

**National Workshop on  
Adolescent Reproductive & Sexual Health (ARSH)  
23 – 24 July, 2009**

**Organized by:  
Ministry of Health and Family Welfare, Government of India**

**Supported by:  
World Health Organization**

**Recommendations emerged from the National Workshop:**

**Strengthening Service Delivery**

- States may like to consider additional services in the ARSH package based on their local needs and develop appropriate delivery mechanism
- Provide inception grant to identified facilities for supporting start-up costs of infrastructure strengthening
- Strengthen outreach services through ASHAs, School Health Programme, AWC and others
- Develop institutional mechanism for capacity building at National, States and Districts
- Establish brand identity-logo of the adolescent friendly health services
- Ensure that ARSH supplies (E.g. IFA, TT, Contraceptives, IEC materials) are integral component of procurement and supply chain management
- Optimal engagement of ICTC and other counselors after ARSH training
- Develop Standard Operating Procedures for ARSH clinic on sensitive issues like easy registration procedures, privacy, consent and confidentiality etc.
- Develop standard clinical case management, referral and follow up protocols

**Strengthening Demand Generation**

- Track 1: Engage with schools (School Health programme) and NYKS for out-of-school adolescents awareness generation and referral linkages
- Track 2: IPC and group sessions during VHNDs (dedicated adolescent group sessions)
- Track 3: Enabling environment: Advocacy with gatekeepers: Parents, PRIs, SHGs
- Track 4: Overarching BCC activities under RCH/NRHM

**Strengthening Management & Supervision**

- Phased implementation plan to reflect in state/ District PIPs
- Formulate realistic service delivery and capacity building plans
- Develop mechanisms for supportive supervision and rewarding good performance
- Establish systems for ARSH data capture in routine HMIS and transmission including feedback

- Incorporate ARSH Quality Assurance in the District QA system for RCH
- Large scale surveys to incorporate ARSH programme indicators

### **Forging Partnership**

- Use available opportunities under State NRHM and District Health Society
- Engagement through School Health Programme: e.g. contribute to develop content of teachers' trainings and periodic group sessions in schools (students, parents, teachers)
- Synergize planning with HIV services for young people, especially in high prevalence districts
- Seek out collaborations with ICDS and NYKS for demand generation and service provision