

# NIA

## A Small Group-level Intervention for African American Men Who Have Sex with Women FACT SHEET AND AGENCY READINESS SELF-ASSESSMENT

### Program Overview

**Nia** is a six hour, video-based, small group-level intervention. The goals of this intervention are to educate African American men about HIV/AIDS and its effect on their community, bring groups of men together, increase motivation to reduce risks, and help men learn new skills to protect themselves and others by promoting condom use and increasing intentions to use condoms. **Nia** is based on the Information-Motivational-Behavioral Skills model, which assumes that information and motivation activate behavioral skills.

### Core Elements

- 1.) Conducting small group sessions with men who have sex with women that are led by culturally competent male and female co-facilitators who:
  - Use videos and movie clips appropriate for and appealing to men to present HIV information, motivate risk-reduction, and build skills for handling common risk situations
  - Challenge negative attitudes towards women through group rules that disallow adversarial language against women
- 2.) Correcting misperceptions and misinformation regarding HIV by using gender and culturally appropriate videos and interactive exercises, especially:
  - Providing Personal Feedback Report on HIV knowledge
  - Showing and leading discussion of HIV educational videos
  - Conducting Myths and Facts activity
  - Conducting HIV Risk Continuum activity
- 3.) Inducing and enhancing motivation to reduce risks for HIV by having men identify themselves and their behavior with the HIV epidemic through:
  - Providing Personal Feedback Reports on sex behaviors and condom attitudes
  - Showing and leading discussion of videos featuring men who have been affected by HIV with whom participants can identify
  - Conducting HIV Risk Continuum activity

- Eliciting and exploring personal risky sexual situations
- 4.) Building skills for identifying and managing sexual risk situations by:
    - Eliciting and exploring personal risky sexual situations
    - Building trigger-identification and safer sex decision-making skills
    - Guiding practice of trigger-identification and safer sex decision-making skills using movie clips
  - 5.) Enhancing motivation and building behavioral skills for condom use or safer sex by:
    - Exploring attitudes toward and pros/cons for condom use
    - Identifying safer sex alternatives
    - Building behavioral skills for correctly using condoms and communicating sexual decisions regarding condom use
    - Guiding practice of condom use and safer sex decisions using movie clips

### Target Population

The **Nia** intervention targets African American men who have sex with women.

### Program Materials

- Intervention package

### Research Results

At follow-ups, men who participated in **Nia** were significantly more likely than the control group to report using condoms almost every time they had sex, carrying condoms, talking with their sex partner about HIV, planning ahead to have sex, and talking with their sex partner about condoms. At six month follow-up, they were also less likely to have used drugs with sex and to have used alcohol or other drugs before sex.

### For More Information on Nia

To place your name on a list for a future training, please visit our website

[www.effectiveinterventions.org](http://www.effectiveinterventions.org).

If you do not have access to the web, you may also call (866) 532-9565 or email [interventions@danya.com](mailto:interventions@danya.com).

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Kalichman, S.C, Cherry & C., Browne-Sperling, F. (1999). Effectiveness of a Video-Based Motivational Skills-Building HIV Risk-Reduction Intervention for Inner-City African American Men. *Journal of Consulting and Clinical Psychology*, 67: 6, 959-966.

## Agency Readiness Self-Assessment

The following is a brief self-assessment intended to assist agencies (e.g., CBOs) to determine if they currently possess the capacity, or can build the capacity, to adopt and implement the **Nia** intervention. Please read each item and then place a check mark (✓) in only one response option.

Capacities and Resources Needed for Nia	Yes, we have this capacity. (1)	We do not presently have this capacity but can build the capacity. (2)	No, we do not have this capacity. (3)
1. Agency commitment to implement the entire six hours of the <b>Nia</b> intervention multiple times.			
2. Commitment to and completion of at least 24 hours of training in <b>Nia</b> .			
3. Agency commitment to evaluate original videos and clips and, as needed, select and edit up to four new videos and six scenes from popular movies appropriate for target population.			
4. Sufficient funds to implement <b>Nia</b> .			
5. Access to Program Review Panel to review all materials for appropriateness.			
6. Access to Community Advisory Board to review all materials for cultural sensitivity.			
7. Access to possible recruitment venues that are frequented by men who have sex with women.			
8. Access to and rapport with target population.			
9. Access to location appropriate for conducting <b>Nia</b> groups (large enough for up to 12 people to sit in circle, plus equipment in #10 below).			
10. Access to TV/VCR or DVD player with remote, easel, easel chart paper, and markers.			
11. Ability to generate database for data collected, manage database, and use basic commands for aggregating and reporting data.			
12. One program manager to conduct evaluation and QA activities @ 50% full-time (FTE) during preparation stage/25% FTE during delivery of sessions.			
13. One experienced, culturally competent male facilitator, preferably a peer, at 100% FTE.			
14. One experienced, culturally competent female facilitator who is assertive and non-threatening at 100% FTE.			
15. One or more people who are willing to serve as “ <b>Nia</b> ’s champion.”			

If all of your responses were in column 1 (“Yes, we have this capacity.”) or column 2 (“We do not presently have this capacity but can build the capacity.”), your agency is likely “ready” for **Nia**.

*For more information, or to sign up for a training, visit: [www.effectiveinterventions.org](http://www.effectiveinterventions.org)*