



Project SMART

AIDS Education Interventions for Drug Users in Short-Term Treatment

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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 short-term inpatient substance abuse treatment programs, *PROJECT SMART* encompasses two distinct components: a briefer informational intervention, and an enhanced version that includes behavioral skills training. The informational intervention consists of two group meetings held either at the beginning of the drug treatment program or toward the end of the program when participants are drug free (or nearly drug free). It utilizes a cognitive-developmental approach to engage participants in the presentations and discussions. The Enhanced Intervention adds a behavioral approach to prepare participants to reduce the harm/risk from AIDS by practicing with real-life situations. Special attention is given to the psychosocial aspects of behavioral change. Participants gain mastery through six hours of role plays, group discussions, and behavioral skills exercises. Both interventions are distinguished by an emphasis on harm reduction to self and others.

Following implementation in a Massachusetts in-patient treatment center, significant reductions in risky drug-related behaviors were reported at follow up. Greater reductions can be expected from the Enhanced Intervention. However, because of its greater length, in-patient treatment centers may want to implement the shorter Informational Intervention.

SUITABLE FOR USE IN

This program is suitable for use with the adult populations in in-patient and residential drug/alcohol treatment facilities.

ORIGINAL INTERVENTION SAMPLE



Role Play



Safer Sex Communication/Negotiation



Video



Other

* Enhanced Intervention only

Age, Gender

17-60 years of age, 67% male

Race/Ethnicity

81% White, 9% African-American, 9% Hispanic, 1% Other Race/Ethnicity

PROGRAM LENGTH

The Informational Intervention was designed to be conducted in two 1-hour group sessions. The Enhanced Intervention was designed for delivery in six 1-hour group sessions followed by a 20-minute individual consultation with the health educator.

STAFFING REQUIREMENTS/TRAINING

Both the Informational and the Enhanced versions are delivered by a trained health educator. The *Facilitator's Manual* provides detailed instructions to help implement the curriculum.

HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Project SMART* User's Guide
- ▶ Facilitator's Manual
- ▶ *AIDS, Addicts & Recovery* videotape
- ▶ HAPPA Adaptation Workbook
- ▶ Activity Masters packets (2)
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ Process Evaluation Instrument

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