

Interventions/Epi Committee Suggested Interventions for 2009 – 2010 funding cycle

According to the Centers for Disease Control and Prevention best-evidence HIV behavioral interventions include interventions that have been rigorously evaluated and have shown significant effects in eliminating or reducing sex- or drug-related risk behaviors, reducing the rate of new HIV/STD infections, or increasing HIV-protective behaviors. These interventions meet the **Prevention Research Synthesis (PRS)** efficacy criteria for [best evidence](#) and are considered to provide the strongest scientific evidence of efficacy.

- The PRS efficacy review process has identified **37** best-evidence interventions through May 2008. For more information on each intervention please visit <http://www.cdc.gov/hiv/topics/research/prs/best-evidence-intervention.htm>.
- A listing of a subset of Best-Evident Interventions based on the following characteristics can be found at <http://www.cdc.gov/hiv/topics/research/prs/subset-best-evidence-interventions.htm>.
 - Intervention Level
 - Risk Category
 - Race/Ethnicity of the participants
 - Sex of the Participants

KEY: HS=Heterosexual; HIV+=HIV-positive; HCV+= Hepatitis C-positive; HR=High-risk; MSM=Men who have sex with men; DU=Drug users; CSA=Childhood Sexual Abuse; M=Male; F=Female; T=Transgender; W=White; AA=African American; AI=American Indian; H=Hispanic; API=Asian/Pacific Islander; O=Other racial/ethnic group; GLI=group-level intervention; ILI=individual-level intervention; CLI = community-level intervention

- **BART**
Risk category: HR Youth
Sex: 28% M, 72% F
Race: 100% AA
Intervention level: GLI
- **Be Proud! Be Responsible!**
Risk category: HR Youth
Sex: 100% M
Race: 100% AA
Intervention level: GLI
- **Brief Group Counseling**
Risk category: MSM
Sex: 100% M
Race: 100% API
Intervention level: GLI
- **CHOICES**
Risk category: HS Adult
Sex: 100% F
Race: 54% W, 29% AA, 5% AI, 3% H, 3% API, 6% O
Intervention level: GLI
- **CLEAR (in person)**
Risk category: HIV+, HR Youth, DU
Sex: 78% M, 22% F
Race: 42% H, 26% AA, 23% W, 8% O
Intervention level: ILI
- **Communal Effectance-AIDS Prevention**
Risk category: HS Adult
Sex: 100% F
Race: 55% AA, 42% W, 3% O
Intervention level: GLI
- **Connect**
Risk category: HS Adult
Sex: 50% M, 50% F
Race: 55% AA, 39% H, 6% O
Intervention level: ILI, GLI
- **¡Cuidate!**
Risk category: HR Youth
Sex: 45% M, 55% F
Race: 100% H
Intervention level: GLI
- **EXPLORE**
Risk category: MSM
Sex: 100% M
Race: 72% W, 15% H, 7% AA, 6% O
Intervention level: ILI
- **Female- & Culturally-Specific Negotiation**
Risk category: HS Adult, DU
Sex: 100% F
Race: 100% AA
Intervention level: ILI
- **Focus on the Future *NEW***
Risk category: HS Adult
Sex: 100% M
Race: 100% AA
Intervention level: ILI
- **FOY + ImPACT**
Risk category: HR Youth
Sex: 42% M, 58% F
Race: 100% AA
Intervention level: GLI

- **Healthy Living Project *NEW***
Risk category: HIV+
Sex: 79% M, 21% F
Race: 45% AA, 32% W, 15% H, 8% O
Intervention level: ILI
- **Healthy Relationships**
Risk category: HIV+
Sex: 70% M, 29% F, 1% transgender
Race: 74% AA, 22% W, 4% O
Intervention level: GLI
- **Health Improvement Project**
Risk category: HS Adult
Sex: 45% M, 54% F
Race: 67% W, 21% AA, 12% O
Intervention level: GLI
- **LIFT *NEW***
Risk category: HIV+ w/ CSA
Sex: 47% M, 53% F
Race: 68% AA, 17% H, 10% W, 5% O
Intervention level: GLI
- **“light”**
Risk category: HS Adult
Sex: 42% M, 58% F
Race: 74% AA, 25% H, 1% O
Intervention level: GLI
- **Modelo de Intervención Psicomédica**
Risk category: DU
Sex: 89% M, 11% F
Race: 100% H
Intervention level: ILI
- **Personalized Cognitive Risk-Reduction Counseling**
Risk category: MSM
Sex: 100% M
Race: 74% W, 11% H, 6% API, 3% AA, 6% O
Intervention level: ILI
- **Positive Choice: Interactive Video Doctor *NEW***
Risk category: HIV+
Sex: 79% M, 21% F
Race: 50% AA, 29% W, 13% H, 8% O
Intervention level: ILI
- **Project FIO (8 session)**
Risk category: HS Adult
Sex: 100% F
Race: 73% AA, 17% H, 10% W, 0.3% API
Intervention level: GLI
- **Project S.A.F.E. (Standard Version)**
Risk category: HS Adult
Sex: 100% F
Race: 77% H, 23% AA
Intervention level: ILI, GLI
- **Project START**
Risk category: HS Adult
Sex: 100% Male
Race: 52% AA, 23% W, 14% H, 12% O
Intervention level: ILI
- **RESPECT**
Brief Counseling (Best Evidence)
Enhanced Counseling (Promising Evidence)
Risk category: HS Adult
Sex: 57% M, 43% F

Race: 59% AA, 19% H, 16% W, 6% O
Intervention level: ILI

- **RESPECT Brief Counseling + Booster**
Risk category: HS Adult
Sex: 54% M, 46% F
Race: 51% AA, 22% W, 18% H, 9% O
Intervention level: ILI
- **Safe in the City *NEW***
Risk category: HS Adult
Sex: 70% M, 30% F
Race: 46% W, 25% H, 18% AA, 11% O
Intervention level: ILI
- **SHIELD**
Risk category: DU
Sex: 61% M, 39% F
Race: 94% AA, 6% O
Intervention level: GLI
- **SiHLE**
Risk category: HR Youth
Sex: 100% F
Race: 100% AA
Intervention level: GLI
- **Sisters Saving Sisters**
Risk category: HR Youth
Sex: 100% F
Race: 68% AA, 32% H
Intervention level: GLI
- **Sister-to-Sister: Group Skills-buildingg**
Risk category: HS Adult
Sex: 100% F

Race: 100% AA
Intervention level: GLI

- **Sister-to-Sister: One-on-one Skills-building**
Risk category: HS Adult
Sex: 100% F
Race: 100% AA
Intervention level: ILI
- **STRIVE *NEW***
Risk category: HCV+, DU
Sex: 76% M, 24% F
Race: 57% W, 27% H, 7% AA, 10% O
Intervention level: GLI
- **SUMIT Enhanced Peer-led**
Risk category: HIV+, MSM
Sex: 100% M
Race: 51% W, 23% AA, 17% H, 1% API, 1% AI, 7% O
Intervention level: GLI
- **VOICES/VOCES**
Risk category: HS Adult
Sex: 60% M, 40% F
Race: 62% AA, 38% H
Intervention level: GLI
- **WILLOW**
Risk category: HIV+, HS Adult
Sex: 100% F
Race: 84% AA, 15% W, 1% O
Intervention level: GLI

- **Women's Co-Op**

Risk category: HS Adult, DU

Sex: 100% F

Race: 100% AA

Intervention level: ILI, GLI

- **Women's Health Promotion**

Risk category: HS Adult

Sex: 100% F

Race: 100% H

Intervention level: GLI

Home Grown Effective Interventions

For those who are applying for funding but not utilizing an existing DEBI but would rather justify a new, innovative, science based, home grown or community developed effective intervention; the following are essential components/criteria that must necessarily be utilized:

1. Theoretical premise for creating this specific model

- Underlying principles

- Clear philosophy

- Beliefs

- Integrity

- Fidelity

- Accountability systems

- Identification/involvement of key stakeholders in planning, development and implementation

2. Assessments that justify use of program

- Epi data

- Population specific assessment

- Community level assessment

- Literature reviews

3. Core components of program

- Program materials
 - Curriculum
 - Facilitator guide
 - Manuals

- Program Characteristics
 - Location
 - Times
 - Frequency
 - Duration
 - Consistency
 - Evaluation tools

- Sustainability
 - Resources
 - Supportive services
 - Collaborators
 - Community partners

- Staff
 - Job descriptions
 - History and relationship with targeted population
 - Skills/ability/knowledge/training of implementation staff
 - Time commitment
 - Staff evaluation

Recommendations for assistance and support:

- Local universities; community based research division
- Volunteers