



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

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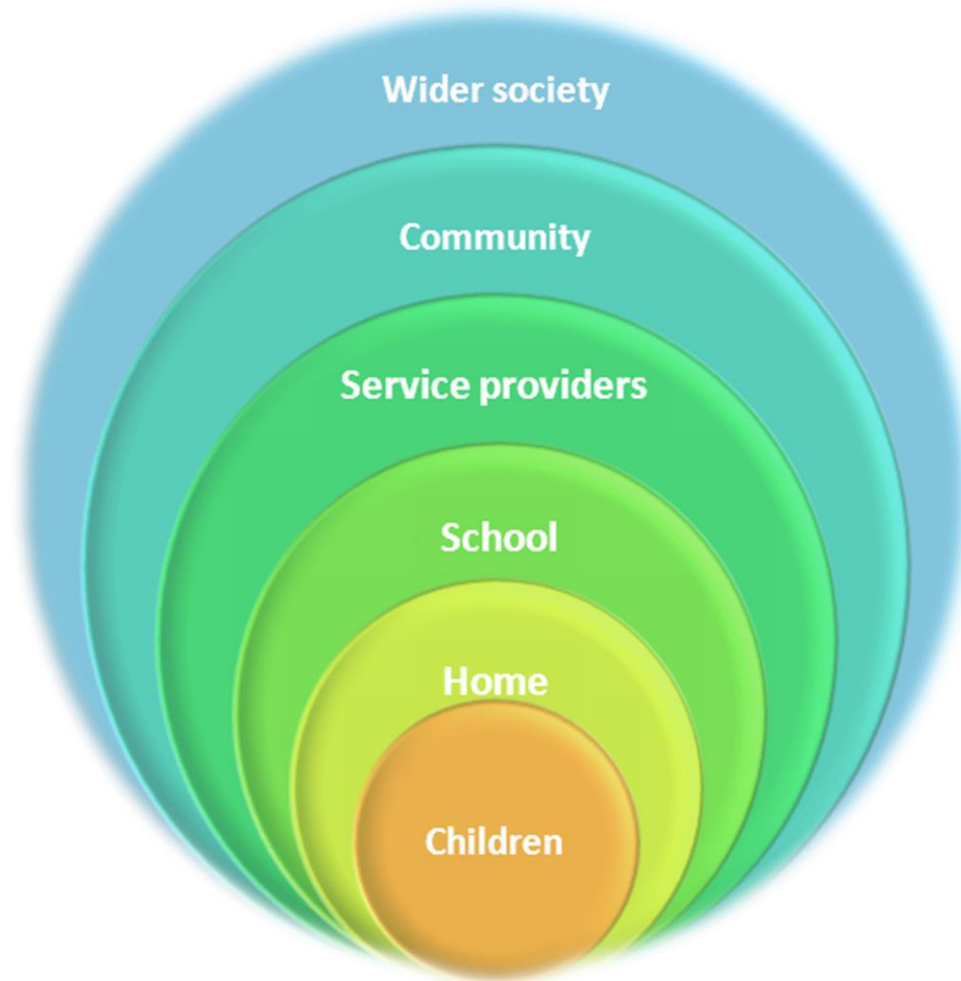
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# SOCIAL ECOLOGY OF A YOUNG PERSON



# 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.

# PSS DOMAINS

## 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

# PSS DOMAINS CONT

## 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

# PSS AND RESILIENCE

- **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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