Meghalaya Programme for Adolescent Wellbeing, Empowerment and Resilience
(MPOWER)

OUTLINE

- Meghalaya's **Challenges & Opportunities**

- **Life-Cycle Approach** to build positive outcomes for **Adolescents**

- **Vision**

- **Key Components** of **MPOWER**

- **Framework for Adolescent Development** for Meghalaya

74% of the state's population is below the age of 35

Our youth have rising aspirations for a greater quality of life.

Our young population is a huge opportunity for Meghalaya, and also a huge responsibility for the State to achieve our development goals

Meghalaya's Employment Landscape

Average annual no. of births in the last 18 years
60,000

Youth entering the workforce annually
60,000

GOVERNMENT SECTOR

PEOPLE SECTOR (COMMUNITY + PRIVATE)

PERMANENT
Max no. of jobs for a 3.8M population
~ 80,000

Annual Retirees
~ 2,000

Max no. of jobs created annually
~ 2,000

Criteria: State Reservation Policy (40:40:15:5)

CONTRACTUAL
Max no. of jobs created annually via EAPs
~ 3,000

Criteria:
Merit, Comparative advantage to Shillong residents
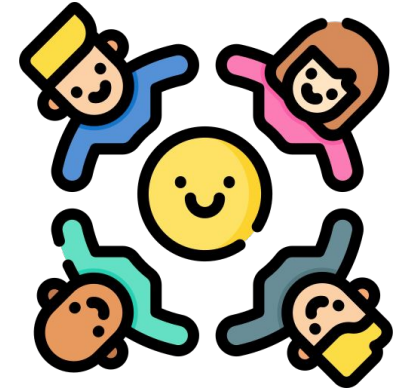
Jobs that can be created
~ 55,000

Enterprise programs spearheaded by the CM:
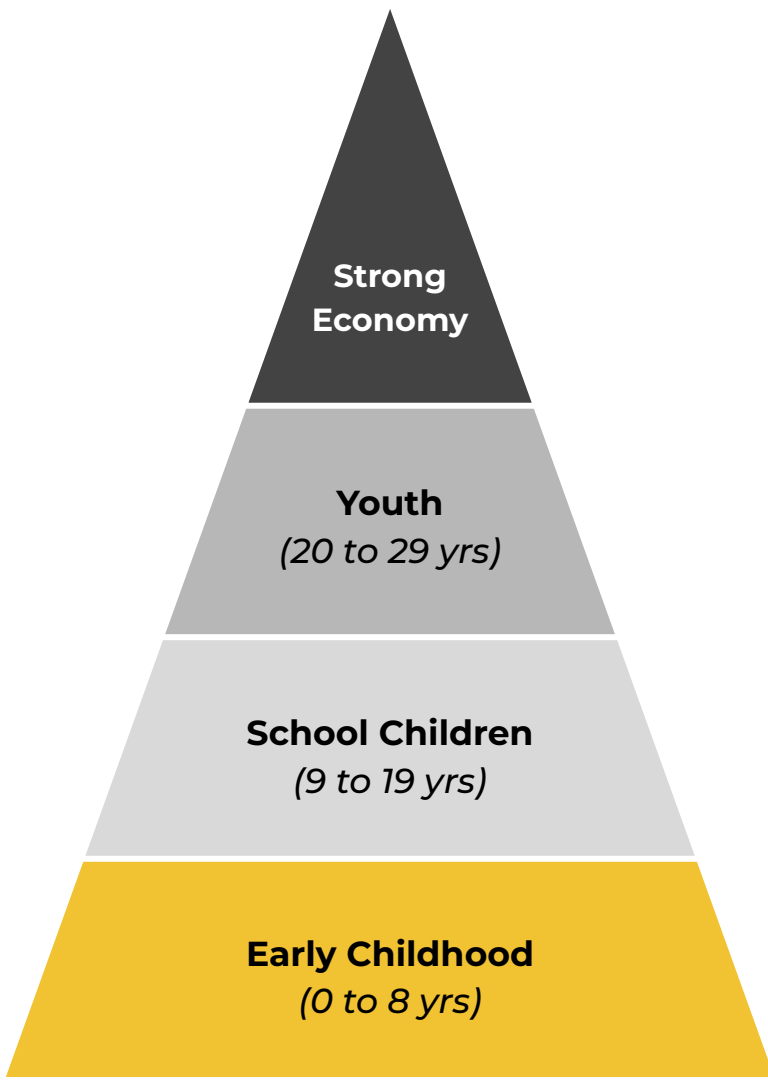PRIME, FOCUS, IT Tech Park, Tourism, NRLM

Addressing Systemic Challenges
Reforming education system

Why do we want to focus on **adolescents?**

there is great **risk** if we don't intervene, and great **reward** if we do …

- Adolescence is **a critical period for the development of self-identity;** new developmental tasks emerge in this age (Buehler, 2016).

- Investing in adolescent health and wellbeing offers **a triple dividend**: benefits for the current generation of adolescents, for their health and wellbeing as adults, and for the next generation (Patton et al., 2016).

- At **risk of initiating unhealthy behaviors** (Sameroff, 2010; Immordino-Yang et al., 2019); **Sexuality and substance use become highly relevant** (MacArthur et al., 2018), reflecting the **major biological, psychological, and social changes** that occur during these years (Sameroff, 2010;Immordino-Yang et al., 2019).

- Increased risk of teen pregnancy and chronic non-communicable diseases (MacArthur et al., 2018; Immordino-Yang et al., 2019), and can lead to **long-term social problems** such as underachievement and unemployment (Hall et al., 2016; MacArthur et al., 2018).

Pyramid levels (bottom to top):
- **Early Childhood** *(0 to 8 yrs)*
- **School Children** *(9 to 19 yrs)*
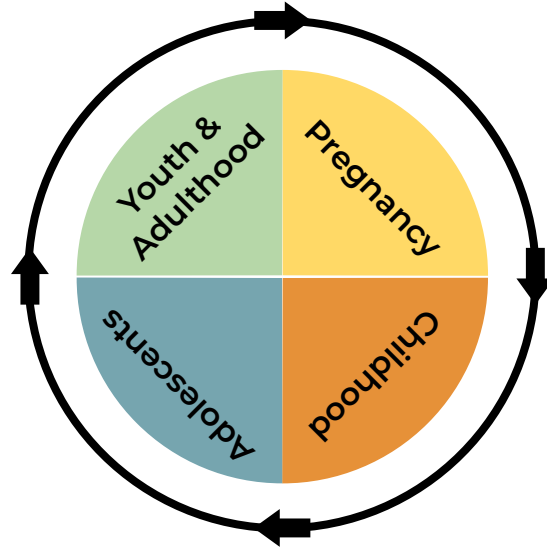- **Youth** *(20 to 29 yrs)*
- **Strong Economy**

Adolescent Period is part of our Life Cycle Approach for Stronger Economy and Happier Citizens

Skilling, employment and entrepreneurship systems for youth will help us reap the benefits of demographic dividend

Adolescence is a critical window of opportunity to improve the physical and mental health of our youth

90% of Brain Growth happens just in the first 5 years. This period lays the foundation for a strong economy

We need to use a **Life Cycle Approach** to understand the challenges of adolescents and youth in the state

26.9%
married women aged 15-49 have unmet need for family planning *(2021)*

72%
Institutional Delivery *(Dec 2022)*

57.7%
Men who consume tobacco *(2020)*

221%
increase in annual new HIV infections, 2010-2021

52.5%
Women aged 15-19 who are anaemic *(2020)*

12%
only opt for STEM

158
Maternal Deaths *(2022-23)*

67%
youth believe suicidal attempt is a concern for the community *(2022)*

For roughly 80,000 births

2415
Infant Deaths *(2022-23)*

7.2%
Women aged 15-19 who are pregnant *(2020)*

42.7%
Children under 6 months exclusively breastfed *(2020)*

17.5%
rate of school drop out *(2022)*

46.5%
Children Stunted *(2020)*

80%
have no access to counseling

38.9%
of std V students can read std II level text *(2022)*

26.6%
Children Underweight *(2020)*

Youth & Adulthood

Pregnancy

Adolescents

Childhood

17%

of Maternal Deaths were of **Teenagers**

Teenage girls are at a higher risk of facing complications during pregnancy

61%

of Teenage Maternal Deaths were at **Home or in Transit**

Teens are also less likely to seek medical care potentially due to fear of legal ramifications
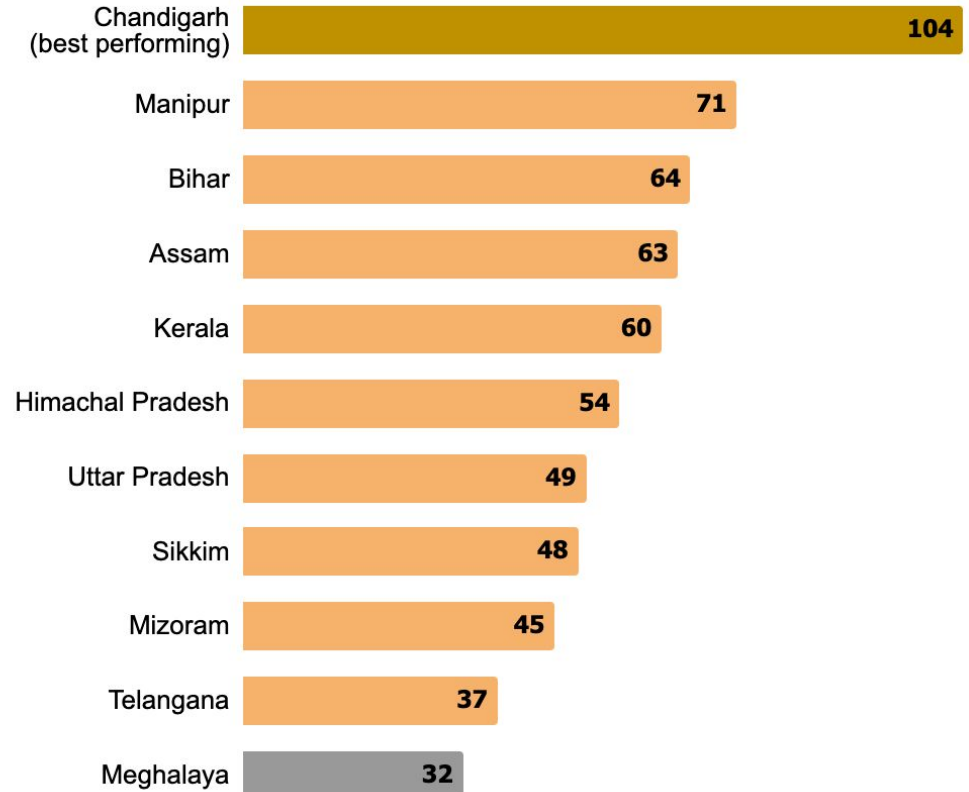
Aside from health, young people in Meghalaya are facing numerous other challenges

According to the report, **Meghalaya demonstrates the lowest learning outcomes score among all states**, achieving only 31.6 out of 290.
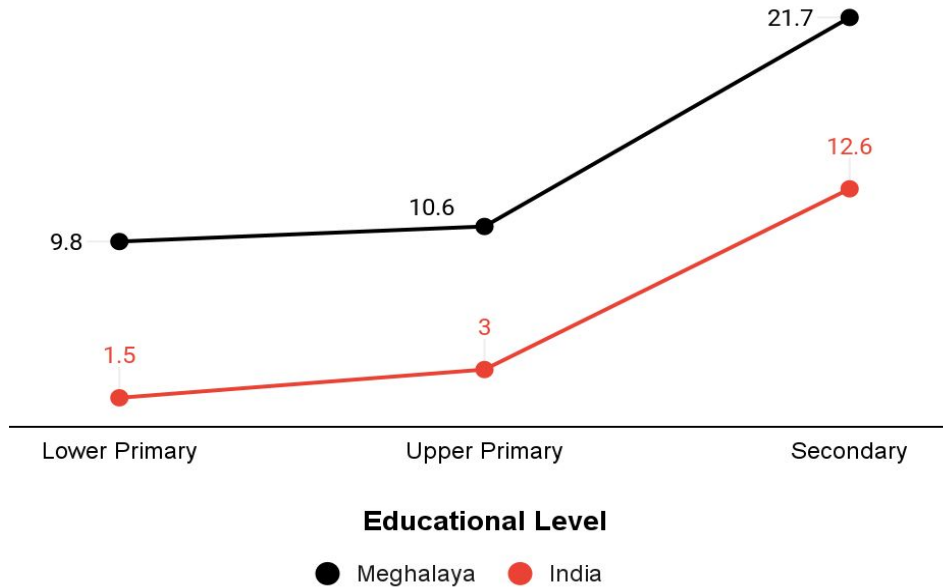
Over the past few years, the state has made considerable progress on improving infrastructure. **The state needs a targeted mission to address learning outcomes**

Learning Outcomes (score out of 290)

Source: Performance Grading Index 2021-22, Ministry of Education

State	Score
Chandigarh (best performing)	104
Manipur	71
Bihar	64
Assam	63
Kerala	60
Himachal Pradesh	54
Uttar Pradesh	49
Sikkim	48
Mizoram	45
Telangana	37
Meghalaya	32

Meghalaya's dropout rate versus the National Average in 2021-22

Educational Level

● Meghalaya   ● India

Source: UDISE+

Meghalaya's dropout rate is higher than the National Average at every education level.

Meghalaya's high dropout rate at secondary level, (21.7%) is the second-highest among Indian states.

At the national level, significant dropout takes place at secondary level wherein out of the 12.6% only 3% can be accounted for in lower levels.

Meghalaya Programme for Adolescent Wellbeing, Empowerment and Resilience **(MPOWER)**

Key Components
of MPOWER

1. **Peer Discussion Circles**
2. **School Clubs**
3. **Community Clubs**
4. **Media Campaigns**

1 **Peer Discussion Circles**

Weekly small group discussions in schools on issues such as mental health, physical health, gender norms and aspirations

- In School: Peer discussion circles will be merged with existing initiatives such as the **School Health and Wellness Program**.

- At the Community: Existing platforms like the **CM Youth Centres** will be leveraged to expand its reach in a hub and spoke model with Community Clubs in every village.

- RKSK and Medical officers to provide support and expertise to peer facilitators at both levels.
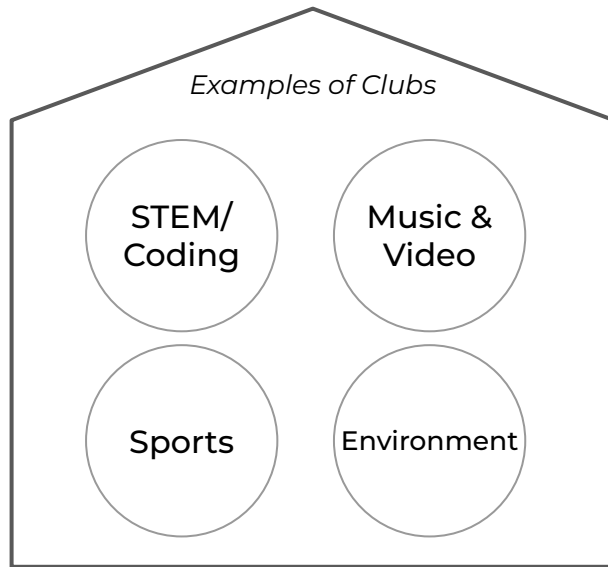
2 Adolescent Clubs

Inclusive spaces for adolescents to cultivate interests in different areas and engage in positive extracurricular activities

Adolescent Clubs

A Special Interest Clubs

B Learning Clubs
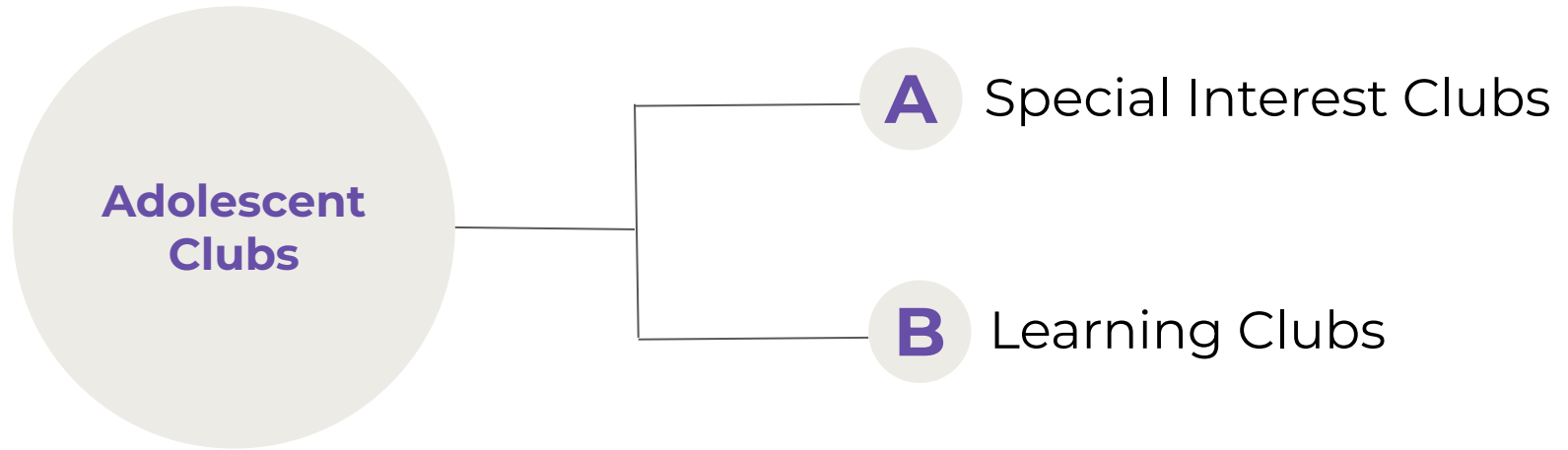
Special Interest Clubs

Inclusive spaces where students can connect with others who share their interests and develop valuable skills

Examples of Clubs

STEM/ Coding

Music & Video

Sports

Environment

Clubs can meet in schools after school day

Example of Club Activities

- Weekly Activity Guide can be circulated through an App/Whatsapp

- Monthly competitions or campaigns

- Dashboard/Social Media channel to showcase club activities

- Annual competitions/exposure visits in Shillong/Tura for a selection of school clubs

Learning Clubs

Supportive out-of-school learning environment where adolescents can participate in activities that develop their academic skills, such as homework, numeracy and literacy.

Clubs can meet in schools after school day

Example of Club Activities

- Weekly Activity Guide can be circulated through an App/Whatsapp

- Classroom activities to help children acquire basic reading and arithmetic

- Assessments - Baseline, Midline and Endline Assessments

- Review meetings at block, district and state-level

4 **Media Campaigns**

Boost visibility to garner more participation, promote activities to garner reach, visibility and recognition, and engage the community

Types of Campaigns

- Short Videos on Adolescent Development that can be used in discussion circles and in community gatherings, eg. VHC meetings, VEC meetings, SHGs

- Club Competitions such as art for mental health, coding challenges, etc.

- Engaging IEC material such as comic strips, webseries, etc. to raise awareness on adolescent development
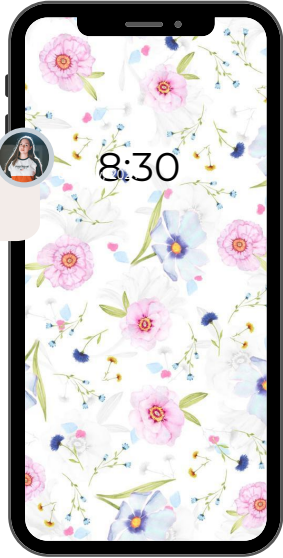
Iada WhatsApp Chatbot

Hi, I'm Iada! How may I assist you today?

Hello, I need someone to give me advice. Please help me!

I'm here to give you accurate answers to all your questions related to your wellbeing!

Please select your preferred language from below.

English   Khasi

Garo

8:30

01 A personalised, 24/7 resource designed to help users build life skills, cope with stress, and achieve their goals.

02 Access to personalised resources, tips, and guidance

03 Anonymous & confidential to ease comfort and provide more opportunities to confide feelings

04 Users will have hassle free referrals to other support pathways of the MPOWER program

05 Users can simply add the MPOWER chatbot to their WhatsApp contacts to start a conversation.

Data Systems ——————● *State Capability*

Human Development Data Ecosystem

Government Innovation Lab

Wellbeing
Data
— - Health & Nutrition
- Mental Health
- Education & Skilling

Strategy & Policy
Support
— *Potential thematic reseach areas*
- Job Creation Strategy
- Assessment of School Dropouts
- Facilitate Collaboration for Human Development

Economy
Data
— - GDP at State & District Level
- Labor Force Survey
- Product Space Analysis

Data on Demand
— System to collect data and surveys through Village Community Facilitators

Implementation
Support
— Build capability in departments to solve problems and improve outcomes

Centre for Adolescents

The centre is envisioned as a platform to consolidate all initiatives initiated by MPOWER once the project concludes.

The initial step involves formulating the **Meghalaya Framework for Adolescent Development** as the foundational pillars for MPOWER ensuring a sustainable and cohesive approach to adolescent development.

Meghalaya Framework for Adolescent Development

This framework guided by the NEP 2020, 21st Century Skills Handbook, UNICEF India Comprehensive Life Skills Framework.

It will serve as a set of **pillars and learning experiences to help students develop the knowledge, skills, and attitudes** to reach our goals and intended vision.

Empowerment
- ❑ Self-awareness
- ❑ Communication
- ❑ Resilience
- ❑ Collaboration
- ❑ Emotional Regulation

Employability skills
- ❑ Decision making
- ❑ Negotiation
- ❑ Technical skills:
  - ❑ Digital literacy
  - ❑ Financial literacy
  - ❑ Writing Skills

Citizenship
- ❑ Empathy
- ❑ Participation

Learning
- ❑ Creativity
- ❑ Critical thinking
- ❑ Problem Solving
- ❑ Basic Literacy & Numeracy

Thematic Research Areas

...

- ...

...

- ...

Thank You

Appendix

Implementation

Improve data systems

- To facilitate convergence across departments, a data dashboard shall be developed.

- The dashboard shall contain up-to-date data on mental health, substance use and learning assessment indicators pertaining to youth and adolescents.

- These indicators may include: no. of patients registered in mental health facilities vis-à-vis their capacity, no. of drug users referred by police for treatments and no. of students referred to remedial teaching.

Learning Mission

- The scope of the learning mission in Meghalaya is aimed at improving learning outcomes, particularly in the primary level, with a specific focus on basic literacy and numeracy skills.

- The components of the mission includes:
  - Continuous Learning Assessment
  - Remedial Learning Initiative
  - Data Driven Review Process

Institutional Structure

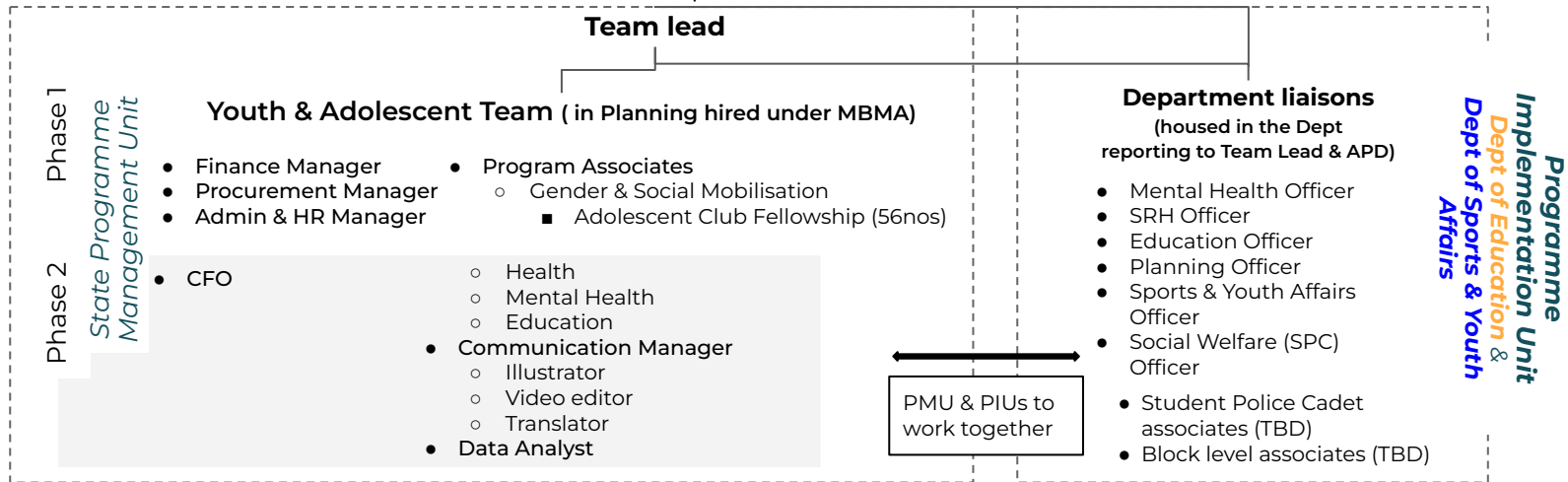**Human Development Council** (Headed by the Chief Minister)

Project Steering Committee (Headed by the Chief Secretary)

Executive Committee (Headed by the Development Commissioner)

Project Director

4 Additional Project Directors (APDs)
(Directors of Health (APD Main), Education, Sports & Youth Affairs, Social Welfare)

Team lead

Programme Implementation Unit

Phase 1

State Programme Management Unit

Youth & Adolescent Team (in Planning hired under MBMA)

- Finance Manager
- Procurement Manager
- Admin & HR Manager

- Program Associates
  - Gender & Social Mobilisation
    - Adolescent Club Fellowship (56nos)

Phase 2

- CFO
  - Health
  - Mental Health
  - Education
- Communication Manager
  - Illustrator
  - Video editor
  - Translator
- Data Analyst

Department liaisons
(housed in the Dept reporting to Team Lead & APD)

- Mental Health Officer
- SRH Officer
- Education Officer
- Planning Officer
- Sports & Youth Affairs Officer
- Social Welfare (SPC) Officer

- Student Police Cadet associates (TBD)
- Block level associates (TBD)

Dept of Education & Dept of Sports & Youth Affairs

PMU & PIUs to work together

Key **Outcomes**

Physical Health

➔ Reduced Teenage Pregnancy

➔ Anaemia among adolescents

➔ Weight status

➔ Lower Prevalence of cigarettes, tobacco use & drug abuse

Mental Health

➔ Reduced depression and/or anxiety among adolescents

➔ Reduced suicidal thoughts of adolescents

➔ Improved care seeking among adolescents

➔ Healthier coping mechanisms than Substance abuse

Education & Economic Wellbeing

➔ Improve students' learning outcomes, such as Foundational Learning and Numeracy

➔ Higher retainment of adolescents in School

➔ More Students in STEM Fields

➔ Higher Class 10 & 12 pass percentage

➔ Increased employment among youth with a successful school to work transition