



Holistic Health Recovery Program for Injection Drug Users Living with HIV (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

SUMMARY

HOLISTIC HEALTH RECOVERY PROGRAM FOR INJECTION DRUG USERS LIVING WITH HIV 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 injection drug users (IDUs) living with HIV. 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 for HIV transmission, and improved medical, psychological, and social functioning.

The program's effectiveness was originally investigated in a randomized clinical trial conducted with 90 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 heroin use during treatment, and at follow-up had fewer drug-related problems. In addition, intervention participants were less likely to have engaged in high-risk sexual behavior at the 9-month follow-up. Participants also reported better adherence to their antiretroviral medication during treatment.

SUITABLE FOR USE IN

This program is suitable for use with other adult, injection drug users living with HIV.

- 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

Mean age was 41 years old, 70% male / 30% female

Race/Ethnicity

48.9% African American, 35.5% Caucasian, 15.6% Hispanic

PROGRAM LENGTH

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

STAFFING REQUIREMENTS/TRAINING

HOLISTIC HEALTH RECOVERY PROGRAM FOR INJECTION DRUG USERS LIVING WITH 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:

- ▶ HAPPA User's Guide
- ▶ Facilitator's Manual
- ▶ Adaptation Workbook
- ▶ Photocopy Masters of Contact Card and Condom
- ▶ Application Card
- ▶ HAPPA Evaluation Assistance Kit (Includes the Evaluation Questionnaire)

- ▶ Telephone technical support on implementation and evaluation for 1 year