

CLEAR Facilitator's Manual

Module 1 Act Safe – Substance Use

Session #2: I'm HIV Positive: Attitudes as Barriers To Future Goals. (1.5 hrs.)

OBJECTIVES:

1. Participants will articulate a vision for a rewarding future.

Participants will confront self-destructive attitudes that inhibit adaptive functioning and promote substance use and sexual risk acts.

Participants will acknowledge substance use and unprotected sexual acts as barriers to their future goals.

Participants will increase awareness of the impact of HIVD in their lives, the opportunities as well as the challenges.

5. Participants will become increasingly motivated by the future.

RATIONALE:

Denial is the pre-eminant defense mechanism in the adolescent psyche. In this session the youths increase acceptance of the impact that HIVD has in their lives, the challenges as well as the opportunities. They will examine how their attitudes may promote substance use and sexual risk acts, and as such are in conflict with the explicit goals of this intervention – to reduce viral transmission and increase quality of life.

As youths address their substance use, motivation is progressively enhanced through the module. In this session youths articulate what they really want, and to begin speculating on where they want to be. Finally, youth engage in setting goals for the future that supports reducing or eliminating substance use now.

SUMMARY:

Welcome participants, take attendance, review goals, introduce the session, and conduct a lottery. (15 minutes)

Make CLEAR goals explicit and resolve ambivalence and other concerns. (15 minutes)

Confront self-destructive attitudes about being HIV positive via a brief soap scene and introduce the feeling thermometer.(20 minutes)

4. Increase awareness of the personal impact of HIVD through a panel discussion. (15 minutes)

Conduct a sentence completion exercise to increase youth's orientation to the future. (10 minutes)

End with a review, between-sessions goal setting, and benefit awareness/ appreciation. (15 minutes)

MATERIALS:

- Attendance/ Participation Record
- Lottery Prize in Mailing Envelope
- Lottery Number Envelope
- Goal Summary Sheet
- Phone Tape Recorder
- 90-min Audio Tape
- Facilitators Manual
- Participants Workbook
- Cohort Data Binder
- Pens and Notepads

NOTES TO THE FACILITATORS: Text in **bold** letters tells you what the purpose of each exercise is. Text in CAPITAL letters tells you what to do. Text in small letters tells you what to say. Once you become familiar with what to say, please put it in your own words. Do not read text in small letters verbatim, make it natural.

The times listed under the headings of each exercise are to help you keep on target and move the workshop along. Exercises may be lengthened or shortened as needed as long as all material is covered.

Exercise 1: "What Is Today About?"
(15 minutes)

[The purposes of this exercise is to create a comfortable atmosphere, to increase self-esteem, and to reinforce positive behavior. A review of actions taken to express the higher self, sharing personal visions, a preview of the day's session, and a lottery are the approaches taken.]

GREET PARTICIPANTS AS THEY JOIN THE CALL

Welcome to CLEAR, Session 2. This is [name]. Who just joined the call?

Hi, [name]. Stay on the line until everyone is here. We'll get started in a minute.

WHEN MOST HAVE JOINED THE CALL THE FACILITATOR SAYS:

Welcome back, everyone. We have a lot of interesting things to talk about today, so we need to get started.

Let's start with introductions again.

Please say your first name, one thing you did this week to express your higher self, and how it felt.

Who wants to start us off?

RECORD ATTENDANCE AS PARTICIPANTS REPORT.

ASK EACH PARTICIPANT REPORT IN TURN WHAT ASPECTS OF THEIR HIGHER SELF WAS EXPRESSED, AND HOW IT MADE THEM FEEL.

EXPAND AS NEEDED AND ENDORSE/ REINFORCE RESPONSES.

Did we hear from everyone?

CALL OUT NAMES OF PARTICIPANTS ON ROSTER WHO DID NOT RESPOND AND COMPLETE ATTENDANCE RECORDS.

It's very important to look at your goal log often through the week. This will keep you stay in motion towards reaching your goals. Looking at it every day is a good idea.

REFER PARTICIPANTS TO THEIR GOAL LOGS AND HAVE THEM COMPLETE THE DATA ON THEIR GOALS.

It will be helpful to get in the habit of reviewing your progress just before each call, and filling in the information on your goal logs.

That way you will get much more out of our sessions. Doing this the night before each call is a good idea.

Before we go on, I want to remind you to give out at least five [BEEP] thanks during our call today.

Be sure to let other group members know when you like what they say or do.

Okay, between the sessions you had another goal to meet.

It was to create a vision of a great future. Who will be in your life, what work will you be doing, and what will you do for fun?

Who wants to share first? What did you come up with?

ENCOURAGE SHARING. BEEP YOUTH WHO COMPLETED THE ASSIGNMENT.

REINFORCE ADAPTIVE RESPONSES.

Today we are going to get at how HIV affects your life and what you want in the future.

Before we get into that we will have today's lottery.

When I call out your name, please pick a number from 1 to 10.

We already have a number on a piece of paper that is sealed in an envelope.

After everyone picks a number, we will open the envelope. Whoever picked the number in the envelope will win a lottery prize, which we will mail to you right away.

So, let's have our lottery.

**PARTICIPANTS KEEP THE SAME NUMBER THEY SELECTED IN THE FIRST SESSION
FOR ALL OF MODULE 1.**

This time the prize is _____.

NAME THE PRIZE.

And the winning number is:

**OPEN THE ENVELOPE (NEAR THE MICROPHONE SO PARTICIPANTS
CAN HEAR IT) AND CALL OUT THE WINNING NUMBER.**

BEEP AND CONGRATULATE THE WINNER.

Each week we will have a lottery with prizes. Remember, you have to be on the call to win.

Exercise 2: "What is the Goal of This Project?"
(20 minutes)

[The purpose of this exercise is to make explicit the goal of the project in order to reconcile issues of manipulation and ambivalence. Stating the goal and using a metaphor to explain it are employed here.]

FACILITATORS ALTERNATE READING THE LINES OF THIS EXERCISE.

One thing that is tricky about this project is that we have a goal for you that may not be your goal at this point.

Therefore we need to talk about that.

We don't want you to think that we have an ulterior motive that we are hiding from you or that we are secretly trying to change you.

Our goal is for you to want something positive out of the rest of your life and then to go for it.

We want you to have high quality lives; to be as happy and healthy as you would like to be.

On the other hand your goal may be to protect yourself from worry, fear, sadness, and feelings of hopelessness.

You may want to forget that you are HIV-positive.

Or you may be torn between going in these two different directions.

One way of living makes it easier to forget about having HIV, but always comes back around to feeling empty and unhappy.

The other direction requires effort to take charge of living with HIV, but leads the way to better health and happiness, and opens the door to a future worth going for.

One problem with wanting to do something about living with HIV is that for many of you there may be no pain right now, or no problems to see on the outside.

Maybe nothing inside is telling you that you need to take action.

The consequences seem a long way off, and so it doesn't seem important to take charge now.

And the rewards of taking action now may seem to be a long way off, too.

On the other hand, we know that the best way to create a great future is to work on having a great life now.

Deciding what you want, planning how to get it, and then going for it is the idea.

There is another important step in getting what you really want out of life. One that is often overlooked. Can anyone guess what that is?

ENTERTAIN ALL IDEAS.

How about looking closely at the things that might get in the way?

Things like not taking care of ourselves, exposing ourselves to health risks, or using drugs and alcohol could sabotage your plans.

The specific skills and resources needed will be different for each one of us, and for each of our future goals.

But without taking charge of your health, your substance use, and your sexual behaviors, there is no point in going for a great future, since these will always get in your way and hold you back.

We will be talking about your personal goals all through this program.

And we will be talking a lot about helping you stay healthy and act safe, since these are

important to all of your goals for the future.

We are going to teach you the skills you need to make any changes you want to, but what you do with those skills is up to you.

No one can force you to want a better life or to be happy. You are always in charge of your future.

So, what *we* want to do is like helping a friend have a healthy and good life even though he or she is HIV-positive, but in this case *you* are the friend.

What do you think of our goal?

ENCOURAGE DISCUSSION.

BE OPEN TO IDEAS AND REACTIONS BOTH POSITIVE AND NEGATIVE.

SUMMARIZE WITH THE FOLLOWING STATEMENT:

We believe that doing your best to act safe and stay healthy is a great way to express your higher selves and to be happy.

Exercise 3: "What Do I Think About Being HIV Positive?"
(20 minutes)

[The purpose of this exercise is to confront attitudes toward being HIV positive which discourage trying to improve the quality of one's life. Doing a brief soap scene and discussing it is the method employed.]

Everyone here probably has a different feeling about being HIV-positive.

We want to capture some of those attitudes and see how they fit in with trying to do something about the rest of your life.

To help get in touch with your attitudes we will do a soap scene.

First we need two volunteer actors to read the script for this scene.

ASSIGN THE ROLES

Thanks a lot [names]. If you turn to page XX in your workbooks you will find your script.
[Pause.] Got it?

Okay, your job is to make this a really lively and interesting soap scene.

Everyone else has a job too. That is to listen very closely for the attitudes, beliefs, and feelings each actor has about being HIV positive.

It may help to actually picture the scene in your minds as the actors read the parts.

HAVE THE VOLUNTEERS READ THE SCRIPT

NO NEED TO WORRY
(Script #1 for Male Group)

JOHN: I heard the bad news. I'm really sorry.

ED: What was that?

J: That you are HIV-positive.

E: So they say.

J: Well, are you or aren't you?

E: That's what the test shows. So, I guess I am.

J: What are you going to do?

E: I feel fine.

J: Most people do at the beginning.

E: I feel fine, so there's nothing to do.

J: Look, Ed, there's a lot you need to pay attention to.

E: I told you I feel fine. That's all there is to it.

J: Don't get defensive about it. I'm HIV positive too. I joined this nutrition group. I really believe that what I eat can make a difference.

E: Quit talkin' shit, man!

J: What about meds? Are you taking anything?

E: Get off my back. There's nothing wrong with me.

J: I'm just trying to help.

E: I don't need any help.

J: If there's something you can do to make things better, why not do it?

E: I don't know I got anything. Nobody can really tell. You can't see anything wrong with me. Why should I worry?

J: Well, it's your life.

E: That's right, so let's go to the park and find someone to get nasty with.

THE END

NO NEED TO WORRY
(Script #1 for Female Group)

VANESSA: What's happening?

RENEE: I look good, don't I?

V: Sure do.

R: OK. Then you won't tell anybody?

V: Tell them what?

R: Vanessa, my best friend-girl, I got HIV.

V: [Very upset] Oh, no!

R: Don't cry. I'm not crying. I feel fine.

V: So, what are you going to do?

R: What do you mean "What am I going to do?" Like I said. I feel fine. I'm not going to do anything.

V: But, you better start taking care of yourself.

R: I feel fine. There's nothing to worry about.

V: I hear you can take medication and slow things down.

R: That's for sick people. I'm not sick.

V: Somebody told me that eating right can keep you healthy

R: Come on, Vanessa. Do you believe everything you hear? I

V: I don't want to see you get sicker.

R: Sometimes you act really stupid. How many times do I have to tell

V: Please. For my sake, let's go find out how you can take good care of

R: You are starting to bug me, girl. Forget about it; let's party.

THE END

That was a great scene!

What did you think of the attitudes that were expressed in the script and how close are they to the way you feel?

ENCOURAGE SHARING AND DISCUSSION OF THE ATTITUDES SHOWN. TRY TO GET THE YOUTHS TO IDENTIFY AND EXPRESS TO THE GROUP WHERE THEY ARE.

DON'T BE CRITICAL OF WHAT IS EXPRESSED. YOU WANT PARTICIPANTS TO BECOME AWARE OF THEIR ATTITUDES AND CONFRONT THEM IN A SAFE ENVIRONMENT.

What self-destructive behaviors do these attitudes often lead to?

EMPASIZE POOR HEALTH CARE PRACTICES, INCREASED SUBSTANCE USE, AND UNPROTECTED SEX ACTS.

Thinking about how HIV affects your life can bring up difficult feelings.

Let's take a look at a new tool that can help you with those feelings.

On page XX in your workbooks is a picture of a feeling thermometer. Can everyone find it?

MAKE SURE EVERYONE LOCATES THE CHART.

Just like you use a thermometer to take your body temperature, we use this chart to take our emotional temperature.

100 degrees means you feel very uncomfortable.

0 degrees means you feel completely and totally comfortable.

What was your temperature when you thought about attitudes about being HIV positive?

**ENCOURAGE SHARING OF TEMPERATURE READINGS AND EXPLORE REASONS
FOR THE FEELING LEVEL.**

Exercise 4: "Why Is Living with HIV a Big Deal?"
(20 minutes)

[The purpose of this exercise is to enable youth to recognize that living with HIV is an important dimension in their lives. A panel presentation with the audience selecting the response which is the method employed.]

For this next exercise I need three volunteers to be on a TV panel.

SELECT THE VOLUNTEERS AND DIRECT THEM TO THEIR BACKGROUND INFORMATION ON PAGES XX, XX, AND XX IN THEIR WORKBOOKS.

IF IT IS AN ALL FEMALE GROUP, USE THE FEMALE'S BACKGROUND INFORMATION.

IF IT IS AN ALL MALE GROUP, USE THE MALE'S BACKGROUND INFORMATION.

IF IT IS A MIXED GROUP USE BOTH SETS OF BACKGROUND INFORMATION.

THE BACKGROUND INFORMATION IS AS FOLLOWS:

MALE GROUP

PANELIST #1 - BACKGROUND INFORMATION:

BEING HIV-POSITIVE IS A BIG DEAL IN MY LIFE BECAUSE IF I TELL ANYONE, THEY WON'T SPEAK TO ME.

IT'S ALSO IMPORTANT BECAUSE NOW I HAVE TO WORRY ABOUT GIVING IT TO SOMEBODY ELSE.

MY SEX LIFE USED TO BE ALL FUN AND NOW IT'S A BIG PAIN.

PANELIST #2 - BACKGROUND INFORMATION:

BEING HIV-POSITIVE IS A BIG DEAL BECAUSE THINGS IN MY LIFE HAVE BEEN PRETTY FUCKED UP.

NOW I HAVE A CHANCE TO START ALL OVER AND PUT THINGS IN ORDER.

IT'S ALSO IMPORTANT BECAUSE NOW I HAVE TO FACE THE FUTURE AND DECIDE WHAT I AM GOING TO DO WITH THE REST OF MY LIFE.

PANELIST #3 - BACKGROUND INFORMATION:

BEING HIV-POSITIVE IS A BIG DEAL IN MY LIFE BECAUSE NOW I HAVE LOTS OF THINGS I HAVE TO DO TO TAKE CARE OF MYSELF.

I HAVE TO EAT RIGHT, STAY IN SHAPE, TAKE MEDS, GO TO DOCTOR'S APPOINTMENTS, LEARN TO MAKE SURE THAT DOCTORS DO WHAT I WANT, AND TRY TO FIND FRIENDS WHO DON'T PRESSURE ME IN THE WRONG DIRECTION.

FEMALE GROUP

PANELIST #1 - BACKGROUND INFORMATION:

BEING HIV-POSITIVE IS A BIG DEAL IN MY LIFE BECAUSE I WILL LOSE MY FRIENDS IF THEY FIND OUT.

ALSO IT IS IMPORTANT BECAUSE I WANT TO HAVE A BABY, BUT I DON'T WANT THE BABY TO GET HIV.

PANELIST #2 - BACKGROUND INFORMATION:

BEING HIV-POSITIVE IS A BIG DEAL IN MY LIFE BECAUSE IT HAS SHOCKED ME INTO REALIZING HOW MESSED UP MY LIFE HAS BEEN.

NOW I HAVE A CHANCE TO STOP GOING WITH THE WRONG GUYS, QUIT GETTING HIGH, AND FIGURE OUT WHAT I WANT OUT OF LIFE.

PANELIST #3 - BACKGROUND INFORMATION:

BEING HIV-POSITIVE IS A BIG DEAL IN MY LIFE BECAUSE IT MEANS THERE ARE LOTS OF THINGS I HAVE TO PAY ATTENTION TO.

I BELIEVE I HAVE YEARS AHEAD OF ME, SO I WANT TO DO WHAT KEEPS ME HEALTHY - LIKE EAT RIGHT, STAY IN SHAPE, TAKE MEDICATION, GET GOOD MEDICAL CARE, HAVE FRIENDS WHO CAN HELP ME, AND DO WHAT MAKES ME PROUD AND HAPPY.

Here's the deal.

You are guests on a TV talk show.

I am the host of the show.

The panel's task is to give us the best reasons why being HIV-positive is really important in their life.

The background information gives you some ideas to start with, but you can add on as many other reasons as you want.

Try to give some reasons from your higher self - reasons that come from your strengths and that point you in a good direction.

And try to give some reasons that give a voice to your lower self, reasons that come from your fear, anger, hopelessness, etc.

Does everyone get that we also have a lesser self and that being human means we sometimes think and act from our lesser self?

RESPOND TO QUESTIONS AND COMMENTS. CONCLUDE AS FOLLOWS:

If this idea is a little fuzzy, don't worry. It will get clearer as we move along.

Okay, each panel member will have 1½ minutes to give us your reasons.

The audience can ask questions of you after all three panel members have gone.

Then the audience will talk about which reasons they think come closest to expressing their lower self.

After that the audience will talk about which reasons come closest to expressing their highest self, the part of themselves they would like to come from when the going gets tough.

Has everyone got the idea?

ANSWER QUESTIONS.

MAKE UP A NAME FOR THE SHOW. EXAMPLE: "THIS IS THE _____ (e.g. USE YOUR OWN NAME) SHOW."

INTRODUCE THE PANEL AND BEGIN THE SHOW.

This is the _____ show.

I'm glad to see all of our studio audience, and I welcome our TV viewers.

Our panel today includes _____, _____, and _____.

Each one of them is HIV-positive, and they will tell us why being HIV-positive is very important in their lives.

CALL ON EACH PRESENTER AND TIME THEM TO NOT EXCEED 1½ MINUTES.

LISTEN TO THE PRESENTATIONS.

Now that you have heard the panel's presentations, would anyone in our studio audience like to ask them questions about what they have said?

ENCOURAGE ASKING THE PANEL QUESTIONS.

Which statements made by the panel sounded most like your own reasons that being HIV-positive is a big deal?

ASK FOR A PARTICIPANT TO COMMENT ON A STATEMENTS HE/ SHE CAN RELATE TO.

ASK PARTICIPANT IF THAT STATEMENT IS COMING FROM THEIR HIGHER SELF OR LOWER SELF, AND HOW THEY KNEW THAT?

Is that reasoning coming from your higher self or from your lower self?

How do you know that?

ASK OTHER YOUTH TO COMMENT IF A PARTICIPANT HAS A QUESTIONABLE OR AMBIGUOUS INTERPRETATION.

What do the rest of you think about that? Could that reason be coming from the [other] self?

HAVE SEVERAL PARTICIPANTS COMMENT ON STATEMENTS THEY RELATE TO, FOLLOWING THE SAME PROCESS.

DO AS MANY AS TIME PERMITS.

CONCLUDE THE EXERCISE BY ASKING WHAT THE IMPLICATIONS OF
COMING FROM THEIR LOWER SELF VS HIGHER SELF ARE FOR THE
FUTURE.

Exercise 5: "What Do I Want Out Of Life?"
(10 minutes)

[The purpose of this exercise is to increase desire for a rewarding life. Youth determine old, recent past and current wants for the future by completing sentences.]

Between sessions you thought about a future you would like to go for.

And last week we talked about many things that are important to you now.

What's important can change over time and it can be helpful to look at those changes.

It's easy to forget some of the important things when the going gets tough, so let's take another look.

I would like everyone to fill in the blanks in this statement:

“Before becoming HIV-positive I wanted _____;
just after finding out I was HIV-positive I wanted _____;
now when I think of the future I want _____.”

You can look at this statement on page XX in your workbooks. When it's your turn just read the statement and fill in the blanks as you go.

We will go around the room and ask everyone to share their answers.

ASK EACH PERSON TO READ THE STATEMENT, AND FILL IN THE BLANKS.

IF NECESSARY, PROMPT PARTICIPANTS BY READING THE STATEMENT AND HAVE THEM RESPOND TO EACH BLANK.

ADD THE FOLLOWING IF NOT EXPLICATED AMONG THE RESPONSES:

I have one more to add:

“Before becoming HIV-positive I wanted to get high for fun;
After finding out I was HIV-positive I wanted get high to forget;

Now when I think of the future I want to get high on all the good things I can experience in life.”

What do you think of all the responses you heard?

**DISCUSS THEIR ANSWERS. LOOK FOR CHANGES IN FUTURE EXPECTATIONS.
ENCOURAGE WANTING SOMETHING BETTER IN THE FUTURE.**

Exercise 6: What's Next?
(10 minutes)

[The purposes of this exercise are to expand on goal setting skills, build group cohesion and create a positive expectation for the next session. Review, a between session activity to complete, and expressing benefit awareness and appreciation to group members is undertaken.]

Today's emphasis was on the future.

We talked about the impact HIV has in a person's life, ways they can respond to the present, and what they want for the future.

Remember that at the end of each session we set some goals.

For the first goal we request that you commit to treating yourself to two things this week that would really make you feel good.

What you pick shouldn't cost a lot or be difficult to arrange.

It may be something as simple as getting up early enough to watch the sunrise, or taking the time to go for a long walk in the park.

Make it something you know you would like, but don't often do.

Maybe you will take a bubble bath or call a good friend you have not seen for a while.

Let's call this kind of goal a "self-reward," meaning that by doing this you are rewarding yourself just for being you.

Remember to make your goals SMART.

REVIEW THE ACRONYM

Let's go around the room and see what self-rewards you will commit to.

Be sure to write these goals on page XX in your workbooks

USE THE CALL ROSTER AND GET FEEDBACK FROM EVERYONE.

COACH ON SMART GOALS ONLY IF NEEDED.

Those are great goals! We will review them at the beginning of our next session to see how you did.

Note that another goal is already on your goal log for this week.

To prepare for next session, please think of two ways using drugs and alcohol can hold you back from achieving your future goals. Record your answers on your goal log also.

Before we stop I would like you to share something valuable that you got out of today's call, or from a member of your group.

This is your chance to show appreciation to other group members if they said something that was helpful to you.

Just say who it was and what they said, and everyone who agrees can give them a [BEEP].

USE THE CALL ROSTER AND HAVE EVERYONE RESPOND.

**HAVE THE GROUP MEMBERS IDENTIFY BENEFITS OF PARTICIPATION.
MODEL SHOWING APPRECIATION BY ACKNOWLEDGING AND PRAISING
MEMBERS AS APPROPRIATE.**

The next session will take place on [DAY, DATE, AND TIME].

THE END OF SESSION TWO.