



WOMEN'S HEALTH
GOULBURN NORTH EAST
Challenging inequity, embracing diversity.

A Sexual and Reproductive Health Plan for Young People in Hume Region 2013-2017

A little background...

WHGNE worked in partnership with regional stakeholders to lead the development of a regional sexual and reproductive health plan for young people (12-25 years) to address service gaps and barriers for rural women and priorities for young people living in Hume Region.

Core components of the regional plan: goal, objectives, priority strategies and seven (7) actions reflect *research, service mapping, youth consultation and planning* undertaken by the regional Steering Committee over the past nine months.

Sixteen organisations (16) providing youth services in health, education, community and local government settings were represented on the Steering Committee as well as regional organisations committed to improving rural young people's access to affordable health care and services and the knowledge, skills and resources needed to make healthy sexual choices and respectful relationships.

Steering Committee and Associate members enabled workforce and youth consultation with over 450 young people living in Hume Region to identify priority strategies and actions within the regional plan.

The Hume Region Sexual and Reproductive Health plan aims to implement integrated primary prevention strategies in Hume region from 2014 to 2017 that:

- Identify, share and support evidence based and promising rural practice aimed at improving rural young people's access to affordable health care, and services (condoms and contraceptives, STI & unplanned pregnancy testing, choices counselling & termination services) ***with increased privacy, respect and support.***
- Build workforce knowledge and skills to engage more effectively with young people, especially vulnerable and marginalised rural youth.
- Foster and support school and community environments to increase young people's access to knowledge, skills and resources needed for healthy relationships and sexual choices.
- Develop regional capacity to share, monitor and evaluate evidence based primary prevention in rural settings to promote young people's sexual and reproductive health.

Steering Committee Members

1. Benalla Health
2. Centre for Excellence in Rural Sexual Health: CERSH
3. DEECD Adolescent School Nursing Program *North Eastern Region Rural*
4. Gateway Community Health - Clinic 35
5. Goulburn Valley Health
6. **headspace** Shepparton
7. Hume Medicare Local
8. Indigo Shire Council
9. Moira Shire Council
10. Nexus Primary Health
11. Numurkah District Health Service
12. Ovens and King Community Health Services
13. Primary Care Connect
14. Tallangatta Health Service
15. Uniting Care Cutting Edge
16. WHGNE
17. Yarrawonga Community Health
18. Yooralla Disability Services and Support Benalla

ASSOCIATE MEMBERS

1. Alpine Health
2. Beechworth Health Service
3. Closing the Health Gap - *Young Women's Health Project*
4. Mitchell Shire Council
5. NESAY
6. Benalla Rural City
7. Rural City of Wangaratta
8. The Bridge Youth Services
9. *Workways*
10. Mansfield Shire Council

Core Components of a Hume Region Sexual and Reproductive Health Plan for Young People 2014–2017

<p>GOAL Women and young people in Hume region are supported to make empowering decisions regarding their sexual and reproductive health in safe environments where their sexual and reproductive health rights are respected and upheld</p>			
<p>Access and Capacity Building</p>	<p>Sector and Workforce Development</p>	<p>Community Education and Capacity Building</p>	<p>Research, Monitoring and Evaluation</p>
<p>Objective 1</p>	<p>Objective 2</p>	<p>Objective 3</p>	<p>Objective 4</p>
<p>Build the capacity of organisations and service providers to increase young people’s access to settings providing affordable health care, contraceptives and fertility control with privacy and respect.</p>	<p>Work collectively to mobilise evidence based and integrated primary prevention strategies promoting sexual and reproductive health in youth service settings.</p>	<p>Increase community education and capacity building to foster sustainable school and community environments where young people have access to the knowledge, skills and resources needed for healthy relationships and sexual choices.</p>	<p>Research the experiences of young women in Hume region to monitor and evaluate strategies used in key settings to improve youth access to contraceptives with increased privacy and respect.</p>
<p>Priority Strategies</p>			
<p>1.1 Work in partnership with regional stakeholders to identify, document and share evidence based and promising practice models, resources and tools aimed at improving youth access to sexual and reproductive health care and services in rural settings.</p> <p>1.2 Strengthen partnerships with regional health services providers and stakeholders to provide training and resources aimed at improving youth access to health care, contraception and fertility control in rural settings.</p>	<p>2.1 Support regional stakeholders to identify, document and disseminate settings based approaches implementing integrated primary prevention strategies targeting young people.</p> <p>2.2 Collect, collate and disseminate Hume region sexual and reproductive health data by LGA to support targeted interventions based on needs, gaps and priorities.</p> <p>2.3 Support organisations providing settings based approaches to identify and create evidence based resources and toolkits appropriate to young people’s needs in different settings with sensitivities for vulnerable and marginalised rural youth.</p>	<p>3.1 Support schools and communities to build young people’s knowledge of healthy relationships, sexuality and sexual health to make informed and empowered decisions.</p> <p>3.2 Establish communities of practice in Hume region to support the delivery of inclusive sustainable approaches to sexuality and respectful relationships education in rural settings with sensitivities for ATSI, CALD, SSA, gender diverse and disabled youth.</p> <p>3.3 Work in partnership with regional stakeholders and LGAs to develop a social marketing campaign to raise awareness of safe sexual practices and condom use.</p>	<p>4.1 Undertake research that explores the needs and experiences of young women living in regional catchments working to improve youth access.</p> <p>4.2 Disseminate research outcomes to regional and other youth service providers.</p> <p>4.3 Identify and advocate for best practice models and strategies in a range of rural settings.</p>

ACTIONS	TIME FRAME
<p>1. Establish and support regional communities of practice to identify, document and share:</p> <p>(a) promising health service models, resources and tools aimed at improving youth access to affordable health care and sexual health services in rural settings</p> <p>(b) integrated health promotion programs and resources that foster inclusive and respectful school and community environments where young people have access to knowledge, skills and resources needed for healthy sexual choices and respectful relationships.</p>	2014-2017
<p>2. Work with regional stakeholders and young people to design, develop and manage a <i>Young People's Toolkit App</i> and Facebook page to share information, resources and events promoting youth health and wellbeing in Hume region.</p>	2014 - 2017
<p>3. Work with regional stakeholders to plan and deliver targeted workforce training and professional development designed to:</p> <p>(a) improve youth engagement to health services with privacy and respect</p> <p>(b) support the delivery of best practice whole school and community approaches to inclusive and sustainable sexuality and respectful relationships education.</p>	2015-2016
<p>4. Undertake qualitative research in partnership with a peak youth health and wellbeing agency, regional stakeholders and rural young people, to monitor and evaluate strategies used in key regional settings to improve young women's access to contraceptives with increased privacy and respect.</p>	2015-2017
<p>5. Work with Yooralla and regional disability service providers to plan and deliver sexuality and respectful relationships education training and PD appropriate to the sexual health rights and needs of young people with disabilities in rural settings.</p>	2015-2016
<p>6. Collect, collate and disseminate Hume region sexual and reproductive health data by LGA to support targeted interventions based on needs, gaps and priorities.</p>	2014
<p>7. Establish a flexible structure and strategies between regional stakeholders leading and implementing actions and regional young people to facilitate communication and collaboration to support the monitoring, sharing and evaluation of actions within the regional plan.</p>	2014-2017