



CARE OF THE CARER

Empowering Community Adolescent Treatment Supporters
to deal with professional and personal challenges

SHARE Peer Workforce Conference
April 26, 2023



Background: Zvandiri and Context

2400
Community Adolescent Treatment Supporters (CATS) Young Mentor Mothers (YMMs) and Young Male Facilitators (YMFs) supporting

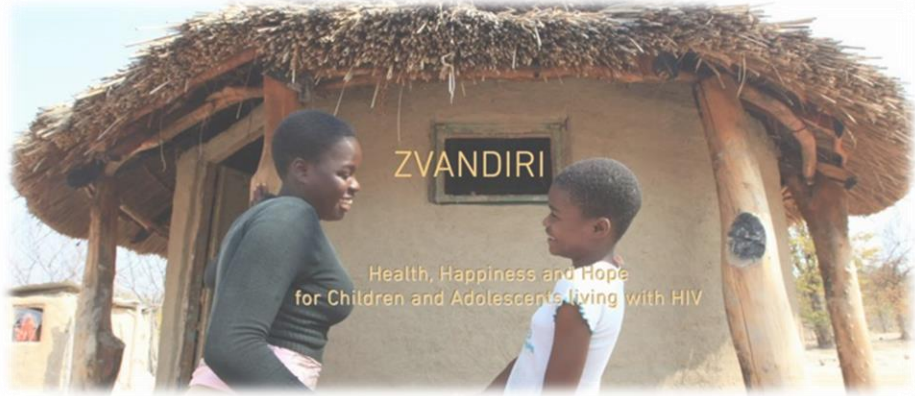
64,000 children, adolescents and young people living with HIV



- IMPROVED**
- HTS**
- ART & ADHERENCE**
- VIRAL SUPPRESSION**
- RETENTION**
- MENTAL HEALTH**
- SRHR**
- PROTECTION**
- PREVENTION**

Zvandiri Model

Peer-led, holistic case management of clients; differentiated service delivery



PROMOTION & PREVENTION

Mental health literacy for CAYALHIV and their caregivers

Counselling – drawing from CBT, positive psychology, narrative therapy

Community, facility and digital support groups

EVIDENCE:

Monthly monitoring of mental health risk and viral suppression

IDENTIFICATION & RESPONSE

Mental health screening

Identification of those at risk for mental health conditions

CATS-led enhanced counselling

Referral to mental health cadres, social welfare

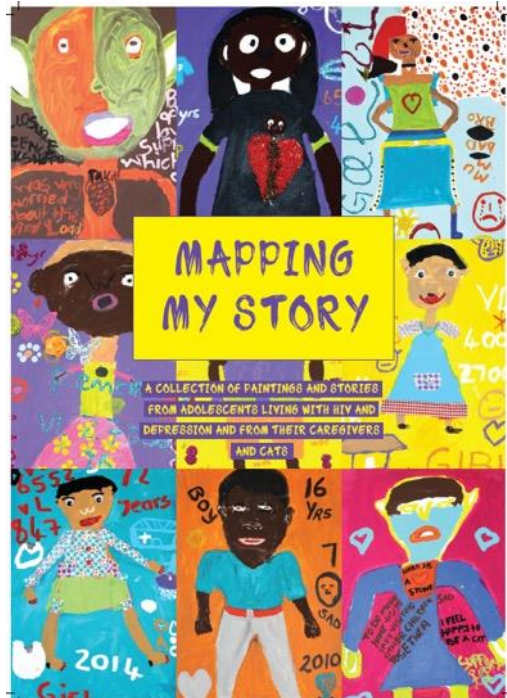
Joint case management and conferencing

HIV-MH-Zvandiri community management of severe psychiatric conditions

Evidence: the of needs of peer counsellors

Evidence of lived experiences and needs to inform Zvandiri's model for support

Participatory, youth-led qualitative methodologies – body mapping, digital story telling, qualitative data from RCTs



It helps to talk: A guiding framework (TRUST) for peer support in delivering mental health care for adolescents living with HIV

Published in PLOS One

PLOS ONE

RESEARCH ARTICLE

Scaling up peer-led community-based differentiated support for adolescents living with HIV: keeping the needs of youth peer supporters in mind to sustain success

Published in the Journal of the International AIDS Society

JIAS

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Abstract

Introduction

Methods

Results

Conclusion

Keywords

1 | INTRODUCTION



In their own words: benefits to CATS

*“When I became a CATS and seeing others this gave me strength that even if I wanted to default I should know it’s my own life being affected. From then, it has helped me to know that medication should be taken correctly and on time.”
(Rudo, female, aged 24)*



There is also that empathy that I felt for the participant considering the situation I faced before when my viral load was very high. So, I will be in the shoes of my participant. I try and open the eyes of my participant so that they can see and encourage them to try so that the viral load can go down. (Male CATS, aged 22)



In their own words: challenges for CATS

Feeling overwhelmed

When discussing with them about their problems it is difficult at times but as a CATS I am not supposed to be overwhelmed by it as I am supposed to help the beneficiaries in their various problems.

Triggers

There are problems like those which they say they lost their parents. For me it will be touching as I also don't have parents, I lost my father. So if a person comes talking about losing parents and then cries, these kind of situations I won't be able to handle

Losses

The participant sadly passed away after a lot of work had been done which affected me. I need counselling to come to terms with his death (CATS, Hwange)

Need for support

I think there is need for us as CATS to be supported like what we do for clients (CATS, Kwekwe)



TRUST Framework

Training

Referrals

Understanding the remit of their role

Supervision

Talking



Zvandiri model of support for peer supporters

- careful selection
- initial training
- ongoing onsite and virtual mentorship
- CATS care:
 - adherence support
 - viral load monitoring
 - SRH
 - mental health screening and support for identified problems.



Peer cadres: Selection criteria

- 18 – 24 years old, living with HIV
- HIV positive and fully disclosed, aware of their HIV status
- On ART with good adherence (demonstrated with a suppressed viral load when possible)
- Out of school (school should not be interrupted) and not employed elsewhere
- Comfortable talking about his or her status at different platforms
- Demonstrates a commitment or passion for working with peers and younger people
- If married should not be pregnant at the time of recruitment and should not be nursing.
- Demonstrates leadership skills
- Able to read and write
- Caregiver gives consent

CATS selection is a joint process conducted by the IP & Health Care Worker (HCW) under supervision of the Nurse in Charge



Initial training

- 5-day class-room based learning and skills building
- YMM/ YMF additional class-room training
- followed by sustained on-the-job training
- Jointly facilitated by MoHCC and Zvandiri, DSD and NAC
- Tools:
 - CATS Training Curriculum
 - CATS Training and Mentorship Books
 - Case load planner
 - CATS Induction Checklist



Supervision and mentorship

- Conducted by facility HCWs, Provincial /District MoHCC, Zvandiri District Team (ZDT)
- At health facilities, Paediatric and Adolescent ART refill days, during home visits that are conducted jointly with HCWs or ZDT, digital contacts
- Observation of client and caregiver contacts in facility, home, support groups and digital health
- Guidance on caseload management, planning and documentation
- Guidance on management of CAYPLHIV, including standard and enhanced care
- Supported by IEC materials



CATS/ YMM Coordination meetings

- Conducted on district level bi-monthly by the ZDT and MoHCC
- CATS/YMM training/capacity building
- Case studies/discussion
- Feedback from meetings that CATS/YMMs attended
- CATS/YMM site level performance
- Development of case management plans
- Review of M&E tools, district indicators and district performance
- CATS care
- One on one sessions



CATS/ YMM Care

- Conducted on district level by the ZDT along with relevant stakeholders
 - VL monitoring and follow up
 - TB screening/TPT
 - Mental health screening (standard care bi-annually, enhanced care quarterly)
 - SRH check-in
 - Cervical cancer screening for sexually active young women
 - Career guidance, economic strengthening
 - Peer counselling



Curricula and Implementation Tools to support peer counsellors



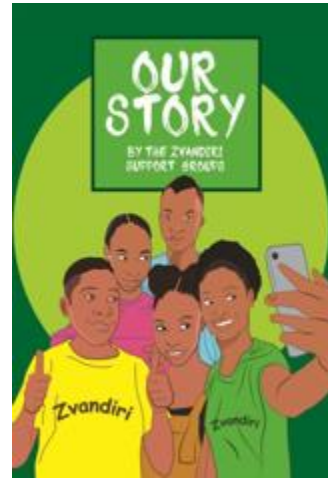
Mental Health Screening Tools



Mental Health Training Curricula and Supervision Guidance for Health Workers, CATS and Young Mentor Mothers



Child and Adolescent Counselling Tools



Books and Comics for Children, Adolescents and Caregivers



Fact Sheets on Mental Health



Animations on Mental health, HIV and COVID



Support Group Curricula for Children and Adolescents



Discussion

