

## **The Holistic Health Recovery Program (HHRP<sup>+</sup>) Key Characteristics and Agency Requirements**

**Key Characteristics:** are activities and delivery methods for conducting an intervention that, while considered of great value to the intervention, can be altered without changing the outcome of the intervention. These activities can be adapted and tailored for different agencies and at-risk populations.

\*Group size: 3-15: HHRP<sup>+</sup> is delivered only in a group modality.

\*Facilitator Characteristics: HHRP<sup>+</sup> groups are co-facilitated by 2 substance abuse counselors, at least one of whom should be a masters' level clinician with experience. A male/female team is recommended.

\*Group Structure & Duration: There are several ways that HHRP<sup>+</sup> can be implemented.

- 1 two-hour session for 12 weeks (e.g. 9:30-11:30 every Wed.)
- 2 weekly one-hour sessions for 12 weeks (e.g. 9:30-10:30 every Tues. & Thurs.)
- 1 two-hour session alternating with discussion groups weekly for 24 weeks e.g., (Week 1- Group 1-Wed 9:30-11:30/Week 2- Group 1 DISCUSSION Wed 9:30-11:30)

\*Enrollment: There are two enrollment options available to agencies. There are pros and cons to each. Each organization will decide which it is best from it to utilize:

- **Open-enrollment:** New clients start in any week (this option can be used only if HHRP<sup>+</sup> program is offered on an ongoing basis).
- **Cohort enrollment:** Clients start together and proceed through all 12 groups as a group.
- If using the cohort recruitment method, it is recommended that you start with at least 12 clients to allow for attrition.

\*Threshold for Discontinuation: Membership in HHRP<sup>+</sup> takes commitment. HHRP<sup>+</sup> members are to attend all group and individual sessions without fail. Member are to be discontinued (and are to start over, if they indicate that they want to participate) if 6 sessions are missed.

\*Eligibility requirements: The standard eligibility criteria are as follows:

Clients must be:

- HIV-positive
- have recently used (within the last 30 days) or are actively using drugs
- either in drug treatment or have expressed a desire to enter drug treatment.

However, eligibility requirements may be adapted or tailored to be made more appropriate for other populations, such as HIV negative drug users or users of unknown serostatus.

\*Slide Images: HHRP<sup>+</sup> slides are meant to be 1.) Visually engaging, 2.) gender neutral, and 3.) race/ethnic neutral.

\*Video Segments: The presentation of information through HHRP<sup>+</sup> video segments are meant to teach skills and enhance the learning process.

\*Experiential Activities (Games, exercises, & role-plays): Experiential activities provide a non-threatening context in which members of HHRP<sup>+</sup> can, practice skills. Immediate feedback during games, role plays, and exercises can reinforce appropriate behavior and increase self-esteem and self-confidence.

### **HHRP<sup>+</sup> Key Characteristics (Abbreviated)**

- Group size
- Facilitator Characteristics
- Group Structure & Duration
- Recruitment
- Threshold for Discontinuation
- Eligibility requirements
- Slide Images
- Video Segments
- Experiential Activities

**Requirements:** are aspects of the intervention that must be in place for the program to be effectively and safely implemented.

- Provide Individual Sessions (Orientation & Closing)
- Provide and adhere to all 12 of the Manual Guided Group Sessions of HHRP<sup>+</sup>
- Maintain a Program Manager/Director
- Maintain an Administrative Manager/Interviewer
- Maintain two group facilitators
- Agency must have preexisting counseling and referral capabilities
- Access to audio-visual equipment
- Maintain a private and secure space to conduct intervention sessions