



# Adolescent Mental Health Summit 2024

## **YOUTH ZONE MOMBASA- A CENTER OF EXCELLENCE**

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**Organization: Coast General Teaching and Referral Hospital, Mombasa County**

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## YZ=Safe Zone



The Youth Zone is a stand alone unit located within Coast General Teaching and Referral Hospital



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## Goal

To create a sustainable model to improve the health outcomes and reduce the economic and social vulnerability of young people in Mombasa

### OBJECTIVES

- To provide high-quality, youth-friendly, clinical services for HIV and SRH to young people in the community
- To address the psychosocial and counseling needs, and provide referrals and linkages as required.
- To create, document and disseminate a replicable model for facility-based, youth-friendly services within a public health facility in Kenya.

TARGET POPULATION: ALL adolescents and young people aged between 10-24yrs



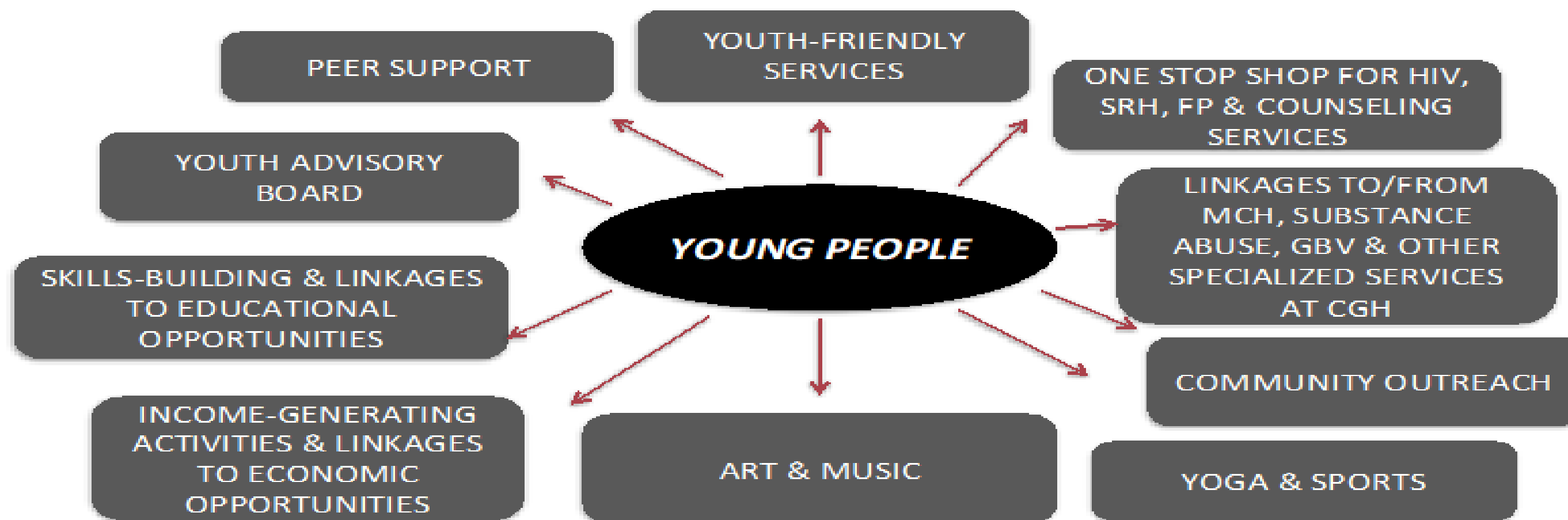
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# YOUTH ZONE MODEL OF CARE

ISOLATED &  
VULNERABLE

IMPROVE QUALITY OF LIFE, REDUCE VULNERABILITY

IMPROVED HEALTH &  
WELLBEING



AUGUST 2015



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## Our services

- Comprehensive SRH, HIV Care and treatment
- Patient follow-up, defaulter tracing Referral and Linkage to care and support.
- In-house Laboratory facilities
- Psychosocial counseling
- HIV Testing and Counseling
- OTZ clubs
- Viraemia Clinic
- Peer Led School Outreaches
- Care Givers Support Meetings.
- Community outreaches
- Life Skills trainings.
- Free Library for SRH & HIV information
- IGAs
- Recreation activities.
- Yoga
- Computers and Wi-Fi**



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## Service Providers

- ▶ 6 – Youth Advisory Board Members (Voluntary)
- ▶ 6 – Youth peer educators (Partner supported – KCA/LVCT)
- ▶ 1 – Youth Zone Assistant (Partner supported – KCA)
- ▶ 1 – M & E officer (Partner supported – LVCT)
- ▶ 1 – Adherence Counselor (Partner supported – LVCT)
- ▶ 1 – Nurse (Partner supported – AHF)
- ▶ 1 – Doctor (Mombasa county)



# Our Clients

Age Group	Numbers	Viral Suppression Rate
10-14 years	66	84.8%
15-19 years	145	80%
20-24 years	235	86.7%
25 years and above	40	94%
Total /Overall	486	85%





## Service Delivery Model- Rika kwa Rika

Peer Educators are the point of first contact to improve ART adherence among adolescents living with HIV enrolled at Youth Zone



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# Our Challenges

- ❑ **Adherence to ART**
- ❑ **Nutrition** -Food insecurity: is the major challenge affecting the nutrition status of the clients.
- ❑ **Lack of cooperation by some caregivers**, a majority of the young people are orphans
- ❑ **Addressing the mental health needs;**
  - Stigma surrounding mental illness
  - Delay in recognizing mental illness – PHQ 9 can easily be manipulated to suit the listener
  - Use of drugs among young people which doubles the challenge
  - Psychologist available only on voluntary basis
  - 1 Psychiatrist serving the whole of Mombasa county



## Best Practices

- Youth Zone is a safe zone for AYP where services are offered in confidentiality and in a non-judgemental manner
- Peer educators form the backbone of service delivery- *Rika kwa Rika*
- “**Nothing for us without us**” consultative forums with the AYP through the Youth Advisory Board
- A collaboration between the county, hospital and various partners that work together to improve the lives of AYP



## Best Practices

- One size for sure does not fit all! Individualized approach
- Adolescence is a very vulnerable age and AYP are easily influenced.
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- Peer pressure is immense and we need to use that in a positive manner - Role models.
- Any sort of change in their lives (Life Event ) ultimately affects their adherence to ART! The punishment is always “I stopped my ARVS”, that’s the frustration zone!!
- Consistency is key!





## Success story

Barack Omar a 20-year-old young man has been on follow up at our clinic for the last several years. He lost his parents when he was a little boy and soon after was diagnosed with HIV. His grandmother took over his custody. Barack had always been ambitious and wanted to continue with his secondary education, however the grandmother was unable to support his education and he had to drop out of school. Life dealt him another blow when 3 years ago he lost his grandmother. Barack was left on his own.

He often lacked food and through his weight monitoring we could tell that despite him claiming otherwise things weren't too well. A detailed discussion and counseling session revealed that he was struggling, often went hungry and missed his ARVs as could not tolerate them on an empty stomach. The team at Youth Zone sat down with him and he said he wished he could run his own cobbler business. He was talented at mending shoes, a skill he had picked in his neighborhood and requested for support to set up his business. With \$20 we purchased the items he wanted and he set out to make his living, mending and polishing shoes. He is now thriving well and striving to do the best to make ends meet!





# Photo Gallery



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**Thank you**

[www.adolescentmentalhealthsummit.org](http://www.adolescentmentalhealthsummit.org)