



# Real Men Are Safe REMAS Program

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## FOCUS

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

## ORIGINAL SITE

- Clinic-Based
- Treatment Center-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

## SUMMARY

*REMAS* is a group-level, clinic-based behavioral intervention designed to reduce HIV/STI risk among male substance abuse treatment center attendees. More specifically, the program aims to reduce the number of times that men engage in unprotected vaginal and anal sexual intercourse, or have sex while under the influence of drugs or alcohol. Two trained male health counselors teach participants information, help participants develop risk-reduction skills, and motivate behavior change through group discussion, role-play, and condom use skill training. *REMAS* is comprised of five 90-minute sessions where participants learn about HIV risky-behaviors, HIV prevention planning, and methods for communicating about safer sex and discussing sex without drugs.

## SUITABLE FOR USE IN

*REMAS* is suitable for use among men in treatment centers, clinics, or other community-based settings with a room that can accommodate all participants.

## ORIGINAL INTERVENTION SAMPLE

**Age Range**  
18+ years

**Gender**  
100% male

**Race/Ethnicity**  
28% African-American; 56% non-Hispanic White;  
13% Hispanic; 2% Native American; 1% Asian

## PROGRAM LENGTH

The program consists of five, 90-minute sessions delivered over a five-week period.

## STAFFING REQUIREMENTS/TRAINING

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

*REMAS* is delivered by two experienced, trained male health counselors (co-therapists or facilitators) who should have experience as substance abuse treatment counselors, be comfortable talking about safer sex, be willing to follow a manual, have some prior group experience, and feel comfortable speaking in the "language" of the community.

## HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Real Men Are Safe* User's Guide
- ▶ Facilitator's Manual
- ▶ REMAS Implementation CD
- ▶ Flip Charts Photocopy Masters
- ▶ Activity Cards and Handouts Photocopy Masters
- ▶ Presentation Guide Photocopy Masters
- ▶ Adaptation Workbook
- ▶ Original Procedural and Evaluation materials
- ▶ REMAS Evaluation CD
- ▶ HAPPA Process Evaluation
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
  
- ▶ Telephone technical support on implementation and evaluation for 1 year