

**SURVIVE
OUTSIDE**
STOP AID



HIV Risk Reduction Counseling Session Guide

December 2008



Presented by:

ETR Associates
4 Carbonero Way
Scotts Valley, CA 95066

Funding provided by:

Centers for Disease
Control and Prevention
Cooperative Agreement
U58/DP000436

HIV Risk Reduction Counseling Session Guide

Overview

This HIV Risk Reduction Counseling Session is designed to be conducted with individual youth by trained juvenile justice educators or youth workers. It is an important option for HIV prevention education because some youth may have reservations about revealing their personal behaviors in front of other youth. The HIV Risk Reduction Counseling Session provides an opportunity for youth to discuss sexual information and risky behaviors in private. This session is most effective if it is conducted shortly before the youth is to make a home visit or is discharged from the facility. The session can help prepare youth to think about how they can reduce their risk for HIV and other sexually transmitted infections (STI) when they return to their community.

HIV Risk Reduction Counseling Session Objectives

During the HIV Risk Reduction Counseling Session, the youth will:

- Clarify his/her own HIV/STI risk behaviors;
- Identify what supports and hinders use of risk-reducing behaviors;
- Develop a plan for overcoming personal challenges to using safer behaviors; and
- Identify resources that can support him/her in reducing their risk of HIV/STI.

Overview of the Guide

The HIV Risk Reduction Counseling Session Guide provides a step-by-step process for working with youth to 1) assess their risk for HIV/STI, and 2) develop a plan to reduce their risk behavior.

Page 2 provides an overview of the guide, including the purpose, time needed, materials and preparation.

Page 3 gives you an overview of the HIV Risk Reduction Counseling Session steps and can be used by itself after you have become familiar with the three step counseling process.

Pages 4-12 provide a suggested dialog for implementing each of the three steps. This script maybe helpful the first few times you conduct a counseling session.

Pages 13-14 contain the two worksheets you will use with the youth during the interview. You will need to make copies of these pages for use during each session.

Pages 15-17 contain optional information about correct condom use, cleaning works, and HIV testing that you can share with youth if your setting permits.

HIV Risk Reduction Counseling Session Overview



Purpose

To reduce youth's risk for HIV infection by assessing their risk behaviors and making a plan to reduce or eliminate these behaviors.



Time

20-60 minutes



Materials

HIV Risk Behaviors Checklist

Youth's Plan for HIV Prevention Worksheet



Preparation

Prior to the counseling session, the counselor or youth worker should:

- Learn about testing for HIV and other STIs available at their facility and in the community.
- Use the handout on Page 17 to obtain information about local community agencies where HIV counseling, free condoms, alcohol and drug treatment, needle exchange, or other services are available. Provide this information to youth as appropriate.

Counseling Session Steps in Brief

Step 1 - Establish rapport with the youth.

- a. Introduce yourself if the youth doesn't know you and ask one or two "warm-up" questions.
- b. Tell the youth the purpose of the session.
- c. Assure youth that the session will be confidential.

Step 2 - Help youth identify their individual risk behaviors.

- a. Introduce the change ruler to find how important it is for the youth to protect him/herself from HIV and other STIs.
- b. Introduce the HIV Risk Behaviors Checklist and help the youth identify their HIV/STI risk behaviors.
- c. Find out the last time the risky sexual or needle use behaviors took place.
- d. Discuss what self-protection behaviors were used (effective and ineffective) and how the youth felt about the outcomes.

Step 3 - Help youth develop a plan for being safe or safer.

- a. From the HIV Risk Behaviors Checklist, ask youth to identify risky behaviors they want to reduce. Be sure to include behaviors that are double-checked in the medium or high-risk columns.
- b. Work with the youth to develop a plan to reduce these risks using the Youth's Plan for HIV Prevention Form. Discuss condom use and cleaning works as appropriate.
- c. Answer any remaining questions and refer youth to local community agencies that provide services and treatment as appropriate.
- d. Optional – recommend HIV/STI testing for youth with high-risk behaviors.

Counseling Session Steps in Detail

STEP 1

Establish rapport with the youth.

1a. Introduce yourself if the youth doesn't know you and ask one or two warm-up questions.

Try to draw the youth out by paying attention and asking open-ended questions that encourage him/her to expand on their responses. For example:

"I understand you'll be leaving here soon. What are you most looking forward to? What plans do you have for when you leave? What are you concerned about?"

1b. Tell the youth the purpose of the session.

"I'd like to tell you why I wanted to meet with you today and find out if there's anything you want from our meeting.

"The purpose of this private talk is to help you protect yourself from HIV and other sexually transmitted infections.

"You probably already know something about this, but we want to make sure you have what you need to be safe when you leave here.

"So, today I'd like to see if we can work together to identify ways you may be unsafe and make a plan to protect yourself."

1c. Assure youth that the session will be confidential.

"I know talking about these things can feel uncomfortable, but it's important for you to be safe. I don't get embarrassed easily, so you can say what's on your mind.

"I also want you to know that I won't repeat anything you tell me. The only things I would have to report are if you are in danger (like if you are being abused) or if you are a danger to yourself or others.

"How does that sound to you? What questions do you have any for me at this point?"

STEP 2

Help youth identify their individual risk habits.

2a. Introduce the change ruler to find out how important it is for the young person to protect him/herself from HIV/STI.

“I’d like to start by finding out how important it is to you to protect yourself from HIV and other STIs.

“On a scale from one to ten, how important would you say is it to you to protect yourself from HIV/STI, where one is not at all important, and ten is extremely important?”

“And why are you at a ____ and not a zero? What might happen that could move you from a ____ to a ____ [suggest a slightly higher score]?”

“Okay, so you feel right now that... (paraphrase). Thank you for telling me. That helps me understand your feelings about HIV.”

2b. Introduce the HIV Risk Behaviors Checklist (see page 13) and help youth identify HIV/STI risk behaviors.

“Now I’d like you to look at this checklist of things people do that may cause them to get the HIV infection.

“Read the list and check the things you do **SOMETIMES**. Put two checks in the boxes next to the things you do **A LOT OF THE TIME**. I can help you with any things that aren’t clear to you.”



Allow time for youth to read and check items.

“Now count the checks you have in the some and high risk columns and put the number of checks in the Total’s line at the bottom of each column.”



Allow time for this step.

“I see you have ____ checks in the first column. These are low or no risk things to do, so they are not a problem for you. That’s good!

“Now let’s look at the things that are risky for you. (Review items that are checked in the some and high risk columns.) Which of the behaviors you checked would you like to talk about first?”



If no items are checked in the some or high risk columns, ask the youth to consider the behavior that is most difficult for him/her to maintain.

STEP 2, cont.**Help youth identify their individual risk habits.****2c. Find out the last time the risky sexual or needle use behaviors took place.**

“Let’s look at _____ behavior. (The behavior the youth has picked to talk about first.) Let’s talk about what happens when you get involved in this behavior. Then, I can help you plan to be safer next time.

“A good way to get started is to look at an experience that happened recently. I’d like you to think about the last time you _____ (restate the risky behavior). Please tell me what happened.”

If necessary, ask the open-ended questions below to draw out details. This information can be used when you discuss barriers to safety in Step #3b.

For sexual risks ask:

“How would you describe your relationship with your partner?”

“Is this someone you plan to have sex with again?” *If no*, “Can you think of someone you might have sex with again?”

“What made you want to be with this person?”

“What do you know about _____’s (name of partner) risk behaviors for HIV?” (Refer to the Risk Behavior Checklist to remind them of the various risk behaviors). “How do you know?”

“Were you using alcohol or other drugs before you had sex?” *If yes*, “How do you think alcohol/drugs affected your decisions and behaviors?”

For needle sharing ask:

“How would you describe your relationship with the person/people you were with?”

“Is this someone you plan to spend time with again?” *If no*, “Can you think of someone you might share needles with again?”

“What do you know about _____’s (name of person you are sharing needles with) risk behaviors for HIV?” (Refer to the Risk Behavior Checklist to remind them of the various risk behaviors). “How do you know?”

“Were you using alcohol or other drugs before you shared needles?” *If yes*, “How do you think alcohol/drugs affected your decisions and behaviors?”

STEP 2, cont.

Help youth identify their individual risk habits.

2d. Discuss what self-protection behaviors were used (effective and ineffective) and how the youth felt about the outcomes.

Make use of reflective listening to draw out what worked and didn't work about the self-protective behaviors that were used.

For sexual risk behaviors, ask:

"Did you and your partner talk about using condoms?"

If yes, "When was condom use talked about (before, during or after sex)? How comfortable did you feel about discussing it? Tell me something about how the conversation went."

Ask: "Did you use any kind of protection (condoms, birth control pills) with your partner?"

If yes, "What did you and your partner use? How easy or difficult was it to use? What made it easy/difficult for you? How did using protection make you feel?"



If condoms were used, congratulate the youth and reinforce that consistent condom use offers good protection against HIV and STIs.

If condoms were not used ask: "What were some reasons for not using protection? How did you feel about not using protection?"

If a youth discloses that the sex was forced you will need to report this to your facility administrator and to the authorities in your community. Do as much as possible to support the youth, tell them that it isn't their fault and assure them that you are very much concerned for their safety. Refer the youth for counseling in your facility.

"Okay, so you've said that you... (summarize what the youth said about their sexual risk behavior). How did you feel about the way the situation turned out?"

If favorable, "That's good. So it sounds like the situation went the way you wanted it to. What things did you do or say that you think helped you get what you wanted?"

"Okay, so it sounds like the things you did that you think helped you were... (**summarize the youth's effective behaviors**). Now let's talk about ways to keep you safe in the future."

If not favorable, "How could it have come out better? Are there things you could have said or done that might have changed it?"

"Okay, so it sounds like the things that are a problem for you are... (**summarize the youth's ineffective behaviors**). Now let's talk about ways to keep you safe in the future."

STEP 2, cont.**Help youth identify their individual risk habits.****For needle sharing ask:**

“Did you talk with the people you were with about not sharing needles or cleaning your needles and/or works?”

If yes, “How comfortable did you feel about discussing it? Tell me something about how the conversation went.”

Ask: “Did you do anything to protect yourself from getting HIV (not sharing or cleaning needles/works)?”

If yes, “How did you protect yourself? How easy or difficult was it to do this? What made it easy/difficult for you? How did protecting yourself make you feel?”



If the youth cleaned his/her needles and/or works or participated in a needle exchange program, congratulate him/her and reinforce that consistently using your own needles or cleaning of needles/works offers good protection against HIV and STD infection.

If no, “What were some reasons for not protecting yourself? How did this make you feel?”

“Okay, so you’ve said that you... (summarize what the youth said about their needle sharing behavior). How did you feel about the way the situation turned out?”

If favorable, “That’s good. So it sounds like the situation went the way you wanted it to. What things did you do or say that you think helped you get what you wanted?”

“Okay, so it sounds like the things you did that you think helped you were... (**summarize the youth’s effective behaviors**). Now let’s talk about ways to keep you safe in the future.”

If not favorable, “How could it have come out better? Are there things you could have said or done that might have changed it for you?”

“Okay, so it sounds like the things that are a problem for you are... (**summarize the youth’s ineffective behaviors**).” Now let’s talk about ways to keep you safe in the future.”

STEP 3

Help youth develop a plan for being safe or safer.

3a. From the HIV Risk Behaviors Checklist, ask youth to identify risky behaviors they want to reduce.

“Let’s look at your risky behaviors one more time and see if we can make a plan for reducing each one of them.”



Using the Youth’s Plan for HIV Prevention worksheet, have the youth list their most common risky behaviors in the first column of the form. Be sure to include behaviors that are double-checked in the medium or high-risk columns.

3b. Working with the youth to develop a plan to reduce these risks using the Youth Plan for HIV Prevention Form. Discuss condom use and cleaning “works” as appropriate.

“Now, let’s see if we can decide on ways to reduce your risks so you are safe.”



For each risk behavior ask the youth to list “Ways to Be Safe” in the second column. Be sure to reinforce consistent condom use. For IV drug use emphasize that the best option by far is to keep your needles to yourself and get new ones from a needle exchange when you need them. Cotton and cookers can also transmit HIV, and the needle exchange can provide these as well. Cleaning your works with bleach is easy and effective if you can’t get new ones.

You might want to ask the youth to describe how to use a condom, clean their works and if they have ever been part of a needle exchange program. You can correct any misinformation and reinforce what they already know. See pages 15-16 for a description of correct condom use and cleaning works.

STEP 3, cont.

Help youth develop a plan for being safe or safer.

“Now let’s re-look at some of the barriers you said that got in your way in the past and see if we can find a way to reduce them.”



Refer back to the information gathered in step 2c and 2d and have the youth write the barriers in the third column.

Ask: “Can you think of any other barriers we should add to this list?”



Add other barriers as needed.

“Now let’s see if we can find ways to reduce these barriers.

“The things that you have tried in the past that worked well for you are... (**restate the youth’s effective behaviors**).

“What other things you can think of that might help you handle these situations?”

If necessary, suggest, “Some things that work for other people are... (see suggestions on page 12).

“Would doing something like that help you? Which one might work best for you?”



For each barrier, ask the youth to identify a way to reduce or overcome it. See Page 12 for some common barriers and suggested solutions. Reinforce the safe choices they have already made and encourage them to reduce their risky behavior.

“So you’ve told me that you think you can... (**summarize the solutions the youth came up with**) the next time you are in the situation.”

STEP 3, cont.

Help youth develop a plan for being safe or safer.

3c. Answer any remaining questions and refer youth to local community agencies that provide services and treatment as appropriate.

“Keeping ourselves safe in risky situations isn’t always easy.”

“Is there someone that could help you follow through on the things we talked about today?”

“What remaining questions or concerns do you have for me before we end today’s discussion?”



Be sure youth name a trusted friend or adult. If appropriate, recommend local agencies that can provide support, assistance testing and treatment for drug use and HIV/STI.

3d. Optional – recommend HIV/STI testing for youth with high risk behaviors.

“You’ve told me that you’ve done some things that put you at risk for HIV. Have you ever been tested?”

If yes, “How long ago was that? Have you... (youth’s risk behaviors) since then?” If the test was more than six months ago, recommend testing again.

If no, “Have you thought about getting tested? If you have the HIV infection, they can help you take care of yourself and get any services you need. Also, they can help you be sure not to infect other people. Or, you can find out that you are not infected, and you can make sure you protect yourself in the future.

“There are several different ways to be tested – some tests use a sample of blood and some use a sample of mucous from your mouth. Many testing sites offer anonymous testing, which means that you do not have to provide any indentifying information about yourself. Would you be interested in getting tested?”



Refer the youth to the facility or local clinic for testing. Be as specific as possible in your recommendation. “I recommend that you go see Mrs. Smith at X Agency. She is really great with youth. Here is the number for you to call.”



Review anonymous, confidential, and home testing with youth. Become familiar with your facility’s policies on testing, and use the handout on page 17 to become more familiar with testing sites in your area.

Possible Solutions to Suggest for Overcoming Barriers

Barrier #1: Saying "no" to friends.

Solutions:

- Think about what they say that makes it hard for them to say no and come up with responses that will work, like suggesting other things to do.
- Get a friend to help you say no and stick to it.
- Think of the reasons you want to say no and keep them in mind when you are saying no.

Barrier #2: Hanging out with people who try to get you to do things you don't really want to do.

Solutions:

- Think of other things you can do together.
- Find other people to spend time with.
- Start making at least one new friend whom wants to be safe, too.

Barrier #3: Doing things because you need money.

Solutions:

- Find another way to earn some money. Get job training or other help.
- Use safer behaviors to protect yourself in these situations (use condoms every time and don't share needles).
- Get help to find a living situation where you have food, shelter and the other things you need.

Barrier #4: Drinking or using drugs, which make it hard for you to think clearly and keep yourself safe.

Solutions:

- Find people who don't drink or use drugs to spend time with.
- Get help to stop. For example, join a 12 step program.
- Make sure you only use drugs or alcohol when there is no risk of unsafe sex or sharing needles.
- Carry condoms at all times and use them no matter what.

Barrier #5: Convincing other people to use safe behaviors.

Solution:

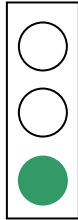
- Practice what you might say to convince them.
- Think about leaving if they still won't use safer behaviors

HIV Risk Behaviors Checklist

✓ Things you do **SOMETIMES**

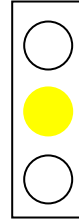
✓✓ Things you do **A LOT**

No Risk or Very Low Risk



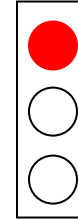
- Dry kissing (no tongue)
- French kissing
- Fantasizing
- Hugging/holding
- Massage
- Masturbation
- Not having sex
- Having sex with only one person when both of you know you don't have HIV

Some Risk



- Oral sex (mouth to sexual parts)
- Using latex condoms correctly **EVERY TIME YOU HAVE SEX**
- Sharing sex toys that have not been washed with soap and water
- Masturbating each other
- Reusing or sharing a needle that has been cleaned with bleach

High Risk



- Anal sex
- Vaginal sex without a condom
- Sharing needles for injecting drugs, steroids or vitamins
- Reusing a needle that has been cleaned with water
- Sharing needles for piercing or tattooing
- Sharing blood by cutting or other ritual

Total ✓: _____

Total ✓: _____

Total ✓: _____

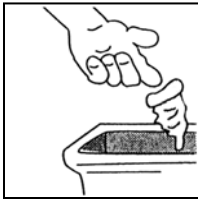
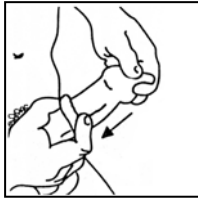
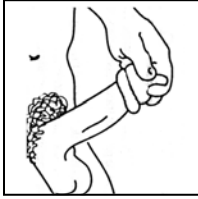
Youth's Plan for HIV Prevention

Name: _____

Date: _____

Risky Behavior	Ways to Be Safe	Barriers to Safer Behavior	Solution

Steps for Using Condoms Correctly



1. Check expiration date on the condom package.
2. Push (squeeze) the condom to one side and open the package, being careful not to tear the condom.
3. Check to be sure that the condom is on the proper side to roll down the penis correctly. Look closely. Condoms only roll in one direction.
4. Hold the condom by the last ½ inch at the tip, making sure to squeeze out any air, and squeeze a few drops of lubricant or spermicide inside the top of the condom. This makes the condom less likely to break.
5. Put the condom on the top of the erect penis, before any contact between the penis and the partner's genitals, mouth or anus. A man who is uncircumcised may pull back his foreskin before putting on the condom.
6. Unroll the condom to the base of the penis. Smooth out any extra air. Apply lubricant on the outside of the condom, if desired.
7. Check during intercourse to make sure the condom is not slipping.
8. After ejaculation, hold the condom firmly by the rim at the base and withdraw (pull out) the penis while the penis is still erect.
9. Remove the condom by rolling it off. Do this away from your partner's body so that the semen that is inside the condom will not come off on or in your partner.
10. Discard the condom. Wrap it in tissue and throw it away. Do not flush condoms down the toilet because they can clog plumbing.
11. Never reuse a condom. If you want to have sex again, always use a new condom.


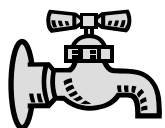



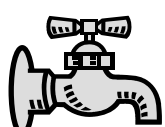
Adapted from: Jemmott LS, Jemmott JB, McCaffree KA. Making Proud Choices! A Safer-Sex Approach to HIV/STDs and Teen Pregnancy Prevention. Curriculum Manual. Third Addition. Published by Select Media, Inc. New York, New York. 2006.

Cleaning Works

Sex isn't the only way you can get HIV. Another way is through sharing needles and drug works. The best thing to do to protect yourself from HIV infection is to stop using, or get into treatment. If you cannot stop or get into treatment, it is very important that you **USE A CLEAN NEEDLE AND WORKS (cotton, cooker, spoon, etc.) EVERY TIME!** Don't share, and throw away used needles and works in a plastic container.

If you don't have any clean needles, try to find a clean-needle exchange program in your area. As a last resort, you can clean your needles and works with bleach and water. Using needles and works that have been cleaned with bleach and water is not as safe as using new, sterile equipment, but it is safer than using works that have not been cleaned at all.

Use Bleach & Water to Clean Works

 <p>Water</p>	<p>Step 1</p> <p>Pull up water. Shoot out water. Do this 3 times.</p>	
 <p>Bleach</p>	<p>Step 2</p> <p>Pull up bleach. Count to 30 Shoot bleach out. Do this 3 times. Don't shoot, drink, or wash with bleach.</p>	
 <p>Water</p>	<p>Step 3</p> <p>Pull up water. Shoot out water. Do this 3 times.</p>	

Remember: If you are doing drugs, stop or get into treatment. If you can't get into treatment, don't share works. Visit a local needle exchange program.

Adapted from:

<http://www.triadhealthproject.com/drugs.html> and <http://www.positive.org/JustSayYes/cleaning.html>

Local Testing Resources

Where can youth go to get tested?

There are several options for testing, depending upon where you live. Some common places that offer testing include:

- Health Departments
- STD Clinics
- Community Health Centers
- Doctor's Office
- Hospitals
- Family Planning Clinics (Planned Parenthood)

How can you find out who offers testing in your community?

Many websites on the internet will show a listing of the testing sites near you. Some helpful websites are listed below.

- www.mtv.com/onair/ffyr is an MTV site designed specifically for youth.
- www.knowhivaids.org
- <http://www.thebody.com/basics.html>
- <http://www.harmreduction.org/> will help you locate Needle or Syringe Exchange Programs.

You can also find useful information by calling your local public health department.

List some of your local HIV/STD resources.

STD Testing & Free Condoms		Needle/Syringe Exchange
Agency:	Agency:	Agency:
Phone Number: () -	Phone Number: () -	Phone Number: () -
Days/Hours:	Days/Hours:	Days/Hours:
Location:	Location:	Location:
<input type="checkbox"/> Anonymous	<input type="checkbox"/> Anonymous	