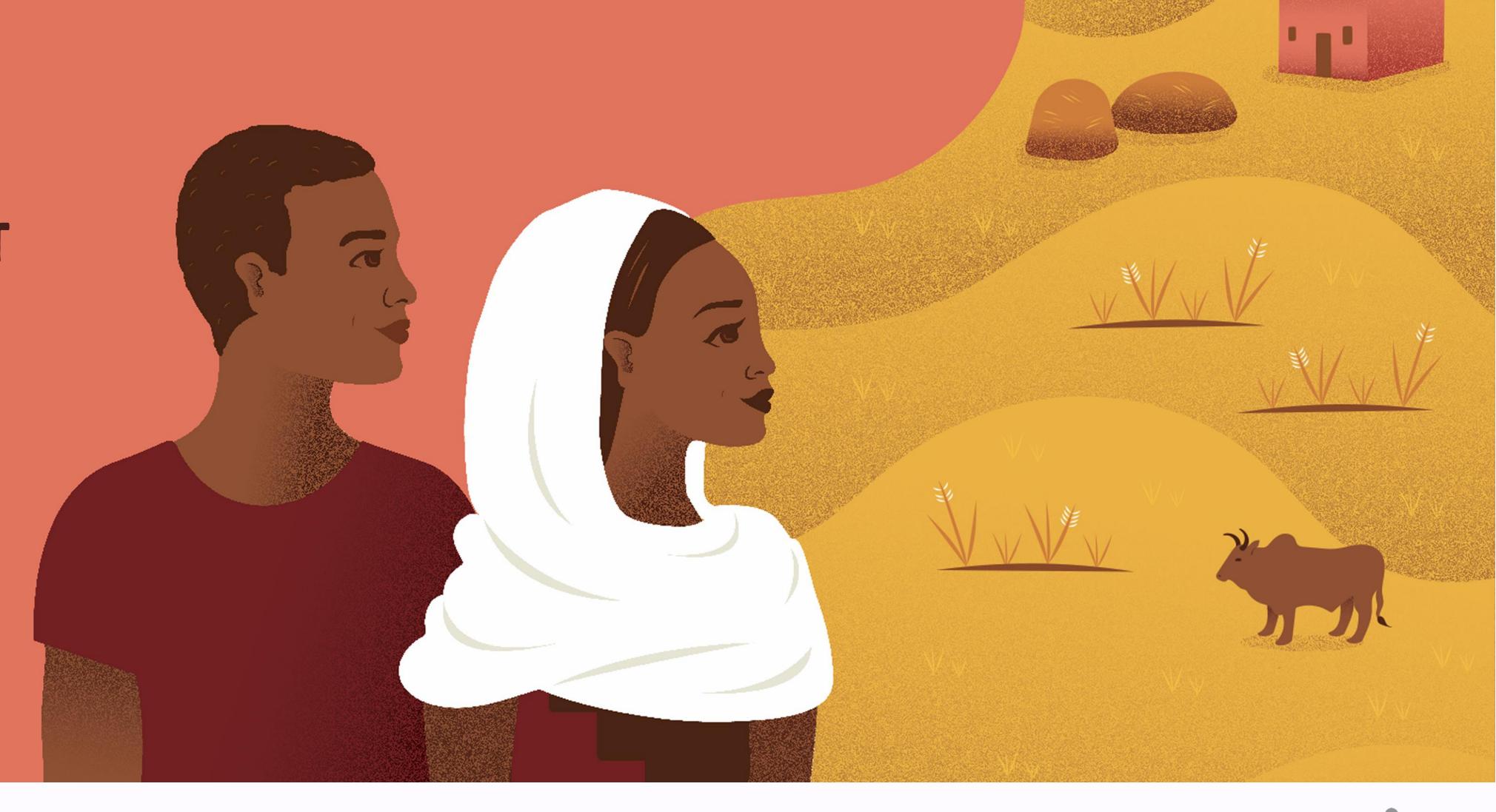
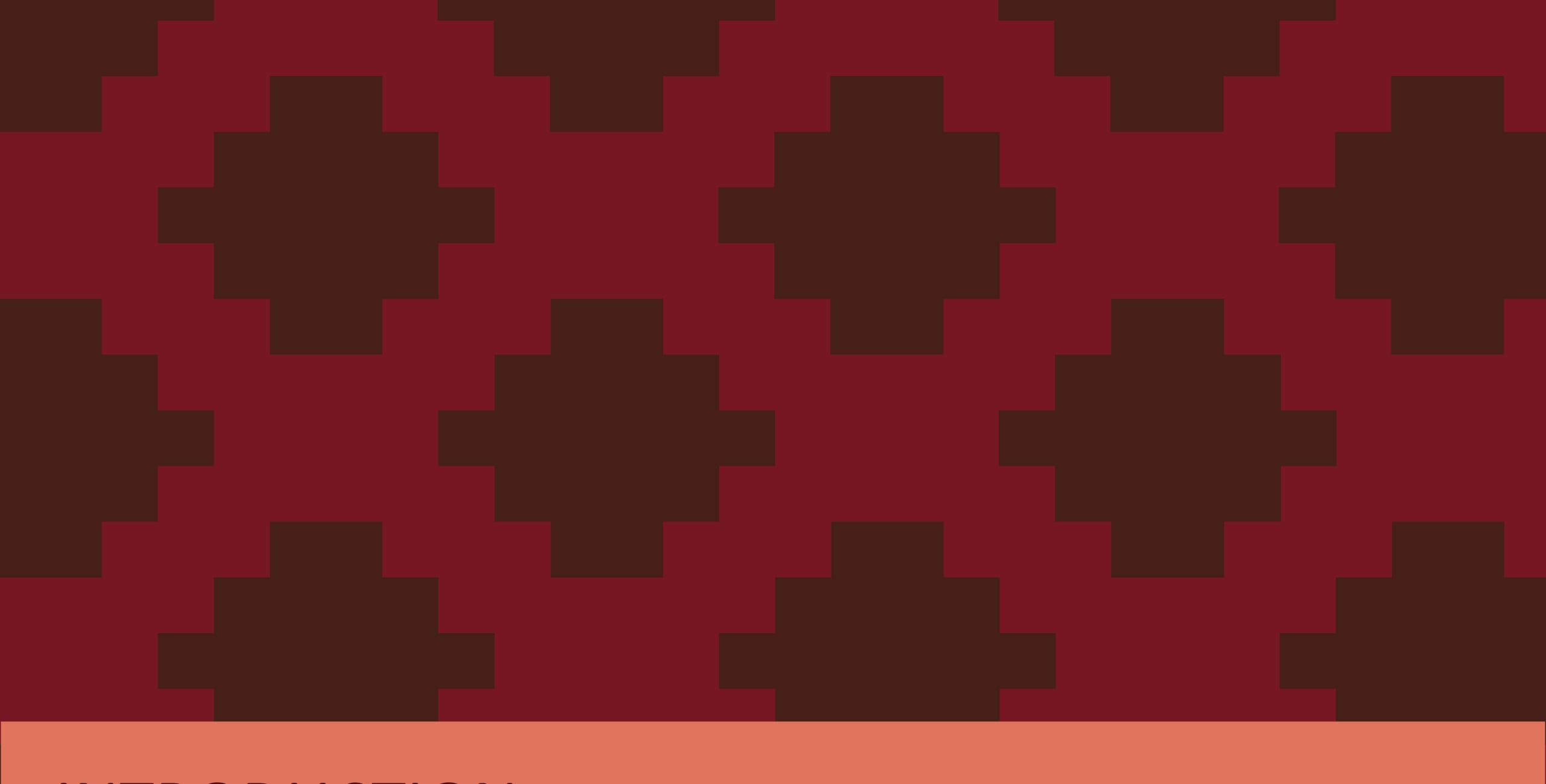
PAHU PAHU PAUL

SMART START



SMART START TRAINING





INTRODUCTION

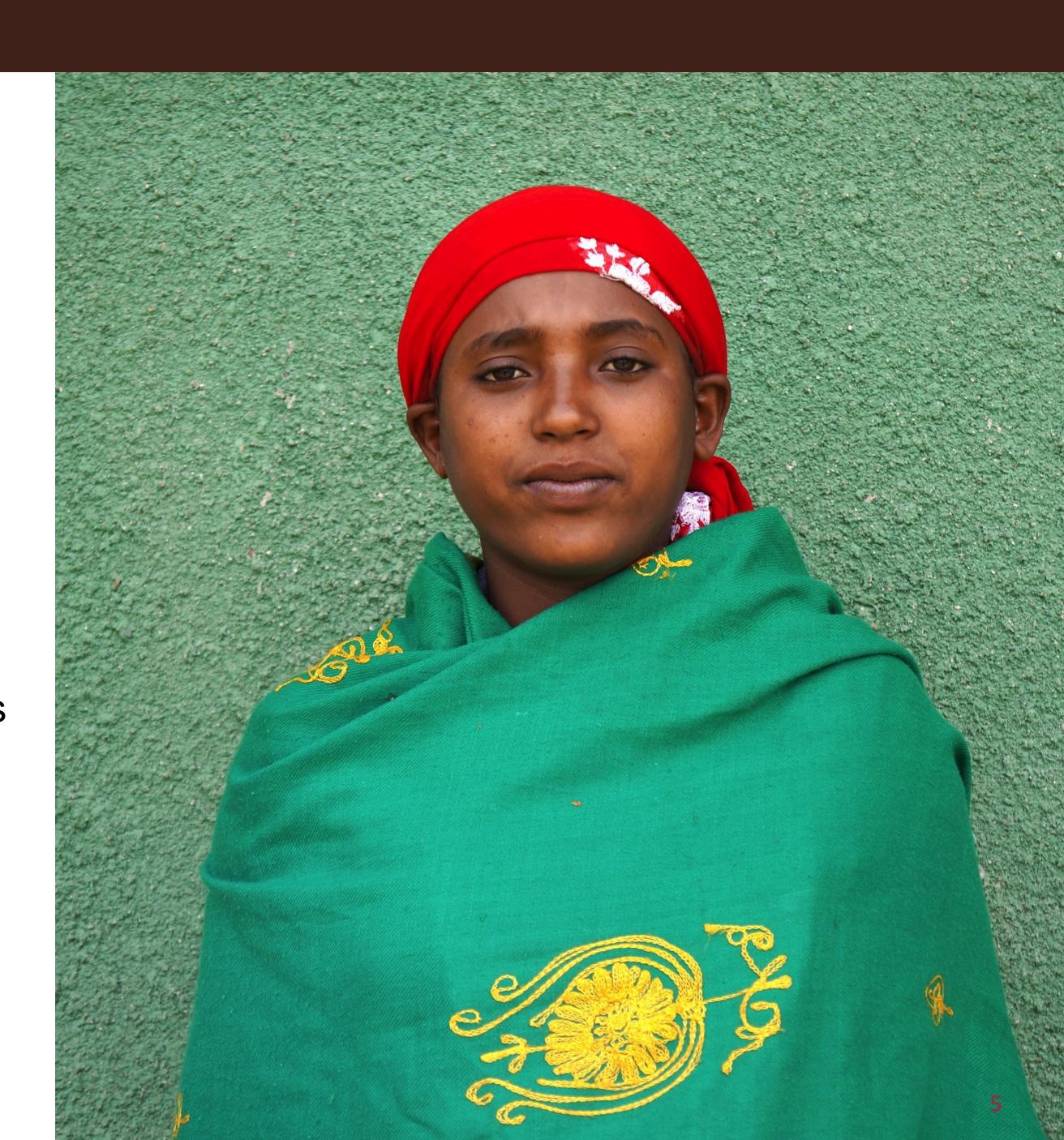
WELCOME AND INTRODUCTIONS

- Thank you for joining us today
- Introductions of leaders and trainers
- Introduce yourself to your neighbors
- Ice breaker activity



- A360 is a program to improve sexual and reproductive health for adolescents.
- Designed by and with young people; putting the adolescent girl in the center.
- 4-yr project, funded by Gates Foundation and Children's Investment Fund Foundation.
- We bring different expertise and perspectives: public health, science, social marketing, anthropology, design, and young people.
- PSI is implementing A360 in Ethiopia, Nigeria, Tanzania.

- Across Ethiopia, there are many girls that are sexually active but do not want a baby right now.
 Many of these girls are married.
- Too many girls are getting pregnant before they
 are ready, or are having babies in quick
 succession. This leads to severe health problems
 and economic disadvantage.



- The Health Extension Program (HEP) is huge success in this country, but don't often fulfill the family planning need of married 15-19 year old girls for a number of reasons.
- We have a huge opportunity to help young married couples make decisions about family planning that will ensure they and their children prosper.



- A360 system is built to be part of the HEP. We are here not to introduce a new thing, but instead
 to jointly support the family planning needs of 15-19 married girls.
- We learned that sensitive topic of contraception for 15-19 year old girls seems overlooked by the system. To design a solution that fits into their lives, we created a program that helps young couples start their marriage strong with financial and family planning counseling. Smart Start will help young couples plan for fruitful harvest and families.
- Smart Start meets young couples and girls at critical moments: engagement, marriage, pregnancy and after first child. Smart Start offers a new entry point to engaging these girls in these conversations.

The purpose of this activity is to help HEWs, Facilitators, and Navigators build empathy with young married couples. We will remind them of their own youth and then think about the ways in which their adolescence is similar or different to that of the young people they will be serving.



Smart Start focuses on what's relevant to married adolescent girls: their ability to set up a new home for the first time, to find a path to financial stability, and to have healthy children. With Smart Start, contraception becomes a key tool to achieving these goals.



Smart Start reaches, educates, and serves married adolescent girls in a way that is relevant, acceptable, and accessible by:



SMART POSITIONING

Facilitating conversations with girls and their husbands to reframe family planning as smart planning.



SMART MOBILIZATION

Uniting communities around a cause they can get behind—financial stability and healthy families—and enlisting community support to reach young couples in the kebele.



SMART SERVICE SUPPORT

Introducing dedicated Smart Start
Coordinators and Navigators to
strengthen the existing Health
Extension Worker (HEW) program
and ensure program quality.

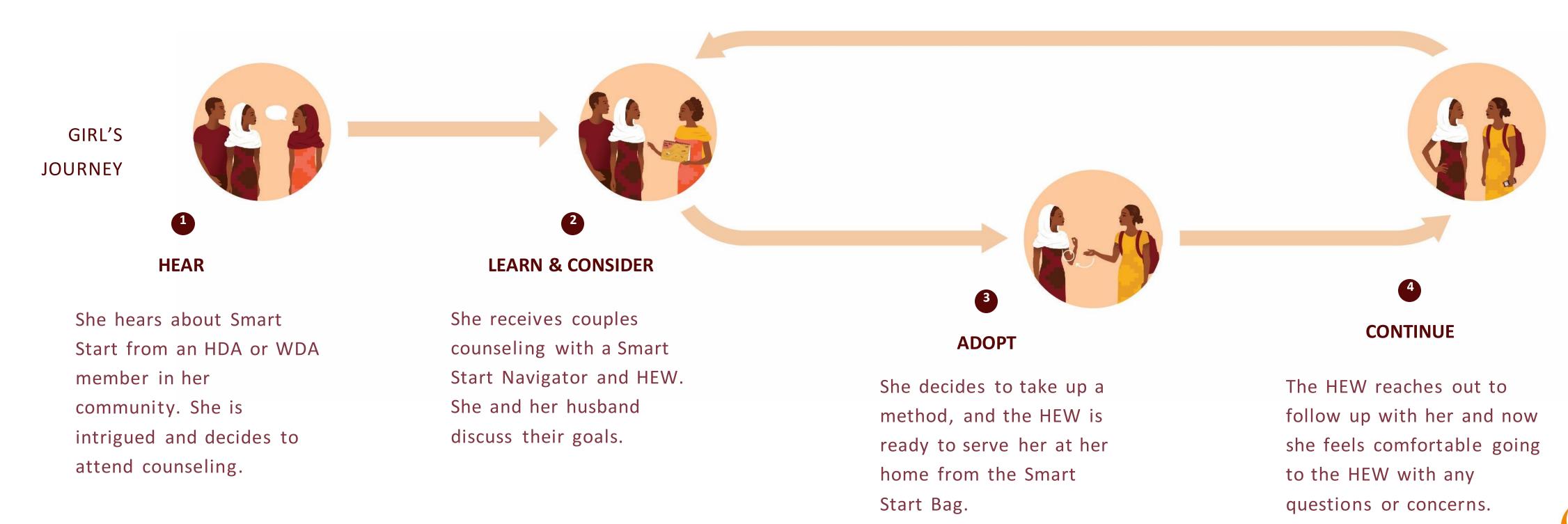


SMART FOLLOW-UP

Working with and equipping
HEWs with tools and messages to
build lifelong relationships with
married adolescent girls.



Smart Start creates a cohesive experience for the girl to learn about, consider, and adopt contraception over time.

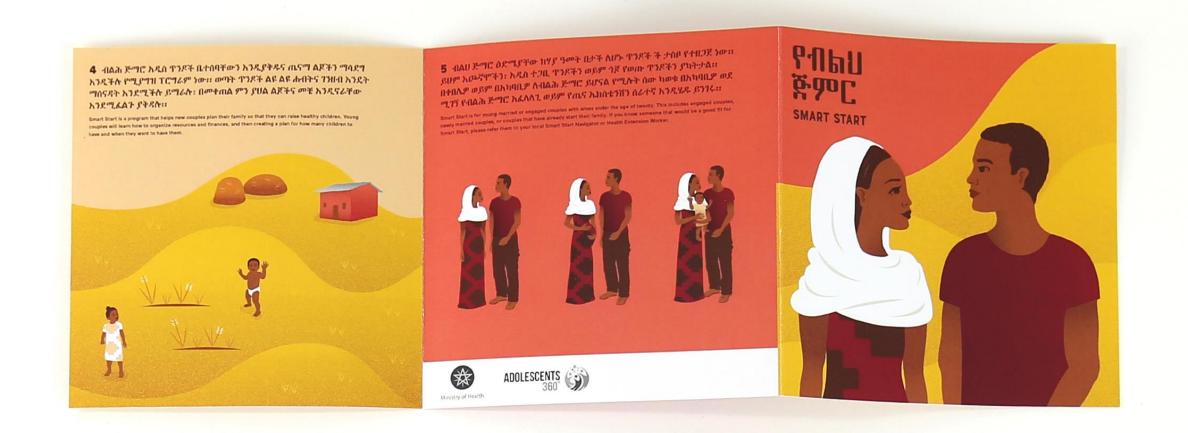


SMART MOBILIZATION



RECRUITMENT TOOLS

A key narrative that resonates with the entire community is shared at community meetings. A brochure with these Smart Start messages is used to reinforce this narrative and help recruit married adolescent girls.

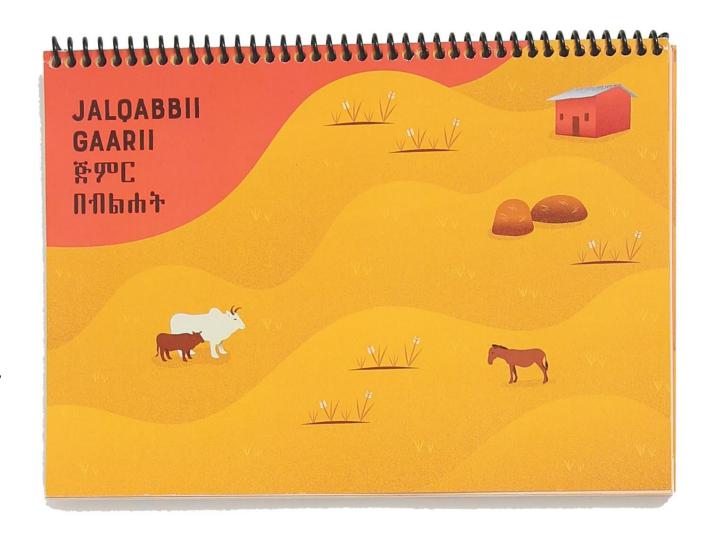


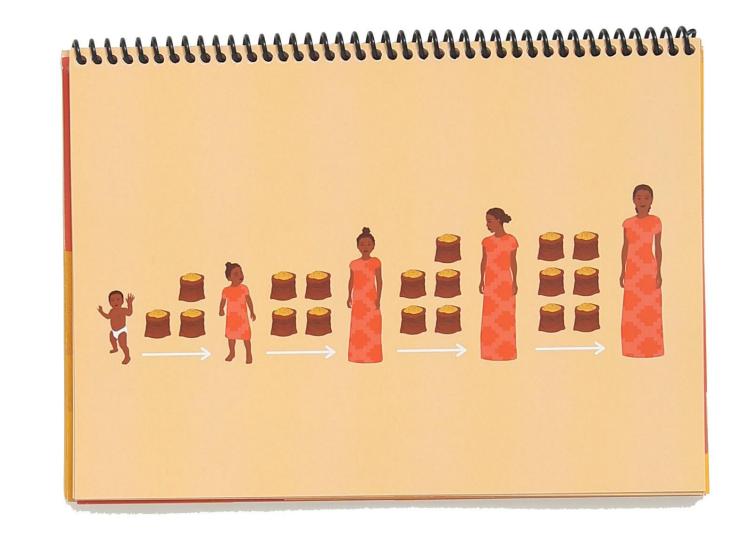




COUNSELING TOOLS

The Discussion Aide is critical in delivering the Smart Start curriculum of smart planning. The aide supports the consistent delivery of complex information in a simple, visual way for low literacy couples.





FAMILY PLANNING





METHODS COUNSELING







PROVIDER TOOLS

This Smart Start Bag helps ensure that highly mobile providers in rural areas are ready to serve a girl wherever and whenever she is ready, so the burden is not on the girl to walk the distance to the health center.







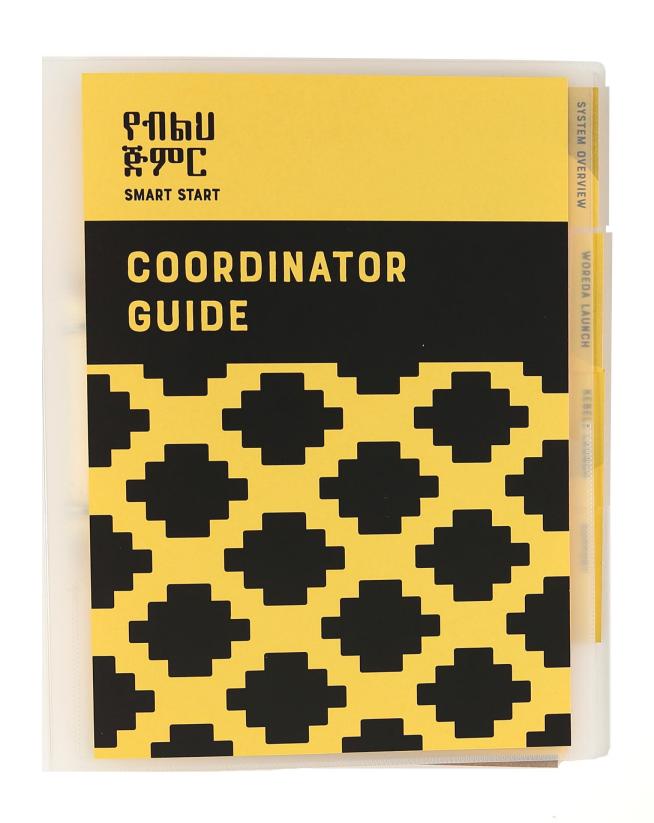
SMART START BAG





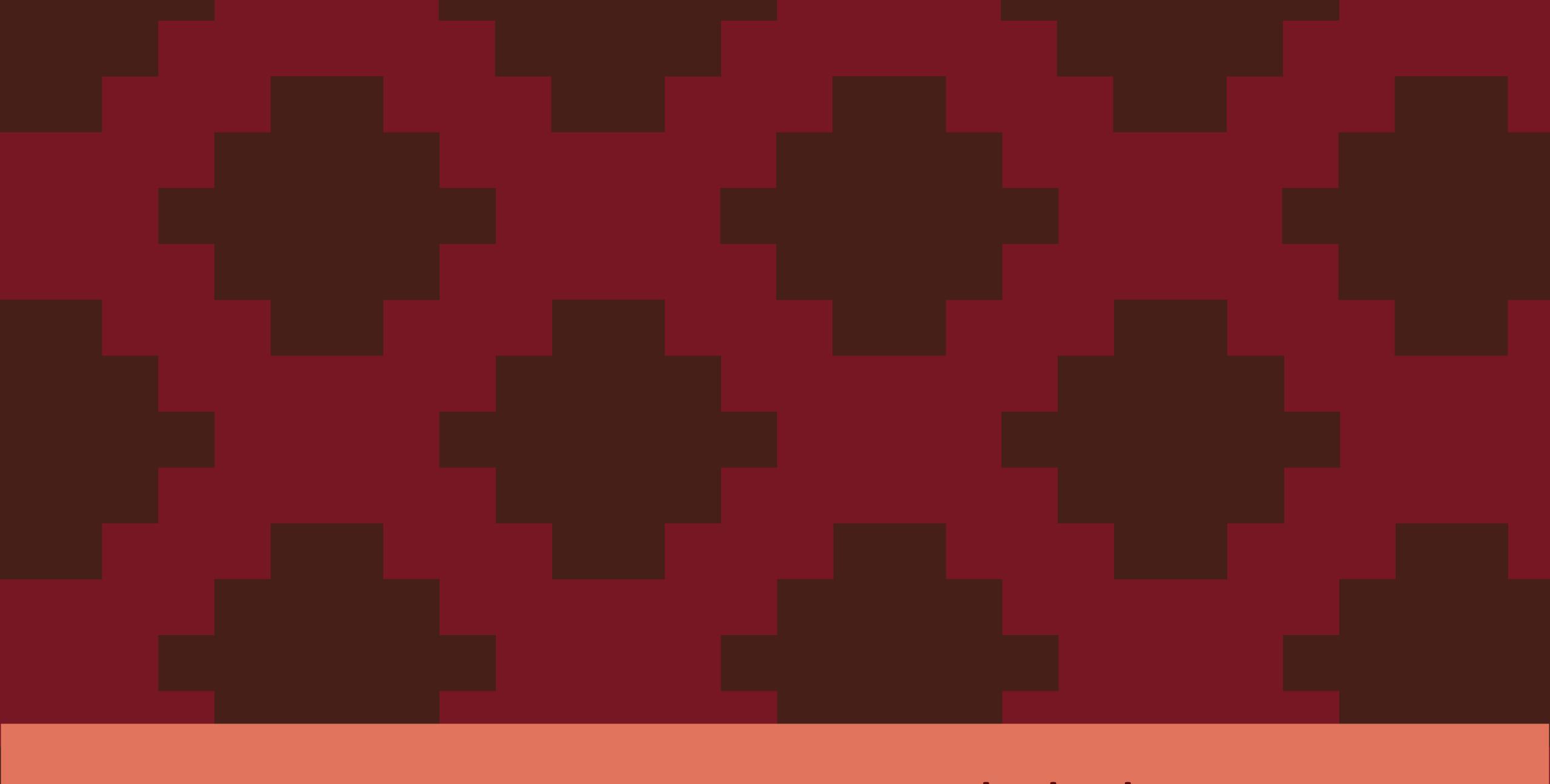
FOLLOW-UP TOOLS

Data collection tools and planning worksheets help ensure the Smart Start team can track girls and connect them to follow-up appointments.





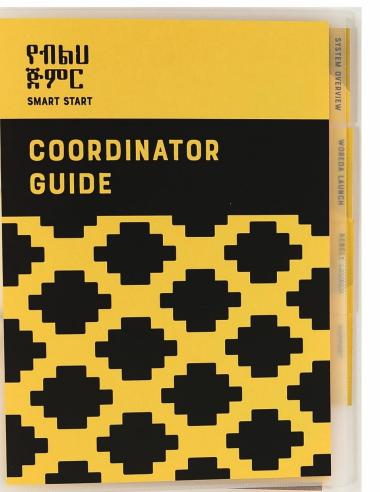




LAUNCHING SMART START in a kebele

REFER TO YOUR NAVIGATOR AND COORDINATOR GUIDES









KEY MESSAGE

There are limited resources to provide for our families. Smart

Start is a program that helps new couples plan their family so that
they can raise healthy children. Young couples will learn how to
organize resources and finances, and then create a plan for how
many children to have and when they want to have them.

KEBELE KICKOFF

Introduce Smart Start to Kebele leaders, elders, and key community members.

ONBOARD WDA

Introduce Smart Start and ask WDA to help recruit Champions and girls.

RECRUIT CHAMPIONS

Identify girls to be Smart Start
Champions. They will recruit their
peers to attend Smart Start counseling
sessions.





Adolescent Health Coordinator

- Provides supportive supervision to Navigators and HEWs
- Supports system



Navigator

- Organizes Smart Start launch in new kebeles
- Co-delivers Smart Start content
- Supports HEW in methods counseling
- Supports HEW in planning followups



Health Extension Worker

- Leverages existing relationships with girls, couples, and families
- Co-delivers Smart Start content
- Delivers methods counseling, keeps stocked methods, and provides methods
- Acts as the continuous touch point for girls, year-round
- Supports location assessment



Champion

Mobilizes adolescent girl peers

Smart Start leverages the extensive reach of the HEW network and employs a small, specialized team of Smart Start experts to ensure quality and effectiveness at the woreda level.

ACTIVATE AND LEVERAGE NETWORK:



HEALTH EXTENSION WORKERS

There are 38,000+ HEWs across Ethiopia. Their participation allows us to maximize reach and deliver services to girls in rural kebeles.

BOLSTER WITH EXPERTISE:



SMART START NAVIGATORS

Navigators deliver a high quality and effective Smart Start experience to girls, cascading expertise to HEWs for sustainability.



SMART START COORDINATORS

Coordinators provide supportive supervision to Navigators and HEWs from a woreda level.

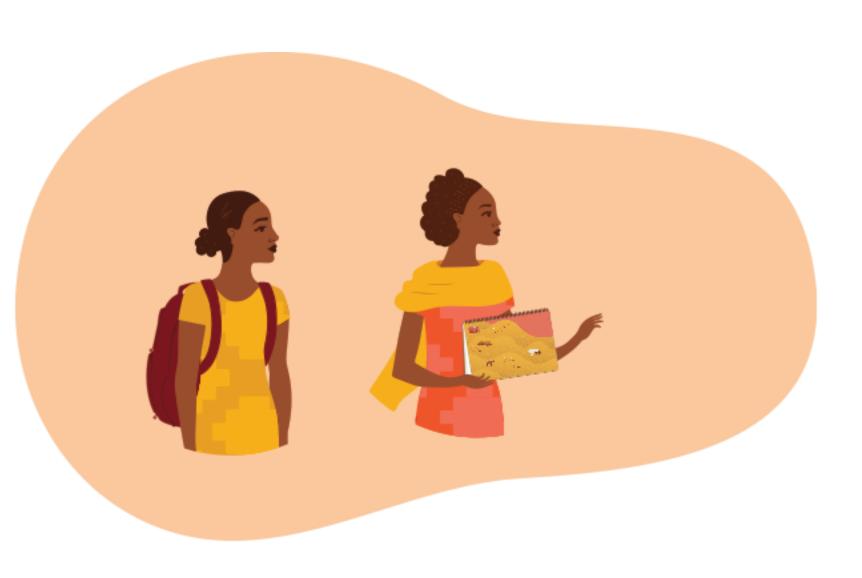


KEBELE LEVEL SMART START MODEL

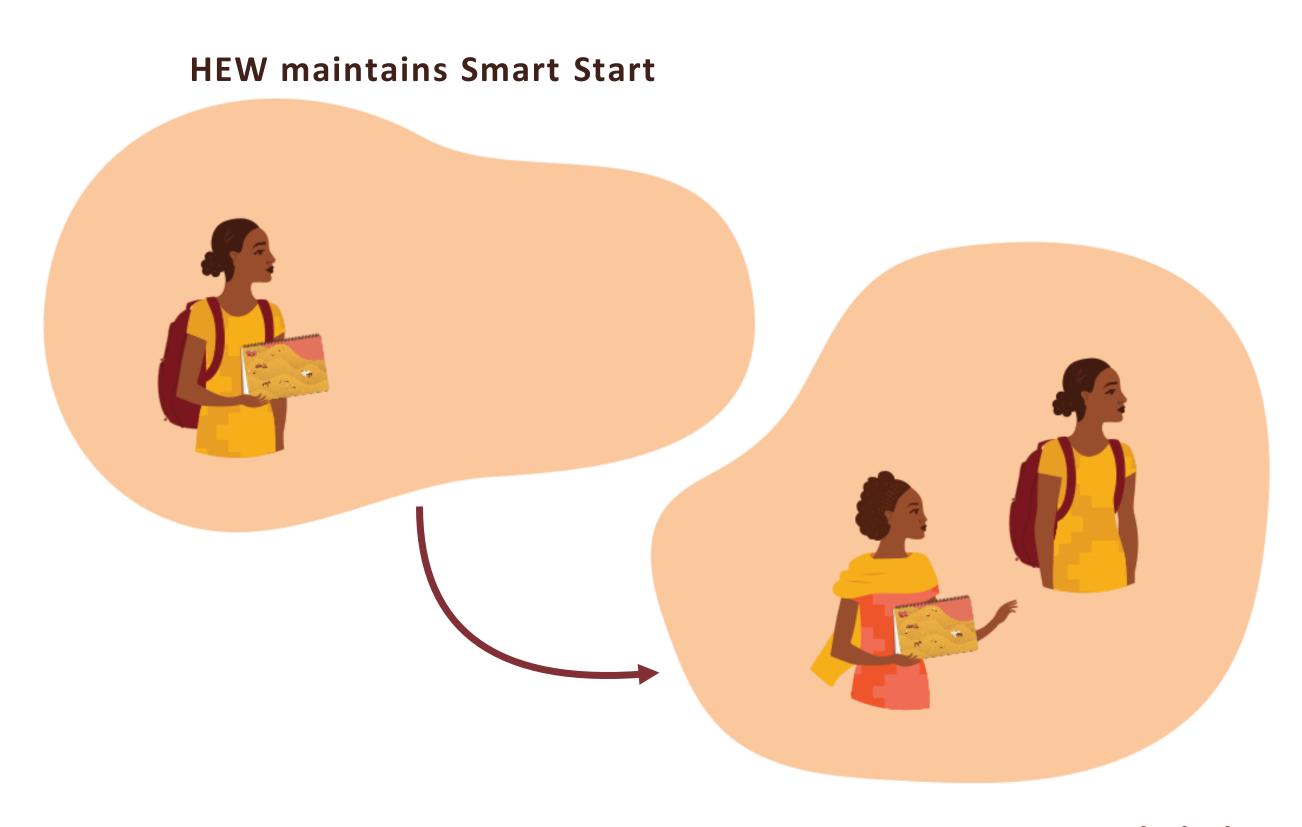
The Navigator will work closely with the HEW to launch Smart Start in a new kebele.

Together they will organize kick off events and run counseling sessions with girls and couples.

LAUNCH in new kebele

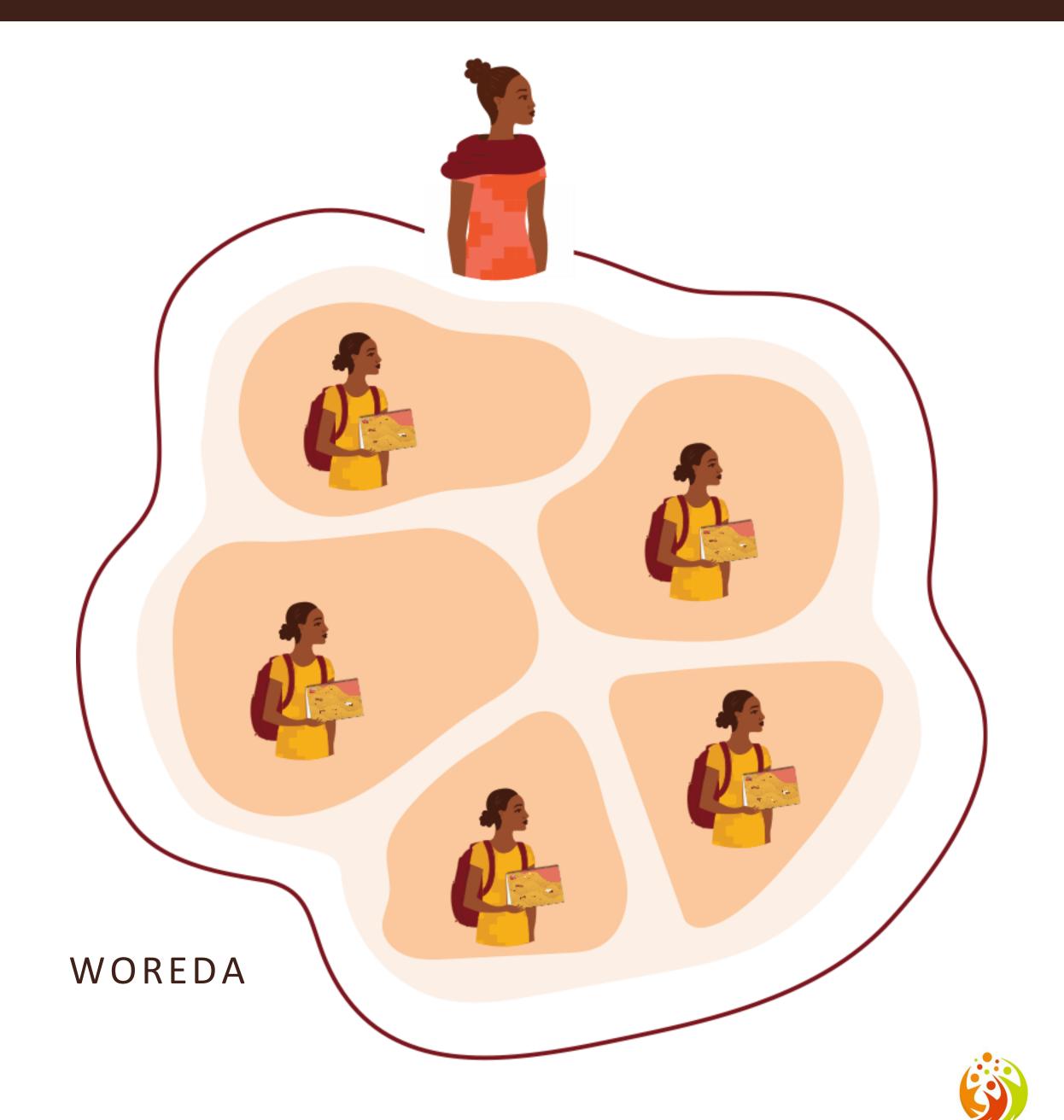


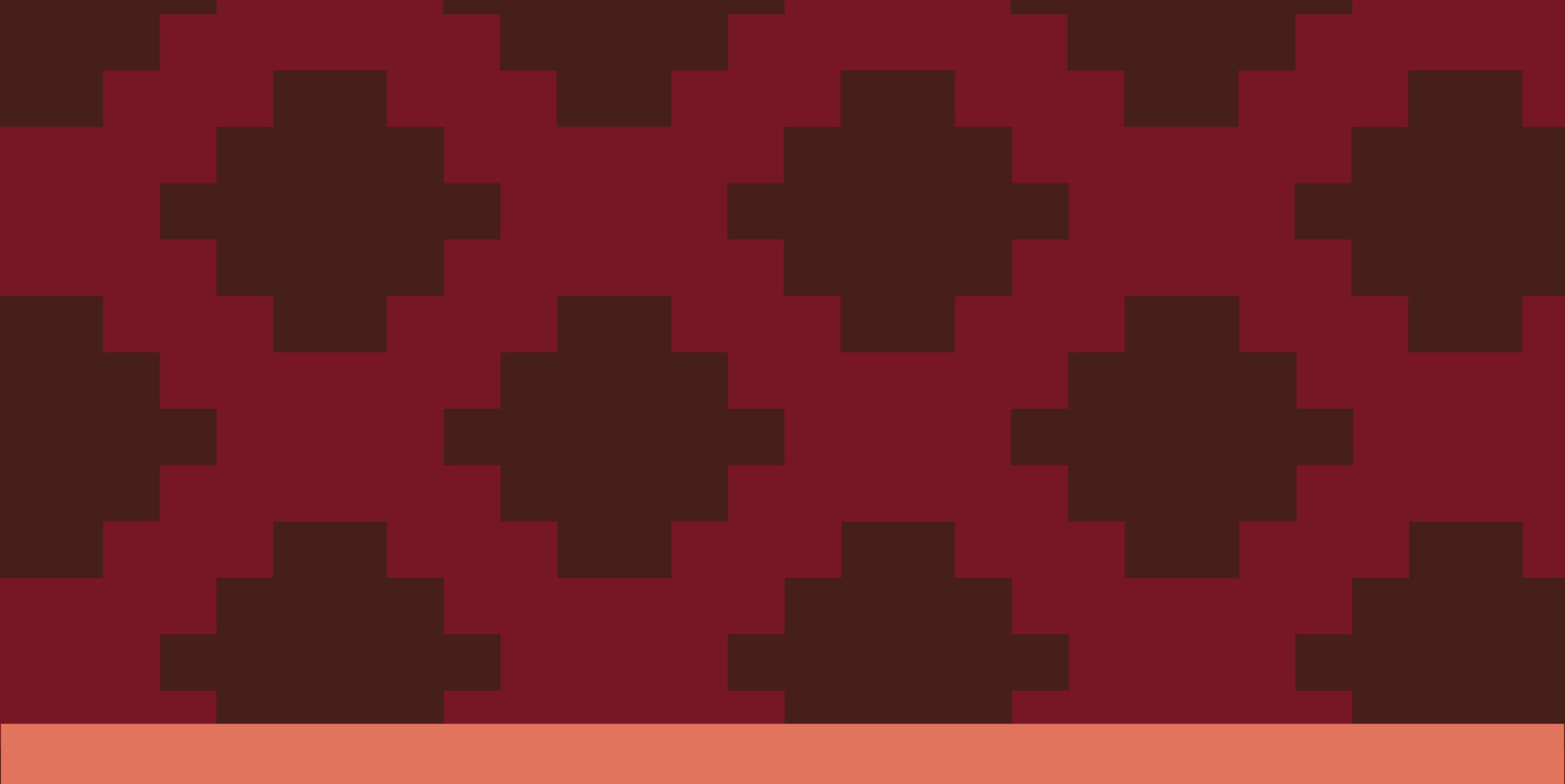
After the initial 1.5 month launch, the HEW will maintain Smart Start in the kebele and the Coordinator will support remotely.



NAVIGATOR rotates to new kebele

Adolescent Health Coordinators at the woreda
level offer supportive supervision
to the Navigators launching in new kebeles and
HEWs maintaining Smart Start activities.





DELIVERING A SMART START SESSION

There are 3 types of Smart Start sessions you could run with 15-19 year old married girls.







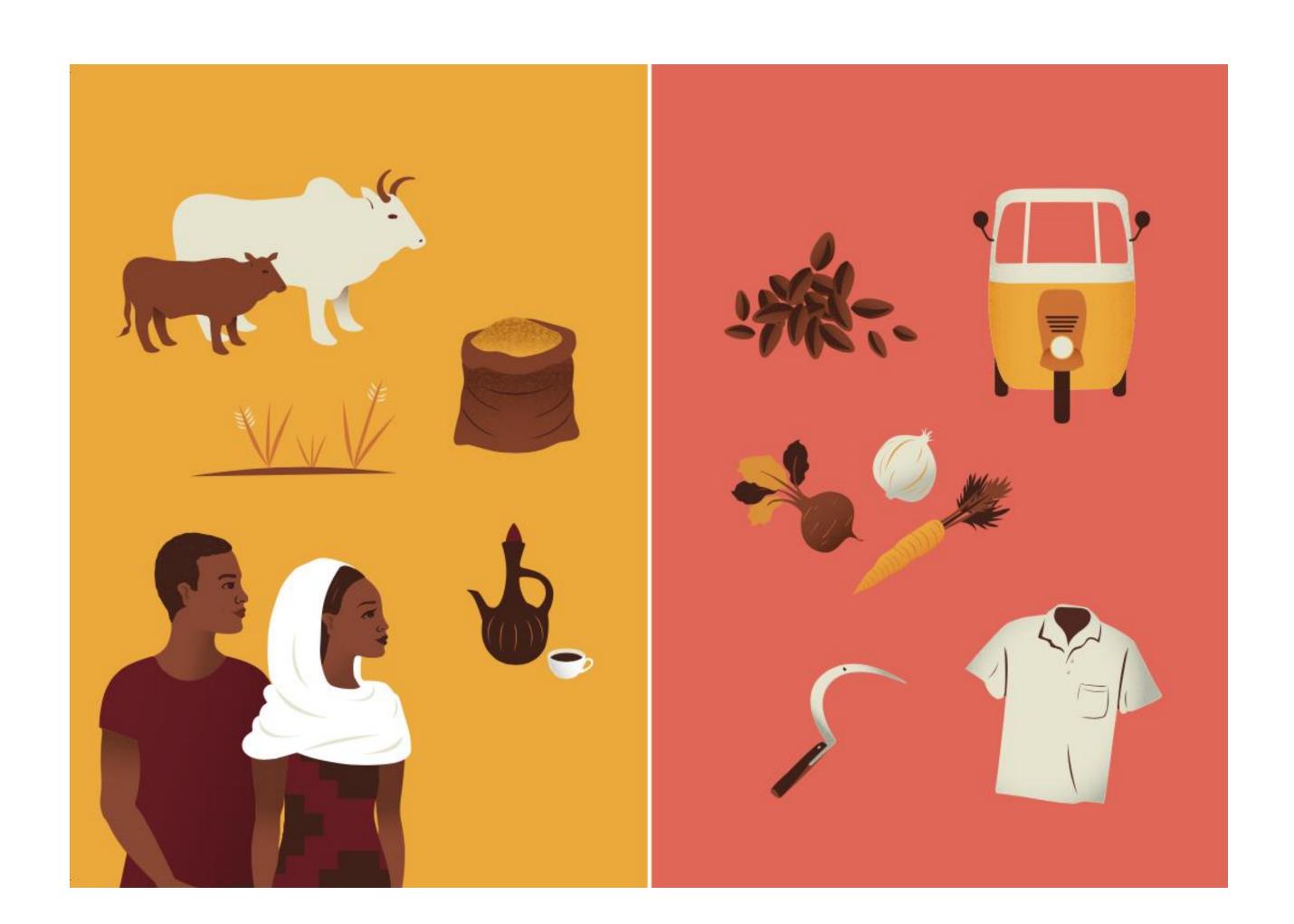
REMEMBER:

Choose a private, quiet location where everyone feels comfortable and undisturbed.



The goal of this module is to...

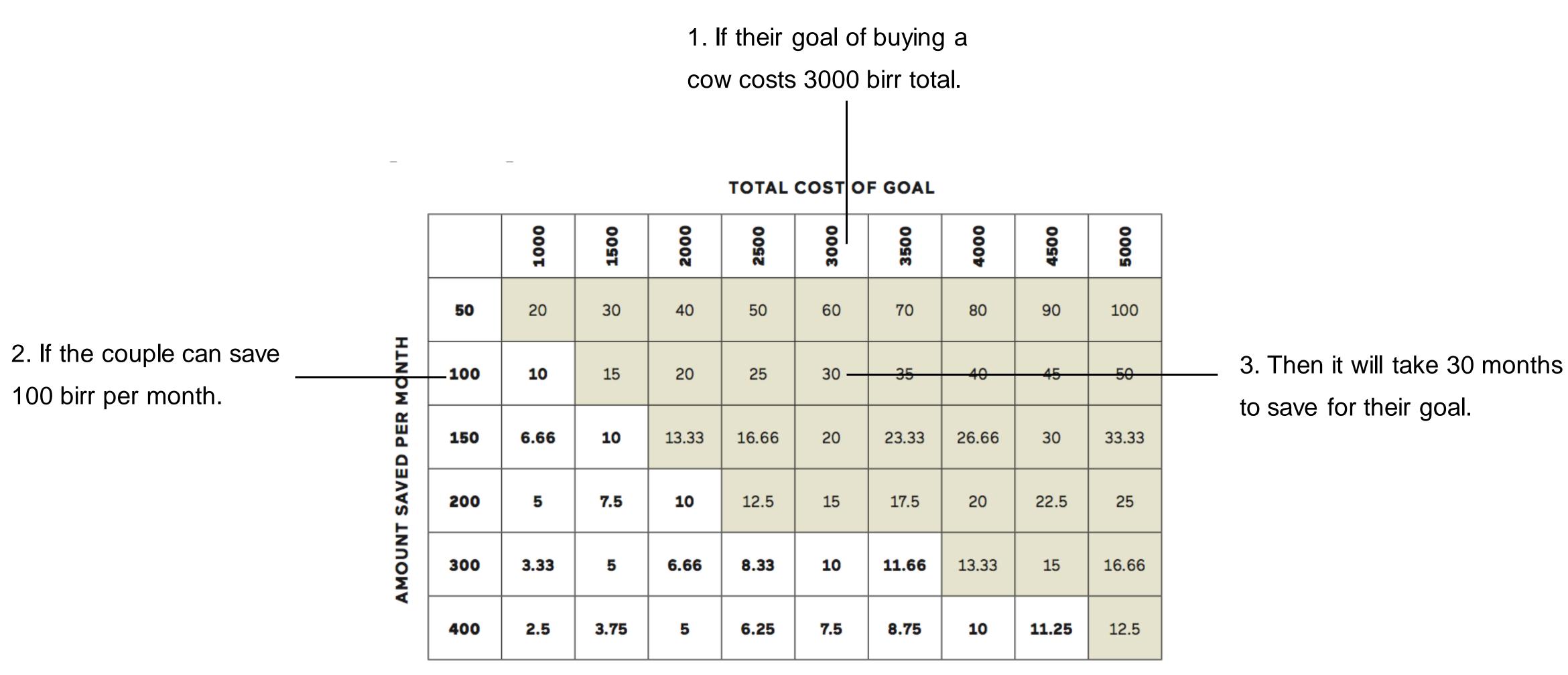
- Help couples envision their future goals
- Help couples build actionable plans towards their goals
- Entry point to talk about contraception



FINANCIAL PLANNING SESSION DEMONSTRATION



This tool is used to help couples identify how long it will take them to save for their goals.





ROLES

- R: Relax the girl by using facial expressions and show interest
- O: Open up the girl by using warm and caring tone of voice
- L: Lean toward the girl
- E: Establish and maintain eye contact
- S: Smile

SONAR

- S: Simplicity is best.
- O: Ask open ended questions.
- N: Normalize
- A: Affirmation or appreciation.
- R: Reflective listening

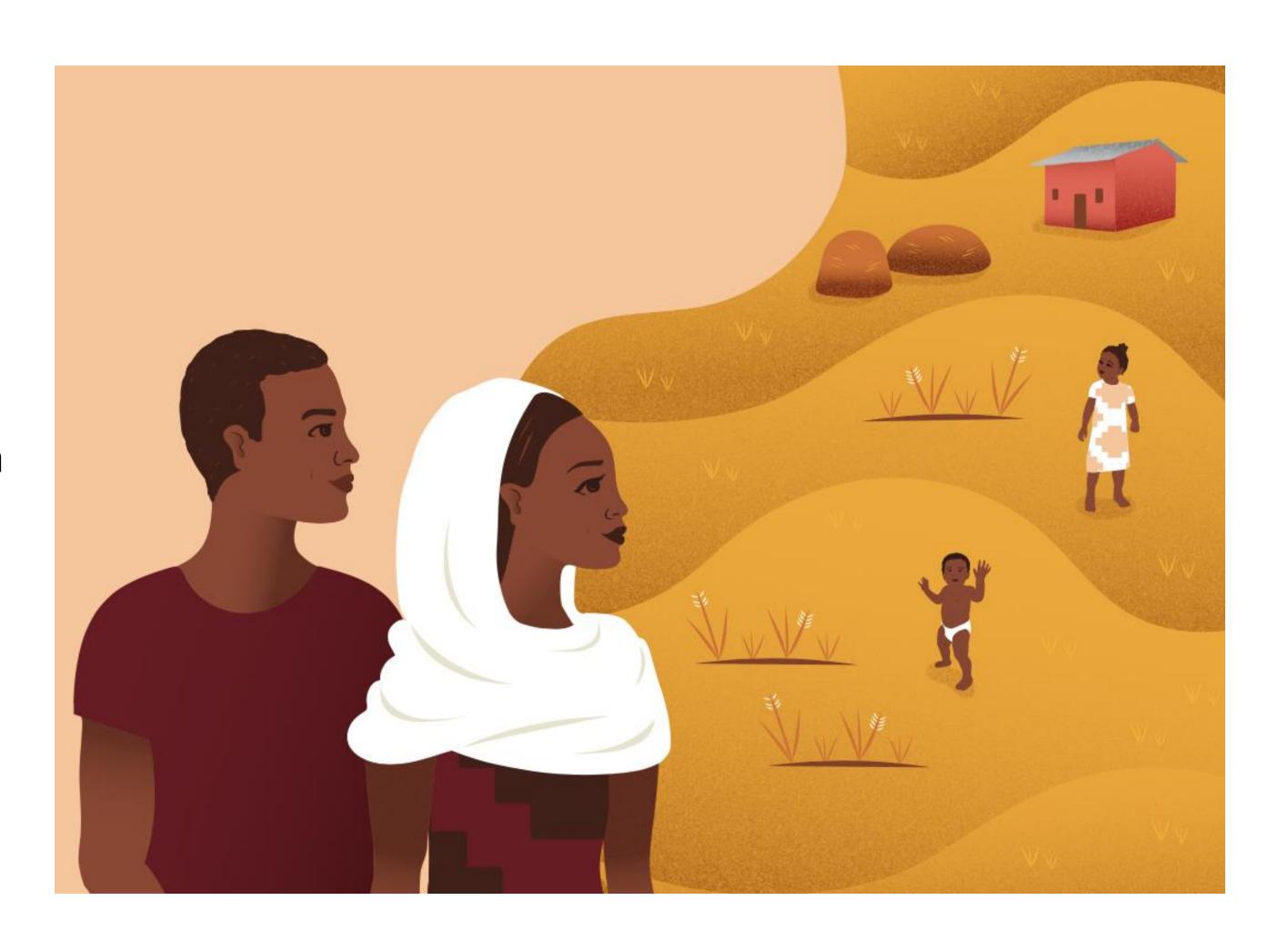
Look for ROLES and SONAR in the following example

TIME TO PRACTICE!



The goal of this module is to...

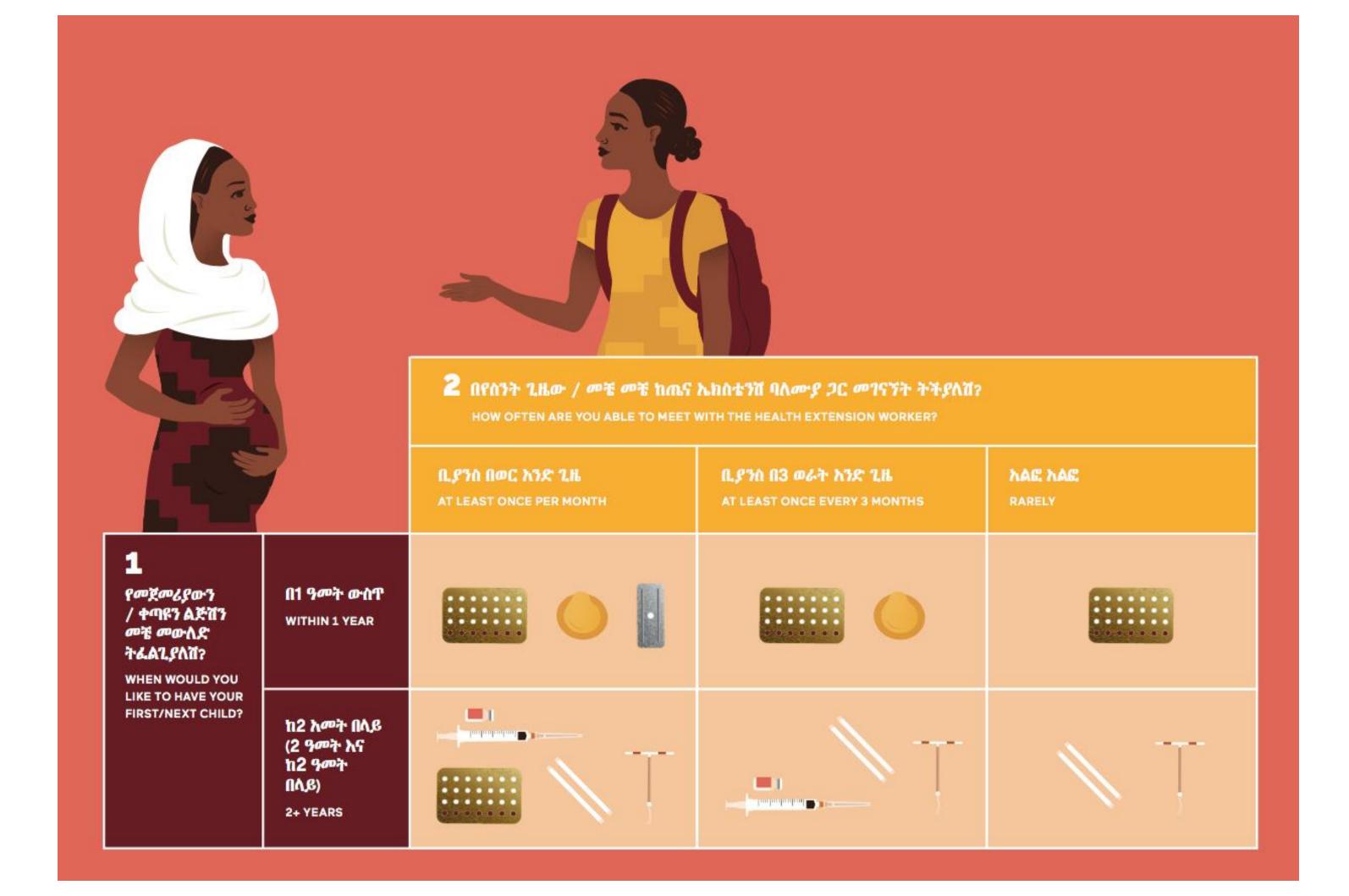
- Help couples understand implications of family size
- Help couples see the financial and health value of birth spacing
- Help couples see contraception as a way to help them plan for their finances and families





This table in the Discussion Aide is intended to help providers make a relevant method recommendations to girls. Sometimes girls get overwhelmed if providers tell them extremely detailed information about all methods.

1. When wouldyou like to haveyour first child?



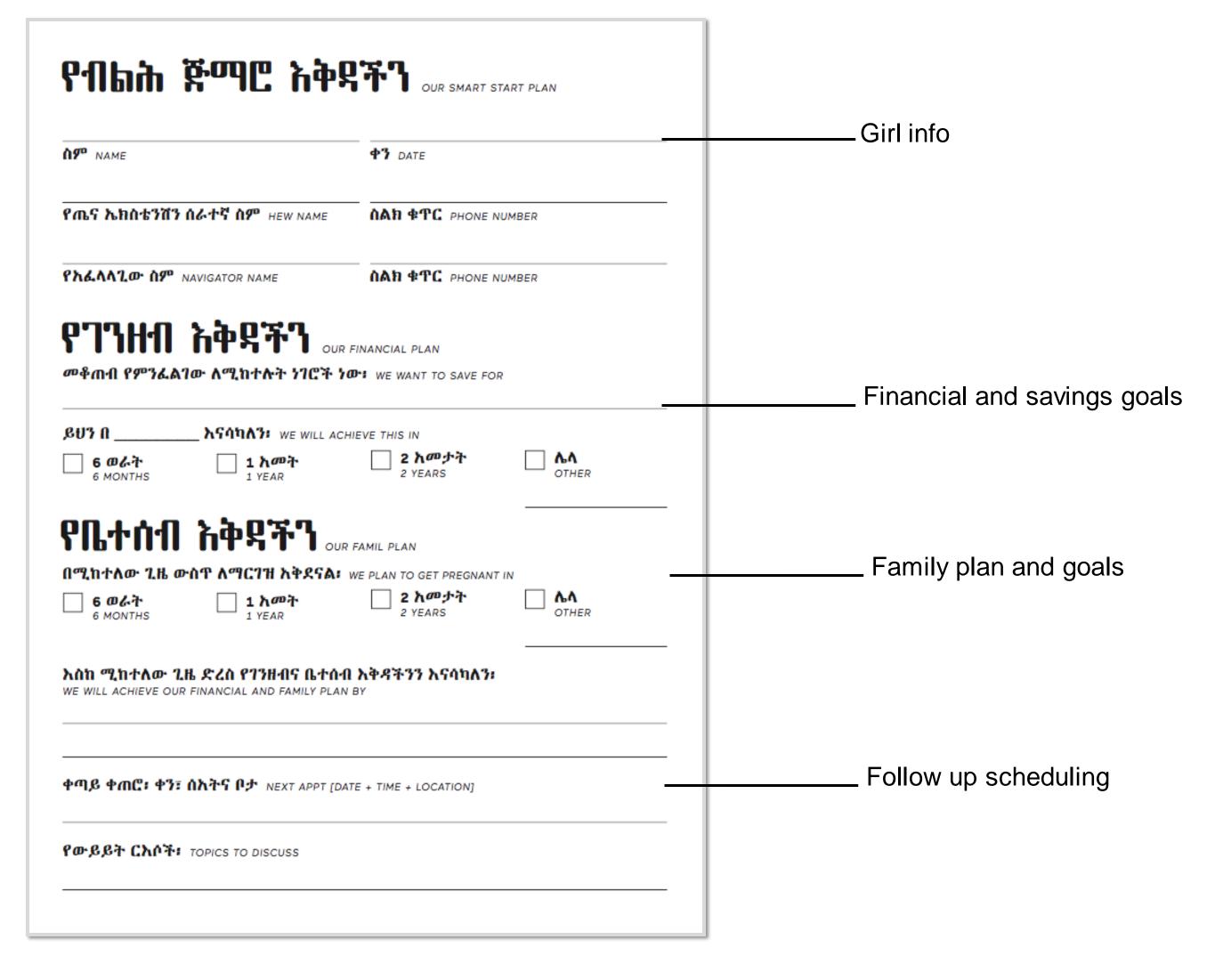
2. How often are you able to meet with the HEW?

TIME TO PRACTICE!



At the end of the session, you help the girl fill out this card about her goals to take home.







SMART START BEST PRACTICES

MAKE IT ABOUT THEM

Smart Start is not a lecture— it's about creating a discussion. Give them time to ask questions and think through their answers.

MAKE SURE THEY'RE COMFORTABLE

The topics covered in the discussion guide are sensitive. Take time to build rapport and check in to make sure everyone is feeling safe.

KEEP IT PRIVATE

Check your location before starting a counseling session. Make sure you are in a quiet space with no observers.

KEEP IT INTIMATE

A small group size will allow girls and couples to feel comfortable opening up.



SMART START STICKY SITUATIONS

Discuss what you might do if you encounter these situations:

RELIGIOUS BELIEFS:

"Contraception is against my religion. Children are gifts from God."

LACK OF PRIVACY:

Other people are listening in to the counseling session.

UNSUPPORTIVE HUSBANDS

Husbands don't let the wives speak during counseling sessions.

A husband is angry that his wife took a method without his consent.

UNSUPPORTIVE COMMUNITY

Community members are not supportive of the program.

DEMANDING COMPENSATION

Couples ask if they will get paid for taking a method.

Champions or WDA ask to get compensated for recruiting girls to Smart Start.

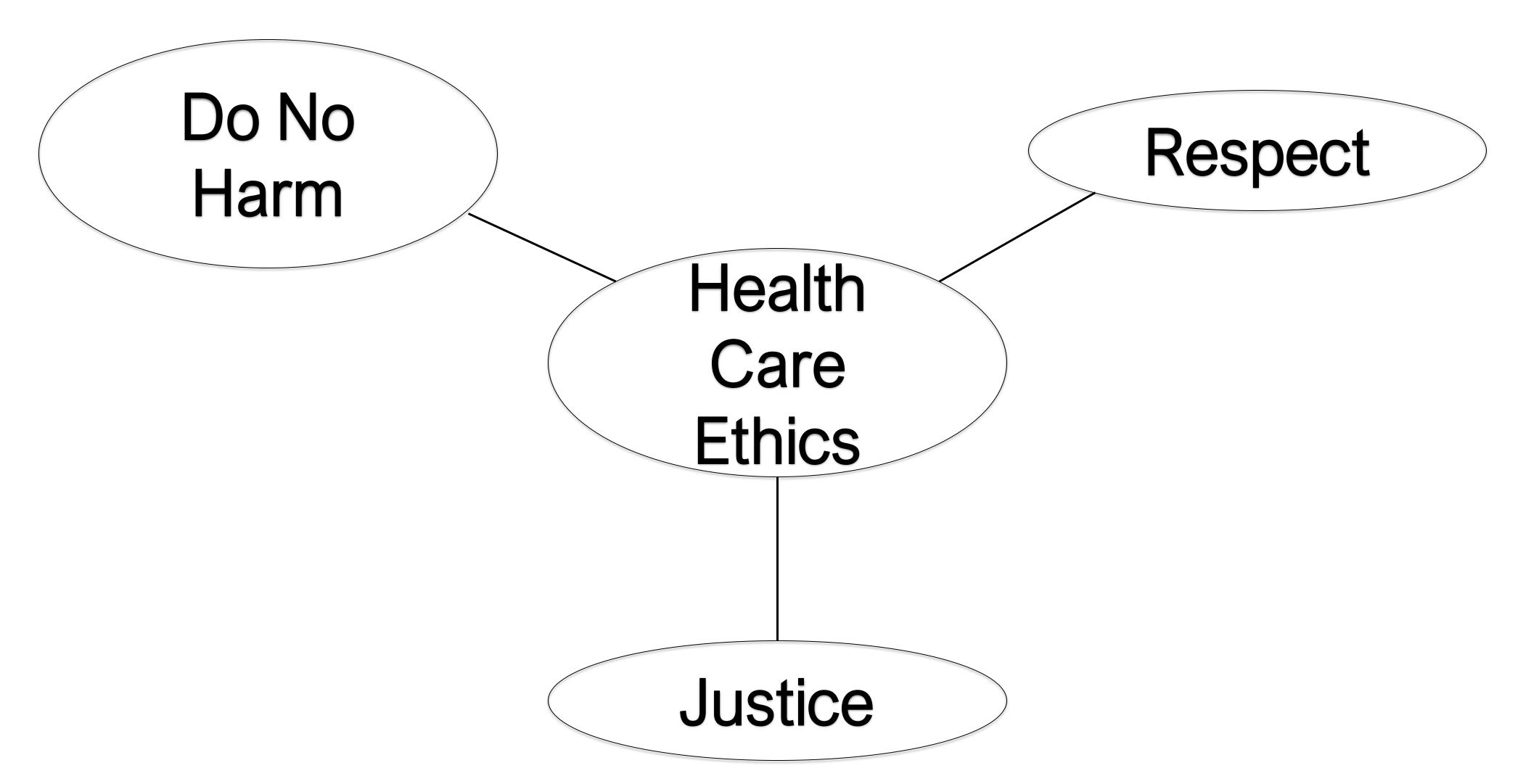


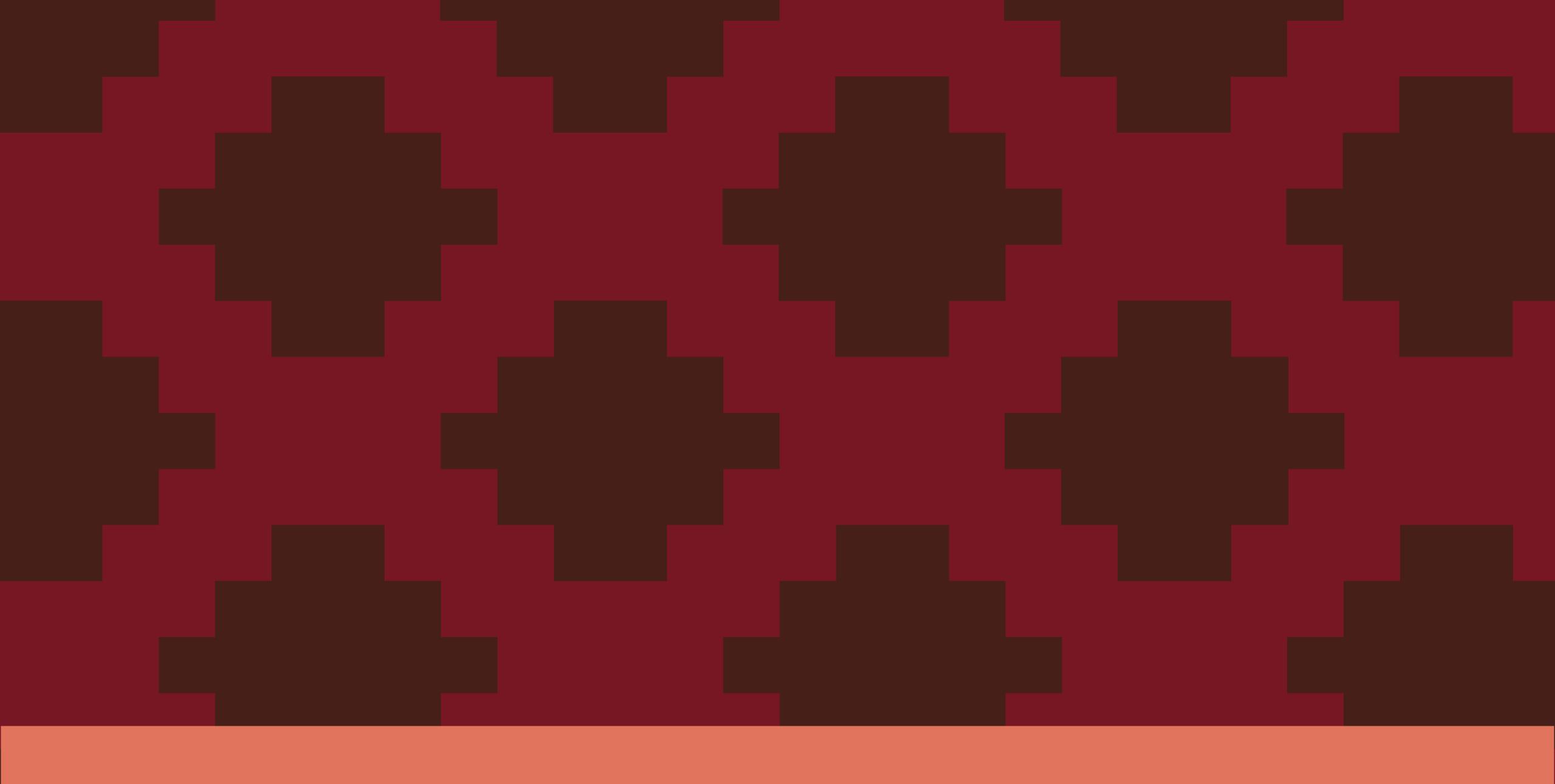
The Ministry of Health and PSI are both committed to delivering high quality health services.

What do we mean by quality?

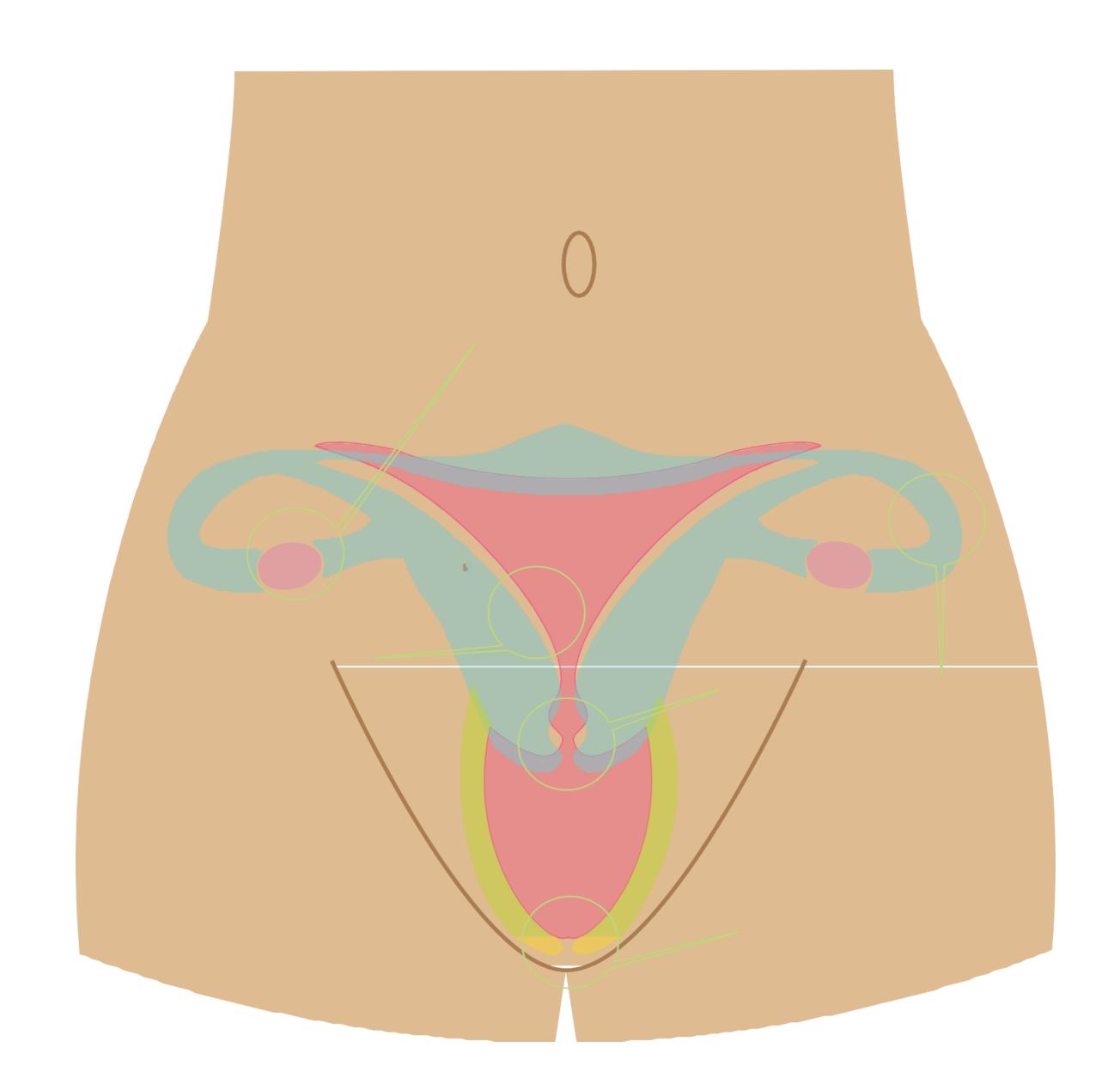
Let's start by reviewing the core values or ethics that you learned in your medical training.



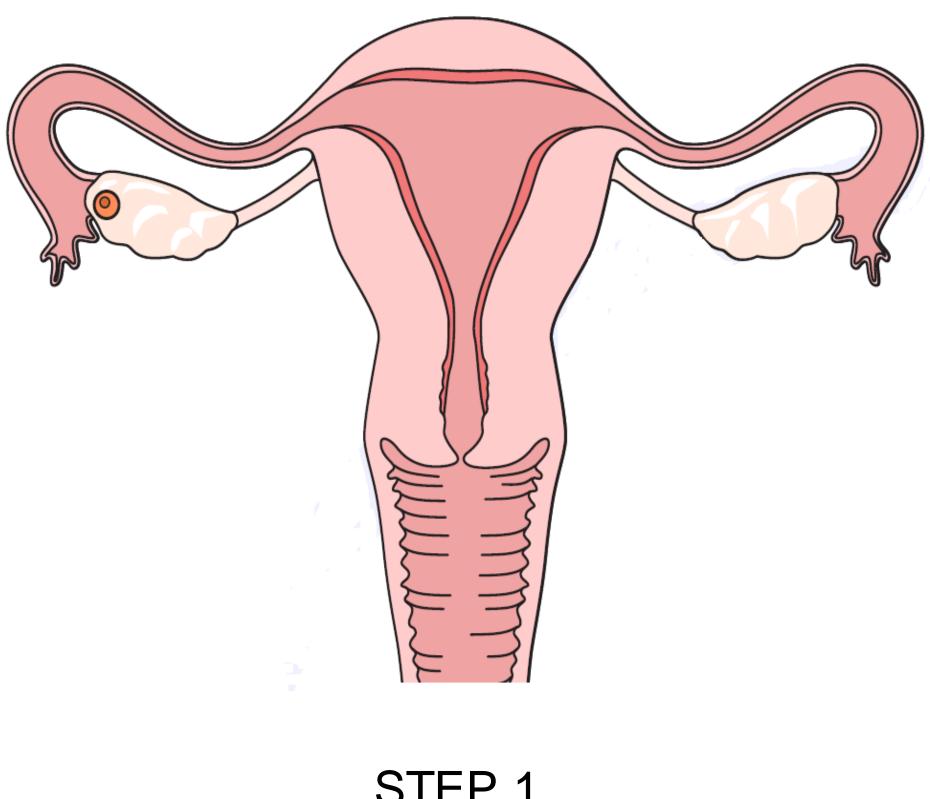




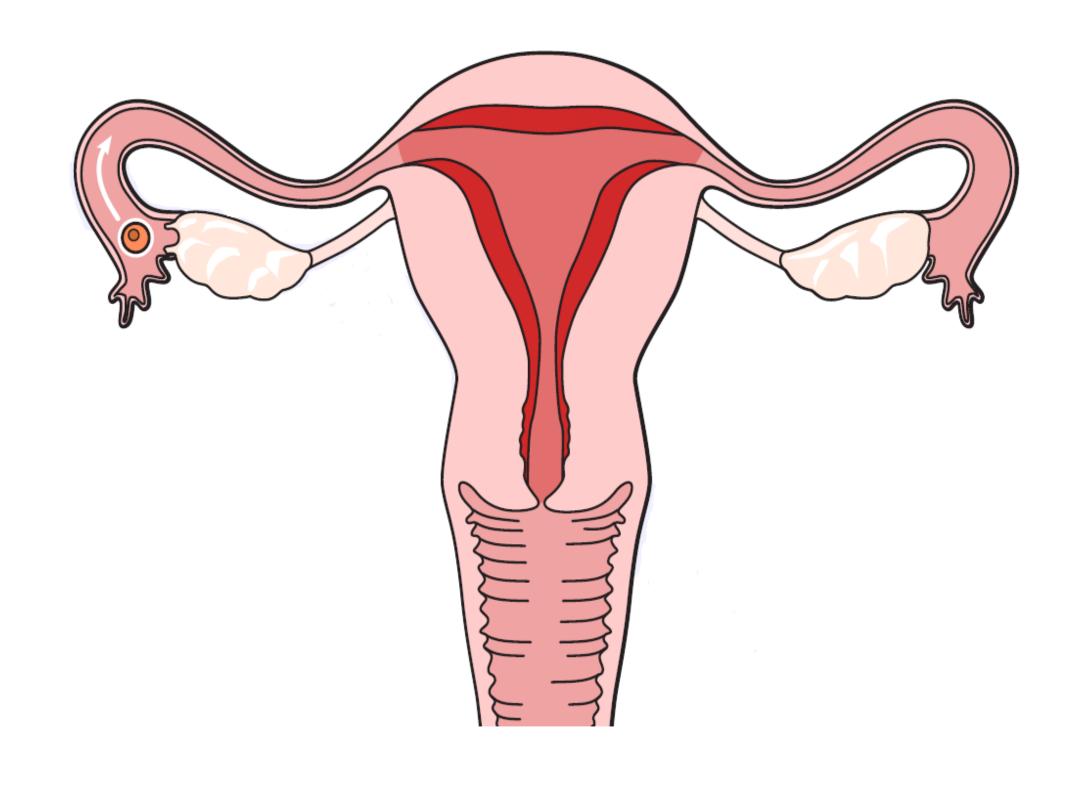
MODERN CONTRACEPTION key points



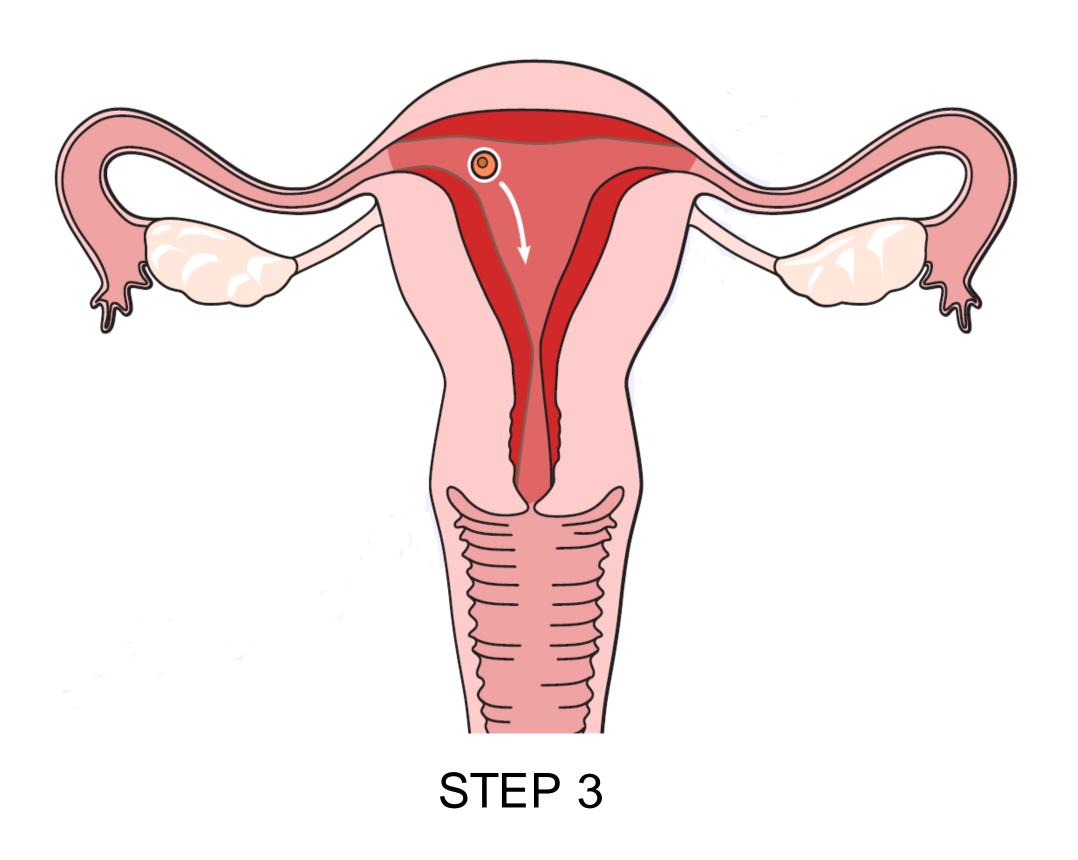


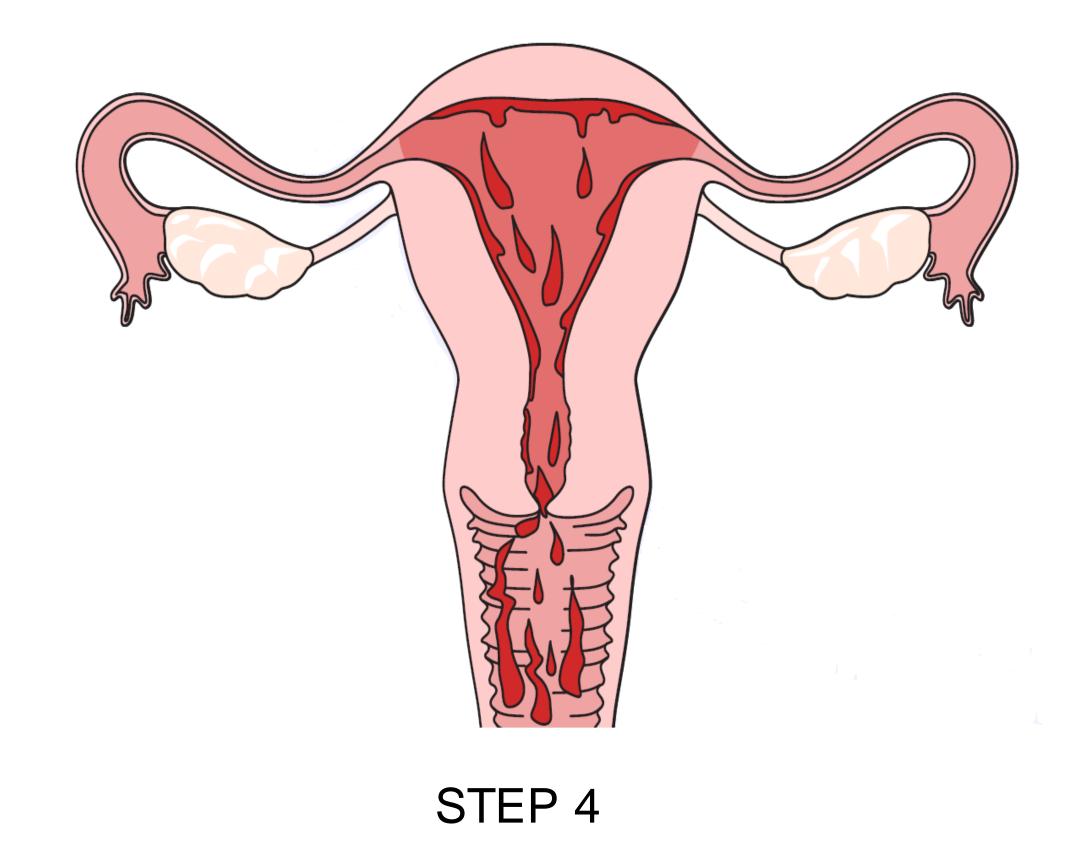


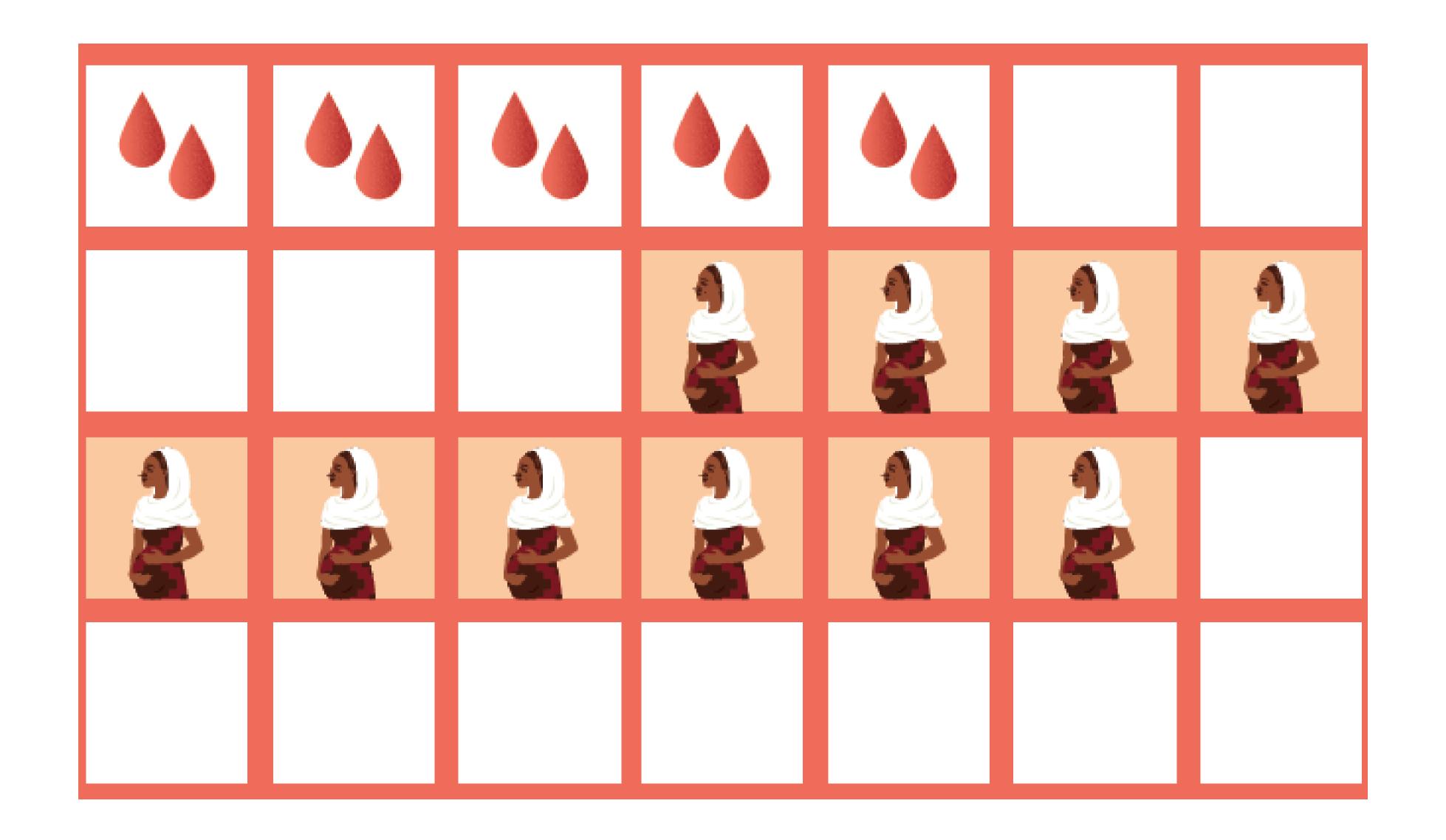
STEP 1

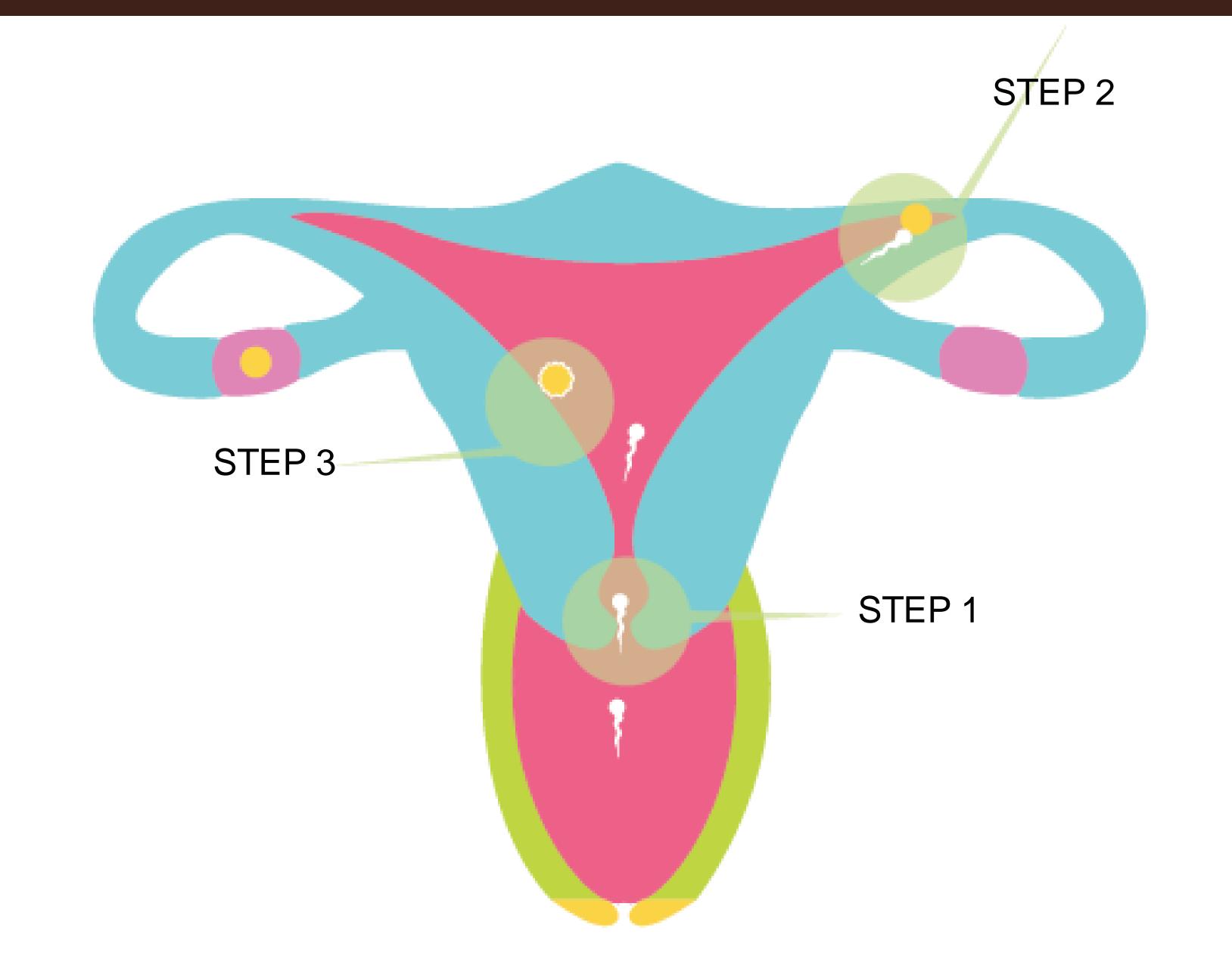


STEP 2





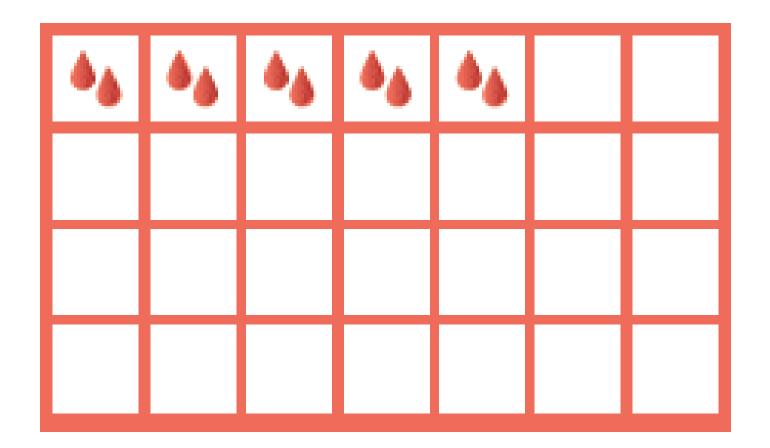


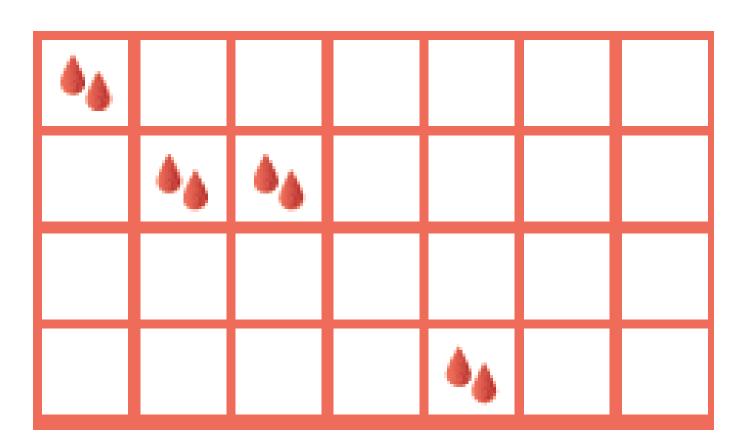


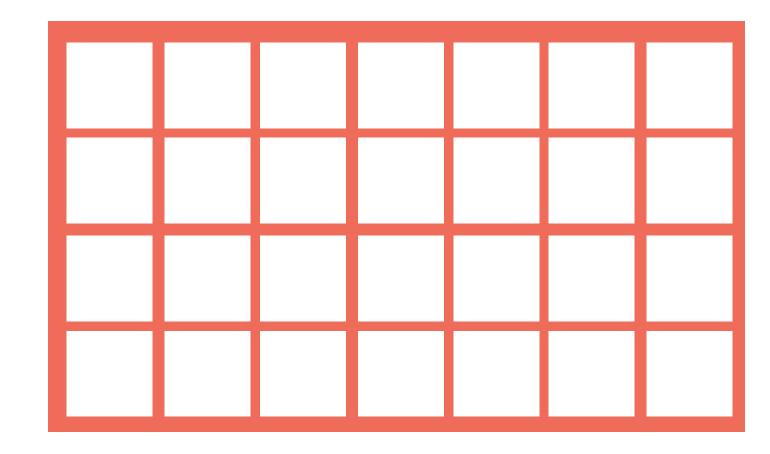


CONTRACEPTION AND MENSTRUATION

Different methods will affect menstruation differently. Changes in menstruation are often normal side effects of starting a new method.







ABSTINENCE

- How would you describe this method/how do you use it?
- What are some advantages of this method?
- What are some disadvantages of this method?
- How long is the return to fertility after stopping this method?

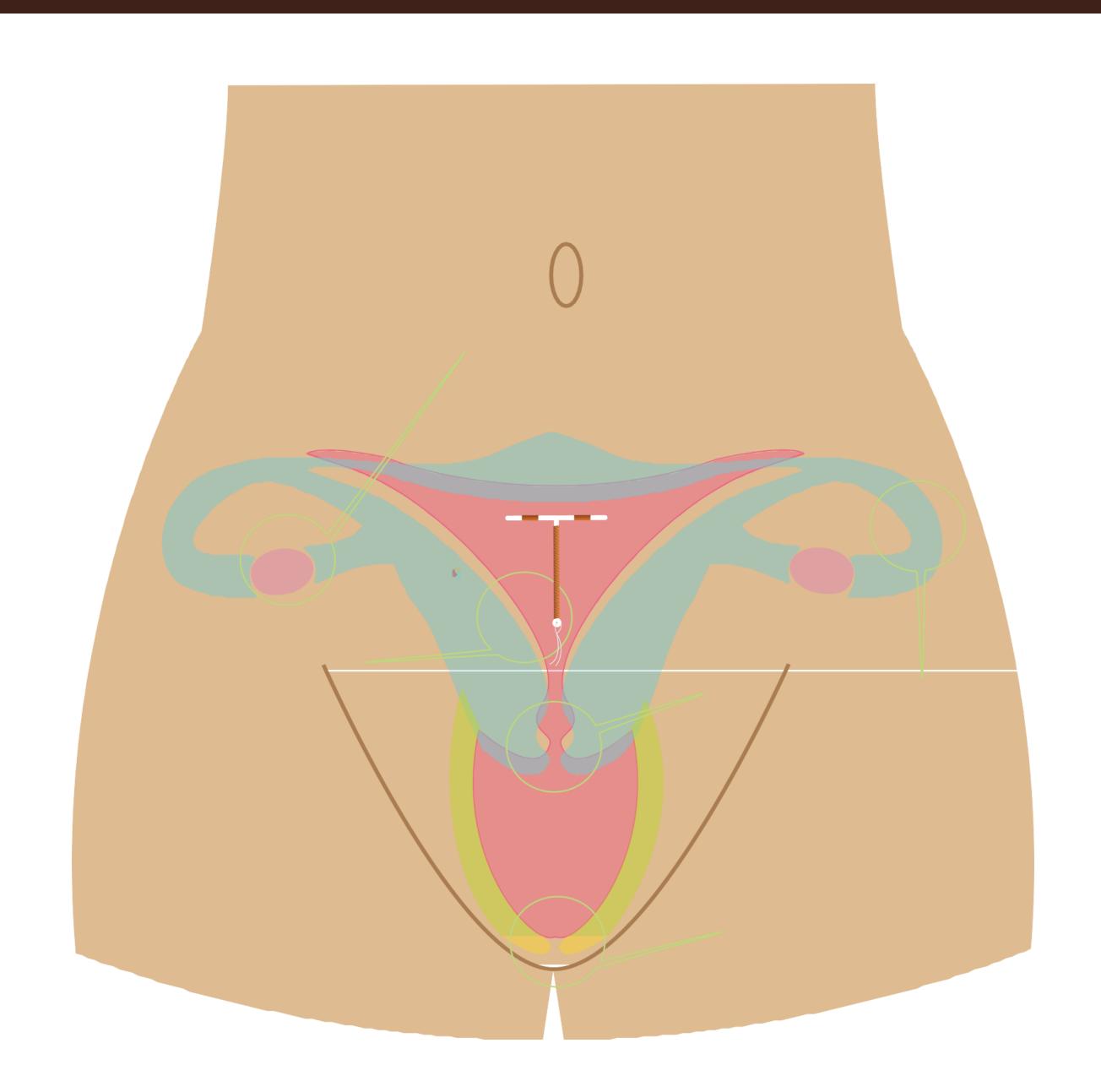


- How would you describe this method?
 How does it work?
- What are some advantages of this method?
- What are some disadvantages of this method?
- How do you use this method?
- How long is the return to fertility after stopping this method?



INTRAUTERINE DEVICE (IUD)

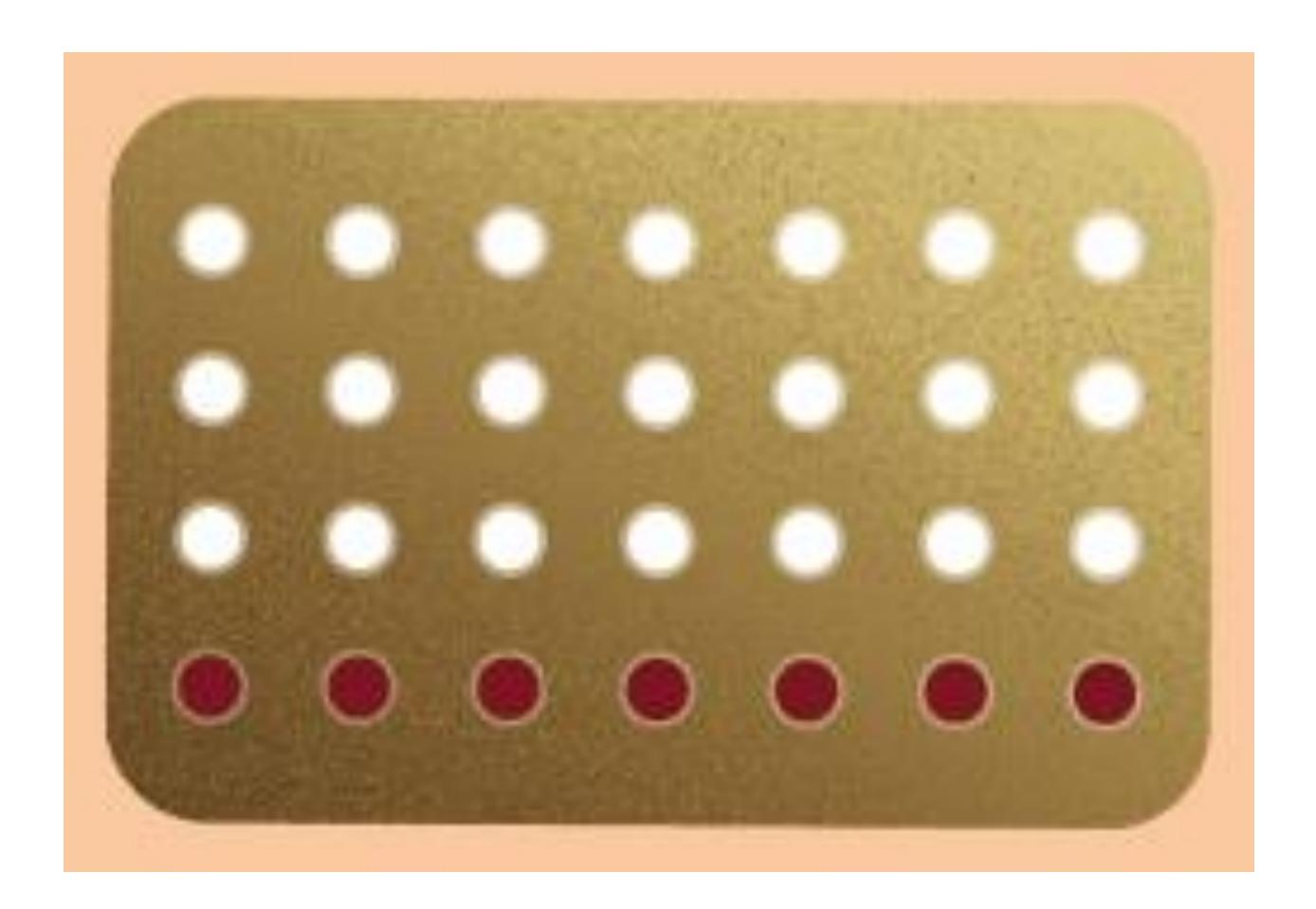
- How would you describe this method How does it work?
- What are some advantages of this method?
- What are some disadvantages of this method?
- How do you use this method?
- How long is the return to fertility after stopping this method?



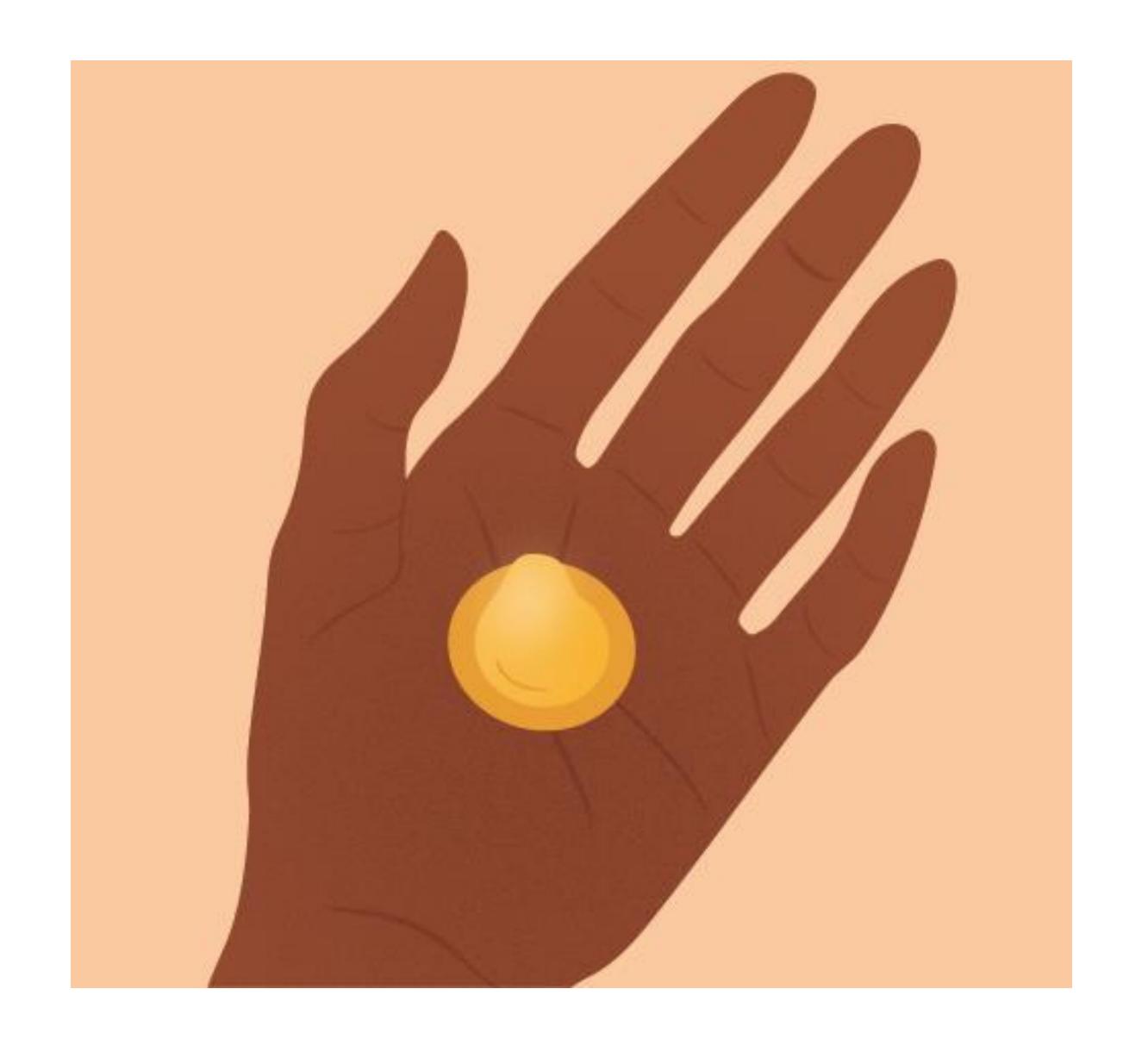
- How would you describe this method? How does it work?
- What are some advantages of this method?
- What are some disadvantages of this method?
- How do you use this method?
- How long is the return to fertility after stopping this method?



- How would you describe this method?
 How does it work?
- What are some advantages of this method?
- What are some disadvantages of this method?
- How do you use this method?
- How long is the return to fertility after stopping this method?

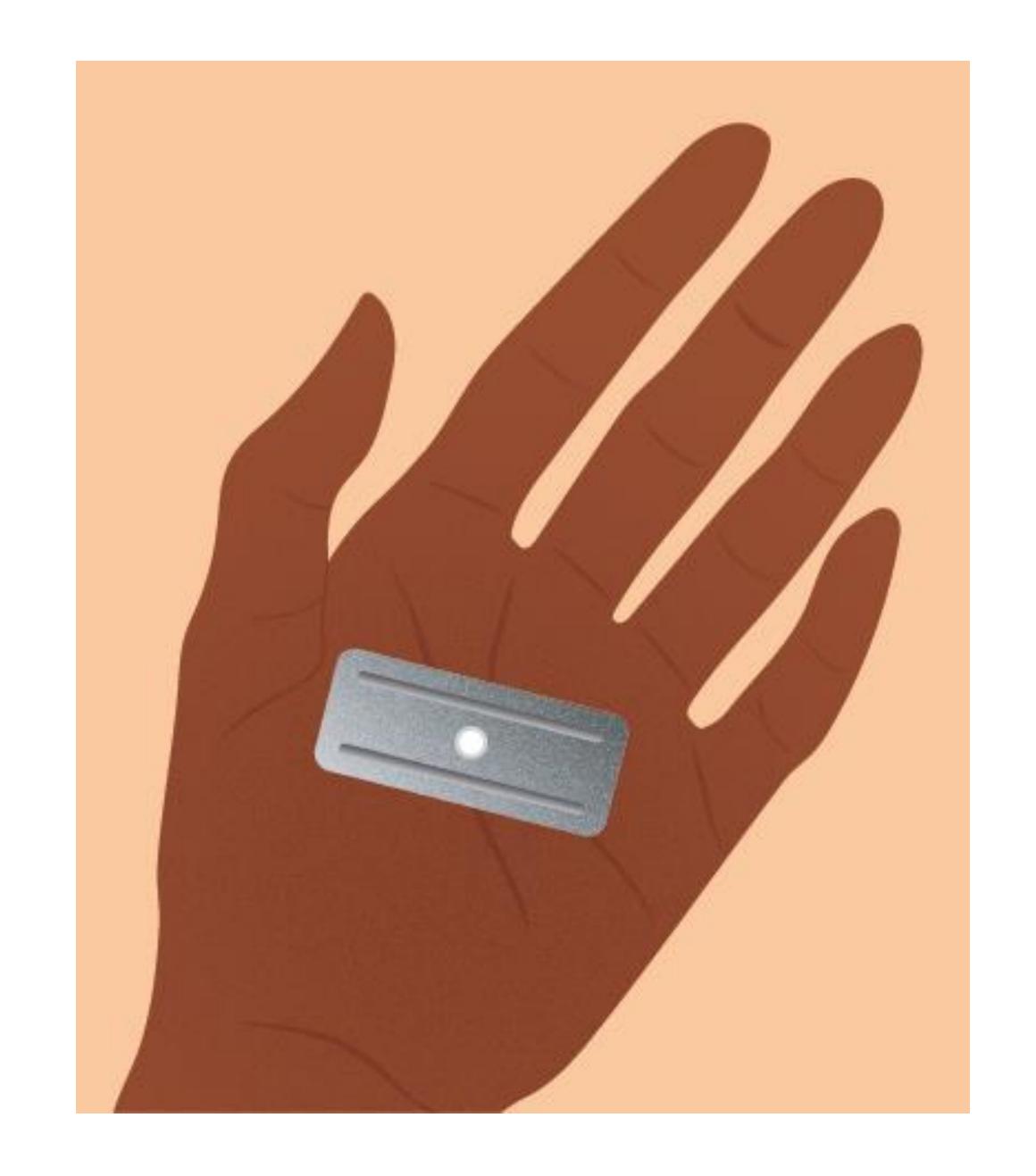


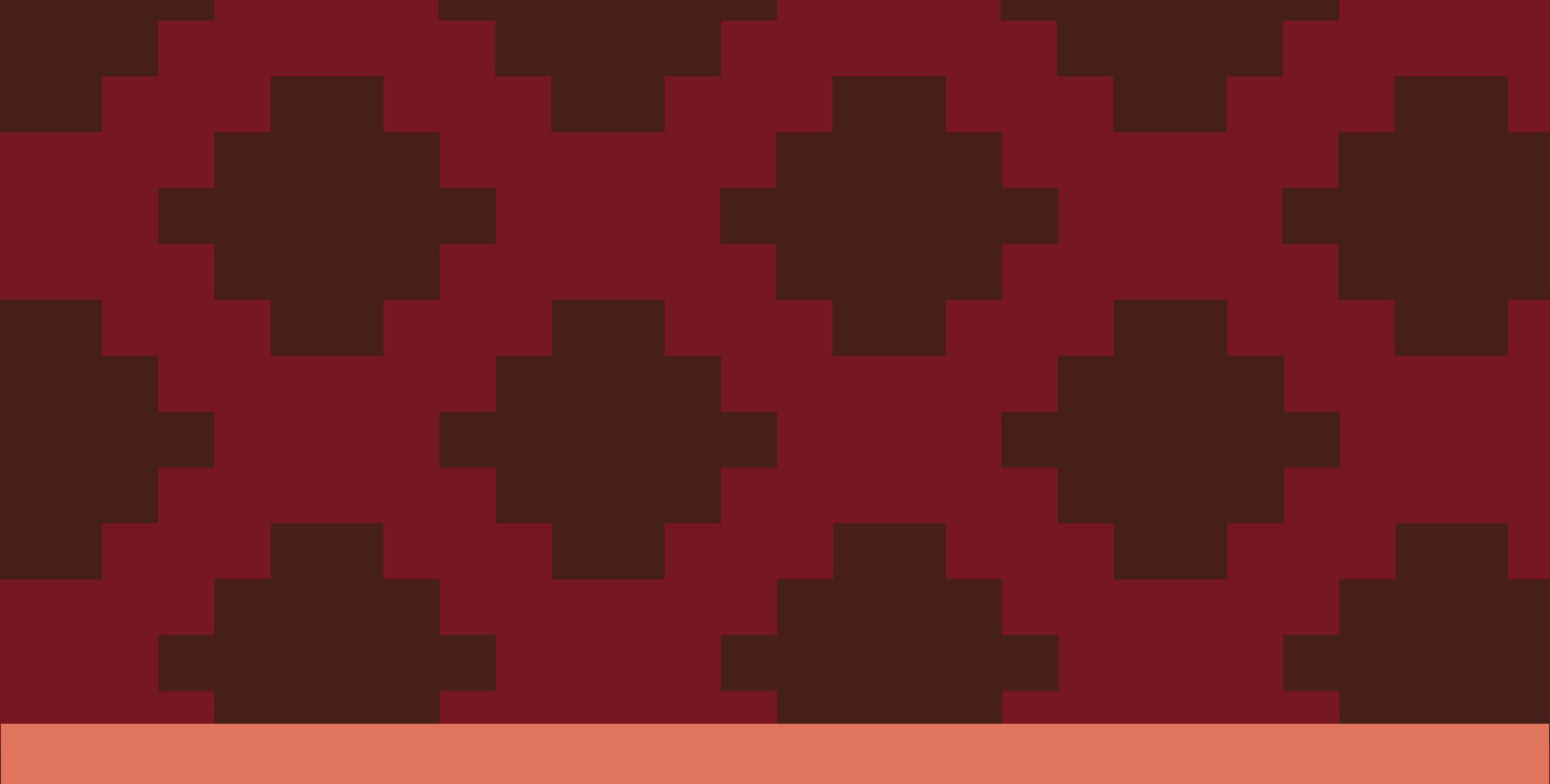
- How would you describe this method?
 How does it work?
- What are some advantages of this method?
- What are some disadvantages of this method?
- How do you use this method?
- How long is the return to fertility after stopping this method?



EMERGENCY CONTRACEPTION

- How would you describe this method?
 How does it work?
- What are some advantages of this method?
- What are some disadvantages of this method?
- How do you use this method?
- How long is the return to fertility after stopping this method?



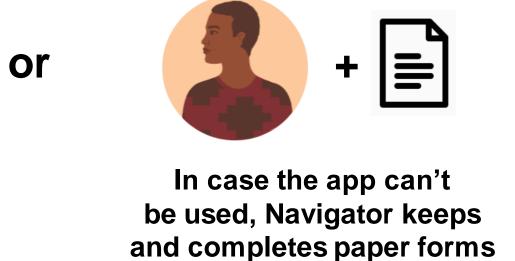


SMART START TRACKING

Coordinators, Navigators, and HEWs are all part of the Smart Start team in one kebele. There are 2 primary scenarios that involve these stakeholders in order to collect data.

Scenario 1: Smart Start Financial and Family Planning Session





as a back up





Smart Start Fertility and Methods Session





Navigator visits HEW regularly to input paper form data into the Smart Start app

Coordinator regulary reviews submitted data on the online web tool and does preliminary analysis



Navigator Checklist:

Navigators are the primary data collectors for Smart Start and responsible for coordinating with the HEWs to ensure we can capture all the activities within the program.

Before Session

- Download digital app and get user credentials from PSI
- Take enough paper forms as backup for you and the HEW
- Make sure your phone battery is charged and the app loads properly

During Session

- When you counsel a girl for the first time,
 fill out a girl registration form on digital
 app
- After a counseling session, complete one counseling session form per girl. Save each form upon completion.
- Every session should be recorded in a different form for each girl. If you are seeing the same girl for the second time, complete a new form.

After Session

- When you have wifi or network connection, sync completed forms
- Use the form to keep track of when your next follow up appointments are--don't forget!
- If you are following up with a girl you already saw, reference the previously completed form
- Collect paper forms from HEW and upload them to digital platform

HEW Checklist:

HEWs are responsible for recording method data on each girl for the Navigator to collect.

Before Session

- Take enough paper forms as back up
- Confirm Smart Start ID and girls needs before each session

During Session

 After a methods counseling session with a girl, complete one form

After Session

Store forms safely until Navigator collects them



Coordinator Checklist:

Coordinators are responsible for overseeing the data collection by

Navigators and HEWs and reporting back to PSI.

Before Session

 Download digital app and get user credentials from PSI

During Session

- Ensure Navigators and HEWs have enough paper forms
- Review digital data on the website to ensure Navigators and uploading data correctly and filling out forms correctly

After Session

Compile reports for PSI

Complete one Session Tracker form for each counseling session.

In cases where you are speaking with a group of girls or a group of couples, check "Small Group" and still complete one Session Tracker form per girl.

If no contraception method applies to the girl, select "No" to confirm the girl's contraception status.

Capture general feedback and girl info here. Refer to this box to provide tailored counseling during a follow-up visit.

JALQABBII	GUYYAA / DATE			AQAA TAJAAJILAA / PROVIDER NAME				
GAARII	KEBELE	KEBELE / KEBELE GAHE			TAJAAJILAA / PROVIDER ROLE			
174747	• _ •	•	• •		*[*	"+ "	• •	
ODEEFANNOO HA								
MAQAA HADHA ??????	<mark>?</mark> / GIRL'S NAME				JALQABII GAAR	II LAKKOOF	SA / SMART STAR	T ID
UMRII / AGE	BAAYYINA	BAAYYINA DAA'IMMAANII / NUMBER OF CHILDREN			ULFAA YEROO AMMAA / CURRENTLY PREGNANT □ EEYYEE / YES □ LAKKII / NO □ ?????? / UNSU			
ODEEFANNOO SA	AGANTAA /	SESSION INI	FO					
??? ????? ??? / TYPE OF SESSION	MARII WALIINI DISCUSSION WITH		□ <mark>????</mark> GIRL		ABBAA MANAA HUSBAND		☐ KAN BIRAA / OTHER	
HAABHA WARRAAFI A/WARRAA QUFA WALIIN / 1:1 OR COUPLE GAREEDHAAN / SMALL GROUP	BAKKA BELLAMAA APPOINTMENT LOCATION		□ <mark>????</mark> Health post		Property Pro		KAN BIRAA / OTHER	
MATA DUREE IRRATTII MARI'ATAME / TOPICS DISCUSSED	EENYYUU AH ERGEE/ REFER	(KAA RRAL	□ MOODEL	A / CHAMPION	D , 50	rm	☐ GEGGEES	
MAROORRI DIINAGDEE FI MAATII KEENYAA / FINANCIAL & FAMILY PLAN HAALA HORMAATAA FI MALOOTA / FERTILITY & METHODS	HOJJETTUU HIRIYYA EKISTEENSHINII FAYYAA / HEW		LILMEE KAN GADAMESSA KESSA KAAYAMU IUCD GESSA KAAYA					
SEENA MALOOTA	METHODS I	HISTORY	mal	3				
	NO NO	date.	CAMU WAGGAA 3)	INJECTION	KAN GADAAMESSA KEESSA KAAYAMU	KINIINA DAILY PILL	CONDOM AT LAST SEX	HATATT ??? E-PII AT LAST
	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	(5 YR SELLE)	IMPLANON)					
AMMAA FAYYADAMAA JIRAA / CURRENTLY USING								
KANAAN DURA FAY YADAME / USED BEFORE								
?????? ????? / REFFERRED TO HEALTH CENTER								
MALA KAROORA MAATII MARII KANAAN FUDHATAME / RECEIVED METHOD IN THIS SESSION								
HOORDOFFII / FOLLOW UP APPOINTMENT SCHED	P??? SAANII ?? NOTES (REASONS FIRS, PREFERENCES, LOW UP AROORFAMEE?	OR ETC.)		GUYYAA B	BELLAMAA / DATE OF	FOLLOW-UP		
MATA DUREE IRRATTI MA	AKKII/NO	S TO DISCUSS AT F	OLLOW UP	BAKKA BE	LLAMAA / LOCATION	OF FOLLOW-UP		

Ensure you have the correct, unique Smart Start ID for the girl. The first session with the girl will establish the ID and each follow up session will use that same ID.

The "Method History" section should really be filled out only if the girl goes onto the fertility and methods section.

If the girl has used condoms or Epills, only check if they were used "At last sex" to register contraceptive use against pregnancy.

If a follow up appointment is scheduled without the Navigator but with a HEW or at the Health Center, be sure to follow up with the health provider so they know when to expect the girl.