

Positive Prevention Intervention Center  
**SANKOFA FACT SHEET**

February 2004

No. 5

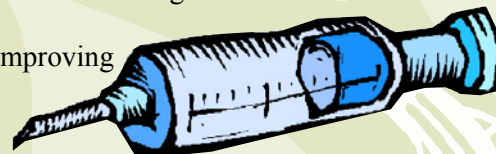
**PREVENTION FOR INDIVIDUALS LIVING WITH HIV AND THEIR  
SEX OR INJECTING DRUG-USING PARTNERS WHO ARE HIV  
NEGATIVE OR UNAWARE OF THEIR HIV STATUS**

**Teens Linked to Care**

This is an effective intervention for young people (ages 13-29) living with HIV and is delivered in small groups using cognitive-behavioral strategies to change behavior. The intervention is based on the Social Action Theory, which emphasizes how contextual factors influence an individual's ability to respond effectively to stressful situations, solve problems, and act effectively to reach goals.

Teens Linked to Care consists of three modules, each of which consists of 8-12 sessions that are delivered in general sequence, with flexibility as to delivery and scheduling sessions and multiple points of entry into the ongoing program by participating young people. Each module is focused on a different behavioral outcome:

- Module I: *Staying Healthy* targets health care utilization and health behaviors.
- Module II: *Acting Safe* addresses both sexual and drug-use related transmission acts.
- Module III: *Being Together* focuses on improving quality of life.



**Core Elements**

- The delivery of the three modules. Each focuses on a different set of outcomes which include: a) review of previous goals, b) activity focused on skills or attitude development or knowledge acquisition, c) reframing of negative behavior patterns, d) reinforcement of desired behavior using incentives, and e) setting new goals.
- Delivery of modules in highly interactive small groups.
- Exercises in each session are constructed to be meaningful personal experiences leading to the increased skills and development of attitudes and knowledge needed to support the acquisition of new behavior.
- Individualized homework tasks are assigned following each session.



**Target Population**

Young people, ages 13-29 who are living with HIV

Sources: **Procedural Guidance for Selected Strategies and Interventions for Community-Based Organizations funded Under Program Announcement 04064**, Dec. 2003, 139-147, Centers for Disease Control and Prevention's National Center for HIV, STD, and TB Prevention, Atlanta, Ga. To obtain more information, please visit <http://chipts.ucla.edu/interventions/manuals/>.

