

Prevention Options for Positives

HIV/STD Risk Reduction for HIV Positive Men who have Sex with Men

Program Overview

The Prevention Options for Positives (POP) program was developed for HIV positive Men who have Sex with Men (MSM's). It is peer facilitated, 6-session group level intervention (GLI) combined with a 3 to 5-session individual level intervention (ILI) counseling component.

The program aims to reduce HIV transmission risk and STD acquisition by helping HIV positive MSM's increase their knowledge of HIV transmission behaviors, build skills to reduce HIV transmission and STD acquisition and address psychosocial issues which may contribute to risk behavior.

Topics addressed in the GLI include communication, psychosocial issues affecting gay men with HIV, safer sex knowledge and negotiation, substance use, and disclosure of HIV status. Domains addressed in the ILI mirror those of the GLI with assessment and goal setting in sexual risk behavior, substance use, disclosure, and the utilization of partner counseling and referral services.

Core Elements

- 6-session peer facilitated GLI
- 5-session ILI conducted by a counselor trained in the POP ILI model
- Utilizes culturally specific role plays and exercises
- Provides for the exploration of the impact/importance of community norms on prevention issues
- Utilizes skills building exercises employing modeling and practice

Target Population

POP targets HIV positive Men who have Sex with Men (MSM's)

Research Results

Program evaluation results indicate:

- Increases in knowledge related to HIV transmission and STD acquisition
- Decreased both anal and oral sex with main partner. This finding suggests either increased abstinence from sexual activity or adoption of non-penetrative options.
- Decrease average number of oral sex partners among participants with "other" partners.
- Increase in percentage who report use of condom the last time they had sex among those who reported sex with "other" partners.
- Increase in intentions to adopt risk-reducing behaviors among those with a "main" partner.
- More likely to report deciding not to have sex if they were high or drunk
- More likely to disclose their status to their sex partner; or to inquire about their sex partner's HIV status.
- A substantial increase in intention to adopt incremental risk reducing behaviors among participants with "other" partners.

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