



GoldStar Kenya
Empowering communities for better health

AYSRH INTERVENTIONS

February 2021

AYSRH—Interventions and Key Achievements in Year 2019-2020

Introduction

Goldstar Kenya is committed to work in partnership with different organizations to advance Adolescent and Youth Sexual Reproductive Health and Family Planning services (AYSRH/FP) and improve the evidence on Integrated development approaches.

Goldstar Kenya is implementing the project, funded by the U.S. Agency for International Development, (USAID), in collaboration with a consortium of partners that includes Family Health International (FHI360 and the Government of Kenya.

This project uses resources from the consortium partners as a policy to boost and implement innovative, evidence-based solutions to improve and expand the delivery of health services to underserved and vulnerable communities.

In Summary

Comprehensive youth programs geared to improved antenatal care and modern contraceptive uptake among adolescent girls and young women.

The project supported the rollout of youth Comprehensive Sexuality Education sessions with out of school youth and **Binti Shujaa** Model targeting pregnant adolescent girls and those with babies under 23 months.

In year 2019-2020;

- * **3,400** adolescents aged **10-19** received modern contraceptives against the annual target of **2,735 (124%** achievement of annual target) and
- * **4,705** adolescent girls received ANC services (76% achievement of annual target of 6,220).
- * **15,530** condoms were distributed to the adolescents and young people (AYP) during various activities.

Context

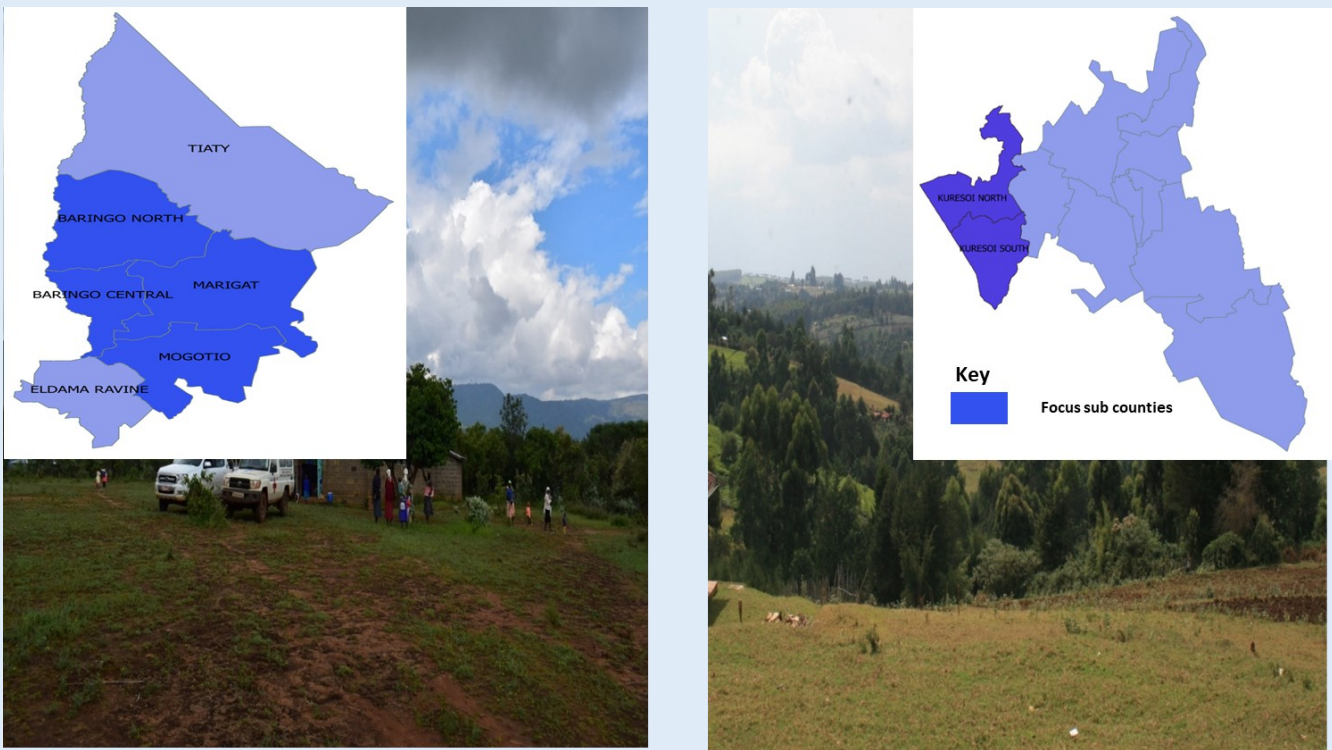


Fig 1 Showing the focus sub-counties where the program is implemented in the counties of Nakuru and Baringo

AYSRRH package of care as per Goldstar Kenya Mechanism

FACILITY BASED AYSRRH INTERVENTIONS

- Youth-led outreaches.
- Dedicated in-reaches.
- Provision of sensitive services.

COMMUNITY BASED AYSRRH INTERVENTIONS

- Comprehensive sexuality education.
- Binti shujaa model.
- Youth Action kit.
- Comprehensive school health program (Life skills).

AYSRRH Indicators Tracked

- Number of adolescents (aged 10-19) receiving ANC.
- Number of adolescents (aged 10-19) receiving Family Planning services.

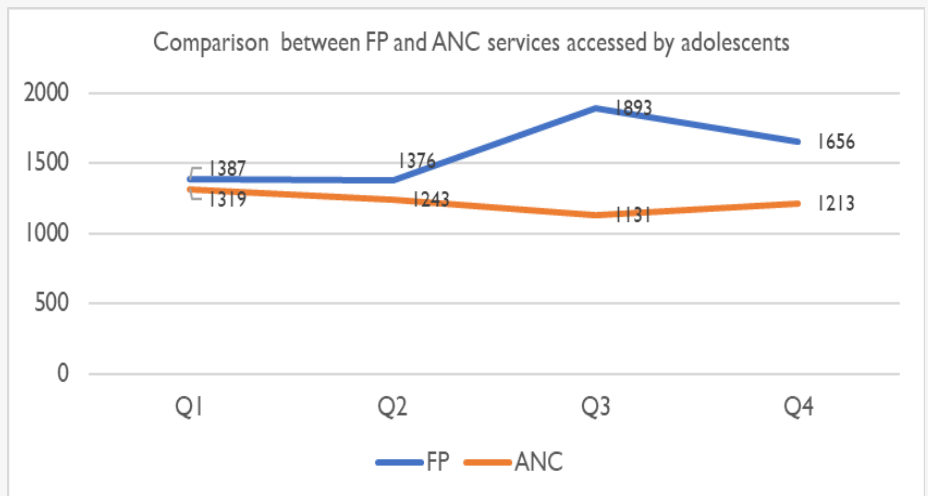


Fig 2: Uptake of FP and ANC services by adolescents in 2019-2020

There was a reduction in number of adolescents receiving family planning services from April to June 2020. This drop was attributed to non-availability of commodities, particularly implants. The increase in adolescents seeking ANC services may be attributed to focused sessions with youth and in-reaches targeting out of school youth.

Youth Champions

Comprehensive Sexuality Education (CSE) sessions empowers adolescents and youth out of school to be aware of their sexual and reproductive health and rights, which enables them to make informed choices, make responsible decisions and access health services. The Youth champions are supported to conduct monthly Comprehensive Sexuality Education sessions, which provide platform for discussing sensitive youth health issues, experience sharing, one on one counselling sessions and referral mechanism.

In 2019-2020, the project supported 457 Comprehensive Sexuality Education sessions in Nakuru and Baringo counties during which 11,839 (male-4,455; female-7,384) adolescents and youth were reached with messages on self-awareness, values, Gender Based Violence prevention and sexual reproductive health and rights. This translates to 82% of the annual target.



Fig 3: Condom distribution



Fig 4: Condom demonstration during a CSE session in Mlima, Marigat Sub-County

From October 2019 to September 2020, the project supported 180 targeted sessions that is 67 and 113 in Nakuru and Baringo respectively. 4,275 adolescents and youths were reached (Baringo-2,502; Nakuru-1,773; male-1,643; female-2,632) and 8,330 condoms distributed.

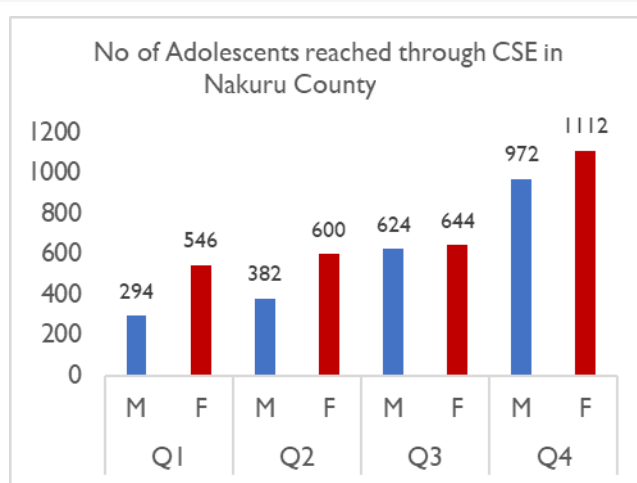
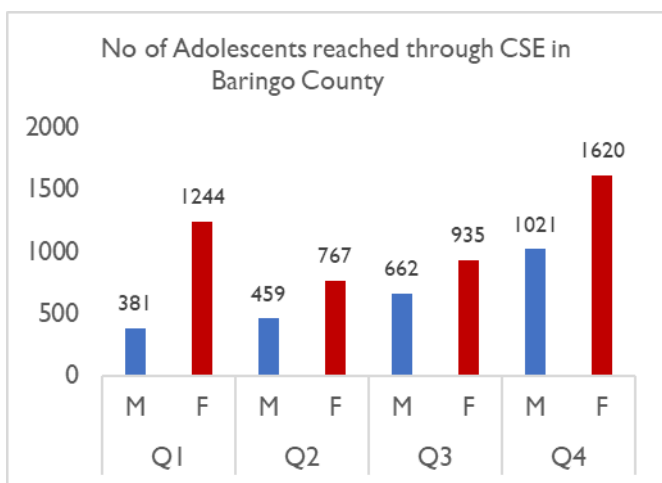


Fig 5: Adolescents reached through CSE sessions in year from October 2019 to September 2020

Social characterization of youth reached during CSE sessions

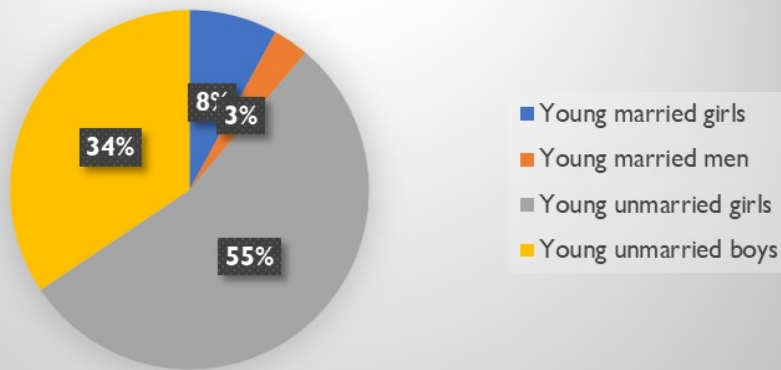


Fig 6: Social characterization of adolescents reached through CSE from October 2019 to September 2020

During COVID 19 pandemic, there has been reported high incidences of teenage pregnancies in the focus Sub - Counties. As a result, the project supported Binti Shujaas and Youth Champions with Personal Protective Equipments to enhance household visits to reach more Adolescents with health messages and referral for services. This explains why more pregnant adolescents accessed ANC services.

Number of adolescents referred during CSE sessions

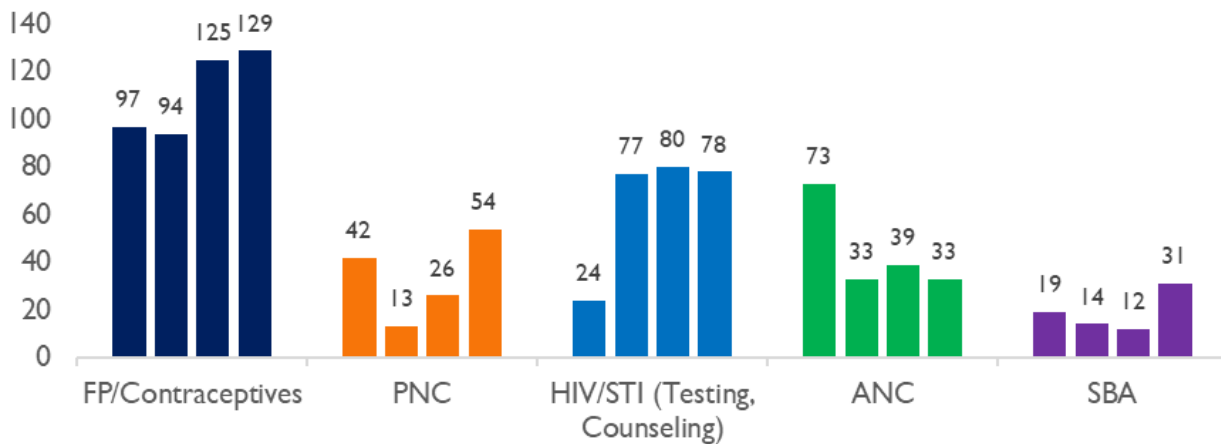


Fig 7: Description of adolescents referred during CSE sessions and services offered CSE from October 2019 to September 2020

Binti Shujaa Model

Binti Shujaa (My Sister’s heroine”) Intervention is an innovative strategy by to address the health needs of adolescent mothers and their children. The model uses peer-based and mentorship approaches and target teen girls (15-19yrs) who are either pregnant or have children under 24 months and link them with health and socio-economic services.

From October 2019 to September 2020 the project continued to support 75 *Binti Shujaa* mentors to implement the *Binti Shujaa* model in Kuresoi North, Baringo North and Marigat sub-counties. The sessions were focused on life skills; modern contraceptives; importance of SBA, ANC and PNC; HIV & AIDS prevention and management; nutrition; immunization and menstrual hygiene.

2,661 adolescent girls with young children (*bintis*) received Family Planning services and 323 pregnant teens delivered at Hospital Facilities. Additionally, 359 were linked to entrepreneurship opportunities and 38 returned to school.

From July to September 2020, 261 dialogue sessions were conducted in Nakuru and Baringo reaching 1,682 adolescent girls. The project supported distribution of 197 sanitary towels to *Binti Shujaas* and *Bintis* in Marigat and Kuresoi North sub-counties and linked another 100 beneficiaries to economic empowerment opportunities.

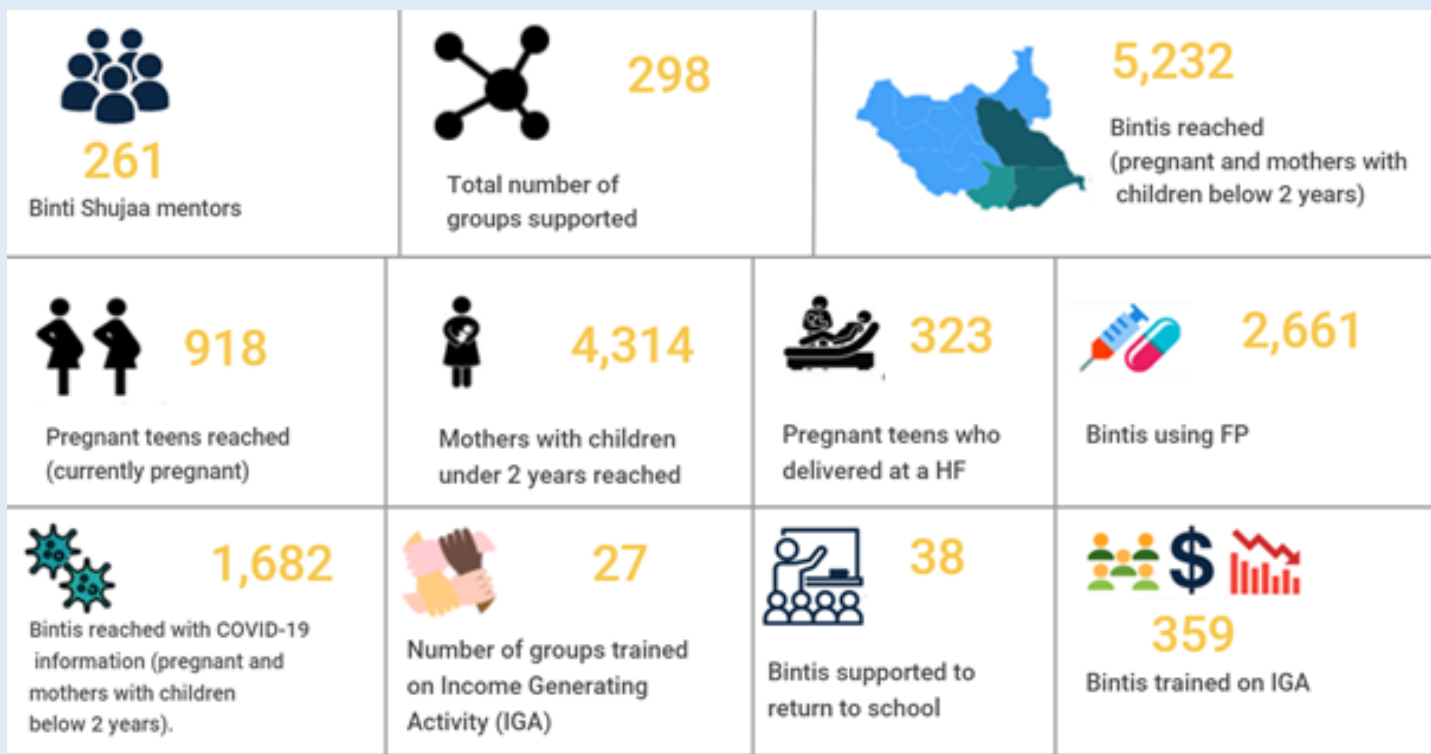


Fig 8: Breakdown of Binti Shujaa achievements from October 2019 to September 2020

Services	Total
ANC	184
SBA	95
HIV/STI (Counselling, Testing & Treatment)	315
PNC	163
FP/Contraceptives	251

Fig 9: Referrals by Binti Shujaa mentors from October 2019 to September 2020

School Health Program (Life Skills)

Youth Champions and Healthcare workers reach out to adolescents aged 10-14yrs and 15-19yrs, within their school setting using the Ministry of Education approved Life Skills and Adolescent Reproductive Health Manual that allows age-appropriate messaging and Youth Actions Kit that imparts them with essential life skills i.e. decision making skills

In October 2020, the integrated



school health program was only implemented in schools before closure due to the COVID-19 pandemic. The project supported Public Health Officers and Reproductive Health Coordinators to visit 23 schools in Nakuru and Baringo where 10,315 pupils were reached with messages and information on handwashing, personal hygiene, menstrual hygiene and life skills education. The adolescent pupils were also reached with messaging on healthy relationships, self-esteem, and HIV&AIDS

Youth in-Reaches and Youth Action Kit

Youth action Kit is a life skill development participatory intervention designed for youths in high school, colleges and out of school. It's based on the experiential learning techniques and tends to address FIVE fundamental life skills:

- ◇ Making good decisions
- ◇ Being more assertive
- ◇ Goal setting
- ◇ Boosting self- confidence
- ◇ Resisting peer pressure.

The project implemented youth in-reaches from October 2019 to March 2020 at eleven Health facilities in Nakuru and Baringo counties.

During these in-reaches, 279 adolescent girls received various services, including ANC, HTS and contraceptive methods. Additionally, 3,314 male condoms were distributed during the in-reaches.



Response to Covid-19 Pandemic

In April 2020 the project integrated COVID-19 messages and awareness during household visits. Key messages on COVID-19 prevention and management, such as proper handwashing, hygiene, importance of social distancing, use of facemasks, and signs and symptoms of the disease, were also relayed through these networks.

Goldstar Kenya is a National Non-Governmental Organization focusing on health management dedicated to empowering communities for better health by advancing and implementing integrated, locally driven and evidence-based solutions.



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