

How RESPECT can be Integrated into other HIV Prevention Programs

Comprehensive Risk Counseling and Services (CRCS)

Comprehensive risk counseling and service (CRCS) programs, formerly known as prevention case management are a natural fit where the RESPECT counseling model can be integrated into new or existing programs. With the emphasis on risk reduction in this program, utilizing the multi-session evidence-based model to focus on personalizing risk reduction plans not only allow providers to address clients' risk related issues over several sessions, but also provide the depth and breadth that is frequently required when working with high-risk clients, characteristic of CRCS settings.

Prevention With Positives (PWP)

While not yet studied with people living with HIV, it is believed that the model of client-focused counseling is likely to have a similar effect in reducing risk taking behavior. The original researchers feel that timing and finding a “teachable moment” are two important components of behavior change – and the model facilitates these elements. For persons living with HIV, preventing acquisition of an STD or preventing transmission of HIV could act as the “teachable moment”.

HIV Counseling & Testing Programs

Integrating the RESPECT model into an existing HIV counseling and testing program, for use with either rapid or traditional HIV tests is a perfect match. In fact, HIV prevention counseling strategies endorsed by CDC have their foundations in client-centered counseling and are based on the approaches used in Project RESPECT. HIV counseling and testing staff are typically already versed in the procedures used in this intervention and with training and practice can easily adapt their style to match the RESPECT protocol.

HIV Programs Working with Young Persons

While statistically significant reductions in STDs and high-risk behaviors were found among RESPECT study participants, results were even more significant in persons who were 20 years of age or younger, suggesting that this intervention may be particularly effective for adolescents and young persons. Given that it may be more challenging for young persons to complete multi-session group-level interventions, the 2-session individual-level RESPECT may be an ideal fit for programs working with at-risk youth.