



Adolescents Living Safely: AIDS Awareness, Attitudes and Actions

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FOCUS

- Primary Pregnancy Prevention
- Secondary Pregnancy Prevention
- STD/HIV/AIDS Prevention

ORIGINAL SITE

- School-Based
- Community-Based
- Clinic-Based

APPROACH

- Abstinence
- Behavioral Skills Development
- Community Outreach
- Contraceptive Access
- Contraceptive Education
- Life Option Enhancement
- Self-Efficacy/Self-Esteem
- Sexuality/STD/HIV/AIDS Education

SUMMARY

To meet the comprehensive needs of runaway youths between 11 and 18 years of age, this program combines 20 small group discussion sessions with case management and private counseling. The group sessions provide general instruction about HIV/AIDS through video and art workshops in which youth create their own educational materials and review commercially available videos. Participants also receive behavioral and cognitive skills training for coping with high-risk situations. The case management and counseling components are designed to identify individual needs and provide youth with appropriate services (e.g., legal, medical, vocational). A field study of the program was conducted at two urban shelters serving predominantly African-American runaways. The sessions were held over a three week period, but youth joined the program at various points, and their levels of participation varied. For runaways who attended at least fifteen sessions, the high-risk pattern of sexual behavior dropped in frequency from 20% to zero over a six-month period. At the two-year follow-up assessment, program effects remained strongest for male and African-American participants.

SUITABLE FOR USE IN

This program can be implemented in a variety of community-based programs serving high-risk youths, especially runaways, providing that case management and counseling services are available. It is also appropriate for residential treatment programs.

ORIGINAL INTERVENTION SAMPLE

Age, Gender

The original sample included 78 youths, ages 11 to

18 (avg.=15.5 years). 64% of participants were female.

COMPONENTS

- Adult Involvement
- Case Management
- Group Discussion
- Lectures
- Peer Counseling/Instruction
- Public Service Announcements
- Role Play
- Video
- Other
video and art workshops

Race/Ethnicity

63% African-American, 22% Latino, 8% White, 7% other.

PROGRAM LENGTH

In addition to ongoing counseling and care management services, the full intervention includes 20 group sessions, held over a three-week period. Each session is designed to last 90 to 120 minutes.

STAFFING REQUIREMENTS/TRAINING

Group sessions (with approximately 10 youths) are facilitated by two leaders, preferably one male and one female, and from diverse backgrounds. Participating teens may also split into male and female groups, with same sex leaders, as warranted. Training should include the cognitive-behavioral approach to HIV/AIDS risk reduction and practice sessions. Master's level psychologists or social workers are recommended to serve as group leaders; other professional staff (e.g., lawyers, vocational counselors) should be on call to provide necessary services.

PASHA PROGRAM PACKAGE

The PASHA Program Package for this program includes:

PASHA User's Guide
Adolescents Living Safely Curriculum Manual
16 Adolescents Living Safely Activity Packets
HIV Infection and AIDS: What Everyone Should Know
Your Contraceptive Choices
Morbidity and Mortality Weekly Report (May 10, 2002)
Original Evaluation Instruments: Attitudes & Values Survey
Original Evaluation Instruments: Baseline Interview
Original Evaluation Instruments: Demographic Measures
Original Evaluation Instruments: Tracking Information
Prevention Minimum Evaluation Data Set (PMEDS)
Local Evaluator Consultant Network Directory

Telephone technical support on implementation and evaluation for 1 year