

NSW Sexual Health Promotion Framework

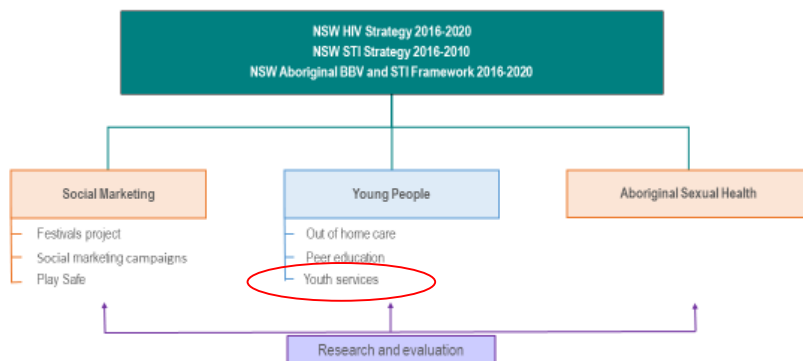
Youth services project: Sexing up the sector

Prepared by Sarah Smith
Health Promotion Officer
HIV and Related Programs (HARP) Unit
South Eastern Sydney Local Health District, NSW Health
November 2018



Health

NSW Sexual Health Promotion Framework (SHPF)



Background

Evidence base: Literature, online survey and stakeholder expertise

Youth worker challenges and opportunities:

- Policy, legal issues, values
- Knowledge and confidence varied
- Competing priorities
- Advocates for the work
- Want youth friendly tools & resources

Great work done in isolation, no mechanisms for sharing.

Sexing up the sector: The Plan

GOAL: To build the capacity of youth services in NSW to engage with young people around sexual health

ACTIVITIES:

1. Provision of a sexual health resource kit
2. ***Sticky Stuff*** sexual health training within the organisation
3. Mentoring and support



Formative project activities

- **Resource Kit**

- Play safe website aligned
- Developed and online



- **Training – *Sticky Stuff***

- Revised to align with resources

- **Play Safe Pro**

- Online portal aligned to Play Safe
- Includes resource kit



Sexing up the sector: The pilot

- In 3 local health districts in NSW
- Urban, rural and regional
- Specialist Homelessness and Out of Home Care services
- Aboriginal specific youth homelessness service
- Overseen by pilot implementation working group since May 2016



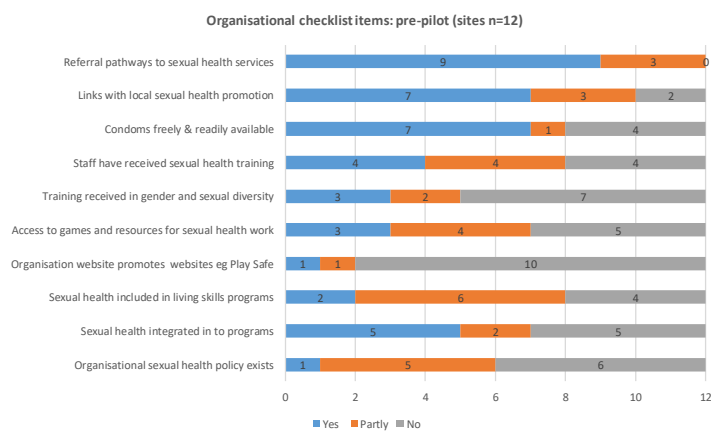
Sexing up the sector: Evaluation plan

- Youth service baseline survey
- Organisational checklist – pre and post
- Sticky Stuff training survey – pre and post
- Health promotion monthly reporting
- Pilot implementation working group records
- Youth worker interviews



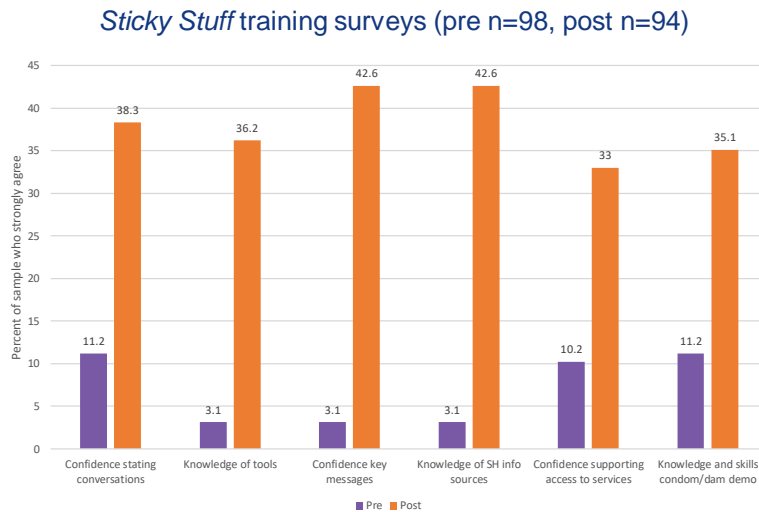
Interim evaluation completed July 2018

Results: Pre-organisational checklist



Post organisational checklists to be completed

Results: Sticky Stuff training pre and post



Results: Youth worker interviews

- Increased confidence having conversations with clients
- Access to needed tools/resources
- Incorporating sexual health in their work
- Knowledge of services and using them

We've now incorporated sexual health in all our assessments, basically in all our home visits as well...I find it really sort of easy now to bring that up and have a general conversation with clients around it [HNE No4 ASHS]

It just gave me some more tools and ways to approach and broach the subject of healthy sexual practice. [NBM No 9]

We have had young people that we've taken to for STI testing and they have come back positive...So I just think that's is very very important, that is, [HNE No6]

Results: Impacts from pilot reporting

- **Model Policy** adopted
 - Adopted in full across one (1) organisation
 - Three (3) services in the process of reviewing
- **Condom Protocol** in staff orientation packages in one (1) service
- Increased condom distribution:
 - Vending machines, **Condom Credit Card**, hygiene supplies
- Improved **referral pathways** and increased referrals to sexual health clinics in two (2) local health districts
- Enhanced relationships with health promotion and sexual health clinics



Sexing up the sector

OBJECTIVES:

1. Youth workers have access to resources to support engagement around sexual health
2. Youth services incorporate sexual health into policy and practice
3. Improved youth worker knowledge, attitudes and confidence engaging around sexual health

 Effectively builds capacity



Challenges

- Capacity of health promotion and youth services
- Staffing changes
- Management only approach within youth services
- Competing priorities and personal values
- Young people with trauma histories



Enablers: Organisational level

- A whole of organisation / service approach
 - Multilevel and systematic
- Identifying and working with 'champions'
- Mentoring and support
 - Takes time – relationships essential
 - Developing and reviewing action plans
 - Results are 'dose' related



Enablers: State-wide

- Policy support - **NSW STI Strategy 2016-2020**
- The NSW Health **Play Safe** website
- **Play Safe Pro** and resource kit
 - State-wide access to existing and new resources/trainings
- **Sticky Stuff** state-wide roll out
- Health promotion workforce



Scalability assessment

- Strong evidence of program effectiveness
 - Organisational and worker impacts
- Project is acceptable and feasible
 - Acceptable to Aboriginal workers and services
 - Considerations for trauma and culturally & linguistically diverse settings
- Aligns with strategic directions
- State-wide access to training and resources maintains fidelity



