

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



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Background

- 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?



- 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



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.



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Therapy Services

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



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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

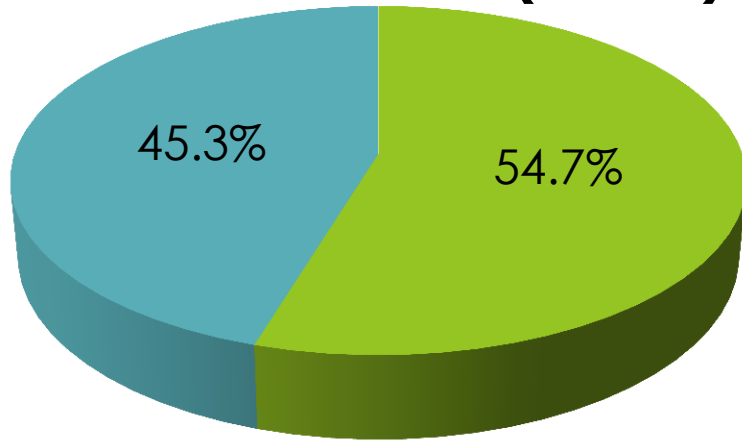
Evaluation for Non-TX Youth

- 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

Gender (n=316)

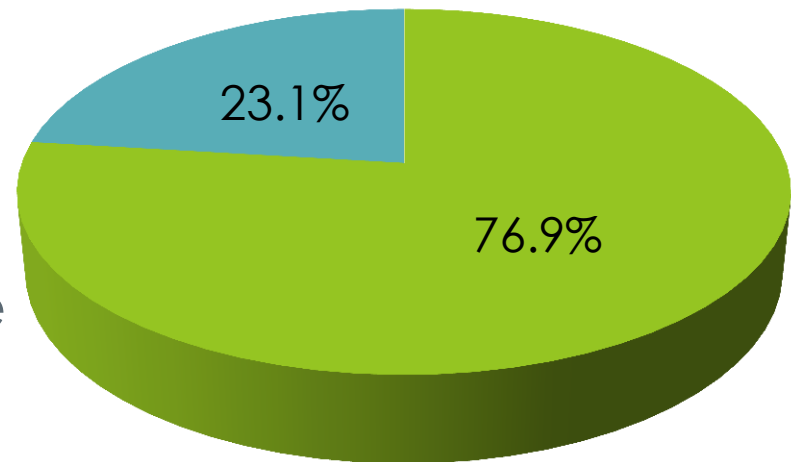


■ Male ■ Female

- The HIV infection rate among Latinos was three times that of whites at ~20% (CDC, 2013).

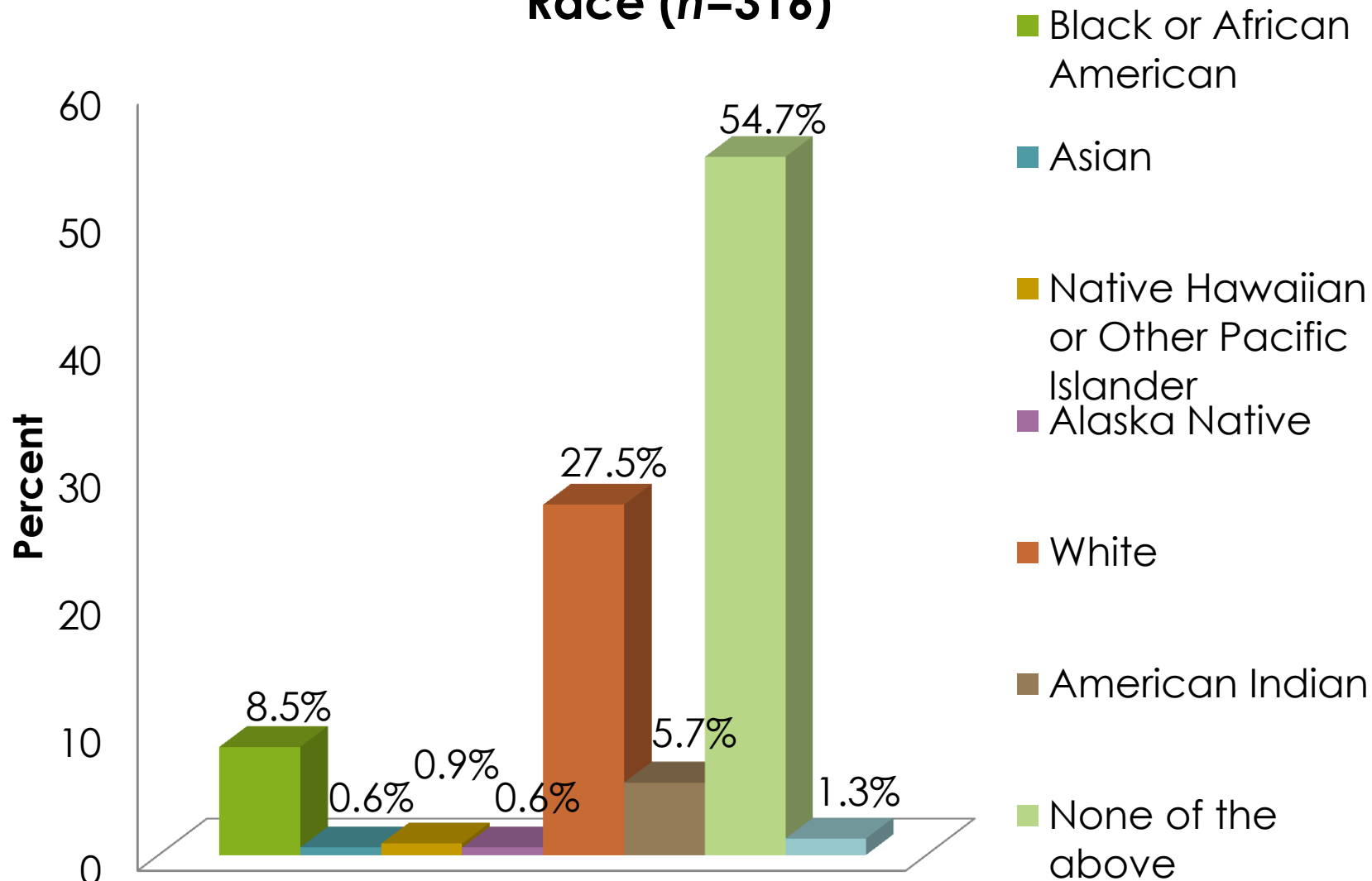
- In 2009, 39% of new HIV infections in the U.S. were among young people ages 13-29 (CDC, 2013).

Ethnicity (n=316)

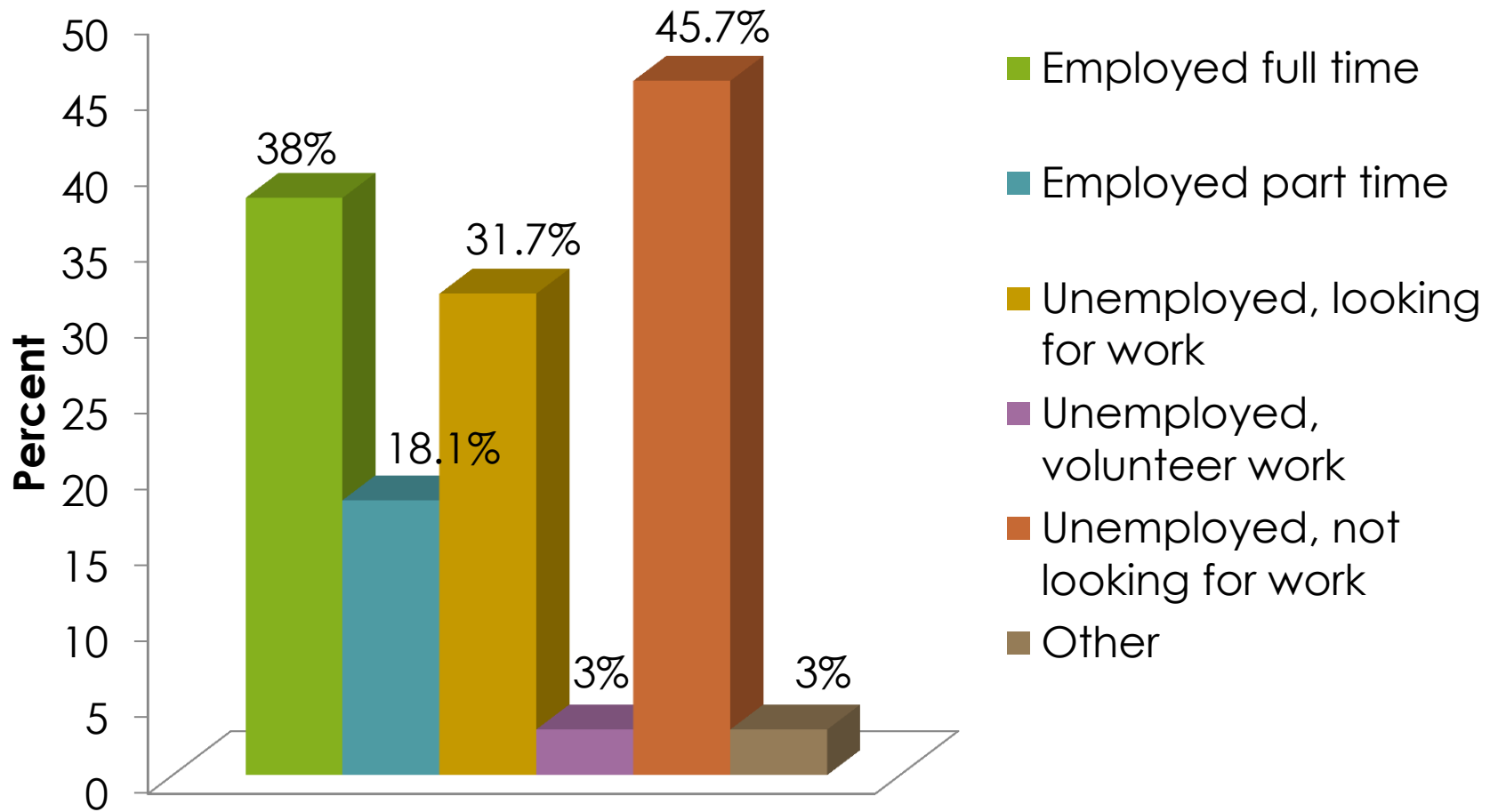


■ Hispanic/Latino
■ Non-Hispanic

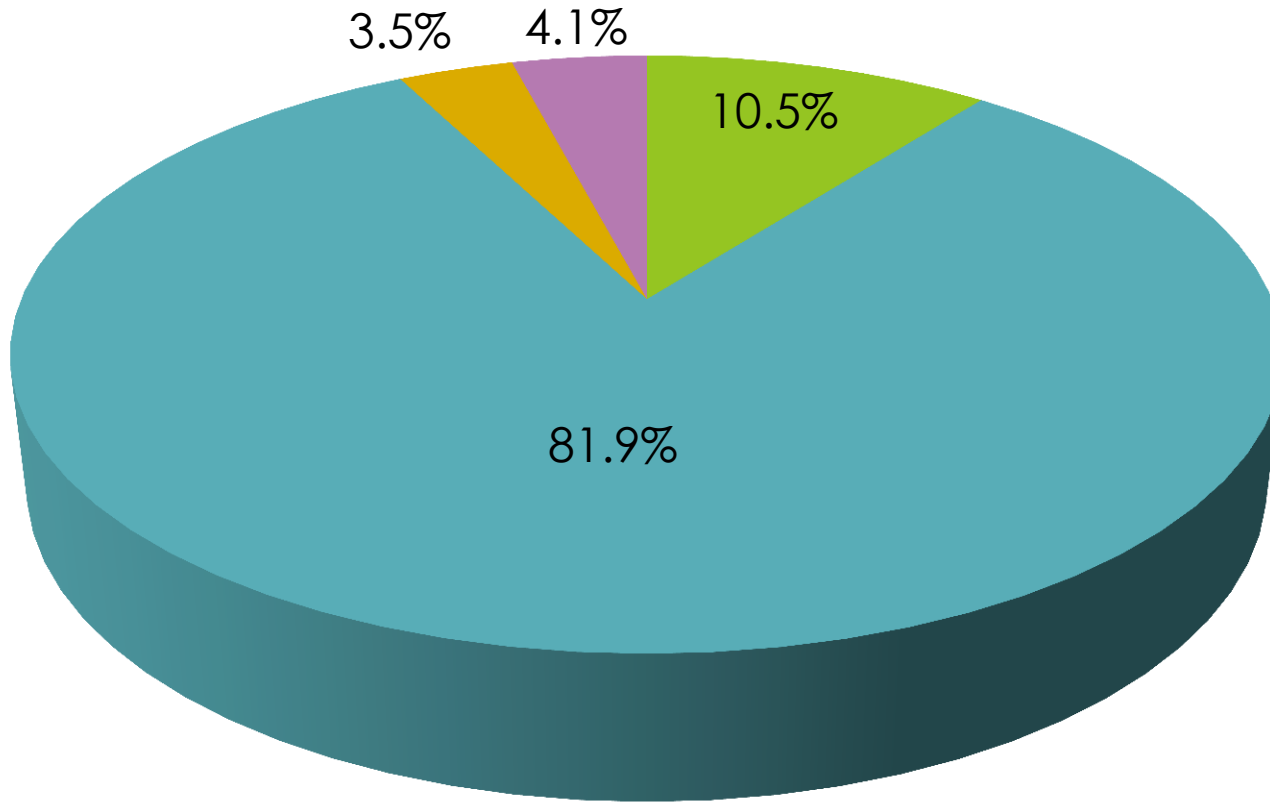
Race (n=316)



Employment Status (n=316)

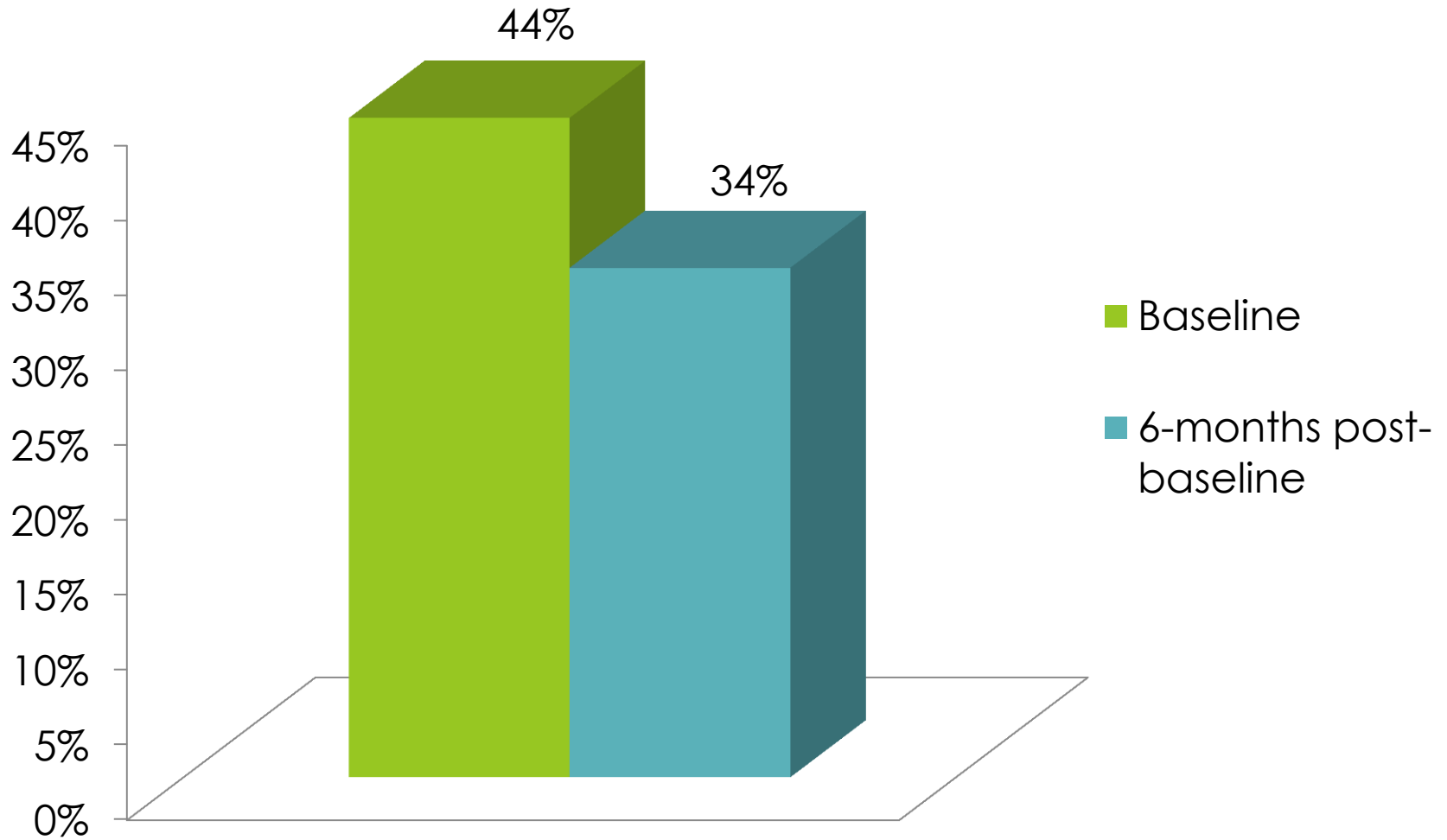


School or Job Training (n=316)

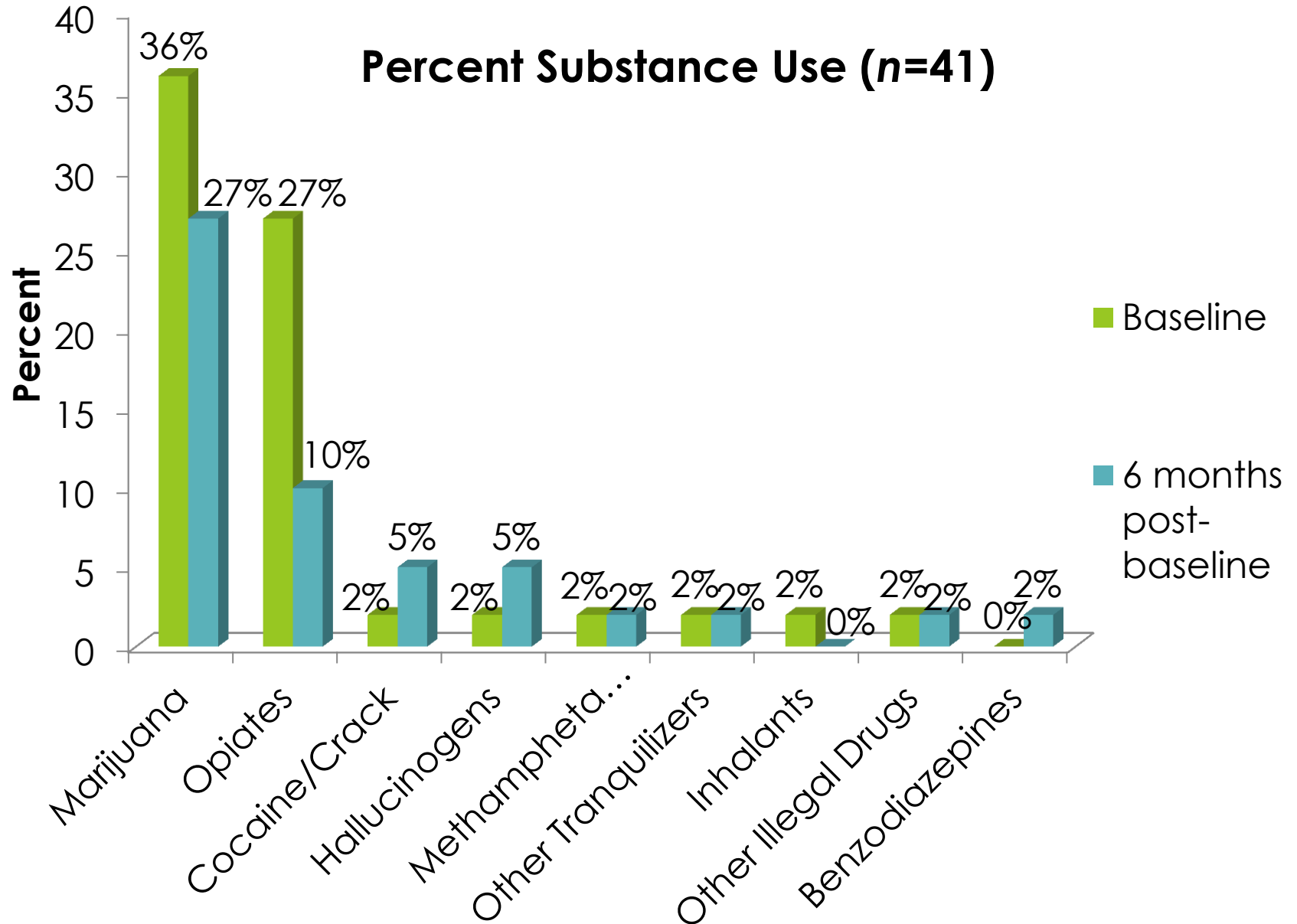


■ Not enrolled ■ Enrolled, full time ■ Enrolled, part time ■ Other

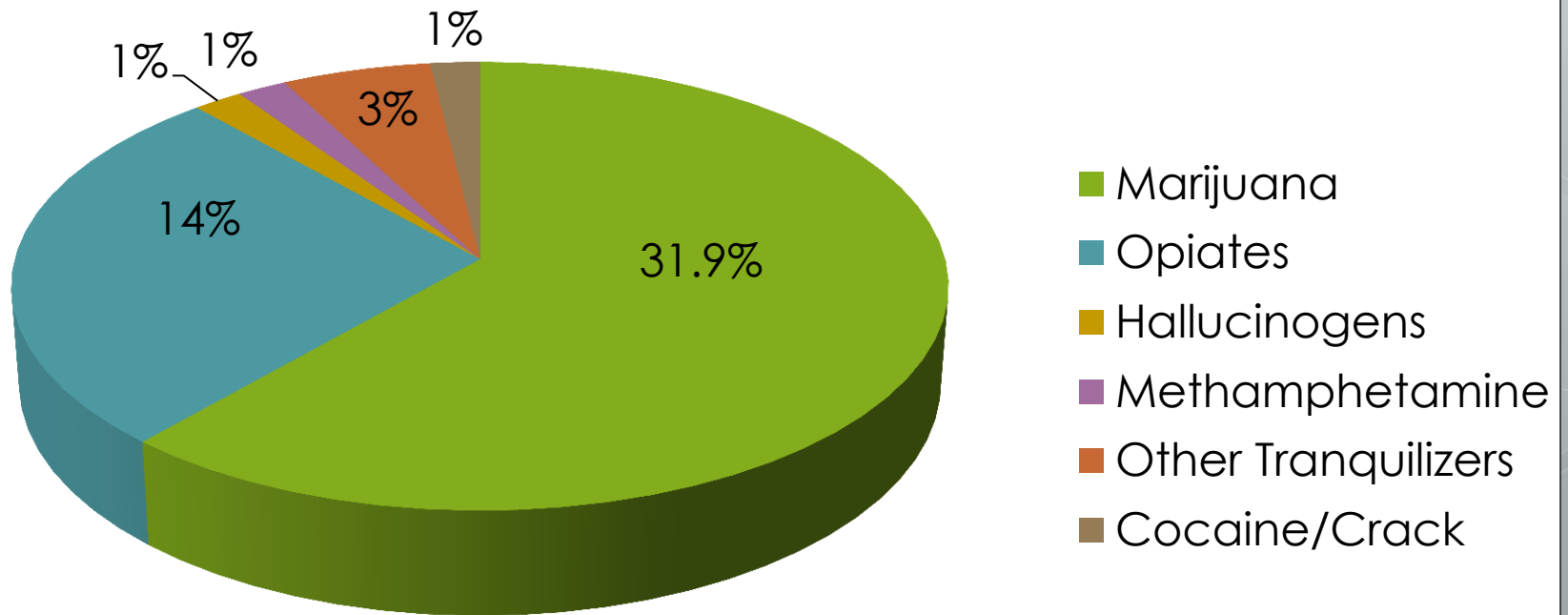
Past 30 Day Illegal Drug Use (n=41)



Percent Substance Use (n=41)



Substance Use at Baseline (n=72)



Sexual Activity

| | Baseline | 6-months post-baseline |
|------------------------------|----------|------------------------|
| Sexual Activity Past 30 Days | 30.7% | 27.4% |
| Unprotected Sexual Contacts | 51.5% | 49% |
| Protected Sexual Activity | 50.7% | 52% |



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Q & A



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