



one2one™ Youth Program Profile

Get Informed on Your Health

November 2024

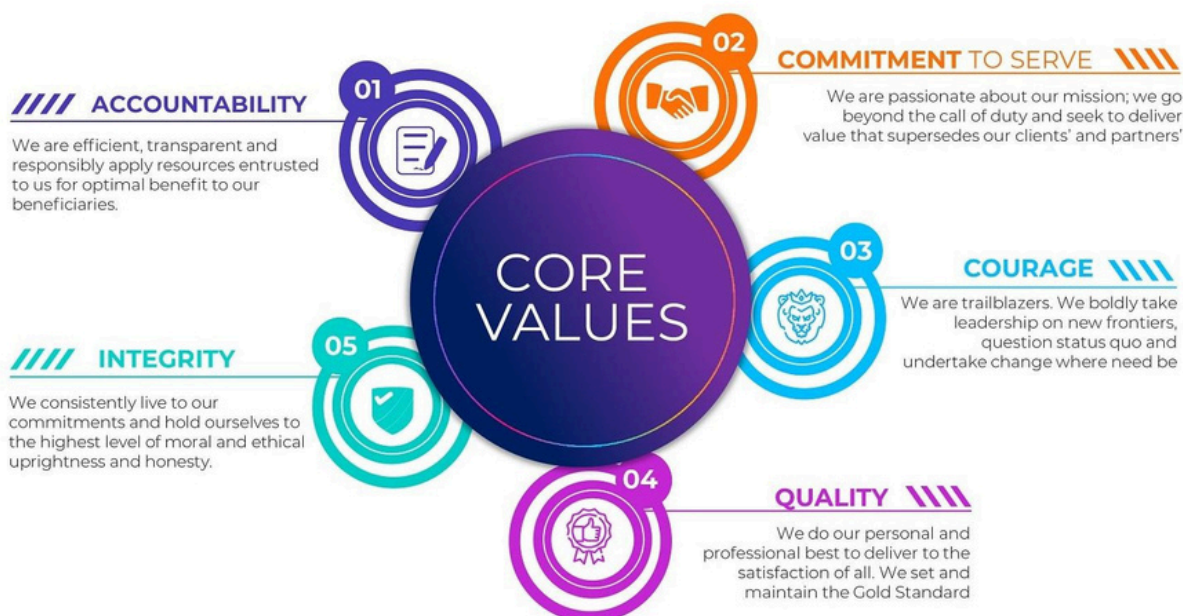
About LVCT Health

LVCT Health is an established Kenyan NGO registered in 2002 that is renowned for implementing health programs at scale in Kenya and beyond. Through our vision of Empowered Healthy Communities, we remain a leader in designing and implementing innovative health programs in HIV, sexual and reproductive health, maternal and child health, gender-based violence, mental health, and systems strengthening. We utilize a research, policy, and practice cycle across our interventions. We provide technical support to governments and stakeholders at regional, national, and county levels to strengthen health systems and deliver high-quality health services. We strengthen systems to bridge the gap between communities, facilities, and policies, ensuring the needs of the vulnerable and most marginalized members of society are met.

Our vision: Empowered, Healthy, and Resilient Communities

Our mission: To impact communities by facilitating universal access to equitable integrated health services

Our core values:



Target populations: Adolescents and young people [10-29 years], young people living with HIV, young key populations, youth with disabilities, survivors of gender-based violence, and other at-risk young populations.



Research

- We conduct operations research to test and pilot innovations in real world settings
- We partner with policy makers and implementers to ensure research evidence can be used for policy and programs



Policy Influencing

- We translate research evidence and program lessons into policy at national and global level
- We support policy implementation through programs and share lessons to further improve policy



Practice (Programmes)

- Our programs are implementation science hubs where we test new ideas as we implement
- Our programs aim at scale-up of evidence informed interventions for population-level impact
- Program evaluations contribute to research evidence

Our approach: A Research-Policy-Practice model underpins all our programs, facilitating the generation and utilization of evidence from research and innovative service delivery models. We have effectively utilised findings to develop optimal programs, provide technical support for national policies and service delivery standards and strengthen systems in Kenya and internationally.

Geographic reach: A robust physical presence across Kenya, where we deliver comprehensive health services, engage youth advocates, and build partnerships with local governments and communities. However, the program's digital platform extends its impact beyond national borders, reaching young people across the African region through the one2one website, social media, and digital engagement channels.

Partnership and collaborations: LVCT Health forms strategic partnerships to broaden its public health impact, especially in adolescent health, HIV prevention, mental health, and youth empowerment. Key collaborators include but are not limited to the national and county governments, local and international implementing partners, private entities, philanthropic entities and development partners. These alliances help strengthen programs, scale service delivery and advance public health goals.

About one2one™


one2one™ is a registered entity under LVCT Health that employs youth-responsive strategies to deliver high-impact solutions that maximize social impact. We utilize innovative approaches with our partners to localize high-impact solutions to address challenges of access and use of health services among adolescents and young people.

Core Intervention Areas

1. Digital health: one2one™ facilitates Adolescents and Young People (AYP) access to comprehensive information & services on Sexual Reproductive Health (SRH), HIV, Gender-Based Violence (GBV), and Mental Health through the one2one™ integrated digital platform (OIDP) via a stepped care model. The digital ecosystem includes user service platforms, E.G., mobile apps, the toll-free hotline for youth in Kenya, social media, the website www.one2onekenya.org, data management systems and the one2one academy for digital skills.

2. Meaningful and responsive engagement of AYP: one2one™ emphasizes meaningful beneficiary involvement in program design and implementation. Strategies include the Youth Advisory Champions for Health (YACH), MindSKILLZ Coaches, NextGen Squad, Dreams Ambassadors, Operation Triple Zero (OTZ) Champions, and Young Care Leavers (YCL). We also engage Young People with Disabilities and Young Key Populations. AYP are trained as youth advocates and involved in policy change initiatives, integrated into national and county technical working groups. one2one builds AYP organizations' systems capacity to receive grants and manage programs, with over 25 organizations already supported.





3. Policy and advocacy: We provide technical support to the national and county governments in developing comprehensive guidelines and policies that address the unique needs of adolescents and young people. These efforts include guidelines for Adolescent Key Populations, HIV testing services that incorporate considerations for adolescent consent, and standards for conducting research with adolescents. Also, we have contributed to developing PrEP guidelines and curricula, HIV self-testing protocols, and policies for community health workers. Our support extends to creating a global training curriculum and facilitator manual for violence against children, quality assurance guidelines for call centres in Kenya, and tailored adolescent and youth strategies for county governments in Mombasa, Kilifi, Nairobi, Siaya, and Kiambu.

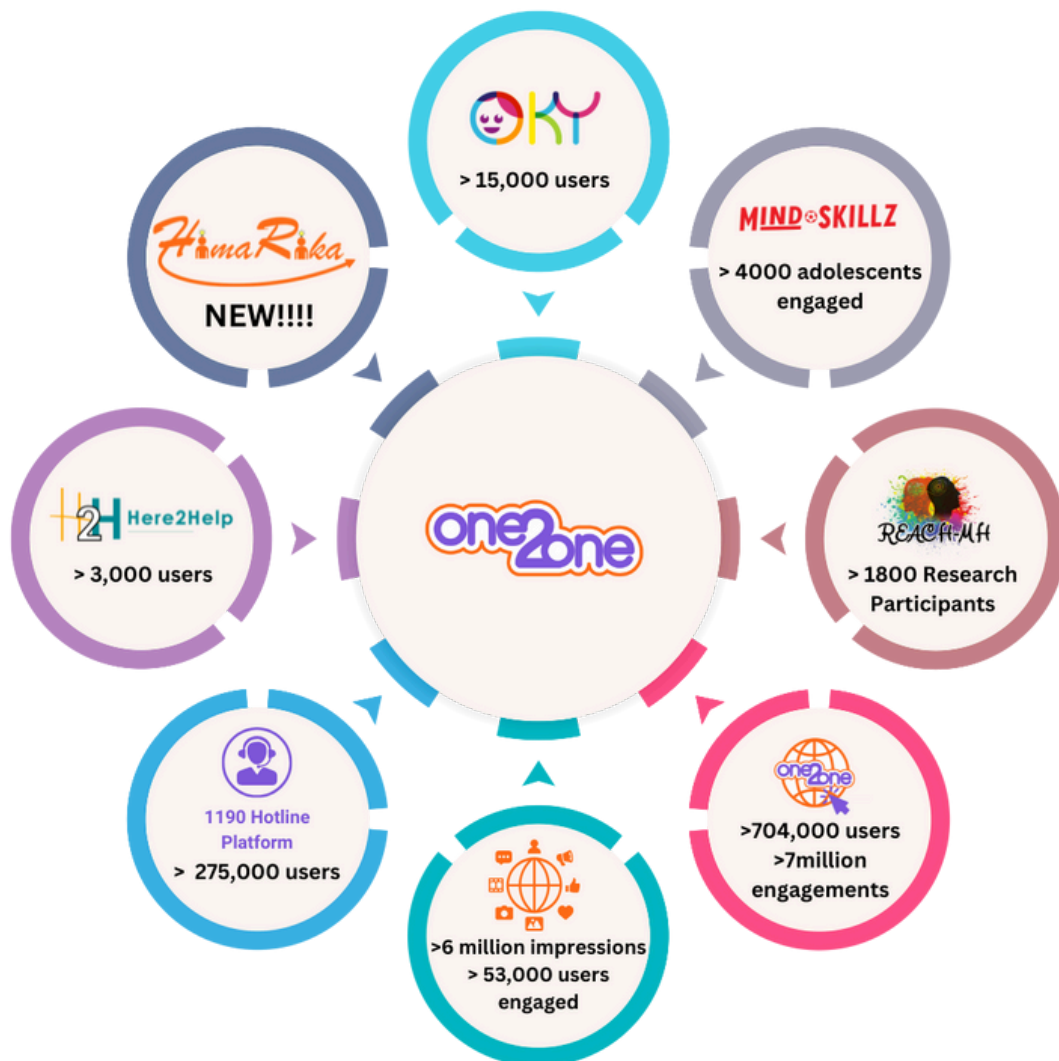
4. Research and evidence generation: LVCT Health has conducted several studies on Adolescents and Young People to inform program and policy responses that address their special needs. Major studies have included the Most-at-Risk Adolescents study, which has looked at barriers and facilitators to service uptake amongst adolescent key populations and adolescents living with HIV. Research into HIV self-testing, including the YES and PEU studies, has also given insight into how adolescents use self-testing options. Further, the Violence Against Children survey was supported by LVCT Health, along with integrating HIV and GBV response services. The organization has also used case management in an attempt to increase access to post-violence services for child survivors of sexual violence. We have conducted a study on profiling mental health risk factors, needs and services using the REACH APP among Adolescents and Young Adults aged 15-24 years residing in Nairobi, Kisumu and Mombasa Counties in Kenya.

5. Integration of health services: LVCT Health delivers direct services to AYP at the community level and builds the Ministry of Health facility capacity to provide services such as HIV testing and counselling, HIV prevention, PrEP, and support for HIV-positive adolescents (ALHIV). Other integrated services include SRH (contraceptives, STI management, cervical cancer screening), GBV prevention and response, mental health counselling and referrals, and programming for adolescent/young key populations (AYKP) in high-risk groups.

6. Provision of structural interventions: one2one™ addresses structural barriers affecting AYP by offering education subsidies (school fees, sanitary pads, stationery, daycare), financial training, and linking youth to employment opportunities. They support asset-building through safe spaces, implement community gender norm changes, and conduct parental programs on sensitive topics like sex and GBV. one2one advocates for policy changes to support adolescents & young people and ensure policy implementation.

Social Impact

one2one is committed to advancing innovative digital health solutions to effectively reach target populations and improve program outcomes.



Okya Kenya Menstrual Health App: Reached over 15,000 users, providing critical menstrual health information. The app empowers individuals to track their menstrual cycles, manage symptoms, and gain valuable insights into reproductive health. It also serves as a resource for learning about menstrual hygiene, promoting positive attitudes toward menstruation, breaking cultural taboos, and promoting open conversations. This is delivered with UNICEF, Sky Girls, GIZ and other community-based organisations.



MIND SKILLZ

MindSKILLZ Mental Health Program: The MindSKILLZ Mental Health Program has successfully engaged over 4,000 adolescents aged 10-14 in activities designed to promote mental well-being and resilience. Through sports-based interventions, the program equips young people with essential life skills, including emotional regulation, coping strategies, and problem-solving abilities. It is delivered in partnership with Grassroot Soccer, the Department of Health of different counties in Kenya, and other partners.

REACH mental health App: Supported over 1,800 research participants across Mombasa, Nairobi, and Kisumu Counties in Partnership with the University of Maryland and Strathmore University, Department of Health, Mombasa, Nairobi and Kisumu Counties.



one2one™ Kenya website: The one2one™ Kenya Website has become a vital digital resource, attracted over 704,000 users, and reached an impressive 7 million engagements. The site offers various resources, including health information and access to vital support systems. This was in partnership with Aidsfonds and other partners.



one2one™ Kenya social media: Reached over 6 million impressions and engaged more than 53,000 users, raising awareness and promoting engagement around sexual and reproductive health, mental health, and gender-based violence issues.

Call Centre: The 1190 Call Centre has provided essential support to over 275,000 users, offering a lifeline to individuals seeking assistance on various issues, including sexual and reproductive health, mental health, and gender-based violence. Through this helpline, users can access confidential counselling, information, and referrals to health services, improving health outcomes and personal well-being in the community.



**1190 Hotline
Platform**



Agile GBV Chatbot: The Agile GBV Chatbot has connected with over 3,000 users, providing immediate access to resources and support for individuals experiencing gender-based violence. This is through the partnership of Grand Challenges Canada, the University of Maryland, Strathmore University(Kenya), and other partners.

HimaRika Mobile App: HimaRika is a mobile-first digital tool for community health workers, enhancing their skills and confidence in sharing accurate HIV, SRH, and primary health information. It provides interactive, up-to-date resources on HIV, sexual health, FGS, COVID-19, and more, supporting ongoing learning and peer education. LVCT Health was handed over the platform from Avert & is supporting the localisation efforts for the East African market in partnership with Positive Action and others.





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