Delivering integrated HIV-SRHR services in partnership – the READY+ model

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Goal & Purpose

Goal

• Adolescents and young people (ages 10-24) living with HIV are resilient, empowered and knowledgeable and have the freedom to make healthier choices and access services and commodities related to their sexual and reproductive health and rights
• READY stands for Resilient and Empowered Adolescent and Young people living with HIV

Purpose

• Get young people ready to make informed decisions about their health and rights
• Get parents and caregivers ready to support young people talk about sexuality
• Get service providers ready to provide youth-friendly services
• Get decision-makers ready to champion access to information, services and commodities for adolescents and young people living with HIV
Why READY?

• Global data highlights the alarming impact of HIV on adolescents and young people.

• Many young people face elevated risks during adolescence.

• Vulnerable to HIV and SRHR problems.

• Barriers to achieving positive HIV and SRH outcomes for A&YPLHIV.

• Mental health issues including depression and suicide
• 10-24 year olds
• Living with HIV
• Mozambique, Swaziland, Tanzania and Zimbabwe
• Partners: Y+ and GNP+, AFRICAID, REPSSI, PATA and M&C Saatchi World Services, CANGO.
• Started October 2016, funded by Dutch Embassy in Mozambique
**Outcomes**

**Outcome 1:**
Resilient and empowered adolescents and young people who are better informed and make healthier choices.

**Outcome 2:**
Safe and secure communities that promote the rights, health and wellbeing of adolescents and young people and support their access to SRHR information, services and commodities.

**Outcome 3:**
Increased access to, and use of, high quality HIV and SRHR services and commodities by young people that are responsive to their specific needs.

**Outcome 4:**
Greater accountability of decision makers and policy makers to the SRHR needs of adolescents and young people.
Our READY+ model

**REPSII/CANGO**
- In country representation & READY+ entry point
- Supports, manages and implements READY+ through local IPs
- Collates data from all IPs & reports to Frontline AIDS

**Africaid Zvandiri**
- CATS training technical assistance

**Implementing partner**

**Health facility**

**CATS in the community**

**CATS in the facility**

**Referral**

**PATA**
- Health facility technical assistance
- Facility safe spaces
- Regional peer to peer learning – summit

**REPSII**
- Psychosocial support

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**Implementing partner (IP)**
- Local coordination for READY+
- Facilitates READY+ activities in community
- Supports & administers all CATS
- Collates community & facility data
- Coordinates READY+ safe spaces
- Implements REPSII tools in safe spaces
- Caregiver & parenting training
- Other community dialogues fora
- Supervises community based CATS

**Health facility**
- Adolescent friendly health services
- HIV Testing Services
- ART provision & viral lead monitoring
- STI screening & management
- OI & TB screening & management
- SRHR counselling
- Pap smears & breast exams
- Supervises facility based CATS and organises facility based tasks

**CATS in the community**
- Safe spaces (support groups, teen clubs, youth clubs, camps, after school activities)
- SRHR counselling & information giving
- Home visits
- Data collection and entry
- Adherence counseling
- Tracking lost to follow up
- Referral to health facility
- Referral for social protection and other services in the community
- Index contact tracing

**CATS in the facility**
- Reception, bookings & navigation of services
- Treatment literacy
- Adherence counselling
- Facilitates support groups & adolescent friendly safe spaces
- Health talks
- Provision of IEC materials
- Data collection & data entry
- Referral to community IP & CATS for community follow-up
- SRHR counselling and information
What we do

1. Train CATS to reach their peers living with HIV with information and services including issues around SRHR.

2. Work with caregivers of adolescents living with HIV on how to provide PSS in the community.
What we do

3. Train and sensitise health providers on SRHR services and quality improvement in the facility.

4. Hold decision-makers accountable
We promote the leadership of young people across the programme
Progress up to date...

- The programme has achieved 66% of the target for the number of active CATS (both community and facility based).

- Progress was facilitated by community support which encourages peer supported to remain active. The programme has also achieved 92% of the target for AYPLHIV trained as CATS.

- The programme has achieved 69% of the target for number of AYPLHIV participating in group safe spaces led by CATS where they learn about issues relating to SRHR and HIV.
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- The programme invested in community dialogues as part of the ecological model aimed at facilitating multi-level change.
- Community dialogue sessions reportedly contributed towards parents and caregivers engaging in open dialogue with their children about HIV and SRHR
- 387 community dialogues were conducted.
Evidence from the Youth Summit convened by PATA affirmed the importance of harnessing the power of health providers who need training, tools and guidance so that they are equipped and empowered to deliver sensitive, client-centered and responsive services.

The programme has generated evidence on AYPLHIV preferences with regards to quality of services.

Dedicated youth friendly services encourage improved uptake of and utilization of services by AYPLHIV.

The programme has facilitated stronger linkages between smaller health facilities such as the polyclinics and clinics that do not provide all the services and bigger hospitals.
Investment is made in terms of training and capacity building, however there is a high turnover of CATS as they graduate and/or are offered other opportunities, and health providers are also constantly rotating.

Working in contexts where Interventions for AYPLHIV existed prior to the implementation of READY+ and these need to be respected.

Working in a consortium is complicated as there are multiple partners and layers and ways of working. A consortium is more than having specific activities or outcomes you are each responsible for delivering on; it is about working collaboratively.
Success

The programme has supported youth leadership and has increased accountability in youth-led organisations

Young people have been engaged in various advocacy campaigns for example hosting national forums of young people and advocating for treatment issues in-country

Young people have been involved in assessing services through a scorecard which is linked with service quality improvement

Young advocates successfully advocated for the updating of the HIV treatment guidelines to allow for dolutegravir (DTG) to be accessible to women of reproductive age using any form of contraception.

PATA Summits, including You Summits, provide a linking and learning platform across READY
Lessons learnt

- Peer support models work in terms of improving service delivery and retaining AYPLHIV in care
- Young people need psychosocial support, both within their communities and in the facility.
- Young people want to make and be involved in decisions that affect them. They want to organise themselves (in networks), and they want to evaluate services they receive.
- Service delivery and care models need to be integrated and holistic.
- READY has created a platform for new initiatives, such as READY to lead and iREADY, and it has been up scaled in other countries.
- The integration of SRHR and HIV at the facility supports adolescent-friendly service delivery in that it streamlines services for adolescents and young people.
Thank you for listening!
READ
RESILIENT & EMPOWERED
ADOLESCENTS & YOUNG PEOPLE