Reaching and
Engaging
Adolescents and young adults for
Care continuum in
Health- **M**ental **H**ealth

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Outline

- Significance
- REACH-MH Process
- Lessons Learned & Next Steps

A wholistic Approach: Beyond Mental Health

YouthLED

COMPLEXITY OF ADOLESCENTS LIVES

- MENTAL HEALTH
- VIOLENCE
- ALCOHOL AND DRUG USE
- ECONOMIC HARDSHIP
- SEXUAL RISK
- SEX/ GENDER DISPARITY

Significance of the study

- ~ 70% of Urban youth use mobile phones
- Adolescents – **more candid on phone** than face to face
- Health systems - **lack comprehensive data collection tools** for adolescents
  - Sexual and reproductive health
  - Psycho-social, behavioral, socio-economic determinants are understudied
- Critical need for innovative strategies for collecting information directly from young people to **drive interventions**

Communications Authority of Kenya, Madeleine J, 2015 ;Mathur et al, 2020; Decker et al, 2015

Reaching and Engaging Adolescents and young adults for Care continuum in Mental Health- REACH MH

- REACH-MH : is a comprehensive survey for adolescents examining different domains administered in an app (digital) format
- Solicits multifaceted information from adolescents

REACH-MH Description

Identify key mental health factors among Adolescents and Young People (AYP) using digital technology- the REACH App

Examples of Youth Engagement :REACH-MH

THEMES

1. STIGMA / DISCRIMINATION / CONFIDENTIALITY IN CARE TREATMENT/ ACCESS TO THE HEALTHCARE

2. GOOD SUPPORT SYSTEM / ADHERENCE

3. TIME MANAGEMENT / LACK OF ENOUGH CAREGIVERS / SELF STIGMA

4. FEAR / UNPROF... PERSONE...

5. UNPROFESSIONAL DOCTORS / FEAR

6. STIGMA / LACK OF CONFIDENTIALITY / UNETHICAL BEHAVIOUR / UNPROFESIONALISM

7. LACK OF TIME MANAGEMENT AT THE FACILITY / LACK OF ENOUGH PERSONNEL / LACK OF PATIENCE FROM THE PATIENTS / LACK OF CLIENT COOPERATION

8. LACK OF INFORMATI... MEN LACK ... PATIENCE ... NOT TAKE T... HEALTH SE...

Starting with the end-user: Design Thinking for App Development

Empathize	Gather information on your users *(needs assessment*)	• How can we innovatively engage young people in an action regarding their well-being?
		• Consulted with
		   Young people (15-24 years) individually and through established groups
		   Parents and Caregivers
		   Adolescent and Youth Experts
		• Conducted intensive literature search

Define	Turn user information into insights *(cultural adaptation of instruments)*	• Assessed different survey instruments for collecting data from young people, functionality, properties and contextualization into the Sub-Saharan context • Explored different platforms on which to build the app
Ideate	Generate ideas based on insights *(mapping of domains)*	• Mapped different domain and identified questions for each areas as follows *1) Social Network and Support, 2) Education, 3) Home and Family, 4) Media and Internet Use, 5) Alcohol and Drugs, 6) Sexuality, 7) Use and Perception of Health Services, 8) Mental Health, 9) Gender and Social Norms, and 10) Religion and Spirituality*. • Identified apps that are popular with adolescents • Examined ideas for piloting- respondent driven sampling as a method that only enhances participation but also identifies (friendship- peer) social network patterns; innovative recruitment • Inclusion of logic and skip patterns;
Prototype	Try out your ideas *(design development)*	• The design team developed the app REACH survey • This experimental survey is reviewed by the team members from the "empathize stage"
Evaluate	Get feedback and iterate *(small pilot test)*	• Piloted among 33 Adolescents and followed up with user feedback questions • Assessment of functionality, time, adaptability • Iterations done for roll out

Mapping of Domains: Human Centered Design
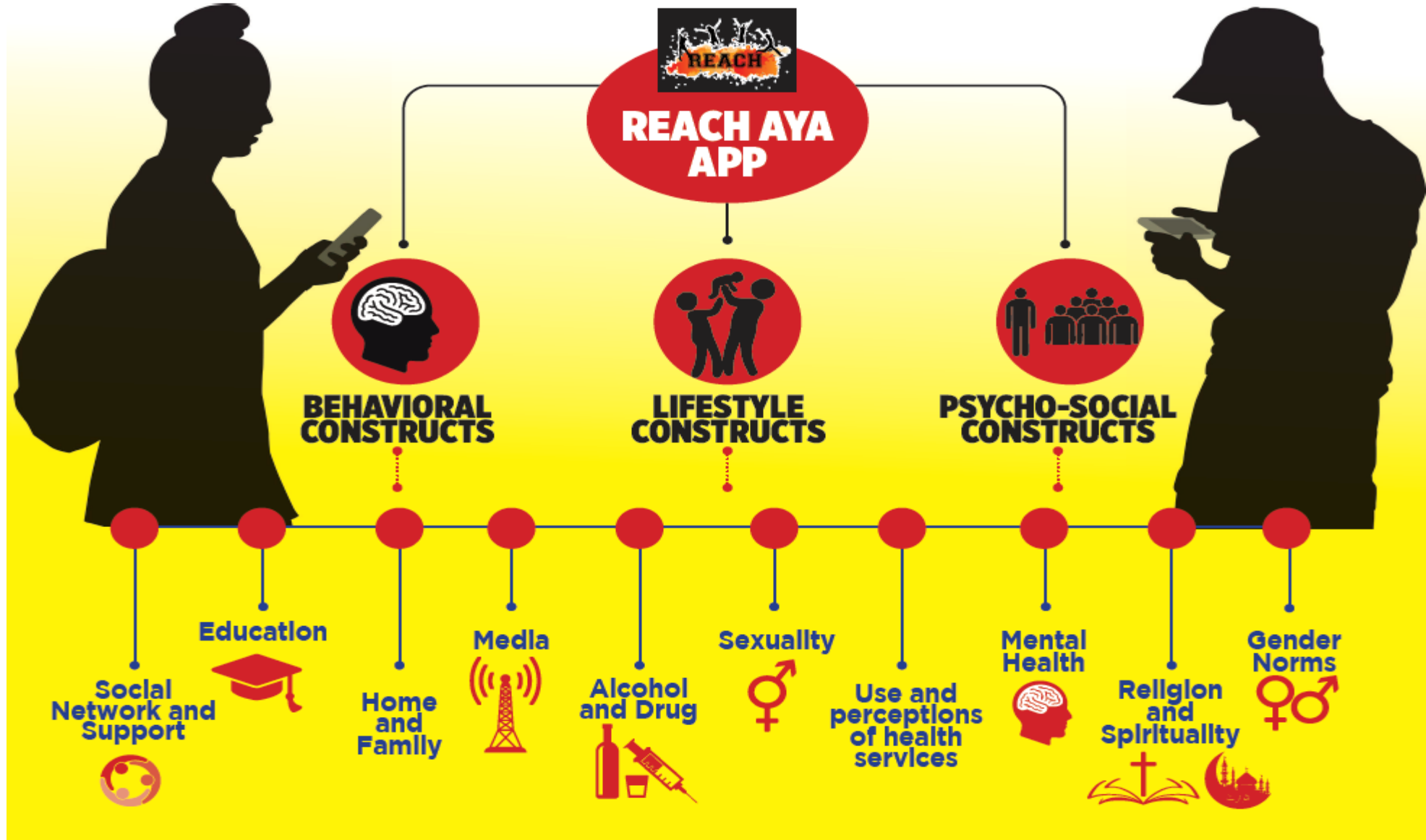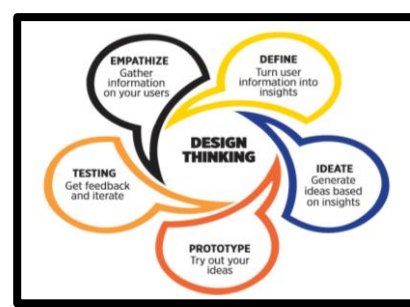
Content: REACH-MH App
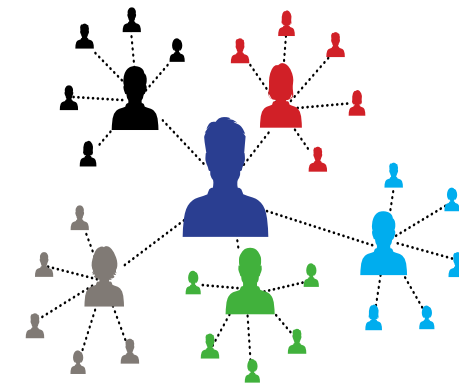
REACH MODULES

1 SOCIAL NETWORK & SUPPORT:
— Questions from:
• *Multidimensional Scale of Perceived Social Support*
• *Social Support Questionnaire*
• *Rosenberg Self Esteem Scale*

2 EDUCATION
— Questions from:
• *HEADSS Screening Tool (Home; Education and Employment; Activities; Drugs/Drinking; Sex; Self-harm, depression & Suicide; Safety*

3 HOME AND FAMILY
— Questions from:
• *HEADSS Screening Tool*

4 MEDIA
— Questions from:
• *HEADSS Screening Tool*
• *Cyberbullying offending scale*
• *Social Media Use*
• *Social Connectedness scale*

5 ALCOHOL AND DRUGS
— Questions from:
• *CRAFFT Screening Tool for Adolescent Substance Abuse*

6 SEXUALITY
— Questions from:
• *HEADSS Screening Tool*
• *RAST: Risk Assessment Screening tool*

7 USE AND PERCEPTION
— Questions from:
• *Adapted from WHO*

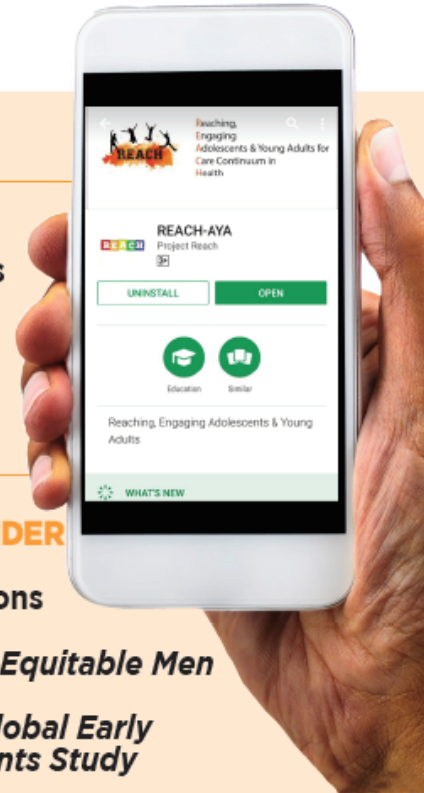### 8 MENTAL HEALTH
Questions from:
• *PHQ-9*

9 SOCIAL AND GENDER NORMS
— Questions from:
• *Gender Equitable Men Survey*
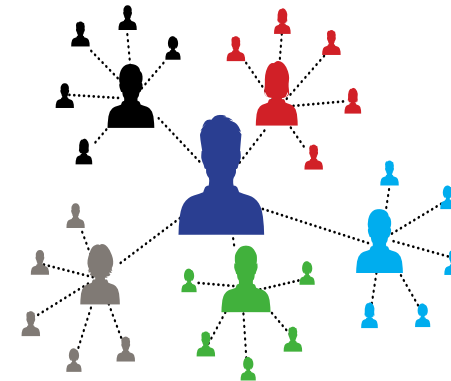• *WHO Global Early Adolescents Study (GEAS)*

10 RELIGION AND SPIRITUALITY
— Questions from:
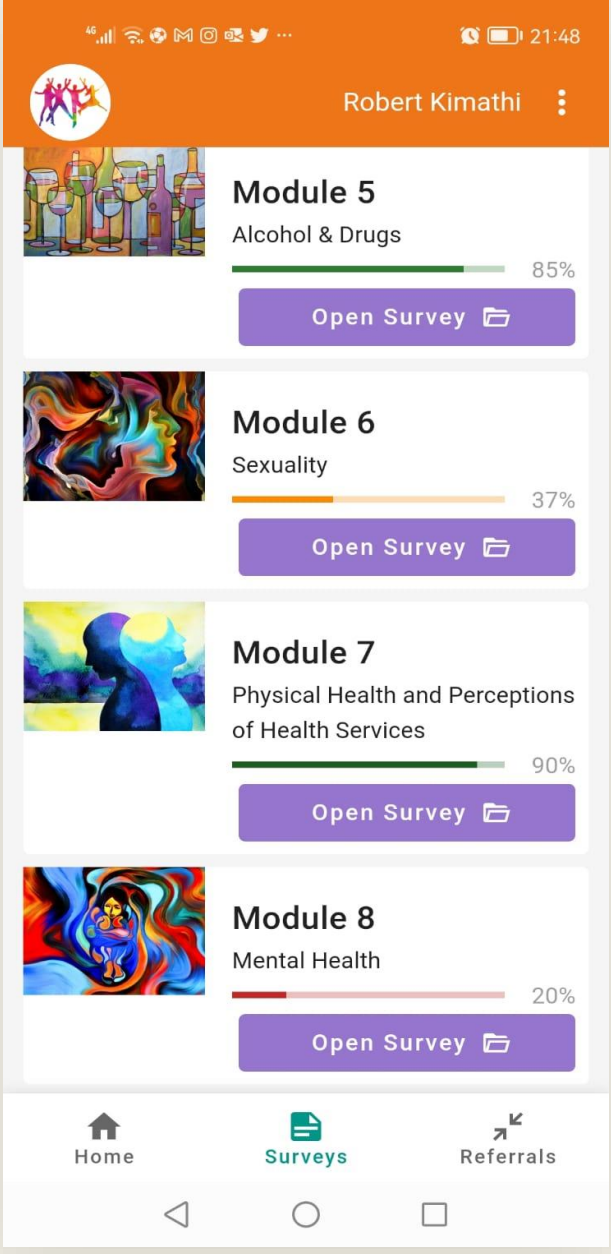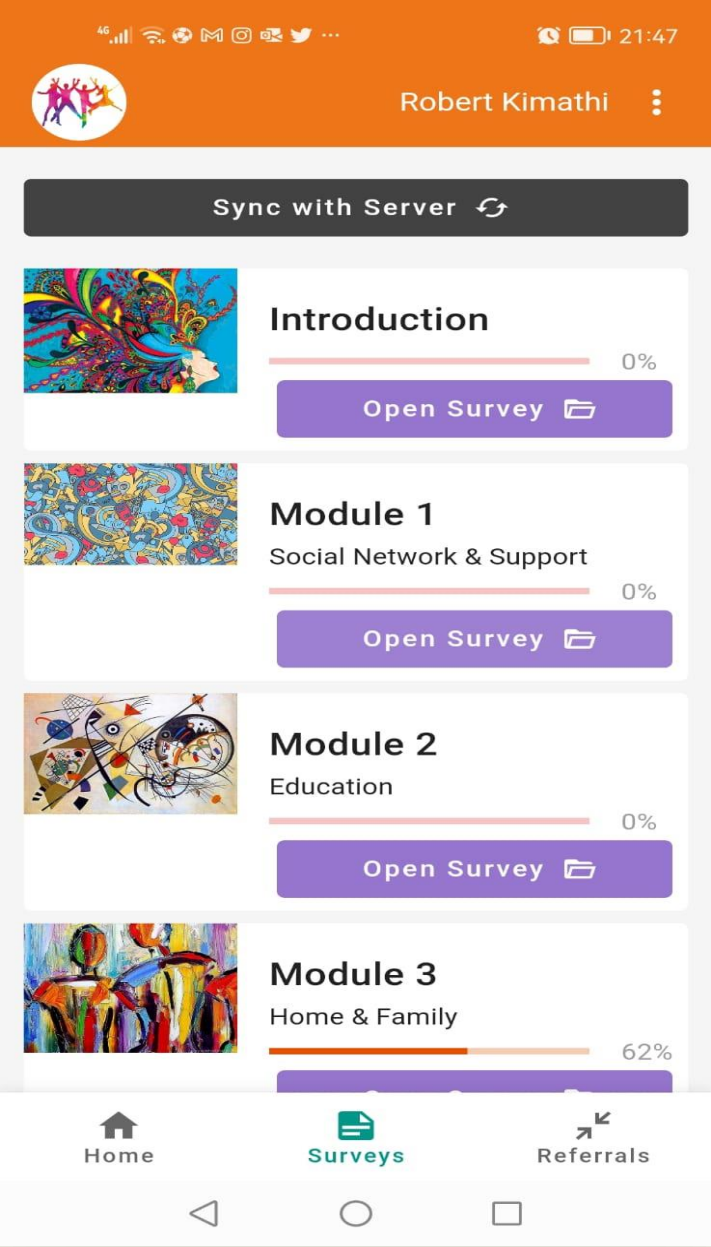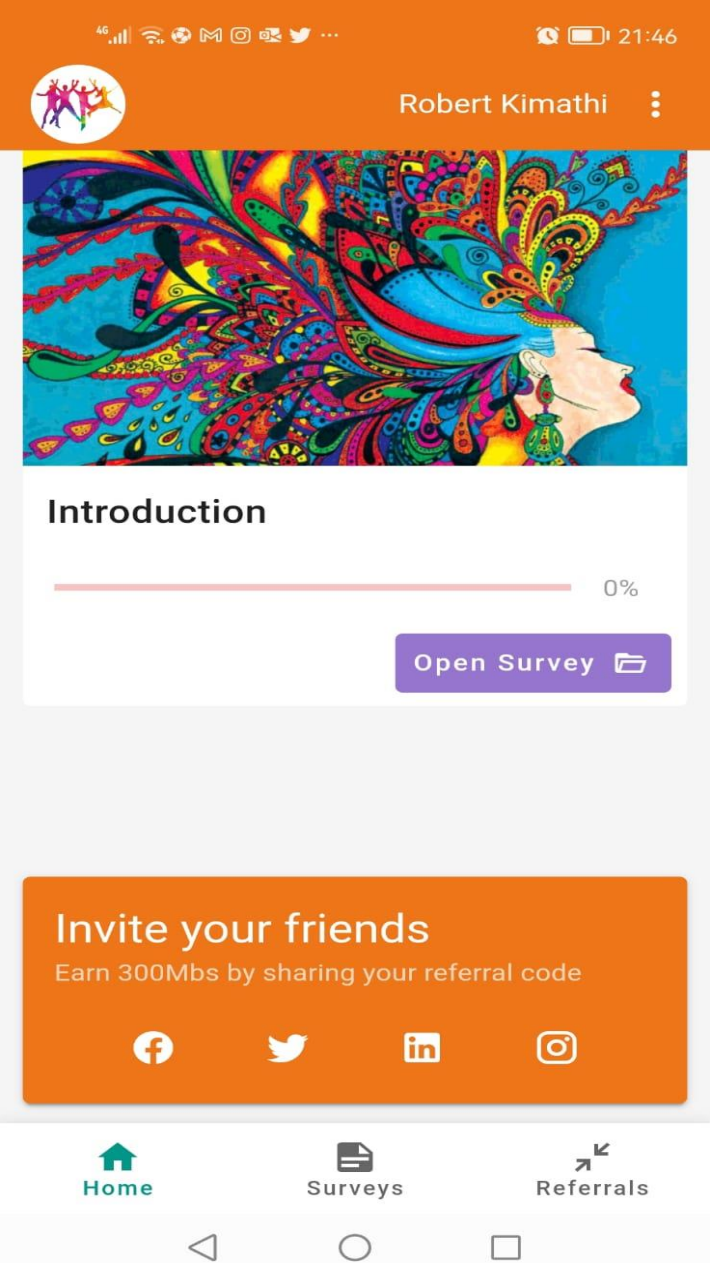• *WHOQOL Spirituality, Religiousness and Personal Beliefs (SRPB)*

- **~ 100 Survey questions (Skip-logic)**
- **Initially took approximately – 15 minutes to complete**

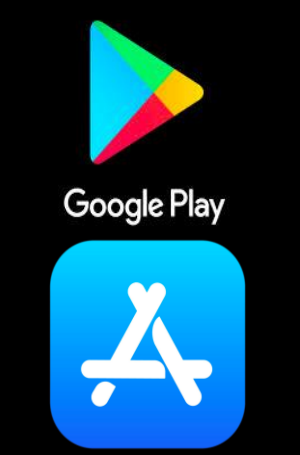Adolescent Mental Health Summit 2024

Recruitment

REACH- MH "feel"

Consent

For respondents Under 18 Years

Completion

Module 3: Home & Family

Progress 71%   Questions Answered 10/14

1. Who do you live with at home (tick all that apply)
- [x] Mother
- [x] Father
- Guardian
- Stepmother
- Stepfather
- Brother
- Sister
- Other

2. Do you get along with your family?
- [x] Mostly yes
- Not at all
- Sometimes

3. Who do you talk to at home when you have a problem?

Your Progress

Module 1: Social network and Support   100%

Module 2: Education   100%

Module 3: Home and Family   71%

Module 4: Media   70%

Module 5: Alcohol and Drugs   50%

Module 6: Sexuality   21%

Module 7: Use and perception   30%

Module 8: Mental health   90%
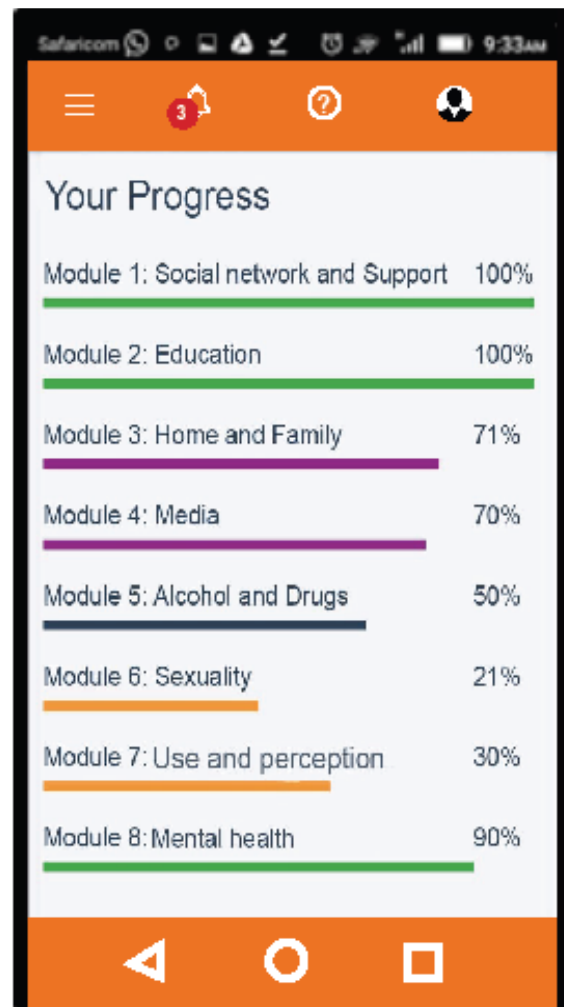
Hotline

The hotline #800720121 provides free information on HIV&AIDs, sexuality, sexual reproductive health and rights in a confidential and non judgemental way over the phone. You will not be charged airtime to call this hotline number.
Call Times: 8AM (morning) — 1AM (night) Kenyan time
Call now #800720121

The Dashboard Page

Home

Take Survey

Survey Management

Module Management

Referral Tree

User Management

Admin

Download Report

Download Report with referrals

1101 Total Users	**659** Male Users
441 Female Users	
887 Complete Surveys	**214** Incomplete Surveys
445/1908 Referrals (Successful/ Pending)	
359 Nairobi	**227** Mombasa
301 Kisumu	
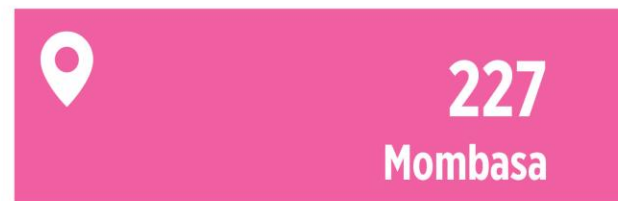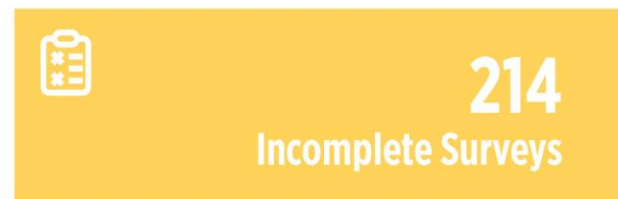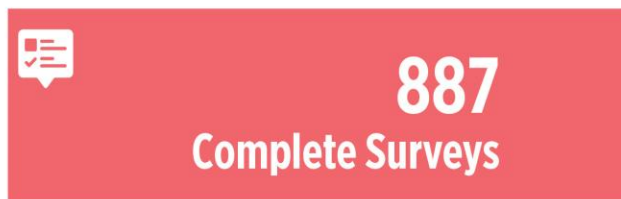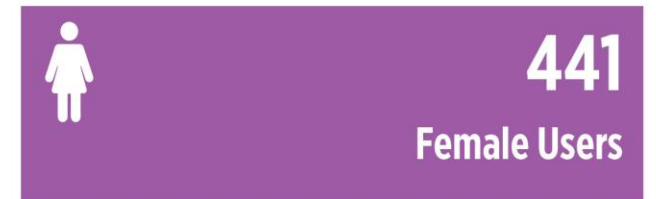
Highlighting a Digital Platform to Assess Young People Needs: Reaching and Engaging Adolescents and Young Adults for Care Continuum in Health Project (REACH)

Peter Memiah [1,*], Monica Lathan-Dye [2], Yvonne Opanga [3], Samuel Muhula [3], Nyawira Gitahi-Kamau [4], Anne Kamau [5] and Lillian Otiso [6]

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Lessons Learned

- Digital technology for wholistic approach and developing risk based interventions

- Participation of users in the design of products/services is paramount

- Collaboration for development, scale up and sustainability

Next Steps

- Joint deep-dive of the findings

- Implications for research- policy and practice

- On-going capacity building of young "citizen scientists" for mental health

Asante

Youth Advisory Champions
LVCT Health
County Teams (Nairobi, Mombasa, Kisumu)
Ministry of Health
Strathmore University
University of Maryland

Adolescent Mental Health Summit 2024

UNIVERSITY of MARYLAND BALTIMORE
CENTER FOR GLOBAL ENGAGEMENT

PRESIDENT'S GLOBAL IMPACT FUND