

CASH PLUS

An Adolescent Livelihood, Health and Well-being Intervention as part of Tanzania's Productive Social Safety Net Programme

BACKGROUND

Adolescents represent the promise and potential of Tanzania's future development. Yet for adolescent boys and girls, transitioning to adulthood means facing significant social, health and economic risks. These include a lack of economic opportunities, early marriage and pregnancy, sexually transmitted infections (STIs) including HIV, violence, abuse and exploitation. To support a safe, healthy and productive passage to adulthood, the Tanzania Social Action Fund (TASAF), the Tanzania Commission for AIDS (TACAIDS), UNICEF and other key stakeholders have come together to develop, implement and evaluate an intervention where social protection and economic empowerment interventions are combined with sexual and reproductive health education and services as part of the Tanzanian Government's cash transfer programme, the Productive Social Safety Net (PSSN). While preliminary research indicates that the PSSN programme has improved school enrolment rates and health outcomes to some degree, global evidence suggests that cash transfers alone cannot significantly alleviate non-financial and structural barriers to improve adolescents' well-being and that additional support may be needed. It is envisioned that the 'Cash Plus' model, complementing the PSSN with a package of adolescent-focused interventions to strengthen productive, human and health capital, may have synergistic impacts promoting sustainable and healthy livelihoods that increase resilience, well-being and empowerment today, tomorrow, and for future generations.

The programme will build on the cash transfer and livelihood enhancement components of the PSSN. A rigorous evaluation accompanies the implementation to provide evidence on what works, what does not, and considerations for replication and scale up through the larger PSSN programme.

Social protection through the productive social safety net

Building on successful piloting from 2010 to 2013, the Government through TASAF decided to scale up the PSSN to support over 1.1 million extremely poor and food insecure households. The objective of the PSSN is to increase income and smoothen basic household consumption, and to improve the ability to cope with shocks among extremely poor, vulnerable and excluded population groups while enhancing and protecting the human capital of children. The key interventions directed to beneficiary households are:

- Conditional Cash Transfers (CCTs)
- Public Works (temporary employment)
- Livelihoods Enhancement

Guiding Principles for the Cash Plus Programme Model

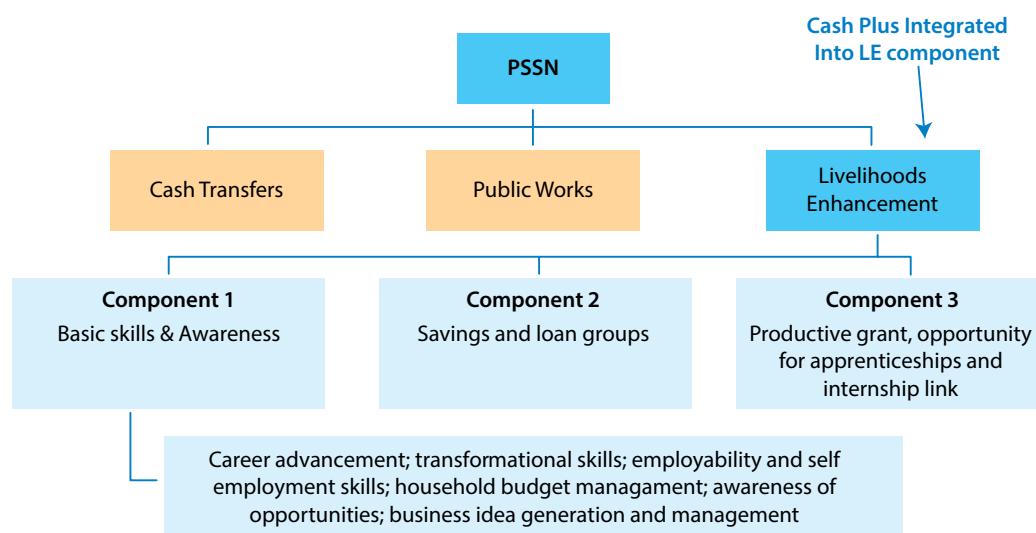
- Government ownership
- Implementation within TASAF/PSSN livelihoods enhancement strategy and existing government frameworks
- Linkages with other government services
- Age- and gender-sensitive livelihood interventions
- Financial, health and social asset-building framework for adolescent development and well-being



The PSSN Livelihoods Enhancement package is implemented in three stages (Figure 1):

- Basic skills and awareness training
- Savings promotion
- Productive grant (one-time grant of approximately US\$80)

Figure 1. Livelihoods Enhancement Framework for PSSN



Designing a scalable and sustainable Cash Plus programme model for adolescents

The model for the Cash Plus programme is designed to fit within the PSSN's Livelihoods Framework and closely aligns to the objectives of the Productive Social Safety Net. The programme follows the adopted strategic approach to first design and gradually implement the livelihoods enhancement packages in phases to ultimately achieve full scale up. The programme also aims to build on and further strengthen existing Local Government capacity and services related to adolescent health, livelihood and social protection.

The focus on adolescent development and livelihood is aligned with the Government's Second National Five-Year Development Plan (2016/2017 – 2020/2021), which includes as a main objective to “accelerate broad-based and inclusive economic growth that reduces poverty substantially and allows shared benefits among the majority of the people through increased productive capacities and job creation especially for the youth and disadvantaged groups”. This is an example of how Tanzania can take steps to strengthen productive capabilities of adolescents transitioning to adulthood in order to harness the demographic dividend and break the intergenerational cycle of poverty. Since the Cash Plus programme is implemented within an existing large scale government social protection programme (PSSN), it promises a strong potential for replication, scalability and sustainability.

Why focus on 14–19 year old adolescents?

Adolescent girls and boys face a myriad of risks as they grow up to be adults. All too often these risks are linked to household- and community-level poverty. Yet adolescents present immense potential for Tanzania's prosperity. In fact, the adolescent years present a 'window of opportunity' to change the intergenerational cycle of poverty and vulnerability and empower adolescents to reach their full potential. Evidence suggests that asset-building frameworks, which develop adolescents' financial, social and health assets, are critical. That is why the programme model will not only strengthen adolescents' ability to engage in livelihood activities, but also their knowledge of and access to sexual and reproductive health services in an effort to delay pregnancy and marriage, prevent exploitation, HIV and other sexually transmitted infections (STIs) and improve adolescent girls' and boys' well-being. The multi-dimensional programme's focus on adolescent boys and girls aged 14–19 will reap benefits today, tomorrow and in the future.



THE PROGRAMME

Goal

Adolescent girls and boys 14 to 19 years from poor households transition safely into a productive and healthy adulthood in Tanzania.

Objective

By 2019, the Government has implemented, evaluated and explored scale up of a bundled Cash Plus programme model for adolescents as an integral component of the Productive Social Safety Net Programme.

Outputs

1. Youth peer educators, mentors and communities have knowledge and skills to support adolescents from PSSN households on livelihoods enhancement and sexual & reproductive health.
2. Health facilities in selected districts have adolescent responsive services.
3. Government at national and sub-national level has capacity to plan, coordinate, implement and monitor bundled services for adolescents within the national social safety net programme.
4. Evidence on the impact of adolescent transition into productive and healthy adulthood available and implementation lessons documented and disseminated.

Programme components

Based on a review of evidence on what works, stakeholder consultations, and a consensus process, the programme was designed with the following three components:

1. **Adolescent livelihood and SRH-HIV life skills training:** This programme includes concurrent training sessions on livelihood and economic empowerment, and sexual reproductive health and HIV prevention and treatment education for adolescents. The programme builds on lessons learned emerging from other initiatives and uses a mixed livelihoods approach to meet the diverse needs of older and younger adolescents. Further included are a bundle of high impact behaviour change communication approaches, including peer support groups, to strengthen knowledge and skills among adolescent girls and boys related to HIV prevention and treatment, sexual and reproductive health, violence prevention, and promoting gender equity.
2. **Mentoring and coaching:** Parallel with and following the training sessions, the programme connects adolescent participants with a community-based mentor who will mentor and coach them on livelihood options and life concerns. This includes referral to education, vocational training, savings groups, or a productive grant.
3. **Linkages to existing SRH and HIV services for adolescents:** The programme links adolescent programme participants from PSSN households with HIV and SRH services that are responsive to and acceptable for adolescents.

THE IMPACT EVALUATION



Research question

How and to what extent can a 'Plus' component combining livelihoods, HIV and sexual and reproductive health education, support and services integrated into government structures within a conditional cash transfer programme positively impact on adolescent well-being and the transition to adulthood?

Study design

The proposed study design is a combined cluster randomized control (RCT) design, randomized at the community level. This design aims to measure [the impact of the adolescent livelihoods enhancement and SRH-HIV package](#) on adolescent well-being among PSSN households.

Specific research questions:

- Do adolescents have increased livelihood knowledge and skills?
- Are adolescents engaging in more productive, safer employment activities?
- Do adolescents have increased knowledge about HIV prevention, HIV treatment, and reproductive health services available to them?
- Do adolescents access HIV testing, treatment, and reproductive health services at an increased rate?
- Does the programme reduce violence and exploitation victimization and violence perpetration among adolescents?
- Does the programme delay sexual debut, marriage, and/or pregnancy?
- Does the programme reduce health- and sexual-risk behaviours?

Contributions of the Cash Plus programme and evaluation

The Cash Plus programme is an important addition to the PSSN. It not only focuses on an important age group critical for the productive potential of Tanzania, but also on supporting synergies across sectors. This will be one of the first interventions of its kind to be rigorously evaluated, particularly within the framework of a Government cash transfer programme. The results will provide important information on what works best to reduce adolescent risk and vulnerability, and support safer transitions to adulthood. The findings from this study will lead to several key contributions to knowledge about Cash Plus type programming based on a comprehensive asset-building framework, adolescent health and well-being, and transitions to adulthood. The results will inform the design of future iterations of the PSSN and highlight areas where other complementary policies and programmes for adolescent well-being are needed.

Adolescent outcome measures

- Economic productivity
- Knowledge of and increased access to SRH services
- Knowledge of and increased access to HIV prevention and treatment
- Delayed sexual debut, marriage and pregnancy
- Reduction of violence, exploitation, victimization and violence perpetration
- Improved mental health, hope, aspirations and risk preferences

Programme locations

Based on the existing PSSN programme of the Government of Tanzania, two districts (Rungwe and Mufindi) in Mbeya and Iringa regions have been selected. They were selected as they have cash transfer programmes in place, high vulnerability of adolescents, but not yet a livelihoods enhancement programme rolled out. Additional districts may be added to further enhance reach of the Cash Plus programme and implementation learning.

Coordination mechanism

The Cash Plus programme is guided by TASAF's Livelihoods Enhancement team composed of technical experts from government and development partners, in close coordination with the Tanzania AIDS Commission (TACAIDS), MoHCDGEC, UN, and CSO partners. TASAF manages the day to day implementation with support from UNICEF. The UNICEF Office of Research – Innocenti together with Economic Development Initiatives oversee the impact evaluation. A national evaluation team guides the research component of the programme.

KEY INFORMATION AND TIMELINE

Partners	TASAF, TACAIDS, MoHCDGEC, UNICEF
Target population	2,500 adolescents aged 14–19 years from PSSN households
Programme districts	Mufindi District (Iringa Region); Rungwe District (Mbeya Region)
Timeline	February 2017–June 2019

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