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Sexual and reproductive health
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Beyond Boutique: Programming considerations for scaling up youth friendly services in South Africa

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CONTEXT

AGYW in South Africa face many life-changing circumstances:

- High incidence of HIV
- Adolescent pregnancy
- Unsafe abortion
- High-risk sexual practices,
- Sexual and gender-based violence (SGBV),
- Drug and alcohol abuse, and poverty.

The provision of information and services for AGYW has generally been limited to small-scale efforts that are fragmented, and reach only a small proportion of the intended population.



PROGRAM INTERVENTION

Pathfinder International, with Department of Health partners, has worked with three different models for provision of services for young people in public sector settings:

- Stand-alone youth centers;
- Service for youth are integrated within a primary health care setting, with a separate “youth zone” where young people can interact with peer educators while they wait to be seen by a service provider;
- A separate, youth clinic with a dedicated provider within a primary health care setting.



ADOLESCENT & YOUTH FRIENDLY IMPLEMENTATION STRATEGY

TRAINING

- Capacity Building for Health Care Workers (AYFS, SRH, Values Clarification,
- Peer Educators
- Area Managers & PHC Supervisors
- Data Capturers
- Updating of current health affairs

MENTORING

- AYFS – adhering to the 10 national AYFS standards (quality improvement)
- Integration of services
- HIV (testing, linkage to care)
- Data recording and analysis
- Organization of services

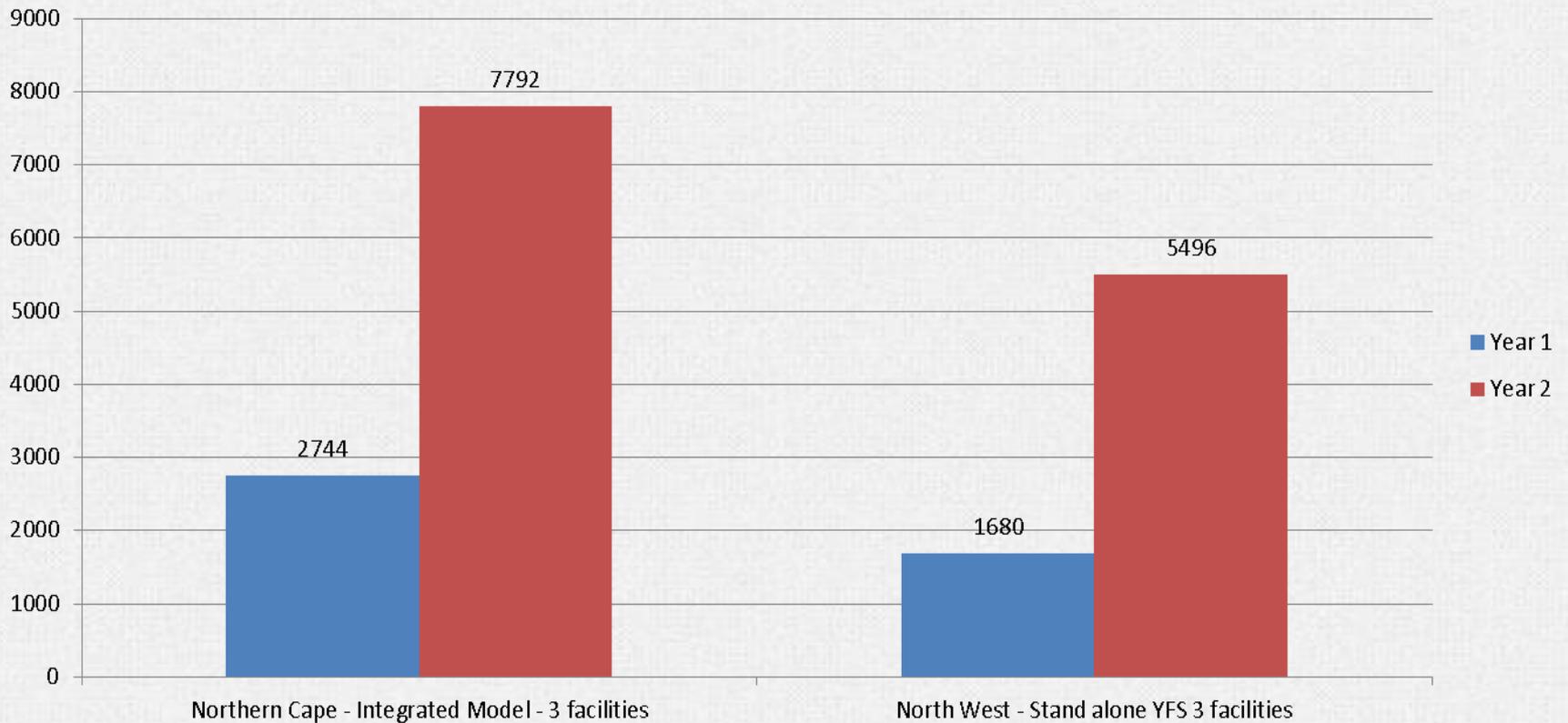
COMMUNITY MOBILIZATION

- Health Education
- Support groups
- Youth involvement – clinic committees
- ISHP
- Parents and care givers
- Sport activities
- CBO engagement
- Churches
- Schools

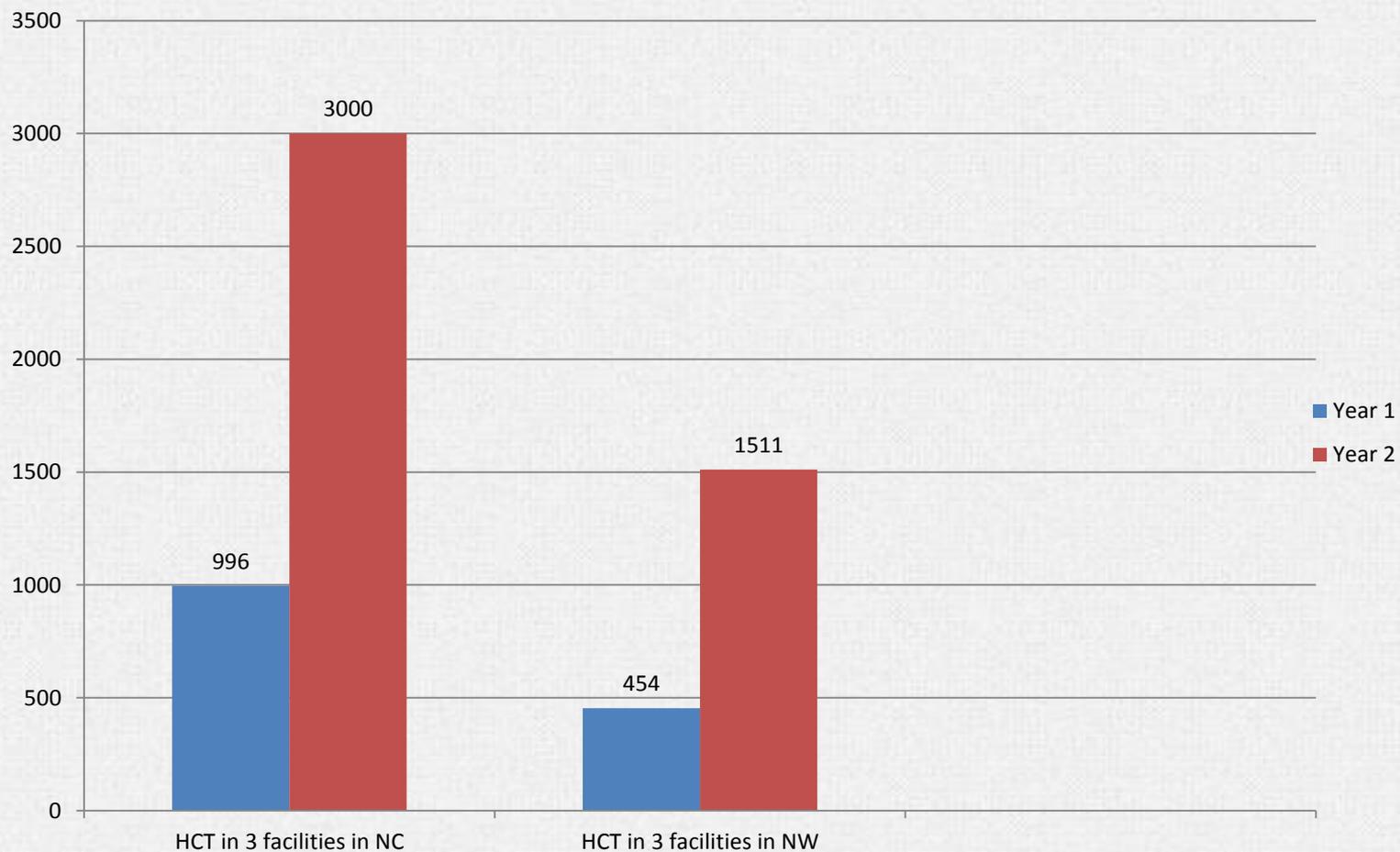
ACCESS TO COMPREHENSIVE AYFS SERVICES



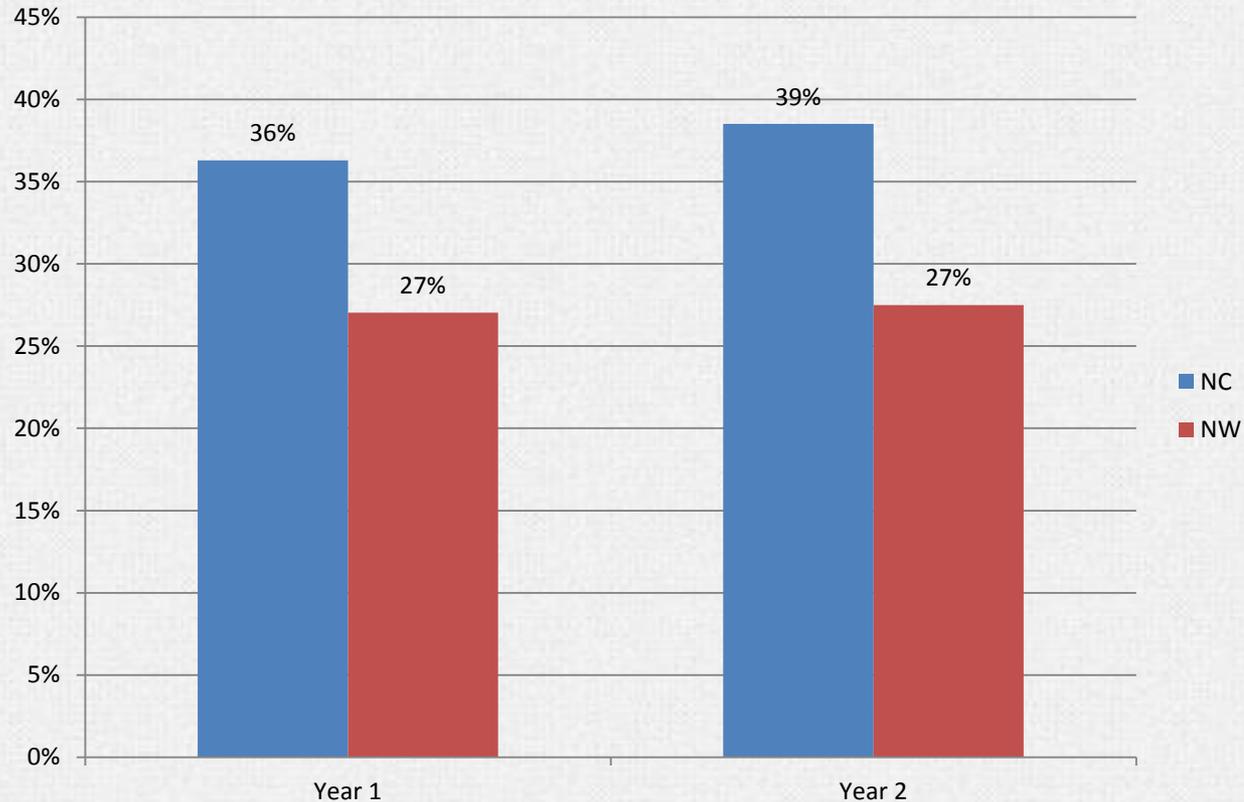
OF CLIENTS AGED 10-24 ACCESSING SERVICES IN 2 PROVINCES



HIV COUNSELING & TESTING SERVICES



% UPTAKE OF HCT SERVICES CLIENTS AGED 10-24 YEARS IN THE 2 PROVINCES



WHAT THE DATA SHOWS

- The Integrated model is more effective in reaching young people
- The stand alone model may work as well, but integration of services is compromised due to poor referral and feedback systems
- Data for all the 19 facilities that Pathfinder is supporting shows that young people make use of YFS, especially services related to:
 - Contraception and fertility planning;
 - STIs
 - Pregnancy testing
- However uptake of HCT services was low in all facilities.
- Capacity building of providers through training and ongoing mentoring is critical to program success.
- Values clarification for services providers in the provision of YF services is also critical to program success



LESSONS LEARNED AND RECOMMENDATIONS FOR PROGRAM IMPLEMENTATION AND SUSTAINABILITY

- Addressing sustainability from project inception and working with facilities to take ownership of the project is critical.
- Issues of non-youth-friendly staff, privacy and confidentiality need to be addressed by any youth-friendly intervention to ensure that young people access services
- It is essential that youth-friendly services are rooted within the primary health-care system to secure support and sustain the changes that have been implemented (e.g. convenient hours for young people)
- There was no disaggregation of data by age in DHIS—therefore it was hard to determine the number of youth of different ages served. Pathfinder worked with the registers at the facilities to extract data for the 10-24 year age group
- Integration of services assisted in meeting the overall needs of youth
- Interventions that were most successful combined: training of clinic staff, facility-based improvements, and community-based activities to inform and mobilize support
- It is necessary to improve community support for adolescent accessing services, as this is a strong predictor of young people seeking SRH services



BEYOND BOUTIQUE: PROGRAMMING CONSIDERATIONS FOR SCALING UP YOUTH FRIENDLY SERVICES IN SOUTH AFRICA

SOPHIA LADHA – PATHFINDER INTERNATIONAL, SOUTH AFRICA

- ***Values clarification for facility staff*** is the key component in a youth friendly package and requires adequate time invested
- ***AYFS training for service providers*** needs to include skills and competences – Address the training in pre-service
- Getting a facility to be AYFS is a process that involves numerous components and investment of time and resources (it is not a once off event) – this needs to be planned for
- Need for disaggregated data at facility level is critical!!!



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reality that cannot be ignored anymore, the department of health saw a need to appoint Innet Rygaardt as the head of Youth Friendly. Young as you are, it will be easy to communicate with her, as she is a young person as well" she said

The day started with a Soul Buddyz awareness programme that was led by Mrs. Matanka together with Mrs. Duna from Pabalelo Primary School, the two led their clubs into

programme, make use of this programme and make use of me as well, I am your friend and my main objective as a peer educator is to work with my guys regarding any issues affecting your lives as young people.

Speaker after speaker pleaded with the learners that were present to make use of the facility in order to make wise and informed decision in the future, "let us retreat from discriminating against people living with HIV& AIDS as they also have rights as well, they have the right to a fair treatment and a fair society but again they don't have the right to go around having unprotected sex and infecting other people, as young people who should remain negative and protect your status" said Mrs Pretorius. There was a moment of silent when a candle lit ceremony began in honor of those who have passed on and to give hope to those who are still living with the Virus.

The last speaker from the Department of Saps Crime Prevention Unit, Officer Stumisho pleaded with the young fellas to take care of themselves this festive season and stay away from bad things, he warned them of the consequence of the festive season "during this time of the year is when most of you fall prey to the dangerous of alcohol and drugs that leads to different sort of crime." He emphasizes that Pampierstad stadium is the root of all evil as many school kids have transformed the ground into something else; he boldly called a stop to that.

A remarkable day that was, ended in high spirits as everyone who was at the clinic including those who were in pains danced to the Friday tunes.



Northern Cape department of health, Saps together with four other local primary schools joined hands together as they commemorated the world aids day at a special function that was held at Pampierstad new clinic, amongst the guest there were health personnel's including area manager Mrs. Pretorius and Mrs. Fedricks from Kimberly.

Mrs. Fedricks delivered a motivation speech that was based mainly on the purpose of the day "Parents should be honest with their children regarding HIV & AIDS, as it is now a

different activities of the day from drama to poetry and motivational speeches form their own learners.

The SoulBuddyzprogramme paved a way for the launch of Youth friendly a non-profitable organization that is led by InnetRygaardt better known as Fala. In her brief but bold speech she couldn't contain her excitement " I am very happy as today marks a very important day of my life, as it is the launch of my baby programme, I am a symbol of wisdom, a symbol of hope and motivation, I am also happy that you guys managed to come and join us for the launch of Youth Friendly, as this is your





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