

Zumbido Health

Setting the context



Zumbido Health is the longest standing programme of the SHM Foundation. The programme has grown and evolved from addressing social isolation, stigma, and medical adherence of adolescents and young people living with and affected by HIV to a more holistic initiative, addressing psychosocial and wellbeing needs of this population, to enabling them access to education and employment more recently.

As we mark the 10th year anniversary of piloting Khuluma in South Africa, we look back, reflect, and think of what the future of Zumbido Health, particularly Khuluma, would look like in the next 5 years.

The following slides offer insights into issues Zumbido Health/Khuluma addresses, our vision for the programme, and a 5-year strategic plan.

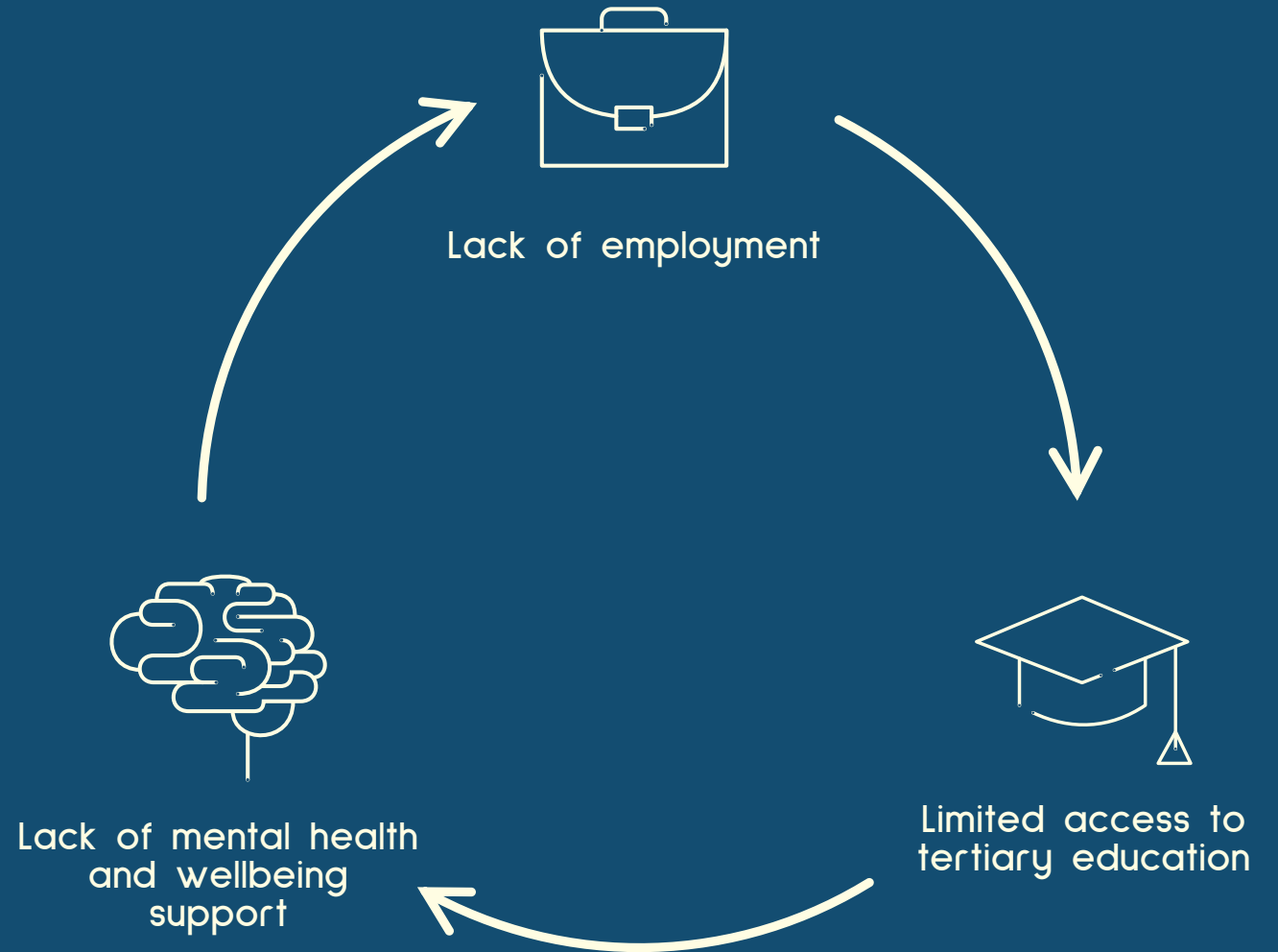
Vision & Mission



Vision To be a niche, youth-led initiative in South Africa, and beyond, that nurtures, supports and empowers adolescents and young people to navigate their own lives successfully and inspire those around them.

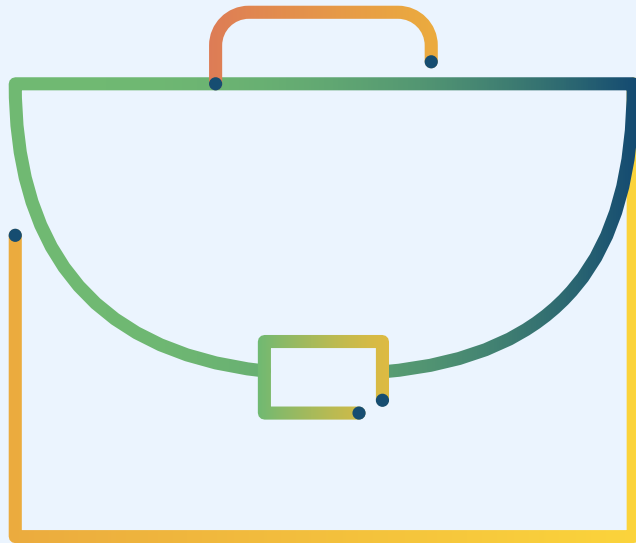
Mission We work to empower adolescents and young people (10 - 24) in South Africa, and beyond, to lead healthy, active, and happy lives. We do this by providing mental health and wellbeing support; enabling access to education; and improving employability of young people. We aspire to nurture young people who are not only equipped with the skills and tools to navigate their own paths successfully but are also inspired to uplift those around them. We believe that by empowering young people, we contribute to creating resilient, resourceful, and self-sufficient members of society.

Issues faced by adolescents and young people living with and affected by HIV addressed by Zumbido Health



Issues addressed by Zumbido Health

Lack of employment



Young people are often faced with social challenges that they need to navigate through so they can have fulfilling lives and thrive.

One of these challenges is transitioning from adolescence to young adulthood. When a young person reaches the age of 18, they are expected to live independently from their parents or caregivers. Those who received government grants are now removed from receiving them, and those who lived in child-care facilities are removed.

This means that they now need to get employment so they can make a living for themselves. In 2023, the youth employment rate, measuring job-seekers between 15 and 24 years old, dropped to an over-one-year low of 58%.

Issues addressed by Zumbido Health

Limited access to tertiary education



In South Africa, due to their economic status, many parents and guardians are not able to take their children through tertiary education.

Universities are expensive, and getting bursaries or government funding for universities is hard, as many young people do not meet some of the requirements. A high admissions score (APS) is required to enter university, and since many young people are not able to reach the required score, they are forced to register at colleges, but bursaries and the government funding scheme do not fund college courses.

Being rejected by universities or colleges destroys the hope of a better future for the young people; they start living hopeless lives, and this results in many of them becoming depressed.

Issues addressed by Zumbido Health

Lack of mental health and wellbeing support



According to JAMA, there is a 10.2% prevalence of HIV among young people between 15 and 24 years of age in SA and a 16.5% prevalence among 20–24-year-olds. Gauteng province holds the second highest prevalence of HIV amongst young people, with 12.3% between the ages of 20 and 24.

There is a severe shortage of trained mental healthcare providers in South Africa, which means that most people who suffer from a mental illness may not be able to get the support they need. Even with the education on HIV and AIDS, South Africans who are living with HIV are still stigmatised. The young people still feel isolated because of their HIV status, and some of the young adults are afraid to disclose their statuses to their families and friends because of the stigma that still exists around HIV. They end up being isolated and not having meaningful lives.

Our solutions to the issues

We believe that there is several solutions that need to be deployed at the same time to ensure that young people living with and affected by HIV can thrive and feel empowered, while becoming self-sufficient members of society.

Skills development, vocational training

We create avenues for skills development and help them access vocational training. We collaborate with academic institutions and research organizations because the **young** people can be great assets to them in helping them to design health services that put its young users at the centre.

Through skills development and vocational training, we enhance the employability of the young people, positioning them for success in a competitive job market.

Access to tertiary education

We facilitate access to tertiary education which we believe is an essential foundation for a promising future. Paying young people's school fees so that they can complete final year of the secondary education and access tertiary education is important to us. We believe that access to high-quality education will unlock the potential within each young individual, building up their self-awareness around their talents, gaining knowledge of future career paths, and opening up new opportunities.

Psychosocial & wellbeing support

We offer support services tailored to address young people's emotional and psychological needs. We provide both a physical and a virtual space where individuals feel comfortable seeking help and sharing with others. As part of our approach, we encourage a sense of community and interconnectedness, where young people can connect and share experiences; support one another; and learn to look after their own wellbeing and the wellbeing of others facing similar circumstances.

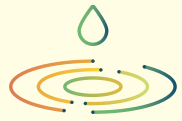
In-house paid opportunities

We provide in-house paid opportunities for the Alumni mentors to apply their skills in peer-to-peer support; digital support groups facilitation; and outreach activities. They also get to work on other programmes run by the SHM Foundation.



Our approach

We empower adolescents and young people by putting them at the centre of all the work that we do. We deploy participatory research to identify the barriers that they face and co-design solutions that work for them.



We are motivated by our belief in the positive ripple effect on young people that occurs when they are supported, nurtured, and empowered



We take empathetic, holistic, and individual approach to every young person



We care for the mental health and wellbeing of adolescents and young people, those living and affected by HIV, and any others



We believe that every young person needs to have a chance to access high quality education and an opportunity to choose their career path

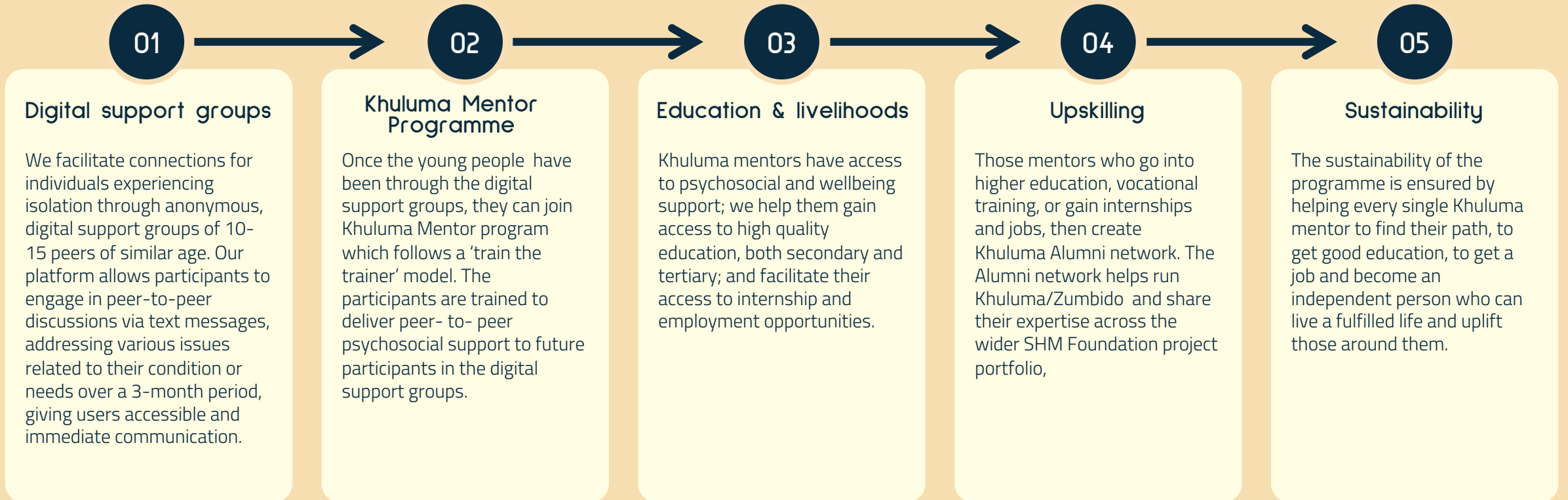


We collaborate with other organizations to advocate for better health services and more employment opportunities



We believe that it takes time to grow and nurture a human being and we take time to help young people develop and find their own path

Our model



Our impact

Zumbido forge human connection and solace in the midst of isolation, stigma, health issues and economic and social struggles. As a result of that, participants to the Zumbido model are:

1 More inclined to be adherent with their medication and treatment, producing positive outcomes for their physical health

2 More able to support others at work or at home

3 More empowered to deal with situations of violence or stress, and to disclose their issues or diagnoses to their families and partners

4 Less likely to develop common mental disorders like depression or anxiety; or develop severe mental disorders such as psychosis



Our impact

Young people living with and affected by HIV can thrive and feel empowered. Khuluma mentors can pursue **tertiary education**, obtaining their undergraduate degrees, and **gain a professional qualification**, securing a paid internship or a job.

The sustainability of our model is ensured by the in-house **employment of upskilled Khuluma mentors**. Through Khuluma Alumni Network, mentors become the engine of Zumbido Health, supporting Khuluma and other programmes of The SHM Foundation.

The voices and perspectives of young people are centered through a creative, participatory approach. We co-design photography pieces, blogs, ZH Pulses, posters, and podcasts with the young participants who take part to the Zumbido model; we actively promote their presence as **speakers at international conferences**; and we publish articles in international journals, showing the impact of the programme and advocating for the need of putting young people's voice at the center of the health system.

