Step Forward: A Collaborative Effort to Reduce Health Disparities Impacting Latino Youth

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Project Overview

- SAMHSA/CSAT Grant
- 12-17 year olds in Pima County
- Comprehensive sexual health curriculum
- HIV testing & counseling
- Outpatient substance use & general mental health treatment
Sexuality education has been a controversial issue for decades. U.S. K-12 schools are constrained by “abstinence-based” policies. Arizona (R7-2-303) does not mandate that sex education include information on contraceptives or condom use. Service providers including substance abuse (SA) treatment providers are not experts in sexual health. Review of adolescent SA treatment programs indicates a lack of content on sexual health. Adolescents, particularly those who are substance users, lack information on topics such as sex, sexuality, disease transmission, physiology, and relationships. Comprehensive sex education is generally developed and delivered without input from youth with regard to what they want to know.
Step Forward Project

- There are three components that comprise the Step Forward Project
  - SIROW-HEY (Health Education for Youth) curriculum
  - HIV/AIDS testing
  - Substance Abuse and Mental Health Treatment
Check In Circle

• What is your name?

• How are you feeling today?

0 ———-1———-2———-3———-4———-5———-6———-7———-8———-9———-10

• Question of the day: State one thing you know about youth substance abuse treatment or sexuality education
Southwest Institute for Research on Women (SIROW)

- **Mission**: To improve the lives of women and girls – particularly those living in the Southwest – through inter-disciplinary and inter-institutional research and action projects
- Collaboration with community organizations, educational institutions, government agencies, other University departments
- Research, programs, services, program evaluation

http://sirow.arizona.edu/
SIROW Health Education for Youth (HEY)

- Comprehensive sexual health education curriculum designed for youth ages 13-17
- Positive results have been demonstrated among participants
  - Increase in sexual health knowledge
  - Decrease in risky sexual behaviors
  - Increase in barrier protection usage
Principles of Sexual Health Education

- Safe space
- Classroom diversity
- Universal responses
- Values clarification
- Validation/normalization
Curriculum Design

- Habitual classroom procedures
- Participatory and interactive
- Acknowledge diverse learning styles
- Safe adults
- Flexible lessons
Lessons

- Lesson 1: Puberty, Pimples & Other Great Mysteries
- Lesson 2: The Human Body: What’s Goin’ On?
- Lesson 3: Mission Responsible
- Lesson 4: HIV/AIDS 101
- Lesson 5: Condom Sense
- Lesson 6: More Condom Sense
- Lesson 7: Hookin’ Up, Breakin’ Up, Makin’ Up: The UPside of Relationships
- Lesson 8: Let’s Talk about It
Step Forward Party

- Instructions:
  - Spend a few minutes socializing with the other guests
  - When you introduce yourself, pour some of the liquid in your cup into your new friend’s cup
  - Repeat this exchange each time you meet someone new
Southern Arizona AIDS Foundation

- Mission: To create and sustain a healthier community through a compassionate, comprehensive response to HIV/AIDS
- For 25 years, SAAF has:
  - supported people living with HIV/AIDS
  - provided community education
  - worked with the community to understand needs & best practices
  - expanded programming to address risk behaviors directly and indirectly associated with HIV/AIDS
- Care services & prevention programs
SIROW-HEY Session 4: HIV/AIDS 101

- “Find someone who knows…” activity
- Overview and definition of HIV/AIDS – what’s the difference?
- How do you get it? Routes of transmission
- What are the high risks for transmitting HIV?
- Ways you can’t contract HIV - debunking the myths
- Is there a cure?
- Origins of HIV
Prevention

- Avoid risky behaviors
- Practice abstinence, monogamy, or reduce number of partners
- Use of condoms or barrier methods
- Harm reduction
- Avoid sharing needles and “works”
- High risk - low risk - no risk activity
HIV testing

- Confidential
- Clearview Complete HIV1/2, results in 15 min
- Finger stick
- Risk assessment and counseling towards an Action Plan that will reduce the individual’s risk for acquiring HIV
- Referral and resources provided
CODAC Behavioral Health Services

- Mission: to provide tools, support and services to individuals, families and communities so they may live with dignity, free from the harmful effects of mental illness, substance use disorders and trauma.
Therapy Services

- Cognitive Behavioral Therapy
- Motivational Enhancement Therapy
- Individual
- Family
- Multi-Family
- Group

STEP FORWARD by CODAC
Evaluation for TX Youth

- Baseline
  - Global Appraisal of Individual Needs (GAIN) CSAT Core Version
    - Includes required Government Performance and Results Act (GPRA)
  - Multi-Ethnic Identity Measure
  - Pre-test for the SIROW-HEY curriculum
- Discharge from curriculum
  - GPRA
  - Post-test for SIROW-HEY curriculum
- 6-months post-baseline
  - GAIN-M90
  - GPRA
  - Post-test for SIROW-HEY curriculum
Evaluation for Non-TX Youth

- Baseline
  - GAIN-Quick (GAIN-Q) CSAT Core Version
    - Includes required GPRA
  - Multi-Ethnic Identity Measure
  - Pre-test for the SIROW-HEY curriculum
- Discharge from curriculum
  - GPRA
  - Post-test for SIROW-HEY curriculum
- 6-months post-baseline
  - GAIN-QM
  - GPRA
  - Post-test for SIROW-HEY Curriculum
Program Results
The HIV infection rate among Latinos was three times that of whites at ~20% (CDC, 2013).

In 2009, 39% of new HIV infections in the U.S. were among young people ages 13-29 (CDC, 2013).
Race (n=316)

- Black or African American: 54.7%
- Asian: 5.7%
- Native Hawaiian or Other Pacific Islander: 27.5%
- Alaska Native: 5.7%
- White: 1.3%
- American Indian: 0.6%
- None of the above: 0.9%
- Other: 8.5%

Percent
Employment Status (n=316)

- Employed full time: 38%
- Employed part time: 18.1%
- Unemployed, looking for work: 45.7%
- Unemployed, volunteer work: 3%
- Unemployed, not looking for work: 3%
- Other: 3%
School or Job Training ($n=316$)

- 81.9%
- 10.5%
- 4.1%
- 3.5%

Legend:
- Not enrolled
- Enrolled, full time
- Enrolled, part time
- Other
Past 30 Day Illegal Drug Use (n=41)

- Baseline: 44%
- 6-months post-baseline: 34%
Percent Substance Use (n=41)

- **Marijuana**: 36% Baseline, 27% 6 months post-baseline
- **Opiates**: 27% Baseline, 10% 6 months post-baseline
- **Cocaine/Crack**: 5% Baseline, 2% 6 months post-baseline
- **Hallucinogens**: 5% Baseline, 2% 6 months post-baseline
- **Methamphetamines**: 2% Baseline, 2% 6 months post-baseline
- **Other Tranquilizers**: 2% Baseline, 2% 6 months post-baseline
- **Inhalants**: 2% Baseline, 2% 6 months post-baseline
- **Other Illegal Drugs**: 0% Baseline, 2% 6 months post-baseline
- **Benzodiazepines**: 2% Baseline, 0% 6 months post-baseline
Substance Use at Baseline (n=72)

- Marijuana: 31.9%
- Opiates: 14%
- Hallucinogens: 1%
- Methamphetamine: 1%
- Other Tranquilizers: 1%
- Cocaine/Crack: 3%
<table>
<thead>
<tr>
<th>Sexual Activity</th>
<th>Baseline</th>
<th>6-months post-baseline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual Activity Past 30 Days</td>
<td>30.7%</td>
<td>27.4%</td>
</tr>
<tr>
<td>Unprotected Sexual Contacts</td>
<td>51.5%</td>
<td>49%</td>
</tr>
<tr>
<td>Protected Sexual Activity</td>
<td>50.7%</td>
<td>52%</td>
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</tbody>
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