

Protect & Respect

A Program for Women Living with HIV/AIDS

**Michelle Teti, DrPH, Linda Lloyd, PhD, MSW, MBA,
Susan Rubinstein, MPH, Lisa Bowleg, PhD, Mary Ann Nkansa, MPH,
Russell Cole, PhD, Zekarias Berhane, PhD,
Erika Aaron, RN, CRNP, MSN, Ann Ricksecker, MPH, Marla Gold, MD,
Susan Spencer, LCSW, Rhonda Ferguson, Dianne Rorie**

FOCUS

- Women living with HIV/AIDS
- STD Clinic Clients
- Women
- Minority Specific
- Other

ORIGINAL SITE

- Community-Based
- Clinic-Based

APPROACH

- Behavioral Skills Development
- Condom Education/Access
- HIV/STD Education
- Needle Cleaning/Exchange
- Self Efficacy/Self-Esteem

COMPONENTS

- Behavioral Skills Practice
- Group Discussion
- Lectures
- Peer Counseling/Instruction

SUMMARY

PROTECT AND RESPECT, a clinic-based, behavioral intervention, aims to reduce the sexual transmission of HIV by decreasing high-risk behaviors among women living with HIV/AIDS. The intervention delivers HIV prevention messages in the following three ways: (1) primary care providers counsel participants during health care visits; (2) an Intervention Specialist leads five group skills building sessions that teach skills to reduce sexual risk behaviors; and (3) Peer Educators conduct weekly discussion groups, which support participants. attempts to implement behaviors learned in the group skills building sessions.

SUITABLE FOR USE IN

This program is suitable for use in treatment centers, clinics, shelters, or other community-based settings that have a room which can accommodate all participants.

ORIGINAL INTERVENTION SAMPLE





Age Range
20 - 70 years

Gender
Gender: 0% Male; 100% Female; 0% Transgender

Race/Ethnicity
86% African American; 10% Caucasian; 4% Hispanic; 0% Other/Mixed

PROGRAM LENGTH

The provider delivers a one-time, brief prevention

-  Role Play
-  Safer Sex Communication/Negotiation
-  Video
-  Prevention message delivered by primary care provider

message lasting 3 . 5 minutes. The group skills building sessions consist of five 2-hour weekly educational sessions delivered over a 5-week period. The peer-led support groups meet weekly for 1-hour, beginning after the group skills building sessions have concluded, and may extend for as long as the program is in effect.

STAFFING REQUIREMENTS/TRAINING

Three different program staff members deliver PROTECT AND RESPECT. The HIV primary care provider is a nurse or physician, who has completed the Provider Intervention Training detailed in the Provider Counseling Training Manual. The Intervention Specialist is a health educator or program manager, who can teach the Provider Training Session as well as the Group Skills Building Sessions detailed in the Group Skills Building Sessions Manual. The Peer Educators, who lead the weekly support groups, are women living with HIV/AIDS, who are demographically similar to the women participating in the program and have completed the Support Group Training detailed in the Peer-Led Support Group Manual.

HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Protect and Respect* User's Guide
- ▶ Provider Counseling Training Manual
- ▶ Group Skills Building Sessions Facilitator's Manual
- ▶ Participant Workbook
- ▶ Supplemental Materials for Provider Training
- ▶ Supplemental Materials for Sessions 1 - 5
- ▶ *Copy of Boys on the Side* DVD
- ▶ Peer-Led Support Group Manual Posters, Cards, and Photocopy Masters
- ▶ HAPPA Process Evaluation
- ▶ Adaptation Workbook
- ▶ Original Evaluation Materials booklet
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)

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