

## Michigan HIV Prevention Intervention Definitions

- **Counseling, Testing and Referral:** An interactive process whereby clients are assisted in identifying the specific behaviors and context of those behaviors which place them at increased risk for acquiring or transmitting HIV. The process also assists a client in identifying and committing to specific strategies designed to reduce the risk for HIV transmission or acquisition. Also includes test decision counseling, antibody testing and result delivery and referral to supportive services.
- **Partner Services:** Elicitation of sex and needle sharing partners of HIV infected individuals and notification of those partners of their exposure; followed by offering of HIV prevention services, including HIV counseling, testing, and referral.
- **Individual Level Prevention Counseling:** Multi-session health education and risk reduction counseling provided to one individual at a time. The focus of this intervention is to assess risk reduction needs of clients and assist them in making plans for individual behavior change. ILPC must include risk assessment and development of a risk reduction plan. Can also assist clients in obtaining referrals to other prevention services in clinical and community settings.
- **Prevention Case Management:** An intensive and ongoing individual level intervention targeting clients with multiple, complex problems and risk reduction needs. This intervention can target HIV+ individuals or HIV- clients at high risk for HIV and is intended for persons having or likely to have difficulty initiating or sustaining practices that reduce or prevent HIV acquisition or transmission. Provides intensive, ongoing, individualized prevention counseling, support, and referral assistance.
- **Skills Building Workshop:** The focus of this intervention is to help participants develop or enhance specific skills to engage in risk reduction practices and MUST include client demonstration of skill by all participants. Examples of skills building topics include condom use, safer needle use, negotiation skills, etc.
- **Informational Session:** One-time, information only, group presentation covering topics such as HIV/AIDS, Hepatitis or Sexually Transmitted Diseases. Information may include definitions, statistics, trends, transmission, prevention, disease symptoms and progression, and testing. Although the presenter may demonstrate a skill (e.g. how to put on a condom), this intervention does NOT include a skills building component because there is no client practice of skills included in this program.
- **Outreach:** HIV/AIDS educational intervention conducted face-to-face with clients outside more traditional institutional settings, in their own neighborhoods or other areas where they socialize or congregate. Must include verbal exchange of information between provider and client. Materials distribution alone does not constitute outreach. Cannot be multi-session.
- **Community Level Interventions:** Interventions that seek to change the attitudes, norms, and behaviors of entire communities. These approaches recognize that local values, norms, and behavior patterns have a significant effect on shaping an individual's attitudes and behaviors. Community level interventions may include several components. For example, the

MPowerment intervention includes formal & informal outreach, skills building workshops, and small media campaigns.

- **Structural Interventions:** This intervention aims to modify social, economic and political systems, and may affect legislation, media, health care and the market place. The intervention can directly alter the physical environments in which people live, work, play, and have sex, to help reduce risk. Changing a paraphernalia law to allow access to clean syringes is an example of a structural intervention.
- **Health Communications:** Use of communication strategies to inform and influence individual and community decisions that enhance health. Effective strategies combine theories, frameworks and approaches from behavioral sciences, communication, social marketing and health education. Examples include billboards, radio and television public service announcements.