BEYOND THE CLINIC:
WHAT’S NEEDED TO MAKE HOLISTIC & COMPREHENSIVE CARE A REALITY

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SOCIAL ECOLOGY OF A YOUNG PERSON

- Wider society
- Community
- Service providers
- School
- Home
- Children

REPOOSI
Psychosocial Wellbeing For All Children
WHY PSS TO ADOLESCENTS AND YOUNG PEOPLE

PSS focuses on

- empowerment,
- restoring confidence,
- self efficacy and
- solution focused.
WHAT IS HOLISTIC CARE?

- Holistic Care is based on the belief that achieving wellness from within is the key to physical and mental well being.

- We care about the whole you—body, mind, and spirit—and we believe that only by balancing the three can you enjoy good health.

- PSS calls for collective responsibility when taking care of children and youth.

- Families, communities have a key role in helping children and youth infected and affected by HIV and AIDS enjoy life.
Emotional and spiritual well-being (intrapersonal)

- Capacity to live a full and creative life
- Flexibility to deal with life’s inevitable challenges.
- Ability to know and manage himself or herself.
- In touch with his or her feelings,
- Self-awareness and a sense of self-worth,
- Control over one’s behaviour, realistic beliefs,
- Spiritual appreciation and belief of one’s purpose, independence,
- Feeling safe and happy, appreciation of others
- Dreams and hope for the future
Social well-being (interpersonal)

- Ability to interact and to get along with others,
- Extent and quality of social interactions,
- Relationships with caregivers, family members and peers
- Part of social networks, belonging to a community, participation in social and cultural activities
- Ability to communicate,
- Social responsibility,
- Empathy,
- Benefit from wider social systems e.g. national policies
PSS DOMAINS CONT

- **Skills and knowledge (cognitive)**
  - Competencies and capacities to cope with life’s demands and stresses
  - Problem solving/ conflict management,
  - planning and decision making,
  - Stress management,
  - Negotiation, assertiveness, ability to say no
  - Using culturally appropriate coping mechanisms,
  - Ability to assess own abilities and strengths in relation to needs.
  - Confidence to express oneself,
  - Ability to work in a team, to take leadership
Psychosocial support for the individual, the family and the community is important for Resilience building.

- A psychosocially well family and community will protect children and youth and support holistic care
- A psychosocially well young person has the skills to contribute to their own and peers’ resilience and holistic care

Psychosocial support is key to healing for young people, families and communities who have experienced life challenges

- Resilience building
- Coping strategies
COLLABORATION

- Identifying existing capacities and resources in the family and community.
- Networking and linking with social support providers in the community.
- Using caregivers as the entry point in working with adolescence and youth.
- Working with caregivers to ensure a continuum of care.
- Working with community structures and local leaders to contribute to holistic care.
- Family counseling and parenting skills workshops.
STRENGTHENING FAMILIES AND COMMUNITIES

- Start from strengths within the family or community, i.e. Acknowledge, honour and recognize local expertise.

- Enable families and communities to assume the leadership role on issues affecting their lives.

- Practice networking and collaboration is very important

- Use effective referral systems

- Show respect for cultural norms and values

- Create opportunities for the skills development of both children and caregivers
CONCLUSION

- Holistic and comprehensive care depends on psychosocially well families, communities, clinics and other structures.

- Collaborating with family structures to support adolescence and young people.

- Adolescence and young people with social energy or emotional intelligence are in a better position to develop themselves, their families and communities and ultimately the nation.
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