



### To learn more

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**STEPS** is a programme of South Africa Partners, an international non-profit organisation dedicated to developing partnerships that support education and health in South Africa.

**STEPS** is supported by PEPFAR and the Centres for Disease Control, in partnership with the Department of Correctional Services, Eastern Cape.

Educating and supporting offenders and staff members in correctional centres to prevent the spread of HIV and other communicable disease



STEPS is a programme of:

**South Africa Partners**

Fostering Partnerships Between the United States and South Africa

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## Stay healthy and live positively

- STEPS** Take good care of yourself physically, emotionally and spiritually:
- Manage your stress
  - Stay fit through regular exercise
  - Get enough rest and sleep

## Objectives

1. Increase HIV, TB, and STI counselling and testing, and prevention strategies for staff members and offenders
2. Establish prevention support groups for staff members and offenders
3. Assist on the implementation of HIV prevention strategies to reach staff members and offenders in St. Albans
4. Assist to develop and implement a stigma-reduction intervention that increases disclosure and promotes prevention



## Test and treat health problems

- STEPS** Get tested for HIV, STIs, and TB:
- Understand your diagnosis
  - Know how these illnesses are spread
  - Realise that treatment is available to keep you healthy



## The STEPS Programme

**STEPS** provides offenders and staff members in correctional centres with a facilitated, 6-week curriculum for group meetings, and supplemental activities that include community theatre and educational sessions with referrals for testing.

Through these activities, offenders and staff members learn, engage, and advocate for health.

Activity topics include:

- HIV/AIDS Basics
- AIDS and STIs
- Risks in Male Correctional Facilities
- Risk Reduction Strategies
- Disclosure and Acceptance of HIV Status
- Living Positively with HIV

All activities are highly interactive to promote sharing and peer support. Skilled facilitators create a safe and trusting environment for learning, sharing, and growth.



## Programme Partners

**STEPS** is implemented in partnership with the Eastern Cape Department of Correctional Services as a pilot project located at the St. Albans Management Area Correctional Centre Medium B.

Group meetings, community theatre performances, and educational sessions for offenders are coordinated with the centre's Wellness clinic under the supervision of the Head of Centre, Operational Manager, and Centre Coordinator. The programme also works with numerous partner organisations at the local, regional, and national level.

## Facilitators

**STEPS** empowers correctional staff members and offenders to become group facilitators and peer leaders who conduct programme activities. Facilitators learn the curriculum extensively through a 5-day training. Facilitators also learn techniques for managing group dynamics and challenging behaviours.

Facilitators are trained to use consistent monitoring and evaluation techniques.



- STEPS** Eat nutritious foods to stay healthy
- Eat a variety of foods for energy, strength and health:
- Look for carbohydrates, fats, proteins, fruits and vegetables
  - Drink a lot of clean water
  - Avoid caffeine, alcohol and smoking

## Achievements in Year 1

- 86 offenders attended group meetings
- 36 staff members attended staff group meetings
- 3 Ubuntu Community Theatre performances were held for 265 audience members
- Educational sessions were held for 231 participants
- 111 attendees received information at a health fair
- 28 staff members and offenders were trained as **STEPS** group facilitators
- 15 offenders were trained in community theatre



- STEPS** Protect yourself and others:
- Always use a condom
  - Limit your number of sexual partners
  - Avoid casual sex especially when your judgment is impaired
- STEPS** Practice safe sex