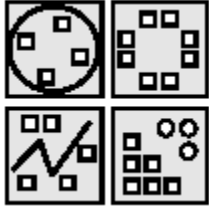


# Portland Women's Health Program



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## FOCUS

- Injection drug users and their non-injecting partners
- STD Clinic Clients
- Women
- Minority Specific
- Other:  
Recently incarcerated women

## ORIGINAL SITE

- Community-based

## APPROACH

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

## COMPONENTS

- Behavioral Skills Practice
- Group Discussion
- HIV Antibody Testing/Counseling

## SUMMARY

*Portland Women's Health Program*, a one-to-one, behavioral intervention, aims to reduce HIV risk behaviors and increase life stability among women who were recently incarcerated. A community health specialist extensively trained in motivational interviewing (MI) techniques meets individually with women during 10 sessions delivered over three months. All 10 sessions address HIV-prevention in addition to life stability issues.

## SUITABLE FOR USE IN

This program is suitable for use in community-based settings with a private room for the health educator to deliver MI sessions.

## ORIGINAL INTERVENTION SAMPLE

### Age Range

18 - 62 years

### Gender

0% Male; 100% Female; 0% Transgender

### Race/Ethnicity

18% African American; 54% Caucasian; 6% Hispanic; 22% Other/Mixed

## PROGRAM LENGTH

The program consists of 10 sessions delivered over three months. The sessions range in length from 30 to 60 minutes. During sessions 1 - 4, two sessions may be scheduled each week. For sessions 5 - 6, one session may be scheduled each week. For sessions 7 - 10, sessions may be scheduled for every other week.

## STAFFING REQUIREMENTS/TRAINING

- Lectures
- Peer Counseling/Instruction
- Role Play
- Safer Sex Communication/Negotiation

Other:

Motivational Interviewing-based HIV risk reduction; Timeline Follow-Back calendar method to identify recent episodes of substance abuse and sexual activity; discussion of self-perceived HIV risk; assessment of readiness to address risk; and stage-based discussion addressing ambivalence about behavior change, action plans, or maintenance of behavior change

Facilitators do not need to be accredited counselors. They need to complete approximately 40 hours of initial MI training with a MINT (Motivational Interviewing Network of Trainers) trainer. They must demonstrate MI skills by having practice sessions coded for proficiency using the MITI or MISC coding systems. After the initial training, the facilitator should meet with the MINT trainer once a month to debrief difficult sessions, review case consultations, and complete skill development activities. In addition, the MINT trainer should review coded sessions with the facilitator to identify potential areas for improvement.

## HAPPA PROGRAM PACKAGE

**The HAPPA Program Package for this program includes:**

- ▶ *Portland Women's Health Program User's Guide*
- ▶ HIV-Prevention Manual
- ▶ Motivational Life Stability Manual
- ▶ Envelope containing photocopy masters for HIV-Prevention
- ▶ Envelope containing photocopy masters for Life Stability
- ▶ CD containing worksheets for HIV-Prevention and Life Stability sessions
- ▶ Adaptation Workbook
- ▶ Original Evaluation Materials booklet
- ▶ Coder's Manual
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ Telephone technical support on implementation and evaluation for 1 year