



## Affirmations

True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.

You've got to get to the stage in life where going for it is more important than winning or losing.

Success is a journey not a destination. The doing is usually more important than the outcome. Not everyone can be Number 1.

Every time you win, it diminishes the fear a little bit. You never really cancel the fear of losing; you keep challenging it.

~Arthur Ashe

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# Adinkra

Southern Prevention Intervention Center of the African American Prevention Intervention Network

## An excerpt focusing on African Americans

### Best-evidence interventions: Findings from a systematic review of HIV behavioral interventions for U.S. populations at high risk, 2000-2004

*Editor's Note: The Centers for Disease Control and Prevention's HIV/AIDS Prevention Research Synthesis Team conducted a systematic review of U.S.-based HIV behavioral intervention research literature from 2000-2004 to identify interventions demonstrating best evidence of efficacy for reducing HIV risk. This edition of Adinkra provides an excerpt from their findings and presents information related to interventions focusing on African-Americans.*

**Communal Effectance** is a small group (three to six women) AIDS prevention intervention that emphasizes negotiation skills training and the idea that women's sexual behavior not only affects themselves but also those around them. Women are taught to protect themselves from HIV infection through cognitive rehearsals, role plays, discussions, and interactive videos. The intervention sessions provide women with general HIV and AIDS prevention information, and instruct women how drugs and alcohol can lead to risky sex behaviors. The sessions also offer condom use skills and teach women how to take control of their sexual encounters. Women are also taught skills on how to refuse unwanted sexual propositions and how to negotiate sexual safety with their partners. The final three sessions emphasize the maintenance of behavior change, review skills and techniques discussed in earlier sessions, and focus on relapse prevention.

**Enhanced Negotiation** is an intervention that includes four individual sessions that focus on the social context of women's daily lives. The intervention explores the

meaning of gender-specific behaviors and social interactions, norms and values, and power and control. The intervention emphasizes the local HIV epidemic, sex- and drug-related risk behaviors, HIV risk-reduction strategies, and the impact of race and gender on HIV risk and protective behaviors. Intervention sessions teach women correct condom use, safer injection, and communication and assertiveness skills. Women develop and evaluate their short-term goals for communication, gaining control, and developing assertiveness. Women learn to identify unhealthy triggers that can lead them to deviate from their goals and to develop a tailored negotiation and conflict resolution style.



**Focus on Kids (FOK) plus Informed Parents and Children Together (ImPACT)** is a skill-building intervention to reduce substance and sex risk behaviors of high-risk youth. The first component, FOK, is an eight-session HIV risk-reduction intervention delivered to small groups of five to 12 youth. The intervention emphasizes decision-making, goal-setting, communication, negotiation, and consensual relationships. Through the use of games, discussions, homework, and videos, youth receive information on abstinence and safe sex, drugs, alcohol, drug selling, AIDS and STDs, contraception, and human development. ImPACT, the second component, is a

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## Best-evidence interventions cont.

single-session intervention delivered to each youth and his/her parent or guardian.



ImPACT begins with a 20-minute video emphasizing parental monitoring and communication. After the video, the parent and youth role-play a vignette where the parent is confronted with evidence of a child's involvement in a sexual relationship. Finally, the youth and parent are taught and practice correct condom use.

**Healthy Relationships** is a small-group, skills-based behavioral intervention for men and women living with HIV. The intervention focuses on skills-building, self-efficacy, and positive expectations about new behaviors. Through group discussions, role plays, videos and skill-building exercises, the intervention helps persons living with HIV develop skills to cope with HIV-related stressors and risky sexual situations. Intervention sessions also enhance decision-making skills for self-disclosing HIV-serostatus to sex partners, and help participants develop and maintain safer sex practices. Participants receive personalized feedback about their own risk practices, and with the help of the intervention group, develop strategies to maintain satisfying relationships while protecting both themselves and their partners. Intervention sessions are conducted separately for men and women in groups of six to 10 participants.

**Project Connect** can be delivered to the couple or the woman alone. The Couples intervention consists of an orientation session and five relationship-based sessions delivered to each couple. An initial orientation session is delivered one-on-one to each woman and her partner. The orientation session increases participants' motivation for attendance, heightens risk awareness, and prepares participants for the intervention. The five relationship-based sessions are delivered to intact intimate couples (i.e., a woman and her regular male sex partner). These sessions emphasize the importance of relationship communication, safer sex negotiation and problem-solving skills.

The sessions also highlight how relationship dynamics are affected by gender roles and how social supports can help maintain safer sex behavior. The intervention delivered to each woman alone is identical in content and session format as the Couples intervention.

**Project FIO (the Future Is Ours)** is a small group, cognitive-behavioral intervention. The interactive sessions allow women to connect with each other by sharing their feelings about relationships with men, values and personal vulnerability. Women learn to understand and personalize their risk for HIV and other STDs, identify barriers to safer sex, and gain practical knowledge about a range of risk-reduction strategies, including male and female condoms and mutual HIV testing. The intervention provides women with the skills necessary to communicate and negotiate safer sex with their partners (including how to identify and respond to abuse in relationships), and how to solve problems to avoid relapses. A single booster session reviews progress and reinforces the skills learned in the intervention in the supportive group environment.

**Standard SAFE** intervention is a small group, motivational and skill-building intervention to reduce risky sexual behaviors and STDs among minority women. The three intervention sessions, delivered to groups of five to six women, emphasize recognizing risk, increasing commitment to change behavior, and facilitating the acquisition of protective skills. Women participate in group discussions to increase awareness of AIDS and other STDs and prevention methods, address myths of HIV acquisition, increase awareness of personal risk, and discuss relationship issues and barriers to condom use. Women are taught how to ask partners about their current behaviors, apply condoms, and make safer decisions regarding sexual health. Preventive strategies discussed included abstinence, monogamy, correct condom use, and reducing the number of sex partners. Through videotapes, games, discussions and practice, women learn skills to



## Best-evidence interventions cont.

facilitate communication and negotiation of safer sex, raise feelings of self-efficacy in partner selection and communication about condom use, identify triggers to unsafe sex, and encourage the sharing of information with others to build a support network. Standard STD counseling and testing is also provided to everyone by a nurse clinician.

**Self-Help in Eliminating Life-Threatening Diseases (SHIELD)** is a small-group, interactive intervention that relies on peer networks to reduce drug and sex risk behaviors. Participants are asked to make public commitments to increase their own health behaviors and to promote HIV prevention among their networks and community contacts. The intervention includes multiple training and skill-building sessions that involve setting goals, role plays, demonstrations, and group discussions. In addition, one session occurs in the community and provides a “street outreach” practice session. These sessions teach participants techniques for personal risk reduction and the development of correct condom use and safer sex negotiation skills. The intervention also addresses injection drug use risk and the avoidance of risky situations. To present HIV risk within a broader community context, the intervention emphasizes the interrelatedness of HIV risk among individuals, their risk partners, and their community. Participants are also provided tools and strategies for effective community outreach, and are encouraged to conduct HIV education and become advocates of risk reduction among their sex and drug partners, family and friends, and other community members.

**Sistering, Informing, Healing, Living, and Empowering (SiHLE)** intervention is a small-group, skills-training intervention to reduce risky sex behavior among African-American adolescent females. Through interactive discussions in groups of 10-12 girls, the intervention emphasizes ethnic and gender pride, and enhances awareness of HIV risk-reduction strategies such as abstaining from sex, using condoms consistently, and having fewer sex partners. Through the use of role plays and cognitive rehearsal, the intervention enhances confidence in initiating safer-sex conversations, negotiating for safer sex, and refusing unsafe sex

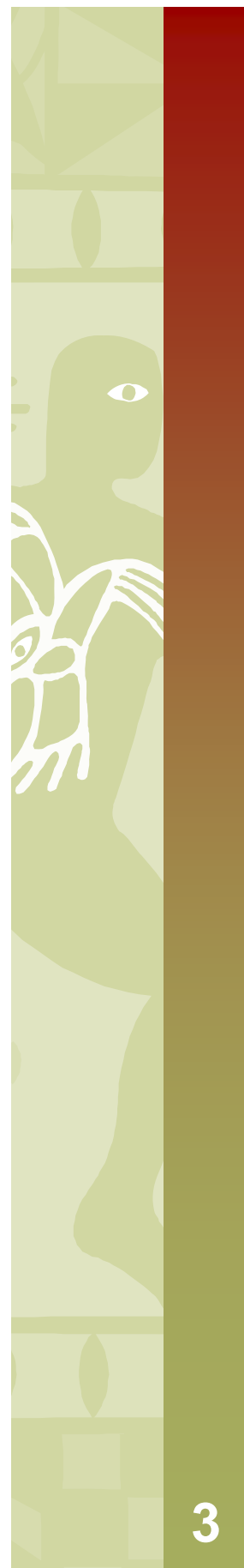
encounters. In addition, intervention deliverers model proper condom use skills and emphasize the importance of healthy relationships.

**Women Involved in Life Learning from Other Women (WiLLOW)** is a small group, skill-training intervention for women living with HIV. Through interactive discussions within groups of eight to 10 women, the intervention emphasizes gender pride and informs women how to identify and maintain supportive people in their social networks. The intervention enhances awareness of HIV transmission risk behaviors, discredits myths regarding HIV prevention for people living with HIV, teaches communication skills for negotiating safer sex, and reinforces the benefits of consistent condom use. WiLLOW also teaches women how to distinguish between healthy and unhealthy relationships, discusses the impact of abusive partners on safer sex, and informs women of local shelters for women in abusive relationships

**Women’s Co-Op** is a woman-focused intervention that incorporates gender- and culture-specific skills training for crack-using African American women. The first 2 sessions are delivered to women individually, and focus on pre- and post-test counseling for HIV. Session 1 includes a personal HIV risk assessment, and provides women with skills training on condom and dental dam use and syringe cleaning. Session 2 includes receipt of HIV test results, the development of an individualized risk assessment plan, and a repeat of the skills training from Session 1. The final 2 sessions are delivered to small groups of 2 to 5 women, and use a support-based format to help women develop skills that can reduce their risk of HIV. These sessions include the development of communication and problem solving skills that increase women’s sense of power and ability to cope with stress. individualized risk assessment plan, and a repeat of the skills training from Session 1. The final 2 sessions are delivered to small groups of 2 to 5 women, and use a support-based format to help women develop skills that can reduce their risk of HIV. These sessions include the development of communication and problem solving skills that increase women’s sense of power and ability to cope with stress.

### Sources:

- <http://www.cdc.gov/hiv/topics/research/prs/PDF/Lyles%20AJPH%202007.pdf>
- <http://www.cdc.gov/hiv/topics/research/prs/resources/factsheets/>
- <http://www.cdc.gov/hiv/topics/research/prs/subset-best-evidence-interventions.htm>



# Skills-Building Course Calendar

## MARCH TRAINING

### VOICES/VOCES

March 28-29, 2007  
Jacksonville, Fla.

## APRIL TRAININGS

### VOICES/VOCES

Date: TBA  
Raleigh, N.C.

### SISTA

Date: TBA  
City TBA, Fla.

For more information about these or other capacity-building assistance skills-building course offerings, please call the Southern Prevention Intervention Center of the African American Prevention Intervention Network, toll-free, at: **1-866-JSU-MURC (578-872)**.



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