

## **DIFFUSION OF EFFECTIVE BEHAVIORAL INTERVENTIONS (DEBI) Summaries**

Prevention Topic, March 2007 Statewide Action Planning Group

Homework sheet

In this packet you will find the goal, end product, rationale, and questions to consider for the topic above.

### **Goal**

The overall goal is to enhance the capacity to implement effective interventions at state and local levels to reduce the spread of HIV/STDs and promote healthy behaviors, particularly among those at highest risk.

### **End Product**

The AIDS/HIV Program has funded agencies in Wisconsin to provide select DEBIs. While funding for 2007 is already committed, the Program requests input on this approach for the future.

### **Rationale**

#### **What is Diffusion Effective Behavioral Interventions (DEBI)?**

In 1999, the Centers for Disease Control and Prevention (CDC) published a Compendium of HIV Prevention Interventions with evidence of effectiveness, in response to prevention service providers requesting science-based interventions that work. The DEBIs were systematically showcased to community based organizations in an effort to provide the information on programs that work with specialized populations.

#### **Many Men, Many Voices**

##### *Program Description:*

The 3MV intervention targets gay men of color. The intervention also targets men on the 'down low' with or without female partners (i.e., men of color who have sex with other men but do not identify as gay or bisexual).

##### *Group Level Intervention:*

- Session 1: The Dual Identity of Gay Men of Color
- Session 2: STD/HIV Prevention for Gay Men of Color – Sexual Roles and Risks
- Session 3: STD/HIV Risk Assessment and Prevention Options
- Session 4: Intentions to Act and Capacity to Change
- Session 5: Sexual Relationship Dynamics – Partner Selection, Communication, and Negotiation to Maintain Change
- Session 6: Social Support and Problem Solving
- Session 7 (optional): Building a Healthy Community

##### *Agency/agencies funded:*

LGBT Community Center

#### **Healthy Relationships**

##### *Program Description:*

Healthy Relationships is a five-session, small-group intervention for men and women living with HIV/AIDS. It is based on Social Cognitive Theory and focuses on developing skills and building self-efficacy and positive expectations about new behaviors through modeling behaviors and practicing new skills. Decision-making and problem-solving skills are developed to enable participants to make informed and safe decisions about disclosure and behavior. The sessions create a context where people can interact, examine their risks, develop skills to reduce their risks, and receive feedback from

others. The Healthy Relationships intervention targets men and women living with HIV/AIDS.

*Small Group Level Intervention:*

- Defining stress and reinforcing coping skills across three life areas—disclosing to family and friends, disclosing to sexual partners, and building healthier and safer relationships.
- Using modeling, role-play, and feedback to teach and practice skills related to coping with stress.
- Teaching decision-making skills about disclosure of HIV status.
- Providing personal feedback reports to motivate change of risky behaviors and continuance of protective behaviors.
- Using movie clips to set up scenarios about disclosure and risk reduction to stimulate discussions and role-plays.

*Agency/agencies funded:*  
LGBT Community Center

**Safety Counts**

*Program Description:*

Safety Counts is an HIV prevention intervention for out-of-treatment active injection and non-injection drug users aimed at reducing both high-risk drug use and sexual behaviors. It is a seven-session intervention, which includes both structured and unstructured psycho-educational activities in group and individual settings. This intervention it strongly encourages HIV testing as a precursor to program enrollment, clients can be recruited from testing programs, and sessions include a discussion of the importance of testing to the client. The intervention addresses the needs of both HIV-negative and HIV-positive clients. A community level intervention has been an effective way to reach injection and non-injection drug users.

*Group and Community Level:*

Safety Counts is an HIV prevention intervention for out-of-treatment active injection and non-injection drug users aimed at reducing both high-risk drug use and sexual behaviors. It is a behaviorally focused, seven-session intervention, which includes both structured and unstructured psycho-educational activities in group and individual settings.

*Agency/agencies funded:*  
ARCW and UMOS

**Voices/Voces**

*Program Description:*

Health educators convene groups of 4-8 persons in a room that allows privacy for discussions. Groups are gender-and-ethnic specific, so that participants can develop prevention strategies appropriate for their culture. Information on HIV risk behavior and condom use is delivered by videos, facilitated group discussion, and a poster board presenting features of various condom brands in English and Spanish. Two culturally specific videos are used: one for African-American participants and a bilingual video for Latinos. Skills in condom use and negotiation are modeled in the videos, then role-played and practiced by participants during the discussion that follows. At the end of the single, 45 minute session, participants are given samples of the types of condoms they have identified as best meeting their needs.

*Group Level Intervention:*

- Participants increased knowledge about the transmission of HIV and other STDs.
- Participants had a more realistic assessment of their personal risk.

- Participants had a greater likelihood of getting condoms and intending to use them regularly.
- Participants presented fewer repeat STDs.

*Agency/agencies funded:*

Horizons, UMOS, and the Counseling Center of Milwaukee

### **Mpowerment**

*Program Description:*

The Mpowerment Project was developed by and for young gay men ages 18-29. The intervention is run by a core group of 10-15 young gay men from the community and paid staff. The young gay men, along with other volunteers, design and carry out all project activities. Ideally, the project has its own physical space where most social events and meetings are held and which serves as a drop-in center where young men can meet and socialize during specified hours.

*Community Level Intervention:*

M-groups: These peer-led, 2-3 hour meetings of 8-10 young gay men discuss factors contributing to unsafe sex among the men (e.g., misconceptions about safer sex, beliefs that safer sex is not enjoyable, and poor sexual communication skills). Through skills-building exercises, the men practice safer sex negotiation and correct condom use skills. Participants receive free condoms and lubricant and are trained to conduct informal outreach.

- Informal Outreach: Informal outreach consists of young men discussing safer sex with their friends.
- Ongoing Publicity Campaign: The campaign attracts men to the project by word of mouth and through articles and advertisements in gay newspapers.

*Agency/agencies funded:*

Diverse and Resilient and RAY groups

### **Sisters Informing Sisters on Topics about AIDS (SISTA)**

*Program Description:*

The SISTA project is a social-skills training intervention for African American women. It is aimed at reducing HIV sexual risk behavior. It is comprised of five 2-hour sessions, delivered by peer facilitators in a community-based setting. The sessions are gender specific and culturally relevant and include behavioral skills practice, group discussions, lectures, role-playing, prevention video viewing, and take-home exercises.

*Group Level Intervention:*

- Convene small-group sessions to discuss the session objectives, model skills development, role-play women's skills acquisition, and address the challenges and joys of being an African American woman.
- Use skilled African American female facilitators to implement SISTA group sessions.
- Use cultural and gender appropriate materials to acknowledge pride, enhance self-worth in being an African American woman (e.g., use of poetry by African American women).
- Teach women to communicate both verbally and nonverbally to show that she cares for her partner and needs to protect herself (i.e., negotiation skills, assertive communication skills).
- Instruct women on how to effectively and consistently use condoms (i.e., condom use skills).
- Discuss cultural and gender-related barriers and facilitators to using condoms (e.g., provide information on African American women's risk of HIV infection).

- Emphasize the importance of partner's involvement in safer sex (i.e., enhance partner norms supportive of condom use).

*Agency/agencies funded:*

Horizon House and The Counseling Center of Milwaukee

Several DEBIs are not funded by the Wisconsin AIDS/HIV Program because of the need for high staffing needs, high estimated cost of implementation, and not targeting priority high risk populations. DEBIs not funded in Wisconsin include:

**Community PROMISE** is a community-level HIV prevention intervention that relies on peer advocates to distribute role model stories of positive behavior change to members of the target population. The intervention is based on Stages of Change and other behavioral theories and can be implemented with various populations including IDUs, MSM, sex workers, and partners of high risk individuals.

**Holistic Health Recovery Program (HHRP)** is a 12-session, manual-guided, group-level intervention for HIV positive and HIV negative injection drug users. The intervention is based on the Information, Motivation, and Behavioral Skills (IMB) model of behavior change to promote health and improve quality of life.

**Popular Opinion Leader (POL)** is a community-level HIV prevention intervention designed to identify, enlist, and train opinion leaders to encourage safer sexual norms and behaviors within their social networks of friends and acquaintances through risk reduction conversations.

**Real AIDS Prevention Project (RAPP)** is a community mobilization program designed to reduce risk for HIV and unintended pregnancies among women in communities at high risk by increasing condom use. A peer-led intervention relies on peer-led outreach activities, including: stage based encounters, role model stories and brochures, community networking, referrals, safer sex discussions, and condom distribution. RAPP is based on the trans-theoretical model of behavior change.

**Street Smart** is a multi-session, skills-building program to help runaway and homeless youth practice safer sexual behaviors and reduce substance use. Sessions address improving youths' social skills, assertiveness and coping through exercises on problem solving, identifying triggers, and reducing harmful behaviors. Agency staff also provide individual counseling and trips to community health providers.

**Together Learning Choices (TLC)** is a group-level intervention based on cognitive-behavioral strategies to change behavior for young people living with HIV. This program helps young people living with HIV identify ways to increase use of health care, decrease risky sexual behavior and drug and alcohol use, and improve quality of life. It emphasizes how contextual factors influence ability to respond effectively to stressful situations, solve problems, and act effectively to reach goals.

**Questions to consider for discussion:**

- Based on Wisconsin epidemiologic data, how can the implementation of DEBIs improve outcomes for high risk populations in Wisconsin?
- Given the importance of using evidence based interventions and the role of culture in successfully implementing DEBIs, are there populations you represent or know about that could benefit from these interventions or from adapted versions of them?