

# WILLOW HIP

## Women Involved in Life Learning from Other Women: A High Impact Prevention Intervention for Women Living with HIV and AIDS

### FACT SHEET

#### Program Overview

The WILLOW intervention is a small group, social-skills building, and educational intervention for adult women living with HIV. It consists of four 4-hour sessions which are delivered by two trained adult female facilitators, one of whom is a woman living with HIV. The groups consist of 8-10 HIV-positive women and are conducted in a community-based setting. An adaptation of the SISTA intervention, the goal of WILLOW is to reduce sexually transmitted diseases (STDs) and HIV transmission risk behaviors among women living with HIV and AIDS by fostering self and gender pride, social support, increased HIV and STD knowledge and self-efficacy for relationship management, safer sex practices and attitudes, and stress management and reduction. WILLOW has been expanded with the HIP goal to encourage a lifelong commitment for HIV care, treatment, medication adherence, and living well with the disease.

#### Core Elements

1. Conduct small group interactive sessions that are supportive and meet the goals of the intervention.
2. Implement WILLOW with heterosexual women 18 years or older who are living with HIV or AIDS and who have known their HIV serostatus for at least 6 months in settings that offer HIV or AIDS services to HIV-positive women.
3. Use two skilled adult female facilitators to implement WILLOW sessions, at least one of whom is a woman living with HIV or AIDS.
4. Use materials that are gender and culturally appropriate to foster self-worth and self-efficacy.
5. Train women in coping, decision-making, goal-setting, condom negotiation, and condom proper use skills, all of which are supportive of safer sexual behaviors.

6. Teach women about HIV stigma and disclosure, self-acceptance, self-care, social support networks, STD and HIV information, and consistent and proper condom use to support their decision-making about enhancing quality of life, sexual health, and HIV care issues.
7. Inform women about aspects of healthy and unhealthy relationships and types of abuse as related to the negotiation of safer sexual practices and HIV self-care and treatment.
8. Educate women to be actively involved in their own HIV care, treatment, and adherence and establish a long-term goal of living well with HIV.
9. Use an educational and informational focus in the sessions as opposed to a counseling and services provisional focus.

#### Target Population

WILLOW is designed for heterosexual women of any race or ethnicity living with HIV or AIDS, who are 18 years or older and who have known their HIV serostatus for at least six months.

#### Program Materials

- WILLOW HIP Implementation Manual
- WILLOW HIP Facilitator's Guide
- WILLOW HIP Poster
- WILLOW HIP Session Materials and Evaluation Tools CD

#### Research Results

When compared with the comparison group, women who completed the WILLOW intervention were found to be more likely to report:

- Reduced unprotected vaginal sex
- Reduced new STDs
- Increased condom use

#### More Information

Please visit the [Effective Interventions website](#). If you do not have access to the web, you may also call (866) 532-9565 or email [interventions@dlhcorp.com](mailto:interventions@dlhcorp.com).

\*\*\*\*\*  
Wingood, G. M., DiClemente, R. J., Mikhail, I., Lang, D. L., Hubbard-McCree, D., Davies, S. L., et al. (2004). A randomized controlled trial to reduce HIV transmission risk behaviors and STDs among women living with HIV: The WILLOW program. *Journal of Acquired Immune Deficiency Syndromes*, 37, S58-S67.