

## 10 Questions to Dr. Kalema

David, you are Executive Director of Hope and Beyond, a treatment center for alcohol and drug addiction, Founder and Chairperson of UAPA (Ugandan Alcohol Policy Alliance), an alcohol Researcher, a Board member of EAAPA (East African Alcohol Policy Alliance) seen and heard regularly on TV and radio shows, speaker at national and international congresses, husband and father of four children and have right now started building a new treatment center for addictive illness...

1) My first question to you is: Do you ever sleep?

*Yes ofcourse I sleep... at least most of the time. I try to get a minimum of six hours' sleep a night but this may not be possible a few times when I have crucial deadlines to achieve*

2) How did you get to know Movendi, former IOGT International?

*I got to know about Movendi through the East African IOGT-NTO movement regional office in Tanzania which offers technical and financial support to UAPA's advocacy program. In 2010 I attended a partners' meeting in Arusha where I met Kristina Sperkova then Vice President of IOGT International. Latter I come into contact with Maik Dunnbier during strategic communication workshops for prevention of alcohol harm in our region. This collaboration was deepened through the various alcohol conferences that I have participated in since 2012. In 2012-2017, during my PhD studies in Ghent University, Belgium I become a member of the IOGT International rehabilitation committee and attended various Movendi International activities. This exposure helped me to meet many interesting IOGT members such as Dr francesco Piani, Rolf and Sabine Hullinghorst, and some FORUT members among others.*

3) In Uganda there are 4 member organisations of Movendi Int. Do you cooperate and in which ways?

*All the member organisations of Movendi international are also members of UAPA. We meet regularly to share ideas and advocate for prevention of alcohol harm in Uganda*

4) What do you think about the collaboration with FORUT?

*I am very proud of the partnership Hope and Beyond (HaB) shares with FORUT which I think is a result of our affiliation to Movendi International. FORUT is a reliable partner and an invaluable contributor to the realization of our dreams. I came into contact with FORUT members in 2016 and since then, our collaboration has been growing in strength and have managed to achieve various results including expanding our interventions. For example in our collaboration we managed to extend our Alcohol Use Disorders (AUD) treatment services to the poor and vulnerable people and together we have embarked on constructing a public mental health facility and an addiction treatment center of Excellency in Uganda.*

5) What was your personal motivation to get involved in alcohol and drug rehabilitation?

*During my earlier years, I lived with a parent (an Auntie) who was using alcohol and later died of liver complications. She was a nice person when sober but very problematic whenever she **drunk** alcohol. For the period I was with her, I witnessed and many times experienced the harm that alcohol does to a family. Because of her drinking, I resented alcohol as a child and looked out for an opportunity to prevent alcohol related suffering in other families. In HaB I feel that my dream for helping in preventing alcohol harm in our society is being fulfilled.*

6) If you weren't what else would you be doing today?

*I love football very much. It used to be one of the stress relieving moments of my childhood. I had to give up a promising football refereeing carrier to concentrate on research and treatment of AUD. I think by now I would be an international football referee. or*

*I also used to engage in political leadership right from my early school years. I think I would be a politician, perhaps a Member of Parliament as some of my contemporaries are right now.*

7) If you had the chance to change something in your past, what would it be?

*My growing up has a number of painful episodes. I didn't have much time with my biological parents and adulthood responsibility came very soon for me. By 17 years I was already looking after myself combining scholarly life with struggles for money to pay rent, food, medical care among other things. I feel that I never played enough and I am probably overly serious with life. Those difficult child memories are moments I would have loved to change if it were possible.*

8) Which living person would you like to meet and what would you talk about?

*I would love to meet the Pope and discuss ways of mainstreaming alcohol harm prevention among the Catholics*

9) How does your family, especially your wife Christine support you?

*My family supports me in indescribable ways. In my family I have found the loving bits of life that I probably missed as a child. Christine has been my friend for 24 years and a wife for 16 years and is my strongest anchor. Besides keeping the family together during my long working hours and overseas trips, she is my number one fan, always cheering and supporting me to achieve my ambitions. I think when my professional life gets a problem, she hurts more than me. She is passionate about the clients' wellbeing and volunteers her services to teach them livelihood skills such as cooking, baking, tailoring and art.*

10) What advice do you give to your children?

*Alcohol/drugs are a dream killer. I tell my children that the best gift they can ever give to me is never to get close to anything that alters their minds. I impress upon them to appreciate my work and be ready to take it on. I hope they will be a pillar in continuing the Kalema legacy when my candle blows out.*