



Thula Sana

Khayelitsha 1999



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- Key principles of the World Health Organizations '*Improving the Psychosocial Development of Children*' and '*The Social Baby*'
- Promote sensitive and responsive parenting
- Promote secure infant attachment
- Late pregnancy 6-months → postpartum
- Home visits = 16 sessions



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- Data collection started in 1999
- Data collection occurred over a period of 22-months
- Pregnant women in last trimester were recruited
- Khayelitsha: SST & Town II
- A total of 449 recruitments



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6 and 12 months postpartum

- Improved interaction with their infants
- Greater sensitivity
- Less intrusiveness

18 months postpartum

- Secure attachment



Saving Brains

- 13-14 years of age
- Re-assessed to measure long-term outcomes
 - Child cognitive functioning
 - Educational performance
 - Mental health
 - Risk behaviour

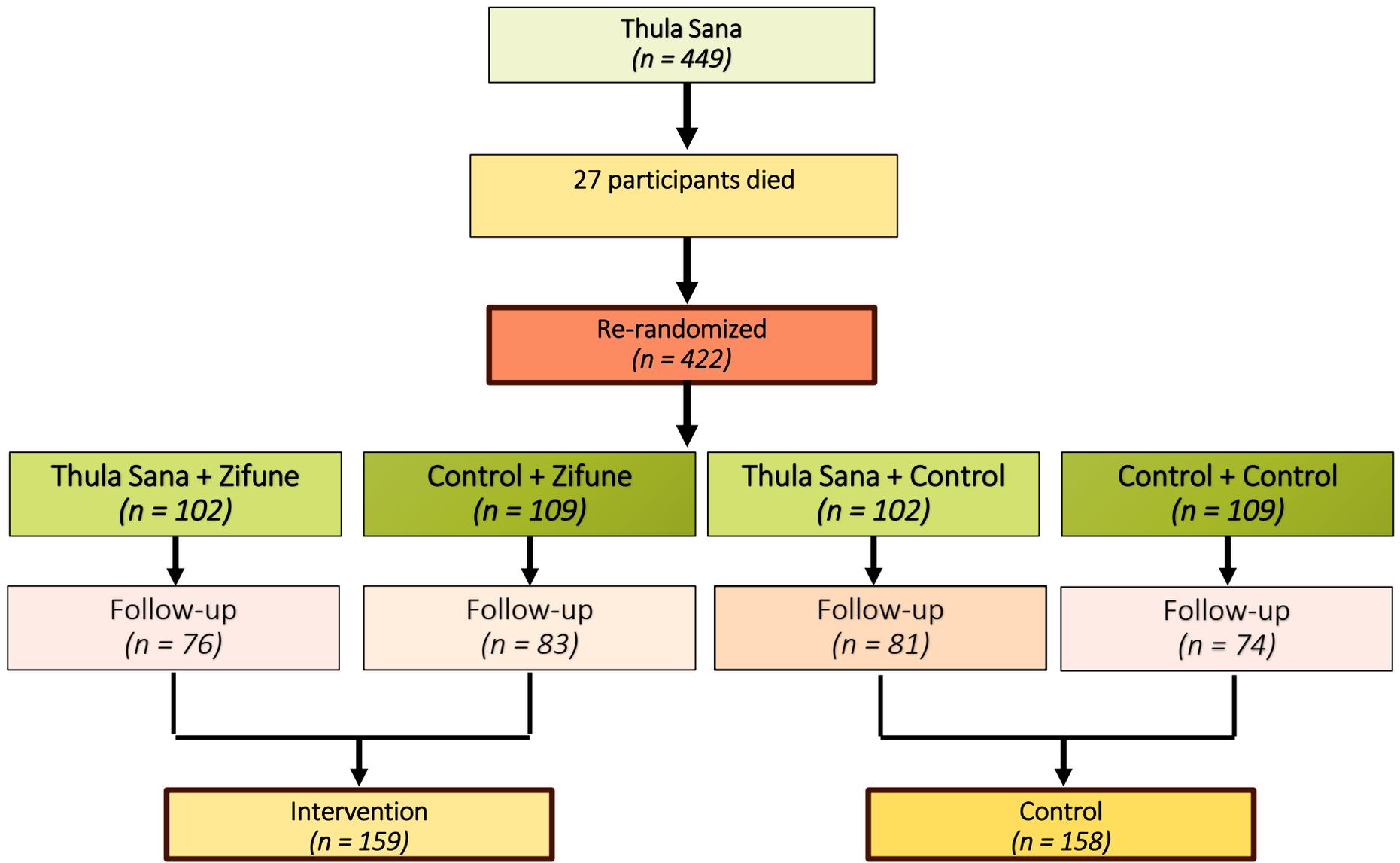




ZIFUNE “Find Yourself”



Does a second wave adolescent parenting intervention improve gains and reduce interpersonal violence for recipients of a mother-infant attachment intervention?





ZIFUNE “Find Yourself”



The Zifune intervention programme was designed specifically for adolescents living in low-resource communities who are exposed to high levels of adversity.

The programme is a solution-based life skills programme for adolescent boys and girls.

Aims to:



Reduced levels of interpersonal violence and gender-based violence



Reduced rates of aggression



Improve attitudes, knowledge and belief systems regarding gender relations/interpersonal violence



Improved social support and peer relationships

Content Development:

Adolescent Advisory Board

- In order to evaluate the feasibility of Zifune, the intervention was rolled out amongst a small pilot group of adolescents that served as members of an advisory board
- Representatives of intervention population
- Shaping intervention content and activities that is culturally relevant



Content Development:

Adolescent Advisory Board

- 9 adolescents (4 girls; 5 boys)
- Between the ages of 16 and 19 years
- Met every Saturday for a month
- Provided feedback on content, activities, venue, logo and artwork



Intervention Delivery:

Structure

- 20 participants per group
- Eight group sessions
 - 3 day intensive workshop
 - 5 biweekly workshops
- Individual coaching sessions

Intervention Facilitators

- Trained and supervised community based facilitator
- One male; one female per group



The Zifune programme utilises a collaborative intervention approach and employs creative and fun activities to help adolescents think about their behaviour and their relationships, and to explore and plan for their future.



Dancing



Singing



YouTube



Ted Talks



Rap

Session Themes:



Positive thinking patterns



Stress management skills



Interpersonal violence



Gender-based violence



Peer pressure and peer relationships



Social entrepreneurship

Throughout all the themes, there is an ongoing repetition of core **intervention messages**, ample time for **practicing new skills** and finding **teachable moments**

Four Core Principles

- (1) Role-play
- (2) Problem solving
- (3) Goal Setting
- (4) Affirmation



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