



# Focus on the Future

## A single-session intervention to promote condom use and safer sex behaviors among young African American men

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### FOCUS

- Injection Drug Users & Their Non-injecting Partners
- Gay/Bisexual Men
- STD Clinic Clients
- Women
- Minority Specific
- Other

### ORIGINAL SITE

- Community-Based
- Clinic-Based

### APPROACH

- Behavioral Skills Development
- Community Outreach
- Condom Education/Access
- HIV/STD Education
- Needle Cleaning/Exchange
- Self Efficacy/Self-Esteem

### SUMMARY

*FOCUS ON THE FUTURE*, a one-to-one, single-session intervention, administered by a health advisor, is culturally appropriate for use among young (aged 18-29 years) heterosexual African American men newly diagnosed with a sexually transmitted infection (STI). Based on the behavioral skills model, this one hour long program consists of a personalized discussion, presentation of basic STI/HIV/AIDS and safer sex information, and condom use skills practice.

The developers first implemented *FOCUS ON THE FUTURE* in a field study at a public STI clinic located in a southern United States city. The field study took place between September 2004 and May 2006, and involved 266 participants who were screened and recruited after their STI diagnoses at the clinic. Men in the intervention group were significantly less likely to acquire subsequent STIs and significantly more likely to report using condoms during last sexual intercourse when compared to members of the control group. Men in the intervention group also reported significantly fewer sexual partners. In addition, based on a 9-point rating scale, these men had significantly higher condom application skill proficiency scores.

### SUITABLE FOR USE IN

Minor adaptations make this program suitable for use with all adult male populations in clinic or community-based settings that offer HIV/AIDS and other STI services to men newly diagnosed with an STI. education or services to high-risk

populations.

## COMPONENTS

- Behavioral Skills Practice
- Group Discussion
- HIV Antibody Testing/Counseling
- Lectures
- Peer Counseling/Instruction
- Role Play
- Safer Sex Communication/Negotiation
- Video
- Other

## ORIGINAL INTERVENTION SAMPLE

### Age, Gender

18-29 years old, 100% male

### Race/Ethnicity

100% African-American

## PROGRAM LENGTH

The single session intervention was designed to be delivered in approximately 50 minutes.

## STAFFING REQUIREMENTS/TRAINING

*FOCUS ON THE FUTURE* is delivered by a male lay health adviser from the community. The Facilitator's Manual provides detailed instructions and example scripts to help him implement the intervention. Three days of training for the health adviser are recommended. An outline for this training is provided as an appendix in this User's Guide.

## HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Focus on the Future* User's Guide
- ▶ Facilitator's Manual
- ▶ Adaptation Workbook
- ▶ Photocopy Master of Contact Information Card
- ▶ Photocopy Master Condom Application Card
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ Original Evaluation Instrument
  
- ▶ Telephone technical support on implementation and evaluation for 1 year