Thula Sana

Khayelitsha 1999
Thula Sana

- 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
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
6 and 12 months postpartum
- Improved interaction with their infants
- Greater sensitivity
- Less intrusiveness

18 months postpartum
- Secure attachment
13-14 years of age

Re-assessed to measure long-term outcomes
- Child cognitive functioning
- Educational performance
- Mental health
- Risk behaviour
Does a second wave adolescent parenting intervention improve gains and reduce interpersonal violence for recipients of a mother-infant attachment intervention?
27 participants died

Re-randomized
(n = 422)

Thula Sana + Zifune
(n = 102)

Follow-up
(n = 76)

Intervention
(n = 159)

Control + Zifune
(n = 109)

Follow-up
(n = 83)

Thula Sana + Control
(n = 102)

Follow-up
(n = 81)

Control + Control
(n = 109)

Follow-up
(n = 74)

Control
(n = 158)
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.
ZIFUNE “Find Yourself”

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
**ZIFUNE “Find Yourself”**

**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
ZIFUNE “Find Yourself”

STOP!

THINK!

ACT!