

## Youth Excel – East and Southern Africa Grant Competition

### Meet our Grantees!

Youth Excel's first Grant Competition opened with a public request for concept notes for implementation research projects focused on Strengthening Mental Health and Psychosocial support for marginalized and vulnerable youth in East and Southern Africa

Youth Excel received concept notes from many local youth-led and youth-serving organizations in eligible countries: Eswatini, Kenya, Malawi, Uganda, Tanzania, and Zambia. In October 2021, Youth Excel competitively selected the four (4) winners of the competition who will be engaged for one year to use research and learning to strengthen Mental Health and Psychosocial support for marginalized and vulnerable youth in their communities.

Grantees will conduct implementation research and develop knowledge products, with a Gender Equality and Social Inclusion (GESI) approach prioritizing protection for everyone involved in the process. They will also participate in a Data Summit in 2022 and share their knowledge, findings and adaptations through periodic learning events.

Learn more about our winners here:

Name	Organization overview	Project Overview
<b>AfyAfrika-Kenya</b>	AfyAfrika is a youth-led, youth-serving community-based organization. We envision a world where healthy and empowered girls and women, are able to exercise their fundamental human rights, and have the opportunity to realize their full potential. We provide a local platform for catalyzing and amplifying the social movement to end Female Genital Mutilation, Child Marriage and Gender Based Violence.	Project: Scars to Stars Project is a youth-led, grassroots-led, survivor-centered project aimed at promoting emotional wellbeing and breaking down stigma associated with FGM, by building and testing a package of support for survivors and activists and creating portraiture exhibitions to catalyze social change in Narok, Kenya, with the potential for future application in many other settings."

<p><b>Thrive Gulu-Uganda</b></p>	<p>Founded in 2010, TH RIVEGulu is a women-led trauma recovery organization with a mission to assist individuals and communities in post-conflict northern Uganda to heal from the traumatic effects of war, sexual violence, extreme poverty, and loss of opportunities. TH RIVE offers an innovative, holistic approach that includes psychological counseling, economic empowerment and literacy education for children, youths, and adults.</p>	<p>Project: Implementation research on existing project using Dance+Therapy to Strengthen MHPSS for Marginalized Rural and Urban Youths in Northern Uganda (Odek subcounty and Layibi-Bardege Division, Gulu City). Main study focus: a) efficacy of TH RIV E's original Dance+Therapy Training Manual and Curriculum; b) function/capacity of youth Peer Dance+Therapy Leaders; c) GESI; d) impact of project on mental health and overall quality of life.</p>
<p><b>Grassroot Soccer Zambia-Zambia</b></p>	<p>Grassroot Soccer Zambia (GRS) is an adolescent health organization that uses the power of soccer to educate, inspire, and mobilize youth to live healthier lives and be community change agents. Founded in 2005 as a registered Non-Profit NGO with 24 all-Zambian staff, GRS reaches 25,000+ youth across seven provinces annually, among which 60%+ are adolescent girls and young women.</p>	<p>Project: GRS will expand upon the three-year "Strong Bodies Strong Minds" project to pilot a layered, supplemental mental health promotion resource (SKILLZ MINDSET Magazine) for youth living with HIV (YLHIV). The hard-copy SKILLZ MINDSET Magazine will guide YLHIV in Eastern and Lusaka Provinces around comprehensive mental wellbeing concepts and practices through a fun, sport- based, and youth-friendly approach.</p>
<p><b>Rock of Hope – Eswatini</b></p>	<p>Founded in 2011, formally registered in October 2012 in accordance with the Laws of Eswatini. The organization endeavors to contribute in building a society that is free from stigma, discrimination and oppression of LGBTI persons in Eswatini. The organization focuses on human rights, legal and health advocacy for equitable access and treatment of LGBTI persons in Eswatini and HTS provision.</p>	<p>Project: The proposed project will contribute in reducing mental health distress among 300 LGBTI youths in Manzini North, Kukhanyeni and Kwaluseni constituencies in Eswatini. The targets will be attained through peer-to-peer PSS, online PSS and referrals to trained social workers. The beneficiaries will also undergo life skills training through The Rock of Hope Digital Learning Platform.</p>