

# HOLISTIC HEALTH RECOVERY PROGRAM

## A Group-level Intervention for HIV-positive and HIV-negative Injection Drug Users FACT SHEET

### Program Overview

The Holistic Health Recovery Program (HHRP) is a 12-session, manual-guided, group level program to promote health and improve quality of life.

The primary goals of HHRP are health promotion and improved quality of life. More specific goals are abstinence from illicit drug use or from sexual risk behaviors; reduced drug use; reduced risk for HIV transmission; and improved medical, psychological, and social functioning. HHRP is based on the Information-Motivation-Behavioral Skills (IMB) model of HIV prevention behavioral change. According to this model, there are three steps to changing behavior: Providing HIV prevention information, motivation to engage in HIV prevention and opportunities to practice behavior skills for HIV prevention.

### Core Elements

The core elements of HHRP are:

- Teaches skills to reduce harm of injection drug use and unprotected sexual activities.
- Teaches negotiation skills to reduce unsafe sexual behaviors with sexual partners and teaches skills to heal social relationships.
- Teaches decision making and problem solving skills using cognitive remediation strategies.
- Teaches goal setting skills including developing action plans to achieve goals.
- Teaches skills to manage stress, including relaxation exercises and understanding what aspects of the stressful situation can, and cannot, be controlled.
- Teaches skills to improve health, health care participation, and adherence to medical treatments.
- Teaches skills to increase clients' access to their own self-defined spiritual beliefs, in order to

increase motivation to engage in harm reduction behaviors.

- Teaches skills to increase awareness of how different senses of self can affect self-efficacy and hopelessness.

### Target Population

HHRP targets HIV-positive and HIV-negative injection drug users.

### Program Materials

- Program manuals for both HIV-positive and HIV-negative injection drug users are available, which include all the materials required to implement the intervention.

### Research Results

Implementation of HHRP produced the following results:

- Decrease in addiction severity.
- Decrease in risk behavior.
- Significant improvement in behavioral skills, motivation, and quality of life.

### For More Information on the Holistic Health Recovery Program

Currently, CDC does not offer trainings for Holistic Health Recovery Program (HHRP). However, the intervention implementation materials are available for download from Yale University School of Medicine, Department of Psychiatry -

<http://info.med.yale.edu/psych/3s/training.html>

\*\*\*\*\*  
Margolin, A., Avants, S.K., Warburton, L.A., Hawkins, K.A., Shi, J. (2003). A randomized clinical trial of a manual-guided risk reduction intervention for HIV-positive injection drug users. *Health Psychology, 22*(2), 223-228.