Peer support – building resilience

ZERO NEW INFECTIONS.
ZERO AIDS-RELATED DEATHS.
ZERO DISCRIMINATION.
#PEERS2GETHER2ZERO

Project: **REACH and Peers to Zero**

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Peer Support in the clinic

What it is:

- Many definitions (peer supporter, treatment adherence supporters, expert client/s etc)
- YPLHIV are engaged in delivering support services in the clinic to promote retention, adherences, viral suppression and linkage to psyco-social support for their peers
- Peer Support forms part of a package of youth friendly service to make clinic spaces feel safer and more accessible for young people
- Different models –have different levels of meaningful engagement with YPLHIV

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Role & Services

counselling	One on one or group counselling on adherence, SRH overcoming self stigma and providing support in disclosure to others
Information & education	Health talks, share materials and information, text & WhatsApp communications. Social media for linkage to information & network events.
clinic services	• Manage clinic flow, triage (weight, height, BMS and BP),filing information, assisting transfer to nurse station, creating safe spaces & adolescent friendly corners.
psycho-social support	• Home visits, returning those LTFU, organizing & running teen clubs or camps, support groups & fun activities

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Beyond Peer Support

- Expose & sensitize health providers to adolescent concerns, barriers & experiences
- Provide helpful feedback on how service is experienced and how it can be improved
- Link A/YPLHIV to network structures, youth-led activities & other services in the community

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How – recruit, train & support

- **Criteria**
  - Hard working & committed to working with young people
  - 18-25 years, virally suppressed and fully disclosed
  - Selected by health providers and peers
- **Need**
  - Supportive & interested clinic and /or community partner
  - Enabling environment (training, information and space)
  - Clear job description, scope of work with regular clinic supervision
  - Acknowledgement and recognition, involvement in meetings
  - Remuneration/stipend to support travel and basic necessities
  - Access to opportunities for skills building, personal growth and career development or promotion

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Challenges

- How to integrate into health system or community
- Hierarchy in clinic, PS not always a priority (not respected)
- Limited resources to support range of activities requested
- Not accredited in the health system
- Future prospects & opportunities for growth ?
- Lots of responsibility with limited support

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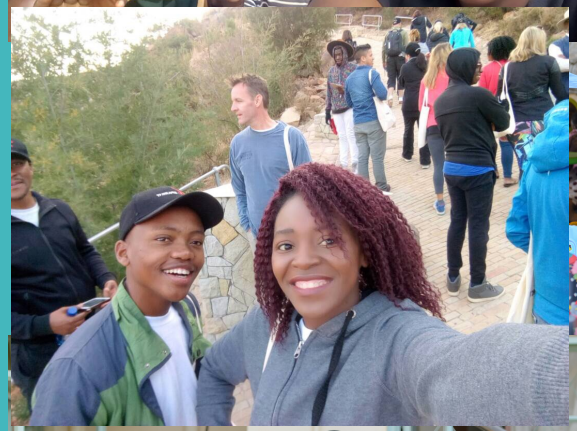
SUCCESS

- Opportunity to learn new skills, attend meetings & trainings
- Increased levels of disclosure
- Less self-stigma
- Friendlier health providers
- Adolescents more comfortable to speak
- Clinic feels safer for YP

- Improved retention
- Improved adherence
- Increased viral suppression



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Any questions?

THANK YOU

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