

# TOGETHER LEARNING CHOICES

## A Group-Level Intervention for Young People Living with HIV FACT SHEET

### Program Overview

Together Learning Choices is an effective intervention for helping young people living with HIV identify ways to increase use of health care, decrease risky sexual behavior and drug and alcohol use, and improve quality of life. It emphasizes how contextual factors influence ability to respond effectively to stressful situations, solve problems, and act effectively to reach goals. Delivering the TLC intervention involves delivering specific content for each session, determining a routine format for all sessions, and helping clients identify behavior-changing mechanisms for solving their problems.

### Core Elements

The core elements of TLC are:

- Help clients develop awareness and identify feelings, thoughts and actions.
- Teach, model, and practice 4 core skills (emotional regulation, SMART problem solving, goal setting, and assertiveness).
- Reinforce positive client behavior through the use of thanks tokens.
- Help clients identify their ideal self to help motivate and personalize behavior change.
- Deliver sessions in highly participatory, interactive small groups.

### Target Population

The Together Learning Choices intervention targets young people, aged 13–29 years, living with HIV.

### Program Materials

- **TLC Starter Kit**
  - TLC Volume 1: Introduction and Overview
  - Stakeholders Checklist
  - Costs Worksheet
- Marketing DVD
- Implementation Manual
  - TLC Volume 2: Staying Healthy
  - TLC Volume 3: Acting Safe

### Research Results

Implementation of TLC produced the following results:

- Young women reported an increase in their positive lifestyle behaviors and use of positive action coping styles.
- All youth reported increased use of the social support coping style.
- Youth reported fewer sexual partners, including fewer HIV-negative partners, and fewer unprotected sex behaviors.
- Youth reported reductions in alcohol, marijuana, and illicit drug use.
- Youth reported decreases in feelings of distress, physical symptoms of distress, and generalized and fear-based anxiety.

### For More Information on TLC

For more information about the technical assistance system or to get your name on a list for a future training, **please visit our website:** [www.effectiveinterventions.org](http://www.effectiveinterventions.org). You may also call (800) 462-9521 or email us at [interventions@aed.org](mailto:interventions@aed.org).

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Rotheram-Borus, M.J., Lee, M.B., Murphy, D.A., Futterman, D., Duan, N., Birnbaum, J., Teens Linked to Care Consortium. (2001). Efficacy of a preventive intervention for youth living with HIV. *American Journal of Public Health*, 91, 400-405.