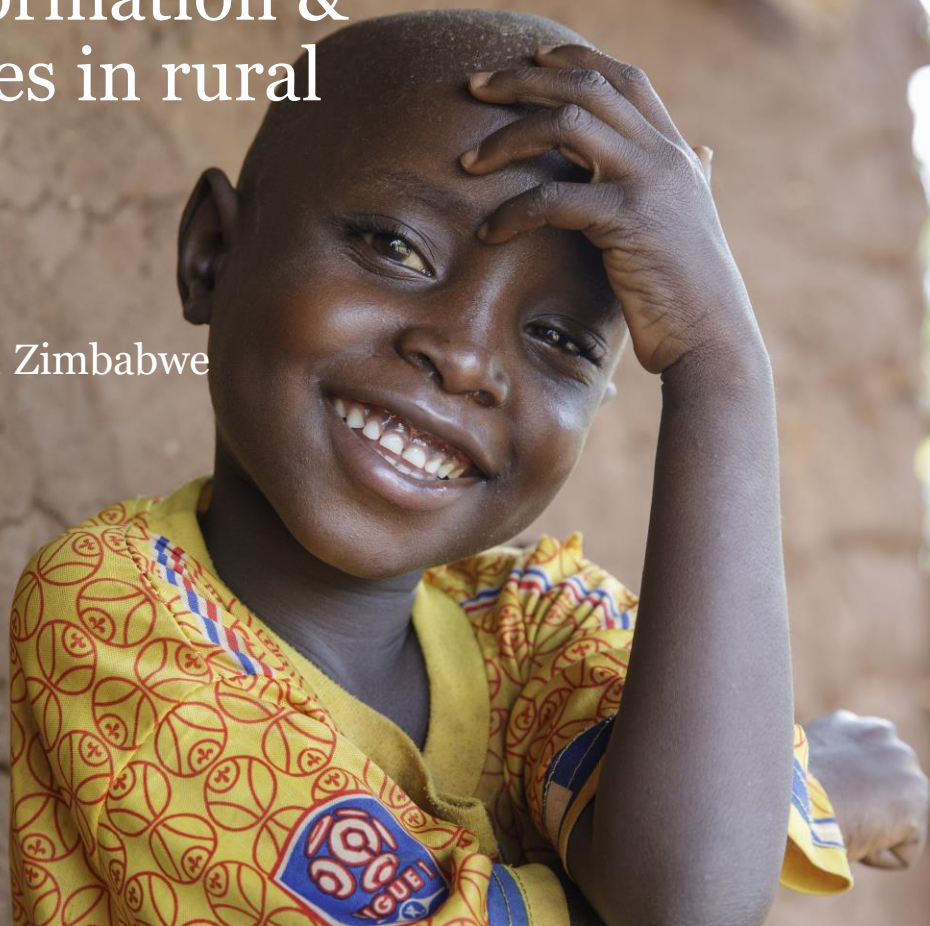


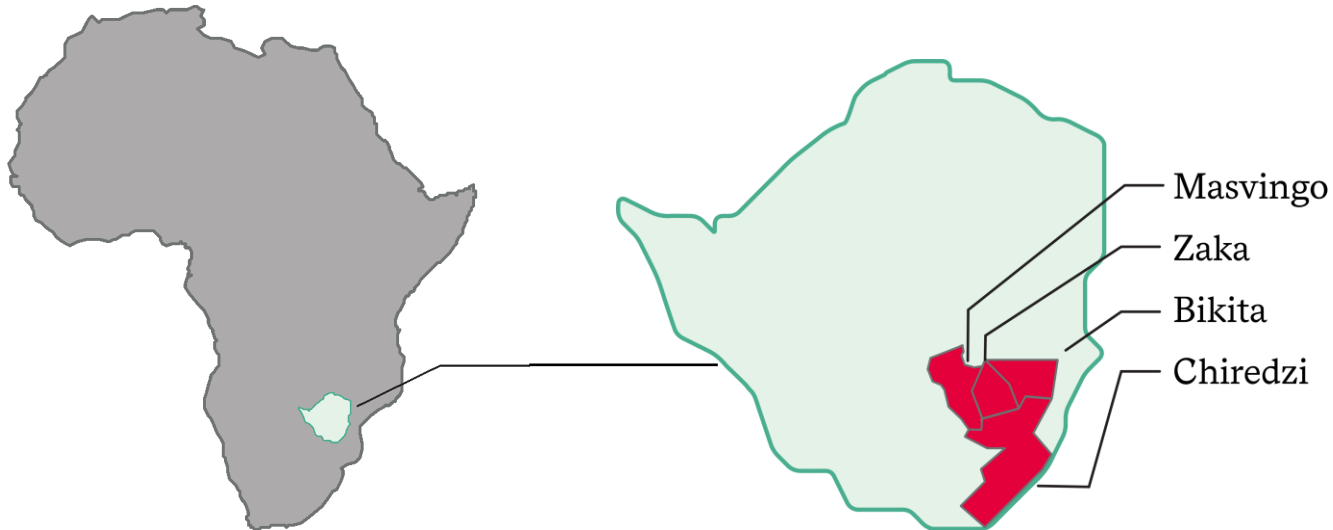
# Teen Health Information & Innovation Spaces in rural Zimbabwe

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SolidarMed



# An introduction to SolidarMed Zimbabwe

- Private Voluntary Organisation
- Working with the Ministry of Health and Childcare
- Dedicated to **improving health service delivery** in four districts of Masvingo Province



# Background

## Previous projects:

### HIV project



### MNH project



## Observations:

- Adolescents lagging in key indicators
  - HIV treatment adherence
  - Pregnancy complications
- Access to SRHR services appropriate for adolescents limited
  - Cultural norms
  - Policy inadequacies

# SolidarMed's Adolescent Health Project

Project goal: Adolescents have a heightened sense of hope and connectedness, positively impacting their health and well-being



Informative  
dialogue



Age-appropriate  
health services



Peer support to  
foster self-belief

# Baseline assessment 1/2



*“We want youth play centres”*

*“We want a friendly place and separate room, mixing with adults is difficult”*

*“We want intermediators who will advocate for us”*

*“We need young nurses for STIs, I cannot tell someone older as they will question me”*

*“We do not have adolescents teaching other adolescents in our community”*

**Sample size:**

**272 adolescents  
231 health facility staff**

# Baseline assessment 2/2

## Findings

**Lack of community engagement/support**

**Absent adolescent involvement in their health**

**Need for adolescent safe spaces with reliable health services and information**



## Interventions

**Empowering Adolescents**

**Community collaborations**

# Adolescent Ownership & Feedback

Adolescent  
driven approach



Fostering  
resilience and  
confidence



# Inside a community THHS event



**THIS:** Teens **H**ealth **I**nformation & **I**nnovation **S**pace



Age-appropriate  
health services

Peer to peer learning  
and support groups

Creative outlets



# Stakeholder support for THIIS

- **Local government**
- **Ministry of Education**
- **28 HCWs** from 5 health facilities
- A famous **local musician**
- **Local radio station**



## Age-appropriate health services

SRHR education and screening tent:

- **282 adolescents** were consulted (185F, 97M)
- **16 supported** for menstrual pain or Family Planning
- **32 tested** for HIV, **42 screened** for STIs → 4 +ve cases treated



## Age-appropriate health services

Mental health education and screening tent:

- **212 adolescents** visited (81F, 131M)  
→ comprehensive education/screening
- **128 screened +ve** for depression/anxiety  
→ all referred to mental health nurse
- **7 screened +ve** for substance use



## Peer-to-peer learning groups

- **30** peer mentors trained



## Creative outlets

### Sports



### Music & dancing



### Environmental protection



# What's next for



# ?

- Repeat community event quarterly
- Replicate THIIS at health facilities
- Introduce digital information hub



# Conclusions: Empowering adolescents, transforming communities



Scalable approach



Replication, adaptable  
to local needs



Sustainable approach



*“Now we are not just recipients of care; we are part of the care”*





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