

Couples HIV Counseling and Testing

Module Seven: Support and Prevention Services

Module Perspective:

This module will begin with an opportunity for participants to clarify any materials they may have questions about before moving on to discuss support services for couples.

One issue that has been mentioned throughout the training is the need for ongoing services for couples after they have received CHCT. In this module, small groups will list support services couples might need. Counselors should be allowed to think broadly and not limit themselves to services currently available; rather, they should make an ideal list of services either offered by a CHCT site or by the greater community.

Objectives for Module Seven:

- Identify support services that can be offered to couples after CHCT.
- Describe Prevention with Positives approach to preventing HIV transmission.
- Identify steps counselors can take to link clients to support services.
- Discuss how to mobilize a community.

Advance Preparation

- **Prepare Overheads** 7-1 through 7-6

7-1: Prevention with Positives

7-2: Strategies for Bringing Prevention and Support Services into HIV Treatment and Care Settings

7-3: Strategies for Bringing Prevention and Support Services into HIV Treatment and Care Settings (Continued)

7-4: Fundamentals of Referrals and Linkages

7-5: Fundamentals of Referrals and Linkages (Continued)

7-6: Community Mobilizing Basics

- **Prepare Newsprint**

Support Services (see page 4)

Day Five

Module 7: Topics/Activities Schedule

Start time: 8:30am

| Activity | Time |
|------------------|-------------|
| Morning Review | 20 Minutes |
| Support Services | 70 Minutes |
| Morning Break | 20 Minutes |

End time: 10:20am

Morning Review

Begin by welcoming the participants to the final day of the training. Conduct a culturally appropriate morning energizer to get started. Clarify any material participants have questions about before you move on to discuss this morning's topics: support, prevention services, outreach, and recruitment.

Welcome to the final day of the CHCT intervention training. We have finished going through the entire CHCT intervention. This morning we are going to discuss support and prevention services and outreach and recruitment. Before we begin with new material, do you have any questions about anything we have covered so far?

Support Services

One of the issues we have touched on several times this week has been the need for ongoing services for couples after they receive couples HIV counseling and testing.

What types of couples do you think will have the most need for follow-up services or support?

Acknowledge responses.

Listen for:

- ***Concordant positive couples***
- ***Discordant couples***
- ***Couples with relationship problems***

How many of your sites currently make return visits possible for concordant positive and discordant couples?

Acknowledge responses.

Do clients often come back for follow-up services?

Acknowledge responses and facilitate a brief discussion.

Many facilities do not have the ability to provide ongoing services to individuals and couples affected by HIV. However, it is beneficial to allow couples to come back for another counseling session to deal with any remaining issues. This will help ensure that the couple accesses continued care and support.

Display newsprint.

Support Services

1. Care and Treatment
2. Psychosocial Support
3. Community Services

**Brainstorming
Activity: Support
Services**

On this newsprint I listed three areas of support services: care and treatment, psychosocial support, and community services.

I am going to break you into three small groups and give each group one of these areas to discuss. In your discussion, I would like for you to identify support services for couples that fit into your specific category. On a sheet of newsprint, make a list of the services you come up with. Please do not only focus on what you currently have in your community. Rather, make an ideal list of services. These could be services offered by a CHCT site or by the greater community. Think broadly.

For example, for community services you might begin your list with economic support and support for children of HIV-positive parents.

Ask participants to count off by threes (for example, 1,2,3, 1,2,3, 1,2,3, etc.). Ask all the ones to form a group, all the twos to form a group, and all the threes to form a group in different parts of the room. Give each group one or two sheets of newsprint for their lists. Assign the groups the following areas:

Group 1: Care and treatment

Group 2: Psychosocial support

Group 3: Community services (e.g., economic support, support for children of HIV positive parents, etc.)

Give the groups 20 minutes for this exercise. Each group should then assign a spokesperson, who will have 5 minutes to present the small group's ideas.

You will have 20 minutes to work in your small groups to create your list of needed or useful services. After 20 minutes, a spokesperson from each group will have 5 minutes to present your ideas.

Are there any questions?

Please begin.

Be sure to help the groups keep track of time throughout the exercise by letting them know when they have 5 minutes remaining.

After 20 minutes are up, have a spokesperson from each group present their group's ideas.

After each group has presented, acknowledge any comments or questions, and thank the groups for their work. Post the group's newsprint in a visible place in the room.

Then ask the participants to turn to their manuals to review the list of support services and resources for couples. Be sure to highlight similarities of the services listed in the Participant's Manuals and those listed by the groups.

Thank you for your presentations. Please turn to page ___ in your manuals to the list of support services and resources for couples. Take a moment to review these.

You will notice many similarities between the services listed here and the services you came up with. It's important to remember that the services listed here and the services you came up with in your small groups are not necessarily complete lists. As we continue to work in HIV prevention, we may find a need for additional services that we did not mention. Every community is different, and each will have different needs and resources.

Are there any questions?

Which of these support services and resources can be offered by a CHCT site?

Acknowledge responses.

Listen and probe for:

- ***Ongoing counseling for couples, individuals, groups, and families***
- ***HIV counseling and testing for children***
- ***Post-test clubs and support groups***

Facilitate a brief discussion of services currently offered at counseling and testing sites or by the community.

Are some of the services we have discussed currently offered at your sites?

Acknowledge responses.

What happens when counselors see people coming through the door who need support services that are not available?

Acknowledge responses.

Responses may include:

- ***Counselors may discourage testing.***
- ***Counselors and clients may become stressed or overwhelmed because of a lack of needed resources.***

Without meaning to, counselors can convey anxieties to concordant positive and discordant clients about a lack of support services. This anxiety can influence couples and individuals not to get HIV-tested.

What thoughts do you have about this issue?

Acknowledge participants' comments and facilitate a short discussion. Be sure to emphasize the need to support couple counseling services.

Listen for:

- ***CHCT is an important intervention. Its many advantages outweigh any existing gaps in support services.***
- ***Support services will improve as demand increases.***
- ***Counselor self-awareness can minimize how a counselor's emotions may influence a couple.***

As counselors, we need to continue to talk about these issues. We need to emphasize to our fellow counselors the importance of couple HIV counseling and testing despite any existing gaps in support services.

***Prevention with
Positives***

How many of you have heard of Prevention with Positives?

Acknowledge responses.

HIV counseling and testing is the beginning step in Prevention with Positives. Learning that one has HIV and needs to prevent transmission to others is a very important step. Some HIV-positive persons need reminders and ongoing counseling to keep from transmitting HIV.

Prevention with Positives is an ongoing intervention designed to:

- ***Prevent HIV transmission to others***
- ***Protect the health of HIV-positive persons***
- ***Provide infected individuals with information, skills, and support***

Display and read Overhead 7-1.

P r e v e n t i o n w i t h P o s i t i v e s

Most HIV prevention strategies target preventing uninfected individuals from becoming infected with HIV. However, since there is one HIV-positive person involved in every case of HIV transmission, Prevention with Positives may be a very efficient and effective intervention. Prevention with Positives is designed both to prevent HIV transmission to others and also to protect the health of infected individuals by providing them with information, skills, and support.

Overhead 7-1

This overhead describes the basic premise of Prevention with Positives.

Most HIV prevention strategies target preventing uninfected individuals from becoming infected with HIV. However, since there is one HIV-positive person involved in every case of HIV transmission, Prevention with Positives may be a very efficient and effective intervention. Prevention with Positives is designed both to prevent HIV transmission to others and also to protect the health of infected individuals by providing them with information, skills, and support.

Go through Overheads 7-2 and 7-3.

**S t r a t e g i e s f o r B r i n g i n g P r e v e n t i o n
a n d S u p p o r t S e r v i c e s i n t o H I V
T r e a t m e n t a n d C a r e S e t t i n g s**

- Have providers deliver HIV prevention messages when positive individuals visit clinics or other treatment facilities.
- Facilitate the disclosure of HIV status to sex partners.
- Develop sensitive and culturally appropriate health promotion materials that support disclosure of HIV status and safer sexual behavior among people living with HIV/AIDS.

Overhead 7-2

Perhaps the most effective model for implementing Prevention with Positives is to bring prevention and support services into HIV treatment and care settings. Strategies for doing this include:

- Have providers deliver HIV prevention messages when positive individuals visit clinics or other treatment facilities.

- Facilitate the disclosure of HIV status to sex partners.
- Develop sensitive and culturally appropriate health promotion materials that support disclosure of HIV status and safer sexual behavior among people living with HIV/AIDS.

Strategies for Bringing Prevention and Support Services into HIV Treatment and Care Settings (Continued)

- Facilitate partner referral for counseling and testing services.
- Provide enhanced, ongoing HIV counseling sessions for HIV-positive individuals and couples.
- Provide small group counseling sessions to enhance and reinforce risk reduction.

Overhead 7-3

- Facilitate partner referral for counseling and testing services.
- Provide enhanced, ongoing HIV counseling sessions for HIV-positive individuals and couples.
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This information can be found on page ___ in your manuals.

Are there any comments about the Prevention with Positives approach?

Acknowledge responses.

Services for HIV-Affected Children

The final area of care and support that I would like to discuss is services for HIV-affected children.

Children with one or both parents infected with HIV have ongoing health care, psychosocial, and support needs. Research has shown that early outreach to HIV-affected children and their families can help them more effectively cope with HIV and plan for the future.

How many of you have dealt with care and support services for HIV-affected children?

Acknowledge responses.

HIV counseling and testing programs should explore what options and programs exist in their communities. It's important to make appropriate referrals to help HIV-positive parents with their children's ongoing care and support needs.

Referring couples to appropriate care and treatment services and for other support is very important. What steps can you take to establish referral networks for your CHCT site?

Acknowledge responses.

Listen for:

- ***Identify gaps in available support services—both on-site and in the referral network.***
- ***Create an integrated referral network.***
- ***Create procedures for processing referrals.***
- ***Create and regularly maintain a resource directory.***

Fundamentals of Referrals and Linkages

Display Overhead 7-4.

Fundamentals of Referrals and Linkages

- Identify and assess capacity gaps.
- Identify the range of services available.
- Create a referral network by:
 - Assessing resources
 - Meeting with staff at possible sites
 - Coordinating among service providers
 - Analyzing how accessible and acceptable these resources are to clients.

Overhead 7-4

Let's look in detail at how you can establish a referral network.

First, you should identify gaps in services both at your site and in the referral network. Assess the gaps and identify the range of services available.

Create an integrated referral network. To do this, assess what resources are available. Meet with staff at possible referral sites. Facilitate the coordination of service providers. Analyze how accessible and acceptable these resources and services are to clients.

Display Overhead 7-5.

Fundamentals of Referrals and Linkages (Continued)

Create procedures for processing referrals, such as:

- When to make a referral
 - How to follow up on a referral
 - How to problem-solve obstacles
- Create and regularly maintain a resource directory with the:
 - Name of the referral
 - Location and directions
 - Hours of operation
 - Eligibility criteria

Overhead 7-5

Create protocols and procedures for processing referrals. This includes when to make a referral, how to follow up on a referral, and how to problem-solve obstacles such as transportation, confidentiality, and childcare.

**Community
Mobilization**

Create and regularly maintain a resource directory, including the name of the referral, location, and directions to the organization, the hours of operation, and eligibility criteria.

This information can be found in your manuals on page ____.
Please take a moment to review them.

Give participants a moment to review this material.

Are there any questions?

Some of you may not yet have all the services you need in your communities. However, there are steps you can take to generate attention to this issue and engage the community.

Can someone explain the term “community mobilization”?

Acknowledge responses.

Listen for:

- ***Making people aware of services and getting them involved and invested in the issues.***

Display Overhead 7-6.

Community Mobilizing Basics

- Meet with local leaders and community policy-makers.
- Meet with various groups in the community, such as churches and community centers.
- Convene interested and invested parties for discussion.
- Initiate sensitization and awareness campaigns.
- Establish advocacy groups.
- Generate media attention.
- Be aware of the role of public and private sectors.

Overhead 7-6

Let’s review some basic steps to mobilizing a community.

- Meet with local leaders and community policy-makers.
- Meet with various groups in the community, such as churches and community centers.
- Convene interested and invested parties for discussions.

- Initiate sensitization and awareness campaigns.
- Establish advocacy groups.
- Generate media attention. Media attention can be generated through newspapers, billboards, and radio.
- Be aware of the role of public and private sectors. For example, donor organizations, existing partnerships, community-based organizations, and faith-based organizations all have the potential for collaboration or the potential to give funding to your organization. Counseling and testing sites should build partnerships within their communities and ensure that their activities compliment existing services.

Are there any questions about this?

As we have discussed, couples that have undergone CHCT may need many support services. As ambassadors for CHCT in your communities, you must seek to establish a continuity of care and support and you must help mobilize communities that do not yet have access to a range of services.

Morning Break

Let's take a 20-minute break. When we return, we will move on to the last module, Module Eight, which covers outreach and recruitment. Please be back by (state time).

Overheads

Module Seven: Support and Prevention Services

Prevention with Positives

Most HIV prevention strategies target preventing uninfected individuals from becoming infected with HIV. However, since there is one HIV-positive person involved in every case of HIV transmission, Prevention with Positives may be a very efficient and effective intervention. Prevention with Positives is designed both to prevent HIV transmission to others and also to protect the health of infected individuals by providing them with information, skills, and support.

Overhead 7-1

Strategies for Bringing Prevention and Support Services into HIV Treatment and Care Settings

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- Facilitate the disclosure of HIV status to sex partners.
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Overhead 7-2

Strategies for Bringing Prevention and Support Services into HIV Treatment and Care Settings (Continued)

- Facilitate partner referral for counseling and testing services.
- Provide enhanced, ongoing HIV counseling sessions for HIV-positive individuals and couples.
- Provide small group counseling sessions to enhance and reinforce risk reduction.

Overhead 7-3

Fundamentals of Referrals and Linkages

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- Identify the range of services available.
- Create a referral network by:
 - Assessing resources
 - Meeting with staff at possible sites
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Overhead 7-4

Fundamentals of Referrals and Linkages (Continued)

Create procedures for processing referrals, such as:

- When to make a referral
 - How to follow up on a referral
 - How to problem-solve obstacles
- Create and regularly maintain a resource directory with the:
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Overhead 7-5

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- Be aware of the role of public and private sectors.

Overhead 7-6