



# 2023

ANNUAL REPORT







A close-up, side-profile photograph of a person's nose and mouth, showing the texture of the skin and the shape of the lips. The person appears to be looking upwards and to the right.

# Reimagining Our Priorities for the Future



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Empowering **people who inject drugs (PWID)** to realize freedom from **addiction**

Prevention of **Mother to Child** Transmission

Determined, Resilient, Empowered, AIDS-free, Mentored and Safe (DREAMS)

Empowering **Adolescent and Young People** To Lead Healthy **Sexual and Reproductive** Lives



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## Remarks by the Executive Director



Dr. Lilian Otiso  
Executive Director



We take pride in being the leading PEPFAR implementing partner moving the dial closer to achieving Kenya's 95:95:95 HIV epidemic control targets, thanks to the effective partnerships cultivated and sustained over the years.

The year 2023 was a strategic and fulfilling year for LVCT Health. We marked our 20th anniversary of delivering health outcomes for Kenya and beyond, and further unveiled our five-year strategic plan, 2022-2027. We initiated our new strategic shifts of going beyond the status quo to new frontiers of going Beyond HIV, Beyond borders and working Towards Sustainability.

In the past year, we achieved significant progress against our strategic program areas and projects: HIV/ TB, Sexual Reproductive Health, Gender Based Violence, Mental Health, Community Health and Research, including influencing policy for health reforms.

Our achievements in 2023 reflect LVCT Health's commitment and drive towards addressing Kenya's development health priorities, Universal Health Coverage (UHC) goals, and international development agenda as contained in the UNAIDS' Global AIDS Strategy and the Sustainable Development Goals (SDGs).

Throughout the year, our efforts reached over 1 million individuals with HIV services. We provided comprehensive HIV prevention and treatment services to 198,755 key and vulnerable populations, including Female Sex Workers (FSW), Men who have Sex with Men (MSM), and People Who Inject Drugs (PWID). Additionally, we offered support to 84,514 Gender-Based Violence survivors across key, priority, and vulnerable populations. Further, over 6,000 individuals received mental health services, and more than 3,500 employees benefited from our workplace wellness services.

We continued to provide leadership in digital health programming for adolescents and young people (AYP) with our one2one hotline reaching over 4 million in Kenya and beyond.

As reflected in this report, we also achieved significant progress towards enhancing health systems for counties, local partners and communities for improved delivery of health services and outcomes across the 34 counties we work in. Through sub-granting and technical assistance, we supported 21 local organisations to implement services and strengthen their organisational systems across our program focus areas.

Through our policy and advocacy work and working with partners, we supported the processes for review and development of favourable policies for improved access to HIV, SRH, GBV, mental health and community health services and programs in Kenya and beyond. We initiated research projects on gender and climate change and responded to the needs of communities in vulnerable situations.

We remain steadfast in our commitment towards delivering progress for empowered, healthy and resilient communities. With optimism and determination, we are ready to confront today's challenges and expand our partnerships to deliver greater access to services and opportunities for the populations we serve through advocacy, research, digital innovation and investment in our institutional capacity, including our operational systems for optimal utilisation of resources entrusted to us.

Finally, these accomplishments would not have been made possible without the dedication and unwavering support of our staff, donors, implementing partners and communities we serve to the LVCT Health's cause.

We look forward to an exciting 2024, where the past year's lessons will continue to shape our work and guide our mission.





## **Our Vision**

Empowered, Healthy and Resilient  
Communities



## **Our Mission**

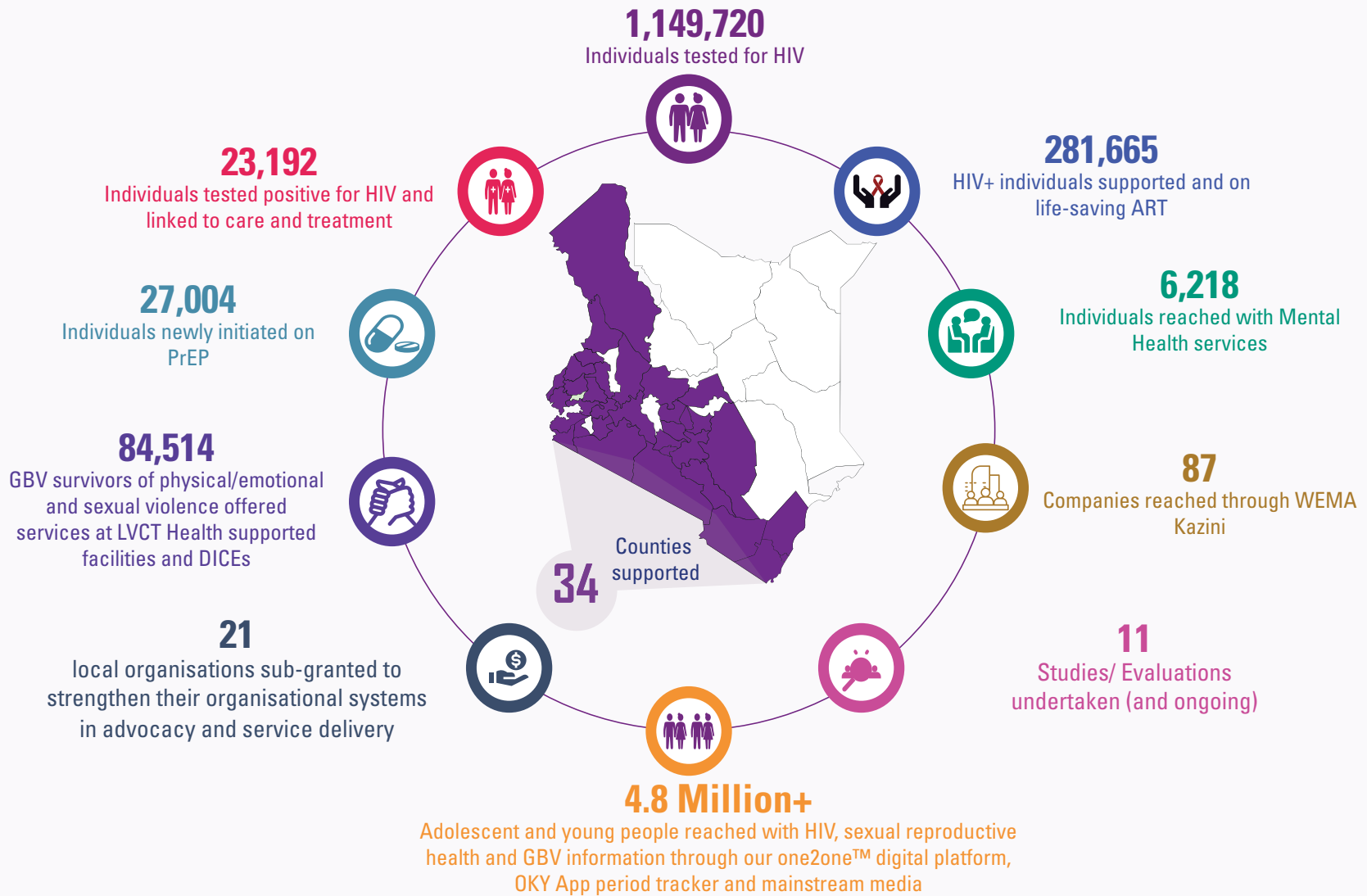
To impact communities by  
facilitating universal access to  
equitable integrated health  
services



## **Our Core Values**

Commitment to service,  
Accountability, Quality, Integrity,  
and Courage

# Spotlight on 2023





# HIV/TB Prevention, Testing, Care and Treatment

More than ever, the world is committed to ending AIDS by 2030. In recognition of the epidemic control progress and the ageing population on HIV treatment who require holistic health services, we are constantly rethinking and refocusing our strategies to ensure people living with HIV including key populations meet this ambitious goal.

Aligning to our new strategy 2022-2027, we tested **1,149,720** individuals for HIV using a mix of modalities. Of these, **23,192** tested positive for HIV and were linked to life-saving to antiretroviral treatment (ART).



## 1.1Million+

Individuals tested for HIV using a mix of modalities

### 198,755

Vulnerable, marginalised and hard -to-reach populations reached with comprehensive HIV prevention services

### 204,250

Individuals screened for TB

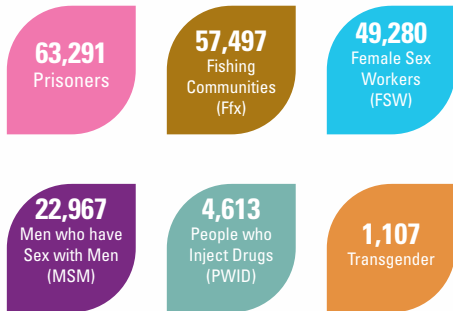
Additionally, we screened **27,004** individuals and offered them Pre-Exposure Prophylaxis (PrEP), a highly effective biomedical strategy for preventing HIV. Strategies to reach them included; facility optimization, index testing, social network strategy as well as distribution of HIV self-testing (HIVST) kits to reach the vulnerable and hard-to-reach population and offering confirmatory tests.

Moreover, we expanded integration of mental health, gender based violence and sexual reproductive health programming into HIV programs in line with PEPFAR and LVCT Health's new strategic direction.



We delivered comprehensive HIV prevention services to **198,755** vulnerable, marginalized and hard-to-reach population as shown below:

Key and priority offered HIV prevention services



We provided **cervical cancer screening** to **77,198** women across supported counties. Of the women screened, **1,329 (1.7%)** screened positive for cervical cancer, of whom **1,167 (88%)** were treated.

In addition, **204,250** individuals were screened for **Tuberculosis (TB)**, a **30%** increase from previous year. Of those screened for TB, **3,450 (1.7%)** tested positive for TB and were initiated on treatment.



## Empowering **People Who Inject Drugs (PWID)** to realise freedom from **addiction**

Medically Assisted Therapy (MAT) clinics are an essential tool for HIV prevention and treatment among people who inject drugs (PWID).

During the year, we reached a total of 6,358 PWIDs with tailor-made HIV and TB prevention and treatment programs, and helping them recover from addiction.

Such initiatives are giving a second chance to thousands of PWIDs pursue their future and reduce HIV/TB and Hepatitis related risks.

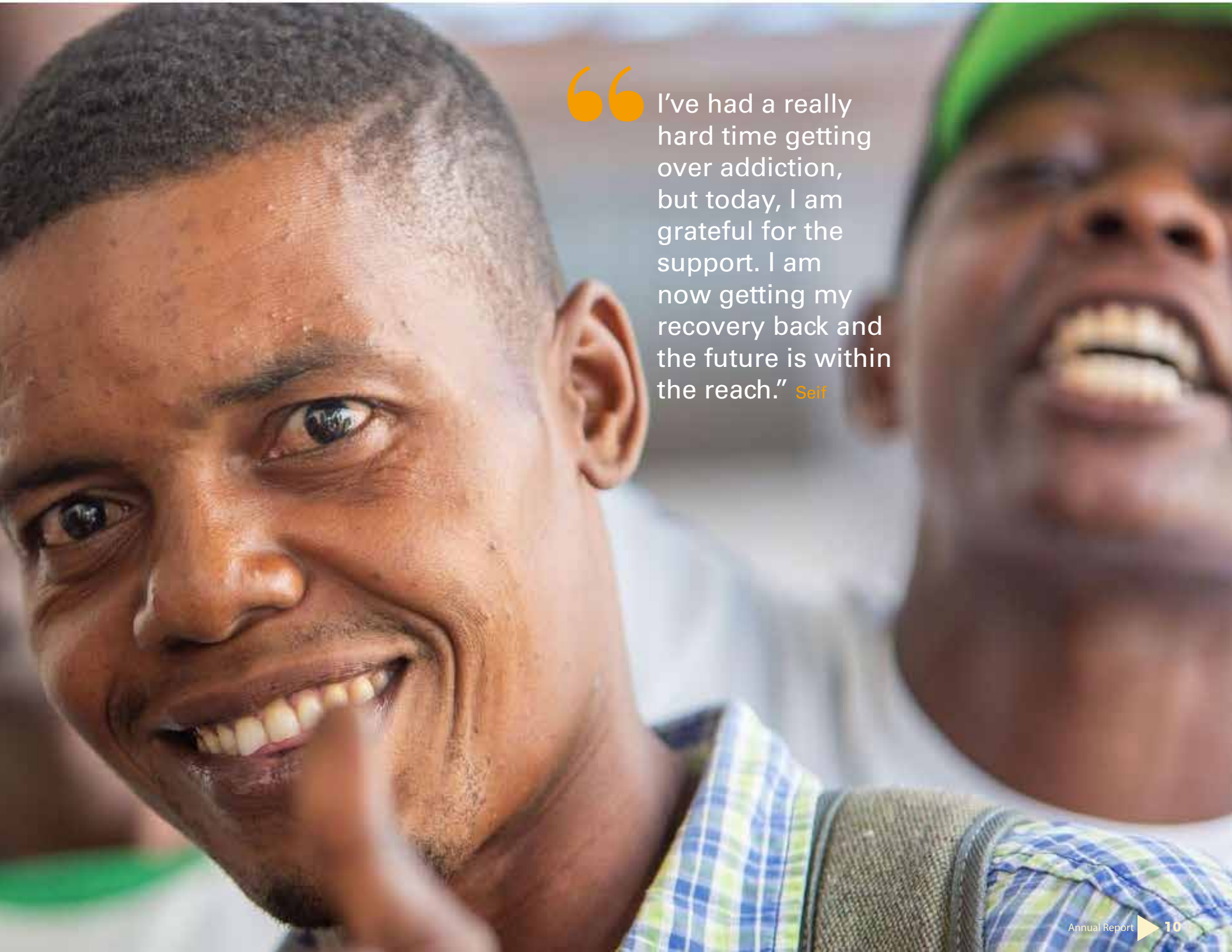


# 6,358

PWIDs reached with HIV and TB prevention and treatment interventions







“

I've had a really hard time getting over addiction, but today, I am grateful for the support. I am now getting my recovery back and the future is within the reach.” **Seif**



## Prevention of **Mother to Child** Transmission of **HIV**

LVCT Health works to ensure women and adolescent girls receive comprehensive, quality sexual reproductive health services, primary healthcare, and maternal health services within supported counties and programs.

In 2023, a total of **219,865** pregnant women were tested for HIV at 1st ANC with 100% life-saving ART uptake for those who tested positive for HIV.

Our efforts contributed to achieving a low mother-to-child transmission (MTCT) rate of **1.9%** among women enrolled in our programs. This success was achieved through continuous capacity building, joint supervision support with healthcare workers in supported facilities, ensuring optimal uptake of first ANC testing, ART initiation for those who tested positive, and maternal prophylaxis, thus minimizing missed opportunities.

**Our work ensures women and children have a positive experience during and after pregnancy, childbirth, with outcomes that allow them to reach their full potential for health and wellbeing**



# 219,865

pregnant women tested at 1st ANC\*



# 100%

ART uptake among pregnant women to prevent mother-to-child transmission of HIV





# Turning **DREAMS** into Reality

Determined Resilient Empowered AIDS-Free Mentored Safe

**Determined, Resilient, Empowered, AIDS-free, Mentored and Safe (DREAMS)** is a PEPFAR-funded initiative that seeks to empower vulnerable adolescent girls and young women between the ages of 10 and 24 with the knowledge and skills to make healthy choices and remain HIV-free.

During the year, we implemented DREAMS program in Kiambu and Homa Bay counties in Kenya reaching a total of **29,012** adolescent girls and young women with structural, biomedical, and behavioral interventions to reduce rates of HIV among the cohort.

**Our work promotes healthy development and well-being among vulnerable and marginalised adolescents girls and young women**

**29,012**

AGYW currently enrolled in the program

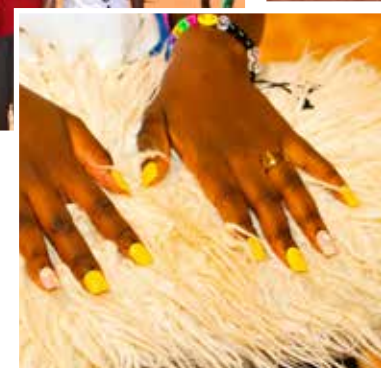
**4,843**

AGYW on education subsidy program

**26,812**

AGYW integrated on transformative economic empowerment interventions for improved income and self-reliance

\*AGYW- Adolescent girls and young women







## Empowering **Adolescent and Young People** To Lead Healthy **Sexual and Reproductive** Lives

LVCT Health's youth-led digital platform one2one on HIV, sexual reproductive health, gender-based violence, and mental health continues to record new highs, reaching **over 4.8 million** among the target cohort.

# 4.8 Million

Adolescent and young people reached with comprehensive HIV, Sexual and Reproductive Health and GBV Information through one2one™ digital platform, Oky App period tracker and mainstream media



In the year, we partnered with UNICEF and the Government of Kenya to launch the Oky Period Tracker for Girls; Kenya's first-of-its-kind period tracker app puts girls at the heart of digital menstrual health and hygiene solutions. The user-friendly digital app enables adolescent girls to take charge of their menstrual periods and be peer supporters in managing their health, consequently reducing the likelihood of unplanned pregnancies.

We also launched a one2one digital hub to provide adolescents and young people in the coastal region with reliable and integrated sexual reproductive health and rights information, reaching more than **2,867** individuals. Additionally we supported the review and development of Adolescents and Young People in Mombasa County.



## 8,530

Adolescent girls and young women enrolled on Oky App period tracker





## Scaling **Mental Health** for AYP through **partnerships**

# MIND SKILLZ

LVCT Health, in partnership with Grassroot Soccer Inc., implemented the MindSKILLZ program. Developed collaboratively with young researchers and mental health experts, the MindSKILLZ program aims to promote adolescent mental well-being through a sport-based, positive approach to mental health. Targeting adolescents aged 10-14, the program comprises 12 sessions focusing on building strengths and coping skills to navigate life's challenges. It also aims to normalize discussions about mental well-being, foster peer bonding, and provide support through trained coaches. The program was piloted in Nairobi and Mombasa Counties, Kenya, reaching **4,218** adolescents

In 2023, we also partnered with Strongminds Uganda to integrate **interpersonal psychotherapy for groups (IPT-G)** into our HIV, sexual reproductive health, gender-based violence programs with notable successes. Below is a summary of key achievements:

- Over **6,000** adolescent and young women offered group psychotherapy sessions.
- Integrated IPT-G in DREAMS program in our PEPFAR funded Dhibiti and Vukisha projects in Kiambu and Homa Bay.





## Addressing Gender Based Violence and Violence Against Children

During the year, we provided GBV screening services to **84,514** key and vulnerable populations across LVCT Health supported facilities and Drop in centers (DICES). Additionally, we collaborated with multisectoral actors including the Department of Children Services, Police, Justice and Legal Departments, Ministry of Education, and Ministry of Health to review, adopt, and disseminate key policies aimed at preventing violence against women and children.



Types of violence reported



Beyond service delivery, we extended our involvement to **influencing technical aspects and contributing to policy development for addressing Gender-Based Violence (GBV) and Violence Against Children**. Through our new strategy, we remained committed to drawing on our long history and using our experience to review, adopt, and disseminate key policies aimed at preventing violence against women and children, and advocate for laws, policies, and interventions that enhance the prevention and response to violence against women and girls, as well as violence against children.



Further, in partnership with the Department of Children Services in Kenya, we published a groundbreaking, qualitative study report dubbed **"Kenya's Journey Towards Protecting Children: A Decade of Change"** on the reduction in violence against children (VAC) in Kenya from 2010-2019.





REPUBLIC OF KENYA  
MINISTRY OF LABOUR AND SOCIAL PROTECTION  
DIRECTORATE OF CHILDREN'S SERVICES

### Kenya's Journey Towards Protecting Children: A Decade of Change (2010-2019)



UNICEF  
UN Women  
Ministry of Labour and Social Protection

Between 2010 and 2019, Kenya saw a **50%** reduction in emotional violence, **40%** reduction in physical violence and **50%** in sexual violence among 13–24-year-old survivors in Kenya.

*Principal Secretary in the Ministry of Labour and Social Protection and Senior Citizens Affairs, Joseph Motari during the official launch of the VAC study report in Nairobi.*

Source: "Kenya's Journey Towards Protecting Children: A Decade of Change (2010-2019)"



## Community Health for Improved Health Outcomes

Community health systems enable community participation in health services delivery; equitable access to comprehensive high quality health services; and meaningful engagement in health sector oversight and accountability.

In the year we:

- Collaborated with the Division of Community Health to put into practice Kenya's Community Health Digitization Strategy 2020-2025.
- Participated in the National and County launches of the electronic community health information system (eCHIS) and Community Health Promoters Kit distribution in Homa Bay and Nairobi counties.
- Initiated implementation of C-It DU-It: a randomised control trial of a community model to improve ANC outcomes in Homa Bay county funded by NIHR UK.
- Trained and equipped over **350** Community Health Promoters with eCHIS-enabled smartphones in Homa Bay County.
- Trained over **54** Community Health Assistants and Facility in Charge on Community strategy modules and eCHIS through the C-it DU-it.
- Established **18** Work Improvement Teams consisting of facility staff, community health promoters and assistants and community members in 18 MOH facilities in Homa Bay County to test community-facility improvement of ANC outcomes under C it DU It.
- Contributed to the finalization of Quality Improvement training manual for Level 1, following the launch of the Kenya Quality Facilitators Manual developed by LVCT Health and adapted by the Division for use.
- Participated in various activities of the MOH led Community Health Technical Working groups and the Community Health Units for Universal Health Coverage (CHU4UHC) platform partnership.
- Provided support to **10** counties to establish Primary Care Networks.





eCHIS is a revolutionary mobile-based platform that collects real-time data for enhanced community health reporting, data visualization, decision-making, and performance of community health workers.



**350+**

Community Health Promoters trained and equipped with eCHIS-enabled smartphones in Homa Bay County

# Generating Evidence for Health through Research

LVCT Health prides itself for being a leader that implements research that connects communities with the health system.

In 2023, we carried out operations and implementation research and utilized generated evidence for advocacy and technical support for national policy reforms, programs development and service delivery.

## LVCT Health Hatua Model (Research-Policy-Practice)





# 11

Studies/ Evaluations undertaken, completed  
(and ongoing)

# 13

Abstracts presented at national and  
international conferences

# 12

Research publications

## Research studies undertaken

### Gender and Gender Based Violence:

- Kenya's Journey Towards Protecting Children: A Decade of Change (2010-2019)- a qualitative research examining the shifts in children's experiences of violence in Kenya from 2010 to 2019
- Evaluation of GBV interventions in DREAMS Program within the CDC funded Vukisha95 HIV/TB Project
- WAVES-Gender and Climate Change Project (2023)

### Community systems strengthening:

- ARISE: Accountability for Urban Health: a mixed methods community-based participatory study of informal urban settlements in Nairobi (GCRF UK 2019-2024)
- C-IT DU-IT Study: Trial on Strengthening Community Data Use for Integrated ANC in Homa Bay (NIHR UK 2022-2026)
- NIHR SHINE: Strengthening Health Systems by Addressing Community Health Workers' Mental Wellbeing and Agency in Urban and Rural Contexts in Kenya (NIHR UK 2022-2026)
- Apply Community-Based Participatory Research (CBPR) to Address Barriers to Routine Vaccination Uptake Among Zero-Dose and Under-Immunized Children (CORE GROUP)

### Mental Health:

- Evaluation of MindSKILLZ Adolescent Mental Health Program (2023-2024)
- NIHR SHINE
- REACH Mental Health among Adolescents (2018-2024)

### HIV Prevention and Sexual Reproductive Health:

- CATALYST Study - Catalyzing access to new prevention products to top HIV among vulnerable girls and women (USAID MOSAIC 2022-2027)
- Operational Research to scale up the integration of FGS in Primary HIV and Cervical Cancer Services-(FGS Study) in Kilifi, Homa Bay, and Kwale counties (CIFF 2023-2025)





# Influencing **Policy** for Health Reforms

LVCT Health uses evidence from research and program implementation to influence policy reforms at county, national and international level through Technical Working Groups (TWGs) and stakeholder forums for improved access to HIV, SRH, GBV and mental health services at health facilities and community level structures.

During the year, we supported/contributed to the:

- Homa Bay County to incorporate Mental Health in the Adolescent & Young People Sexual Reproductive Health Strategic Action Plan (2023-2028).
- Development and launch of the **GBV Policy for Homa Bay County**
- NASCOP to review and finalise review of **GBV Guidelines**
- Reviewed the **GBV register** to capture other forms of violence (currently in use)
- Digitisation of the **GBV QA tool** in conjunction with MOH
- Development of **Mombasa County Costed Gender Based Violence Strategic Plan**
- Development of the **Sexual and Gender-Based Violence Bill** in Kwale County
- Development of the **Kilifi Community Health Services Act 2023**
- **Development and roll-out of the eCHIS platform for community health** and participated in the national launch
- Inclusion of the **Ring and CAB-LA** in the national guidelines on the use of ARVs for HIV prevention.
- Inclusion of new indicators in the **PrEP tool to include Ring, CAB-LA, Switching**
- NASCOP in conducting **PrEP target setting using the PrEP-it tool**, which is currently a global tool. LVCT has three Master trainers who trained in more than 10 countries
- Development of **global PrEP positioning strategy and branding guidelines**
- Developed an HIV prevention shadow report



# Strengthening Local Capacity for Health

LVCT Health strengthens health systems for counties, local partners, and communities for improved delivery of health services and outcomes across supported counties.

We understand that strong and resilient county and community health systems are a prerequisite for attaining universal access to quality health care. To realize this, we strive to ensure we build strong partnerships with county governments, private and civil society sectors for the health and wellbeing of populations we serve.

Throughout the year, we provided training to **7,135** individuals in various program areas, including HIV, GBV, and mental health. This training also extended to over **1,000** students through our Training Institute.

⚙️ **\$16 Million**

subgranted to other organisations and county governments for delivery of programs and interventions

💬 **400+**

community health promoters trained on eCHIS to improve community health services

🏠 **87**

companies supported through LVCT Health's wellness services.







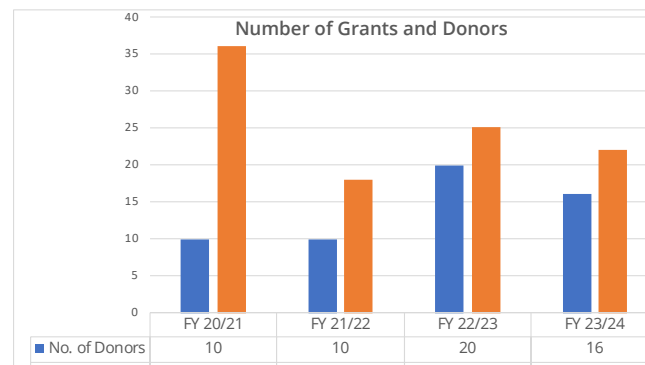
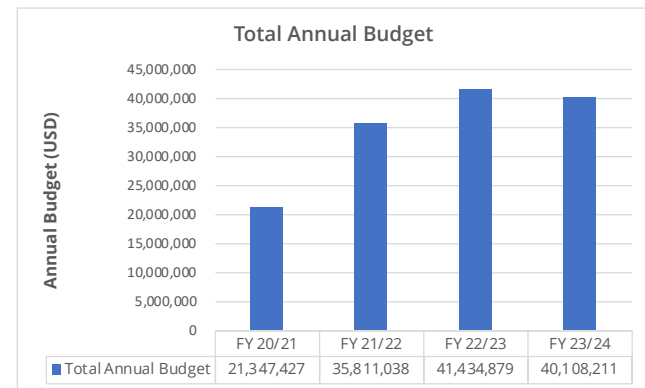
# Institutional Wellbeing

## Staffing



## Financials

In FY23/24, we managed 22 grants from 16 donors as shown below:







LVCT Health won the runners-up award for **Inclusion and Diversity** at the Federation of Kenya Employers (FKE) Employer of the Year Awards (EYA) in 2023.



## Governance and Management

We thank the LVCT Health Board of Directors who continued to steer the organisation's growth and strengthen internal controls and governance. LVCT Health remains compliant with the requirements of the NGO Board and other statutory bodies in Kenya.

## Annual Audits

LVCT Health had unqualified institutional and donor audits. We also underwent successful assessments by various agencies including USAID, CDC, UN, Frontline AIDS and others that were successful and have been instrumental in strengthening our systems.





# Acknowledgements

This year, LVCT Health continued to grow its base of resources from a diversified base of donors that includes governments, funders and strategic partners towards advancing the health and rights of the populations it serves.



UK Research and Innovation



newventurefund





## Our Locations

### Nairobi

Sonning Suites, Suna Rd  
Off Ngong Rd Adams Arcade  
P. O. Box 19835-00202, Nairobi  
Office Cell: 0722203610

### Juja

Juja City Mall,  
First floor,  
Off Thika Road, Exit 14  
Office Cell: 0704779231

### Homa Bay

The Key Place, Along  
Homabay-Rongo Road  
P.O. Box 352 - 40300  
Office Cell: 0723686492

### Kisii

Dakianga Bldg Opposite  
Dan's Hotel, Hospital Road  
P.O. Box 4040 - 40200  
Office Cell: 0705976791

### Mombasa

Links Road, Opposite Bustani  
Apartments,  
Nyali  
Office Cell: 0743774693



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