



Hot, Healthy & Keeping It Up!

AIDS and Sexual Health Group Counseling for Asian & Pacific Islander Gay & Bisexual Men

Asian & Pacific Islander Wellness Center

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

COMPONENTS

- Behavioral Skills Practice
- Group Discussion
- HIV Antibody Testing/Counseling
- Lectures
- Peer Counseling/Instruction

SUMMARY

HOT, HEALTHY AND KEEPING IT UP! (HHKIU) is a behavioral skills-based intervention designed for gay and bisexual Asian and Pacific Islander (API) men. Developed for use in gay community outreach centers, this single-session program consists of group discussion, presentation of basic HIV/AIDS and safer sex information, condom use skills practice, and multiple role-playing and brainstorming exercises. The intervention is designed to affirm the cultural and sexual identities of the participants and to give them support as they make healthy choices about their sexual activity.

HHKIU was first implemented in a field study at the Gay Asian Pacific Alliance Community HIV Project (GCHP), and API gay and bisexual HIV/AIDS agency in San Francisco, California. The field study involved 329 participants. The initial evaluation of *HHKIU* showed significant reductions in the number of sexual partners among all intervention participants three months after the intervention.

SUITABLE FOR USE IN

This program is designed for use in any community setting that serves the needs of gay and bisexual Asian and Pacific Islander men, although it may be modified for use with other populations.

ORIGINAL INTERVENTION SAMPLE

Age, Gender

18 and older, mean age: 29 years of age

Race/Ethnicity

37% Chinese, 34% Filipino, 10% Japanese, 8% Vietnamese, 11% Other Asian Americans



Role Pay



Safer Sex Communication/Negotiation



Video



Other

PROGRAM LENGTH

HOT, HEALTH & KEEPING IT UP! consists of a single group session that lasts about three hours.

STAFFING REQUIREMENTS/TRAINING

HOT, HEALTHY & KEEPING IT UP! is team-taught by a pair of facilitators who are themselves gay or bisexual Asian or Pacific Islander men. No formal training is necessary to facilitate the intervention, but at least one facilitator should have experience with leading group discussions and exercises.

HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Hot, Healthy, and Keeping it UP!* User's Guide
- ▶ Facilitator's Manual
- ▶ Activity Masters packet
- ▶ "Cheat Sheet"
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ Original Evaluation Instrument
- ▶ Process Evaluation Instrument
- ▶ HAPPA Adaptation Workbook

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