

MODELO DE INTERVENCIÓN PSICOMÉDICO (MIP)

A Cognitive-Behavioral Intervention to Reduce HIV/AIDS Risks Combining Individualized Counseling and Comprehensive Case Management among Injection-Drug Users (IDUs)

FACT SHEET

Program Overview

MIP is an HIV/AIDS psycho-medical intervention model for injection drug users of any HIV status based on motivational interviewing, role induction, stages of change, social learning theory and other cognitive behavioral theories and case management.

Objectives

Participants 1) identify, learn, and practice strategies to reduce sex and drug-related HIV risks; 2) are offered assistance to obtain health and other social services; 3) are prepared to become ready to enter into drug treatment programs, if they choose to do so; 4) are provided with HIV counseling and testing messages and/or referrals for Viral Hepatitis and other Sexual Transmitted Infections; 5) are helped to identify triggers and practice relapse prevention skills; 6) create a personal health-promotion action plan; and 7) recognize critical supports for maintaining behavior change.

MIP offers seven one-on-one counseling sessions over a 3-6-month period and it is conducted by a team of trained and qualified staff who develop a strong relationship with program participants. Motivational Interviewing is used to increase participant's motivation to assess the benefits of changing their drug and sex-related HIV risk behaviors and to develop a plan to facilitate these behavioral changes.

Core Elements

Original researchers identify 7 core elements as:

- Conduct community assessment and outreach
- Employ an induction process
- Use motivational interviewing techniques and apply underlying theories and approach.
- Use a Self-Assessment and Staging instrument at each session.
- Establish a Counselor and Case Manager-interaction and collaboration
- Conduct a minimum of 6 sessions and provide for additional contacts, if necessary.
- Conduct a booster session

Target Audience

The primary target population is injection-drug users of either HIV positive or negative status, who are 18 years of age and older recruited from the community; however the program can be adapted for other drug users, including IDUs in methadone treatment for the past year. If agencies would like to work with poly-drug users who are currently not injection-drug users, CDC will provide technical assistance for adaptation.

Program Materials and Training

- Implementing organizations receive a program manual;
- Handouts, forms and master copies;
- Monitoring and evaluation forms;
- Free staff training; and
- Free technical assistance through CDC's Capacity Building Branch and its Capacity Building Assistance partners.

For more information on the Modelo de Intervención Psicomédica

To obtain additional information about the technical assistance system and/or to place your name on a list for future training, visit our website www.effectiveinterventions.org . If you do not have access to the web, you may also call 1-866-532-9565, or email interventions@danya.com.

Robles, R. R., Reyes, J. C., Colon, H. M., Sahai, H., Marrero, C. A., Matos, T. M., Calderon, J. M. & Shepard, E. V. (2004) Effects of combined counseling and case management to reduce HIV risk behaviors among Hispanic drug injectors in Puerto Rico: A randomized controlled study. *Journal of Substance Abuse Treatment* 27, 2, 145-152. Marrero, C.A., Robles, R.R., Colon, H.M., et al. (2005) Factors associated with drug treatment dropout among injection drug users in Puerto Rico. *Addictive Behaviors*, 30, 397- 402