

GOAL/SARAH NETWORK WORKSHOP

GUIDELINE FOR HIV, AIDS AND

SUBSTANCE ABUSE PREVENTION

THROUGH THE OP PROGRAM

INTRODUCTION

This is the SARAH Network HIV/AIDS and Substance Abuse prevention training guide that focuses on other behaviour change beyond abstinence from premarital sex and/or being faithful to one HIV negative sexual partner (OP). It is a tool designed to help the targeted populations adopt healthy living through behavior change communication. This training guide is divided into modules which are further split into sessions. Where needful, this guide incorporates additional instructions to allow customization of different training sessions depending on the target group to be trained (for example; clergy, teachers, peer educators or Correction officers). While preparing for facilitation, all trainers must use this guide for the respective sessions allocated to them. All trainers therefore, must refer to the relevant segments of the curriculums and texts listed on the bibliography of this document. The use of this guide will bolster the achievement of the training objectives and the trained individuals will be equipped with skills to carry out community outreaches to foster development of healthy and responsible attitudes toward sexuality, drug use and good hygiene; to develop an awareness of HIV&AIDS epidemic hence preventing new HIV infections through the OP approach. This guide is in compliance with the PEPFAR indicators OP program area guidelines.

OBJECTIVES OF THE TRAINING GUIDE

Each module in this guide has its specific objectives which takes into consideration the audience, the level at which the participant is to use the information, the USG grant regulations and standards of expected performance. The general objectives are that, by the end of trainings, the participants will be able to:

- Encouraging change of behaviors that increase risk for HIV transmission such as engaging in casual sexual encounters, engaging in sex in exchange for money or favors, having sex with an HIV-positive partner or one whose status is unknown,
- Encouraging behavior change activities involving alcohol and other substances of abuse in the context of sexual interactions
- Advocating for avoidance in syringes by intravenous drug users
- Promoting change in any behavior that may put a spouse at the risk of becoming infected by their spouse of the opposite sex or regular partner, or someone using force against them
- Encouraging the reduction of high-risk behaviors practiced by persons or groups including men who have sex with men, commercial sex workers and workers who are employed away from home.

General Objectives of OP Trainings

Each module in this guide has its specific objectives which takes into consideration the audience, the level at which the participant is to use the information, the USG grant regulations and standards of expected performance. The general objectives are that, by the end of OP trainings all the participants are expected to:

- Identify the true facts about HIV&AIDS and other STDs
- Dispel myths and misconceptions about HIV
- Communicate to others on how HIV and other STDs are and are not transmitted
- Explain how alcohol and other substances of abuse lead to unhealthy behaviors
- Promote correct and consistent use of condoms to the most at risk populations and other high risk groups
- Demonstrate how to correctly use a condom
- Differentiate between myths and facts about alcohol and other substances of abuse
- Discuss the impact alcohol and other substances of abuse and HIV&AIDS and other STI's can have on a family and community life
- Transfer the knowledge, skills and competencies to those involved in high risk behaviors that predispose individuals to HIV infection
- Observe and participate in formation of recovery support groups and people living with HIV&AIDS support groups
- Discuss what is involved in being positive peer role models
- Locate relevant USG funded organizations and other available resources that provide services such as condom distribution, VCT, psychological counseling and Support groups for referrals
- Express clearly in different contexts and help the most at risk populations develop skills to prevent HIV spread
- Record and report the number of individuals reached or other quantitative and qualitative results achieved in their post training outreach activities.

Facilitators

GOAL/SARAH Network facilitators represent rich and diverse backgrounds with dynamic presentation skills effective in relationship building and skills in HIV&AIDS and substance abuse prevention education. When needful, we contract external facilitators from other USG funded partners, Government institutions and other organizations with similar programs. The facilitators must demonstrate excellent skills in adult training techniques in compliance with this training guide.

Training Methods

To help yield effective and productive achievement of the training objectives; interactive exercises are fully employed in all the training sessions by use of learner centered facilitation. The training methods include; pretest/quiz and post tests, one on one tutorial, case study, focus group discussions, brainstorming, debates, behavior modeling/role play, lectures, demonstration and games, participant consultation and reflections. For enhanced interaction, splitting the participants into small groups that can ideally work face-to-face is ideal. The use of round tables unlike the traditional classroom (theatre) set-up and use of audio visual presentations as training aids should be embraced.

Action Plan

Towards the end of every workshop, the participants should be assisted to identify their areas of intervention and set specific goals to achieve in their post training HIV&AIDS and substance abuse prevention community outreaches.

Target audience / How to Choose Participants

GOAL/SARAH Network will consider the target audience (participants) in determination of the training approach. The approach is determined by the background of the group to be trained. Therefore, when planning for the training; the literacy levels, culture and other factors about the participants must be considered against the level of knowledge or skill needed for standards of expected post training performance. Each of the participants is expected to have the ability to comprehend and effect behavior change communication by increasing knowledge, stimulating community dialogue, promoting essential attitude change, advocating for policy change, reducing stigma and discrimination and participating in other related HIV/AIDS and substance abuse prevention through the AB program.

Post-Workshop Activities /Outreach Follow Up

The trained participants will be expected to implement their action plans/ the Implementing Partners work plans and will be provided with monitoring and evaluation tools to record numbers reached or results achieved.

Supplies

Participants and presenters/facilitators will find the following items to be useful during the training sessions:

- Table-top flip charts (for participants to brainstorm and record their interactions)
- Flip charts/white board
- Masking tapes
- Relevant Charts/posters/handouts
- LCD projector (for power point presentations and other visual teaching AIDS)
- Demonstration materials e.g. Penis and vagina dummies, condoms, family in the bottle and the brain dummy
- Short hand note books/loose leaf pads
- Marker pens
- Pens/pencils

MODULES, LEARNING OBJECTIVES, DURATION AND SESSION CONTENTS

Module 1: Introduction, Climate Setting, Workshop Expectations and Workshop Objectives, Workshop norms

Objectives:

By the end of this module, the following tasks will have been ~~completed~~ **completed**:

- i. Registration and Introduction
- ii. Climate setting
- iii. Allow the participants to share their expectations on the training
- iv. Describe the general objectives of the training
- v. Generate norms to be followed during the training
- vi. Understanding how knowledge affect behavior

Session 1: Introduction, Climate setting

Duration: 20 min

Contents:

- Registration and introductions
- Introducing GOAL and SARAH Network
- Overview of the course content
- Logistics

Session 2: Workshop expectation, objective and norms

Duration: 40 min

Contents:

Activity: Ice breaking games

- Participants expectations
- Training objectives shared with the participants
- Matching the training objectives and the participants expectations
- Participants generate norms to be followed during the training

Session 3: How Knowledge affects an individual's behavior

Duration: 20 min

Contents:

Activity: Role plays demonstrating the effects of knowledge on behavior

- Demonstration on how knowledge affect behavior
- The K – A – P principle

Additional Instructions

The facilitator should be clear enough to ensure relevance by adopting the right approach suitable to the individuals being trained. For example; for the clergy, quotations from relevant religious books could be essential where as for Correction Officers taking Criminology approach would do.

Module 2: Sexuality and reproductive health issues in relation to HIV&AIDS and Other STI's

Objectives:

By the end of this module, the participant will be able to:

- i. Define sexuality
- ii. Define reproductive health
- iii. Discuss sexuality and reproductive health problems
- iv. Briefly discuss common STI's
- v. Explain the need to prevent HIV infection

Session 1: Introduction to Sexuality and reproductive health

Duration: 15 min

Content:

- Define sexuality
- Define reproductive health
- A simplified anatomy and physiology of the female and male reproductive systems

Session 2: Introduction to Sexuality and reproductive health

Duration: 1 hour 15 min

Content:

- Forms/types of sexual acts
- Sexuality in relation to HIV and other STI's infection
- Factors that lead to increased irresponsible sexual behavior

Additional Instructions

For clergy, correction officers and teachers workshops the participants should be assisted to understand the role of human sexuality in the formation of their expected target outreach clients' personality traits.

Module 3: Prevalence and Impact of HIV&AIDS in Kenya

Objectives:

By the end of this module, the participant will be able to:

- i. Discuss the prevalence of HIV&AIDS globally, nationally and locally if possible
- ii. Discuss the impacts of HIV&AIDS to individuals
- iii. Discuss the impacts of HIV&AIDS to different social institutions
- iv. Explain the need to prevent HIV infection

Session 1: HIV&AIDS prevalence

Duration: 15 min

Content:

- Global HIV&AIDS statistics
- Current HIV&AIDS statistics in Kenya
- Participants share their local areas prevalence

Session 2: Impacts of HIV&AIDS

Duration: 30 min

Content:

Activity: Group experience sharing, discussions and presentations

- Impacts to the individual
- Impacts of HIV&AIDS to family and religious societies
- Impacts of HIV&AIDS to education
- Impacts of HIV&AIDS to economy and the government

Additional Instructions

It is important for the trainer to ensure that the participants are able to have a graphical imagination of how the Prevalence and Impacts of HIV/AIDS would be in their set ups. For instance; teachers will be lead to evaluate HIV/AIDS prevalence in schools and other education institutions, the clergy in Church and other religious societies, the peer educators in their communities and the correction officers in the correctional facilities.

Module 4: Myths about HIV&AIDS

Objectives:

By the end of this module, the participant will be able to:

- i. Differentiate between HIV&AIDS
- ii. Determine the effects of HIV in the human body
- iii. Articulate their constituents' myths and misconceptions about HIV&AIDS
- iv. Dispel -myths and misconceptions about HIV&AIDS

Session 1: Introduction of the module

Duration: 15 min

Content:

- HIV&AIDS Pretest
- Definition of a myth

Session 2: Myths held about HIV&AIDS

Duration: 1 hour 30 mins

Content:

Activity: Group discussion and presentations on myths about the origin, spread/transmission, prevention and treatment of HIV/AIDS

- Listing theological/religious myths
- Listing metaphysical myths/ those related to traditional taboos and witchcraft
- Relating the listed myths to individuals attitudes and behavior in relation to HIV&AIDS issues

Module 5: Basic Facts about HIV&AIDS

Objectives:

By the end of this module, the participant will be able to:

- i. Understand the facts About HIV
- ii. Identify the different HIV modes of transmission
- iii. Discuss ways in which HIV cannot be transmitted
- iv. Clarify the relationship between HIV transmission and other STI's
- v. Comprehend what is meant by HIV re-infections
- vi. Present percentages of HIV transmissions represented by the different modes
- vii. Gain basic Knowledge on the clinical stages of HIV&AIDS and some opportunistic infections

Session 1: How HIV is transmitted

Duration: 20 min

Content:

Activity: Group discussion and presentations

- Unprotected sexual intercourse
- Sharp and piercing instruments
- Mother to child transmission
- Blood Products and donated organs
- Intravenous drug use

Session 2: How HIV is not transmitted

Duration: 20 min

Content:

Activity: Group discussion and presentations

- Casual body contacts
- Insects bite.
- Screened blood
- Sharing of utensils and other facilities
- Kissing
- Eating
- Air transmission
- Dispelling the myths

Session 3: Re-infections

Duration: 20 min

Content:

- Discordant partners
- Strains of HIV and opportunistic infections
- Re-infections

Session 4: HIV Transmission route percentage representations

Duration: 10 min

Content:

- Sexual intercourse
- Mother to child
- Blood transfusion
- Intravenous drug use
- Health care

Session 5: Opportunistic infections

Duration: 20 min

Content:

- Clinical Stages of HIV&AIDS
- Some Common Opportunistic infections

Module 6: Stigma and Discrimination

Objectives:

By **the** end of this module, **the** participant will be able to:

- i. Understand stigma and discrimination
- ii. Promote stigma and discrimination reduction

Session: HIV&AIDS Stigma and Discrimination reduction

Duration: 45 min

Content:

Activities: Role plays on stigma and discrimination/use of picture codes Group discussions and panel presentations

- Define stigma
- Define discrimination
- How stigma manifest it self
- Causes and effects of stigma
- The contribution of HIV related stigma and discrimination to HIV spread
- How to reduce HIV&AIDS related stigma and discrimination

Additional Instructions

Peer educators reaching out to the wider community will be trained on how to reduce stigma and discrimination in their communities. For clergy trainings, emphasis should be made to reduce religious stigma and discrimination within the place of worship and encourage stigma and discrimination reduction by use of religious teachings. For correction officers training the focus should be on the reduction of stigma and discrimination within the correctional facilities and services. In teachers training the focus will be school based stigma and discrimination reduction.

Module 7: HIV&AIDS psychosocial interventions

Objectives:

By end of this module, participant will be able to:

- i. Identify common psychological themes in the lives of people infected and affected with HIV
- ii. Explain the importance of support groups to PLWA
- iii. Advance skills formation of PLWA support groups
- iv. Make referrals for PLWA to join support groups
- v. Explore psychosocial interventions for other affected ~~family members and their children and other family members~~

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Session 1: A review of PLWA psychological verse clinical progression

Duration: 30 min

Contents:

- Review of Clinical effects of HIV to the infected
- Psychosocial progression

Session 2: PLWA support groups

Duration: 45 min

Contents:

Activity: A role-play modeling a PLWA support group meeting

- Define support groups and accountability groups
- Functions of support groups in HIV prevention
- Formation and maintenance of support groups (Models)
- How to refer PLWA and the affected family members to support groups
- Role of support groups in HIV prevention

Module 8: HIV&AIDS prevention through OP

Objectives:

By the end of this module, the participant will be able to:

- i. Review HIV modes that are not associated with sexual transmission and discuss the prevention
- ii. Understand how intravenous drug users are in danger of contracting HIV&AIDS and how to prevent such transmissions
- iii. Evaluate risk factors related to sexual transmission of HIV to the most at risk populations
- iv. Discuss key components of a successful prevention OP outreaches to prevent sexual transmission of HIV to the most at risk populations

Session 1: Prevention of non-sexually transmitted HIV

Duration: 15 min

Contents:

- Mother to child
- Blood transfusion
- Intravenous drug use
- Health care

Session 2: An overview on Prevention of sexually transmitted HIV through AB

Duration: 45 min

Contents:

Activity: Group discussion and panel discussion on the barriers to abstinence from premarital sex and marital fidelity

- Abstinence
- Being faithful to one HIV- partner

Session 3: Use of condoms as part of other behavior change beyond abstinence and being faithful in the prevention of sexually transmitted HIV

Duration: 1 hour

Contents:

Activity: Demonstration on how to use male and female correctly

- Fact and myths about condoms
- Negotiating for safer sex
- Correct and consistent use of male condoms
- Correct and consistent use of female condoms
- Advantages, disadvantages and prevailing risks of using both the male and female condoms

Module 9: Alcohol and Other Substances of Abuse (Introduction)

Objectives:

By the end of this module, the participant will be able to:

- Identify the different categories of substances of abuse
- List the commonly abused substances globally, locally and regionally
- Discuss the rationale for abusing mind altering substances

Session 1: Introduction to alcohol and other drugs of abuse

Duration: 40 min

Contents:

- Commonly abused substances in Kenya
- The difference between a drug of abuse and a drug prescribed by a physician to cure an illness and which of those are commonly abused
- The categories and classification (legal vs illegal) of commonly abused substances in Kenya

Session 2: Factors that lead to alcohol and other substance of abuse

Duration: 30 min

Contents:

- Myths and Facts about alcohol and other substance of abuse
- Genetic factors/ family history
- Peer influence
- Social-cultural factors

Module 10: Bio-psycho-social-spiritual Effects of Alcohol and Other substances of abuse

Objectives:

By the end of this module, the participant will be able to:

- i. Describe the effects on the body of alcohol and other commonly abused substances
- ii. Be ~~cognizant of in terms with~~ the psychological effects of alcohol and other commonly abused substances of abuse on the individual
- iii. Identify the roles of addiction in dysfunctional behaviors of family members , friends and co-workers
- iv. Follow the progression based on age and gender to addiction from occasional use to abuse to dependency
- v. Acquire a working knowledge of simple assessment tools and/or techniques

Session 1: Stages of to chemical dependence (addiction)

Duration: 30 min

Contents:

- Experimenting stage
- Occasional use stage
- Regular use stage
- Abuse stage
- Chemical dependency stage

Session 2: Effects of alcohol and drug abuse on the body and brain

Duration: 1 hour 15 min

Contents:

- Describe the effects on the brain of each commonly abused substance including alcohol, nicotine and khat
- Determine how alcohol and other substances of abuse influence sex drives
- The drinking and sobering up cycle

Session 3: Socio-economic- spiritual Effects of alcohol and drugs on

Duration: 30 min

Contents:

Activity: Family in the bottle demonstration

- Effects of alcohol and other drug abuse or dependency on spirituality
- Effects of alcohol and other drug abuse or dependency on social behavior (Family in the bottle)
- Effects of alcohol and other drug abuse and dependency on economic issues

Module 10: The Link between Alcohol and Other Substance Abuse and HIV&AIDS

Objectives:

By the end of this module, the participant will be able to:

- i. Describe how true spirituality is destroyed by alcohol and other drug abuse
- ii. Compare the biological effects of alcohol and other drug abuse to the effects of HIV&AIDS
- iii. Identify the psychological effects of alcohol and other drug abuse and those of HIV&AIDS
- iv. Discuss the socio-economic effects of alcohol and other drug abuse and HIV&AIDS
- v. List how alcohol and other drug abuse may be a risk in the spread of the HIV virus

Session 1: Similarities and differences between HIV&AIDS and alcohol and other drug addiction

Duration: 15 min

Contents:

- Biological similarities and differences between how alcohol and drug addiction and HIV&AIDS effects the body
- Psychological and behavioral similarities and differences between alcohol another drug addiction effects and those of HIV&AIDS
- Socio-economic similarities and differences between alcohol and drug addiction and HIV&AIDS
- Spiritual similarities and differences between the two diseases and the various legal and illegal substances of abuse that lead to addiction.

Session 2: The link between alcohol and other substances of abuse and HIV&AIDS

Duration: 15 min

Contents:

- Alcohol and other substances of abuse confuse and disrupt cognitive/executive brain function leading to the spread of HIV&AIDS
- Alcohol and other drug abuse effects on the immune system
- Inadequacy of response by ARV counseling and medical treatment when HIV+ affected individuals are addicted to or abuse alcohol and/or other substances of abuse

Session 3: The need for preventing alcohol and drug abuse in HIV prevention

Content:

Group Activity: The participant should be allowed to discuss why they think it is important to prevent alcohol and drug abuse in relation to the prevention of HIV prevention care and support

Module 11: Alcohol and Other Drug Abuse Prevention and Treatment to reduce the spread the HIV

Objectives:

By the end of this module, the participant will be able to:

- i. Discuss how abstinence from alcohol and other substances of abuse can prevent or reduce the spread of HIV virus
- ii. ~~Understand~~ Define the three tiered alcohol and substance abuse Prevention Plan
- iii. Appreciate the strategies for assisting affected children and other family members move toward recovery
- iv. Facilitate in the formation of recovery support groups

Session 1: Substance Abuse Intervention Strategies

Duration: 20 min

Contents:

- Prevention strategies geared to Primary, Secondary and Tertiary Prevention
- Description of treatment modalities and the rationale for medical detoxification

Session 2: Support Groups

Duration: 1 hour 30 min

Contents:

Activity: Role-play models of AA and Al-Anon support groups and experience sharing

- The 12 steps program
- AA support groups
- Al-Anon Support groups
- Challenges of sustaining support groups

MODULE 9: COMMUNICATION SKILLS

Objectives

By ~~the~~ end of this module, ~~the~~ participant will be able to:

- i. ~~Acquire knowledge of the~~ ~~Have better~~ skills and competencies to communicate
- ii. ~~Develop~~ ~~Define~~ good public relations skills ~~to their self esteem as a plus to their ability to communicate~~

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- iii. ~~ji.~~ Know the challenges they would face in communicating and remedies for the challenges

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Session 1: Communication skills

Duration: 1 hour 30 min

Contents:

- Definition of communication
- Modes and channels of communication
- Importance of communication
- Qualities of a good communicator
- Barriers to communication
- Peer Education
- Effective peer communication skills

Additional Instructions

This session must be tailor made to fit the relevant target group. For instance the Correction Officers will be prepared on how to pass information to their clients and peer educators to their peers and other community members.

MODULE 10: Monitoring and Evaluation and Follow up

Objectives

By ~~By~~ the end of this module, ~~the~~ participant will be able to:

- i. ~~Defer~~ ~~differentiate between~~ ~~Know the meaning of~~ monitoring and evaluation
- ii. ~~Understand~~ ~~Comprehend~~ the reporting requirements of their post workshop community outreaches
- iii. Fill in the OP reporting forms and any other Monitoring and evaluation forms
- iv. ~~Be aware of~~ ~~Know~~ the procedure for sending the forms back to SARAH Network

Session 1: Monitoring and evaluation

Duration: 1 hour

Contents

- Introduction to the OP indicators
- Post Training OP Activities
- What is Monitoring and evaluation
- The need for monitoring and evaluation

Session 2: Reporting

Duration: 1 hour

Contents

- Introduction to the SARAH Network M&E tools
- How to fill in the M&E forms
- How and when to deliver the filled M&E forms to SARAH Network

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