

**CENTRAL ASIA AIDS CONTROL PROJECT / REGIONAL PROJECT MANAGEMENT
UNIT**

TECHNICAL REPORT

I. Background Information on the Program

I.1. Program Title:

A PROGRAM FOR DRUG USE AND HIV PREVENTION AMONG YOUTH AGED 15-24 IN FOUR COUNTRIES OF CENTRAL ASIA

I.2 Recipient:

Central Asian Branch Office of International Non profit organization Population Services International

I.3 Program Sites:

The subproject is based on the approach of scaling up an existing program known as the “Youth Power” which has been delivering high quality HIV prevention behavior change communications on a pilot basis in Central Asia since 2003.

The subproject is based on the establishment of models in the following four priority sites, one in each of the four target countries: Almaty, Kazakhstan; Yangiyol, Uzbekistan; Bishkek, Kyrgyzstan; Kulyab, Tajikistan.

I.4 Program Duration:

Start date: June 12, 2007

End date: December 31, 2008

I.5 Reporting Period:

November 1, 2007 – December 31, 2008

Acronyms

ABC	Abstain, Be Faithful, or Use Condoms
AIDS	Acquired Immunodeficiency Syndrome
ARY	At-risk Youth
BCC	Behavior Change Communications
CDC	Centers for Disease Control
CSM	Condom Social Marketing
FC	Female Condoms
GIS	Geographic Information System
HIV	Human Immunodeficiency Virus
IDUs	Injecting Drug Users
IPC	Interpersonal Communications
IEC	Information, Education and Communication
MIS	Management Information Systems
MOH	Ministry of Health
NGO	Non-governmental Organization
PLWHA	People Living with HIV/AIDS
PSI	Population Services International
STIs	Sexually Transmitted Infections
SWs	Sex Workers
UNAIDS	United Nations Joint Programme on AIDS
USAID	United States Agency for International Development
VCT	Voluntary Counseling and Testing

III. Project Background/Summary

The subproject corresponds with four of the main priority directions of the CAAP:

- RAF Priority Direction 15: Drug use prevention;
- RAF Priority Direction 14: HIV prevention among youth;
- RAF Priority Direction 10: HIV prevention among particularly vulnerable groups;
- RAF Priority Direction 15: Treatment and rehabilitation of drug addicted people.

The subproject is aimed to reduce the spread of HIV among vulnerable youth ages 15-24 living in four high risk sites, one in each of the four target countries of Central Asia through partnership with national authorities and organizations in each of the four countries to build national capacity on youth HIV prevention.

The subproject aims to institutionalize the Youth Power drug use and HIV prevention model into the national HIV/AIDS strategies of the four countries in preparation for regional scale up contributing to Millennium Development Goal #6, to halt and begin to reverse the spread of HIV/AIDS.

Youth Power Centers provide the following services:

1. Educational Training Sessions on HIV/AIDS, STIs, risks of drug use, communication skills, and decision making;
2. Educational Outreach providing mini-sessions on the topics above;
3. Confidential psychological counseling to troubled youth;
4. Confidential gynecological counseling on reproductive health and family planning, including referral system to Friendly cabinet and Friendly Youth Clinics ;
5. Skill building and entertaining alternatives to drug use such as language classes, sports, games, and social groups.

The program has several main objectives, including:

1. Prevent youth initiation of injecting drugs;
2. Increase the age of sexual debut;
3. Increase sexual fidelity;
4. Increase rates of condom use among youth already sexually active.

IV. Narrative Report by Objective/Area/Site

IV.1 Kazakhstan: Extension of CAPACITY Youth Power Model to WB CAAP operations in Almaty

IV.1.1 Target site portfolio:

According to the data provided by Republican AIDS Center as of December 1, 2008 is 2,422 PLWHA are officially registered in Almaty. Most cases are registered among Youth aged 15-24.

As of January 2006 there were 228,855 youth aged 15-24 in Almaty. Youth living within the four districts of Almalinsky; Auezovsky; **Turksibsky (WB CAAP YPC)**; and Zhetysuisky are especially at risk due to higher rates of injecting drug use and sales, unemployment among youth, and HIV prevalence in these districts. Youth in these four districts see drug use on a regular basis and may be a close friend, partner, or family member of a current drug user. This high level of exposure, young people's curiosity to experience new sensations, and increased disposable income among young people create a dangerous combination. Additionally, as Kazakhstan's commercial capital Almaty has more migrant youth who come to the city to study or work. These youth are not registered, and being far away from parents and home, are more prone to engage in high-risk behaviors such as unprotected sex, sex with multiple partners, using the services of SWs, and drug use. Thus Almaty has more vulnerable youth than any other city in Kazakhstan.

IV.1.2 WB CAAP Youth Power Center "ZABOTA"

NGO «Zabota» implements the Youth Power program in Turksibski district of Almaty based on partnership with district Municipality and Department of Education. The program was started in November 2007 to fulfill the operations within agreed obligations to support National Sustainability Plan of HIV prevention work in Almaty.

The Sub Grant signed between PSI and the NGO was re signed in September 2008 to be prolonged till December 31, 2008.

The subproject includes various components such as peer education, outreach, youth centers, communication campaigns, and events to address the beneficiary priorities:

Improve knowledge of pre-injectors on HIV prevention and risks of drug use through educational mini-sessions:

During the reporting period, Outreach workers of NGO “ZABOTA” continued to be educated on the educational approach of PSI based on “peer to peer” principles:

- *Contacts Made:* 17,236 ARY (8,910 males, 8,326 females) have been contacted during peer education, alternate activities and Youth Friendly Counseling;
- *Trainings:* 1,407 Training sessions were conducted for 7,092 ARY (3,631 males, 3,461 females) ;
- *Mini Sessions:* 3,312 mini sessions for 13,962 ARY (7,249 males, 6,713 females) were provided in target site.

Increase availability of alternative activities for youth (including sport, job training, and other social events):

During the reporting period YPC “ZABOTA” continued to provide the alternative activities (15) including Greek-Roman fight, Tennis, Video Club, Club of Modern dance, Guitar, Battle art, Brake-dance, R-n-B Dance, Applied art, Journalistic club, Karaoke, East dance, Darts, English lessons and Computer Club 1006 (515 males, 491 females) new participants attended the activities.

Increase availability of educational and entertainment events::

69 edutainment events were organized in Youth Center during the reporting period with participation of around 3,378 ARY (1,690 males, 1,678 females) project beneficiaries.

Provide more information and open discussion on drugs and sexual health issues:

2 counselors (psychologist and gynecologist) during the reporting period 574 ARY (42 males, 532 females) were contacted through consulting services provided based on YPC “Zabota”.

IV.2. Tajikistan: Extension of DDRP Youth Power Model to WB CAAP operations in Kulyab.

IV.3.2. Target site portfolio:

The Republican AIDS Center reports about official registration as of December 31, 2008 total 1,333 HIV infected people out of which 248 are residents of Khatlon Province.

According to the data of the Medical Statistics Center in 2004 the number of cases of STIs made 200,3 to 10,000 population. The number of youth aged at 15-24 residing in Kulob that can be considered as potential IDUs makes 18,530 out of who 8,704 males and 9,826 females.

IV.3.2. WB CAAP Youth Power Center “Sudmand”

NGO continued Youth Power Center operation based on Sub- Contract Amendments signed between PSI and the NGO till December 31, 2008.

The subproject includes various components such as peer education, outreach, communication campaigns, and events to address the beneficiary priorities:

Improve knowledge of pre-injectors on HIV prevention and risks of drug use through educational mini-sessions:

During the reporting period, Outreach workers of NGO “Sudmand” continued to be educated on the educational approach of PSI based on “peer to peer” principles:

- *Contacts Made:* total 10,773 people (5,701 males, 5,072 females) were covered during CAAP project activities: peer education sessions, alternate and event activities and Youth Friendly counseling;
- *Trainings:* 1,351 peer education sessions conducted for 4,179 ARY (2,308 males, 1,871 females);
- *Mini Sessions:* 3,147 mini sessions were conducted for 6,803 ARY (4,211 males, 2,592 females);

Average of pre-test is 43, 82%, post-test score is 84, 44%.

Increase availability of alternative activities for youth (including sport, job training, and other social events)

The Youth Power Center “Sudmand” kept the provision of 14 alternative activities, which consist with languages, sports and musician classes. The total number of participants is 4,069 ARY (1,924 males, 2,145 females).

Increase availability of educational and entertainment events

32 edutainment events were organized in Youth Center during the reporting period with participation of around 4,865 ARY (2,188 males, 2,677 females) project beneficiaries.

Provide more information and open discussion on drugs and sexual health issues:

Psychologist/ consultant of the Youth Center of NGO “Sudmand” provided consulting to 207 young men-visitors of the Youth Center.

IV.3 Kyrgyzstan: Extension RP Youth Power Model to WB CAAP operations in Bishkek

IV.3.1 Target site portfolio

Currently the AIDS epidemic in Kyrgyzstan remains concentrated among IDUs who have been infected through sharing of injecting paraphernalia (86.4% of HIV cases). High-risk sexual behavior (sex with non-steady and commercial sex partners) in the past six months among IDUs in Bishkek is 47% . STI rates are high among IDUs. Over 11% have syphilis (compared with 38.9% of SWs, and 21.7% of STI patients). Prevalence of STI contributes to the spread of HIV sexually and its passage to general population. The genital chancres caused by syphilis make it easier to transmit and acquire HIV infection sexually.

ARY age group comprises 21% of the Republic’s population. Being the capital and largest city of the Kyrgyz Republic, Bishkek has many youth from different regions that arrive to study or to work. These youth, many from rural areas, are often not registered.

IV.3.2 WB CAAP Youth Power Center «Partner’s net»

Association on harm reduction continued the management of Youth Power Center located in Bishkek based on Sub Contract Amendments signed in September 2008. The Center will operate till end of December 2008.

Improve knowledge of pre-injectors on HIV prevention and risks of drug use through educational mini-sessions:

- *Contacts made:* 22,603 ARY (10,881 male, 11,722 female) ARY were contacted during project period under all types of peer activities,

including 45 minutes YPC peer education trainings, mini sessions, social services and alternatives;

- *Trainings (45 min):* 6,115 peer sessions were conducted for 12,002 ARY (6,322 males and 5,680 females). Pre- and Post-test scores: 72,18% and 90,61 % respectively;
- *Mini Sessions:* 2,250 Mini Sessions were conducted for 11,143 ARY (5,664 males and 5,479 female).

Increase availability of alternative activities for youth (including sport, job training, and other social events):

YPC “Partners Net” provided alternative activities, including English, Turkish, Chinese language courses, hair cutting, guitar, cosmetologist, sport etc. 3,546 participants (1,114 males and 2,432 females) attended the alternate activities.

Increase availability of educational and entertainment events

49 edutainment events were conducted among 3,693 ART including 1,802 males and 1,891 females.

Provide more information and open discussion on drugs and sexual health issues:

2 counselors (psychologists) provided the appropriate services to 855 ARY including 380 males and 475 females based on CAAP Youth Power Center. Among visitors counselors covered homeless youth and young IDUs helping them to cope with the broad range of psycho-sociological problems.

V. Monitoring and Evaluation Report

V.1 Studies: ARY Survey, Tracking Study, Round 4 CAAP sites only):

Research and consulting agency «M-Vector» is hired to perform field work based on sampling strategy, questionnaire, and research protocols developed by PSI for further implementation in Kyrgyzstan, Tajikistan and Kazakhstan.

Study Area is appointed as Bishkek (Kyrgyzstan - 228 interviews to be follow up), Kulyab (Tajikistan - 225 interviews to be follow up) and Almaty (Kazakhstan - 508 interviews to be follow up). Totally 961 ARY aged as 15-25 years will be interviewed in target sites to find the index of exposure with CAAP Youth Power Centers located in same target sites. The Survey results will be completed in electronic database SPSS.

V.2 Kazakhstan: YPC interventions focused on ARY:

Tursibski Administrative District of Almaty city: The target ARY population in the site totals 30,319 (15,673 males, 14,646 females) (Data of City State Board 2005). The current targets are increased during the reporting Quarter to 25% as Contact Coverage (CC) due to no cost extension of project period till December 31, 2008.

Project to date starting from November, 2007 17,236 ARY were contacted or 25% from Target Size versus to 7,580 ARY planned to be contacted at rate of 57% from Target Size.

Target Site: Almaty city, Turksibsky district

Target Site Population: 30,319 ARY;

Program Duration: 14 months;

Program Contact Coverage (CC) Goal: 25%, 7,580 ARY;

Project to date Contact Coverage (CC) Goal: (57% out of target)
17,236 ARY;

Program Duration: November 1, 2007- December 31, 2008.

Graph 1: PSI Kazakhstan, Youth Power Center "Zabota":
Contact Coverage Update

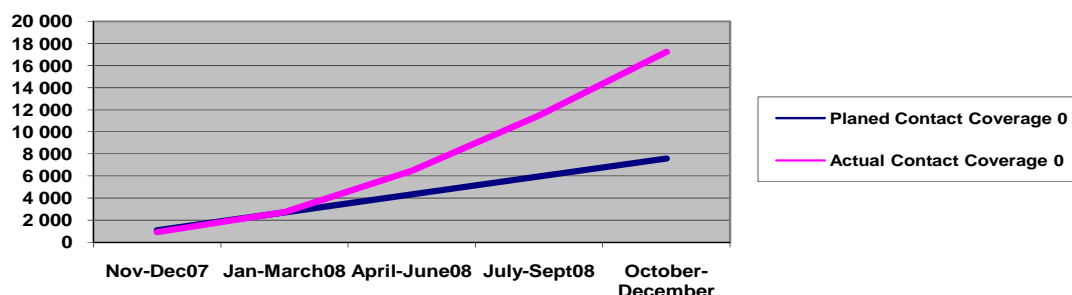


Table 1: Youth Power Center "Zabota", Kazakhstan (Almaty): Contact Coverage Update

Quarter	Year 1				Year 2
	Q1	Q2	Q3	Q4	Q1
Month	Nov-Dec	Jan-March	April-June	July-Sept	Oct-Dec
Year	2007	2008	2008	2008	2008
Number of Trainings	194	364	643	834	1407
Number of participants	828	2615	4784	5273	7092
Number of mini sessions	18	76	903	2154	3312
Number of participants	18	144	2437	7888	13962
Alternatives					
Number of participants	73	239	497	691	1006
Consultancy					
Number of participants	17	98	313	424	574
Referral					
Number of people		27	132	188	222
Coverage Actual, number of people	904	2,713	6,462	11,467	17,236
Coverage Actual, % from Target Size	3%	9%	21%	38%	57%
Coverage Goal, number of people	1,083	2,707	4,331	5,956	7,580
Coverage Goal in % from Target Size	4%	9%	14%	20%	25%

Program Indicators:

- Number of Peer Educational Trainings and Number of Beneficiaries including extrapolated information on males and females: 1,407 peer trainings were conducted for 7,092 ARY (3,631 males, 3,461 females);
- Number of Mini Sessions and Number of Beneficiaries including extrapolated information on males and females site: 3,312 mini sessions were conducted for 13,962 ARY (7,249 males, 6,713 females);
- Number of Beneficiaries participated in YP Alternatives: 1006 ARY (515 males, 491 females) participated in 15 different types of alternate activities provided by YPC;
- Number of Beneficiaries being consulted by YP Specialists: 2 counselors (psychologist and gynecologist) provided psychological and gynecological services to 574 at-risk youth (42 male, 532 females) in CAAP YPC to help them cope with the broad range of psycho-sociological and gynecological problems. Counselors provide ARY with the reliable information and knowledge about problems of personal development; interpersonal communications; existential problems; psychology of sexual relationships; reproduction health; HIV prevention; Sexual transmission infections and etc.
- Numbers of Beneficiaries were referred to VCT: 62 females have recommended visiting CITY AIDS center by gynecologist of YPC and in fact have visited it. Results of HIV and STI tests were negative.
- Numbers of Beneficiaries were referred to Free STI Diagnostic and Treatment: 180 females were referred to Friendly Clinic #9 and in fact have visited it.
- Number of Condoms distributed: 3656 units;
- Number of IEC materials distributed: 8779 units (HIV and AIDS)

V.3. Tajikistan: YPC interventions focused on ARY:

Kulyab city and surroundings: The target ARY population according to the Republican Statistics Agency totals 18,530. As a result of the non cost extension of the sub grant agreement between PSI and NGO “Sudmand” the

target increased from anticipated 40% or 7,4112 people residing in target area up to 45% or 8,339 potential project beneficiaries.

During the reporting period a total of 10,773 people (5,701 males, 5,072 females) were actually covered by education and information events and alternatives against planned annual coverage (14 months) of 8,339 beneficiaries. Overall, as of closure of the period (December 31, 2008) primary contacts were registered with the data base for ARY living in target area which makes 59% out of the total target and exceeds planned coverage for 14%.

Target Site: Kulyab City

Target Site Population: 18,530 ARY;

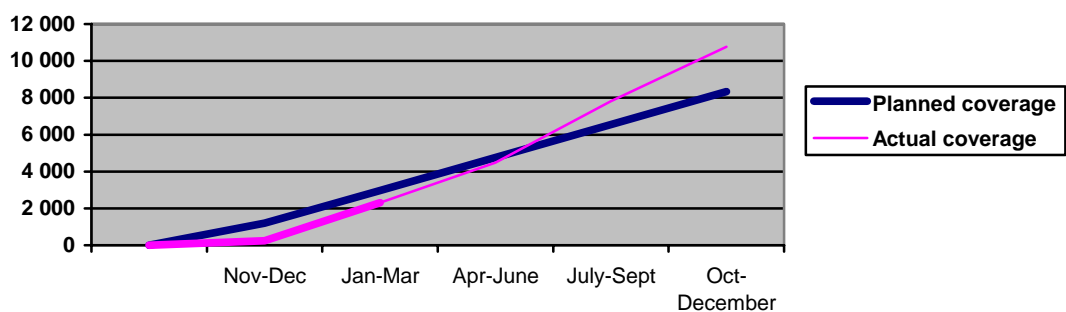
Program Duration: 14 months;

Program Contact Coverage (CC) Goal: 45%, 8,339 ARY;

Project to date Contact Coverage (CC) Goal: (58% out of target) 10,773 ARY;

Program Duration: November 1, 2007- December 31, 2008.

**Graph 2: PSI Tajikistan, YPC "Sudmand",
Contact Coverage Project Goal**



**Table 2: Youth Power Center "Sudmand", Tajikistan
(Kulyab): Contact Coverage Update - ARY**

	Year 1				Year 2
Quarter	Q1	Q2	Q3	Q4	
Month	Nov-Dec	Jan-March	April-June	July-Sept	Oct-Dec
Year	2007	2008	2008	2008	2008
Number of Trainings		272	637	1008	1351
Number of participants		616	1695	3240	4179
Number of mini sessions		497	1168	2244	3147
Number of participants		702	2186	4514	6803
Alternatives					
Number of participants	247	1619	2411	3030	4069
Consultancy					
Number of participants	5	47	112	128	207
Referral					
Number of people		54	114	190	410
Coverage Actual, number of people	247	2,310	4,489	7,823	10,773
Coverage Actual, % from Target Size	1%	12%	24%	42%	58 %
Coverage Goal, number of people	1,191	2,978	4,765	6,552	8,339
Coverage Goal in % from Target Size	6%	16%	26%	35%	45%

Program Indicators: Targeting ARY

- Number of peer-education sessions and number of beneficiaries including extrapolated information on males and females: 1,351 peer education sessions conducted for 4,179 ARY (2,308 males, 1,871 females);
- Number of mini-sessions and number of beneficiaries including extrapolated information on males and females site: 3,147 mini sessions were conducted for 6,803 (4,211 males, 2,592 females);
- Number of Beneficiaries participated in YP Alternatives: 4,069 ARY (1,924 males, 2,145 females) participated in 14 alternatives based in Youth Center of NGO “Sudmand”;
- Number of beneficiaries being consulted by Psychologist/ consultant: One psychologist/consultant: provided psychological services to 207 males in the YPC to help them cope with the broad range of psycho-sociological problems. Counselors provide ARY with the reliable information and knowledge about problems of personal development; interpersonal communications;

existential problems; psychology of sexual relationships; reproduction health; HIV prevention; Sexual transmission infections and etc;

- At the end of the project implementation Round Table discussion on “Progress, achievements and sustainability of CAAP project” was organized by PSI with representation of partnering youth organizations, government and partners NGOs. Committee for Youth, Sports and Tourism closely collaborated during this meeting. The Director of NGO “Sudmand” presented the outcomes of their activities. In his presentation he pointed out the achievements of the Youth Center as well, as plans for future and sustainability of the project. In addition, information about this meeting was published in newspaper;
- Numbers of beneficiaries were referred to VCT: 410 ARY (410 males) were referred for VCT services to City HIV/AIDS in Kulob City ;
- Number of special events and number of beneficiaries including extrapolated information on males and females site: 32 events were conducted for 4,865 ARY (2,188 males, 2,677 females);
- Number of Condoms distributed: 2,854 units of condoms from Global Fund were distributed;
- Total 12,000 IEC materials and comics were distributed among youth.

Program Indicators: Targeting Young IDUs

- During the reporting period 5 outreach workers former IDUs conducted 229 information-education sessions for 340 IDUs (all males);
- Number of mini-sessions and number of beneficiaries: 830 mini sessions were conducted for 1,057 young IDUs (all males).
- Number of total coverage of IDUs during reporting period: 1,328 young IDUs (all males);

V.4 Kyrgyzstan: YPC interventions focused on ARY:

Bishkek city: The target ARY population in the site totals 44,523 ARY. The current targets are increased during the reporting Quarter to 11,131 ARY or 25% as Contact Coverage (CC) due to no cost extension of project period till December 31, 2008.

During the Project period starting from November 2007, 22,603 ARY (10,881 male, 11,722 female) have been contacted during all types of Youth Power activities, or 50,7% from Target Size versus to 11,131 ARY planed to be contacted at rate of 25% from Target Size.

Target Site: Bishkek City, Sverdlovski district

Target Site Population: 44,523 (Data of State City Statistic Board);

Program Duration: 15 month;

Program Contact Coverage (CC) Goal 25%: 11, 131

Program Actual CC: 22,603 ARY (10,881 male, 11,722 female) or 103% upper the goal;

Program Duration: October 1, 2007- December 31, 2008

Graph 3” PSI Kyrgyzstan, YPC Center “Partner Network”, Contact

Coverage Update

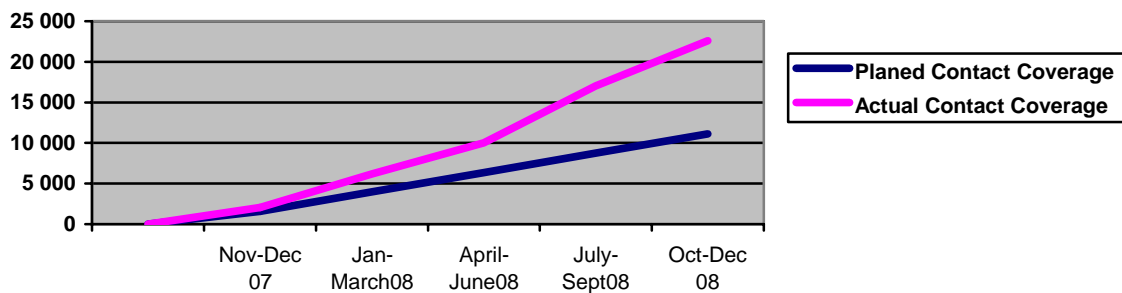


Table 3: PSI Kyrgyzstan, YPC “Partner network”, Contact Coverage Update

	Year 1				Year 2
Quarter	Q1	Q2	Q3	Q4	Q5
Month	Nov-Dec	Jan-March	April-June	July-Sept	Oct-Dec
Year	2007	2008	2008	2008	2008
Number of Trainings	269	1605	2670	4210	6115
Number of participants	754	3070	5088	8395	12002
Number of mini sessions	121	467	1042	1756	2250
Number of participants	1263	2775	5058	7887	11143
Alternatives					
Number of participants	108	1095	1933	2970	3546
Cosultancy					
Number of participants	19	195	370	684	855
Referral					
Number of people	125	590	942	2749	3966
Coverage Actual, number of people	2,057	6,185	9,997	17,031	22,603
Coverage Actual, % from Target Size	5%	14%	22%	38%	51%
Coverage Goal, number of people	1,590	3,975	6,360	8,746	11,131
Coverage Goal in % from Target Size	4%	9%	14%	20%	25%

Program Indicators:

- Number of Peer Educational Trainings and Number of Beneficiaries including extrapolated information on males and females: 6,115 peer sessions were conducted for 12,002 ARY (6,322 males and 5,680 females);
- Number of Mini-Sessions and Number of Beneficiaries including extrapolated information on males and females site: 2,250 mini sessions were conducted for 11,143 ARY (5,664 males; 5,479 females);
- Number of Beneficiaries participated in YP Alternatives: 3,546 (1,114 males; 2,432 females) ARY participated in 11 different types of alternate activities provided by the YPC;
- Number of Beneficiaries being consulted by YP Specialists: 2 counselors (psychologists) provided the services to 855 at-risk youth (380 males, 475 females) in the YPC to help them cope with the broad range of psycho-

sociological problems. Counselors provide ARY with the reliable information and knowledge about problems of personal development; interpersonal communications; existential problems; psychology of sexual relationships; reproduction health; HIV prevention; Sexual transmission infections and etc.

- Numbers of Beneficiaries were referred to VCT: 3,966 ARY were referred to City AIDS Center ;
- Number of Special Events and Number of Beneficiaries including extrapolated information on males and females site: 49 educational events for a total of 3,693 ARY (1,891 females and 1,802 males);
- Number of Condoms distributed: 4,020;
- Number of IEC materials distributed: 6,523