



# Overview of Updates to SISTA Materials

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**SISTA Update Webinar 2009**



# SISTA Trainings Completed

(1/1/2003 to 12/31/2008)

- 78 Training of Facilitators (TOFs)
  - 1,384 people
  - 637 agencies
    - 418 CBOs
    - 75 health departments
    - 23 CBA providers
  
- 7 Training-of-Trainers (TOTs)
  - 136 Trainers successfully completed

# Overview of Revisions to the SISTA Intervention Package

- One Implementation Manual will include:
  - One Facilitator's guide
  - All implementation tools and materials
  - Evaluation tools/Evaluation Manual
- Updated HIV/AIDS information
- Improved information on implementation issues (e.g., recruitment, retention, adaptation, revised budget, etc.)
- Enhanced facilitator's guidance

# SISTA Intervention Package

- Intervention package will include:
  - SISTA Bag
  - One SISTA Implementation Manual
  - SISTA Participants Handout folder
  - “It’s Like This” video on DVD
  - Evaluation tools
  - SISTAS Assertiveness Model poster
- Improved information on implementation issues (e.g., recruitment, adaptation, revised budget, etc.)

# Organization of the Manual

- **Section I** describes the purpose, intended audience, and organization of the implementation manual.
- **Section II** provides an overview of the SISTA intervention explaining its core elements, key characteristics, and theoretical foundation. It outlines each session and booster session. This section also explains how the CDC is diffusing the SISTA intervention to community-based organizations (CBOs) and health departments.

# Organization of the Manual (con't)

- **Section III** describes planning and pre-implementation activities, such as necessary materials and resources, staffing, agency capacity considerations, sample budget, and other preparations to implement SISTA.
- **Section IV** reviews the elements of effective facilitation, facilitator preparations, communication and facilitation skills, and teaching strategies.

# Organization of the Manual (con't)

- **Section V** provides an overview of how to adapt the SISTA intervention so that it best meets the prevention needs of the program target population.
- **Section VI** provides in-depth instructions on how to facilitate each SISTA session and the booster sessions, participant handouts, and a list of materials needed.

# Organization of the Manual (con't)

- **Section VII** provides a review of process and outcome evaluation activities specific to the SISTA intervention. Tools, which can be used for process and outcome monitoring and evaluation, are also provided, such as fidelity checklists, session observation forms, and participant pre- and post-tests.
- **Section VIII** provides a discussion of culture and cultural competence as they relate to implementation of SISTA with African American women.



# Organization of the Manual (con't)

- **Section IX** includes helpful resources.
- **Section X** provides references and recommended readings.

# SISTA Implementation Manual

## “Getting Started”

- Pre-Implementation:
  - Overview of SISTA
  - Preparing to implement
  - Facilitating SISTA
  - Adapting SISTA
- Behavior Change Logic Model – Theoretical Foundations
- Organizational Readiness
- Needs Assessment
- Program Budget

# SISTA Implementation Manual

- Revised optional activities:
  - ~~Principals of Maat~~ → SISTA Agreements
  - ~~Baobab-Free~~ → Family Tree
  - Removed some activities
- Other inclusions:
  - Background information on the poets  
Nikki Giovanni, Audre Lorde, Maya Angelou
  - Process questions for each of the poems
  - Bridging statements from each of the sessions, activities and video



# Changes in Sessions 1 - 5

# Session-At-A-Glance

	Activities	Time (minutes)	Purposes	Materials
1.1	Introductions and SISTA Intervention Overview  Icebreaker: <i>The Umoja Circle</i>	10  8	Introduces facilitators to participants and provides brief background of the SISTA intervention.  Participants have the opportunity to introduce themselves and get acquainted.	<ul style="list-style-type: none"> <li>• Prepared newsprints</li> <li>• Large white pillar candle</li> <li>• Lighter or matches</li> </ul>
1.2	Ground Rules: <i>SISTA Agreements</i>	5	Participants establish a set of agreements and principles to guide the sessions; sets a tone of safety and comfort.	<ul style="list-style-type: none"> <li>• Prepared newsprint</li> </ul>
1.3	Parking Lot: <i>At the Kitchen Table</i>	5	Participants can “park” or place their concerns or questions needing clarity, to be answered by facilitators at a later time during the session.	<ul style="list-style-type: none"> <li>• Prepared newsprint</li> <li>• Self-stick note pads</li> </ul>
1.4	Opening Poem	5	Poetry by African American women is used to highlight pride, values, creativity, and strength.	<ul style="list-style-type: none"> <li>• <i>Ego Tripping</i> handout 1A</li> </ul>
1.5	Ethnic and Gender Pride	40	Participants discuss what it means to be an African American woman and identify strong women in their lives.	<ul style="list-style-type: none"> <li>• Prepared newsprint</li> </ul>
1.6	Personal Values Rankings	30	Participants identify and rank their personal values, and discuss how values influence their decision-making.	<ul style="list-style-type: none"> <li>• <i>Personal Values Examples</i> handout 1B</li> <li>• <i>Ranking My Personal Values</i> handout 1C</li> </ul>
1.7	Take-Home Activity	5	Participants discuss today’s activities with partners. Builds confidence in participants’ ability to involve partner in SISTA concepts and goals.	<ul style="list-style-type: none"> <li>• <i>Your Partner’s Thoughts</i> handout 1D</li> </ul>
1.8	Session 1 Evaluation	5	Assesses and evaluates the effectiveness of Session 1.	<ul style="list-style-type: none"> <li>• Evaluation handout 1E</li> </ul>
1.9	Closing Poem	5	Poem promotes pride in being an African American woman.	<ul style="list-style-type: none"> <li>• <i>Phenomenal Woman</i> handout 1F</li> </ul>
1.10	SISTA Motto	2	SISTA Motto promotes unity and support within the group	<ul style="list-style-type: none"> <li>• Prepared newsprint</li> </ul>

**SISTA**

Sisters Informing Sisters  
about Topics on AIDS

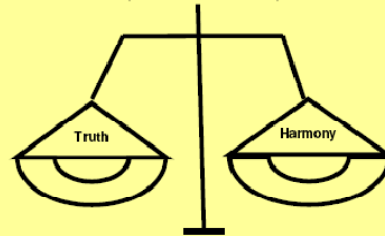
Your Organization's Name  
Facilitator's Name  
Co-Facilitator's Name

**The Umoja Circle**

Jambo, my name is \_\_\_\_\_.

I bring \_\_\_\_\_ to this  
gathering.

**SISTA Agreements**  
(Ground Rules)



**At the Kitchen Table**  
(Parking Lot)

What does it mean to be an  
African American woman?

Who is a strong African  
American woman in your life?

# Facilitator's Checklist

- Materials needed to facilitate the session
- Handouts
- Session supplies
- Advance preparation

# Changes in Session 1

## Ethnic and Gender Pride

- Personal Values Rankings Discussion
  - Personal Values Examples
  - Personal Values Ranking Sheet
  - Homework – Your Partners' Feedback



# Changes in Session 2

## HIV/AIDS Education

- Handout development of the African Americans and HIV Statistical Data should be related to your local data
- Facts sheets about HIV/AIDS can be found at [www.cdc.gov/hiv](http://www.cdc.gov/hiv)
- HIV/AIDS – Newsprints
- Card Game Directions
- Video and Video Discussion Points
- Facts or Fiction Knowledge Test

# Changes in Session 3

## Assertiveness Skills Training

- Poem is an excerpt from a speech Audre Lorde made in 1977 “The Transformation of Silence into Language and Action”
- Do Not Act Out the scenarios
  - Communication Styles
- All scenarios have been updated/revised
- Emphasize and discuss the use of the SISTAS Assertiveness Model

# Changes in Session 4

## Behavioral Self-Management Training

- The assortment of male and female condoms
- Condom line-up game (15 steps)
- Male and female (penile and vaginal model)
- Negotiating safer sex (act out scenarios)
- Revision of the scenarios
- Updated handouts

# Changes in Session 5

## Coping Skills

- Included drugs and alcohol in sexual situations
- Updated the scenarios

# Other Changes

- Culture and Cultural Competency
  - No mask exercise
- Essential facts about HIV/AIDS and STDs

# Training Of Facilitators Course

- Revised to 4 days
- More time to digest intervention information
- More opportunities to practice facilitating Sessions 1-5
- Clarified difference between training activities and intervention activities
- Revised SISTA Trainer Manual
  - Enhanced instructions for trainers

# Common CBA Needs

- Staff recruitment and retention
- Participant recruitment and retention
- Implementation
- Group facilitation skills
- Adaptation
- Evaluation

# **SISTA Facilitators Should Have the Following Skills:**

- Implement SISTA with fidelity
- Ability to recruit and retain participants
- Group facilitation skills
- Knowledge of HIV and STD facts
- Understand the targeted population
- Conduct and collect evaluation data
- Finally...a passion for the intervention



# Adaptation vs. Re-Invention



- May involve offering new activities and discussions that are not included in SISTA to make the intervention culturally relevant to the new population of women
- This is called re-invention when core elements are added, deleted, or modified
- Re-invention should be done carefully with the needs of the new target population of women clearly in mind as the adaptation process takes place

# Adaptation

- CBOs should assess whether the women they will reach:
  - Live in societies where men are given more power than women
  - Practice sexual risk behaviors addressed by **SISTA**
  - Have similar behavioral determinants and/or risk factors as described by the theories on which **SISTA** is based

# WILLOW

(Ready in July 2009)



- A group level intervention based on the SISTA
- Targets women living with HIV/AIDS
- 4 four-hour sessions
- Designed to:
  - Enhance coping skills and social support
  - Improve quality of life
  - Increase safer sex
  - Reduce STIs

# SIHLE

Sisters Informing, Healing, Living,  
and Empowering  
(Ready in July 2009)



- A peer-led, group level intervention based on the SISTA *(Pronounced “SEE-lay”)*
- 4 three-hour sessions
- Designed for African American teenage girls between the ages of 14 and 18
- Targets young women who are already sexually active with a male sex partner
- Teaches how to negotiate safer sex with a male partner, assertive communication skills, and decision-making skills

# Additional Information

- For information on training information on SISTA, SIHLE, or WILLOW
  - Contact the Academy for Educational Development (AED) at:
    - Telephone: (800) 462-9521 or (202) 884-8712
    - E-mail: [interventions@aed.org](mailto:interventions@aed.org)
    - TTY 1-800-434-3652
  - [www.effectiveinterventions.org](http://www.effectiveinterventions.org)
- For intervention questions, contact:
  - Miriam E. Phiels, PhD at [byn8@cdc.gov](mailto:byn8@cdc.gov)

# Questions?