

TABLE A - Implementation Considerations When Selecting Evidence-Based Interventions Adaptable for Transgender Persons

	CLEAR ^{33, a}	Community PROMISE ^{34, a}	Connect ^{35, a}
Intervention level and original target population	Individual young substance users living with HIV	Communities of IDUs, female sex partners of IDUs, sex workers, non-gay identified MSM, high risk youth	Heterosexual couples who have been together at least 6 months and not experiencing violence in their relationship
Effective in changing	Condom use, condomless sex, number of HIV-negative sex partners	Condom use	Condom use, condomless sex
Original setting	Community agencies	Street outreach	Primary health care facility
Sessions	Eighteen, 2-hour sessions	Ongoing Repeated brief encounters	One orientation session (each partner separately); Five, weekly 2-hour sessions (partners together)
Facilitators	1 licensed therapist or clinical social worker	(Peer) outreach workers	1 facilitator, preferably a mental health professional
Necessary facilitator skills	Cognitive Behavioral Theory Cultural sensitivity Experience/knowledge of population HIV/AIDS knowledge	Street knowledge Access to target population Able to enter sites visited by target population Will not try to reform people No personal agenda	Cultural competence, Modeling
Targeted participant skills	Increased self-efficacy Sexual communication and negotiation Condom use Problem-solving Goal-setting	Perceived STD/HIV risk	Understanding of couple dynamics
Intervention exercises	Demonstration, Lecture Games, Role play Feeling Thermometer Goal setting and practice	Role model story brochures Discussion Pamphlets, newsletters	Joining--establishing rapport

Table A cont⁷

	d-up: Defend Yourself! ^{36, a}	Healthy Relationships ^{37, a}	Partnership for Health ^{38, a}
Intervention level and original target population	Communities of black MSM who are in social networks with other black MSM	Groups of men, women, or MSM who are living with HIV	Individual men, women, or MSM who are living with HIV
Effective in changing	Condomless sex, condom use, number of sex partners	Condomless sex, sex frequency, condom negotiation	Condomless sex Medication adherence
Original setting	Community venues	Community center	HIV/AIDS outpatient clinics
Sessions	Ongoing Repeated brief encounters with friends	Five, 2-hour sessions	Ongoing 3-5 minutes during each medical care visit
Facilitators	Peers who are respected opinion leaders in their friendship group	1 mental health professional or skilled counselor and 1 peer	1 health care provider
Necessary facilitator skills	Respected Credible Trustworthy Listened to Empathetic to friends Self-confident	Cultural competence Communication Modeling Group facilitation HIV/STD knowledge	Communication Comfortable discussing sensitive topics Framing messages Reinforcing healthful behaviors HIV/AIDS knowledge
Targeted participant skills	Perceived social norms Perceived self-worth Cope with racial and sexual biases	Increased self-efficacy Cope with stress Recognize risk triggers Sexual communication and negotiation Decision-making HIV/AIDS knowledge	Sexual communication and negotiation Correct condom use Decision-making
Intervention exercises	Discussion Endorse safer sex norms Promote personal self-worth	Personal Feedback forms Risk continuum Decisional balance grid Skills videos and role play/discussion	Discussion Brochures and posters Goal-setting Referrals ⁺

Table A cont.’

	RESPECT ³⁹	Safety Counts ⁴⁰	Sister to Sister ^{41, a}
Intervention level and original target population	Individual heterosexuals attending STD clinics	Groups of substance users and IDUs not in treatment	Individual African American women attending family planning and other reproductive health clinics
Effective in changing	Condom use, repeat STDs	Drug injecting, crack use, condom use	Condom use, condomless sex, repeat STDs
Original setting	STD clinics	Recreation center	Women’s outpatient clinic in a large hospital
Sessions	Two, 20-minute sessions (one after sample is taken, one after HIV test results are given)	Two group and one individual sessions, two social events, two follow-up contacts over 4 months	One, 20-30 minute session
Facilitators	1 trained HIV test counselor	1 counselor and 1 outreach worker	1 female African American health care staff person
Necessary facilitator skills	HIV counseling, testing, and referral Client-focused counseling HIV/AIDS knowledge	Familiarity with drug-using culture Communication Modeling Group facilitation HIV-STD knowledge	Knowledge of the population Communication Counseling, Listening Comfortable teaching sexuality issues HIV/AIDS knowledge
Targeted participant skills	Perceived STD/HIV risk Recognizing risk triggers Enhancing social support Goal-setting	Identifying social support Knowledge of HIV risk related to drug use	Perceived STD/HIV risk Increased self-efficacy and self-worth Correct condom use Decision-making Sexual communication and negotiation HIV/AIDS knowledge STD knowledge
Intervention exercises	HIV test Discussion Goal-setting Referrals	Video-taped success stories Discussions, Brochures Goal-setting Social events	Demonstration, Modeling Lecture Videos, Posters Role play and practice

Table A cont.’

	START ^{42, a}	Street Smart ⁴³	WILLOW ^{44, a}
Intervention level and original target population	Individual young men (aged 18-29) being released from prison	Groups of homeless or runaway youth	Groups of women (aged 18-50) living with HIV
Effective in changing	Condomless sex	Condomless sex, non-injection substance use	Condomless sex, condom use, repeat STDs
Original setting	State prisons	Shelter for runaway youth	Community sites and HIV service clinic
Sessions	Three sessions within 60 days before release, four sessions during 3 months after release	Eight 90-minute group sessions, Two 60-minute individual sessions	Four, 4-hour sessions
Facilitators	1 counselor	1 counselor	1 female health educator and 1 peer
Necessary facilitator skills	Experience/knowledge of population HIV/AIDS knowledge STD and hepatitis knowledge	Motivational skills Modeling Working with sexually abused youth Mental health counseling Substance abuse counseling	Experience/knowledge of population Communication Group facilitation Empathy/compassion HIV/AIDS knowledge STD knowledge
Targeted participant skills	Prioritizing needs Problem-solving Decision-making Goal-setting Risk reduction	Self-efficacy Cope with stigma/discrimination Recognize risk triggers Valuing intrinsic rewards Critical thinking/problem solving Social skills, HIV/AIDS knowledge	Sexual communication and negotiation Gender pride Correct condom use, Cope with stress Decision-making, Goal-setting Recognize unhealthy relationships Enhancing social support
Intervention exercises	Needs assessment Discussion Goal-setting Referrals	Role plays (scripted and unscripted with optional videotaping) Feeling Thermometer Tokens to express appreciation	Discussion Demonstration Lecture Role play and practice

Note: IDU = injection drug user. MSM = men who have sex with men. STD = sexually transmitted disease.

^aEBIs with training and capacity building assistance available through the Effective Interventions Web site (<https://effectiveinterventions.cdc.gov/>). The other EBIs have training and technical assistance available through other sources listed on the Web site.