

# DIFFUSION OF EFFECTIVE BEHAVIORAL INTERVENTIONS PROJECT

## FACT SHEET

### Introduction

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.

Transfer of technologies related to effective HIV prevention interventions is a critical part of building capacity among organizations that implement prevention programs for populations at risk of HIV. The Divisions of HIV/AIDS Prevention (DHAP), Capacity Building Branch is committed to enhancing the capacity of individuals, organizations, and communities to conduct more effective and efficient HIV prevention services. Training and technical assistance (TA) are provided to ensure sustainability of these effective intervention programs.

### Diffusion of Effective Behavioral Interventions Project

Under the guidance of CDC/DHAP, the Academy for Educational Development's Center on AIDS & Community Health coordinates the Diffusion of Effective Behavioral Interventions (DEBI) project, a national-level strategy to provide training and on-going TA on selected evidence-based HIV/STD interventions to state and community HIV/STD program staff. In addition, staff of CDC/DHAP Capacity Building Branch, HIV/STD Prevention Training Centers, health departments, and Capacity Building Assistance providers will offer training and TA for the interventions.

### Brief Description of Interventions

**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.

**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.

**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, Behavior (IMB) model of behavior change to promote health, and improve quality of life.

**Many Men, Many Voices (3MV)** is a seven-session, group-level STD/HIV prevention intervention for gay men of color. The intervention addresses behavioral influencing factors specific to gay men of color, including cultural/social norms, sexual relationship dynamics, and the social influences of racism and homophobia.

**Mpowerment** is a community-level intervention for young men who have sex with men. The intervention combines informal and formal outreach, discussion groups, creation of safe spaces, social opportunities, and social marketing to reach a broad range of young gay men with HIV prevention, safer sex, and risk reduction messages.

**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. This 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 transtheoretical model of behavior change.

**Safety Counts** is a client-centered intervention for users of illicit drugs that aims to reduce risk of becoming infected with or transmitting HIV and hepatitis viruses. The intervention is a behaviorally focused, seven-session intervention, including both structured and unstructured activities in group and individual settings over four to six months. The intervention can be implemented with both HIV-negative and HIV-positive clients.

**SISTA** is a group-level, gender and culturally relevant intervention, designed to increase condom use among heterosexually active African American women. Five peer-led group sessions are conducted that focus on ethnic and gender pride, HIV knowledge, coping, and skills training around sexual risk reduction behaviors and decision making. The intervention is based on Social Learning theory as well as the theory of Gender and Power.

**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.

**VOICES/VOCES** is a group-level, single-session video-based intervention designed to increase condom use among heterosexual African American and Latino men and women who visit STD clinics. Participants, grouped by gender and ethnicity, view an English or Spanish video on HIV risk behaviors and condom negotiation, take part in a facilitated discussion on barriers to and negotiation of condom use, and receive samples of condoms.

### **Location of Trainings**

Trainings are regionally distributed to enhance access for participants from various geographical areas.

### **How to Obtain Additional Information, including Accessing Training and TA**

To obtain additional information about the TA system and/or to get your name on a list for a future training, **please visit our website at [www.effectiveinterventions.org](http://www.effectiveinterventions.org)**. If you do not have access to the web, you may also call (800) 462-9521, or email [interventions@aed.org](mailto:interventions@aed.org).

***For more information, or to sign up for a training, visit:***

**[www.effectiveinterventions.org](http://www.effectiveinterventions.org)**