the inmates to avoid taking drugs and other bad substances. The Standard deviation of 1.21 is lower than the composite standard deviation of 1.24 indicating that there was convergence in opinions of the respondents

“Prison Institution has not helped me to address the problem of relapse to drug use” statement had a mean of 3.47 and standard deviation of 1.20. According to the respondents, 14(4.8%) strongly disagreed, 66(22.8%) disagreed, 45(15.5%) neutral, 99(34.1%) agreed while 61(21.0%) strongly

agreed. These result shows that 3.47 is higher than the composite mean of 3.43. The implication of these results to the study is that, the prison helped the inmates to avoid taking drugs and other bad substances. The Standard deviation of 1.20 is lower than the composite standard deviation of 1.24 indicating that there was convergence in opinions of the respondents. These results are in disagreement with Galletta, Fagan, Shapiro, & Walker, (2021) who observed that prison rehabilitation programs are still are very far in helping the inmates address the challenges they face in reintegration as well as reducing recidivism. Inmates are faced with all sorts of problems which include health problems, mortality as well as addressing drug addiction among the inmates.

“The prison institution has separate houses for drug and substance use offenders to assist them to learn to avoid using drugs” statement had a mean of 3.39 and standard deviation of 1.19. According to the respondents, 14(4.8%) strongly disagreed, 74(25.5%) disagreed, 43(14.8%) neutral, 104(35.9%) agreed while 55(19.0%) strongly agreed. These results show that 3.39 is lower than the composite mean of 3.43. The implication of the results to the study is that the prison helped the inmates to avoid taking drugs and other bad substances. The Standard deviation of 1.19 is lower than the composite standard deviation of 1.24 indicating that there was convergence in opinions of the respondents

“The prison institution does not have separate houses for drug and substance use offenders to assist them to learn to avoid using drugs” statement had a mean of 3.57 and standard deviation of 1.21. According to the respondents, 10(3.4%) strongly disagreed, 71(24.5%) disagreed, 27(9.3%) neutral, 107(36.9%) agreed while 75(25.9%) strongly agreed. These results show that 3.57 is higher than the composite mean of 3.43. The implication of these results to the study is that the prison helped the inmates to avoid taking drugs and other bad substances by providing separate houses for drug and substance users. The Standard deviation of 1.21 is lower than the composite standard deviation of 1.24 indicating that there was some kind of agreement on opinions of the respondents. Jamin, Vanderplasschen, Sys, Jauffret-Roustide, Michel, Trouiller, & Stöver, (2021) observes that inmates experience numerous challenges if they are ill prepared from the prison which include; in availability of stable houses, unsupportive administrative procedures in prison when they want to access services, as well as health insurance and benefits. Further issues like mental health problems and social networks after they have been interfered with during prison times are affected. Mitchell, (2022) confirmed that, drug use after incarceration is at least twice as common as in the general population. This may be attributed to the fact that most inmates after release their family and the community members tend to segregate, failing to give them support they need in order to be re-integrated back to the community. Therefore the only people who give them support are their former acquaintances. This means after release they spent most of their time with crooked peers who quickly give them an opportunity to re-learn the drug use behavior which they had forgotten amongst drugs and substance use. In the end despite inmate having gone through counseling against drug and substance use because of their availability through their peers they relapse to the use of the drugs.

Inferential Statistics for drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya

Correlation between drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya was computed by means of Pearson's correlational analyses and Table 3 shows the statistical outputs. The total scores were computed as a summation of the individual scores on each item by the respondents at 95% level of confidence. The correlation analysis results obtained are shown in Table 3

Table 3: Correlation between drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya

Variable	Statistics	Recidivism prevention among the prison inmates in selected prisons
Drug and substance treatment programs	Pearson Correlation	0.083**
	Sig.(2-tailed)	0.000
	N	290

(n=290); **Correlation is significant at 0.05 level (2-tailed)

The study found a positive overall correlation 0.083 which was statistically significant as (P-Value=0.000 < 0.05); implying that there is a significant relationship between drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya. This indicates that there is significant relationship between drug and substance treatment programs and recidivism prevention among the prison inmates in selected prisons in Nairobi City County, Kenya.

1.8 Conclusion

Inmates who relapse to drug use after release from the prison institution do so due to lack of support after release. This could be addressed by collaborating with the community corrections department to ensure all the inmates released go to the community correction facilities for support and reintegration of the inmates back to the community.

1.9 Recommendations

This study made the following recommendations;

- a) The National and County governments and other stakeholders should ensure that, there is a proper mechanism for after release follow-up of the inmates to help them prevent drug use relapse.
- b) Prison institutions should tighten their surveillance on entry of drugs and substances in the prison institutions.

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