

CLEAR Facilitator's Manual

Individual Sessions

Act Safe – Substance Use

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

OBJECTIVES:

1. The youth will articulate a vision for a rewarding future.
2. The youth will confront self-destructive attitudes that inhibit adaptive functioning and promote substance use and sexual risk acts.
3. The youth will acknowledge substance use and unprotected sexual acts as barriers to future goals.
4. The youth will increase their awareness of the impact of HIV in their lives, the opportunities as well as the challenges.
5. The youth will become increasingly motivated by the future.

RATIONALE:

Denial is the preeminent defense mechanism in the adolescent psyche. In this session the youth increase acceptance of the impact that HIV has in his/her life, 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 the youth address their substance use, motivation is progressively enhanced through the module. In this session, the youth articulate what they really want, and begin speculating on where they want to be. Finally, the youth engage in setting goals for the future that support reducing or eliminating substance use now.

SUMMARY:

1. Welcome participants, take attendance, review goals, introduce the session, and conduct a thank you gift. (15 minutes)
2. Make CLEAR goals explicit and resolve ambivalence and other concerns. (15 minutes)
3. 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 HIV through a script and discussion. (15 minutes)
5. Conduct a sentence completion exercise to increase the youth's orientation to the future. (10 minutes)
6. End with a review, between-sessions goal setting, and benefit awareness/ appreciation. (15 minutes)

MATERIALS:

Attendance/ Participation Record
Thank you gift
Goal Summary Sheet
Tape Recorder
90-min Audio Tape
Facilitator's Manual
Participant's Workbook
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 are 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 thank you gift are the approaches taken.]

Welcome back, [participant's name]. We have a lot of interesting things to talk about today, so let's get started.

Let's start with by hearing how your week went, especially your goals.

One thing we will do at the beginning of every session is look at your goal log.

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

It will be helpful to get in the habit of reviewing your progress just before you come, and filling in the information on your goal log.

REFER PARTICIPANT TO THEIR GOAL LOGS AND HAVE HIM/HER
COMPLETE THE DATA ON THE GOALS IF HE/SHE HASN'T DONE SO.

That way you will get much more out of our sessions.

Reviewing your progress the night before each session might prove helpful.

Let's see what you have checked off. How did your plan work for remembering your goal?

PROBLEM SOLVE BARRIERS TO COMPLETING GOAL

What is one thing you did this week to express your higher self, and how did it feel?

ASK PARTICIPANT TO REPORT WHAT ASPECTS OF THE HIGHER SELF WERE EXPRESSED, AND HOW IT MADE THEM FEEL.

EXPAND AS NEEDED AND ENDORSE/ REINFORCE RESPONSES THAT DID NOT INCLUDE ALCOHOL OR DRUGS.

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?

What did you come up with?

ENCOURAGE SHARING, EXPOUND, AND CLARIFY RESPONSES. REINFORCE ADAPTIVE RESPONSES, ESPECIALLY THOSE IN WHICH ALCOHOL AND DRUG USE WERE NOT INCLUDED.

How far are you now from your vision of a great future?

What kinds of things get in the way of your accomplishing your vision?

ENCOURAGE SHARING AND ASK PROBING QUESTIONS. PROBE FOR THE EFFECTS OF ALCOHOL AND DRUG USE. STRONGLY ACKNOWLEDGE IF THE YOUTH IS ABLE TO IDENTIFY THE RELATIONSHIP ALCOHOL AND DRUGS HAVE ON THEIR FUTURE.

One of the things that I want to do with you is help you get closer to that vision. As we talk today, we'll discuss just how we might do that together.

One thing that I think is very much a part of that is your being HIV-positive.

Today we are going to talk about the goals of this project, get at how HIV affects your life and what you want in the future.

Before we get into that, it's time for today's token of appreciation.

IF PARTICIPANT WAS ON TIME, GIVE THEM THE PRIZE. IF HE/SHE WAS LATE ENCOURAGE FUTURE TIMELINESS AND TELL PARTICIPANT YOU WILL HOLD ON TO PRIZE FOR NEXT SESSION.

Each week, I'll have a token of appreciation or prize to give you. Remember, you have to be on time for our session to receive it.

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.]

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.

I don't want you to think that the project has an ulterior motive that I am hiding from you or that we are secretly trying to change you.

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

I want you to have a high quality life, to be as happy and fulfilled as you would like to be.

In other words, you achieving your vision for the future.

However, many things affect your future, some of which we've started to talk about.

I think that being HIV-positive has a big impact on your vision.

IF APPROPRIATE, REFLECT STATEMENTS FROM EARLIER DISCUSSION.

For example, you may choose to face HIV head on, to learn everything you can about taking care of yourself and protecting others, and to talk about it when you feel sad or afraid.

On the other hand you may try to protect yourself from worry, fear, sadness, and feelings of hopelessness.

You may want to forget that you are HIV-positive and do lots of drugs or careless sex to help you forget.

Or sometimes, you may feel torn between going in these two different directions.

While one direction makes it easier to forget about having HIV, it eventually leads to feeling empty and unhappy.

The other direction requires effort.

Effort to take charge of living with HIV. But this leads the way to better health and happiness, and opens the door to a future worth going for.

So being HIV-positive has an impact.

But does being HIV-positive mean you won't have a good life?

Many people say that the best way to create a great future is to work on having a great life right now.

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

What are your thoughts about that?

CLARIFY, ANSWER QUESTIONS, AND ENCOURAGE SHARING OF HOW HIV AFFECTS YOUTH'S LIFE.

There is another important step in getting what you really want out of life, one that is often overlooked. Any idea what that is?

ENTERTAIN ALL IDEAS.

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

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

The specific skills and resources that are needed will be different for each person, and for each future goal you have set.

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.

I'm going to teach you some of the skills needed 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 *I* 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 are your thoughts about what I just said?

PROBE AND ENCOURAGE DISCUSSION. FOLLOW-UP QUESTIONS
INCLUDE:

What do you think of our goal?

I've talked about staying healthy and acting safe to help you meet your goals. How does this sound to you?

How do you feel about acting safe by decreasing your alcohol and substance use?

What about acting safe by always using condoms, what are your thoughts?

How about staying healthy by taking care of yourself, which may mean making sure you take your medications on time?

ENCOURAGE DISCUSSION. REFLECT PARTICIPANT'S FEELINGS AND THOUGHTS.

BE OPEN TO IDEAS AND REACTIONS BOTH POSITIVE AND NEGATIVE.

Thanks for your honesty.

I am suggesting that doing your best to act safe and stay healthy is a great way to express your higher self, to be happy, and to reach your future goals.

I hope we can start this journey towards your happiness and your future together.

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.]

Let's talk more about how being HIV-positive has been for you.

Everyone who is positive has a different feeling about being HIV-positive.

I'd like to capture some of those attitudes and see how they fit in with your goals.

To get us started on this topic, let's get in touch with your attitudes about being HIV-positive by doing a soap scene.

Here it is.

Who would you like to be – John or Ed/Vanessa or Renee?

I'll play the other person.

GIVE PARTICIPANT SCRIPT

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

READ THE GENDER APPROPRIATE SCRIPT WITH PARTICIPANT.

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

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 Participant)

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 longer.

R: Come on, Vanessa. Do you believe everything you hear? I told you I'm not doing anything. There's no reason to.

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

R: Sometimes you act really stupid. How many times do I have to tell you that I'm not sick?

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

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?

Who did you identify with the most?

ENCOURAGE SHARING AND DISCUSSION OF THE ATTITUDES SHOWN.
TRY TO GET THE YOUTH TO IDENTIFY AND EXPRESS WHERE HE/SHE IS.

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

It would seem that some attitudes are helpful and some can be harmful to you.

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

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

SUMMARIZE BY REFLECTING THE RELATIONSHIP BETWEEN THE
PARTICIPANT'S ATTITUDE AND THEIR BEHAVIOR.

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 identify those feelings.

Here is a picture of a feeling thermometer. I'd like to add it to your workbook.

GIVE THE PARTICIPANT THE FEELING THERMOMETER

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 towards being HIV positive?

ENCOURAGE SHARING OF TEMPERATURE READING 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 the youth to recognize that living with HIV is an important dimension in their life. A discussion of HIV's importance is the method employed.]

I'd like you to think about how your life and attitudes have changed since learning you were HIV-positive.

I know for many it's a struggle.

For example, in that soap scene, I would say for one of the characters, a reason why being HIV-positive was important was that they thought more about how they affected other people.

Here are some reasons that people sometimes have about why being HIV-positive is important.

GIVE PARTICIPANTS LIST OF REASONS

I want you to tell me if you think that the reason is coming from your higher self; reasons that come from your strengths and that point you in a good direction.

Or if the reason is from your lower self; reasons that come from your fear, anger, hopelessness, etc.

Do you get that we also have a lower self and that being human means that we sometimes think and act from our lower self?

RESPOND TO QUESTIONS AND COMMENTS.

Okay, I'll read each reason and you tell me if you think it's coming from the higher or lower self.

REASONS ABOUT WHY BEING HIV-POSITIVE IS IMPORTANT

MALE PARTICIPANT

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

IT'S 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.

BEING HIV-POSITIVE IS A BIG DEAL BECAUSE IT REALLY FUCKED THINGS UP IN MY LIFE.

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

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

FEMALE PARTICIPANT

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

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

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.

Thanks, you did well with that.

Now, I'd like to hear about why being HIV-positive is important to you.

First, I'd like to understand what it's been like for you.

Tell me, how has it been for you being HIV-positive?

ENCOURAGE SHARING. USE REFLECTIVE LISTENING AND VALIDATE YOUTH'S EXPERIENCE.

What are the biggest reasons why being HIV-positive is really important in your life?

Do you agree with any of the reasons that were on the list?

ENCOURAGE DISCUSSION. USE REFLECTIVE LISTENING.

Do you think your reasons come from your higher self?

In other words, are they reasons that come from your strengths?

ENCOURAGE DISCUSSION. USE REFLECTIVE LISTENING. AFFIRM YOUTH'S FEELINGS.

Oftentimes, some reasons come from the lower self.

The reason HIV is important can come from your fear, anger, hopelessness, etc.

For example, in the soap scene we did earlier, one of the characters thought their life was basically over. That was a big reason being HIV-positive was important.

Do you ever find that true for yourself? That some of the reasons that HIV is important come from you lower self?

ENCOURAGE SHARING AND DISCUSSION.

USE REFLECTIVE LISTENING TO ENCOURAGE YOUTH TO SHARE AND SHOW YOUR UNDERSTANDING OF YOUTH'S EXPERIENCE.

REFER TO PREVIOUS DISCUSSIONS OR STATEMENTS AS APPROPRIATE.

RESPOND TO QUESTIONS AND COMMENTS.

CONCLUDE AS FOLLOWS:

What you've said is very interesting. How are you feeling about this discussion?

Remember the feeling thermometer?

DIRECT YOUTH TO THE FEELING THERMOMETER

What is your temperature reading right now as we are discussing this?

TAKE READING AND REFLECT HOW THE DISCUSSION IS AFFECTING HIM/HER EMOTIONALLY.

What difference could it make on your future if you choose to come from your higher self or your lower self today?

DISCUSS WHAT THE IMPLICATIONS FOR THE FUTURE ARE OF COMING FROM THE LOWER SELF VS HIGHER SELF.

ACKNOWLEDGE AND AFFIRM STATEMENTS WHICH REFLECT INCREASING EXPRESSION OF THE HIGHER SELF.

PAUSE FOR A MOMENT OF REFLECTION BEFORE MOVING ON TO THE NEXT EXERCISE.

Exercise 5: What Do I Want Out Of Life?

(10 minutes)

[The purpose of this exercise is to increase desire for a rewarding life. The youth determines old, recent past and current wants for the future is the method employed.]

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 you 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 _____.”

GIVE PARTICIPANT SHEET WITH STATEMENTS PRINTED ON IT.

GIVE YOUTH TIME TO COMPLETE SENTENCES.

ADD THE FOLLOWING IF NOT EXPLICATED AMONG THE PARTICIPANT'S RESPONSE:

I have one more I'd like you to think about:

“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 are your thoughts about the statements, both yours and the one I said?

Do you relate to the one’s I said in any way?

DISCUSS ALL OF THE YOUTH’S ANSWERS. LOOK FOR CHANGES IN FUTURE EXPECTATIONS. ENCOURAGE WANTING SOMETHING BETTER IN THE FUTURE.

SUMMARIZE PARTICIPANT’S THOUGHTS AND FEELINGS. IF APPROPRIATE, ADD THE FOLLOWING:

It looks like you want something better in your future. I really hope that together we can help you accomplish that goal.

That’s what these sessions are about.

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

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

Today's emphasis was on the future.

We talked about the impact HIV has in your life, ways you can respond to the present, and what you want for the future.

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

For the first goal I 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

What self-reward will you commit to?

COACH ON SMART GOALS IF NEEDED.

Be sure to write these goals on your goal log.

That's a great goal! We will review it 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.

We talked about how HIV can affect your future, drugs and alcohol can affect your future too.

The difference is that you can use HIV as a wake-up call to want and go after a better future.

We talked a little about this already but I would like you to give it some more serious thought.

Record your thoughts about how drugs and alcohol can affect your future on your goal log.

I will be very interested in hearing your thoughts next week.

Before we stop I would like you to share something valuable that you got out of today's session.

FACILITATOR MODELS BY SHARING SOMETHING POSITIVE ABOUT PARTICIPANT.

HAVE THE PARTICIPANT IDENTIFY BENEFITS OF PARTICIPATION.

SHOW APPRECIATION BY ACKNOWLEDGING AND PRAISING PARTICIPANT AS APPROPRIATE.

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

END OF SESSION TWO.