

FORWARD

KHO Organization (KHO) is a civil society organization whose members and beneficiaries are young people living with HIV. KHO's mission is to reduce HIV infections and support young people living with HIV.

KHO was founded in 2009 by University students living with HIV. The overall goal for KHO's strategic plan is to reduce new HIV infections and support young people living with HIV.

For the purpose of this report, the terms youth, young people, young adults, are used interchangeably – all referring to people 15 to 24 years of age, unless otherwise specified. The definition was adopted following deliberations with young people living with HIV. The age range of 15 to 24 faces specific challenges many of which are related to this critical stage of development. Youth of this age face social challenges which have not been considered a focus as far as HIV programming in Rwanda is concerned. Young people are at high risk of becoming infected with HIV for many reasons, including: young people are vulnerable due to their age as well as gender and other contextual factors. Other contributing factors include limited access to information, access to services and peer pressures. Furthermore, the ability of young women to protect themselves from HIV is frequently compromised by a combination of

biological factors, lack of access to HIV information, services and commodities, and dis-empowering, often exploitative, social, cultural and economic conditions.

Based on the landscape, KHO Strategic Plan's focus rests on the following long term goals:

- A. Reduce New HIV Infections among Youths in Rwanda
- B. AIDS Impact Mitigation
- C. Human Rights Promotion, Advocacy and Social Welfare
- D. Capacity Building and Organizational Development

KHO wishes to thank all the stakeholders who provided their valuable time and inputs, particularly we would like to thank UNAIDS whom made the development of this Strategic Plan possible. We look forward to continued collaboration and cooperation towards HIV free generation. By working together we can stop the spread of new infections and reduce AIDS related deaths through care and support to those young people living with HIV.

KAYUMBA AIME

KHO Organization (KHO),

Legal Representative

@KHO, 2018

E-mail: kigalihope@gmail.com

Web site: www.kigalihope.org

Facebook page: www.facebook.com/KHO

Twitter: www.twitter.com/kigalihope

Design & Layout by: _____

Printing by: _____

TABLE OF CONTENTS

| | |
|---|-----------|
| FOREWORD..... | ii |
| TABLE OF CONTENTS..... | iii |
| WHO WE ARE..... | iv |
| WHERE WE WORK..... | vi |
| KHO Target Group..... | vi |
| iii | |
| 1. HEALTH COUNSELING AND TESTING..... | 1 |
| 2. CONDOM DISTRIBUTION PROGRAM..... | 7 |
| 3. HEALTHCARE PROJECT..... | 10 |
| 4. CAMPAIGNS (World AIDS campaign)..... | 13 |
| 5. ORGANIZATIONAL CAPACITY BUILDING..... | 17 |
| 6. SEMINARS / CONFERENCES..... | 18 |
| 7. OTHER ATTAINMENTS..... | 21 |
| 8. SUCCESS STORY..... | 11 |
| | |
| Annex..... | 13 |

Background:

Kigali Hope Organization (KHO)

KHO is a Rwandan civil society organization whose members and beneficiaries are young people living with HIV. KHO was founded in 2007 by students attending Kigali Institute of Technology living HIV and expanded into an organization led by young people living with HIV. The organization has got a legal status as an Organization (KHO) in 2009, under the law N0 20/2000 DU 26/07/2000 of 26th July 2000 and in 2011 legally became an NGO by the ministerial order No. 28/0811.

Since its inception KHO has been striving to improve the lives of young people living with HIV, KHO has trained and economically empowered underprivileged youth infected and affected by HIV in the skills they need to transform their lives and their communities in order to make a greater contribution towards ending the AIDS epidemic. Today, there are 535 members between the ages of 15-24 years old with an estimated number of direct and indirect beneficiaries of 20,000. The target beneficiaries have an age range between 15-24 because this is a critical transition period from childhood to adulthood during which most people become sexually active. Targeting this age range helps youths including young positives to be empowered to make healthy life choices as they enter ages 25 and beyond.

KHO's activities have been targeted towards advocacy, HIV prevention, mobilizing YPLWHA to form Organization (KHO)s to support their livelihoods and thereby actively participate in HIV response.

Mission

Improve lives of young people infected and affected with HIV through advocacy, primary prevention, positive prevention and HIV & AIDS impact mitigation as well as deliver the place where every young person's potential is fulfilled.

Vision

KHO's vision is to see a nation where youth infected and affected by HIV are at the frontline in HIV response, their rights are recognized, their involvement in HIV and AIDS prevention, care and support meaningfully respected to enable them to contribute towards an HIV-free generation.

Program Areas

1. Primary prevention
2. Positive prevention
3. Human rights promotion
4. AIDS impact mitigation

KHO works under the umbrella of the Network of People Living with HIV and is also a member of Rwanda NGO Forum for HIV and AIDS and Health Promotion as well as a member of Nyarugenge District JADF (Joint Action for Development Forum). Additionally, KHO is an implementing partner of IMBUTO Foundation and works closely with the Rwanda Biomedical Center, Institute of HIV/AIDS disease prevention and control (RBC/IHDPC) during mobilization campaigns.

KHO's partnerships include:

- Imbuto Foundation
- UNAIDS
- UNFPA-ASRH technical working group
- Rwanda Biomedical Center Institute of HIV/AIDS disease prevention and control (RBC/IHDPC)
- Rwanda NGO Forum on HIV & AIDS and Health Promotion
- AfriYAN Rwanda
- Network of People Living with HIV (RRP+)
- Joint Action for Development Forum (JADF) Nyarugenge and Kicukiro Districts, Kigali City
- Aids Healthcare Foundation (AHF)
- International Community for Women living with HIV/AIDS (ICW-Rwanda)

- The Global Fund to fight AIDS, Tuberculosis and Malaria
- RWAMREC

HIV Rwanda Context

In Rwanda, the HIV prevalence has remained relatively stable in recent years with a significant decline since the late 1990's. The largest contributing factor to the decline in HIV has been the strong political will by the Government of Rwanda to prioritize the reduction of HIV incidence and support those living with HIV. Impressively the national health system has increased services to reach global standards of 'universal access,' (NSP, 2013-2018). Documents that have guided Rwanda's HIV strategy are primarily the Millennium Development Goals, Vision 2020, EDPRS 2 and the National Strategic Plan for HIV and AIDS Response (2013-2018).

Today in Rwanda the HIV prevalence rate is 3% among the population (Rwanda Demographic Health Survey 2015). While HIV prevalence is relatively stable there are higher infection rates in urban areas compared to rural areas and young women ages 15 to 24 are twice as likely to be infected with HIV as young men in the same age group. Additionally, certain groups such as female sex workers and men having sex with men have prevalence rates much higher than the national average.

In an effort to mitigate the spread of HIV, Rwanda has taken important action steps, including awareness campaigns, increasing access to health care, improving availability of anti-retroviral drugs to HIV positive individuals, as well as promoting nonsurgical adult male circumcision to reduce the risks of acquiring HIV and AIDS.

While the situation in regards to HIV has improved in Rwanda over time, challenges still remain, including cultural barriers, stigma, lack of education regarding HIV, and the ability to reach vulnerable populations. For the recent targets set in the National Strategic Plan for HIV and AIDS Response 2013- 2018, full engagement of youth will be necessary to reach the aggressive targets set:

- Reducing new infections by 2/3rds from 6000 to 2000
- Reducing HIV related deaths by ½ from 5,000 to 2,500
- Ensuring those infected and affected have the same opportunities as the general population

HIV Specific to Youth

Involving youth in the fight against HIV is extremely important as nearly 5 million young people globally are living with HIV (UNICEF, 2011) and 41 % of new HIV infections each year occur in young people (UNAIDS, Global Report 2010, Core Slides, Slide 11, 2011). While the HIV prevalence rate in Rwanda is estimated at 3% in the general population, data from Rwanda Demographic Health Survey 2010 reveals that women and girls are disproportionately affected representing nearly 60% of adults living with HIV (RDHS, 2010). The gender difference is particularly pronounced among youth where young female's ages 18-19 years old are ten times more likely to acquire HIV than males of the same age. In the age ranges of 20-24 young women have a five times greater risk of HIV infection compared to males of the same age (RDHS, 2010). Additionally, youth ages 14-25 are important to involve in the fight against HIV because they represent a substantial portion of the population sexually active and are at high risk for HIV transmission.

Although involving youth in the fight against HIV is important there continues to be challenges to effectively prevent HIV infection among young people. According to UNAIDS Global Report 2013 some key challenges related to youth in Rwanda include:

- Inadequate access to comprehensive sexual knowledge
- Lack of availability of youth friendly services, including sexual and reproductive health services
- Limited access to HIV treatment, care and support for youth
- Narrow communication from parents and society on HIV prevention

Continued sexual violence against young women and girls

Addressing programs specific to youth has been challenging because HIV programming has mainly focused on children (0-15 years) and adults (15+ years) in general. Youth 15 years and older are often considered adults for HIV program data collection purposes. Therefore there is gap in data specific to youth aged 15-24 which is a critical transition period from childhood to adult and is an age group with a high level of sexual activity. Lack of definitive information and statistics regarding this age group contributes to the lack of knowledge of how to support youth in HIV prevention, care and treatment.

HIV infected youth must be engaged for Rwanda to reach the national and global target of Zero new HIV/AIDS infections, Zero AIDS related deaths and Zero stigma and discrimination associated with HIV. KHO Organization (KHO) is well positioned to make substantial impacts in both improving the lives of young people living with HIV and preventing the spread of HIV transmission.

PROJECTS

1. HEALTH COUNSELING AND TESTING

In the area of health counseling and testing, KHO conducted activities of HIV testing in the community. These activities go together with another activity which consists of making sure that all people that are found HIV positives are linked with the health center where they can get treatment.



Activities of health counseling and testing, linkage to care and condom distribution were conducted during the month of August-September 2018 in areas at high risk in Kanombe sector, Kicukiro District in collaboration with Busanza Health Center, Kabuga (Masaka sector) and Gahanga health center.

Project achievements:

- Number of people tested 8345
- Number of people found HIV positives 137

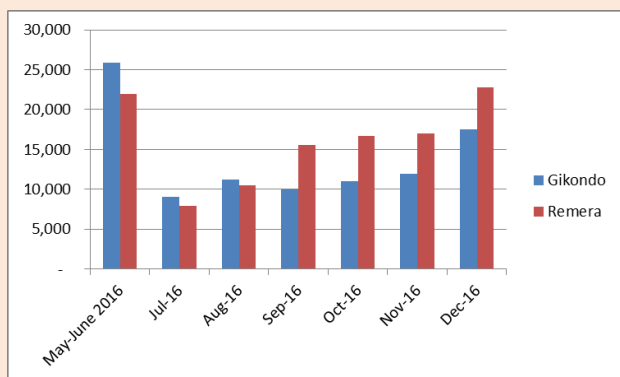
2. CONDOM DISTRIBUTION



This activity is aimed to support KIGALI CITY, RBC to avail condoms in hot spots (where there are many sex workers). Areas that are targeted are only 4, and we, as an organization, have 5 kiosks where we distribute condoms for free 24 hours per day. Those areas are Remera/Giporoso (muri cordor), Gikondo Magerwa, Remera (Migina), Nyabugogo taxi park, Nyamirambo (Matimba)

Project achievements:

- Number of condoms distributed in 2018: **432,747pieces**



3. HEALTHCARE PROJECT

This project consists of support activities of existing support groups for young people living with HIV at health center. The project started with only two health centers (Remera and Kinyinya Health Centers) in Gasabo District. At the moment we are working with 7 health center around the country (Musanze Hospital, Rubavu Hospital, Huye Hospital, Rwamagana Hospital, Cor Unum Health center, Remera Health center, Biryogo Health center)



The project activities are:

- Sharing testimonies
- Motivation speeches by different people including nurses from the health center in charge of the group of young people and other young people living with HIV who

have been able to achieve significant things in life

- Trainings: on HIV treatment adherent, stigma and discrimination, life skills...

Beneficiaries:

Beneficiaries are young people living with HIV aged between 15-24

Project achievements:

- 40 young people have been able to benefit from the project

4. “BUSINESS SKILLS DEVELOPMENT PROGRAMME TRAINING FOR YOUNG WOMEN AND MEN LIVING WITH HIV”



In January 2018, KHO in partnership ILO (International Labor Office) organized an awareness raising/capacity building workshop on how to extend Social Protection Floors (SPF) to women and men working in the informal economy who are living or affected by HIV and AIDS and their households. The 6 days’ workshop was conducted in two parts; the first was to facilitate the exchange of ideas amongst the HIV and social protection programs key actors and beneficiaries from targeted sensitization programs. The second part was to

inform policy makers and key stakeholders on how to raise awareness and begin mapping a way forward.



- To empower young girls to seek for reproductive health services at health centers
- To involve teachers, local leaders and family members in the fight against HIV and unwanted pregnancies targeting young people at school

Project strategies

- Trainings for teachers and young people (students) as peer educators
- Involvement of teachers, local leaders and family members
- Use of IEC materials and the media

Project achievements:

- 20 young people living with HIV (boys and girls) participated
- 5. CAPACITY BUILDING OF SCHOOLS TO ADDRESS HIV AND UNWANTED PREGNANCIES IN MUSANZE DISTRICT**



Project Goals and Objectives

Goal:

To promote healthy behaviors among young people through building awareness on HIV prevention and teenage pregnancy in Rwandan school settings, and promotion of positive living.

Objectives:

To contribute to the current government initiative **“Nanze gutwita kw’abangavu”/ “No to Teenage Pregnancy” campaign**

- To contribute to the reduction/halt of the unwanted pregnancies among young girls

Proposed activities :

- Training of 300 peer educators (1 teacher and 29 students per school) from 10 schools on practices for delivering information about HIV and AIDS, unwanted pregnancies, positive living and empowerment of young people to seek for available health services.
- Conduct awareness and sensitization sessions in 10 schools by witnesses from KHO, health workers, local leaders and family members on unwanted pregnancies among young girls, HIV and positive living

and reference for available sexual health services.

- Distribution of available IEC materials on HIV prevention, unwanted pregnancies and positive living.
- Conduct talk shows on National Radio station local radio stations about HIV and AIDS, unwanted pregnancies, empowerment of young people to seek for available health services and positive living.



Project achievements:

- 150 peer educators (Students) were trained
- Awareness and sensitization sessions in 5 schools (MUSANZE District)
- More than 500 brochures/IEC materials on HIV prevention/unwanted pregnancies and positive living were distributed
- 4 radio talk show local radio station were conducted. The topic was about HIV and AIDS, unwanted pregnancies, empowerment of young people to seek for available health services and positive living.

6. CAPACITY BUILDING

KHO in partnership with Global Giving UK received capacity building trainings on online funds mobilization. The skills increased the staff's capacity especially in the effective use of social media as well as project proposal writing techniques.

7. CAMPAIGNS

a. Stigma and discrimination day



KHO joined the world in order to mobilize the general population in the fight against stigma and discrimination of people living with HIV.

b. Pre-WAD campaign

The World AIDS Day is an annual celebration that usually takes place on the 1st Dec ember. In order to increase the involvement of young people in the

Global Agenda to end AIDS by 2030, KHO Organization (KHO) prepared a pre-World AIDS Day Campaign Workshop for Adolescents as the nation prepared for the official launch of the World AIDS Day 2018 which is was also held on the 1st Dec, 2018.



This year, we wanted to celebrate this day with focus on adolescents who are under the HIV program in health centers; adolescents living with HIV in relation to the UNAIDS lead-up to the World AIDS Day 2018, Hands up for HIV prevention campaign and Y+ ACT on HIV campaign for this day. This activity was designed to leverage and mobilize A&YPLHIV to engage in SRHR advocacy, HIV prevention and viral load suppression.

8. BENEFICIARIES

| N0. | Project | Number of beneficiaries |
|-----|-------------------------------|---------------------------------|
| 1 | Health counseling and testing | 14,122 |
| 2 | Condom distribution | 209,081 Total number of condoms |

| | | distributed |
|---|--|-------------|
| 3 | Business skills development program training for young women and men living with HIV” | 20 |
| 4 | Capacity building of schools to address HIV and unwanted pregnancies in Musanze District | 150 |
| 5 | Healthcare project, targeting young people living with HIV | 1,204 |

9. OTHER ACHIEVEMENTS

a. Achievement 1

In December 2018, Miss UWASE Nadege has been selected to represent KHO Organization (KHO) on the “Communities Delegation to the Board of the Global Fund to fight AIDS, Tuberculosis and Malaria” for the term 2017-2019.

The Communities Delegation members are representatives of the communities living with HIV, affected by Tuberculosis and Malaria to the Board of the Global Fund.



Miss UWASE Nadege

b. Achievement 2

In December 2017, AfriYAN Rwanda chapter was launched.

AfriYAN is a consultative, coordinating and action framework, network for adolescent and youth national organizations and a tool for collaboration on HIV/AIDS; the promotion of sexual and reproductive health and rights; population and youth development any issue of public health/sustainable development and gender related issues.



At this launch, an Executive committee was formed and KHO was selected as secretary for AfriYAN Rwanda chapter.

10. SUCCESS STORY



Before

After

His Name is Alexis and he is 23. He will graduate this year from the Independent University of Kigali. He has been a beneficiary for the Healthcare Project with health centers.

Before becoming one of the members of KHO, he was unable to take to take adequately ARV treatment because of desperate behaviors (refuse to take ARV treatment definitely). Because of that he had only 20 CD4 count and 42kg. His case was really desperate and at the clinic doctors and nurses didn't know what to do for his case.

After becoming one of the KHO family and get engaged with other young people living with HIV with the same age as his, and determined to succeed in life even if they have HIV, he (Alexis) changed the way thinks about life. Since that moment he started taking his treatment and he is now healthy and happy to live.

He has been able to support other young people at his clinic by giving motivational speeches and sharing his testimony through support groups organized by KHO. He has also been able to support himself by continuing his studies at University.

He says:

“I feel healthy and encourage young people living with HIV to take ARV treatment according to the advices from doctors because it revitalizes life.”

“My parents and friends are proud of me.”

“I am grateful to KHO that has been able to bring together young people living with HIV.”

ANNEXES