

## Locally-Developed HIV/AIDS Prevention Intervention Profile



### Kansas

**Project Title:** Community HIV/AIDS Risk Management Services  
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**Population(s) served by this intervention:** Chemically dependent women of child-bearing age (average: 18-35 years of age) residing in substance abuse treatment centers. Some women participating in the intervention are pregnant or newly parenting. There are no restrictions on race, ethnicity, HIV status or sexual orientation.



**Length of time this intervention has been funded:** 5 years

### Goals and objectives:

The Community HIV/AIDS Risk Management Services (CHARMS) intervention's goal is HIV risk reduction.

### Intervention specific activities:

The CHARMS intervention is guided by Cognitive Learning Theory. The intervention consists of 6 sessions, each lasting 90 minutes. Sessions include 8-15 participants.

Week 1: Pre-test and Risk Assessment

Week 2: HIV/AIDS/STD 101

Week 3: Refusal Skills – 5 Steps

Week 4: Refusal Skills – Role Play

Week 5: Voices/Voces with condom demonstrations

Week 6: Post-test and guest speaker who is living with HIV

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### **Social determinants of health/co-morbidities addressed by this intervention:**

STD  
Poverty  
Substance use/abuse  
Mental health issues  
Domestic violence

### **Costs of developing and implementing this intervention:**

Staff time was in kind. The program was funded through Kansas Department of Health and Environment Prevention dollars for 3 years at \$10,000 per year. I was also given a grant from the Kansas Department of Education for \$3,000 to research, design and pilot the program.

### **Evaluation findings related to this intervention:**

The curriculum was pilot tested and the following changes were made based on process evaluation and outcome evaluation data:

- Content appropriate level of difficulty (SMOG was used to assess readability)
- Materials easily understood (sessions are versatile)
- Appropriate length of curriculum and session (reduced by 2 sessions and 30 minutes)
- Number of skill acquisition sessions (increased to 3 sessions)

Based on pre-test, post-test and/or homework assignment results, participants in the CHARMS program showed sex refusal and condom negotiation skill acquisition and increased knowledge around condom and lubrication type and HIV/AIDS/STD transmission.

### **Lessons Learned:**

*Need: Incentives:* Incentives played a major role in eliciting participation. Plan to start with something small like t-shirts, then move to something larger like diapers, body wash and/or laundry detergent. We even used gift cards for the post-test champions. I gave each participant a charm bracelet with something significant as their charm whether a goal, a lost loved one or a challenge.

### **The Way Forward:**

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CHARMS is no longer being implemented through the local health department. The intervention was funded for 5 years and the implementing agency did not apply for the grant money for the new grant cycle.

### **Additional Resources:**

PowerPoint Presentation: "Community Risk Intervention: CHARMS"

\*For more information on how CHARMS was created and the specific curriculum components