



# Holistic Health Recovery Program (HHRP)

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## FOCUS

- Substance abuse treatment center patients
- STD Clinic Clients
- Women
- Minority Specific
- Other

## ORIGINAL SITE

- Clinic-Based
- Treatment Center-Based

## APPROACH

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

## COMPONENTS

- Behavioral Skills Practice

## SUMMARY

*HOLISTIC HEALTH RECOVERY PROGRAM* is a 12-session, manual-guided, group therapy intervention delivered over six weeks. This risk reduction and health promotion intervention is appropriate for use with drug users in a substance abuse treatment program, and it was designed to specifically address the special needs of HIV-negative and status unknown injection drug users (IDUs). The primary goals of this intervention are harm reduction, health promotion, and improved quality of life. More specific objectives include abstinence from illicit drug use or from sexual risk behaviors, reduced drug use, reduced risk of HIV infection, and improved medical, psychological, and social functioning.

The program's effectiveness was originally investigated in a randomized clinical trial conducted with 220 injection drug users entering an inner-city methadone maintenance program in New Haven, CT. Participants were randomized into either HHRP or an enhanced standard of care control condition. All participants in the HHRP intervention received twice weekly manual-guided group therapy sessions co-facilitated by two substance abuse counselors. HHRP group participants showed greater reductions in cocaine use during treatment and demonstrated greater knowledge of drug-related risk-reduction strategies and skills. In addition, they were more knowledgeable about sex-related risk reduction strategies, reported more motivation to use condoms, and reported more positive attitudes towards condoms.

## SUITABLE FOR USE IN

This program is suitable for use with other adult, HIV-negative or unknown status injection drug users.



Group Discussion



HIV Antibody Testing/Counseling



Lectures



Peer Counseling/Instruction



Role Play



Safer Sex



Communication/Negotiation



Video



Other

## ORIGINAL INTERVENTION SAMPLE

### Age, Gender

Mean age was 37 years old, 69% male / 31% female

### Race/Ethnicity

66.5% Caucasian, 15% African American, 18% Hispanic, and 0.5% identified as "Other"

## PROGRAM LENGTH

This is a 12-session program, delivered over 6 weeks. Each session is approximately 2 hours.

## STAFFING REQUIREMENTS/TRAINING

*HHRP* is delivered by substance abuse counselors. The Facilitator's Manual provides detailed instructions and example scripts to help him implement the intervention.

## HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Holistic Health Recovery Program (HHRP)* User's Guide
- ▶ Treatment Manual for Addiction Counselors
- ▶ Group Quiz and Activity Handouts
- ▶ PowerPoint Slide Set (on flashkey)
- ▶ Make-Up Session Manual
- ▶ Client Workbook
- ▶ DVD of Group Video Segments
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ HAPPA Process Evaluation booklet
- ▶ Adaptation Workbook
- ▶ Make-Up Session HIV Prevention/ Harm Reduction Video (on flashkey)
- ▶ Client Version Manual
  
- ▶ Telephone technical support on implementation and evaluation for 1 year