


20th ANNUAL HIV CONFERENCE
of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL


www.FCAETC.org

Prevention Intervention for Teens

Yuri Velasquez
Carol Fulton, ARNP
Lawrence B Friedman, MD



UNIVERSITY
OF MIAMI



UF UNIVERSITY of
FLORIDA
The Foundation for The Gator Nation

Disclosure of Financial Relationships

This speaker has no significant financial relationships with commercial entities to disclose.


This slide set has been peer-reviewed to ensure that there are no conflicts of interest represented in the presentation.



20th ANNUAL HIV CONFERENCE
of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL

www.FCAETC.org



**ANNUAL
HIV CONFERENCE**
of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL


www.FCAETC.org

OBJECTIVES

1. Briefly present various effective CDC interventions for HIV prevention in adolescents and young adults (DEBI Projects).
2. Provide resources for prevention information.
3. Demonstrate the approach and methods of peer counseling as an HIV prevention initiative.

Diffusion of Effective Behavioral Interventions (DEBI) from CDC

- **Project AIM (Adult Identity Mentoring)**--new group-level development intervention designed to reduce HIV risk behaviors among youth based on the "Theory of Possible Selves"; encourages at-risk youth to imagine a positive future and discuss how behaviors may be barriers to successful adulthood.
- **CLEAR: Choosing Life! Empowerment! Action! Results!**--evidence-based health promotion intervention for males and females ages 16 and older living with HIV/AIDS or at high-risk for HIV; client-centered program delivered one-on-one using cognitive behavioral techniques to change behavior.
- **¡Cuidate! (take care of yourself)**--culturally-based, group-level intervention in both English and Spanish to reduce HIV sexual risk behavior among Latino youth; based on Social Cognitive Theory, Theory of Reasoned Action, and Theory of Planned Behavior, incorporating cultural beliefs that are common among Latino subgroups and associated with sexual risk behaviors.



**ANNUAL
HIV CONFERENCE**
of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL

www.FCAETC.org

DEBI

- **Focus on Youth + ImPACT**-- community-based group intervention that provides youth with the skills and knowledge they need to protect themselves from HIV and other STDs; founded on the Protection Motivation Theory, targeting African American youth ages 12-15 with short component for parents (Informed Parents and Children Together).
- **Many Men, Many Voices (3MV)**--group-level intervention to prevent HIV and sexually transmitted diseases among black men who have sex with men (MSM) and who may or may not identify themselves as gay.
- **MPowerment**--community-level intervention for young gay and bisexual men of diverse backgrounds; mobilizes men to reduce sexual risk taking, encourages regular HIV testing, builds positive social connections, and supports peers to have safer sex.



May 13-14, 2011
Orlando, FL

www.FCAETC.org

DEBI

- **Peers Reaching Out and Modeling Intervention Strategies**-- community-level intervention based on several behavior change theories; community assessment conducted, peer advocates recruited and trained from the target population, role model stories written from interviews, and then stories distributed along with other risk reduction materials to target audiences to help people move toward safer sex or risk reduction practices.
- **RAPP (Real AIDS Prevention Project)**-- peer-led community mobilization program designed to reduce risk for HIV and unintended pregnancy among women in communities at high risk by increasing condom use.
- **Safe in the City (SITC)**--a 23-minute HIV/STD prevention video for STD clinic waiting rooms.



May 13-14, 2011
Orlando, FL

www.FCAETC.org

DEBI

- **SIHLE**--peer-led group intervention with social-skills training aimed at reducing HIV sexual risk behavior among sexually active African American teenage females ages 14-18; adaptation of the SISTA Intervention, emphasizes ethnic and gender pride, enhances awareness of HIV risk reduction strategies.
- **SISTA**--group-level gender- and culturally- relevant intervention to increase condom use among African American women.
- **Street Smart**--multi-session skills-building program to help youth practice safer sexual behaviors and reduce substance use; sessions address improving youths' social skills, assertiveness, and coping through exercises on problem solving, identifying triggers, and reducing harmful behaviors.



ANNUAL
HIV CONFERENCE
of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL

www.FCAETC.org

DEBI

- **VOICES/VOCES (Video Opportunities for Innovative Condom Education & Safer Sex)**--single-session group-level video-based intervention designed to increase condom use among heterosexual African American and Latino men and women who visit STD clinics.
- **WILLOW (Women Involved in Life Learning from Other Women)**-- social-skills building and educational intervention for adult women living with HIV.
- Plus numerous other interventions that target specific age groups, populations, or risk behaviors may be accessed via CDC website www.cdc.gov or directly from DEBI www.effectiveinterventions.org.



ANNUAL
HIV CONFERENCE
of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL

www.FCAETC.org



20th ANNUAL HIV CONFERENCE
of the Florida/Caribbean AIDS Education and Training Center
May 13-14, 2011
Orlando, FL
www.FCAETC.org

FUNNY TERMS FOR...



Let's talk about kinky...

RAINBOW KISS- a kiss involving semen & menstruation



GOLDEN SHOWER (Water Sports)- enjoying being urinated on



SNOWBALL- ejaculating into your partner's mouth, then kissing



TRAIN (running a...)- having sex with a line of partners (usually males) back/back



TEABAGGING- putting the testis on someone's mouth



RIMMING (tossing the salad)- oral sex to or in the anus



ANNUAL
HIV CONFERENCE

of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL

www.FCAETC.org

HEADS

- **H: Home**
- **E: Education (may include employment)**
- **E: Eating practices**
- **A: Activities (including sports/exercise)**
- **D: Drugs and other substances**
- **D: Depression (including mental health)**
- **S: Sexuality and sexual activities**
- **S: Suicide (including depression, mental health)**
- **S: Safety practices**
- **S: Savagery (including violence and criminal/legal issues)**

• (adapted from Goldenring and Rosen, 2004)



ANNUAL
HIV CONFERENCE

of the Florida/Caribbean
AIDS Education and Training Center

May 13-14, 2011
Orlando, FL

www.FCAETC.org

CDC's Advancing HIV Prevention (Messages since 2003)

- Despite adolescents' greater risk of STDs, providers often fail to inquire about sexual behaviors, assess risk, counsel about risk reduction, or screen for asymptomatic infections.
- Messages should include specific actions necessary to avoid acquisition or transmission of STDs and HIV, including **ABCs** (abstinence, be faithful, use condoms).
- Prevention should be tailored to clients' personal risk; interactive counseling approaches have proven effective.
- Clients seeking evaluation or treatment for STDs should be encouraged to have HIV testing too.
- **HIV testing should be incorporated into primary health care services, even for youth.**



May 13-14, 2011
Orlando, FL

www.FCAETC.org

RESOURCES

- CDC Website: www.cdc.gov
- DEBI Website: www.effectiveinterventions.org
- Advocates for Youth: www.advocatesforyouth.org
- Kaiser Family Foundation: www.kff.org
- AETC National Resource Center: www.aids-etc.org



May 13-14, 2011
Orlando, FL

www.FCAETC.org

Disclosure of Financial Relationships

This speaker has no significant financial relationships with commercial entities to disclose.

This slide set has been peer-reviewed to ensure that there are no conflicts of interest represented in the presentation.



**ANNUAL
HIV CONFERENCE**

*of the Florida/Caribbean
AIDS Education and Training Center*

May 13-14, 2011
Orlando, FL

www.FCAETC.org