

HIGH IMPACT HIV PREVENTION (HIP)

OVERVIEW OF SELECT INTERVENTIONS & STRATEGIES Biomedical, Public Health, Behavioral

This document provides brief overviews of CDC-supported High Impact HIV Prevention interventions and strategies that are available on effectiveinterventions.cdc.gov. This document is not an exhaustive listing of all HIP interventions and strategies. For capacity building assistance (CBA) on other important HIP strategies, including PrEP and PEP, as well as HIV policy, planning and third-party billing systems, please visit CDC's CBA Request Information System (CRIS) at <http://www.cdc.gov/hiv/dhap/cbb>. Requests for the HIP trainings described in this document can also be made via CRIS.



For more information, or to apply for a training:

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BIOMEDICAL INTERVENTIONS

Biomedical Interventions use medical, clinical, and public health approaches designed to moderate biological and physiological factors to prevent HIV infection, reduce susceptibility to HIV and/or decrease HIV infectiousness. Medication Adherence Strategies are an important category of Biomedical Interventions. See the **Medication Adherence Chapter** and **Linkage to, Retention in and Re-engagement of HIV Care (LRC) Chapter** of CDC's *Compendium of Evidence-Based Interventions and Best Practices for HIV Prevention* for more information.

[<http://www.cdc.gov/hiv/prevention/research/compendium/ma/index.html>]

[<http://www.cdc.gov/hiv/prevention/research/compendium/lrc/index.html>]

[<http://www.cdc.gov/hiv/prevention/research/compendium/index.html>]

Brief Description of Medication Adherence Strategies

A Medication Adherence eLearning Training Toolkit for Providers – **Every Dose Every Day™** is designed to help providers support medication adherence among people living with HIV to improve health outcomes and reduce the risk of HIV infection. The eLearning toolkit features: **four evidence-based interventions; consumer fact sheets** about the importance of staying adherent; **posters** featuring persons living with HIV and their reason for staying adherent; and a **mobile application** for smartphones featuring dose reminders and pharmacy refills. The eLearning courses, materials and links to the mobile app are available on effectiveinterventions.cdc.gov.

CDC translated four medication adherence interventions into eLearning trainings for clinical and non-clinical HIV providers who serve persons living with HIV (PLWH). The adherence strategies listed below showed efficacy in improving either medication adherence and/or viral load among ART naïve and ART experienced patients. These courses offer Continuing Education (CE) credit through the CDC Training and Continuing Education Online (CDC TCEO) system [Contact: 1-800-41TRAIN or ce@cdc.gov].

HEART (Helping Enhance Adherence to Antiretroviral Therapy) is an individual/dyadic, social support and problem-solving intervention delivered before and in the first two months after initiating ART, and includes a patient-identified support partner.

Partnership for Health for Medication Adherence is an individual-level, clinic-based, brief provider-administered intervention emphasizing the importance of the patient-provider relationship to promote adherence.

Peer Support is an individual- and group-level intervention where HIV-positive individuals, currently adherent to ART, serve as peers and provide medication-related social support.

SMART (Sharing Medical Adherence Responsibilities Together) Couples is a discordant couple-level intervention which addresses ART adherence and safer sex practices within the dyad, by fostering active support between partners.

eLearning course and web-based resource for Prevention with Positives – Importance of Care

The Prevention Benefit of ART is an eLearning course designed to help clinicians to think about antiretroviral (ART) for people living with HIV as both effective treatment and effective prevention. The one-hour course offers continuing medical education credit. The course can be found on the HIP eLearning Center on effectiveinterventions.cdc.gov.

PwP in Action – What does the future of HIV prevention really look like? This 30-minute graphic novel is designed to give staff at clinics, community-based organizations, and health departments a look at one highly collaborative possibility for Prevention with Positives. The link for this resource is: <https://effectiveinterventions.cdc.gov/PwP/story.html>

HIV Navigation Services (HNS)

HIV navigation is a process of service delivery to help a person obtain timely, essential and appropriate HIV-related medical and social services to optimize his or her health and prevent HIV transmission and acquisition. Navigation includes linking persons to health care systems, assisting with health insurance and transportation, identifying and reducing barriers to care, and tailoring health education to the client to influence his or her health-related attitudes and behaviors. The HNS **classroom course** is designed to improve navigation skills for those delivering prevention services to people living with HIV and high risk HIV- individuals. This comprehensive course package is for service providers who want to know more about navigation skills, how navigation fits in the overall field of HIV prevention, structural components of a navigation program, and professional conduct. The HNS **pre-course online module** is a prerequisite for the classroom training and is coming soon to the HIP eLearning Center on effectiveinterventions.cdc.gov.

PUBLIC HEALTH STRATEGIES

Public Health Strategies are time tested protocols used by public health practitioners in the prevention, screening, diagnostic, or treatment processes for HIV/AIDS prevention. HIV prevention providers offering the Anti-Retroviral Treatment and Access to Services (ARTAS) intervention, Rapid HIV Testing and Partner Services can find useful tools for implementation planning and monitoring and evaluation on effectiveinterventions.cdc.gov. Training courses to support implementation of these strategies can also be found by clicking on the Training Calendar tab at effectiveinterventions.cdc.gov.

Brief Description of Public Health Strategies

ARTAS (Anti-Retroviral Treatment and Access to Services) is an individual-level, multi-session, time-limited intervention to link individuals who have been recently diagnosed with HIV to medical care. ARTAS is based on the Strengths-based Case Management (SBCM) model, which is rooted in Social Cognitive Theory (particularly self-efficacy) and Humanistic Psychology. SBCM is a case management model that encourages the client to identify and use personal strengths; create goals for himself/herself; and establish an effective, working relationship with the Linkage Coordinator (LC). Up to five client sessions are conducted over a 90 day period or until the client links to medical care. Before attending the classroom course, participants are required to take two eLearning modules: the ARTAS overview module and the ARTAS Strengths-Based Case Management Distance Learning Course. Both are available in the HIP eLearning Center on effectiveinterventions.cdc.gov. These eLearning modules are also open to anyone who would like to learn more about ARTAS.

Couples HIV Testing & Counseling (CHTC) — See *Testing Together* below

Data to Care is a new public health strategy that aims to use HIV surveillance data to identify HIV-diagnosed individuals not in care, link them to care, and support the HIV Care Continuum. CDC designed this toolkit to share information and resources to assist health departments and their partners in developing and implementing a *Data to Care* program. Please find the complete Toolkit and other resources here: <https://effectiveinterventions.cdc.gov/en/HighImpactPrevention/PublicHealthStrategies/DatatoCare.aspx>

Rapid HIV Testing Online Course offers an opportunity for HIV prevention providers working in non-clinical settings to gain knowledge and skills on administering rapid HIV testing. The on-line course has four modules and takes approximately 5 hours to complete: Overview & Introduction; Safe Work Practices and Specimen Collection; QA and QC; and HIV Prevention Counseling and Providing Rapid HIV Test Results. To take the course, please visit the HIP eLearning Center on effectiveinterventions.cdc.gov.

Social Network Strategy (SNS) for CTR is an evidence supported approach to recruiting high-risk people. SNS is based on the underlying principles that people in the same social network share the same risks and risk behaviors for HIV. In addition, people in the same social network know and trust each other and can exert influence on each other. For SNS for CTR, agencies would identify clients or peers who are HIV positive or at high risk for HIV, and enlist them to become short-term Recruiters. Classroom trainings are offered for this strategy.

HIV Partner Services include a variety of related services that are offered to persons with HIV or other sexually transmitted diseases (STDs) and their sexual or needle-sharing partners. By identifying infected persons, confidentially notifying their partners of their possible exposure, and providing infected persons and their partners a range of medical, prevention, and psychosocial services, Partner Services can improve the health not only of individuals, but of communities as well. CDC has a Passport to Partner Services national training curriculum, which includes web-based self study modules and a traditional classroom component. Visit the Partner Services page under Public Health Strategies on effectiveinterventions.cdc.gov for more information, including a webinar recording on the Passport to Partner Services training opportunities.

Testing Together (also referred to as Couples HIV Testing & Counseling (CHTC)) is a public health strategy that occurs when two or more persons who are in – or planning to be in – a sexual relationship receive HIV testing services together, including their results. This service facilitates communication and disclosure of HIV status, and supports high impact prevention, care and treatment goals by identifying high-risk couples who might need to be linked to medical care or pre-exposure prophylaxis (PrEP), including discordant couples. The Testing Together Toolkit was designed to share information and resources to help HIV testing programs implement Testing Together. You will find links to two eLearning courses, six videos demonstrating Testing Together in various settings, information about the classroom training and more. The pre-course online training, *An Introduction to CHTC in the United States*, is a pre-requisite for the 2-day in-person training, but can be watched on its own to get some basic information about this approach. It is designed for HIV testing providers, program managers, and others who want an overview of CHTC. *Testing Together eLearning Course for Healthcare Providers* is designed for healthcare providers, their supervisors or clinic managers, and other persons involved in HIV testing in a healthcare setting who want an overview of Testing Together; Continuing Education is offered for this course. To take the online courses, please visit the HIP eLearning Center on effectiveinterventions.cdc.gov.

BEHAVIORAL INTERVENTIONS

In 1999, the Centers for Disease Control and Prevention (CDC) first published a Compendium of HIV Prevention Interventions with Evidence of Effectiveness to respond to prevention service providers who requested evidence-based interventions that work. CDC updates the [Risk Reduction Chapter](#) of the online *Compendium of Evidence-Based Interventions and Best Practices for HIV Prevention* by adding newly identified evidence-based behavioral interventions (EBIs) that have been scientifically proven to significantly reduce HIV risk. CDC's *Compendium* now includes over 80 evidence-based individual-, group-, couple- and community-level risk reduction HIV behavioral interventions.

[<http://www.cdc.gov/hiv/prevention/research/compendium/index.html>]

[<http://www.cdc.gov/hiv/prevention/research/compendium/rr/index.html>]

Brief Description of Behavioral Interventions

Choosing Life: Empowerment! Action! Results! (CLEAR) is an evidence-based, health promotion intervention for males and females ages 16 and older living with HIV/AIDS and high-risk HIV-negative individuals. CLEAR is a client-centered program delivered one-on-one using cognitive behavioral techniques to change behavior, enables prevention counselors to individually tailor the intervention to address the unique needs of each client. CLEAR consists of 5 core skill sessions, 21 menu sessions, and a wrap-up session. *CLEAR for Program Managers* is available as an e-Learning course [see <http://course.cba.edc.org>].

Community PROMISE for HIP is a community-level HIV prevention intervention that relies on peer advocates to distribute role model stories of positive behavior change to members of the target population. The intervention is based on Stages of Change and other behavioral theories, and can be implemented with various populations including IDUs, MSM, sex workers, and partners of high risk individuals. Community PROMISE is also available as a Spanish-language intervention. Two e-Learning courses on effectiveinterventions.cdc.gov support this intervention – *PROMISE Overview: Traditional* and *PROMISE for HIP: An Overview*. The latter is a pre-requisite for the in-person training but both can be viewed on their own for general information about PROMISE.

Connect is a six session, relationship-based intervention, intended for heterosexual men and/or women 18 years or older and their main sexual partner that teaches couples techniques and skills to enhance the quality of their relationship, communication, and shared commitment to safer behaviors. The program is based on the AIDS Risk Reduction Model, which organizes behavior change into three phases: recognizing risk, committing to change, and acting on strategies; and on the Ecological Perspective which emphasizes the personal, relational, and societal influences on behavior. Coming soon: **Connect^{HIP}** with components to implement the intervention with gay African American discordant couples.

d-up: Defend Yourself! is a community-level intervention designed for and developed by Black men who have sex with men (MSM). *d-up!* is a cultural adaptation of the POL intervention and is designed to promote social norms of condom use and assist Black MSM to recognize and handle risk-related racial and sexual bias. While CDC no longer supports the classroom training of d-up!, the eLearning course is available on effectiveinterventions.cdc.gov.

Healthy Relationships is a five-session, small-group intervention for men and women living with HIV/AIDS. It is based on Social Cognitive Theory and focuses on developing skills and building self-efficacy and positive expectations about new behaviors through modeling behaviors and practicing new skills.

Many Men, Many Voices (3MV) is a seven-session, group-level STD/HIV prevention intervention for gay men of color. The intervention addresses behavioral influencing factors specific to gay men of color, including cultural/social norms, sexual relationship dynamics, and the social influences of racism and homophobia.

Mpowerment is a community-level intervention for young men who have sex with men. The intervention combines informal and formal outreach, discussion groups, creation of safe spaces, social opportunities, and social marketing to reach a broad range of young gay men with HIV prevention, safer sex, and risk reduction messages.

Partnership for Health (PfH)-Safer Sex uses message framing, repetition, and reinforcement during patient visits to increase HIV positive patients' knowledge, skills, and motivations to practice safer sex. The program is designed to improve patient-provider communication about safer sex, disclosure of HIV serostatus, and HIV prevention. A 30-minute eLearning course, *PfH – Safer Sex: An Overview for Providers*, is available on effectiveinterventions.cdc.gov and offers continuing medical education credit.

Personalized Cognitive Counseling (PCC) is an individual-level, single session counseling intervention designed to reduce unprotected anal intercourse (UAI) among men who have sex with men (MSM) who are repeat testers for HIV. PCC focuses on the person's self-justifications (thoughts, attitudes and beliefs) he uses when deciding whether or not to engage in high risk sexual behavior. PCC is a 30- to 50-minute intervention conducted as a component of Counseling, Testing and Referral for MSM who previously tested for HIV, are HIV-negative, and had UAI since their last test with a male who was not their primary partner, and that partner's serostatus was positive or unknown. *PCC: An Overview for Managers* is a 90-minute eLearning course designed to inform both managers currently implementing PCC at their agencies and those considering implementation. To take the online overview, please visit the HIP eLearning Center on effectiveinterventions.cdc.gov.

Popular Opinion Leader (POL) is a community-level HIV prevention intervention designed to identify, enlist, and train opinion leaders to encourage safer sexual norms and behaviors within their social networks of friends and acquaintances through risk reduction conversations.

Project START is an individual-level, multi-session intervention for people being released from a correctional facility and returning to the community. It is based on the conceptual framework of Incremental Risk Reduction, and focuses on increasing clients' awareness of their HIV, STI, and Hepatitis risk behaviors after release and providing them with tools and resources to reduce their risk. CDC is currently supporting **Project START+**, an adaptation for people living with HIV/AIDS.

Safe in the City (SITC) is a 23-minute HIV/STD prevention video for STD clinic waiting rooms that aims to increase condom use and other safer sex behaviors. This video has been shown to be effective in reducing STDs among diverse groups of STD clinic patients. SITC also can be used as an alternate video in the VOICES/VOCES intervention. SITC does not require training to implement. Materials can be found on the HIP website at effectiveinterventions.cdc.gov.

Sin Buscar Excusas (SBE)/No Excuses is a single-session, small group, video-based behavioral intervention that aims to increase sexual safety and HIV testing among Latino men who have sex with men (MSM). Adapted from the VOICES/VOCES intervention, SBE can be delivered in clinics and community agencies. Groups last about 45-60 minutes and include three core elements: (1) Viewing an English- or Spanish-language video in a small-group setting that assures privacy; (2) Structured brief discussion; (3) Condom distribution, the offer of an HIV test, and referrals for additional services and supports. CDC is currently piloting the training and materials for this intervention and anticipates a wider dissemination in 2017.

Sister-to-Sister is a brief (20-minute), one-on-one, skill-based HIV/STD risk-reduction behavioral intervention for sexually active African American women 18 to 45 years old that is delivered during the course of a routine medical visit. Sister-to-Sister is designed to provide intensive, culturally sensitive health information to empower and educate women in a clinical setting; help women understand HIV/STD risk behaviors; and enhance women's knowledge, beliefs, motivation, confidence, and skills to help them make behavioral changes that will reduce their risk.

Women Involved in Life Learning from Other Women (WILLOW) is a social-skills building and educational intervention for adult women living with HIV. An adaptation of the SISTA intervention, WILLOW consists of four sessions which are delivered by two trained adult female facilitators, one of whom is a woman living with HIV, and emphasizes gender pride, informs women how to identify and maintain supportive social networks, teaches coping strategies to reduce life stressors and STD transmission and HIV re-infection risk behaviors, and skills training for negotiating safer sex.

PLEASE NOTE CDC does not support training or capacity building assistance for the following interventions and strategies: Adult Identity Mentoring (AIM); Ask, Screen, Intervene; Comprehensive Risk Counseling and Services (CRCS); ¡Cuídate!; Focus on the Future (FOF); Focus on Youth (FOY); The Future is Ours (FIO); Healthy Love; Holistic Health Recovery Program (HHRP); Modelo de Intervención Psicomédica (MIP); Nia; Real AIDS Prevention Project (RAPP); RESPECT; Salud, Educación, Prevención, y Autocuidado (SEPA); Self-Help in Eliminating Life-threatening Diseases (SHIELD); Sisters Informing Healing Living and Empowering (SIHLE); Sisters Informing Sisters on Topics about AIDS (SISTA); Safety Counts; Street Smart; Together Learning Choices; and VOICES/VOCES (except when used with MSM). However, the implementation materials and eLearning courses for RESPECT and VOICES are available on effectiveinterventions.cdc.gov.



How to Obtain Additional Information:

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More to come... visit our website for up-to-date information.