



SAFETY POINT

A Cognitive-Behavioral Intervention to Reduce HIV Risks Among Active Drug Users

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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

SUMMARY

SAFETY POINT is a theory-based cognitive-behavioral intervention designed to reduce HIV risk among street-based crack and injection drug users not currently in treatment. The intervention was originally developed by the Center for Behavioral Research & Services at California State University Long Beach with funding from the National Institute on Drug Abuse (NIDA).

The program aims to prevent the spread of HIV among injection drug and crack cocaine users through structured and unstructured psychoeducational activities in both group and individual settings. The full intervention consists of nine sessions conducted over a period of about four months. Participation is encouraged through the use of incentives (i.e., food bank, services, food coupons, bus tokens, meals, personal hygiene kits, and prize drawings).

SAFETY POINT contains three structured components: (1) two sessions of NIDA standard HIV counseling and testing, (2) two group workshop sessions, and (3) one individual counseling session. In addition, participants are encouraged to attend a minimum of two of the risk-reduction luncheon socials (offered monthly). Finally, participants receive a minimum of two planned supportive visits from outreach staff.

The program's original evaluation compared the outcomes of participants in the standard intervention previously developed by NIDA to outcomes of participants in the standard and enhanced interventions included in *SAFETY POINT*. Researchers concluded that individuals in the enhanced *SAFETY POINT* intervention were more than two-and-a-half times more likely to report an increase in condom use than individuals in the standard NIDA intervention.

SUITABLE FOR USE IN

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

* Enhanced Intervention only

This program is suitable for use in community-based and clinic-based programs seeking to develop their HIV/AIDS prevention efforts.

ORIGINAL INTERVENTION SAMPLE

Age, Gender

average age: 38, 65% male

Race/Ethnicity

44% African-American, 30% white, 20% Latino, and 7% Other Race/Ethnicity

PROGRAM LENGTH

SAFETY POINT consists of nine sessions two HIV counseling and testing sessions, two cognitive-behavioral group workshops, one individual counseling session, at least two supportive follow-up contacts, and at least two monthly risk reduction social events. In the original design of the intervention, participants in the program also received bimonthly food bank services through the program. As this clearly serves as an incentive to participation, it is recommended that your organization consider implementing a participant food bank and other incentive plans if resources allow.

STAFFING REQUIREMENTS/TRAINING

There are no special training or background requirements. The *Facilitator's Manual* provides detailed instruction to help implement the curriculum.

HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *Safety Point* User's Guide
- ▶ Facilitator's Manual
- ▶ Activity Masters packets (2)
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ Process Evaluation Instrument
- ▶ HAPPA Adaptation Workbook

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