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Baseline and Formative Evaluation Report  
Youth POPS-Youth Prisons Population Alliance  
Commissioned by  
Voluntary Service Overseas (VSO) and  
Southern African Network of Prisons (SANOP)

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Prepared by

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## TABLE OF CONTENTS

TABLE OF CONTENTS .....	i
LIST OF TABLES .....	iv
LIST OF FIGURES .....	v
LIST OF ACRONYMS .....	vi
ACKNOWLEDGEMENTS.....	vii
EXECUTIVE SUMMARY.....	viii
<b>1. INTRODUCTION .....</b>	<b>1</b>
1.1 The formative evaluation report .....	1
1.2 Background to YouthPOPS .....	1
1.3 Purpose of the formative/baseline evaluation .....	1
1.4 EVALUATION CRITERIA .....	2
1.5 Evaluation Framework.....	2
<b>2. EVALUATION METHODOLOGY .....</b>	<b>3</b>
2.1 Data collection Methods .....	3
2.1.1 Document Analysis/Desk Review .....	3
2.1.2 Individual Key Informant Interviews (KII) .....	4
2.1.3 Focus Group Discussion (FGDs) .....	4
2.1.4 Survey Questionnaire .....	5
2.1.5 Sampling.....	5
2.1.6.1 Sample size .....	5
2.2 Ethical considerations .....	6
2.6 Data management and storage.....	7
2.7 Data analysis and validation .....	7
2.7.1 Quantitative data analysis .....	7
2.7.2 Qualitative data analysis.....	7
<b>3. THE CONTEXT OF THE INTERVENTION: BASELINE FINDINGS .....</b>	<b>9</b>
3.1 Demographic characteristics of the sample .....	9
3.1.1 Country.....	9

3.1.2 Gender.....	9
3.1.3 Age .....	10
3.1.4 Level of Education .....	11
3.1.5 Category describing the sample .....	11
3.1.6 Name of correctional facility/prison.....	12
3.1.7 Membership to youth forums .....	12
3.1.8 Migrant status .....	13
3.2 The context of the intervention .....	13
3.2.1 Limited recognition of the health rights of prison populations.....	14
3.2.2 Poor access to health within the prison system .....	15
3.2.3 Weakness of prison systems to cater for the well-being of prisoners .....	15
3.2.4 Difficult socio-economic conditions affecting service delivery in prisons .....	15
3.2.5 Low status of women prisoners (sexual reproductive health and rights) .....	16
3.2.6 Increase in substance and drug use and abuse .....	16
3.2.7 Centralised mental health surveillance .....	18
3.3 Conclusion .....	18
<b>4. FORMATIVE EVALUATION RESULTS AND FINDINGS .....</b>	<b>19</b>
4.1 RELEVANCE.....	19
4.2 EFFECTIVENESS.....	25
4.3. EFFICIENCY .....	32
4.3.1 Finances.....	32
4.3.2 Human resources .....	32
4.3.3 Time.....	32
4.3.4 Emerging issues on Youth POPS efficiency.....	33
4.4 IMPACT .....	34
4.5 REACH.....	37
4.6 QUALITY.....	39
4.7 SUSTAINABILITY .....	40
<b>CONCLUSION.....</b>	<b>42</b>
<b>ANNEXES.....</b>	<b>44</b>

Annexure A: In-depth Interview Guide for Consortium Partners (SANOP, VSO, PFM, PREO and SAfAIDS) .....44

Annexure B: In-depth Interview Guide for Prison Officials .....47

Annexure C: In-depth Interview Guide for Juvenile Facilities .....50

Annexure D: Focus Group Discussion Guide for Juvenile Facilities .....52

Annexure E: Survey Questionnaire.....54

ANNEX F: DOCUMENTS CONSULTED.....61

**LIST OF TABLES**

Table 2.1: Sample Size by Target Groups.....5

Table 3.1: Contributing factors to substance and drug use and abuse amongst prisoners in Eswatini, Malawi and Zimbabwe.....16

Table 3.2: State of drug and substance use and abuse in Eswatini, Malawi and Zimbabwe prisons.....17

## LIST OF FIGURES

Figure 3.1: Country of residence.....	9
Figure 3.2: Gender of the sample of respondents.....	10
Figure 3.3: Age of the sample of respondents.....	10
Figure 3.4: Level of education of the sample of respondents.....	11
Figure 3.5: Category describing the sample.....	11
Figure 3.6: Name of correctional facility/prison.....	12
Figure 3.7: Membership to youth forums.....	13
Figure 3.8: Migrant status of the sample of respondents.....	13
Figure 4.1: Is the programme well-designed and relevant for the needs of the youths in and out of prison?.....	19
Figure 4.2: Have Youth POPS activities addressed priority concerns regarding access to health rights and well-being amongst youths in and out of prison?.....	21
Figure 4.3: Youth POPS activities have addressed priority concerns regarding substance and drug use and abuse amongst youths in and out of prisons?.....	22
Figure 4.4: Youth POPS activities are inclusive and have included groups at risk of discrimination (youth, women, PwDs, LGBTIQI+).....	24
Figure 4.5: Did you learn about health rights and well-being through Youth POPS support?.....	26
Figure 4.6: Did you learn knowledge on substance and drugs use and abuse through Youth POPS support?.....	27
Figure 4.7: Level of substance and drug use and abuse amongst youths in prisons.....	28
Figure 4.8: Are there any efforts that have been done to deal with the growing burden of substance and drug use and abuse amongst youths in prisons?.....	28
Figure 4.9: Is there any reporting of the harmful substance and drug use and abuse amongst youths in the prison system?.....	29
Figure 4.10: Is the Youth POPS initiative building resilience against shocks and stressors?.....	30
Figure 4.11: Has Youth POPS managed to use volunteering in the delivery of results?.....	31
Figure 4.12: To what extent are the trainings and capacity building functional and beneficial?...34	
Figure 4.13: Did you get the practical and technical support you needed?.....	35
Figure 4.14: Has the Youth POPS partnered with other networks or the private sector to leverage their work?.....	36
Figure 4.15: Key institutions the project is working with.....	38
Figure 4.16: Has the Youth POPS intervention established and navigated accountability relationships between primary actors and other stakeholders in various contexts?.....	38
Figure 4.18: To what extent is the project being implemented well?.....	39

## LIST OF ACRONYMS

AIDS:	Acquired Immunodeficiency Virus
CBO:	Community Based Organisation
CSO:	Civil Society Organisation
FGD:	Focus Group Discussion
HIV:	Human Immunodeficiency Virus
KII:	Key Informant Interviews
NGO:	Non-Governmental Organisation
PFMI:	Prison Fellowship Ministries International
PREO:	Prisoner Reintegration Empowerment Organization (PREO)
RCF:	Robert Carr Fund
SAfAIDS:	Southern Africa AIDS Information Dissemination Service
STI:	Sexually Transmitted Diseases
TOR:	Terms of References
VSO:	Voluntary Service Overseas
Youth POPS:	Youth Prisons Population Alliance

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## EXECUTIVE SUMMARY

The Youth POPS project which is being implemented in Eswatini, Malawi and Zimbabwe since 2022 by SANOP, VSO and consortium partners with support from the Robert Carr Fund had a baseline and evaluation being conducted at the same time. The project adopted a three pronged approach which included health rights and well-being, sustainable network for successful reintegration and substance and drug use and abuse. The main goal of the project is to improve health rights and well-being of youth prisons' populations through strong sustainable networks for successful reintegration. This project targeted prisons accommodating minors, young offenders, women and ex-inmates associations in Eswatini, Malawi and Zimbabwe. The main group targeted by the project are the youths in and out of prisons in the 3 countries. Therefore, the overall objective of the project is relevant to the needs of youths in and out of prisons in the 3 countries given their humungous challenges in terms of access to health and the increasing incidences and burdens of substance and drug use and abuse.

The project is targeting more than 1000 youths and other prison groups in and out of prison in the 3 countries. Other target groups include prison officials, government departments, the health sector, CSOs/CBOs and other relevant stakeholders. Evaluation findings show that the project is largely successful in reaching and accessing its intended target beneficiaries. Though there is no numerical data, the assumption is that more than 90% of the target beneficiaries have received capacity building, knowledge and information on health rights and well-being, substance and drug use and abuse. The project is succeeding in the task of incorporating all the direct beneficiaries through the establishment of youth forums and peer educators. The evaluation is observing that the benefits of the project are cascading down to the indirect beneficiaries.

By capacity building the youths through information dissemination, information sharing and awareness, the project has been able to enhance their skills to reduce substance and drug use and abuse and improve their health rights and well-being. These tools are imperative in empowering youths and other prison groups to participate in advocacy for their health rights and well-being despite being incarcerated and losing their right to liberty. By and large, the project is relevant in dealing with contemporary challenges confronted by prisoners with regards to access to health care and the growing burden of substance and drug use and abuse.

The project is effective in delivering its desired outcomes as per the project objectives thus far. Prisoners within the various facilities in the 3 countries have been conscientised about their health rights and also the importance of their well-being. This includes awareness and advocacy on infectious diseases such as STIs, HIV and TB which are high amongst prison populations. Moreover, the project has escalated its interventions on reducing substance and drug use and abuse amongst youths in and out prison. This has been done through capacity building, information dissemination and awareness resulting in the formation of youth forums and peer educators to tackle the different challenges faced by inmates in these 3 countries. Another important initiative brought in by the programme is capacity development of youths in prison through provision of vocational training skills. For example, in Malawi at the Half Way Home, prisoners are enrolled in vocational

courses such as tailoring, welding, electrical installation and carpentry. Meanwhile at the Whawha Young Offenders in Zimbabwe, youth prisoners are also enrolled in different vocational training courses as part of skills development. The support has also been afforded to ex-inmates associations such as the Kuyanana Multipurpose Association which is located in Zimbabwe. Former inmates have been trained in various vocational skills such as baking and welding to mention a few in order to enhance their livelihoods given that their prison records make it difficult for them to access formal employment.

In terms of efficiency of the project, the distribution of financial resources is being done in an accountable and transparent manner thus far which is largely supported by the establishment of effective financial management systems, processes and procedures that ensure transparency and make the tracking of funds easy. Financial reports did not show any irregularities clearly highlighting the conducting of the accounting process in a professional manner. In addition, the project is managing to optimally use the financial resources at its disposal to implement project activities. These activities are well supported and participants were able to be provided with the necessary provisions such as trainings, workshops and enrolment in vocational courses to mention a few.

In terms of the impact, youths in and out of prisons in the 3 countries have gained valuable knowledge in terms of their health rights and well-being. These youths had a wide appreciation of health rights as a condition to advocate for their health needs, prevention of neglect or mistreatment reducing illnesses and deaths, navigate the prison healthcare system more effectively, advocate for their health rights to drive improvements in sanitation, hygiene and living conditions and prisoners' awareness of their health rights can educate staff to promote a culture of respect and adequate care. In relation to substance and drug use and abuse, the project is making an impact in terms assisting the youths in and out of prisons to overcome addiction as part of rehabilitation and reintegration, help them address mental health issues which are linked to the use of substances and drugs, help them reduce the likelihood of returning to criminal behaviour which is influenced by substances and drugs, improve behaviour leading to the promotion of a peaceful prison environment, improve overall well-being, create a platform for prisoners to engage in educational and vocational programmes and help prisoners prepare for a drug-free life outside prison. However, a lot still needs to be done through sustainable networks for successful reintegration.

The project managed to reach its intended targeted direct and indirect beneficiaries. Trainings, workshops and information dissemination on health rights and well-being, substance and drug use and abuse are being done with inmates who mostly constitute the youths in the 3 countries. Moreover, the project has also integrated other stakeholders that range from communities, traditional leadership, CSOs/CBOs, government departments, the health sector and other relevant partners. This has thus far enabled the Youth POPS project to expand its scope far and wide in order to provide structural support for youths in and out of prisons.

The project is delivering a quality project and mechanisms such as monitoring and evaluation have been put in place to track progress of the programme.

In terms of sustainability, the project has managed to lay the basis for potential sustainability and buy-in of this initiative by project beneficiaries and relevant stakeholders across the 3 countries. Knowledge dissemination on health rights and well-being, substance and drug use and abuse are being done through trainings and workshops. The establishment of peer educators is also going a long way in ensuring continuity of the project amongst prisoners themselves and the wider prison community. However, there is still a need to increase the visibility of the project to policymakers in order to influence policies on prison health in the different respective countries. This will ensure sustainability by changing the treatment of prisoners, improve prison conditions and enhance accessibility to healthcare.

## 1. INTRODUCTION

### 1.1 The formative evaluation report

This formative evaluation report describes how the evaluation consultant/s fulfilled the Terms of Reference (ToR). It lays the foundation on how the final formative evaluation was conducted and carried out by providing the key information on the proposed scope and focus of the evaluation; the planned methodology; and the way in which the evaluation was organised. It includes the Evaluation Matrix which is the key part of the methodology.

### 1.2 Background to YouthPOPS

SANOP received funding for three years to support prison health programming targeting prison populations. The project is called Youth Prisons Population Alliance (Youth Pops) and it is made up of a consortium of five organizations namely Southern Africa AIDS Information Dissemination Service (SAfAIDS), Prison Fellowship Ministries International (PFMI), Prisoner Reintegration Empowerment Organization (PREO), Voluntary Service Overseas (VSO) and Southern Africa Network of Prisons (SANOP).

The goal of the project is improved health rights and well-being of youth prisons' populations through strong sustainable networks for successful reintegration. The programme is being implemented in Eswatini, Malawi and Zimbabwe with funding from Robert Carr Fund (RCF).

The programme is guided by the following 3 outcomes:

- **Outcome 1:** Networks have increased self-determination and governance to influence, organise, and advocate for quality and inclusive prisons health services.
- **Outcome 2:** The prisons networks influence prisons health and rehabilitation policy reforms at national and regional level for young people in prisons.
- **Outcome 3:** Networks contribute to improved access to inclusive and quality health service provision in prisons.

### 1.3 Purpose of the formative/baseline evaluation

The specific purpose of the assignment was to carry out a study to establish baseline achievements against the broader issues identified above and in line with the donor agreed work plan and activities. The consultant was tasked with also suggesting additional/alternative globally used youth/gender transformative outcomes and indicators in given strategic programme. The consultant was tasked with identifying monitoring and evaluation framework for the regional strategy. The study assessed the three domains of change at individual, community, and systems levels to understand the status of youths in prison and out of prisons in terms of access to health, rights, well-being, and participation and with particular emphasis on drug and substance use and abuse. The overarching and guiding framework was the Volunteering for Development Framework (VfD) and VSO's Quality Evidencing Principles.

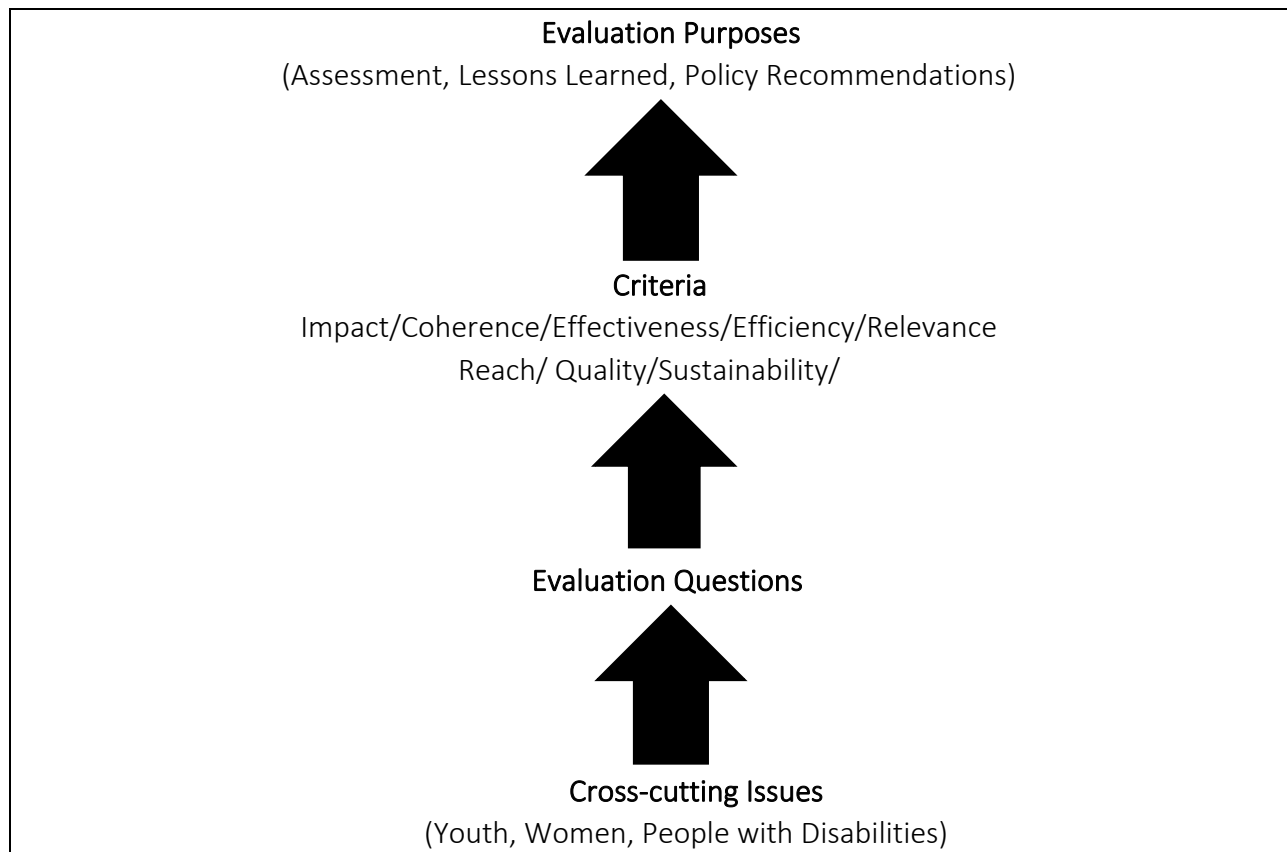
#### 1.4 EVALUATION CRITERIA

The purpose of the assignment was to conduct a baseline and formative evaluation of the project, outlining progress towards achieving stated objectives on its targeted groups through responding to predetermined evaluation elements and questions that were set at project inception. In quintessence, this Evaluation will serve two immediate purposes: (i) decision-making and (ii) taking stock of initial lessons from experience. Specifically, this Evaluation will provide VSO, SANOP and its consortium partners with a basis for identifying appropriate actions to: (a) address particular issues or problems in design, implementation and management, and (b) reinforce initiatives that demonstrate the potential for success.

#### 1.5 Evaluation Framework

The consultant drew on input from selected stakeholders using tools and methods, ensuring that the cross-cutting issues (gender sensitivity and inclusion) are considered in all cases. This input was focused around the seven Evaluation Questions and led to wider judgments expressed in terms of the international Criteria. Altogether this process met the purposes set in the TOR. The process can be represented as follows:

**Diagram 1: Evaluation Framework**



## 2. EVALUATION METHODOLOGY

The proposed methodology comprised of a mixed methods approach (employment of both qualitative and quantitative survey techniques). This combination was used to offset biases and compliment strengths and weaknesses of these different methodological approaches. These methods were useful in understanding complex social phenomenon, allowing for greater plurality of viewpoints and interests, and generating deeper and greater insight. The baseline and formative evaluation was carried out as a participatory analysis and learning process, in order to maximize the involvement and ownership of the young people who participate in Youth POPS. The proposed survey methodology comprised of qualitative and quantitative survey techniques.

To achieve the stated objectives the consultancy team employed a **THREE-PHASE** method. The **FIRST PHASE** of the project involved review of relevant literature and the analysis of applicable documents from various stakeholders. To ensure quality material (in terms of relevance and authenticity) is reviewed, the consultancy team made use of peer reviewed documents. In cases where non-peer reviewed documents are available, clear referencing systems were used.

The **SECOND PHASE** was dominated by the collection of data from multiple stakeholders. First, qualified and experienced enumerators and research assistants (Zimbabwe, Eswatini and Malawi) were sought to assist in the data collection process. The research assistants and enumerators underwent rapid training to familiarise them with the tools and the vision of the consultancy team. The tools underwent piloting as means of testing applicability and efficiency in extracting relevant information required for the baseline and formative evaluation. Secondly, the sampling process was verified to ensure it is free from unrequired bias and sensitive to mandatory bias regarding aspects such as gender, age and other specified indicators.

**PHASE THREE** involved the synthesis of the final reports to be presented to VSO and SANOP. It included the translation, transcription, cleaning and analysis of data into various comprehensive perspectives, claims and benchmarks. To ensure quality at this stage, data was entered by two separate individuals and their results compared to highlight variance and errors. The final synthesized data set was checked again using rudimentary test such as frequency scores and variable ambiguity. The final report was written in drafts that were reviewed separately by members of the consultancy team to ascertain its candour and relation to the data set.

### 2.1 Data collection Methods

The following paragraphs highlight the key proposed data collection methods.

#### 2.1.1 Document Analysis/Desk Review

For purposes of triangulation, identifying key deliverables and parameters for the formative evaluation, desk review and document analysis is among the methods that were employed. This process involved a thorough study of documents via content analysis and discourse analysis. This involved reviews of project information and important project documents, relevant past reports and important secondary data that were made available and others that are accessible online. The identification and analysis of information was done under the following broad categories;

- i. Review and analysis of policies (drug and substance abuse) and traditional practices affecting Rights, Quality Health, and Wellbeing of Youth in prison populations in Southern Africa (Eswatini, Malawi and Zimbabwe)
- ii. Research and literature on available youth rehabilitative services in prisons and correctional facilities with a particular focus on drug and substance use and systems in place to address these
- iii. National legal framework and policies that exist for youths in Eswatini, Malawi and Zimbabwe when accessing Sexual Reproductive Health and Rights and Rehabilitation and Reintegration services for youth in and out of corrections in the implementing.
- iv. Data from relevant institutions such as the government departments and line ministries, traditional structures/leaders and other CSOs including network chapter members on issues around inadequately served populations, baseline and end-line evaluations of previous SANOP interventions
- v. Any other research relevant to the Formative Evaluation (e.g. information that the Evaluation deems appropriate).

This approach helped in the accumulation of data on understanding the status of youths in prison and out of prisons in terms of access to health, rights, well-being, and participation with particular emphasis on drug and substance use and abuse in relation to the Youth POPS Project. The analysis of data incorporated coding content into themes. Moreover, this also involved identifying gaps (gap analysis) to come up with recommendations.

### **2.1.2 Individual Key Informant Interviews (KII)**

Key informant interviews (KIIs) typically are much more like conversations than formal events with predetermined response categories. After having thoroughly studied documents via content analysis and discourse analysis, in-depth interviews were done with all direct and indirect stakeholders. This process involved face to face interviews. Specifically, KIIs were sought to confirm the impact of the Youth POPS Project. The key informants ranged from the staff of the consortium partners, traditional leaders, local authorities, legal practitioners, ex-inmates association (network membership), CSOs/CBOs, girls, boys, and youth structures, inmates and ex-inmates and any other prescribed by the client to gather substantial anecdotal evidence for the Baseline and Formative Evaluation. Furthermore, the consultancy team also relied on the guidance by VSO and SANOP on the important stakeholders to conduct interviews with and setting up the interviews in advance. Different interview and discussion guides for these categories of interviewees were developed, piloted and finalised in the different settings.

### **2.1.3 Focus Group Discussion (FGDs)**

As for the FGDs, a separate, but inclusive group of between six to eight people were selected in the targeted geographical areas and discussions were held to explore the key evaluation issues in more detail. These were conducted with girls, boys, and youth structures, inmates and ex-inmates in project areas. These discussions assisted the Team in getting first-hand information and lived realities of the status of youths in prison and out of prisons in terms of access to health, rights, well-being, and participation with particular emphasis on drug and substance use and abuse. Focus Group Discussions (FGDs) were used to generate in-depth information on the survey questions and serve as a basis of triangulating the responses

obtained from the other data collection methods. The FGD participants were selected purposively depending on their local contextual knowledge and usefulness of information that they have regarding the “Youth POPS” Project were used to gather the experiences and opinions of target beneficiaries of the project.

#### 2.1.4 Survey Questionnaire

A structured questionnaire was administered to randomly selected respondents that were beneficiaries of the project to obtain feedback on the programme activities, results and outcomes. The questionnaire sought to collect data on knowledge, views, opinions and perceptions of the intervention programmes implemented in the Youth POPS Project. The tool also measured and quantified interventions done under the Youth POPS Project by VSO, SANOP and other consortium partners.

#### 2.1.5 Sampling

The baseline and formative evaluation utilised probability and non-probability sampling techniques. The consultant/s made use of probability techniques such as simple random sampling and non-probability techniques such as purposive and snowball sampling in selecting the different targeted groups and external stakeholders in the project. The baseline and evaluation utilised probability and non-probability sampling techniques. The consultants randomly (simple random sampling) selected a subset of participants from the population of participants and beneficiaries in the baseline and evaluation to ensure that everyone in the population has an even chance and likelihood of being selected. The officials from SANOP, VSO and consortium partners, officials from prisons/correctional Institutions of Eswatini, Malawi, Zambia, and Zimbabwe; Ex-inmates and civil society organisations (CSO) working on crime prevention and rehabilitation of offenders and within the broader prison community (in and out of prison) were purposively sampled to provide further insights, views, opinions and perspectives on the project implemented by SANOP, VSO and consortium partners.

##### 2.1.6.1 Sample size

The overall size of the population is 1129 as per the estimates of the consultant using the provided sampling frame. Therefore, the calculated size of the sample of the population that was considered in the formative evaluation is 290. However, due to the limited period of duration and available budget in terms of conducting the formative evaluation, this consultant revise the sample size to 174 as per the information contained in sampling framework in order to meet the deadlines for the production of the formative evaluation report. The table below summarises the population and sample sizes for the different units of analysis while categorising them between KIIs, FGDs and Surveys in terms of data collection.

**Table 2.1: Sample Size by Target Groups**

Group	Total number	Sample Size	KIIs	FGDs	Survey
SANOP Staff and Volunteers	5	3	3	-	-
SANOP Country Chapter Committees	32	4	4	-	-
VSO	-	2	2	-	-
PFM (Malawi)	60	30	2	3	35

PREO		-	3	3	-	-
SAfAIDS		-	2	2	-	-
Eswatini Facilities	Correctional	584	71	5	6	60
Zimbabwe Facilities	Correctional	448	71	5	6	60
Prison Officers		-	15	15	-	-
Kuyanana Association Association Zimbabwe)	Multipurpose (Ex-inmates Association Zimbabwe)	38	10	-	1	-
Total		1167	186	38	20	155

## 2.2 Ethical considerations

In spite that the consultancy team has immense experience in conducting research, each research is different and it, therefore, is important to consider the corresponding ethical considerations for this evaluation. These will be as follows;

- *Social responsibility*: At all times, a researcher has to be aware of the responsibility to the communities and societies in which they are doing their research. Therefore, the researcher will aim to maximise the benefits of the research and minimise the potential risk or harm to participants and researchers.
- *Independence*: Independence of research should be maintained and any conflict of interest or partiality on behalf of the researchers, funding or commissioning body will be made explicit before and/or during a specific research project.
- *Informed consent and voluntary participation*: Research participants will be given appropriate and accessible information about the purpose, methods and intended uses of the research, what their participation in the research entails, and what risks and benefits, if any, will be involved. Participants should give consent free from coercion or undue pressure. They will be aware of their right to refuse participation whenever and for whatever reason they wish, without fear of penalisation or victimisation. They will not have to give a reason for refusing to participate.
- *Anonymity and confidentiality*: The identity of research participants should be protected at all times through anonymity or confidentiality, unless research participants explicitly agree to, or request the publication of their personal information. Anonymity means that there is no way to identify a person from the information provided (ensured, for example, we will keep personal details separate from survey responses, and also we will not share their names with anyone else). Confidentiality means that while someone could conceivably be identified, only the researchers collecting or analysing the data have access to respondents' personal information, and this information is not shared in a way that would allow individuals to be identified to or by a third party. Any confidential personal information (such as names, job titles, employers, etc.) will be securely stored, password protected and encrypted.
- *Integrity and transparency*: All stages of research design and data collection, cleaning, coding and analysis will be documented appropriately so the research process is transparent and there is an audit trail. This approach has the benefit of making it easy to differentiate between data that is being interpreted in self-interested ways by researchers, and data that is analysed with a transparent logic, therefore representing the best available evidence.

## **2.6 Data management and storage**

Data was stored according to data management procedures. All research data was stored on secured storage, protected against unauthorised use and loss. Facilities such as authorisation and back-up features were included. Each dataset was classified according to CIA triad (Confidentiality, Integrity, and Availability). Procedures to store and get access data sets were set according to the CIA-classification. The procedures in the two policies define where the data is stored and who is granted access to the data. Data was stored on a storage device and in the Google Drive. Data was backed up daily to a backup device. The consultants, VSO and SANOP (those were involved in the consultancy) had access to the data files. A Google drive was shared to those who partook in the consultancy process.

## **2.7 Data analysis and validation**

Data collected was collated and analysed using the evaluation matrix and evaluation criteria. The following paragraphs explain in greater detail the data analysis approach that was used in the baseline and evaluation:

### **2.7.1 Quantitative data analysis**

The quantitative analysis is based on descriptive statistics and other various statistical calculations. Frequency analysis was employed in cases where population groupings by numbers regarding a particular phenomenon are sought. The three types of measures of central tendency —mean, median and mode— were also used to show the population convergence points regarding particular phenomenon. Measures of dispersion —particularly the standard deviation— were also used to show the accuracy of information on population convergence issues. Correlation analysis was also be used to assess relationships between and amongst variables.

### **2.7.2 Qualitative data analysis**

Content analysis was used to analyse qualitative data collected through FGDs, key informant interviews and in-depth interviews. Content analysis is a systematic approach to qualitative data analysis that identifies and summarizes the messages that the data are sending (Trumpower, 2007). For this study and as is common among majority inductive approaches to analysing qualitative data (see Thomas, 2006) the following steps were followed. Raw field notes which stimulate the researcher to remember things in the field so as to be able to fill in gaps was used to come up with intelligible and usable write-ups. Tape recordings were used to translate and transcribe into text before they were subjected to the same processing as hand written notes. Themes or domains which were ‘umbrella’ constructs were identified before, after and during data collection.

## **2.4 Data collection limitations**

The consultants were faced with several challenges in the process of data collection and they included the following:

1. The baseline and formative evaluation was collected during the year of elections in Zimbabwe and thus the consultants took a long time to be cleared by the Zimbabwe Prisons and Correctional Services. The vetting process took a while to be completed so that data could be collected in the two facilities sampled by the consultancy.
2. The researchers could not get a hold of some of the key informants from the consortium partners over the phone and via email to conduct interviews. This was

largely owed to their busy schedules and this presented many challenges in terms of accessing them.

## **2.5 Limitations of the evaluation**

The evaluation was conducted within a very tight time period. The limitations noted are time allowed for data collection and reporting.

### 3. THE CONTEXT OF THE INTERVENTION: BASELINE FINDINGS

This section presents the context before the intervention by Youth POPS project through the baseline findings and the description of existing conditions and performance of the prison/correctional facility systems in Eswatini, Malawi and Zimbabwe in relation to health rights and well-being and substance and drug use and abuse.

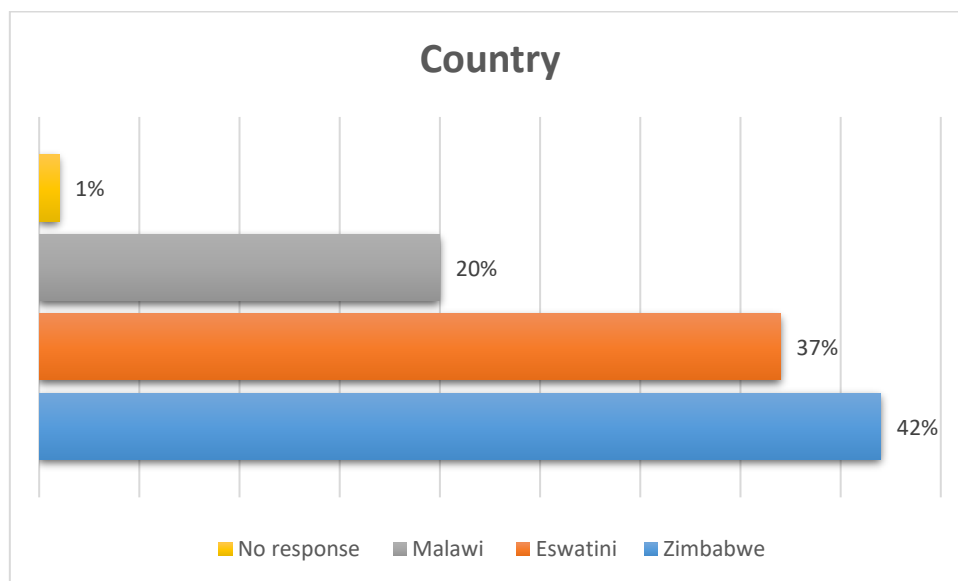
#### 3.1 Demographic characteristics of the sample

The following data represents the key results of the quantitative and qualitative study on the social and demographic characteristics of the sample that were involved in the baseline of the Youth POPS initiative being implemented by VSO, SANOP and consortium partners in Eswatini, Malawi and Zimbabwe. The type of facilities visited include women’s prisons and young offenders’ prisons in the aforementioned countries. It must be indicated that apart from prisoners, the consultancy assignment also included former prisoners who were represented by Ex-Inmates Associations.

##### 3.1.1 Country

The Youth POPS is targeting Eswatini, Malawi and Zimbabwe, As shown in Figure 1 below, a majority of the sample that participated in this baseline were from Zimbabwe (42%), followed by Eswatini (37%) and Malawi (20%). A small proportion (1%) had no response.

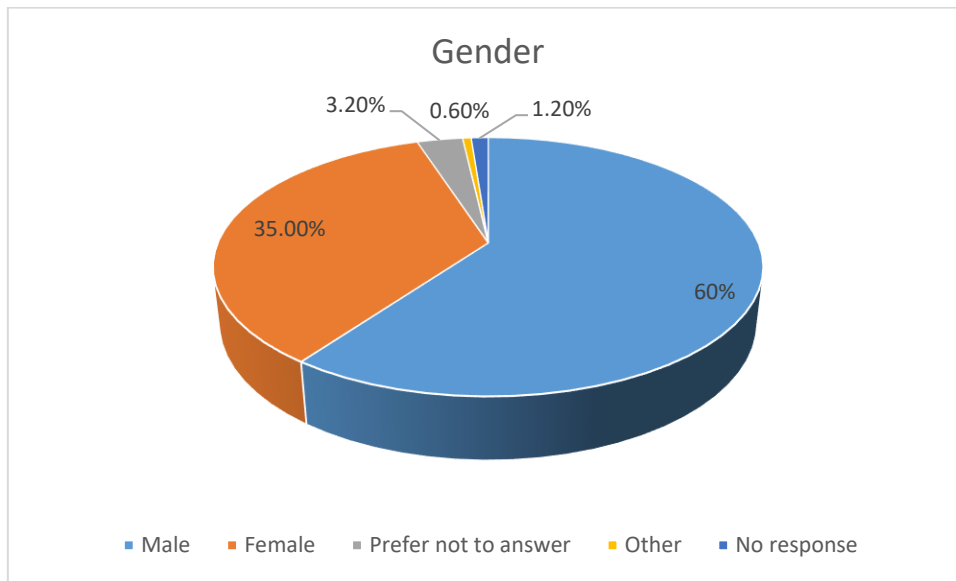
Figure 3.1: Country of residence



##### 3.1.2 Gender

In terms of gender, there were more males (60%) who were incarcerated as compared to females (35%). Meanwhile, a small proportion of the sample (0.6%) indicated other assuming that they belong to the category of sexual minorities (LGBTIQI+). Given that Zimbabwe, Malawi and Eswatini have not legalised the rights of sexual minorities it becomes very difficult for them to openly declare their sexuality. This is a constraint to a programme of this nature that openly wants to address the health and well-being and substance and drug use and abuse of prisoners in these 3 countries despite their sexuality. A small proportion of the sample (1.2%) had no response meanwhile 3.2% preferred not to answer.

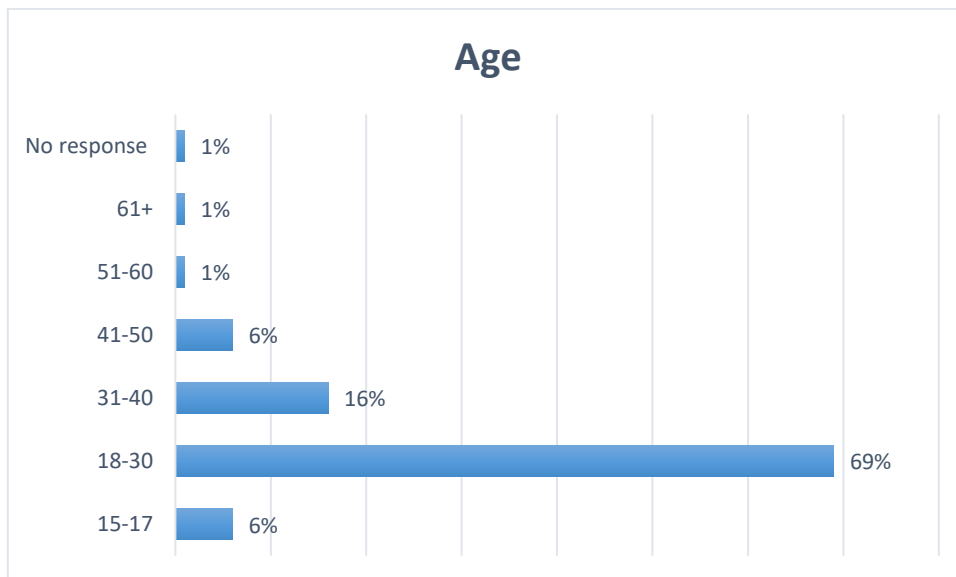
Figure 3.2: Gender of the sample of respondents



### 3.1.3 Age

A majority of the sample (69%) were youths between the age categories of 18-30. Given that the Youth POPS programme is targeting youths, the availability of the youth demography offers an opportune moment to deal with challenges related to health and well-being, drug and substance use and abuse and mental health.

Figure 3.3: Age of the sample of respondents

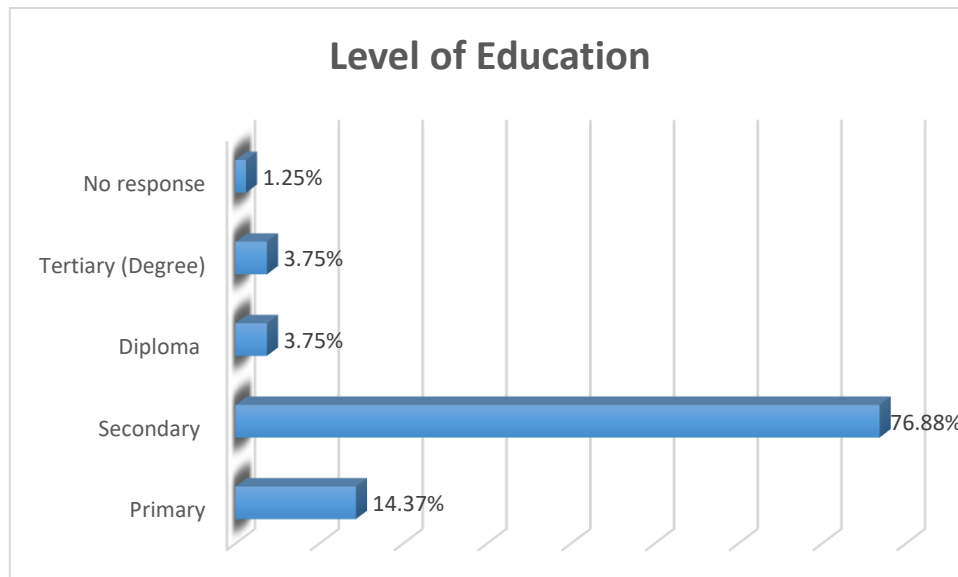


The category of 31-40 had the second highest representation (6%) followed by the 15-17 category (6%) who are still identified as minors. Meanwhile the 41-50 category (6%) had a similar representation as compared to the minors followed by the 51-60 (1%) and 61+ (1%). A small proportion of the sample had 1% representation. These results indicate the diversified pool of incarcerated individuals that range from minors, youths, men, women and the elderly. However, the main thrust of this initiative is to address the tripartite challenges mentioned above on youth prison populations.

### 3.1.4 Level of Education

In terms of education, a majority of the sample (76.88%) had gone through secondary education. This indicates that a majority of the sample had a certain level of reading and writing skills. This also provides an opportunity for the programme to easily train and capacitate the targeted respondents for the project.

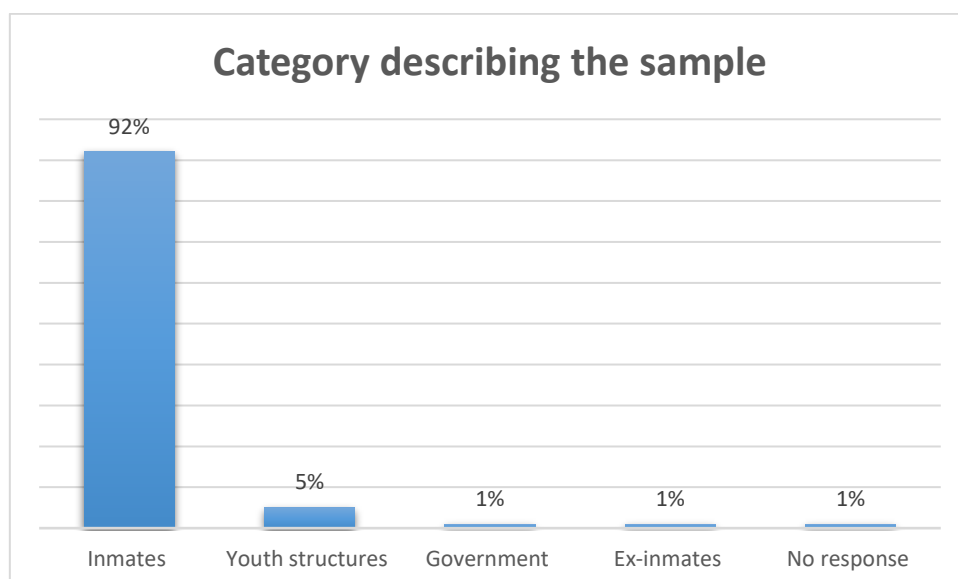
Figure 3.4: Level of education of the sample of respondents



Meanwhile, 14.37% had gone through primary education only while 3.75% had diploma qualifications followed by another 3.75% who had degree qualification from higher and tertiary education institutions. A small proportion of the sample (1.25%) had no response.

### 3.1.5 Category describing the sample

Figure 3.5: Category describing the sample



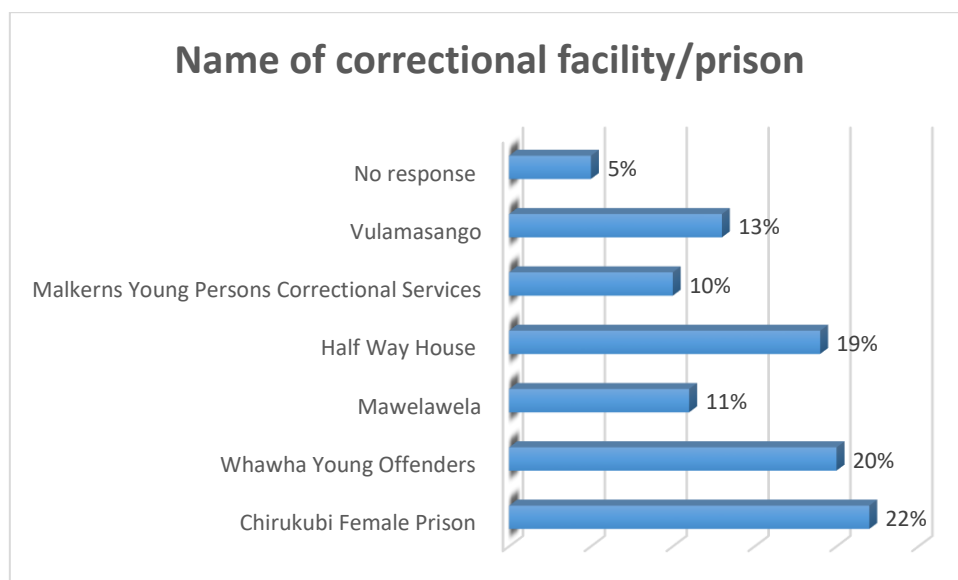
The sample that participated in the baseline was diversified and gathered from different groupings. A large proportion (92%) were inmates who are currently incarcerated and serving

their sentences. This was followed by 5% who represented youth structures meanwhile 1% constituted government and another 1% ex-inmates. Furthermore, 1% of the sample had no response.

### 3.1.6 Name of correctional facility/prison

The figure above represents the different correctional facilities/prisons that were involved in the baseline and formative evaluation of the Youth POPS project. A majority of the sample (22%) were located in Chikurubi Female Prison followed by Whawha Young Offenders (20%) which are both located in Zimbabwe. The third highest sample representation was Half Way House (19%) which is located in Malawi. The remaining facilities are located in Eswatini and had the following representation: Vulamasango (13%), Mawelawela (11%) and Malkerns Young Persons Correctional Services (10%). Meanwhile, a small proportion (5%) of the sample had no response.

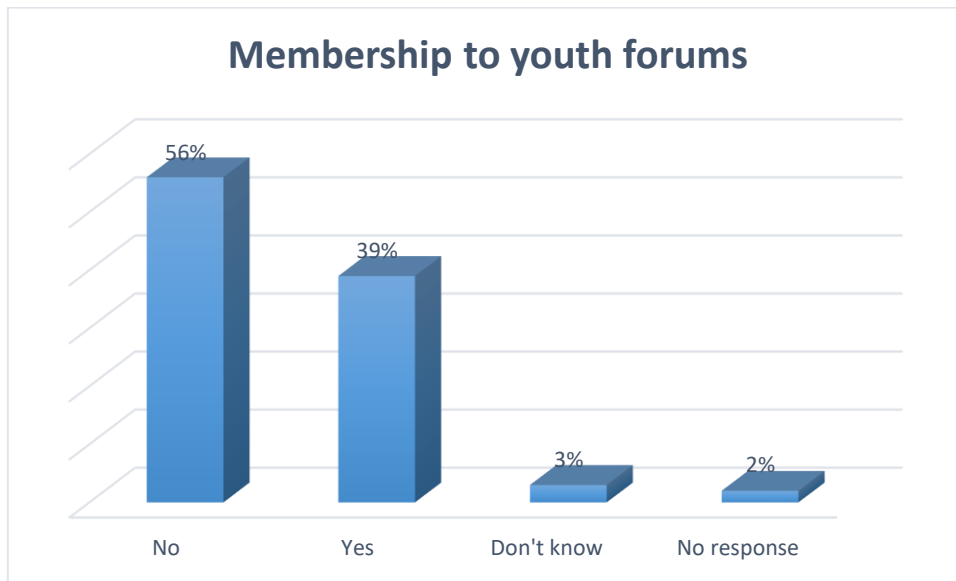
**Figure 3.6: Name of correctional facility/prison**



### 3.1.7 Membership to youth forums

In terms of membership to youth forums within the incarcerated inmates, a majority (56%) indicated that they were not part of any forum. This was followed by 39% who indicated they had membership while 3% didn't know. A small sample (2%) had no response. The youth forums are crucial for peer support, education awareness, and empowerment, addressing specific needs building trust, promoting healthy habits, providing a sense of purpose, encouraging positive relationships and supporting reintegration.

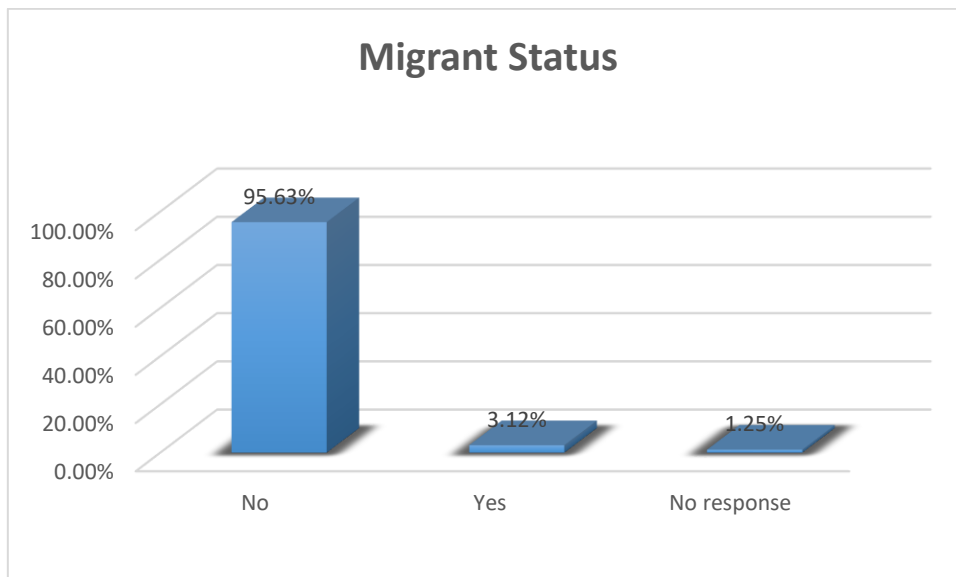
Figure 3.7: Membership to youth forums



### 3.1.8 Migrant status

A majority of the sample (95.63%) were not migrants and actually belonged to the home countries where they are actually incarcerated. Meanwhile, 3.12% were actually migrants meaning they were serving their sentences in foreign lands. A small proportion (1.25%) had no response.

Figure 3.8: Migrant status of the sample of respondents



### 3.2 The context of the intervention

There are several contextual factors relevant to the Youth POPS, a project that aims to improve health rights and well-being of youth prisons' populations through strong sustainable networks for successful reintegration. These factors are: (i) limited recognition of the health rights of prison populations; (ii) poor access to health within the prison system; (iii) weakness of prison systems to cater for the well-being of prisoners; (iv) difficult socio-economic conditions

affecting service delivery in prisons; (v) the low status of women prisoners (sexual reproductive health and rights); (vi) increase in substance and drug use and abuse; and (vii) centralized mental health surveillance.

### 3.2.1 Limited recognition of the health rights of prison populations

The first identified contextual factor to the Youth POPS project is the limited recognition of the health rights of prison populations. This is despite the existence of legal statutes and frameworks that recognise the rights of individuals including those behind bars nationally, regionally and internationally. The three countries identified for the project are signatories that acceded and ratified a number of statutes on human rights regionally and internationally that include ICCPR, CEDAW, ICESCR, CRC, CRPD, ACHPR, AWP and the ACRWC<sup>1</sup>. However, it is imperative to note that the signing of a human rights instrument does not mean the State consents to be bound by the treaty, but it is an expression of the State's willingness to complete the treaty-making process and an obligation to 'refrain, in good faith, from acts that would defeat the object and the purpose of the treaty'<sup>2</sup>. In Zimbabwe, the Constitution of Zimbabwe Amendment (No. 20) Act, 2013 (the Constitution) contains provisions which protect persons that have been deprived of their liberty. While in Malawi, there is the Prisons Act which provides for the establishment of Prisons within Malawi, for a Prison Service, for the discipline of Prison Officers, for the management and control of Prisons and Prisoners lodged therein, and for matters incidental thereto. In Eswatini, there also exists the Prisons Act of 1964 that makes provision for prisons and the organisation, powers and duties of prison officers and incidental matters.

However, despite the existence of these various statutes and legal frameworks that prioritise human rights including those of prisoners, there is still a deficit when it comes to the health rights of prison populations. Observations made during the consultancy assignment is that prison facilities in countries like Zimbabwe and Malawi do not have adequate and proper health facilities and personnel which directly violates the health rights of inmates. The prisons are congested and overcrowded resulting in serious health issues with no prioritisation of the health rights of inmates who end up dying in some instances<sup>3</sup>. Zimbabwe and Malawi still prefer to do incarceration under 'prison conditions' despite slowly migrating to correctional services which tends to prioritise the rights of prisoners. Eswatini has embraced the correctional aspect in their places of incarceration. However, despite these different dynamics that exist in these countries when it comes to their prison systems, the one common denominator is that there is limited acceptance of the health rights of prison populations.

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<sup>1</sup> VERITAS. 2018. RIGHTS BEHIND BARS: A Study of Prison Conditions in Zimbabwe. Available online at [https://veritaszim.net/sites/veritas\\_d/files/Rights%20Behind%20Bars%20-%20A%20Study%20of%20Prison%20Conditions%20in%20Zimbabwe-.pdf](https://veritaszim.net/sites/veritas_d/files/Rights%20Behind%20Bars%20-%20A%20Study%20of%20Prison%20Conditions%20in%20Zimbabwe-.pdf). Accessed 9 May 2024.

<sup>2</sup> Articles 10 and 18 of the Vienna Convention on the Law of Treaties (VCLT), 23 May 1969, United Nations, Treaty Series, vol. 1155, p. 331.

<sup>3</sup> Manda J.K.T. 2017. Overcrowding And Its Effects On The Health Of Prisoners In Malawi: A Role For The Malawian Courts? Available online at <https://www.southernafricalitigationcentre.org/wp-content/uploads/2017/08/5Manda.pdf>. Accessed 9 May 2024.

### **3.2.2 Poor access to health within the prison system**

Access to healthcare within the prison system is also another major serious challenge to the health rights of prisoners. By their very nature, prisons are already a challenging environment given the existing infrastructural deficit, unreliable water and power supplies, poor ventilation and overcrowding. Despite these challenges, prisons are also overburdened with prisoners who have HIV, STIs and Tuberculosis (TB) which is largely exacerbated by weak preventative measures for HIV, STIs and sexual violence. Many prison populations are also unable to access basic services such as cervical cancer screening, HIV/STI tests, and even health information, often being referred to hospitals and clinics for these services<sup>4</sup>. Already this puts constraints on the prison system which cannot cater for the healthcare needs of prisoners in the 3 countries identified under the Youth POPS project. It is important to highlight that part of the major weaknesses of the prison system in these 3 countries is that it does not provide adequate health care for its prisoners internally, resulting in prisons seeking for assistance outside in facilities such as hospitals and clinics. This has a huge bearing on prisoners who are released who end up failing to integrate and access services due to stigma and discrimination<sup>5</sup>.

### **3.2.3 Weakness of prison systems to cater for the well-being of prisoners**

Prisons and correctional facilities in the 3 countries are failing to cater for the well-being of prisoners who are incarcerated in their various facilities. Some of the inhibiting factors identified in the baseline include inadequate funding, understaffing and debilitated prison infrastructure to mention a few. Prisoners are not able to be rehabilitated during their incarceration process because of the conditions that exist in the prison/correctional facility systems in their respective countries. Substandard conditions in these facilities contribute to widespread general ill-health, as well as the spread of communicable diseases including hepatitis, TB and HIV. For those living with HIV in particular, stigma and limited support structures prevent many from managing their condition effectively<sup>6</sup>.

### **3.2.4 Difficult socio-economic conditions affecting service delivery in prisons**

Another burden affecting the health rights and well-being of prisoners in the 3 countries is the overall financial difficulty faced by these countries in the region. This makes it difficult for proper service delivery to take place within the prison/correctional facility systems. Countries like Zimbabwe are faced by deteriorating socio-economic conditions largely driven by stagnant growth of the economy resulting in poor allocation of resources to finance prisons. Such a scenario leads to underfunding and under resourcing of these facilities. Moreover, these conditions lead to overcrowding, poor infrastructure, corruption, staff shortage, limited access to education and training, poor healthcare, inadequate nutrition, limited access to legal services and overreliance on NGOs for service delivery, creating sustainability challenges.

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<sup>4</sup> Robert Carr Fund. nd. SANOP: Towards evidence-based advocacy for improved service delivery. Available online at <https://robertcarrfund.org/case-studies/sanop-towards-evidence-based-advocacy-for-improved-service-delivery>. Accessed 9 May 2024.

<sup>5</sup> Ibid.

<sup>6</sup> VSO. nd. Improving prison health through volunteer peer support, skills training, and advocating for change. Available online at <https://www.vsointernational.org/our-work/inclusive-health/prison-health/improving-prison-health-and-wellbeing-in-southern-africa>. Accessed 9 May 2024.

### 3.2.5 Low status of women prisoners (sexual reproductive health and rights)

Despite countries in the Southern African region reducing the prevalence rate and AIDS-related deaths, but women particularly those who in prison, remain at high risk<sup>7</sup>. The neglect of sexual reproductive health and rights of women prisoners coupled with stigma, discrimination, poor prison conditions and segregation have negatively impacted women prisoners living with HIV. This results in poor health outcomes for women prisoners. Such a scenario is breach against the human rights of women prisoners and is a public health problem largely propelled by inappropriate and inadequate health provision in prisons<sup>8</sup>. It is imperative to highlight that most prisons in Southern Africa tend to be gender-blind and concerned with disease prevention rather than with health promotion amongst women prisoners.

### 3.2.6 Increase in substance and drug use and abuse

Substance and drug use and abuse is on the increase amongst prisoners and also those entering the prison system. Socio-economical and contextual issues contribute to the link between substance use and risky sexual behaviour amongst prison inmates. Due to the shortage of cigarettes, alcohol, and sanitary supplies some prisoners resort to prostitution, which is either voluntary, or sometimes forced, as a method of payment for favours from other inmates. The use of substances thus exposes inmates to an increased danger of being exposed to a host of diseases, such as TB, STIs and HIV/AIDS. The often large numbers of prisoners with drug problems and/ or involved in drug trafficking pose a wide range of challenges for prison administrators.

The sample of respondents in prisons in the 3 countries were asked to indicate some of the contributing factors to substance and drug use and abuse amongst prisoners. The 7 common factors they highlighted include peer pressure, stress, addiction, reduction of anxiety, negligence, depression, rejection and withdrawal symptoms. The information collected from the interviews and FGDs indicated that drug use is usually high amongst new prisoners and also there is a high likelihood of relapse from released prisoners who quickly find themselves back in the prison systems.

**Table 3.1: Contributing factors to substance and drug use and abuse amongst prisoners in Eswatini, Malawi and Zimbabwe**

	Contributing Factors
Substance and Drug use and abuse in prisons	-Peer pressure -Stress -Addiction -Reduction of anxiety -Negligence -Depression -Rejection -Withdrawal symptoms

<sup>7</sup> Pillay N, Chimbga D, Van Hout MC. Gender Inequality, Health Rights, and HIV/AIDS among Women Prisoners in Zimbabwe. *Health Hum Rights*. 2021 Jun; 23(1):225-236. PMID: 34194215; PMCID: PMC8233008

<sup>8</sup> Ibid.

There are different drugs and substances taken by prisoners and these are highlighted by one prison official through an interview who noted that:

*The most common ones are dagga which is called marijuana and another ones are cigarettes and traditional beer (made with bread). These are the substances we have mostly found in possession of prisoners (KII, Prison Official Eswatini)*

Prisoners engage in substances and drugs such as dagga/marijuana and have gone to a further extent of preparing traditional beer through bread. Apart from the aforementioned ones, other substances and drugs include cough mixtures (broncolli), heroin and cocaine. There is a general consensus that the level of substance and drug use and abuse is very high as alluded by one respondent who noted that:

*The level of substance and drug use and abuse amongst youths in prisons is very high. Most of the youths for them to survive or finish off their day they have to smoke some marijuana or cigarettes and in some instances they take alcoholic beverages (FGD, Prisoner Malawi)*

Apart from the views and opinions shared by respondents through interviews and focus group discussions, the common challenges across the 3 countries include inadequate drug treatment and rehabilitation programs, corruption among prison officials, overcrowding and poor living conditions, limited access to healthcare and hard reduction services and high prevalence of HIV and AIDS among prisoners. This is highlighted in the following table below:

**Table 3.2: State of drug and substance use and abuse in Eswatini, Malawi and Zimbabwe prisons**

Eswatini	Malawi	Zimbabwe
<ul style="list-style-type: none"> <li>-Significant drug use and abuse particularly cannabis and heroin</li> <li>-Drugs often smuggled into prisons through food and clothing items</li> <li>-Limited access to drug treatment and rehabilitation programs</li> <li>-High rate of drug-related violence and gang activity in prisons</li> <li>-Corruption among prison officials contributes to drug trade</li> </ul>	<ul style="list-style-type: none"> <li>-Rampant drug use and abuse particularly cannabis, heroin and prescription drugs</li> <li>-Drugs often smuggled into prisons through visitors and corrupt officials</li> <li>-Limited access to drug treatment and rehabilitation programs</li> <li>-High prevalence of HIV and AIDS among prisoners due to shared needles</li> <li>-Overcrowding and poor living conditions contribute to drug use and abuse</li> </ul>	<ul style="list-style-type: none"> <li>-Widespread drug use and abuse particularly cannabis</li> <li>-Drugs smuggled into prisons through visitors, corrupt officials and illegal means</li> <li>-High prevalence of HIV/AIDS among prisoners due to shared needles</li> <li>-Limited access to rehabilitation programs and treatment services</li> <li>-Overcrowding and poor living conditions exacerbate drug use and abuse</li> </ul>

### **3.2.7 Centralised mental health surveillance**

Prisons are also conducive to severe mental hardship and stress. The mental health of prisoners incarcerated within the justice system is poor. For example, women prisoners have significant mental and physical health needs. Research on women in the criminal justice system has suggested that they carry a higher burden of many illnesses, especially mental health, substance use, and infectious diseases, than women who have had no contact with the criminal justice system<sup>9</sup>. In addition, women who pass through the criminal justice system are much more likely than other women to have been victims of interpersonal violence<sup>10</sup>.

### **3.3 Conclusion**

Of the contextual factors which set the stage for the Youth POPS implementation, three are four designated cross-cutting themes in the project's plan. They are the ones that have to do with health rights and well-being, the low status of women in prisons, substance and drug use and abuse and centralized mental health surveillance.

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<sup>9</sup> Fazel S, Baillargeon J. The health of prisoners. *Lancet*. 2011; 377: 956–965.

<sup>10</sup> Moloney KP, van den Bergh BJ, Moller LF. Women in prison: The central issues of gender characteristics and trauma history. *Public Health*. 2009;123:426–430

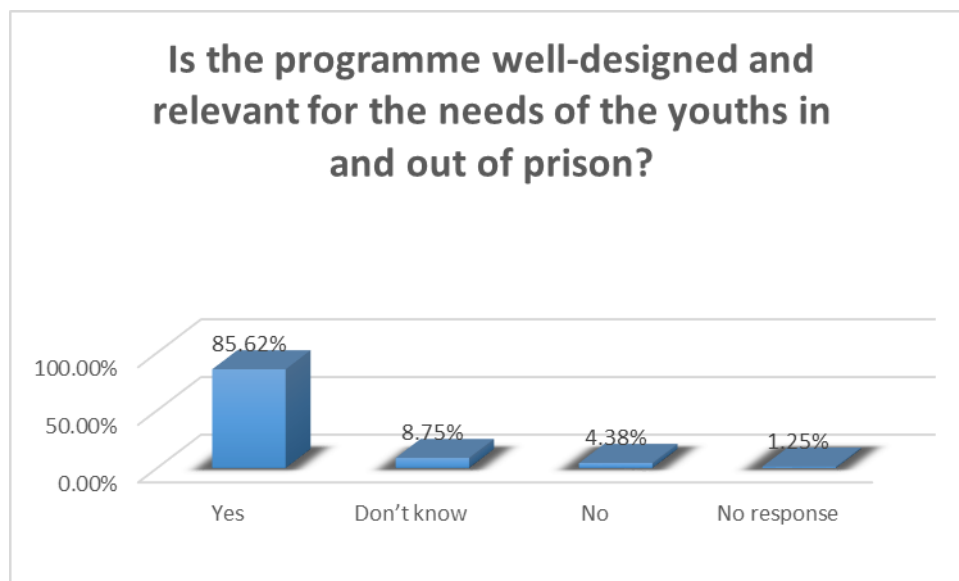
#### 4. FORMATIVE EVALUATION RESULTS AND FINDINGS

This section presents the main findings and results of the formative evaluation in question. In this report, findings are presented along thematic areas central to the project as guided by the DAC criteria for evaluating programmes. The findings of the formative evaluation have been organised in seven main categories as reflected in the following order: i) relevance, ii) effectiveness, iii) efficiency, iv) impact, v) reach, vi) quality, and vii) sustainability. This is accompanied by cross cutting themes such as inclusion, engagement, accountability, and resilience, safe guarding, volunteering, policy and advocacy. It should be quickly pointed out that although these above sections may seem distinct, issues therein are interrelated and for this reason, some sections will be brief (where necessary) to avoid unnecessary repetitions.

##### 4.1 RELEVANCE

The majority of beneficiaries and stakeholders concurred to the reality that the overall activities (health rights, well-being and participation and drug and substance use and abuse) implemented under the Youth POPS project were responsive to the needs and priorities of minors, young people, men, women and the elderly that are incarcerated in the various correctional facilities/prisons across the 3 countries as highlighted in Figure 4.1 below.

**Figure 4.1: Is the programme well-designed and relevant for the needs of the youths in and out of prison?**



The general consensus stems from the evidence that prior to the Youth POPS intervention, inmates of all age groups particularly the youths were not adequately afforded their health rights and engaged in drug and substance use and abuse in and out of prisons. Further probes with different stakeholders and key informants revealed that since the intervention by VSO, SANOP and other partners, there has been significant change with regards to access to healthcare for inmates. Moreover, behavioural change is also exhibited by youths and other groups who previously engaged in drug use and abuse. A majority of the sample in the evaluation (85.62%) as shown in Figure 4.1 above indicated that the programme is well designed and relevant to the needs of the youths in and out of prison. This was followed by

8.75% who did not know while 4.38% indicated no. A small proportion of the sample (1.25%) indicated other.

The responses generated through interviews and focus group discussions amongst the sample led to the conclusion that the programme is addressing the most pressing challenges of health rights and well-being, substance and drug use and abuse amongst prison populations particularly the youths in Eswatini, Malawi and Zimbabwe. One respondent during a key informant interview in Zimbabwe highlighted that:

*It is important to have correct information because it assists us in doing our jobs. The time when VSO came in we were assisted on issues to do with HIV/AIDS and drug and substance use and abuse (KII, Prison Official Zimbabwe)*

Information dissemination is at the epicenter of the Youth POPS project as reflected by the prison official in Zimbabwe. Meanwhile another respondent in Malawi echoed the following sentiments:

*In prisons youths are facing a lot of problems. One of the challenges is that they are mistreated by the prison wardens. Another one is that some of them are engaging in alcohol abuse. It is very difficult for the youths to survive in prisons due to their age which enable others especially the mature ones to make decisions on their behalf. They end up being trained by others to smoke, drink and join bad company (FGD, Prisoner Malawi)*

The responses generated above from conversations with various respondents highlights the relevance of the Youth POPS in advocating for healthy needs of prisoners who are exposed to infectious diseases, poor personal hygiene and sanitation, lack of knowledge on health issues and a high prevalence of substance and drug use and abuse. In Zimbabwe, Malawi and Eswatini, prisoners were not exposed to adequate information on how to improve their health outcomes, reduce morbidity and mortality, better their access to healthcare, improve prison conditions and optimise on rehabilitation and reintegration through health rights and well-being. Meanwhile, substance and drug use and abuse which is rampant in prisons particularly in Eswatini and Malawi is another entry point that has been used by the project to improve mental health, foster rehabilitation, reduce recidivism, improve behaviour and health outcomes, reduce violence and prepare youths for a drug free life after release.

#### **4.1.1 Health rights and well-being**

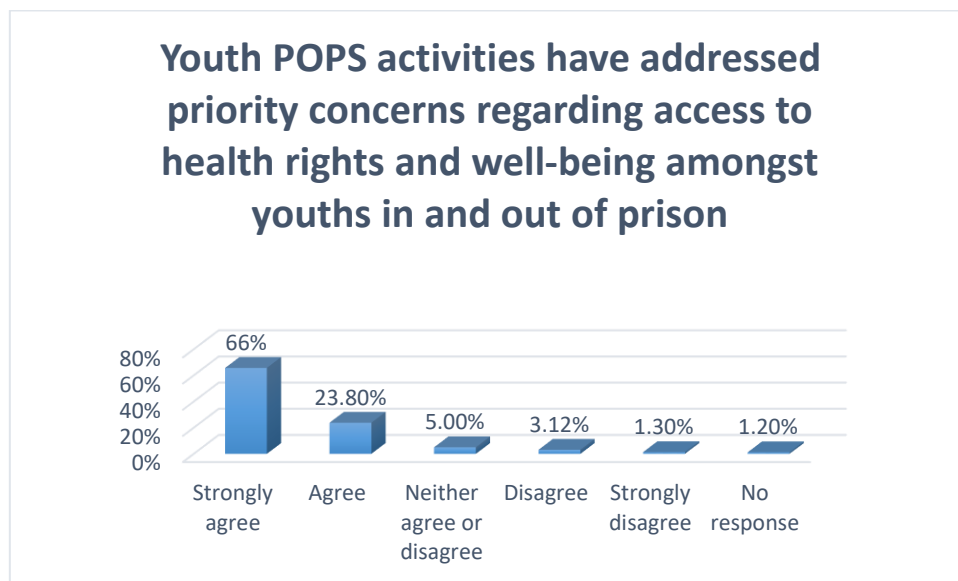
One of the key components targeted by the Youth POPS initiative is centred on health rights and well-being of prison populations in the 3 countries. Already previous interventions have been done by SANOP from 2015-2018 when it received funding from the Swiss Development Cooperation to upscale activities. This mainly involved the coordination and bringing together of stakeholders working within prison communities, streamlined understanding of SADC minimum standards on health and hold regular learning platforms for sharing best practices and evidenced knowledge<sup>11</sup>. From 2019-2021, SANOP received a capacity strengthening grant

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<sup>11</sup> The Formative Evaluation ToRs

from the Robert Carr Fund (RCF). The Capacity Strengthening Grant helped in the establishment of Regional Board. The Board has representation from Correctional Institutions of Eswatini, Malawi, Zambia, and Zimbabwe; Ex-inmates and civil society organisations (CSO) working on crime prevention and rehabilitation of offenders and within the broader prison community (in and out of prison)<sup>12</sup>. As from 2022, SANOP and its consortium partners under the Youth POPS project are continuing to give support on health and well-being amongst prison populations with funding from the Robert Carr Fund (RCF). Therefore, the sample indicated how activities so far have addressed their priority concerns around this area.

**Figure 4.2: Have Youth POPS activities addressed priority concerns regarding access to health rights and well-being amongst youths in and out of prison?**



As highlighted in the figure above, 66% of the sample strongly agreed that the Youth POPS activities are addressing their priority concerns regarding access to health rights and well-being particularly amongst youths in and out of prison. This benefit has also cascaded down to other groups as well that include minors, women, men and the elderly. Meanwhile, 23,80% of the sample agreed while 5% neither agreed or disagreed. Other respondents in the sample disagreed (3.12%) while others strongly disagreed (1.3%). A small proportion (1.20%) had no response. During a focus group discussion with prisoners in Malawi, one respondent alluded that:

*Here in Malawi due to lack of infrastructure, the youth are also mixed with the elderly prisoners and as such youths tend to copy the bad behaviour emanating from these elderly prisoners. The situation is so terrible that some of them end up being taken as wives by the other prisoners. This leads to some youths being sexually abused by the elderly prisoners (FGD, Prisoner Malawi)*

The response above shows the extent to which prisoners are exposed to infectious diseases such as STIs and HIV due to sexual violence and activities that take place within the prisons. As highlighted in the baseline findings, prisoners are exposed to infectious diseases and thus the

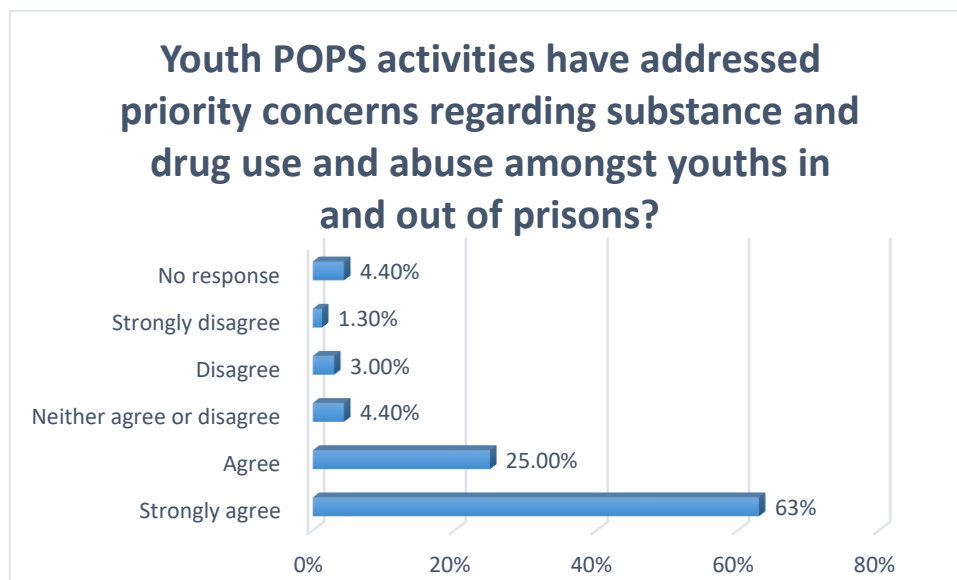
<sup>12</sup> Ibid.

need for a project of this magnitude to conscientise them about sexual reproductive health and rights. This trend is also high amongst female prisoners as well. Therefore, there was a unanimous consensus that the project was the right thing to do in order to address the loopholes and gaps that exist within the prison system in relation to the promotion of health rights and well-being.

#### 4.1.2 Substance and drug use and abuse

Another key area of focus for the Youth POPS project is substance and drug use and abuse for prison populations particularly the youths. As highlighted in the figure below, a majority of the sample (63%) strongly agreed that the Youth POPS activities have addressed priority concerns regarding substance and drug use and abuse. Meanwhile, 25% agreed followed by 4.4% who neither agreed nor disagreed. Other samples indicated disagree (3%), strongly disagree (1.3%) and 4.4% had no response.

**Figure 4.3: Youth POPS activities have addressed priority concerns regarding substance and drug use and abuse amongst youths in and out of prisons?**



Prison/correctional facilities are struggling with drug and substance abuse as reflected by response in the interviews and focus groups. This is highlighted in the following excerpt below:

*The level of drug and substance use and abuse is very high in prisons because when you are arrested and go to prison you face many calamities. Youths take drugs as a way of suppressing their stresses and anxieties caused by the conditions in prisons. By taking these drugs and substances they avoid thinking a lot about their circumstances (FGD, Prisoner Malawi)*

The response above highlights how youths are using drugs to escape the harsh realities of incarceration that are accompanied by stress and anxiety. This has implications on their well-being and mental health. Therefore, the general consensus amongst the respondents is that the incidences of substance and drug use and abuse is high within the prison systems.

However, when ranking the 3 countries where the project is being implemented, Eswatini comes first followed by Malawi and Zimbabwe.

#### **4.1.3 Education and vocational skills training**

Apart from the health rights and well-being, substance and drug use and abuse, the project is relevant through offering education and vocational skills training for prisoners in the 3 countries. The courses offered for the prisoners under the project include welding, fabrication, electrical installation and carpentry amongst a few. The facilities visited in Zimbabwe and Malawi are offering these courses as part of rehabilitation for the prisoners. Moreover, education and vocational skills are meant to ensure that there is the reduction of recidivism, improve chances of employability when released, boost self-esteem and confidence, develop critical thinking and problem solving amongst prisoners, enhance personal growth and development, support rehabilitation and reintegration, reduce violence and disciplinary issues, increase access to better opportunities, break cycles of poverty and crime and support societal reintegration. In addition prisoners have also received trainings on business and entrepreneurship as highlighted in the excerpt below:

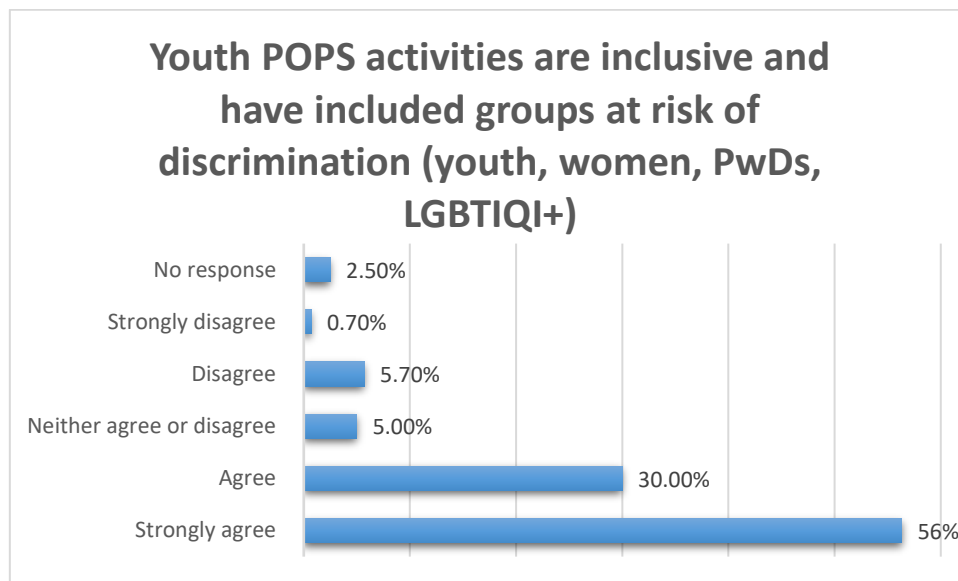
*We have trainings on business and also entrepreneurship here at the Half Way Home because at first we did not know how to run a business but this we are geared and equipped that if we go out of prison we will be able to run businesses, attract customers and accumulate income that will attract a lot people (FGD, Prisoner Malawi)*

The Youth POPS initiative is extending a helping hand to prisoners through education and vocational skills training as part of their process of reintegration into society after release from prison. They are equipped with the necessary skills on how to run businesses and also become entrepreneurs. This goes a long in enhancing their chances of fully integrating into the communities and societies.

#### **4.1.4 Inclusivity**

Inclusivity is a critical component in the project given the diverse groups of incarcerated youths, minors, men and women. When asked on this issue, a majority of the sample (56%) strongly agreed that the Youth POPS project is inclusive and has included other groups at discrimination that include youths, women, people with disabilities and sexual minorities. The demographic characteristics of the sample presented in the previous section highlights the diversification of target groups that have participated under this project. However, there still exists a gap in the inclusion of sexual minorities who either hide their sexuality or live in fear of discrimination and victimisation. Significant strides should be made towards ensuring that inclusivity caters for every group that is incarcerated in the correctional facilities/prisons. Another significant proportion (30%) of the sample agreed that the project was responding to the issue of inclusivity in a positive manner.

Figure 4.4: Youth POPS activities are inclusive and have included groups at risk of discrimination (youth, women, PwDs, LGBTIQI+)



Inclusivity is a cross cutting theme that is important in the programming activities of the Youth POPS project. Therefore its prioritisation in the project is vital in ensuring every group of prisoners apart from the youths are part and parcel of this initiative.

<b>Formative Evaluation Summary (Overall evaluation score: 4)</b>	In summation, the Youth POPS project objectives and activities are well aligned to the needs and priorities of young people in and out of prisons, minors, women and men in prisons and other related stakeholders as demonstrated by their responses that relate to the challenges they have been facing.
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### Recommendations to Youth POPS

- **Teaching the youths to own economic empowerment:** Youth POPS must teach the youths to own economic empowerment in order to ensure their full participation and realisation of their capacities. So far youths have not embraced the idea of owning economic empowerment initiatives and such as culture needs to be inculcated amongst them despite their incarceration.
- **Collaboration with community organisations:** Youth POPS needs to collaborate with community organisations to provide continued support post release. This will ensure that prisoners who are released are able to continue receive adequate support during their reintegration back into society.
- **Tracking of ex-prisoners:** The project should continue being relevant and appealing to ex-prisoners through a tracking mechanism that will ensure a follow up is made on their condition and status. Thus far, the project has not prioritised ex-prisoners as individuals and through their associations.

- **Take into consideration the issue of group dynamics:** Youth POPS should take into consideration group dynamics such as youths, adults and the elderly as well in order to ensure the total support and buy-in of prison communities in the youth focused initiatives on health rights and well-being, substance and drug use and abuse.

## 4.2 EFFECTIVENESS

The major goal of the Youth POPS project is centered on issues of health rights and well-being with the building of sustainable networks for successful reintegration. These two variables form the core of the programming of activities in the project. In addition to these issues, the project is also focusing on substance and drug use and abuse amongst the prison population in the 3 countries. Therefore, in terms of effectiveness the project has made significant strides in achieving this goal thus far. Analysis from the survey questionnaire shows that a majority of the sample of respondents in prisons in the 3 countries were able to learn and acquire knowledge through trainings and capacity building on the following key issues; (i) sexual reproductive health and rights; (ii) access and utilization of health services; (iii) promotion of health; (iv) STIs, HIV and other infectious diseases; and (v) mental health. These responses were corroborated by information collected through interviews with prisoners, prison officials, consortium officials and any other relevant stakeholders. Respondents had mixed feelings on whether the aforementioned issues were new knowledge that they were taught through the Youth POPS project. However, the general impression is that this project gave prisoners in-depth information on issues related to their health rights and well-being during incarceration and also on the dangers of substance and drug use and abuse. There is also the participation of different stakeholders in the rehabilitation of prisoners under the project. This is expressed in the following sentiments:

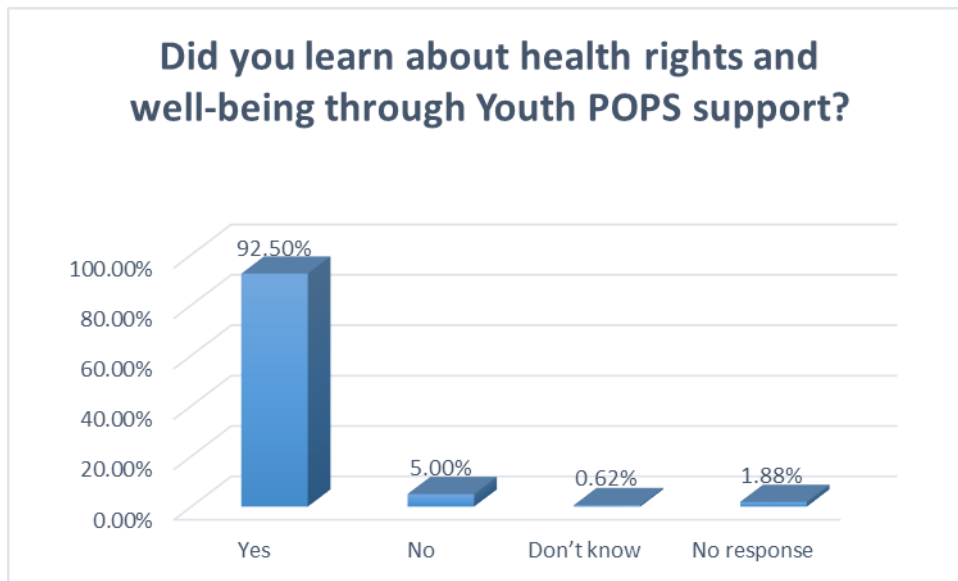
*Here in prison there are counselling sessions that you partake in to rehabilitate yourself and sometimes many NGOs come and help rehabilitate us. We also have social workers in prison that teach us about the disadvantages of using drugs which somehow dissuade some people from continuing to use drugs (FGD, Prisoner in Eswatini)*

NGOs and social workers in Eswatini are heavily involved in training and information dissemination on substance and drug use and abuse as part of the rehabilitation processes. Such interventions have resulted in behavioural change amongst youth inmates while improving their mental health and well-being. Therefore, there was a unanimous agreement amongst beneficiaries and stakeholders that the Youth POPS project has been effective in improving the lives of youths in and out of prisons in relation to health rights and well-being, substance and drug use and abuse.

### 4.2.1 Health rights and well-being

There is a general consensus amongst the respondents in the evaluation that the Youth POPS has capacitated prisoners on their health rights and well-being. A majority of the sample (92.5%) acknowledged that they had acquired knowledge and health rights and well-being through this project. Meanwhile, 5% disagreed with this notion while 0.62% indicated that they did not know. A small proportion (1.88%) had no response.

Figure 4.5: Did you learn about health rights and well-being through Youth POPS support?



Prisoners have responded positively to the programme particularly through the peer education platform that has afforded them the opportunity to talk amongst each other, educate each other and do counselling sessions as well. Most importantly, prisoners are now able to encourage each other to report on the health of one another so that they can quickly seek medical attention in case of those who get sick. This is echoed in the following sentiment below:

*The programme has achieved a lot given that prisoners are now able to report on the health and well-being of each other and they even do counseling to one another (KII, Prison Official Zimbabwe)*

In addition, prisoners through peer educators are now able to openly speak about their status and undergo testing as well which was a rare phenomenon prior to the project. In addition, prisoners have received adequate information and knowledge on sexual health. This is highlighted in the following excerpt belows:

*I learned a lot about sexual diseases transmissions, sexual health how you are supposed to protect yourself by using contraceptives like condoms to avoid spreading of STI diseases and HIV (FGD, Prisoner in Eswatini)*

*Apart from welding and fabrication we have also been taught on health and sexual diseases. For example, I did not know how to use a condom and I did not know different sexual diseases that can attack my body. I am now able to know the signs and also go to a health centre to seek for assistance. I have really learnt a lot through this project. I have also been privileged to have learnt about personal hygiene (FGD, Prisoner Malawi)*

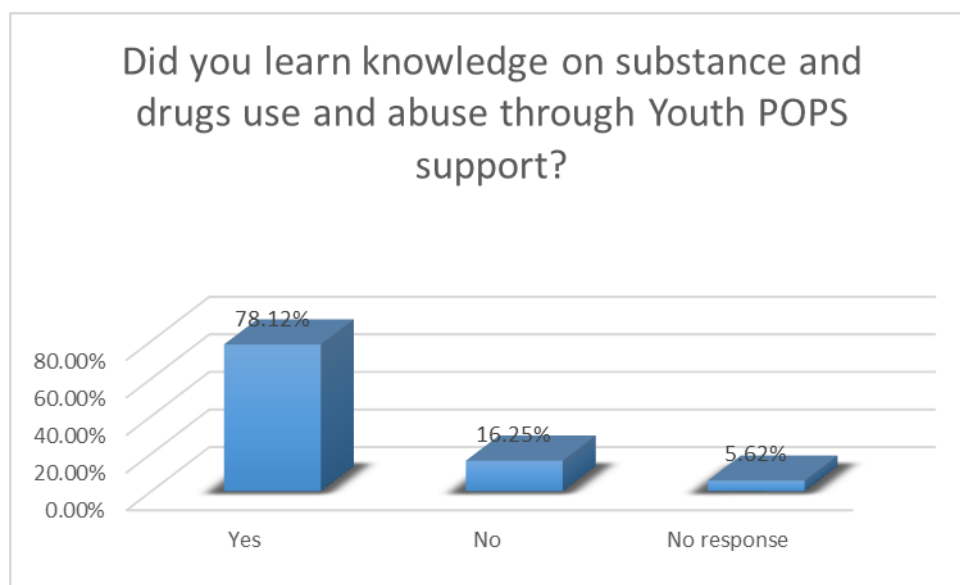
The above responses clearly show that the project has been effective in disseminating information on sexual health in order to prevent sexually transmitted infections (STIs), reduce HIV transmissions, support reproductive health, foster healthy relationships, address sexual

violence and trauma, encourage responsible behaviour, prepare prisoners for responsible sexual behaviour upon release and promote overall well-being.

#### 4.2.2 Substance and drug use and abuse

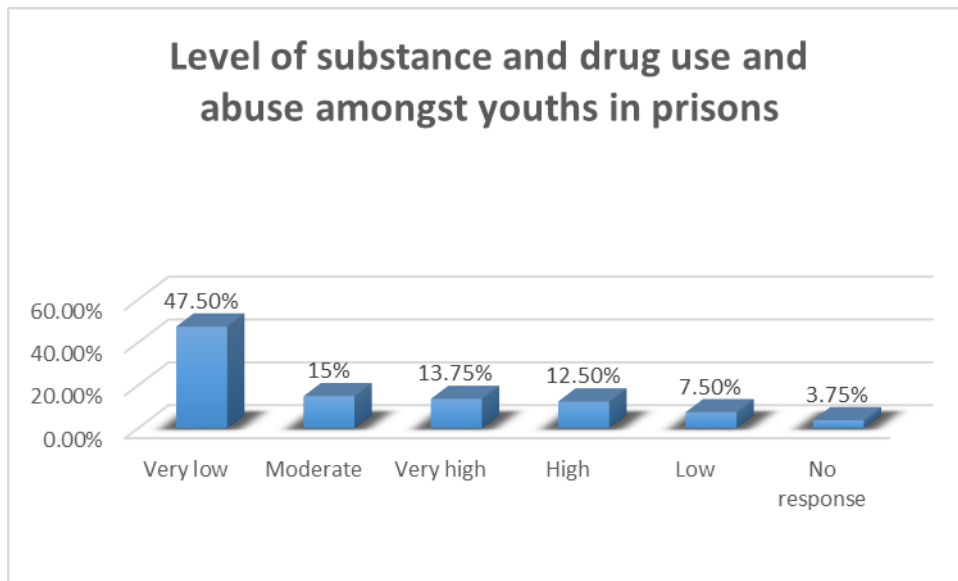
As part of its effectiveness thus far, the Youth POPS project has managed to implement different initiatives to deal with the growing burden of substance and drug use and abuse amongst the prison population. As reflected in the Figure below, a majority of the sample (72.5%) indicated that efforts were being done while 11.88% indicated that no efforts were being done followed by 10.62% who highlighted that they did not know while a small proportion (5%) had no response.

**Figure 4.6: Did you learn knowledge on substance and drugs use and abuse through Youth POPS support?**



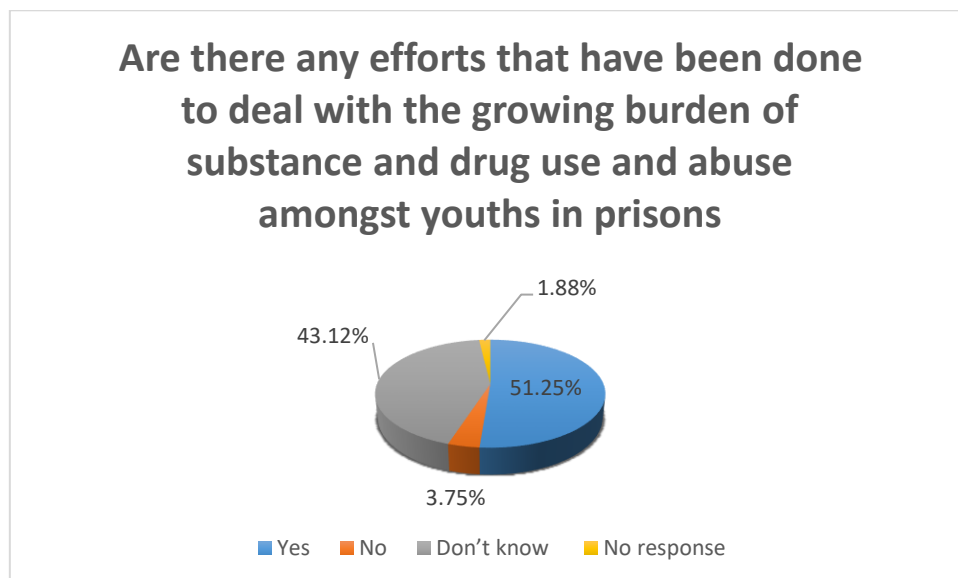
Apart from the knowledge gained through the Youth POPS Project, there is behavioural change amongst prisoners resulting in low levels of substance and drug use and abuse as reflected in Figure 4.7 below. A majority of the sample of respondents (47.5%) indicated that the levels were very low while 7.5% indicated it was low and 15% highlighted that it was moderate. However, despite the low levels there are still incidences of substance drug use and abuse within the prison systems as exhibited by the very high (13.75%) and high (12.5%). Therefore, a lot still needs to be done in the project to curb the prevalence of substance and drug use and abuse amongst youths in and out of prisons. During conversations in the interviews and focus group discussions, prisoners, prison officials and other relevant stakeholders particularly in Eswatini and Malawi highlighted concerns over the continued supply of substances and drugs that continue to be seen inside prison premises. A small proportion of the sample (3.75%) had no response.

Figure 4.7: Level of substance and drug use and abuse amongst youths in prisons



Despite the different levels of substance and drug use and abuse reflected in the figure above, a majority of the sample (51.25%) respondents as shown in Figure 4.8 below also highlighted that there were efforts that are done in dealing with the burden of substance and drug use and abuse amongst youths in prisons. 43.12% indicated that they had no knowledge on the matter while 3.75% highlighted there were no efforts that have been done. Meanwhile a small a small proportion (1.88%) had no response.

Figure 4.8: Are there any efforts that have been done to deal with the growing burden of substance and drug use and abuse amongst youths in prisons?



The efforts indicated by the above responses include knowledge dissemination and awareness on the negativity associated with substance and drug use and abuse. Moreover, one prison official in Eswatini during an interview noted the following concerning substance and drug use and abuse amongst incarcerated youths and efforts being done to deal with the situation:

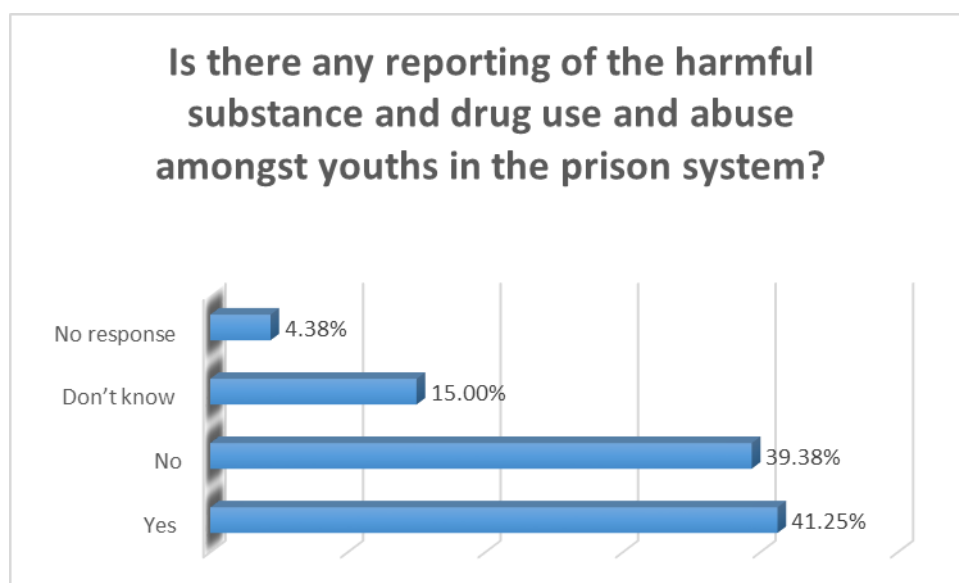
*We talk to these youths positively so that they limit their activities in engaging in substance and drug use and abuse. We provide them with information on the side effects of substances and drugs. In some instances we provide them with a picture of someone whom they know who would have been greatly affected by the side effects of substance and drug use and abuse. This is meant to provide them with invaluable information as it pertains to the use and abuse of substances and drugs (KII, Eswatini Prison Official)*

Another respondent in Zimbabwe echoed the following sentiments:

*There is positive change in behaviour as inmates encourage each other to change. Through education on drug and substance use and abuse, the inmates are enlightened on the negative effects of drugs hence encouraging them to change (FGD, Prisoner in Zimbabwe)*

The above view takes into consideration some of the lessons taught to prisoners on the side effects of use and abuse of substances and drugs. This is also taught through the exemplification of real life individuals who would have been suffering from the side effects of substance and drug use and abuse. Above and beyond, the project has capacitated the prisoners through information and knowledge for advocacy on dangers of substance and drug use and abuse. The sample of respondents were also quizzed (as shown in Figure 4.9 below) on whether any reporting was done on the harmful substance and drug use and abuse amongst youths in the prison system. There were mixed reactions with majority indicating yes (41.25%) followed by 39.38% who highlighted no form of reporting was taking place. Meanwhile 15% had no knowledge while 4.38% had no response.

**Figure 4.9: Is there any reporting of the harmful substance and drug use and abuse amongst youths in the prison system?**

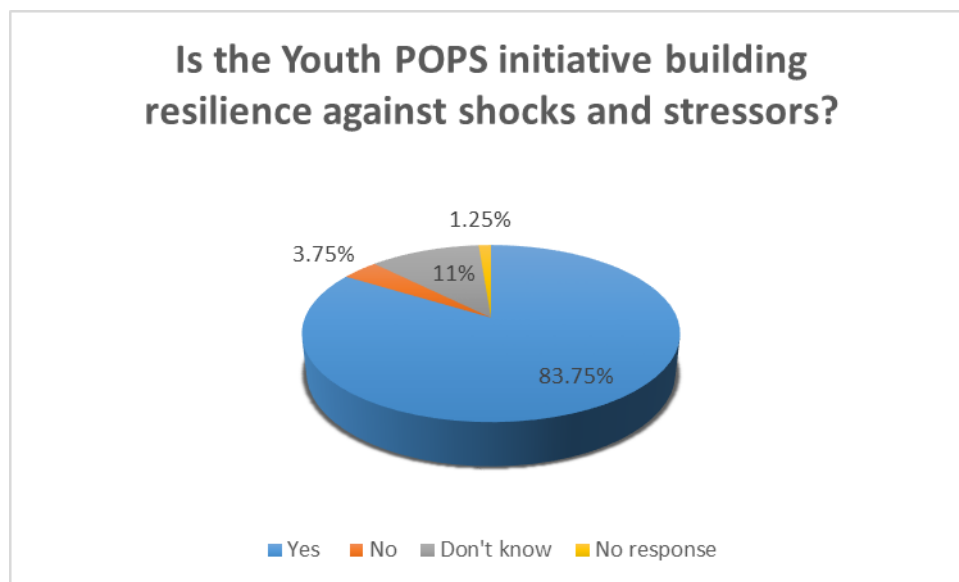


Respondents during the interviews and focus group discussions were asked to explain further on this phenomenon of reporting and one respondent highlighted that:

*Yes there is any reporting that there is some smoking here inside jail as we do have group sessions where we disclose that the smoking is carried out in this way and this way so yes (Interview-Prison Official Eswatini)*

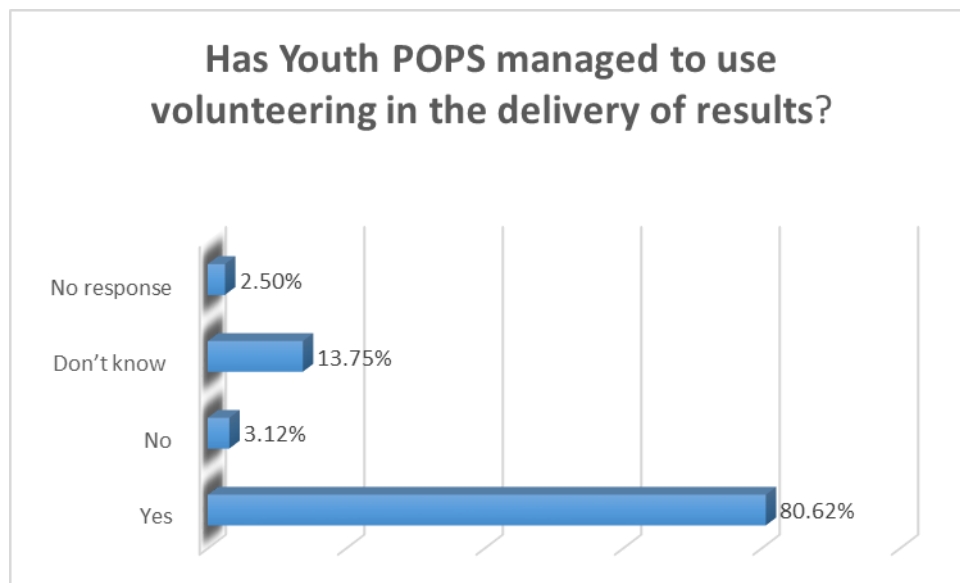
Reporting is done particularly through group sessions as highlighted in the excerpt above. However, a lot still needs to be done to ensure that incidences of substance and drug use and abuse are drastically reduced within the prisons in the 3 countries. Another key cross cutting issue that the formative evaluation looked at was whether the Youth POPS project was building resilience against shocks and stressors for the prisoners as shown in Figure 4.10 below. A majority of the respondents (83.75%) indicated that the project was doing so while 11% had no knowledge followed by 3.75% who said the project was not building any resilience. A small proportion (1.25%) had no response.

**Figure 4.10: Is the Youth POPS initiative building resilience against shocks and stressors?**



The Youth POPS project thus far has been effective in building resilience against shocks and stressors amongst prisoners in the 3 countries through improving living conditions, addressing overcrowding, providing mental health services, encouraging social support, promoting positive activities, fostering a supportive environment, addressing violence and bullying, providing access to healthcare, encouraging self-care, reducing isolation, preparing for release, addressing substance and drug use and abuse, improving communication and encouraging hope and optimism. Through the use of these various strategies there is now the promotion of a more supportive and rehabilitative environment for prisoners. Another key cross cutting theme in the project is the use of volunteering in the delivery of results. As shown in Figure 4.11 below, a majority of the sample respondents (80.62%) indicated that volunteerism has been used in the project to deliver on results while 13.75% had no knowledge. Meanwhile, 3.12% opposed volunteerism as being used in the project to achieve the desired results while 2.5% had no response.

Figure 4.11: Has Youth POPS managed to use volunteering in the delivery of results?



When quizzed further on this issue through interviews and focus group discussions, respondents were able to highlight that some of the trainings they have received have been done by some individuals located outside the prison system who are dedicated to make a meaningful contribution and positive change in their lives. In addition, the creation of groups made up of peer educators amongst prisoners themselves is another form of volunteerism that has been able to deliver positively on the project. This is also accompanied by the establishment of youth forums where youths get to participate in such groups to effect positive change in their lives.

<p><b>Formative Evaluation Summary (Overall evaluation score: 3)</b></p>	<p>The overall observation of the formative evaluation is that the Youth POPS project has been moderately effective in improving the health rights and well-being and the reduction of substance and drug use and abuse amongst youth prisons' population. Networks for successful reintegration have been fairly established but their success has not been effective through the re-imprisonment of former inmates.</p>
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### Recommendations to Youth POPS

- Protection of those who report cases of substance and drug use and abuse:** Prisons should establish mechanisms to protect those who report cases of individuals and groups engaging in the substance and drug use and abuse. Thus so far, there is no guarantee of such individuals receiving protection and support from both prisoners and the prison officials.
- Improve access to drug treatment and rehabilitation programmes:** There is a need of the improvement of access to drug treatment and rehabilitation programmes for various prison/correctional facilities in the 3 countries. This will go a long way in dealing

with addictions and mental health issues associated with substance and drug use and abuse amongst youths in and out of prisons.

- **Address corruption amongst prison officials:** The project should also address corruption amongst prison who are involved in the trafficking of substances and drugs within the prison systems and in some instances turn a blind eye to prisoners who are engaging in substances and drugs.
- **Tighten security measures to prevent drug smuggling:** The Youth POPS project should work in tandem with prison officials for security systems to be tightened to ensure there is no smuggling of illegal substances and drugs. Drugs are often smuggled into prisons through visitors and corrupt officials and in other instances through food and clothing items.

### 4.3. EFFICIENCY

#### 4.3.1 Finances

Even though the programme has not yet come to an end, it is imperative to note that done activities done so far have financial implications in all the 3 countries. The project started in 2022 and thus far the consortium partners have been able to implement different initiatives to achieve the overall goal of the project. Money has been spent on specific activities such as training and workshops for prisoners, provision of funds for the training of prisoners on various vocational training skills and the support of ex-inmates associations on different income generating projects and activities meant to improve their livelihoods. The workshops and trainings conducted thus far in the project have been spent within the budget lines.

Respondents in the programme who were the target beneficiaries also alluded to the timely delivering of resources meant to benefit them in the programme. Even though the beneficiaries have not have accessed the budget, the overall impression is that the project has thus far managed to deliver in terms of the activities geared towards health rights and well-being and substance and drug use and abuse. SANOP, VSO and consortium partners as the implementing organisations have also equipped the targeted beneficiaries with the necessary skills and knowledge through the conducting of trainings and workshops. The visibility of the changes seen in the ground by the respondents is a clear sign that the principle of the value for money is being observed in the Youth POPS project.

#### 4.3.2 Human resources

The respondents indicated that the implementing organisation had dedicated staff for Youth POPS activities; the Youth POPS officers/staff were in constant touch with the beneficiaries. However, one of the major challenges that the project is encountering is the long time it takes to go back to the prisoners and the ex-inmates associations to continue with the activities of the project.

#### 4.3.3 Time

The project will be run for three years, and each activity has a time line. However, the project did not manage to start on time due to various constraints and thus delaying the

implementation of some of the activities. It is due to this predicament that the baseline and formative evaluation are being conducted at the same time under this consultancy assignment. This means that some of the activities have lost time during the early stages of implementation. It is imperative to highlight that some of the time lost in the project has been dedicated towards preparatory activities rather than the actual implementation of the project activities.

#### 4.3.4 Emerging issues on Youth POPS efficiency

Field officers were not based in some of the geographical areas where the project is being implemented and this came with numerous challenges particularly in the implementation of programme activities and regular monitoring as well. Their absence also made it difficult to gather information particularly on ex-inmates associations in countries such as Zimbabwe and what possible mitigation measures can be put in place to prioritise the needs of both incarcerated prisoners and ex-prisoners.

Despite the challenges that have confronted the implementation of the project such as delays in the project starting in the 3 countries, the activities that have been conducted thus far in the project have been effectively used to achieve the desired results and outcomes by the consortium partners. Therefore, the overall observation made by the formative evaluation is that in the duration of the Youth POPS project so far there been optimal utilisation of resources as highlighted by the implementing organisations’ staff, external stakeholders and the beneficiaries as well. The project thus far has been able to implement most of the activities in the earlier phase of the project.

<b>Formative Evaluation Summary (Overall evaluation score: 4)</b>	From a purely financial management perspective, given the level of achievement thus far, the scope and reach of the project and the cost-savings made and the relatively high ratio of programme vs. management funds allocation, the Youth POPS project is offering better value for money thus far.
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#### Recommendations to Youth POPS

- **Demonstration of commitment by youths:** Youth POPS should require beneficiaries to demonstrate commitment before supporting with training or start-up support. This will greatly assist in curbing disinterest from other youths in the project.
- **Implementation of cost effective measures:** The programme is noted to be highly effective in addressing the health needs and concerns of youths in and out of prisons and reducing substance and drug use and. Therefore, it should be replicated in other areas with some adjustments, which should include adopting cost effective ways of delivering the same products at a lesser cost and at the same widen its reach.
- **Establishment of the Fundraising office:** Youth POPS needs to establish an office that will deal with fundraising in order to create reserves that will come in handy in making contribution to the funding of the project. This office will be tasked with doing campaigns and fundraising activities focused on marketing the organisation, the

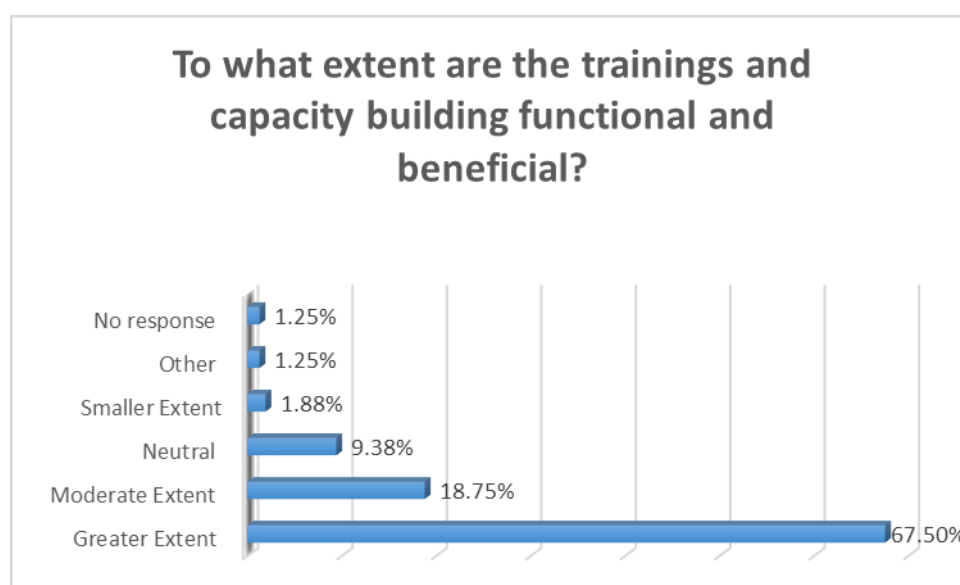
activities it does, holding different events such as competitions, poetry, drama etc. to raise money towards its different initiatives.

- **Training of focal persons in assisting with monitoring and resource allocation:** To improve the efficiency of the programme in terms of programming in manning the available resources, Youth Persons may have to consider identifying prison officials and prisoners to be the focal persons and having the organisation’s staff members visiting periodically as part of monitoring of the activities. This will ensure that resources are equitable distributed amongst project beneficiaries with the aim of breeding the culture of transparency and accountability.

#### 4.4 IMPACT

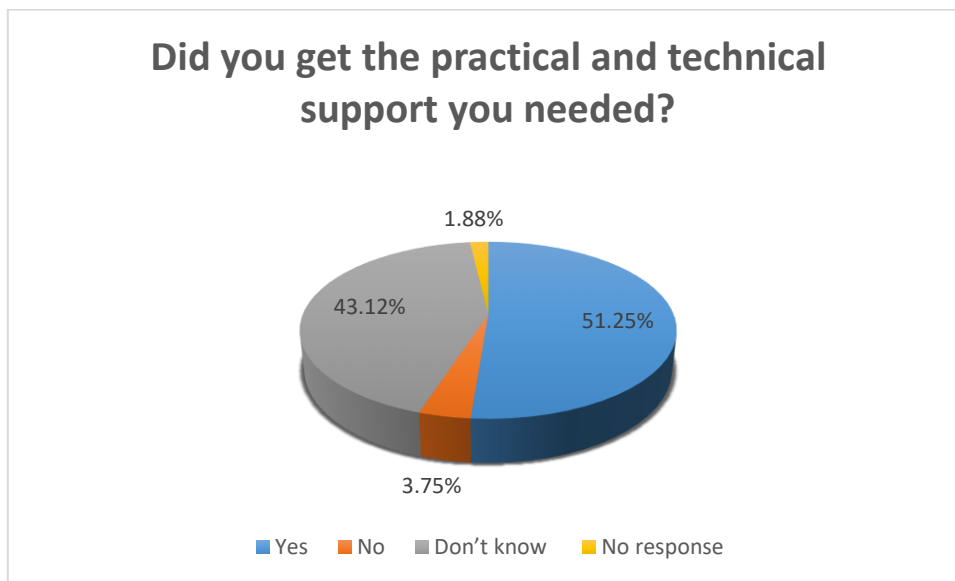
Target beneficiaries were quizzed through the administration of the survey questionnaire to indicate whether they benefitted from the Youth POPS activities that included health rights and well-being and substance and drugs use and abuse. As shown in figure 4.12 below, the consensus amongst a majority of the target beneficiaries (67.5%) is that the trainings and capacity building have been functional and beneficial to a greater extent.

**Figure 4.12: To what extent are the trainings and capacity building functional and beneficial?**



18.75% of the sample indicated moderate extent while 9.38% were neutral. This is followed by 1.88% who highlighted to small extent with 1.25% indicated other while another 1.25% had no response. The respondents also indicated that they did get practical and technical support they needed as shown in figure 4.13 below.

Figure 4.13: Did you get the practical and technical support you needed?



A majority of the sample (85%) indicated that they have thus far gained practical and technical support they needed followed by 5% who highlighted they have not received adequate support. Meanwhile, 8.75% had no knowledge while a small proportion (1.25%) had no response. In the FGDs conducted with young offenders in Zimbabwe, one of the respondents indicated that he had received support from the project to actually get training in vocational skills to assist him once he goes out of the prison system. This support has also been largely seen through the provision of funds to pay for these courses.

As iterated throughout the formative evaluation of this project that the implementation of the Youth POPS project involved a three pronged approach that encapsulated health rights and well-being, sustainable networks for reintegration and substance and drug use and abuse. The target beneficiaries through the survey indicated that the project has been impactful in terms of the activities focused on health rights and well-being and substance and drug use and abuse.

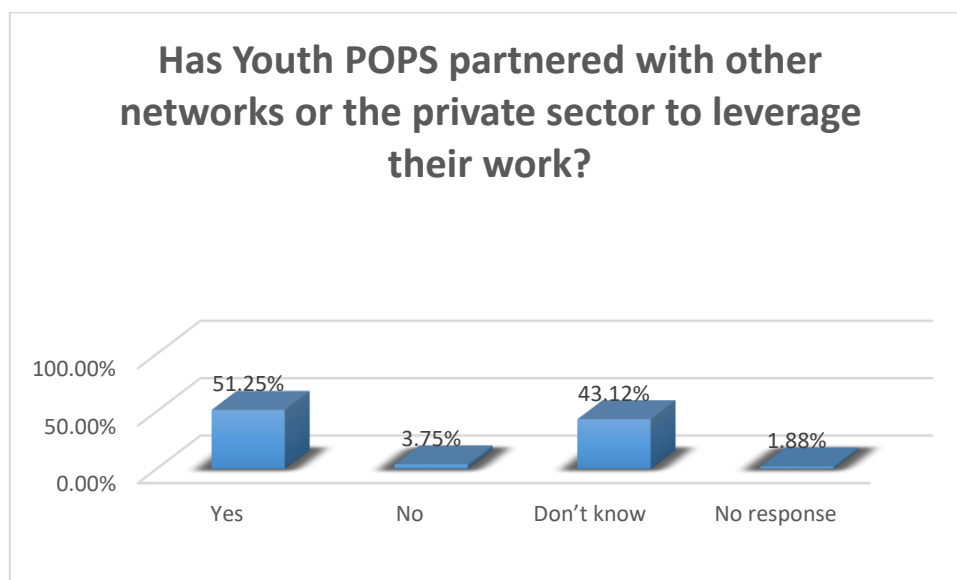
**Outcome 1: Networks have increased self-determination and governance to influence, organise, and advocate for quality and inclusive prisons health services.**

One of the main focal points of the Youth POPS project is the increasing of self-determination and governance amongst networks to influence, organise and advocate for quality and inclusive prisons health services. Thus far, SANOP, Youth POPS and consortium partners and other relevant stakeholders have created a strong bond to work together in order to influence the prioritisation of prison health services. For example, in Zimbabwe the Youth POPS programme has managed to work with other health partners who are providing knowledge and counselling to prisoners as a way of promoting accessibility to health service delivery within the prison systems. In other countries like Eswatini there are calls that there is the need of more outside actors and networks to play a key role in health rights and well-being of prisoners. One key informant noted that:

*I think the health aspect is what we need as we feel like other organizations from outside need to come inside and teach us we can make groups and discuss (KII Interview)*

The sentiment echoed is a clarion call to organisations outside the prison system to work in tandem with SANOP, VSO and consortium partners to increase inclusive health care access for incarcerated inmates. This finding is common across the prison systems in the 3 countries due to the inadequacy of health personnel and infrastructure. Respondents were also quizzed on whether the Youth POPS has partnered with other networks or the private sector to leverage their work. There were mixed feelings where a majority of the sample (51.25%) indicated that the project has while 43.12% had no idea. Meanwhile, a small proportion said no (3.75%) while 1.88% had no response.

**Figure 4.14: Has the Youth POPS partnered with other networks or the private sector to leverage their work?**



Findings from this outcome indicate that there is still a lot that needs to be done to increase the visibility of networks within the Youth POPS project to increase their self-determination and governance to influence, organise, and advocate for quality and inclusive prisons health services

**Outcome 2: The prisons networks influence prisons health and rehabilitation policy reforms at national and regional level for young people in prisons.**

In terms of policy reforms, there are still gaps and more work has to be done to influence the prisons health and rehabilitation policy reforms at national and regional levels. The project so far has managed to bring awareness on health rights and the well-being of prisoners within the prison systems and their responsible authorities. However, the project still needs to go a step further in order to reach out to policy makers who have a great influence in policy reforms related to the health rights and well-being of prisoners.

**Outcome 3: Networks contribute to improved access to inclusive and quality health service provision in prisons.**

Under this outcome, the formative evaluation noted that there is improved access to inclusive and quality health service provisions in prisons in Eswatini, Malawi and Zimbabwe. Internally, prisons are still struggling with setting up proper health infrastructure resulting in the over dependence of outside facilities such as hospitals and clinics. However, there is now a general compliance by prisons in the prioritisation of health rights and well-being for inmates. Prisoners in general are able to access healthcare services both internally and externally.

<p><b>Formative Evaluation Summary (Overall evaluation score: 3.5)</b></p>	<p>By and large, project outcome 2 and its related indicators were partially achieved and there is still a likelihood of them being overly achieved if the project continues into the next phase. This goal can realistically be achieved as long as adequate support in terms of engagement and consultations with policy makers is done in the 3 respective countries. Outcomes 1 and 3 have been achieved significantly though a lot still needs to scale up interventions given that the project is still ongoing. Generally the Youth POPS project has empowered youths in and out of prison on their health rights and well-being and the dangers of substance and drug use and abuse.</p>
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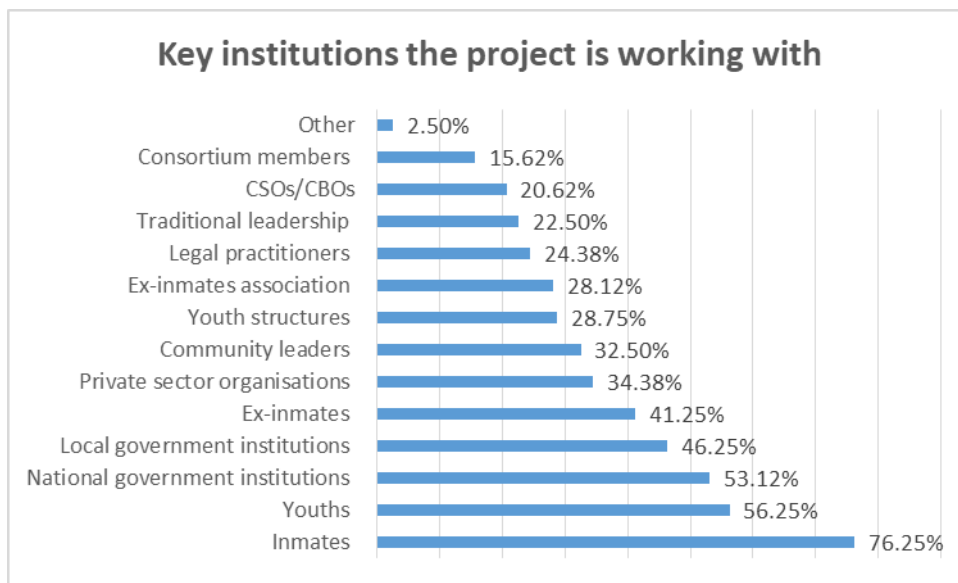
**Recommendations for Youth POPS:**

- Inclusion of policymakers to influence policies:** The Youth POPS project should work in tandem with policymakers who are influential in policy reforms to cater for the health rights and well-being of prisoners. Several strategies can be employed such as research and data, advocacy campaigns, stakeholder engagement, policy briefs and recommendations, media coverage, personal stories and testimonies and legislative proposals.

**4.5 REACH**

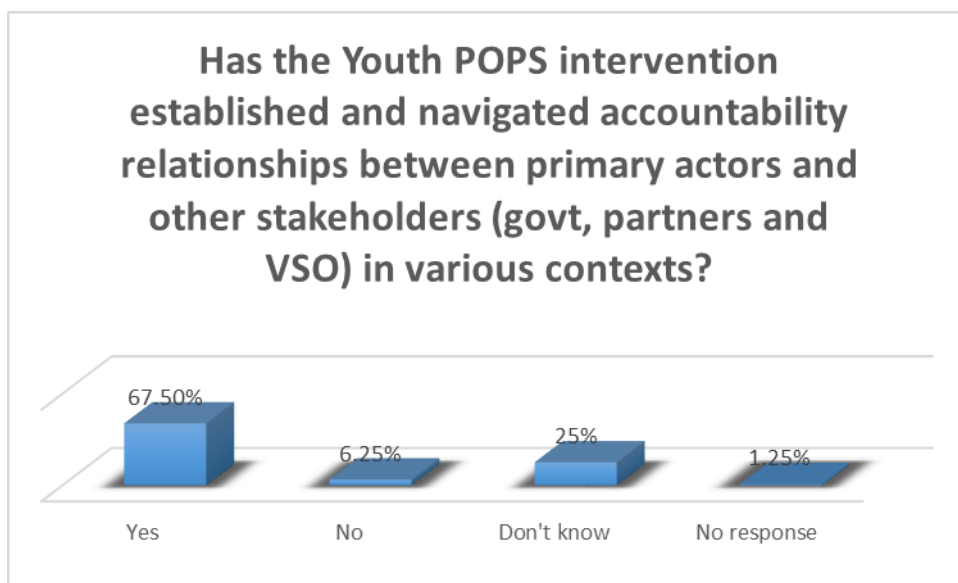
The Youth POPS project has thus far managed to reach its people of interest. These include inmates (76.25%), youths (56.25%), national government institutions (53.12%), local government institutions (46.25%), ex-inmates (41.25%), private sector organisations (34.38%), community leaders (32.5%), youth structures (28.75%), ex-inmates association (28.12%), legal practitioners (24.38%), traditional leadership (22.5%), CSOs/CBOs (20.62%, consortium members (15.62%) and other (2.5%). A majority of these actors are highlighted in figure 4.15 below from the data collected in the survey questionnaire.

**Figure 4.15: Key institutions the project is working with**



Apart from the partnerships, the Youth POPS intervention as shown in figure 4.16 below, has thus far managed (67.5%) to establish and navigate accountability relationships between primary actors and other stakeholders in various contexts. Meanwhile, 25% of the sample were not sure about this information while 6.25% indicated that this relationship was not established. A small proportion (1.25%) had no response.

**Figure 4.16: Has the Youth POPS intervention established and navigated accountability relationships between primary actors and other stakeholders in various contexts?**



Project activities done so far in the implementation phase of the project have been all inclusive and significant strides have been ensured in the incorporation of youths as compared to the other groups of beneficiaries and stakeholders. However, the formative evaluation observed that there was partial participation of groups at risk of discrimination such as people with disabilities, sexual minorities and people with albinism. Therefore, a lot still needs to be done to reach out to such groups in the project.

<b>Formative Evaluation Summary (Overall evaluation score: 4)</b>	The Youth POPS project thus far has managed to reach its intended beneficiaries, networks, partners, stakeholders, communities and other relevant groups to improve the health rights and well-being of youths in and out of prison while addressing substance and drug use and abuse.
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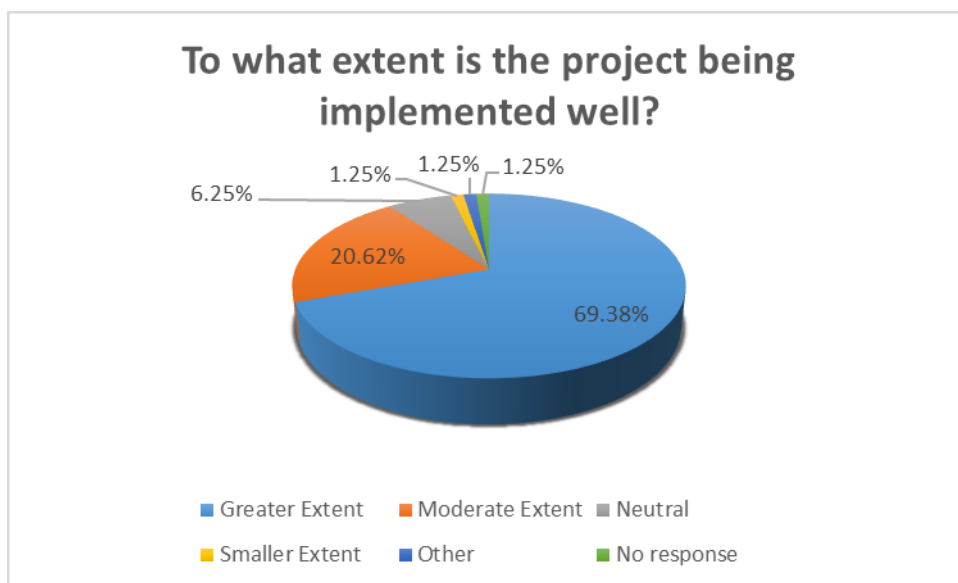
**Recommendations to Youth POPS:**

- Identification of more groups at risk of discrimination:** in as much as the programme managed to reach out to its intended targets, it however did not manage to incorporate a lot of groups who are at risk of discrimination who include people with disabilities, people with albinism and sexual minorities. Therefore, Youth POPS should work in consultation with groups at risk of discrimination and other relevant stakeholders to increase their participation in the Youth POPS project.
- Information sharing:** There is need for information sharing between Youth POPS, relevant government departments and agencies, NGOs and other stakeholders promoting health rights and well-being, substance and drug use and abuse amongst youth prison populations in the 3 countries in order to create shared databases of beneficiaries and trainers.

**4.6 QUALITY**

Overall the project has thus far managed to achieve some its intended outcomes and deliverables despite have started late due to preparatory activities rather than implementation of activities. The survey shows that a majority of respondents felt the project thus far is being implemented well to a greater extent (69.38%). Figure 4.18 below shows how survey respondents felt and viewed the overall implementation of the Youth POPS project thus far.

**Figure 4.18: To what extent is the project being implemented well?**



20.62% of the sample highlighted that the project thus far has been implemented well to a moderate extent (20.62%) followed by those who had a neutral (6.25%). Small proportions of the sample indicated smaller extent (1.25%), other (1.25%) and another 1.25% had no response.

#### 4.6.1 Health rights and well-being

Health rights and well-being is the most outstanding component of the project when evaluating quality. The information dissemination and awareness on health rights and well-being have provided a bedrock for advocacy on access to health care amongst prison populations in Eswatini, Malawi and Zimbabwe. Networks through the Youth POPS are now able to campaign for the prioritisation of inclusive healthcare and access for youths in and out of prison. More importantly, information has been provided on STIs, HIV/AIDS and TB for inmates to reduce the spread of these infectious diseases given that prison populations are at a high risk of contracting them. Women have also received adequate information related to sexual reproductive health and rights.

#### 4.6.2 Substance and drug use and abuse

The substance and drug use and abuse component has been done well thus far. Youths and other groups in prisons have received adequate information on the dangers of substance and drug use and abuse. The prisons/correctional facilities in the country have witnessed a decline in the intake by prisoners and this is largely attributed to the activities that have been done thus far through the Youth POPS project. Discussions with respondents through interviews and FGDs suggested a trend of behavioural change amongst the prisoners. This has resulted in limited use of substances and drugs, training and capacitation of new and old prisoners on the dangers of substance and drug abuse, knowledge dissemination and information awareness. Moreover, peer educators amongst the prisoners are able to continue on the work done by the Youth POPS project through capacitation of other prisoners.

<b>Formative Evaluation Summary (Overall evaluation score: 4)</b>	The Youth POPS project thus far has managed to deliver on quality programming through various interventions such as trainings, advocacy, capacity development, skills, learning and knowledge dissemination and information awareness in order to enhance the health rights and well-being of youths in and out of prisons while dealing with substance and drug use and abuse within the prison systems in the 3 countries.
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#### Recommendations to Youth POPS:

- Knowledge dissemination:** to enhance the quality of the programme there should be knowledge dissemination in all forms so that the information reaches a wider audience to elicit support even from those that are not part of the project or direct beneficiaries.

#### 4.7 SUSTAINABILITY

The Youth POPS project has shown to be sustainable using the primary data discussed under each intervention. The capacity building in aspects such as health rights and well-being and

substance and drug use and abuse will likely outlive the project as beneficiaries explained that they would continue practicing what they gathered through the project. The establishment of youth forums and peer educators amongst the prisoners themselves are a great way of also ensuring sustainability however the question is can they survive outside Youth POPS intervention unless they are embedded into prison leadership structures and become formal. Therefore a lot still needs to be done to include prison structures to ensure continuity. One respondent during a focus group discussion highlighted the following:

*Inmates will move forward with the knowledge and skills they benefited from VSO and SANOP but they still need the organisations to keep coming with new information and for the benefit of other inmates to come who will need the knowledge on drug and substance abuse, well-being and sexual health (FGD, Prisoner in Zimbabwe)*

By and large, prisoners have benefitted immensely from the Youth POPS project and there is likely to be continuity of the project with several conditions being put in place such as the provision of reading material, refresher courses and availability of resources for use by both prisoners, prison officials and other relevant stakeholders.

<b>Formative Evaluation Summary (Overall evaluation score: 3.5)</b>	The Youth POPS project has huge potential to ensure continuity if only proper systems and structures are put in place to support both the prisons and the prisoners. Availability of resources are crucial in ensuring that the life span of the project goes beyond the prisons themselves to ensure reintegration.
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### Recommendations to Youth POPS

- **Transference of skills:** To ensure continuation of activities for the programme, there is need to put in place a very strong system that enables trained young inmates to effectively transfer similar skills to their peers and have a well-defined methodology of doing so. In addition, there is need for more livelihood options other than the existing projects that focus on small livestock like indigenous chickens and agro-food processing initiatives as well in order to cater for the skills sets that are possessed by the youths.
- **Self-funding initiatives:** The various prison facilities and prison authorities in the 3 countries should engage on self-funding initiatives in order to ensure that they conduct regular trainings and knowledge dissemination exercises.
- **Production and sharing of training material:** Training material should be produced in the form of manuals and pamphlets in order to ensure that prisoners are able to continue reading and capacitating themselves on health rights and well-being and substance and drug use and abuse.

## CONCLUSION

Although pre-determined, the focus areas of the project are largely considered to be relevant at all levels and progress is being made towards the achievement of the project objective. Overall some of the projects' main areas of achievements are being felt in the area of health rights and well-being. The project has been able to devise various strategies through information dissemination, knowledge sharing, advocacy and learning which has gone a long way in the promotion of the health rights and well-being of prisoners across the 3 countries. Evidently, health rights and well-being has been embraced as an avenue to the realisation of improved health outcomes of prisoners coupled with improved conditions of the prisons on matters that include sanitation and water to mention a few. All these efforts have contributed immensely thus far to curbing the spread of infectious diseases within prisons such as STIs, TB and HIV where prisons are mostly vulnerable to. The establishment of peer educators and youth forums is an innovative strategy to ensure that advocacy for better and improved access to health care is fostered within prison systems. Another focal point of the project is substance and drug use and abuse. A similar approach to health rights and well-being has been adopted by the project with the overarching aim of reducing substance and drug use and abuse by youths in and out of prison in the 3 countries. This initiative has led to behavioural change amongst prisons while at the same time it is laying a foundation for them to live a drug free life outside prisons.

Anecdotal evidence suggests that young people have increased capacity in terms of understanding and advocating for their health rights and well-being and reducing substance and drug use and abuse. The project has also taken into consideration the gender dynamic where women who are incarcerated have been included in the various activities conducted under Youth POPS. In essence, the project is gender sensitive and has gone to a further extent of encapsulating inclusivity where groups at risk of discrimination are prioritised. In as much as prisoners were already aware of health rights, well-being and substance and drug use and abuse, their knowledge was limited. This project thus far can be commended for expanding the knowledge and scope of youths affecting their lives in and out of prison in a number of ways. Meanwhile, the focus on youths in the project is a positive step in the right direction considering that this is a distinctive group that is exposed to a light of issues that promote criminal behaviour resulting in imprisonment. This programme is serving as an enlightenment of how youths can turn their lives around and live positively despite incarceration.

Other activities in the project that included educational and vocational training were positively embraced by both the prisoners and the prison officials across the 3 countries. Youths are enrolled in various vocational courses as a way of capacity development with funding being provided to pay fees. This initiative is seen as providing both education and skills while at the same time providing alternative sources of income generation for life outside of prison. Already ex-inmates associations are encouraging their members to use these different skills to enhance their livelihoods. However, there still exists a gap in terms of continued support in terms of resources and capacity building for ex-inmates associations so that they do not resort back to criminal activities.

The Youth POPS project is well coordinated both at programme level and with other networks, stakeholders and partners. The consortium partners have established relationships with relevant stakeholders that include Ex-inmates and civil society organisations (CSO) working on crime prevention and rehabilitation of offenders and within the broader prison community (in and out of prison) in order to execute their mandates in the project. Furthermore, this approach is ensuring a coordinated approach in the delivery of services within the prison systems in the 3 countries. It also paved way for the prioritisation of the health rights of the prison community in and out of prison.

The success of this project so far has been a result of a combination of factors including the youth and groups at risk of discrimination implementation approach, involving and ensuring active participation of all programme beneficiaries, commendable project management and the M&E system that is being utilized throughout the project implementation thus. This formative evaluation concludes that this project is generating good lessons and is the type of project that can be replicated after its completion with some adjustments to optimise impact.

## ANNEXES

### Annexure A: In-depth Interview Guide for Consortium Partners (SANOP, VSO, PFM, PREO and SAFAIDS)

#### VSO AND SANOP FORMATIVE EVALUATION: YOUTH POPS

#### KII Guide-Consortium Partners (SANOP, VSO, PFM, PREO and SAFAIDS) (English)

July 2023

Hello. My name is \_\_\_\_\_ and I am a Research Assistant. I am part of a consultancy team contracted by VSO and SANOP to conduct a formative evaluation for its three year Youth POPS Project in Eswatini, Malawi, Zambia and Zimbabwe. We do not represent the Government or any political party. We are conducting the evaluation to assess the extent to which the Youth POPS programming is assisting its target stakeholders and draw lessons for continuous improvement in the project. Your answers will be treated with strict confidentiality without disclosure of any names. This interview will take about 40 minutes. There is no penalty for refusing to participate.

Research Assistant Name	_____
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*[Complete accordingly. Do Not read]*

Country	_____
Province	_____
District	_____

**Sex** *[Code accordingly. Do Not read]*

Female	1	Male	2
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DATE OF INTERVIEW <i>[Code accordingly. Do Not read]</i>	_____
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	Hour	Minutes
START TIME. <i>[Enter hour and minute, use 24 hr. clock]</i>		

#### Interview questions

1. Let us begin with a few questions about yourself. What is your position and what is the nature of your work?
2. Since 2022, VSO, SANOP and its consortium partners has been implementing the Youth POPS project in Eswatini, Malawi, Zambia and Zimbabwe. Tell us what you know about the project? (Probe: Who are the target primary actors? What are the inclusion mechanism of the project to the targeted primary actors? What specific measures and actions are in place to identify and include marginalised groups (PwDs, youth, women and LGBTIQI+) at design, implementation, monitoring, and closure?)

3. Prior to the implementation of the above mentioned project, kindly tell us what was the situation of youths in prison and out of prisons in terms of access to health, rights, well-being, participation and with particular emphasis on drug and substance use and abuse at individual, community and systems levels? (Probe: What challenges did they face? Describe the level of drug use and abuse amongst the youths in prisons?)
4. How and to what extent have Youth POPS' capacity building activities changed your understanding of the importance of information and skills in enhancing engagement of youths (in and out of prison) to improve their health rights, well-being and participation on drug and substance use and abuse? (Probe: In your view, what tools or approaches were most helpful, Does the Youth POPS include any efforts to enable primary actors and /or community members to present demands to local authorities/office bearers for areas/services/policies they wanted to see improved or changed, What is the contribution of youth engagement in improving accountability and/or inclusion at individual and institutional levels? Is there any reporting of the harmful substance and drug use and abuse amongst the youths in the prison system?)
5. Did the participation of youths in these activities address their needs or challenges? If not, why not? (Probe: Particular emphasis on improved health rights, well-being and participation on drug and substance use and abuse? What factors are contributing to substance and drug abuse amongst the youths in prison populations?)
6. What activities are of most benefit to the youths (in and out of prison) in the Youth POPS Project? (Probe: Are there any efforts that have been done to deal with the growing burden of substance and drug use and abuse amongst youths in prisons?)
7. To what extent, if any, do you believe the Youth POPS activity is achieving its intended outcomes? (Probe: What are the changes related to youths (in and out of prison) improving their health rights, well-being and participation on drug and substance use and abuse?)
8. What factors have contributed to these results? How have they contributed to results? (Probe: Capacity strengthening, knowledge awareness, information dissemination, advocacy on substance and drugs use and abuse)
9. How are youths (in and out of prison) more engaged in their health rights, well-being and participation in substance and drugs use and abuse as a result of Youth POPS activities, if at all?
10. What factors have contributed to (or detracted from) these results for youths, and how? (Probe: Emphasis on substance and drug use and abuse)
11. How, if at all, have beneficiaries implemented the knowledge, awareness and advocacy introduced by Youth POPS? Please provide examples describing the specific beneficiary (Probe for specific mention of youths (in and out of prison) involved in the improvement of their health rights and well-being) (Probe: Activities on substance and drug use and abuse)
12. How likely are beneficiaries (you) to continue utilizing the knowledge, awareness and advocacy introduced by the Youth POPS initiative? Why or why not? (Probe: Participation on substance and drug use and abuse)
13. Which components of the Youth POPS initiative are being done well? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
14. Which components of the Youth POPS initiative can be implemented differently? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
15. How has the situation in your country supported and/or constrained implementation progress and effectiveness of this project? Are there any external factors that are impacting the results of the project (economic, financial, political, legal, social, cultural etc.)? How have these factors impacted the results?
16. Are there any unexpected outcomes or consequences because of the project?
17. In your view, is there optimal utilisation of funds in the Youth POPS initiative (Probe: are funds dispersed well, are monies spent in the right way)
18. Is there constant monitoring and evaluation of the project from the implementing organisations?

19. Does the program create duplication of efforts? Can programme succeed/fail if other programmes or support system falters? (Probe: Coherence)
20. In what ways is the Youth POPS initiative enhancing accountability (Probe: How do the intervention establish and navigate accountability relationships between primary actors and other stakeholders (govt, partners and VSO) in various contexts? What are the lessons for scale up, participation and deepening of accountability work in future programming? How is MILE utilised as an accountability mechanism and process? What lessons can be drawn from it?)
21. Is the Youth POPS initiative building resilience? (Probe: Are there any integration with other practice areas? How is resilience and disaster preparedness, any other shocks and stresses integrated into the Youth POPS? How are systems, mechanisms and processes strengthened to prepare and/or respond to shocks or stresses? What is the role and contribution of different volunteers during the process of resilience building?)
22. What mechanisms are in place to address abuse, discrimination, and neglect amongst the primary actors? (Probe: Safe guarding)
23. What volunteering model is being utilised to deliver results? What role will the volunteers play to contribute to planned and any emerging outcomes? (Probe: Volunteering)
24. Are there any efforts to influence policy in support of marginalized groups through the Youth POPS? What changes are expected to occur (changes in the lives of prison community) because of the policy change, including those resulting from removal of structural barriers? (Probe: Policy and advocacy)
25. If VSO, SANOP and its consortium partners does not continue supporting the youths (in and out of prison), do you see the situation of these youths going back to the situation they were in before the implementation of the Youth POPS Project? (Why and How?) (Probe: Participation in substance and drug use and abuse)
26. Do you believe changes in health rights, well-being and participation in substance and drug use and abuse you may have experienced, if any that resulted from Youth POPS will continue into the future? If so, why?
27. Talking of life after Youth POPS, (a) What factors would enable youths to continue with the project? (b) What factors would make it difficult for them to continue with the project? (Probe: Ownership – by youth, partners, Management/leadership at institutions, Integration/embedding of capacity in organisations, Attitudes of youth and wider community, Socio-cultural factors, gender roles, Financing – ability to fund activities from own/new resources, Alignment with national government priorities, strategies, funding)

**Thank you for participating in this interview. Your assistance is appreciated.**

## Annexure B: In-depth Interview Guide for Prison Officials

### VSO AND SANOP FORMATIVE EVALUATION: YOUTH POPS

#### KII Guide-Prison Officials (English)

July 2023

Hello. My name is \_\_\_\_\_ and I am a Research Assistant. I am part of a consultancy team contracted by VSO and SANOP to conduct a formative evaluation for its three year Youth POPS Project in Eswatini, Malawi, Zambia and Zimbabwe. We do not represent the Government or any political party. We are conducting the evaluation to assess the extent to which the Youth POPS programming is assisting its target stakeholders and draw lessons for continuous improvement in the project. Your answers will be treated with strict confidentiality without disclosure of any names. This interview will take about 40 minutes. There is no penalty for refusing to participate.

Research Assistant Name	_____
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*[Complete accordingly. Do Not read]*

Country	_____
Province	_____
District	_____

**Sex** *[Code accordingly. Do Not read]*

Female	1	Male	2
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DATE OF INTERVIEW <i>[Code accordingly. Do Not read]</i>	_____
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	Hour	Minutes
START TIME. <i>[Enter hour and minute, use 24 hr. clock]</i>		

#### Interview questions

1. Let us begin with a few questions about yourself. What is your position and what is the nature of your work?
2. Since 2022, VSO, SANOP and its consortium partners has been implementing the Youth POPS project in Eswatini, Malawi, Zambia and Zimbabwe. Tell us what you know about the project? (Probe: Who are the target primary actors? What are the inclusion mechanism of the project to the targeted primary actors? What specific measures and actions are in place to identify and include marginalised groups (PwDs, youth, women and LGBTIQI+) at design, implementation, monitoring, and closure?)
3. Prior to the implementation of the above mentioned project, kindly tell us what was the situation of youths in prison and out of prisons in terms of access to health, rights, well-being, participation and with particular emphasis on drug and substance use and abuse at individual,

community and systems levels? (Probe: What challenges did they face? Describe the level of drug use and abuse amongst the youths in prisons?)

4. How and to what extent have Youth POPS' capacity building activities changed your understanding of the importance of information and skills in enhancing engagement of youths (in and out of prison) to improve their health rights, well-being and participation on drug and substance use and abuse? (Probe: In your view, what tools or approaches were most helpful, Does the Youth POPS include any efforts to enable primary actors and /or community members to present demands to local authorities/office bearers for areas/services/policies they wanted to see improved or changed, What is the contribution of youth engagement in improving accountability and/or inclusion at individual and institutional levels? Is there any reporting of the harmful substance and drug use and abuse amongst the youths in the prison system?)
5. Did the participation of youths in these activities address their needs or challenges? If not, why not? (Probe: Particular emphasis on improved health rights, well-being and participation on drug and substance use and abuse? What factors are contributing to substance and drug abuse amongst the youths in prison populations?)
6. What activities are of most benefit to the youths (in and out of prison) in the Youth POPS Project? (Probe: Are there any efforts that have been done to deal with the growing burden of substance and drug use and abuse amongst youths in prisons?)
7. To what extent, if any, do you believe the Youth POPS activity is achieving its intended outcomes? (Probe: What are the changes related to youths (in and out of prison) improving their health rights, well-being and participation on drug and substance use and abuse?)
8. What factors have contributed to these results? How have they contributed to results? (Probe: Capacity strengthening, knowledge awareness, information dissemination, advocacy on substance and drugs use and abuse)
9. How are youths (in and out of prison) more engaged in their health rights, well-being and participation in substance and drugs use and abuse as a result of Youth POPS activities, if at all?
10. What factors have contributed to (or detracted from) these results for youths, and how? (Probe: Emphasis on substance and drug use and abuse)
11. How, if at all, have beneficiaries implemented the knowledge, awareness and advocacy introduced by Youth POPS? Please provide examples describing the specific beneficiary (Probe for specific mention of youths (in and out of prison) involved in the improvement of their health rights and well-being) (Probe: Activities on substance and drug use and abuse)
12. How likely are beneficiaries (you) to continue utilizing the knowledge, awareness and advocacy introduced by the Youth POPS initiative? Why or why not? (Probe: Participation on substance and drug use and abuse)
13. Which components of the Youth POPS initiative are being done well? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
14. Which components of the Youth POPS initiative can be implemented differently? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
15. How has the situation in your country supported and/or constrained implementation progress and effectiveness of this project? Are there any external factors that are impacting the results of the project (economic, financial, political, legal, social, cultural etc.)? How have these factors impacted the results?
16. Are there any unexpected outcomes or consequences because of the project?
17. In your view, is there optimal utilisation of funds in the Youth POPS initiative (Probe: are funds dispersed well, are monies spent in the right way)
18. Is there constant monitoring and evaluation of the project from the implementing organisations?
19. Does the program create duplication of efforts? Can programme succeed/fail if other programmes or support system falters? (Probe: Coherence)

20. In what ways is the Youth POPS initiative enhancing accountability (Probe: How do the intervention establish and navigate accountability relationships between primary actors and other stakeholders (govt, partners and VSO) in various contexts? What are the lessons for scale up, participation and deepening of accountability work in future programming? How is MILE utilised as an accountability mechanism and process? What lessons can be drawn from it?)
21. Is the Youth POPS initiative building resilience? (Probe: Are there any integration with other practice areas? How is resilience and disaster preparedness, any other shocks and stresses integrated into the Youth POPS? How are systems, mechanisms and processes strengthened to prepare and/or respond to shocks or stresses? What is the role and contribution of different volunteers during the process of resilience building?)
22. What mechanisms are in place to address abuse, discrimination, and neglect amongst the primary actors? (Probe: Safe guarding)
23. What volunteering model is being utilised to deliver results? What role will the volunteers play to contribute to planned and any emerging outcomes? (Probe: Volunteering)
24. Are there any efforts to influence policy in support of marginalized groups through the Youth POPS? What changes are expected to occur (changes in the lives of prison community) because of the policy change, including those resulting from removal of structural barriers? (Probe: Policy and advocacy)
25. If VSO, SANOP and its consortium partners does not continue supporting the youths (in and out of prison), do you see the situation of these youths going back to the situation they were in before the implementation of the Youth POPS Project? (Why and How?) (Probe: Participation in substance and drug use and abuse)
26. Do you believe changes in health rights, well-being and participation in substance and drug use and abuse you may have experienced, if any that resulted from Youth POPS will continue into the future? If so, why?
27. Talking of life after Youth POPS, (a) What factors would enable youths to continue with the project? (b) What factors would make it difficult for them to continue with the project? (Probe: Ownership – by youth, partners, Management/leadership at institutions, Integration/embedding of capacity in organisations, Attitudes of youth and wider community, Socio-cultural factors, gender roles, Financing – ability to fund activities from own/new resources, Alignment with national government priorities, strategies, funding)

**Thank you for participating in this interview. Your assistance is appreciated.**

## Annexure C: In-depth Interview Guide for Juvenile Facilities

### VSO AND SANOP FORMATIVE EVALUATION: YOUTH POPS

#### KII Guide-Juvenile Facilities (English)

July 2023

Hello. My name is \_\_\_\_\_ and I am a Research Assistant. I am part of a consultancy team contracted by VSO and SANOP to conduct a formative evaluation for its three year Youth POPS Project in Eswatini, Malawi, Zambia and Zimbabwe. We do not represent the Government or any political party. We are conducting the evaluation to assess the extent to which the Youth POPS programming is assisting its target stakeholders and draw lessons for continuous improvement in the project. Your answers will be treated with strict confidentiality without disclosure of any names. This interview will take about 40 minutes. There is no penalty for refusing to participate.

Research Assistant Name	_____
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*[Complete accordingly. Do Not read]*

Country	_____
Province	_____
District	_____
Prison Facility Name	_____

**Sex** *[Code accordingly. Do Not read]*

Female	1	Male	2
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<b>DATE OF INTERVIEW</b> <i>[Code accordingly. Do Not read]</i>	_____
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	Hour	Minutes	
<b>START TIME.</b> <i>[Enter hour and minute, use 24 hr. clock]</i>			

#### Interview questions

1. Since 2022, VSO, SANOP and its consortium partners has been implementing the Youth POPS project. Tell us what you know about the project? (Probe: Who are the target primary actors? What are the inclusion mechanism of the project to the targeted primary actors? What specific measures and actions are in place to identify and include marginalised groups (PwDs, youth, women and LGBTIQ+) at design, implementation, monitoring, and closure? Describe the level of substance and drug use and abuse amongst youths in prisons?)
2. Kindly tell us what the situation of youths in prison and out of prisons is like with particular emphasis on drug and substance use and abuse (Probe: What challenges do they face? Is there any reporting of the harmful substance and drug use and abuse amongst youths in the prison system?)

3. What factors are contributing to substance and drug abuse amongst the youths in prison populations?
4. Are there any efforts that have been done to deal with the growing burden of substance and drug use and abuse in prison populations?
5. What forms/types of substance and drug use and abuse are used by youths in prisons? (Probe: Cannabis, Heroin, Glue, Cough Mixtures (Histalix and Broncolli))
6. How and to what extent have Youth POPS' capacity building activities changed your understanding of the importance of information and skills in enhancing engagement of youths (in and out of prison) in the participation on drug and substance use and abuse?
7. Has the participation of youths in these activities addressed their needs or challenges? If not, why not? (Probe: Particular emphasis on participation on drug and substance use and abuse)
8. What activities are of most benefit to the youths (in and out of prison) in the Youth POPS Project? (Probe: Health rights, well-being and participation on substance and drug use and abuse)
9. To what extent, if any, do you believe the Youth POPS activity is achieving its intended outcomes? (Probe: What are the changes related to youths (in and out of prison) improving their health rights, well-being and participation on drug and substance use and abuse)
10. What factors have contributed to these results? How have they contributed to results? (Probe: Capacity strengthening, knowledge awareness, information dissemination, advocacy on substance and drugs use and abuse)
11. How are youths (in and out of prison) more engaged in their health rights, well-being and participation in substance and drugs use and abuse as a result of Youth POPS activities, if at all?
12. What factors have contributed to (or detracted from) these results for youths, and how? (Probe: Emphasis on substance and drug use and abuse)
13. How, if at all, have beneficiaries implemented the knowledge, awareness and advocacy introduced by Youth POPS? Please provide examples describing the specific beneficiary (Probe for specific mention of youths (in and out of prison) involved in the improvement of their health rights and well-being and activities on substance and drug use and abuse)
14. How likely are beneficiaries (you) to continue utilizing the knowledge, awareness and advocacy introduced by the Youth POPS initiative? Why or why not? (Probe: Participation on substance and drug use and abuse)
15. Which components of the Youth POPS initiative are being done well? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
16. Which components of the Youth POPS initiative can be implemented differently? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
17. If VSO, SANOP and its consortium partners does not continue supporting the youths (in and out of prison), do you see the situation of these youths going back to the situation they were in before the implementation of the Youth POPS Project? (Why and How?) (Probe: Participation in substance and drug use and abuse)
18. Do you believe changes in health rights, well-being and participation in substance and drug use and abuse you may have experienced, if any that resulted from Youth POPS will continue into the future? If so, why?
19. Talking of life after Youth POPS, (a) What factors would enable youths to continue with the project? (b) What factors would make it difficult for them to continue with the project? (Probe: Ownership – by youth, partners, Management/leadership at institutions, Integration/embedding of capacity in organisations, Attitudes of youth and wider community, Socio-cultural factors, gender roles, Financing – ability to fund activities from own/new resources, Alignment with national government priorities, strategies, funding)

**Thank you for participating in this interview. Your assistance is appreciated.**

## Annexure D: Focus Group Discussion Guide for Juvenile Facilities

### VSO AND SANOP FORMATIVE EVALUATION: YOUTH POPS

#### FGD Guide-Juvenile Facilities (English)

July 2023

Hello. My name is \_\_\_\_\_ and I am a Research Assistant. I am part of a consultancy team contracted by VSO and SANOP to conduct a formative evaluation for its three year Youth POPS Project in Eswatini, Malawi, Zambia and Zimbabwe. We do not represent the Government or any political party. We are conducting the evaluation to assess the extent to which the Youth POPS programming is assisting its target stakeholders and draw lessons for continuous improvement in the project. Your answers will be treated with strict confidentiality without disclosure of any names. This interview will take about 30 minutes. There is no penalty for refusing to participate.

Research Assistant Name	_____
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*[Complete accordingly. Do Not read]*

Country	_____
Province	_____
District	_____
Prison Facility Name	_____

**Sex** *[Code accordingly. Do Not read]*

Female	1	Male	2
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<b>DATE OF INTERVIEW</b> <i>[Code accordingly. Do Not read]</i>	_____
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	Hour	Minutes		
<b>START TIME.</b> <i>[Enter hour and minute, use 24 hr. clock]</i>				

#### Interview questions

1. Since 2022, VSO, SANOP and its consortium partners has been implementing the Youth POPS project. Tell us what you know about the project? (Probe: Who are the target primary actors? What are the inclusion mechanism of the project to the targeted primary actors? What specific measures and actions are in place to identify and include marginalised groups (PwDs, youth, women and LGBTIQI+) at design, implementation, monitoring, and closure? Describe the level of substance and drug use and abuse amongst youths in prisons?)
2. Kindly tell us what the situation of youths in prison and out of prisons is like with particular emphasis on drug and substance use and abuse (Probe: What challenges do they face? Is there any reporting of the harmful substance and drug use and abuse amongst youths in the prison system?)

3. What factors are contributing to substance and drug abuse amongst the youths in prison populations?
4. Are there any efforts that have been done to deal with the growing burden of substance and drug use and abuse in prison populations?
5. What forms/types of substance and drug use and abuse are used by youths in prisons? (Probe: Cannabis, Heroin, Glue, Cough Mixtures (Histalix and Broncolli))
6. How and to what extent have Youth POPS' capacity building activities changed your understanding of the importance of information and skills in enhancing engagement of youths (in and out of prison) in the participation on drug and substance use and abuse?
7. Has the participation of youths in these activities addressed their needs or challenges? If not, why not? (Probe: Particular emphasis on participation on drug and substance use and abuse)
8. What activities are of most benefit to the youths (in and out of prison) in the Youth POPS Project? (Probe: Health rights, well-being and participation on substance and drug use and abuse)
9. To what extent, if any, do you believe the Youth POPS activity is achieving its intended outcomes? (Probe: What are the changes related to youths (in and out of prison) improving their health rights, well-being and participation on drug and substance use and abuse)
10. What factors have contributed to these results? How have they contributed to results? (Probe: Capacity strengthening, knowledge awareness, information dissemination, advocacy on substance and drugs use and abuse)
11. How are youths (in and out of prison) more engaged in their health rights, well-being and participation in substance and drugs use and abuse as a result of Youth POPS activities, if at all?
12. What factors have contributed to (or detracted from) these results for youths, and how? (Probe: Emphasis on substance and drug use and abuse)
13. How, if at all, have beneficiaries implemented the knowledge, awareness and advocacy introduced by Youth POPS? Please provide examples describing the specific beneficiary (Probe for specific mention of youths (in and out of prison) involved in the improvement of their health rights and well-being and activities on substance and drug use and abuse)
14. How likely are beneficiaries (you) to continue utilizing the knowledge, awareness and advocacy introduced by the Youth POPS initiative? Why or why not? (Probe: Participation on substance and drug use and abuse)
15. Which components of the Youth POPS initiative are being done well? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
16. Which components of the Youth POPS initiative can be implemented differently? Why? (Probe: Health rights, well-being and participation in substance and drug use and abuse)
17. If VSO, SANOP and its consortium partners does not continue supporting the youths (in and out of prison), do you see the situation of these youths going back to the situation they were in before the implementation of the Youth POPS Project? (Why and How?) (Probe: Participation in substance and drug use and abuse)
18. Do you believe changes in health rights, well-being and participation in substance and drug use and abuse you may have experienced, if any that resulted from Youth POPS will continue into the future? If so, why?
19. Talking of life after Youth POPS, (a) What factors would enable youths to continue with the project? (b) What factors would make it difficult for them to continue with the project? (Probe: Ownership – by youth, partners, Management/leadership at institutions, Integration/embedding of capacity in organisations, Attitudes of youth and wider community, Socio-cultural factors, gender roles, Financing – ability to fund activities from own/new resources, Alignment with national government priorities, strategies, funding)

**Thank you for participating in this interview. Your assistance is appreciated.**

## Annexure E: Survey Questionnaire

### VSO AND SANOP FORMATIVE EVALUATION-YOUTH POPS

QUESTIONNAIRE IDENTIFICATION NUMBER                    |\_\_|\_\_|\_\_|\_\_|

SPEAK TO THE RESPONDENT: Hello. My name is.....working under the Youth POPS project commissioned by VSO and SANOP in Eswatini, Malawi, Zambia and Zimbabwe. We are interviewing people here in [.....name of PLACE] in order to obtain their views and opinions about youth development issues. Your answers will be completely confidential. Your name will not be written on this form and will never be used in connection with any of the information you tell me. You do not have to answer any questions that you do not want to answer, and you may end this interview at any time you want to. However, your honest answers to these questions will help us better understand what people think, say and do about leadership and governance of citizens in this country. We would greatly appreciate your help in responding to this survey. It will take between 40 and 50 minutes to ask the questions. Would you be willing to participate?

<p>IDENTIFICATION</p> <p>ID01 : Country-----</p> <p>ID02 : Province -----</p> <p>ID02 : District-----</p> <p>ID03: Locality Name-----</p> <p>Rural-----1</p> <p>Urban-----2</p>
<p>DATE                    _____</p> <p>Interviewer Initials _____</p> <p>Supervisor Initials _____</p>
<p>INTERVIEW STATUS</p> <p>Completed interview-----1</p> <p>Partially completed interview-----2</p>

Section 1: Socio-demographic Characteristics			
NO	Questions and filters	Coding categories	Skip to
Q100	To which gender identity do you most identify?	Male Female Non-binary Other..... Prefer not to answer	
Q101	What is your highest level of education completed?	Primary Secondary Diploma Tertiary (Degree) Masters Doctoral	
Q102	What is your age?	14 or under 15-17 18-30 31-40 41-50 51-60 61+	
Q103	What is your relationship status?	Single Married Divorced Widow Co-habitation	
Q104	Which of the following categories best describes you?	Government Local authorities Legal practitioners Ex-inmates association (network membership) Consortium members CSOs/CBOs Youth structures Inmates Ex-inmates	
Q105	Which group do you mostly identify with?	Youth Women People with Disabilities (PwDs) LGBTIQI+ Girls Boys Men	
Q106	Which country are you currently based in?	Eswatini Malawi Zambia Zimbabwe	
Q107	Are you a migrant?	Yes No	
Q108	Which correctional facility/prison are you located in?	..... ..... .....	

Q109	Are you a member of any youth forums?	Yes No Don't know	
Q110	Which of these describe you?	Full-time employed Part-time employed Not employed for pay Self employed Homemaker Other	
<b>Section 2: Youth POPS Activities</b>			
Q200	Youth POPS activities have addressed priority concerns regarding access to health, rights and well-being amongst youths in and out of prison	Strongly Disagree Disagree Neither Agree or Disagree Agree Strongly Agree	
Q201	Youth POPS activities have addressed priority concerns regarding substance and drug use and abuse amongst youths in and out of prisons?	Strongly Disagree Disagree Neither Agree or Disagree Agree Strongly Agree	
Q202	Youth POPS activities are inclusive and have included groups at risk of discrimination (youth, women, PwDs, LGBTIQ+)	Strongly Disagree Disagree Neither Agree or Disagree Agree Strongly Agree	
Q203	Have any partnerships been formed to support primary actors to achieve outcomes and results? E.g. with other organisations, with local authorities?	Yes No Don't know	
Q204	Has the Youth POPS intervention established and navigated accountability relationships between primary actors and other stakeholders (govt, partners and VSO) in various contexts?	Yes No Don't know	
Q204	Is the Youth POPS initiative building resilience against shocks and stressors?	Yes No Don't know	
Q205	Are there mechanisms that have been put in place by Youth POPS to address abuse, discrimination, and neglect amongst the primary actors?	Yes No Don't know	
Q206	Has Youth POPS managed to use volunteering in the delivery of results?	Yes No Don't know	
Q207	Are there any efforts to influence policy in support of marginalized groups through the Youth POPS?	Yes No Don't know	
<b>Section 3: Youth POPS Project (Health Rights and Well-Being)</b>			
Q301	<b>Please rate your level of agreement on the following statements by</b>	Did you learn about health	Is this Did you receive sufficient How likely are you to How important is How important is

	ticking the appropriate box (yes/no and ranking 1-5 where "1" is lowest and "5" is highest)	rights through Youth POPS support (yes/no)?	New knowledge for you (yes/no)?	support from Youth POPS to practice health rights and well-being (1-5)?	continue to practice health rights and well-being awareness (1-5)?	this knowledge for you (1-5)?	this knowledge to improving health rights and well-being for youths in and out of prisons (1-5)?
A	Sexual Reproductive Health						
B	Access to and utilisation of health services						
C	Promotion of health						
D	HIV, STIs and other infectious diseases						
E	Mental health						
<b>Section 4: Youth POPS Project (Drug and Substance Use and Abuse)</b>							
Q401	Describe the level of substance and drug use and abuse amongst youths in prisons?	Very High High Moderate Low Very Low					
Q402	Is there any reporting of the harmful substance and drug use and abuse amongst youths in the prison system?	Yes No Don't know					
Q403	What factors are contributing to substance and drug use and abuse amongst youths in prison populations?	..... ..... .....					
Q404	Are there any efforts that have been done to deal with the growing burden of substance and drug use and abuse amongst youths in prisons?  If yes, please describe the intervention	Yes No Don't know  ..... ..... .....					
Q405	How easily accessible are substance and drug use and abuse services to youths in and out of prisons?	Very easy Easy Moderate Uneasy Very uneasy					
Q406	What forms/types of substances and drugs are used and abused by youths in prisons?	Cannabis Heroin Glue Cough Mixtures (Histalix and Broncolli) Other					

Q407	Please rate your level of agreement on the following statements by ticking the appropriate box (yes/no and ranking 1-5 where "1" is lowest and "5" is highest)	Did you learn this knowledge through Youth POPS support (yes/no)?	Is this new knowledge for you (yes/no)?	Did you receive sufficient support from Youth POPS to participate in awareness on this (1-5)?	How likely are you to continue to participate awareness on this (1-5)?	How important is this participation awareness on this(1-5)?	How important is this participation in reducing this (1-5)?
A	Drugs						
B	Substances						
C	Alcohol						
<b>Section 5: Intervention by VSO, SANOP and consortium partners</b>							
Q500	What are the key institutions that the project has worked with? Choose all that apply.	National government institutions Local government institutions Private sector organizations Youths Community leaders Traditional Leadership Legal practitioners Ex-inmates association (network membership) Consortium members CSOs/CBOs Youth structures Inmates Ex-inmates Other (please specify).....					
Q501	What have been the key interventions that Youth POPS has carried out with these institutions? Choose all that apply.	Training Capacity Building Short-term assistance Long-term assistance (embedded technical assistance) Policy and advocacy Resilience building Knowledge dissemination and awareness Youth empowerment Other (please specify).....					
Q502	Which of the following tools has Youth POPS implemented under this project? Choose all that apply	Youth Empowerment Sexual Reproductive Health and Rights Learning Drug and Substance Use and Abuse Well-being Information and skills Youth Participation Quality Service Health Provision Policy and Advocacy Other (Please specify).....					
Q503	Which of these, if any, did you find useful in meeting the needs of	Youth Empowerment Sexual Reproductive Health and Rights Learning Drug and Substance Use and Abuse					

	targeted groups and external stakeholders? Choose all that apply.	Well-being Information and skills Youth Participation Quality Service Health Provision Policy and Advocacy Other (Please specify).....		
Q504	Have you seen any evidence of local adoption of the models, tools, or products that this project promotes?	Yes No Don't know		
Q505	Have you seen evidence of target groups or external stakeholders' contributions to taking any of the models, approaches or tools to scale?	Yes No Don't know		
Q506	In your view, has Youth POPS partnered with other networks or the private sector to leverage their work?	Yes No Don't know		

**Section 6: Evaluation Elements**

Q600	Was the programme well-designed and relevant for the needs of the youths in and out of prison?	Yes No Don't know	
Q601	Did you get the practical and technical support you needed?	Yes No Don't know	
Q602	To what extent have you utilised and integrated capacity gains into your structures and practices?	Greater extent Moderate extent Neutral Smaller extent None	
Q603	Did you experience any challenges related to the Youth POPS programme?	1. Recruitment – getting target numbers, including Females, PwDs, LGBTIQI+? 2. Retention of trainees? 3. Attendance? 4. Coordination and collaboration? 5. Socio-cultural factors – attitudes, norms concerning Gender or youth etc? Other (specify).....	Please tick where appropriate

Q604	To what extent were the trainings and capacity building functional and Beneficial?	Greater extent Moderate extent Neutral Smaller extent None	
Q605	To what extent was the project implemented well?	Greater extent Moderate extent Neutral Smaller extent None	

Thank you for participating in this interview. Your assistance is appreciated.

## ANNEX F: DOCUMENTS CONSULTED

1. SANOP RCF1 Endline Evaluation Report
2. Mental Health Capacity Needs Assessment for Chikurubi and Mlondolozhi Forensic Institutions Report
3. Southern Africa Network of Prisons (SANOP) Health, Well Being and Social Inclusion Baseline Study for Youth In Contact and in Conflict with the Law-Eswatini
4. Southern Africa Network of Prisons (SANOP) Health, Well Being and Social Inclusion Baseline Study for Youth In Contact and in Conflict with the Law-Zimbabwe
5. Abuja Desk Review study FINAL DRAFT
6. SANOP-AIDSfonds COVID Report (ESA-MAL)
7. SANOP-AIDSfonds COVID Report (ZAM-ZIM)
8. SANOP-RCF 2019 Annual Survey
9. SANOP-RCF 2020 Annual Survey