

The TEA Project Intervention Manual



**Anhui Provincial Center for Disease Control and Prevention
China Center for Disease Control and Prevention
UCLA Center for Community Health**

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INTRODUCTION

The **TEA** (Together for Empowerment Activities) intervention for HIV-affected families in Anhui of China is delivered at three levels simultaneously: 1) TEA Gathering (small group for parent living with HIV [PLH] and family members at the individual level), 2) TEA Time (home-based family activities with children that accompany each TEA Gathering at the family level), and 3) TEA Garden (community events that build social integration for HIV-affected families). The theoretical framework underlying the intervention sessions is presented in Table 1.

Table 1 Theoretical Framework – Intervention Sessions – Intervention Modules		
Social Action Perspective	Intervention Session	Intervention Module
Behavioral changes will be sustained when people are motivated by predicting outcomes, evaluating capabilities, and generating goals that guide problem solving	Staying in healthy daily routine; Maintaining good mental health	Module 1: Healthy body & healthy mind
Individual's behavioral changes are influenced by the individual's close personal relationships	Strengthening family unity to overcome difficulties; Positive parent-child relationships for family support	Module: 2: Positive family interactions
Environmental contextual factors are linked to individual well-being and behavior changes	Building confidence and growing up with adversity; Integrating into community and contributing to society	Module: 3: Quality of Life

The intervention comprises three modules: 1) Healthy body & healthy mind, 2) Positive family interaction, and 3) Quality of life. They are arranged around the theme of tea, an acronym of our project (Together for Empowerment Activities). Each module contains 2 sessions. The 6 sessions reflect the identified challenges faced by the HIV-affected families in China. The participants build up their problem-solving skills through the intervention activities implemented at individual (TEA Gathering), family (TEA Time) and community (TEA Garden) level, The intervention starts with a preparation session to get the participants oriented and ready. The intervention sessions are summarized in Table 2 with corresponding activities.

Table 2. Summary of TEA Intervention Activities			
Preparation Session	Sign-in and introduction, activities (Pair share, Role play, Relaxation), group rules, questions and answers, IRB process, distributing cameras and learning how to use for home work		
	TEA Gathering	TEA Time	TEA Garden
Module 1: Healthy body & healthy mind	Session 1: Staying in healthy daily routine	Family kitchen; Family album	Community health fair
	Session 2: Maintaining good mental health	Family emotion rainbow Table topics	
Module 2: Positive family interactions	Session 3: Strengthening family unity to overcome difficulties	Fabric of family; My colorful family bags	Community amusing sporting event
	Session 4: Developing positive parent-child relationships for family support	"I love my family" memory book	
Module 3: Quality of life	Session 5: Building confidence and growing up with adversity	My dream: a children paintings show	Children painting exhibition & Family talent show
	Section 6: Integrating into community and contributing to society	A tea party for neighbors and friends	

TEA Gathering: Two small group TEA gatherings are held respectively for the PLHs and their family members to participate in the activities dealing with the challenges they are facing. Six sessions of TEA Gatherings are conducted to address different issues commonly encountered by PLHs and their family members.

Session 1. Staying in healthy daily routines. In this session, we frame the issue that maintaining consistent healthy daily routine is important to improve physical health especially for HIV-affected families. The purpose of the session is to educate the participants to have a better understanding of healthy life style, and encourage them to form healthy life habits. The session starts with a discussion: what are the healthy daily routines? Three conclusive answers are summarized from a group discussion on a whiteboard: a. balanced nutritional diet; b. active physical exercises and good personal hygiene habit; c. adherence to the treatment and prescribed medication. These three issues are then further explored with various participated activities. A pair share, "my family diet" is conducted to explore the actual daily meals each family has. Then the facilitator will comment on whether they meet the criteria of healthy nutritional diet, and demonstrate how to meet the criteria. A game with small prizes is introduced with quizzes on healthy diet, personal hygiene and HIV knowledge. A role play, "what we eat today" is performed for participants to experience how to maintain the healthy diet in family. A presentation of healthy life style is given by the facilitator with a discussion on how to adhere to the treatment and medication, followed by a game to fill the pill box to encourage the participants to take scheduled medication. At the end of the session, participants are asked to practice healthy diet for daily meals after the session, and to record their cooking recipes, and bring them to the next session.

Session 2. Maintaining good mental health. In this session, we introduce the concept of mental health for HIV-affected families. The purpose of this session is to learn the importance of mental health and how to maintaining mental health through the practice of positive thinking. The session begins with a group game “what kind of emotion is it” to illustrate what is healthy emotion and what is unhealthy emotion. To facilitate the discussion regarding the impact of emotion change on the health of families, the participants are asked to identify the emotional changes occurred after they or a family member gets sick. To summarize the discussion, the facilitator will raise the question: how to keep healthy mental status? To draw the conclusion, a case discussion, “what is positive thinking” is conducted to show the different results derived from the same situation, and to demonstrate that the differences are caused by different attitudes. Pair share is used to practice positive thinking based on the examples of their own lives. Then one pair is selected to tell stories based on their own experience followed by a group discussion. At the end of the session, participants are asked to identify the emotion of their respective families, to color a family emotion rainbow painting to share different expression of their family emotional feeling in the next session.

Session 3. Strengthening family unity to overcome difficulties. In this session, we will identify the impact of HIV/AIDS infection on family relations, resolution of family conflict and improvement of communication. The purpose of this session is to emphasize the importance of family bonds in helping HIV infected family members overcome difficulties in life. We start with a role play “what can we do” to demonstrate the positive and negative impact of HIV/AIDS on family relationship and the importance of improving family relationship. A graph is then presented to the participants followed by a question “what did you see”. Different objects are viewed and identified by people from different viewing positions. The facilitator explains the phenomenon by emphasizing the importance of multi-perspective thinking. Pair share is then conducted to further explain the multi-perspective thinking to enhance mutual understanding. A role play with the same theme is performed again but with position-change thinking to show that conflicts can be better resolved when people exchange views and try to see things from different angles. The facilitator then concludes that multi-perspective thinking is the most effective way to facilitate mutual understanding and resolve conflicts for family to overcome difficulties together. At the end of the session, participants are asked to work together with their families to design and paint a multicolor family bag and bring it to the next session for contest.

Session 4. Developing positive parent-child relationships for family support. In this session, the emphasis is on helping families to recognize the role change in HIV-affected families and the impact on the parent-child relationships. The session starts with a group conversation about the children of the participating families. We ask participants to bring photos of their children and talk about their children’s personality, achievements, dreams, and their expectations for their children. The facilitator leads the group conversation to the theme question “how to help your children to realize their dream”? To facilitate the parents to better understand the best strategy to achieve this goal, a circle game “who is the first one to hit the target with accuracy” is played. The facilitator leads the participants to the conclusion that the best strategy to realize your great dream is to start with the most reachable target. A pair share is played to exchange ideas on how to appropriately handle children’s problems to illustrate the role change and impact of diseases on parent-child relationships. HIV status disclosure and various types of disclosure are discussed to analyze the advantage and disadvantage of different types of disclosure. We emphasize that it is

their own decision and choice whether or not and how to disclose their status. As a process to rebuild the parent-child relationship, at the end of the session, participants are asked to help their children to complete “I-love-my-family memory book” and bring it to the next session for sharing.

Session 5. Building confidence and growing up with adversity. In this session, we focus on attitude change. A positive attitude is the key to overcome adversity. The facilitator begins the session by telling a story about a bull which falls into a dry well and how it manages to come out of it. The turning point is that the bull has a positive attitude so that it can stand up on the falling dirt and finally step out of the well. The facilitator then gives another story about a local role model, Ms. Liu Meili, the champion of a Paralympics Games and her coach. The local role model is inspiring to the participants. An auction game “most helpful item” is played. The game is to let everyone choose the most valuable item through auction for their best interests among the following 7 items: confidence, determination, wisdom, loving heart, family love, university diploma and money. After the game a discussion is held for everyone to share their thoughts and to realize that family adversity is an opportunity to help their children grow. To learn how to effectively encourage their children, a competition “whose encouragement is the best” is going to be held to assist the participants to get the idea how to inspire their children. At the end of the session, participants are asked to retell the stories from the session to their children and help their children complete a painting “my dream”, and bring it to the next session for sharing.

Session 6. Integrating into community and contributing to society. In this session, the theme is to encourage the participants to get involved in community activities to improve their quality of life. Several related issues are explored in terms of how to integrate with the community and make a contribution to the society. Pair share is conducted to exchange ideas on how to keep good relationship with their neighbors. A role play “if you were them” helps the participants to learn how to understand the positions of medical providers and township leaders from their respective perspectives. A group discussion is conducted on why self-isolation is not the way to protect them, how they can best utilize the community resources to improve their quality of life, and what they can make a contribution to society as a return. The activities lead to the conclusion that the disease is not the end of the world, and there are a lot of things they can do to have good quality of life and make a contribution to the society. The discussion can provide the participant with effective skills to enhance their capabilities to face life challenges. Finally, through the game “Lucky Lottery”, we assign everyone a specific role to be responsible for the upcoming TEA Garden Community Event. This gives them a privilege to participate in organizing and playing a role in community activities.

TEA Time: Six home-based family activities are tailored to match the themes of each TEA Gathering session. The purpose of the TEA Time activities is to promote family interactions. When the intervention starts, we give each family a camera to take pictures of family activities during TEA Time for them: (1) to document their TEA Time activities; (2) to share their TEA Time activities with others; (3) to exchange their homework with other participants in the beginning of the following TEA Gathering sessions.

Session 1. My family kitchen cooking recipe: record the actual food intake nutrition components;

Session 2. My family emotion rainbow painting: indicate the daily family emotion by painting emotion with different colors of rainbow for each day.

Session 3. My family multicolored bag: complete a colorful family bag with the whole family together.

Session 4. "I love my family" memory book: fill the contents of memory book by the children through discussions with their parents.

Session 5. My dream – Children's painting: a painting with the theme "my dream" by the children for the parents to present during next TEA Gathering session.

Session 6. Neighbor tea gathering: promote social integration by inviting neighbors to a home party.

TEA Garden: Three TEA Garden community events are held after each module of TEA Gathering and offer opportunities for the HIV-affected families to integrate with the community:

(1) Community Health Fair is the first TEA Garden community event held after the first module of healthy body & healthy mind to promote the healthy lifestyle and related facts, HIV/AIDS prevention and treatment knowledge and medical consultation in the local community;

(2) Community Amusing Sporting Event is the second TEA Garden community event to be held after the second module of positive family interaction to strengthen the bonds and mutual support among HIV-affected family members through sports competition, and encourage active physical exercise;

(3) Children Painting Exhibition & Family Talent Show is the third TEA Garden community event to be held after the third module of quality of life to provide opportunity for HIV-affected families to integrate with and serve for the local community. The TEA Garden events are geared for all participating village residents. The purpose is for the HIV-affected families to have an opportunity to play a role in organizing the event and experienced normal social life.

Family Routines: Two home-based family activities serve as family routines to facilitate family habit for daily communication on a daily basis:

(1) Table conversation topics. Table conversation topics consist of useful information tightly related to the main themes and goals of the intervention. Approximately 100 of these topics are collected, printed out on cards and put in a decorative box. The topics cover healthy cooking recipes, healthy life style and positive life attitudes, etc. All participating families routinely get a card and discuss the topic on it for each day. Table topic conversation will reinforce the interaction among family members and improve family relationship;

(2) Photographing family activities. Family album is provided to fill with the photos taken by the families. Each family has a family album to collect their photos as an unforgettable record and memory. As an effective and valuable tool to document the family activities and daily life, photographing family activities can facilitate sharing and exchanging among the participants throughout all intervention sessions.

Reunion Sessions. Reunion meetings of PLHs and their family members will be held three months after the initial trainings and continue until the end of the 24-month follow-up. Regular reunions are highly effective to maintain the efficacy of the intervention. Reunion sessions will allow PLHs and their family members to address issues and concerns they have had in the past three months. The main focus will be to continue problem solving and skill building. To achieve these goals, the reunion meetings will include reviewing and sharing from PLHs and their family members about how they deal with the challenges, strong reinforcement of their continued efforts, and active participation in community events.

The following intervention manual describes the details of each session. Each session starts with a brief review of the contents learned in the previous session and ends with the summary of what have been learned today and the homework. The intervention sessions consist of games, pair shares, role plays and group discussions to encourage communication and interaction among participants.

PREPARATION SESSION: INTRODUCING THE TEA PROJECT

Goal	
<p>Goal:</p> <ul style="list-style-type: none"> • Encouraging participants to participate in the project with confidence, courage and enthusiasm • Understanding and getting familiar with the TEA project and activities • Introducing project activities and establishing group rules • Learning a group sign dance “My Grateful Heart” 	
Agenda (Total 90 minutes)	Training Materials
<p>Welcome session (20 minutes)</p> <ul style="list-style-type: none"> • Welcome/Mutual Introduction • Serving green tea • Motivating participants <p>Project introduction (15 minutes)</p> <ul style="list-style-type: none"> • The TEA Project overview, goals, logo, etc. • Establishing group rules • Thank-you cards • Purpose and content of this preparation session <p>Introduction to activity formats (5 minutes)</p> <ul style="list-style-type: none"> • Games • Pair Share • Role play • Group discussion • Observation and learning • Summary <p>Relaxing games (10 minutes)</p> <ul style="list-style-type: none"> • Mutual back massage • Drum-beating and flower-passing game • Learning sign dance “My Grateful Heart” <p>Informed consent (25 minutes)</p> <ul style="list-style-type: none"> • Informed consent, answering questions • Distributing cameras; camera use training <p>Summary (15 minutes)</p> <ul style="list-style-type: none"> • Major issues today • Preview of the next session • Assignments • Introducing next week’s TEA Gathering • Encouraging active participation 	<ul style="list-style-type: none"> • Project logo • Thank-you cards • White (Black) board • Pen/Chalk • Project poster • Digital cameras • Sign-in sheet <p>Writing down the following on the white(black) board before the session</p> <ul style="list-style-type: none"> • Training goals • Topics of today

Welcome session (20 minutes)

Opening

- Welcome speech
- Introducing the facilitators
- Participants' pair-introduction: introducing each other in pairs, and then introducing your partner to the whole group.
- Serving tea to each other.
- Motivating participants (very important).

Project introduction (15 minutes)

Introducing the intervention and its goals

- TEA intervention project overview.

- The main goal of the TEA intervention project is to help the participants change their attitude toward life, to promote interaction among family members, and to improve their quality of life through active involvement in various intervention activities.

- Introducing the TEA Project logo.

Purpose and content of the preparation session

- The TEA intervention comprises of three modules with six sessions. The three modules are: Healthy body & healthy mind, positive family interactions and quality of life, as outlined below:

TEA Intervention Activities			
	TEA Gathering	TEA Time	TEA Garden
Module 1: Healthy body & healthy mind	Session 1: Staying in healthy daily routine	Family kitchen; Family album	Community health fair
	Session 2: Maintaining good mental health	Family emotion rainbow Table topics	
Module 2: Positive family interactions	Session 3: Strengthening family unity to overcome difficulties	Fabric of family; My colorful family bags	Community amusing sporting event
	Session 4: Developing positive parent-child relationships and family support	"I love my family" memory book	
Module 3: Quality of life	Session 5: Building confidence and growing up with adversity	My dream: a children paintings show	Children painting exhibition & Family talent show
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Establishing group rules

It is important to us that you will feel comfortable to participate in the intervention and eventually benefit from it. What kind of group rules shall we establish and adopt in order to make you feel comfortable? We would like to encourage you to work together to establish the group rules. We have the following suggestions:

- All participants should participate, raise questions and express their opinions.
- We should respect all kinds of opinions, be they the same or different from ours. There are no right or wrong answers because we all give responses based on our own value systems and positions. The purpose of the intervention is to understand the different opinions in other people's perspectives.
- It is of vital importance to keep all the information confidential. Under no circumstances should any one disclose any personal information of the group members. Also, we should have a respectful attitude towards other group members when we exchange opinions and discuss the issues.
- Be punctual. It is advised to arrive 10 minutes early for each session.
- Each participant should have the equal share of time during discussions.

Please note: the purpose of establishing the group rules is to make each participant feel safe and comfortable. In case a participant breaks the rules, facilitators should have the right to request him/ her to leave the session.

Thank you cards

Before the session starts, each participant will receive a set of thank you cards and an explanation on how to use the cards. Here is some advice:

- We will use these cards during the sessions. Each card is a token to express our gratitude.
- When someone says or does something which makes you feel good, you may give him/her a card to express your appreciation.
- The card is also a token of agreement with others.
- You may give a card immediately each time you feel necessary without waiting too long. You may give him/her a card to show your agreement without interrupting a conversation.

As a demo, the facilitator's assistant can give a thank-you card to the participant who is the most attentive as a reward.

- Have you found anyone who deserves a thank-you card?

Introducing activity formats (5 minutes)

The following are the formats of activities we are going to conduct.

- Games
- Pair Share
- Role play
- Group discussions
- Group observation and emulation
- Comments

Relax games (10 minutes)

Group Activities: Mutual back massage or play the drum-beating & flowers-passing game.

Informed consent and how to use the digital camera (25 minutes)

Note: (All participants will have signed their informed consent form prior to this preparation session. Here we'd like to repeat some key points). Facilitators should explain the purpose and procedure of the informed consent, and state clearly that participation is completely voluntary. Give a brief introduction of the project and answer questions.

Distributing digital cameras: The camera is used for intervention. Each participant who has agreed to participate and signed the consent form will receive a digital camera.

The camera will serve as a digital diary about the daily life of each participant's family, which they are going to share among group members.

It is important to teach participants how to use the cameras and to take some test shots. The cameras should be labeled and placed a name tag for the purpose of taking pictures. The participating families will keep the camera once the project is finished.

User instructions: unpack, set-up, zoom, shoot and save. Label each camera place a name tag. Make sure each participant understands how to use it.

Photo album: the facilitators will have pictures printed 30 minutes before each session.

Sharing pictures: choose 2-3 pictures you like most during each session, and explain to the group the situation when the pictures are taken.

Members of participating families should put the printed pictures in an album and to encourage the children to write a paragraph for each picture.

Please bring your camera and album to each session.

The camera and the album will be a gift from us to your family. We hope everyone can make good use of it.

We hope that the family members could continue to use the camera as one way to live a happy life. This is the ultimate goal of this intervention.

Summary (15 minutes)

Summary of today's session

- Asking each participant to share what they have learned or what they like about today's session.
- Previewing next session and encourage attendance.

Preview of next session

- Introducing the purpose of the first TEA Gathering.
- Introducing the contents and requirement of the upcoming event.

Homework

- Encouraging each family to learn how to use the camera, and take some pictures together.
- Taking pictures at your own interest.
- Arriving 30 minutes prior to the intervention next time to get your pictures printed by the staff.
- Choosing two best pictures to share among the group members in the next session.

Reminding the content, time and venue of the next session and encouraging attendance.

SESSION 1: STAYING IN HEALTHY DAILY ROUTINE

Goal	
Goal: <ul style="list-style-type: none"> • Help participants form good healthy habits • Enhancing medical treatment adherence for HIV/AIDS patients 	
Agenda (Total 90 minutes)	Materials
<p>Warm-up activity: Group sign dance “My Grateful Heart”</p> <p>Welcome and introduce the first session (20 minutes)</p> <ul style="list-style-type: none"> • Welcome/Tea session • Photo sharing • The theme of this section • Group discussion: “What do good life habits include?” <ul style="list-style-type: none"> ○ Nutrition mix and match ○ Physical exercise/Good individual hygienic habit ○ Medicine treatment adherence for Patients <p>Pair Share: My family's diet menu (20 minutes)</p> <ul style="list-style-type: none"> • Pair share: My family's diet menu • Summary: Food pyramid and good personal hygiene <p>Game: Quiz (5 minutes)</p> <ul style="list-style-type: none"> • Questions & answers: knowledge about daily healthy eating habit • Small gifts as rewards for the correct answers <p>Role play: What do you eat today? (15 minutes)</p> <ul style="list-style-type: none"> • Learning the related knowledge about healthy eating • Plan development to maintain nutrition intake upon local conditions <p>Tips for healthy life (15 minutes)</p> <ul style="list-style-type: none"> • Daily issues • Group discussion: How to take medicine on time? • Introducing the pill box <p>Game: Filling pill box competition (5 minutes)</p> <ul style="list-style-type: none"> • Who can fill the pill box most quickly and accurately • Winner rewards: strengthening the concept of medicine treatment adherence <p>Summary: (10 minutes)</p> <ul style="list-style-type: none"> • Three themes: <ul style="list-style-type: none"> ○ Balanced nutrition ○ Physical exercise / Good individual hygienic habit ○ Patients' medicine treatment adherence • Introducing next week's session: Time, Place, Content (Note: please bring your cameras for next week's section) • Introducing TEA Time activity: Family kitchen 	<ul style="list-style-type: none"> • • • Project logo • Thank-you cards • Sign-in sheet • White(Black)board • Pen/chalk • Project poster • Sign-in sheet • Rational eating table • Pill box • Dummy pills • Quiz prizes • “Fill the pill box” contest prizes • The hierarchical balanced diet chart <p>Write on white(black) board ahead of time</p> <ul style="list-style-type: none"> • Goal for training • Today's topics

Warm-up activity: Group sign dance “My Grateful Heart”

Welcome/ Photos sharing/ Introduction (20 minutes)

Welcome/Thanks/Tea session

- The facilitators welcome the participants and thank them for attending today's session.
- Tea session

Photos sharing:

- Every participant shows the group 1 or 2 most favorable pictures.
- Answer questions regarding how to use the camera.

Today's session topics

- The theme: forming good healthy habits.
- Facilitators point out the importance of good healthy habits in one's life, especially for those HIV/AIDS affected individuals and their family. The following points should be emphasized.
 - Good healthy habits can lead to sound physical and mental health.
 - Good healthy habits can lead to harmonious family relationship.
 - Families affected by HIV/AIDS are under tremendous physical, mental and family pressure. Therefore, it is even more important to form good healthy habits. Using real-life examples of the good healthy habits to illustrate the above points.

Group discussion: how to define good healthy habits?

Encouraging the participants to define good healthy habits. Facilitators will give some hints and summarize the points with the following three categories.

- Balanced nutritional diet.
- Taking part in active physical exercises and keeping good personal hygiene.
- For those people who are under treatment, taking medications on time as prescribed.

Pair-share: my family's diet list (20 minutes)

Pair-share: two participants communicate about what good diet habits are.

- Facilitators introduce pair-share and how it works.
- Pairing the participants according to their seating.
- What to share: share with your partner about your daily diet.
- What to share: try to remember your partner's daily diet, and then with other group members about his/her partner's daily diet.

Facilitators' comment: The “Pyramid” of balanced diet and good personal hygiene

- Facilitators make comments on each participant's daily diet.
- Facilitators introduce what defines a balanced diet habit.
- Facilitators explain what is a good life habit including personal hygiene and eating habit.

- Facilitators should try to guide the participants on how to balance the nutrition intakes with limited resources.

Game: quiz (5 minutes)

Quiz: questions on daily balanced nutrition intakes.

Questions: (to be chosen from table topics)

Rules: the first one who can get the correct answer wins the prize.

Prizes: (to be prepared by the project staffs) small gifts such as soaps, toothpastes, etc.

Role play: what will you eat today? (15 minutes)

Purpose: to learn the concept of balanced nutrition and healthy diet

Introduction: facilitators introduce what is role play and how it works. Facilitators may give a demo to guide the participants.

Roles: spouses/ brothers/ sisters

Scene: a group member designs a set of daily diet and asks another member to comment on it. The husband/ brother/ sister has just attended a workshop about healthy diet and he/she gives opinions about how to balance the nutrition intakes based on the current situation.

Properties: menu (this can be prepared in advance or improvise it based on the discussion)

Comments: facilitators praise each participant and encourage their comments.

Tips for a healthy life (15 minutes)

Precautions of HIV/AIDS patients:

- Quit smoking or alcohol abuse.
- Intake enough nutrition and exercise actively.
- Prevention of infecting others.
- Taking medications on time.

All above-mentioned points are very important for HIV/AIDS patients. Make special emphasis on the last point to bring about the following discussion.

Group discussion: How to help patients take medicine on time?

Encouraging the participants to raise points about how to monitor a patient taking his/her medications on time. Facilitators take notes and summarize.

Introduce the pill box:

- the advantages of using the pill box
- How it works.

Game: Competition for filling the pill box (5 minutes)

Materials: Giving each participant one pill box and several fake pills.

Rules: Winner goes to the one who has filled the pill box fastest and most accurately.

Results: Small prizes for the winners

Summary (10 minutes)

The three topics covered today:

- Balanced nutrition.
- Actively participate in physical exercise / Good individual hygienic habit.
- Patients who are receiving treatment should take medicine on time.
- Follow the Health Tips Handbook.

Homework: see appendix ——family kitchen (10—15 minutes)

Introduce next week's session: Time, Place, and Content. Encouraging participation.

Special instruction: facilitators will get your pictures printed 30 minutes prior to the next session.

TEA Time session: Family kitchen

The TEA Time “Family kitchen” Outline

Purpose: The whole family designs a healthy daily menu and prepares a meal based the menu.

Materials:

1. The Food Guide Pagoda (see appendix Graph I).
2. My food intake record (see appendix Table I).

Activity: Preparing a well-balanced meal with your family based on what you have learned within a budget of 50 yuan offered by the program. Introducing the Food Pyramid and My food intake record.

The Food Guide Pagoda is a guideline prepared by the Chinese Nutrition Society regarding healthy diet structure for Chinese. You can prepare your meals with your family based on the food guide pyramid. You don't have to strictly follow the instruction but it would be better if you could stick to the standard everyday.

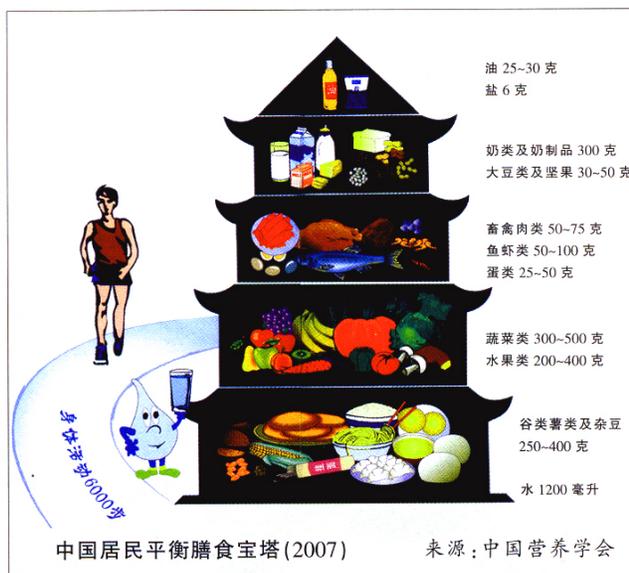
My food intake record is to be used to make a record about what you eat everyday. Food has been classified into six board categories. Please make record accordingly with the amount taken each meal.

Facilitators could make a sample record to guide the participants. Facilitators should get the participants familiar with the food classification.

Procedures:

1. The participant will be in charge of the TEA Time and guide his/her family members to work out a well-balanced diet plan together.
2. You should prepare your meal based on what you've learnt today, as well as the Food Guide Pagoda within the budget given and the available resources.
3. Your children will be in charge of making records about planning and cooking of each meal with My Food Intake Record.
4. Using the camera to take pictures as records.
5. Bringing your camera next time and show the group 2 to 3 your favorable pictures.

Appendix Graph I: the Food Guide Pagoda (intake per person per day for your reference)



膳食宝塔指明的每天适宜摄入量种类是为了给人们以直观印象,并非严格规定。中国营养学会理事长葛可佑强调,他们推广的是“均衡”饮食的理念,提倡的是长期坚持的态度。

Appendix Table I: My food intake record (for reference)

Filling in the form with what kind of food and how much you have eaten today, for each meal (e.g., a pack of milk, 150 grams of pork, certain amount of soy beans or carrots, etc.)

油 25-30 克
盐 6 克

奶类及奶制品 300 克
大豆类及坚果 30-50 克

畜禽肉类 50-75 克
鱼虾类 50-100 克
蛋类 25-50 克

蔬菜类 300-500 克
水果类 200-400 克

谷类薯类及杂豆 250-400 克

水 1200 毫升

	Breakfast	Lunch	Dinner	Total

SESSION 2 : MAINTAINING GOOD MENTAL HEALTH

Goal	
Goals: <ul style="list-style-type: none"> • Learning to control your emotion • Mastering the skills of positive thinking and relaxation 	
Agenda (Total 90 minutes)	Materials
<p>Warm-up activity: Group sign dance “My Grateful Heart”</p> <p>Opening (15 minutes)</p> <ul style="list-style-type: none"> • Welcome/sign-in/Tea session • Review last week’s section • TEA Time activity sharing –Results and feelings of family Kitchen (photo sharing) • Introduction of table topics <p>Introducing the concept of health (10 minutes)</p> <ul style="list-style-type: none"> • The concept of health defined by WHO • Emotion status is an important indicator of healthy mind • The importance of healthy emotion: Long-term depression/ /Uncontrollable emotion will affect your health <p>Be the master of your emotion (25 minutes)</p> <ul style="list-style-type: none"> • Game: Guess what kind of emotion it is? • Discussion: Emotional changes occurred after a family member or yourself get sick • Comments: How to keep a healthy mental status <p>Positive thinking (20 minutes)</p> <ul style="list-style-type: none"> • Case perspective: What is positive thinking? • Pair sharing: Practice positive thinking • Positive thinking <p>Relaxation tips (10 minutes)</p> <ul style="list-style-type: none"> • Skills of enjoyable relaxation: Are there any skills which can make you happy and relax? • Group discussion: Do you have other better ideas? • Practice together: Practice relaxation skills <p>Summary (10 minutes)</p> <ul style="list-style-type: none"> • Summary of the key points: <ul style="list-style-type: none"> ○ Taking control of your emotion ○ Positive thinking ○ Skills of enjoyable relaxation • Next week’s activity: Time, Place, Content (Return cameras) • TEA Time activity introduction: Family emotion rainbow painting • Preparation for the first TEA Garden: Community Health Fair 	<ul style="list-style-type: none"> • • • Project logo • Thank-you cards • White (black) board • A sample of the “family emotion rainbow” • Pen/chalk • Project poster • sign-in sheet • Project logo • Rules: how to use colors • Painting brushes • Emotion cards <p>Write on white(black) board in advance</p> <ul style="list-style-type: none"> • Goal for training • Today’s topic

Warm-up activity: Group sign dance “My Grateful Heart”

Opening (15 minutes)

Welcome/ sign-in

- The facilitators welcome the participants and show our appreciation for their presence.
- Sign-in
- Tea session.

Activity review

- Reviewing last week’s intervention.
- Sharing about what you’ve learnt from the last TEA Time session.
- Photo sharing among group members.
- Introducing table topics: Each family receives a box of about 100 pieces of table topics and everyday the family takes out one card from the box and have a family conversation on the topic of the card.

Key points:

- (1) It is a good opportunity to share your feeling and learn from each other.
- (2) Encourage active participation and sharing. Facilitators can give some guidance when it is necessary.
- (3) Use the thank you cards and applause.

The concept of health (10 minutes)

The concept of mental health

- Health includes physical health and mental health.
- Explain how important mental health is to one’s health.

The concept of health defined by WHO: “Health is the harmonic status of one’s body, mind and adaption to the environment. Health is not only about illness free.

Complete health includes physical health and mental health, and such terms are inter-related and work closely together. They comprise the core of health.

Indicators of mental health

- Emotional status is a key indicator of mental health:

(1) A mentally healthy person can also experience negative emotions like sorrow, worry and anger. This is normal.

(2) A mentally healthy person will not let the negative emotions last for long. For those people, positive emotions like happiness and satisfaction always dominates. This is the difference between mentally healthy and mentally sick.

- Emotional stability and happy feeling are important indicators of being mentally healthy.
- Be a master of your own emotion.

Importance of mental stability

- Long-term depression and uncontrollable emotion can affect one's health.
- Using some real life examples to demonstrate the important role of positive attitude in defeating physical sickness.
- Facilitators give two examples and encourage the participant to bring along their own.

Emotional stability affects one's health at every moment. Long-term depression can alter one's hormone level and harm one's immunity system. A healthy person could get sick if he/she deeply worries about getting sick all the time.

We should not pay attention only to our physical health and ignore our mental health. We should avoid long-term anxiety and unhappiness. When you experience long-lasting unhappy feeling, you should learn how to adjust and control yourself.

Control your own emotion (25 minutes)

Game: what kind of emotion is this?

Materials: A set of cards with emotions include happiness, excitement, anger, sadness, depression, etc.

Rules: Divide the participants into two groups for a competition. One member shows his/her partner an emotion card and let him/her make a guess what emotion the card stands for.

Summary: All participants work together to group the emotion cards into positive and negative categories.

Discussion: emotional changes after you are sick

Groups: Several small groups or the whole group depend on the situation.

Topics: Facilitator emphasizes that negative emotions are part of our daily life, and what we can do is how to control the bad emotions so that you are not affected on a long-term basis.

- (1) Have negative emotions ever attacked you?
- (2) How many times you have been attacked?
- (3) Have the bad emotions hurt yourself or people around you?
- (4) How did you manage to control the bad emotions?

Conclusion: Key point summary to keep you emotionally stable based on the discussion

- (1) Shifting your attention.
- (2) Allowing yourself some time to calm down in responding to bad emotions.
- (3) Thinking positively.
- (4) Always looking for other people's strengths while ignoring his/her own weakness.
- (5) Every cloud has a silver lining. You never know what this bad thing can bring about a positive outcome.
- (6) Things may be different if you take one step back.
- (7) Have a good laugh.
- (8) Taking a deep breath.
- (9) Have a chat with your friend.

- (10) See a doctor.
- (11) Cry.
- (12) Enjoying good food.
- (13) Drinking some wine.

Facilitator's comments: keeping yourself positive is important to control bad emotions and maintain a happy mental status. We need such happy mental status to deal with the problems in our daily lives.

Positive thinking (20 minutes)

An example: what is positive thinking?

Example 1:

Show the group a half-filled glass
Some of them may respond as half-emptied and some as half-filled.
Why people see things from different perspectives?

Example 2: Two sales persons arrive in an African country trying to sell shoes. They then find out people there don't wear shoes generally.

Sales man No. 1: we have no chance to sell shoes here because people don't wear them.
Sales man No. 2: we can have a big market here if we can convince people to wear shoes.
Why people see things from different perspectives?

Example 3: give your own examples

Summary: People see things differently based on what are they focus on. Positive thinking is to pay attention to the positive side. Negative thinking is to pay attention to the negative side only. Would you prefer positive thinking?

Practice: positive thinking gives rise to positive emotions.

An application: we have been experiencing negative emotions because we or our family member get infected with HIV/AIDS. We can overcome such emotions with positive thinking as a way to protect ourselves, as well as gain other people's respect.

Positive thinking: (1) Being responsible to your family and children, (2) Get a chance to meet someone important to you (like a close friend) because of the infection, (3) Difficult situation as a motivation to your children.

Your own experience of positive/negative thinking

Pair-share:

- Two as a group.
- What can we do to cultivate positive thinking regarding HIV/AIDS infection?
- Participants could discuss about past happenings and how positive thinking could have changed your situation. The partner gives advices then shares his/her own experience.

Group-share:

- Pick up 1-2 pairs as good examples and ask them to share their experience with the whole group.

- Emphasize on the bright side and group members' solutions.

Relaxation tips (10 minutes)

Skills of enjoyable relaxation: Are there any skills which can make you happy and relax?

Some suggestions:

Taking a deep breath
Practicing Tai-chi
Playing cards
Listening to music
Knitting
Doing house work
Shopping
Visiting a friend
Chatting,
etc.

Facilitators write down people's idea on the board.

Group discussion: Any other better ways?

- Have you tried any of the above?
- Did it work?
- Any better idea?

Do-it-together: relax together

Facilitators lead the group to try some relaxation tips together if condition permits.

Summary (10 minutes)

Summary of the key points:

- Be in control of your emotions
- Positive thinking
- Skills of enjoyable relaxation

Next week's session: Time, Place, and Content. Encourage attendance.

Special instruction: facilitators will get your pictures printed 30 minutes prior to the next session

TEA Time session: Emotional rainbow of my family

TEA Time activity “Painting emotion rainbow of my family” Outline

How it works: paint the colors which represent your emotion on the rainbow graph from Monday to Sunday. Then observe how your emotion varies in the past week.

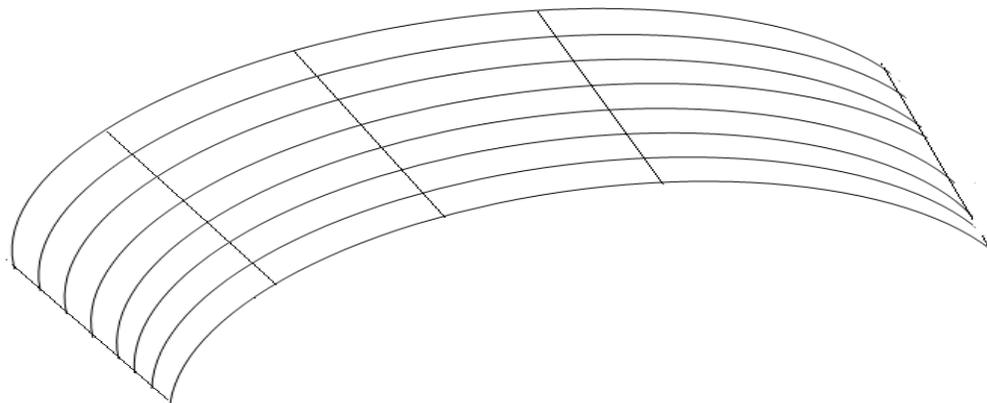
The color scheme:

Red stands for excitement,
Yellow stands for happiness,
Green stands for peace,
Blue stands for calm,
Black stands for anger,
White stands for pain,
Purple stands for gloominess.

Materials: a blank rainbow card and colors.

A blank rainbow card

There are seven rows and each stands for one day in a week. Each column stands for a family member. The graph below represents a four-member family.



Procedures:

1. The children in your family paint the rainbow after dinner according to each family member's emotion of the day.
2. Use your camera to capture the moments.
3. Children can write it down in their diaries.
4. Bring your own family emotion rainbow card and your children's diaries to share in the next session.

Preparation for the first TEA Garden activity: Community Health Fair

SESSION 3: STRENGTHENING FAMILY UNITY TO OVERCOME DIFFICULTIES

Goal	
Goals: <ul style="list-style-type: none"> • Realizing the impact of HIV/AIDS on family relationship; • Learning how to resolve family conflicts, strengthen communication and improve family relationship; • Learning the most effective ways to overcome difficulties with your family members and 	
Agenda (Total 90 minutes)	Materials
Warm-up activity: Group sign dance “My Grateful Heart”	<ul style="list-style-type: none"> • •
Opening (15 minutes) <ul style="list-style-type: none"> • Welcome/Thanks/Tea Session • Review and share: <ul style="list-style-type: none"> ○ Review last week’s activity ○ Sharing TEA Time activity—“ Family emotion rainbow” ○ Sharing your pictures and feelings with the group • The themes for today’s activities <ul style="list-style-type: none"> ○ The impact of HIV/AIDS on family relationship ○ How to solve family conflicts, strengthen communication and improve family relationships ○ The most effective ways to overcome difficulties with family members and solve problems 	<ul style="list-style-type: none"> • Project logo • Thank-you cards • White(black)board • Pen/chalk • Project poster • Sign-in sheet • Color cloth • White cloth bag • Pigments • Pictures • A sample of “our family bag” <p>Write on white(black) board ahead of time</p> <ul style="list-style-type: none"> • Goals for training • Today’s topic
Role play show: What can we do? (25 minutes) <ul style="list-style-type: none"> • Inducing the thought about the theme of today’s activity • Discussion based on role play: <ul style="list-style-type: none"> ○ The positive impact of HIV/AIDS on family relationship ○ The negative impact of HIV/AIDS on family relationship ○ The key to improve family relationship 	
Pair share: Position-exchange thinking (20 minutes) <ul style="list-style-type: none"> • Position-exchange graphs: what did you see? • Pair Share: <ul style="list-style-type: none"> ○ Position-exchange thinking to your unhappy individual experience ○ Did you change thought after position changing? • Key point summary: Position-exchange thinking is an effective way to strengthen mutual understanding and resolve family conflicts. 	
Role play: Improving interaction and overcome difficulties together (20 minutes) <ul style="list-style-type: none"> • Role play again based on the demo • Resolve conflicts through position-exchange thinking • Discussion: Do they solve the problems with the most effective skills? • Host gives appraisal, affirmation and summary 	
Summary (10 minutes) <ul style="list-style-type: none"> • Three themes and goals of today’s activities • Next week’s activity: Time, Place and Content • TEA Time activity introduction: Multicolored family bag 	

Warm-up activity: Group sign dance: "My Grateful Heart"

Opening (15 minutes)

Welcome/ Sign-in

- The facilitators welcome the participants and show appreciation for their presence.
- Tea session.

Review

- Reviewing last week's intervention.
- Sharing what you've learnt from last TEA Time session "family emotion rainbow".
- Photo sharing among group members.
- Encouraging the participants making efforts to control bad emotions and live a happy life.
- Encouraging long-term use of table topics as a way to promote family harmony.

Today's topics

- The impact of HIV/AIDS on family relationship.
- Learning how to resolve family conflicts, strengthen communication and improve family relationship.
- Learning the most effective ways to overcome difficulties with family members and solve problems

Role play demo: what can we do? (25 minutes)

Purpose of the demo: as an opening to today's session

Scenarios (choose one below)

Scenario #1:

A father, who feels guilty towards his family due to his own physical weakness resulting from HIV infection.

A mother, who is under great pressure because she needs to make money and take care of the family and the father at the same time.

A child, who has been laughed at by friends at school because he/she was not able to pay school fees on time.

All three family members are not happy.

Scenario #2:

A family was not invited to a neighbor's wedding. This made all the three family members unhappy.

Discussion: What are your suggestions to them?

Group discussion:

Facilitators make notes on the board based on the discussion:

- Negative impact of HIV infection:
 - (1) Economic burden.
 - (2) Emotionally stressful due to taking care of the patient.
 - (3) Stigma.
 - (4) Self-blame.
 - (5) Others.

- Positive impact of HIV infection:
 - (1) Better family relationship
 - (2) More care given.
 - (3) Better understanding among family members
 - (4) Tough life makes a child strong.
 - (5) Others.

- Some tips to promote family harmony:
 - (1) To understand.
 - (2) Good communication.
 - (3) Give your praise.
 - (4) Be patient.
 - (5) Reasonable expectation
 - (6) Apologizing when necessary
 - (7) No bitter words
 - (8) Forgiving
 - (9) Sharing the burden.
 - (10) Any others?

Pair share: Think differently (20 minutes)

What did you see?

Viewing from the top: a man
Viewing from the bottom: a horse



Discussion: Why people see the same picture from different perspectives?

Pair-share: Position-exchange thinking

Choose your own partner: two as a group.

Discussion:

- (1) Each group member shares an unhappy event among family members.
- (2) Try to step into the shoes of your family members and try to understand why they are not happy.

(3) Are you feeling better now if you tried to look at things from others' perspective?

Questions:

- (1) Have you changed your mind after you've been trying to step into the shoes of others?
- (2) What has brought about such changes?

Facilitators' comments:

- (1) Try to understand your family members from their perspective.
- (2) Step into the shoes of others is an effective way to resolve family problems.
- (3) Try your best to think from your family members' perspectives.

Role play:

**Improve interaction among family members and overcome difficulties
(20 minutes)**

Scenario: Role play based on the demo.

Purpose: To resolve the problem and make each of the family members happier if they try to think with other people's perspective.

Comments: Did the participants in the role play successfully resolve the problem?
Facilitators give their comments and praise each team's role play.

Summary (10 minutes)

Today's topics:

- The positive impact of HIV/AIDS on family relationship.
- Learn how to resolve family conflicts, strengthen communication and improve family relationships.
- Learn the most effective ways to overcome difficulties with family members and solve problems

Next week's session: Time, Place and Content. Encourage attendance. We would like to get your children introduced to the group next time so please bring their pictures, paintings and any awards they've received.

TEA Time session: “Colorful family bag”

TEA Time Activity “Colorful family bag” Outline

Each family designs their own family bag

Materials:

1. A blank bag.
2. Color clothes.
3. Needles and color threads.
4. Pigments.

Instructions:

1. The whole family designs and makes the special family bag together. The children shall play an important role.
2. Use the color clothes and pigments to decorate the blank bag as you wish.
3. A sample bag can be shown.

Emphasis:

1. We expect each family member’s participation.
2. Taking pictures using the camera.
3. Sharing with the group your bag and the pictures you have taken next session when we meet.

SESSION 4: DEVELOPING POSITIVE PARENT-CHILD RELATIONSHIP FOR FAMILY SUPPORT

Goal	
Goals: <ul style="list-style-type: none"> • Encouraging participants to realize the role changes due to illness and its impact on parent-child relationship; • Helping participants to communicate with their children and provide mutual support; • Providing information to help them make preparation for disclosure. 	
Agenda (Total 90 minutes)	Materials
<p>Warm-up activity: Group sign dance “My Grateful Heart”</p> <p>Opening (10 minutes)</p> <ul style="list-style-type: none"> • Welcome/Thanks/Enjoy tea • Review and share <ul style="list-style-type: none"> ○ Review last week’s activity ○ TEA Time activity sharing—“multicolored family bags”. ○ Communicate about problems encountered • Themes of today’s activity <p>Let’s talk: My children (15 minutes)</p> <ul style="list-style-type: none"> • Introduce your children • Introduce your expectations for your children • Thinking: How to help your children realize their dreams? <p>Circle game: Who is the fastest and most accurate (20 minutes)</p> <ul style="list-style-type: none"> • Compete for the best circler • Discussion “Winning Strategies” • Do small thing in the broader perspective <p>Pair share: Impact of sickness on parent-child relationship (15 minutes)</p> <ul style="list-style-type: none"> • Family role change and parent-child relationship due to illness? • How to handle your children’ behavioral problems? • Discussion: appropriate or inappropriate approach <p>Let’s talk: Disclosure(15 minutes)</p> <ul style="list-style-type: none"> • Question: Did you disclose your HIV status? • Analysis: The advantages and disadvantages of disclosure • Decision: Disclosure plan <p>Parent-child interaction: The farthest family aircraft (10 minutes)</p> <ul style="list-style-type: none"> • Making folding paper aircraft with you children at home • Write a hope on the aircraft, and compete with other families. • Strengthen the parent-child relationship through competition. <p>Summary (5 minutes)</p> <ul style="list-style-type: none"> • Key points of today’s activities • Next week’s activity: Time, Place, Content (Bring 10 best photos of your family for the next week’s session) • TEA Time activity introduction: I-Love-My-Family memory book • 2nd TEA Garden preparation: Community Amusing Sports Event 	<ul style="list-style-type: none"> • • • Project logo • Thank-you cards • White (black) board • Pen/chalk • Project poster • Sign-in sheet • Photos of children (self-prepared) • Paintings of children (self-prepared) • Family memory book • Paper folding handbook • Check-in sheet • Plastic circles • Target for circles (bottle) • Colored folding paper • Check-in sheet • <p>Write on white board ahead of time</p> <ul style="list-style-type: none"> • Goals for training • Today’s topic

Warmth-up activity: Group sign dance: “My Grateful Heart”

Opening (10 minutes)

Welcome/Thanks/Enjoy tea

- Welcome back to our activities;
- Enjoy tea together;

Review and share

- Reviewing last week’s activities;
- Sharing TEA Time activity among group members- Results and feelings of “Family Multicolored Bag”;
- Showing photos of each family; communicate problems encountered; talk about individual feelings;
- Encouraging family members to do meaningful things together; keep happy mood; enjoy every day;
- Asking if they discussed on table topics, praise participants who did it and encourage all of them to insist on table topics, promote communication among family members and understand more life common sense.

Introducing themes of today’s activity

- Inducing participants to realize the role changes due to illness and its impact on parent-child relationship;
- Helping participants to promote their communication with children and their mutual support;
- Providing information to help them make preparation for disclosure.

Let’s talk: my children (15 minutes)

My children: Every participant introduces their children to others.

- (1) How many children in your family;
- (2) Which grade are they in;
- (3) What are your children’s characteristics and specialties;
- (4) Encouraging group members to show photos;
- (5) Sharing among group members: children’s certificates of award, paintings, handwritings and compositions, etc;
- (6) If there are compositions depicting family relationships, facilitator can read one paragraph for participants with the consent of the author.

My expectation on my children: Listing the expectations on the blackboard.

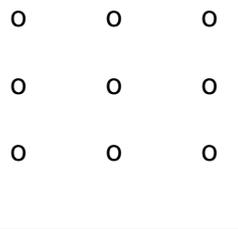
- (1) Healthy body;
- (2) Study hard;

- (3) Get into good high school and university;
- (4) Have a good job;
- (5) Respect parents;
- (6) Get married and have kids;
- (7) So on so forth.

Thinking: How to help my children realize their dreams?

Circle game: Who the fastest and most accurate circler is (20 minutes)

Game setup: The facilitator gives 4 plastic ferrules to each participants, they stand on after the starting line and use the ferrule to circle the targets in front, the targets are arranged according to the below graph.



Game rules:

- (1) You can circle the farthest or the nearest target directly;
- (2) If you circle the nearest target first and catch it, you can stand by this target and then circle your next target;
- (3) Compete who can circle the farthest target most quickly and with the least number of circling.

Discussion “Winning strategies”:

(1) Let winner talk: How did he/she circle? What is the strategy? Circle the farthest or the nearest? What are the advantages and disadvantages? Which way is better, circle the farthest target or catch the nearest one then go ahead?

(2) Inducing participants to discuss: these circle targets like our expectations on children. Do small thing in the broader perspective.

Pair share: Impact of sickness on parent-child relationship (15 minutes)

Dividing into pairs: Two people in one group (because the topic is sensitive, the participants can choose their partners by themselves. It’s easier to open their heart when they talk to their familiar people).

Pair share: How did you handle them?

Introduce to the partner: What has been changed in family role and parent-child relationship due to illness? Did your children have some behavioral problems? How did you handle them?

Group discussion: Introduce the effective ways mentioned by your pair-sharing partner.

How do you handle your children’s behavioral problems? Appropriate or inappropriate?

Learn from examples;

Enumerate some appropriate and positive ways as reference.

Summary:

(1) When a family member is ill, there should be some mood and behavior changes in the children. It is not the children's fault;

(2) We should not scold or beat children, especially should not vent your bad moods and pressures on your children. We should understand that children are under tremendous pressure too;

(3) Disease is the unhappiness of the whole family, but also it is an opportunity to make the family more united and close;

(4) We should encourage and support children, make them adapt to role changes, and face the difficulties stoutly and bravely.

Discussion: Disclosure (20 minutes)

Questions from facilitators: Did you disclose your HIV status?

(1) How many participants have already disclosed their disease to your family members? Who you have already disclosed to in your family? Are your family members more concerned with you after your disclosure?

(2) If you have not disclosed, do you plan to do it? Who you plan to disclose to in your family?

Types of disclosure:

- (1) Full disclosure
- (2) Partial disclosure
- (3) No disclosure

Analysis of advantages and disadvantages of disclosure:

(1) Full disclosure: patients would not have psychological pressure due to concealment and feel relaxed; pursue understanding and care from society and family members, but possibly face their discrimination from society.

(2) Partial disclosure: patients should have a clear idea of choosing the disclosure subject, whom is appropriate to be disclosed to? For children, at what age of children is appropriate to be disclosed?

(3) No disclosure: avoid discrimination from society, but patients will endure great psychological pressures due to lack of support from family members and society on their own.

Examples of disclosure:

Enumerate the examples of attitude changes after disclosure (better with local positive examples);

Analyze examples.

Disclosure plan:

Induce participants to make decision based on their own situations.

Consider to make a disclosure plan with least impact on yourself and family.

**Parent-child interaction: a competition for the farthest family paper airplanes
(10 minutes)**

Learn the method for folding paper airplanes. Every participant takes some blank papers back home for folding aircraft with their children. It helps to promote parent-children interaction mutual support.

Competition game: Which family's aircraft flies the farthest?**Fold paper airplane with children:**

- (1) Ask participants to fold paper airplane with their children, research on how to fly paper airplane farthest.
- (2) Write a wish on the aircraft, and compete with other families.
- (3) Tell your children: only if we work hard to improve our method can we fly our paper airplane farther; our family's hope can also be realized step by step.

What can you fold other than a paper airplane? Ask participants to talk what your children can fold? The facilitator hands out the handbook for paper folding and colorful paper. Make paper folding with your children at home; bring satisfactory works to join the TEA Garden activity" painting exhibition"

Summary (5 minutes)

Summarizing the three themes of today's activities

- Encouraging children to adapt to role changes;
- Doing smaller things in broad perspectives, step by step to realize your goals;
- Making yourself disclosure plan

Next week's activity: Time, Place, Content (Please remember to bring the best ten photos of your family for next week's activity). Please come in next activity 30 minutes ahead of schedule, project staff will help to develop photos.

Arranging the task of TEA Time activity: I-love-my-family memory book

TEA Time session: “I-Love-My-Family memory book”

“I-Love-My-Family memory book” Outline

Activities:

Finish all contents in Family album with your children. It is a process to rebuild the parent-child relationship and also a rare opportunity for parent and children to do activity together.

Encourage and support your children by sharing your ideas. It doesn't matter if you are illiterate. This valuable memory belongs to your family. Bring this information to your children too.

Materials: a blank “Family album”

Requirements:

1. Every child fills in one copy of “Family album”;
2. All family members are required to take part in;
3. Let children do the actual writing;
4. Use camera to record the scenes of the whole family participation in this activity;;
5. Bring the finished “Family album” and photos in next week's TEA Gathering activity to share.

Preparing for the second TEA Garden activity: Community Amusing Sports Event

SESSION 5: BUILDING CONFIDENCE AND GROWING UP WITH DIVERSITY

Goal	
<p>Goals:</p> <ul style="list-style-type: none"> Realize that changing your emotions while facing difficulties is the key to get out of it. Realize that the right to choose emotions is in your hand, you decide your life and fate; Adversity is a kind of “resource”: Learn the ways to help children grow in adversities. 	
Agenda (Total 90 minutes)	Materials
<p>Warm-up activity: Group sign dance “My Grateful Heart”</p> <p>Opening (10minutes)</p> <ul style="list-style-type: none"> Welcome/Check in/Enjoy tea Share TEA Time activity: I-love-my family memory book Ten photos from each family; Table topics. Themes of today’s activity <p>Story discussion: How to face difficulties (15 minutes)</p> <ul style="list-style-type: none"> Discussion topic: How to get out of dilemma successfully? Bull’s story: What difficulties did the bull face? Group discussion: The key to get out of dry well <p>Paralympics Game Champions: Meili Liu/Guixiang Ren, and their coaches (15 minutes)</p> <ul style="list-style-type: none"> Local role model report: Will is not disabled as body. Discussion: What make them to realize their dream? Summaries: They can do it, we also can do it! <p>Game: “Auction” (20 minutes)</p> <ul style="list-style-type: none"> Buy one most helpful item for your greatest difficulty currently? Auction items: What auction items can be chosen today? Auction thinking: What did you buy? Why you bought this item? <p>How to help your children grow up in adversities(15 minutes)</p> <ul style="list-style-type: none"> Resources: Adversity (family difficulties) is a kind of “resource” Discussion: How to utilize this resource to help your children? What do your children need most? <p>Award competition: The best encouragement to children (10 minutes)</p> <ul style="list-style-type: none"> Give more encouragement to your children The most effective method or words to encourage children Reading together the words of encouragement <p>Summary (10 minutes)</p> <ul style="list-style-type: none"> Summarizing today’s key points; Next week’s activity: Time, Place, Content Bringing the best 10 photos of your family in next week’s activity TEA Time activity introduction: Children painting 	<ul style="list-style-type: none"> Project logo Thank-you cards White (black) board Pen/chalk Project poster Sign-in sheet Prop money Auction paper bag Painting paper Painting brushes Pigments Prize <p>Write on white board ahead of time</p> <ul style="list-style-type: none"> Goals for training Today’s topic

Warm-up activity: Group sign dance: “My Grateful Heart”

Opening (10 minutes)

Welcome/Sign in/Enjoy tea

- Welcome back to our activities;
- Sign in;
- Serving tea.

Review and share

- Review last week’s activities;
- TEA Time activity sharing among group members- Results and feelings of “I-Love-My-Family Memory Book”;
- Show photos of each family; talk individual feelings;
- Encourage family members to do meaningful things together; keep happy mood; enjoy every day;
- Ask participants if their insisting on table topics, praise them who did it and encourage all of them to insist on table topics, promote communication among family members and understand more life common senses.

Themes of today’s activities

- Realize that changing your emotions while facing difficulties is the key to get out of it.
- Realize that the right to choose emotions is in your hand, you decide your life and fate;
- Adversity is a kind of “resource”: Learn the ways to help children grow in adversities.

Story discussion: How to face difficulties (15 minutes)

Topic: In our life, we all encounter difficulties and hardships. .In this situation, what do we need the most? How to overcome the difficulties? This is the topic we will discuss today.

The story of a bull: Once upon a time, there was a bull, which incidentally dropped into a deep dry well. Moo, moo ... it cried for help. The villagers came out trying to help but could find no way to get it out of the well. Eventually, they decided to give up with the thought that this was an old bull anyway and the well needed to be covered in order not to let the same tragedy happening again. When they started to fill the well with dirt, the bull was desperate knowing what the villagers wanted to do.

Questions and Discussions:

- (1) What is the desperate situation the bull was facing? What do you think it would do?
- (2) What do you think about the fate of the bull?

The facilitator leads a discussion. After the discussion, the story continues.

The fate of the bull: With more and more dirt thrown into the well, the cow actually calmed down. To the surprise of the villagers, the bull started to step on the dirt confidently. With more and more dirt piling up, the bull eventually stepped out the well and walked home.

Group discussion: What is the key leading the bull to get out of the dry well?

The key to get out of the dry well:

(1) The attitude toward difficulties is the key to determine its fate. The bull changed its attitude facing the difficult situation with a positive one. Therefore, it found a way to rescue itself out of the desperate situation.

(2) If the bull did not change its attitude, what would be its fate?

(3) The reasons why the bull could rescue itself?

Positive attitude is helpful to change the difficult situation.

Negative attitude is harmful and can make the situation worse.

**Real-life stories: Champions of the Paralympics Games
Ms. Meili Liu and Ms. Guixiang Ren (10 minutes)**

The story telling: Meili Liu and Guixiang Ren, and their coaches.

Both Meili Liu and Guixiang Ren are from here. They are handicapped when they were very young. But through their painstaking efforts, they became the champions of the Paralympics Games.

Discussion: What motivated them to realize their dreams of champions?

(1) What part of the stories makes you feel touched?

(2) What are the drives they had to work hard and overcame their handicapped difficulty to eventually become the champions?

(3) What are the roles their coaches played?

(4) As parents, what can you learn from their coaches?

Summary: If they can do it, we can surely do it as well!

Game: "Auction" (20 minutes)

Goal:

What do you think is the biggest obstacle for you to live a normal life? You can buy only one item from the list below. You should choose the one which you think it is most helpful to solve your biggest problem. But you can get it only bid for it once.

Introduction of Auction items: First, let us see what kind of auction item can be chosen today?

(1) Confidence

(2) Willpower

(3) Wisdom

(4) Loving heart

(5) Family love

(6) University diploma

(7) Money

Auction rules:

(1) Every participants is given 5000 yuan to participate in bidding.

(2) The reserve price for every item is 500 yuan, The unit price of every bid is 300 yuan. The bidder offers the highest price for certain item will get it. The auction ends when no participant is willing to bid further.

(3) If the offer price is 5000 yuan, the auction ends.

(4) Goods sold are not returnable and exchangeable.

(hand out prop money to participants)

Auction Starts:

The first auction item is confidence.

(Hypothesized process) A offer 500 yuan! B offer 800 yuan! C offers 1100 yuan! Very good, the competition is very intense Good, D offer 1100 yuan! Any one would like to offer higher price? 2000 yuan one time, 2000 two times, 2000 yuan three times,

(The hammer falls) Make a deal! Congratulations, D, you get the confidence! Please pick up it. (Ask D read the confidence saying, but interpret why you bought this item).

- (1) Confidence;
- (2) Willpower;
- (3) Wisdom;
- (4) Loving heart;
- (5) Family love;
- (6) University diploma;
- (7) Money.

Discussion after auction:

- (1) Why did you buy this item?
- (2) Did you regret to buy this item? Why?
- (3) Did you not buy any other items? Why?
- (4) What do you feel after the auction?
- (5) What did Meili Liu and Guixiang Ren rely on to become the champion of Paralympics Games finally? Can they be champions if they rely on money?

Group Discussion: How to help your children grow up in adversity (15 minutes)

Resources: Adversity (family difficulties) is a kind of “resource”

The difficulties we encountered in our life like the “sands” on our body. However, from another perspective, they are also stepping stones that can help us.

Discussion topic: How to utilize this special resource to help your children?

- (1) Family difficulties are not always bad things for children, but can become the motive force for his growing up;
- (2) Turn crisis to opportunity turn pressure into motive force;
- (3) “Thinking to win”;
- (4) “Poverty gives rise to a desire for change”;
- (5) “Fight to win or die”.

**Competition with a small prize: The best encouragement to the children?
(10 minutes)**

Purpose:

Learn the ways to encourage and appraise children.
Give more encouragement to children.

Format:

Everyone gives a most effective method or words to encourage children.
Enumerate them.

Read together:

Read words of encouragement following the intervention facilitator.

Summary (10 minutes)**Summary of the key points:**

- Realize that changing your emotions while facing difficulties is the key to get out of it.
- Realize that the right to choose emotions is in your hands, you decide your life and fate.
- Adversity is a kind of “resource”: Learn the ways to help children grow in adversities.

Next week’s activity: Time, Place, and Content.

Retrieve 10 photos from each family (Person especially responsible for editing family album);

Please come in for next activity 30 minutes ahead of schedule, project workers will help to develop photos.

Preparing for TEA Time activity: “My dream: a children paintings show”

Assignment 1: Tell the stories from today’s activity to your children and also what we can learn from them;

Assignment 2: Help your children prepare for the “Children paintings show -- My dream”.

TEA Time session: “Children Paintings Show – My Dream”

“Children Paintings Show – My Dream” Outline

Content:

At least one child in each family creates a painting on a theme “my dream” using their imagination.

Materials: Painting paper, paint brushes, pigments.

Requirements:

1. Participants pick up painting paper/painting brushes/pigments;
2. At least one child in each family takes part in this activity;
3. Each child creates a painting on a theme “my dream” using his/her imagination;
4. Use camera to record the activity;
5. Bring a painting in next week’s TEA Gathering activity to share with group members.

SESSION 6: INTEGRATING INTO COMMUNITY & CONTRIBUTING TO SOCIETY

Goal

Goals:

- Realizing that the advantages of integration into society, guide participants to make the best use of available resources and face the disease positively;
- Helping participants to improve their confidence and ability in coping with doctors, and to strengthen their connection with their neighbors and friends;
- Encouraging participants to do things in small steps, and make a contribution to society.

Agenda (Total 90 minutes)

Materials

Warm-up activity: Group sign dance “My Grateful Heart”

Opening (10 minutes)

- Welcome/Thanks/Enjoy tea
- Show photos, review and share
- Introduce themes of today’s activity

Pair share: Participation and involvement (10 minutes)

- How to make your relationship with neighborhood close?
- Summary and enumeration: Any methods can be used

Role play: How to deal with them (20 minutes)

- Role play: How to deal with medical providers?
- Role play: How to deal with town leaders?
- The most effective way to communicate.

Discussion: Make the best use of all resources (20 minutes)

- Discussion: The importance of active participation
- Information: Make good use of medical resources.

Pair share: Participation and involvement (10 minutes)

- How to make your relationship with neighborhood close?
- Summary and enumeration: Any methods can be used

Game: Lucky lottery (10 minutes)

- Goal: Encourage everyone’s participation
- Lottery: A task in TEA Garden activity

Let’s talk: What I can do for community? (10 minutes)

- What I can do for community?
- Tea party for your neighbors at home

Summary (10 minutes)

- Communicating feelings: What have you learned?
- Themes and key points of today’s activity
- Reunion activities introduction
- TEA Time activity: Tea party for neighbors and friends
- Continuing table topic
- Giving the family albums to participating families as presents
- Group sign dance: “My Grateful Heart”

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- Project logo
- Thank-you cards
- White (black) board
- Pen/Chalk
- Project poster
- sign-in sheet
- Family album
- Lottery box
- Tea
- Snacks
- Task cards for TEA Garden

Write on white board ahead of time

- Goals for training
- Today’s topic

Warm-up activity: Group sign dance “My Grateful Heart”

Opening (10 minutes)

Welcome/Check in/Enjoy tea

- Welcome back to our activities;
- Server and enjoy tea;

Review and share

- Reviewing last week’s activities;
- Sharing TEA Time activity among group members- Results and feelings of “Children Painting”;
- Showing photos of each family; talk individual feelings;
- Encouraging family members to do meaningful things together; keep happy mood; enjoying every day;
- Asking if they had engaged in table topics, praise the participants who did it and encourage all of them to continue discussing table topics, promote communication among family members and better understand the meaning of life.

Introducing today’s activity themes

- Realizing the advantages of integration into society, guide participants to make the best use of available resources and face the disease positively;
- Helping participants to improve their confidence and ability in coping with doctors, and to strengthen their connection with their neighbors and friends;
- Encouraging participants to do things in small steps and make a contribution to society.

Pair share: Participation and involvement (10 minutes)

Pair matching: two people in each group

Pair sharing:

Questions: Did neighborhood relationships become estranged from your family due to this illness? How to make your relationship with the neighborhood close? How to help each other?

Ask one or two people the above questions to confirm there is an estranged relationship with the neighborhood;

Two people in a pair exchange ideas: do you have ideas which help to integration into the neighborhood?

Demonstration:

After the pair sharing, one person from each pair introduces their good ideas from their idea exchange discussion,

Enumerate them.

The facilitator writes down them on the whiteboard for summarization

Example:

Wait with patience; understand others; treat friends with all sincerity, win friends.

Summary:

(1) Neighbors live close to us, they are the best helper when we need help. Though we are not relatives, but living close is also kind of a destiny, the relationship to neighborhood is a very important interpersonal relationship.

(2) First we should not let ourselves and our children trouble the neighbors, then try to be a help to them within the scope of our capabilities, have active contact with your neighbors, believe that most of them will accept and help us.

How to cope with medical workers and town leaders? (20 minutes)**How to cope with medical workers?**

- Divide participants in pairs for role play: An experience seeing a doctor: one plays the role of patient, the other one plays the role of doctor.

- According to the results of role play, select one or two pairs to play one scene of good communication and one scene of bad communication, separately.

- Discussion: Deal with medical workers with a positive attitude, overcome the difficulties and learn lessons; If a role play ends with a negative communication, induce them to change their role to play and take on the perspective of medical workers, learn a way to gain understanding from medical workers and achieve a positive result.

- If you meet a difficult medical worker, here are the ways to deal with her/him better:
 - Don't complain, accept the fact that some medical workers have prejudice against AIDS patients;
 - Do not give up treatment;
 - Actively communicate with medical workers, find a better way.

How to work with town leaders?

- Divide participants in pairs and role play: An experience seeing a town leader: one plays the role of patient, the other one plays the role of town leader.

- According to results of the role play, select one or two pairs to play one scene of good communication and one scene of bad communication, separately.

- Discussion: Deal with town leaders with a positive attitude, overcome the difficulties and learn lessons; If a role play end with a negative communication, induce them to change their role to play and take the perspective of town leaders, learn a way to gain understanding from town leaders and achieve a positive result.

- If you meet a difficult town leader, here are the ways to deal with her/him better:
 - Don't complain, accept the fact that some town leaders have prejudice against AIDS patients;
 - Do not give up seeking the proper help and care permitted national policies;
 - Actively communicate with town leaders, find a better way.

**Let's talk: integrate into society & make the best use of all resources
(10 minutes)**

Topic:

Why is it important to actively participate and integrate into the society? Is self-isolation a good way to protect you?

Add some interesting stories to stimulate discussion and excite the participants from different perspectives.

Participants enumerate the advantages

- (1) Disease is not a dead end;
- (2) There are many different treatments which can be used;
- (3) Obtain understanding and support from society;
- (4) Fully utilize all information resources;
- (5) Pay back to society, help people who need help;
- (6) Many people face the same problem as you, so effective problem solving techniques have a wide application;

Introduction to local policies and resources related to HIV/AIDS, including:

- Medical services;
- Life helping;
- Child education and so on.

The intervention facilitator summary: Only if you are actively integrated into society, can you make full use of the community resources and get a richer resource of happiness. It is likely that you will meet someone you never expected, and change your life forever.

Game: Lucky lottery (10 minutes)

Purpose: Encourage everyone's participation.

TEA Garden activity is a good beginning and will also lay a good foundation for everyone to participate in community activities and strive for support from community.

Setup: The facilitator asks each participant to draw one card from the drawing box. Each card represents one task of the third TEA Garden activity or nothing if it is blank. The host encourages participants who get the blank card to pick up again. The host encourages participants who get the task card to pick up again to assume one more task. (There are 10 participants, thus we can prepare 15 task cards, 5 of them are blank).

Participant can "claim" tasks according to their interests and specialties. The facilitator gives thanks and praise to participants who would like to make contributions.

Let's talk: What can I do for our community? (10 minutes)

What I can do for the community? Encourage infected families to assume the task of organizing the activities regularly after our project activities?

Can you hold a tea party for neighbors and friends? Do you have any good ideas?

- Distribute tea and snacks; invite your neighbors to home enjoying tea and talking.
- Take photos

Summary (15 minutes)

Summary of the themes for today's activities:

- Realize advantages of integration into society, guide participants to make the best use of available resources and face the disease positively;
- Help participants to improve their confidence and ability in dealing with doctors, and to strengthen their connection with their neighbors and friends;
- Encourage participants to do things in tiny steps like others and make contributions to society.

Exchange: What have you learned? Summarize the intervention activities.

Reunion activity introduction: diversified in form and combined with entertainment to refresh the memory and reinforce the concepts.

- First reunion: two months after intervention but before 3 month follow up
- Second reunion: five months from intervention but before 6 month follow-up.

TEA Time activity introduction: A tea party for neighbors and friends

Ending: Group chorus "My grateful heart", "Wish you safe and well"

TEA Time Session: “A tea party for neighbors and friends”

“A tea party for neighbors and friends” Outline

Content: hand out tea and snacks, invite your neighbors to home to enjoy tea and talk, and then ask them to bring their friends and relative to your home to enjoy tea and talk.

Materials: tea, snacks, table topics.

Activity arrangement:

First, the facilitator puts forward the title of the activity “My family’s friends” and interprets its specific content: “Family member is the most important supporter for us to overcome disease, at the same time, relatives, friends and neighbors are people from whom we can seek help and who can help us alleviate pressure. Therefore, we should not only unify our family members but also build a good relationship with my neighbors and friends. The purpose of a tea party is to invite your neighbors and friends to your home and shorten the distance between you and them. We can understand some people may become estranged and unfriendly to you after their knowing your illness. We hope most will overcome this psychological obstacle, establish confidence and actively get contact with others. We advise everyone to invite close friends and neighbors then ask them to bring their neighbors and friends to your home to enjoy tea. Then, our circle of friends will be wider.

The table topics previously introduced can also be used in a tea party for neighbors and friends.

After the introduction, the facilitator will hand out the materials to each family: tea and snacks, and table topics.

Requirements:

1. Minimum two families;
2. Children can invite their classmates and friends’ family members;
3. Use a camera to record the scenes of TEA Gathering;
4. Share experiences with group members if you have a chance.

Present the family album to each family: encourage them to put photos in the album, share with group members during the reunion.

The first TEA Garden activity: Community Health Fair

Purpose:

Popularize the healthy life related knowledge, propagate the HIV/AIDS prevention and treatment policies, promote the integration of HIV/AIDS impacted family into community.

Content:

1. Medical service: measure blood pressure, height, weight and so on;
2. Health consultation: daily care, disease prevention, treatment consultation and so on;
3. Propagation of health related knowledge: individual hygiene, food hygiene, exercises, daily care, disease prevention including HIV/AIDS prevention and related national policies and so on.
4. Health-related knowledge competition: intersperse within the activities to award the good answers to the questions from propagation of the health related knowledge.

Organizers: The TEA project team, Country Health Bureau, County CDC, the Community Advisory Committee.

Participants: Villagers, County CDC, County Maternal and Children Health Center, County hospital, the township hospital

Responsibilities: Provide medical consultant services in your professional field, prepare publicity materials.

Date and Time:

Exact date and time will be decided based on the local situation. Try to avoid local busy agricultural season in order for more villagers to participate.

Time: 8:00 am to 12:00noon

Materials:

1. Medical services;
2. Propagation of health related knowledge;
3. Health-related knowledge competition and award;
4. Others: tables, chairs, etc.

Procedures:

1. Confirm activity schedule and departments participated in this activity;
2. Contact with all departments, coordinate participants and time;
3. Set up rules of activity including responsibilities and tasks;
4. Prepare materials for activity;
5. Arrange and decorate the activity site;
6. On-site activity;
7. Ending.

The second TEA Garden activity: Community Amusing Sports Event

Purposes:

1. Strengthen interaction between family members of the HIV/AIDS impacted families, promote affection and cohesion through the cooperation of family members (the couple, father and son, and so on) through sports competition;
2. Convey the important information to participants: Sports are the best way to keep body and mind healthy;
3. To help HIV/AIDS impacted families reconnect with their community through participation or other HIV/AIDS impacted families and fellow villagers in the sports competition. HIV infected people can cultivate their sense of responsibility and spirit of contribution to community by participating in organizing the competition.

Organizers:

1. Village committee leader;
2. Project staff;
3. HIV infected people and their family members participating in the intervention activities.

Participants:

HIV/AIDS impacted family members participating in the intervention activities and all villagers in their village.

Time and place:

1. One Saturday morning. 8:00am to 12:00noon
2. An open area in the village

Contents:

1. It is a family-based sports game, not an individual competition game;
2. No limit on the number of programs in which each family can take part; families can work together as a unit to participate in the activities;
3. The three winners of each sports game can win the prizes to be awarded by the village community leader.

The third TEA Garden activity: Children Painting Exhibition & Family Talent Show

Purpose:

Promote communication and interaction among family members, and help HIV impacted families integrate into the society.

Organizers:

1. Village committee leaders;
2. Project staff;
3. Participants of the intervention activities

Participants:

HIV/AIDS-affected families participated in intervention activities
All villagers

Time and Place:

1. One Saturday afternoon. 1:00pm to 5:00pm
2. A play ground in a local elementary school

Procedure:

1. Sign-in, everyone picks one lottery number;
2. Children painting and appreciation;
3. Family talent show;
4. Competition award is included in the family talent show, the person who gives the correct answers can receive a gift;
5. Two lottery activities arranged in the middle and at the end of the family talent show;
6. The judge announces the names of the winners;
7. Award prizes;
8. All the participants in the family talent show will receive a gift.