



Project S.A.F.E

An Intervention to Prevent STDs Among Minority Women

**Rochelle Shain, Ph.D., Reyes Ramos, Ph.D.,
SondraPredue, Dr. P.H., Edward Newton, M.D.**

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

Developed for use in public health clinics, *PROJECT S.A.F.E.* is a three session cognitive-behavioral intervention designed to reduce STD infections among Hispanic and African American women. Sessions are designed to facilitate skill development to avoid infections while increasing awareness that STDs (including AIDS) disproportionately affect minority women. The intervention also helps build decision-making and communication skills, and encourages participants to set risk reduction goals. Participants gain mastery through role-play, group discussion, and behavioral skills exercises.

The original evaluation, conducted in metropolitan San Antonio, TX, between 1993 and 1994, included 617 Hispanic and African American women. Participants were randomly assigned to either the intervention group (n=313) or the control group (n=304). Intervention group participants took part in three small-group sessions while their control group counterparts received standard STD counseling. Program participants showed a lower rate of infection as well as a better understanding of risky sexual behavior as compared to the control group at the six- and twelve-month follow-up points.

SUITABLE FOR USE IN

PROJECT S.A.F.E. is suitable for use in STD clinics and other community organizations that provide education or STD-related services.

ORIGINAL INTERVENTION SAMPLE

Age, Gender

14-45 years of age; 71% under 24, 100%

- Role Play
- Safer Sex Communication/Negotiation
- Video
- Other

female

Race/Ethnicity

31% African-American, 69% Hispanic American

PROGRAM LENGTH

Each of the three sessions is designed to last 3-4 hours. To help ensure program effectiveness, sessions should be held one week apart (i.e., three sessions in three weeks)

STAFFING REQUIREMENTS/TRAINING

Owing to the cultural and gender-specific nature of the intervention, the facilitator should be female of the same ethnicity as the participants. One session calls for the participation of a male group leader. The *Facilitator's Manual* provides detailed instruction to help implement the curriculum.

HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Project S.A.F.E* User's Guide
- ▶ Facilitator's Manual
- ▶ A Set of Activity Masters
- ▶ Flipcharts Booklet
- ▶ STD Picture Books (6)
- ▶ Sample Self Help Book
- ▶ Videotapes (9)
- ▶ 25 Copies of four pamphlets
- ▶ 10 Laminated posters (and corresponding overhead transparencies)
- ▶ A Set of T-Shirt Logos
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ Set of Original Evaluation Instruments/li>
- ▶ Process Evaluation Instrument
- ▶ HAPPA Adaptation Workbook

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