

Adapting *Safety Counts* for High-Risk Transgender Women: *TranSafety Counts*

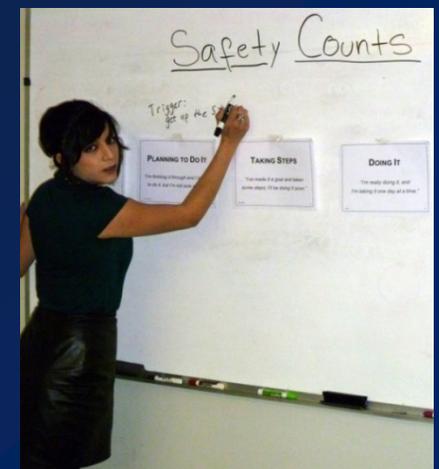
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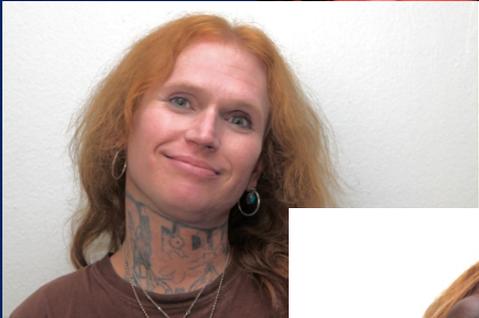
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The *TranSafety Counts* Team

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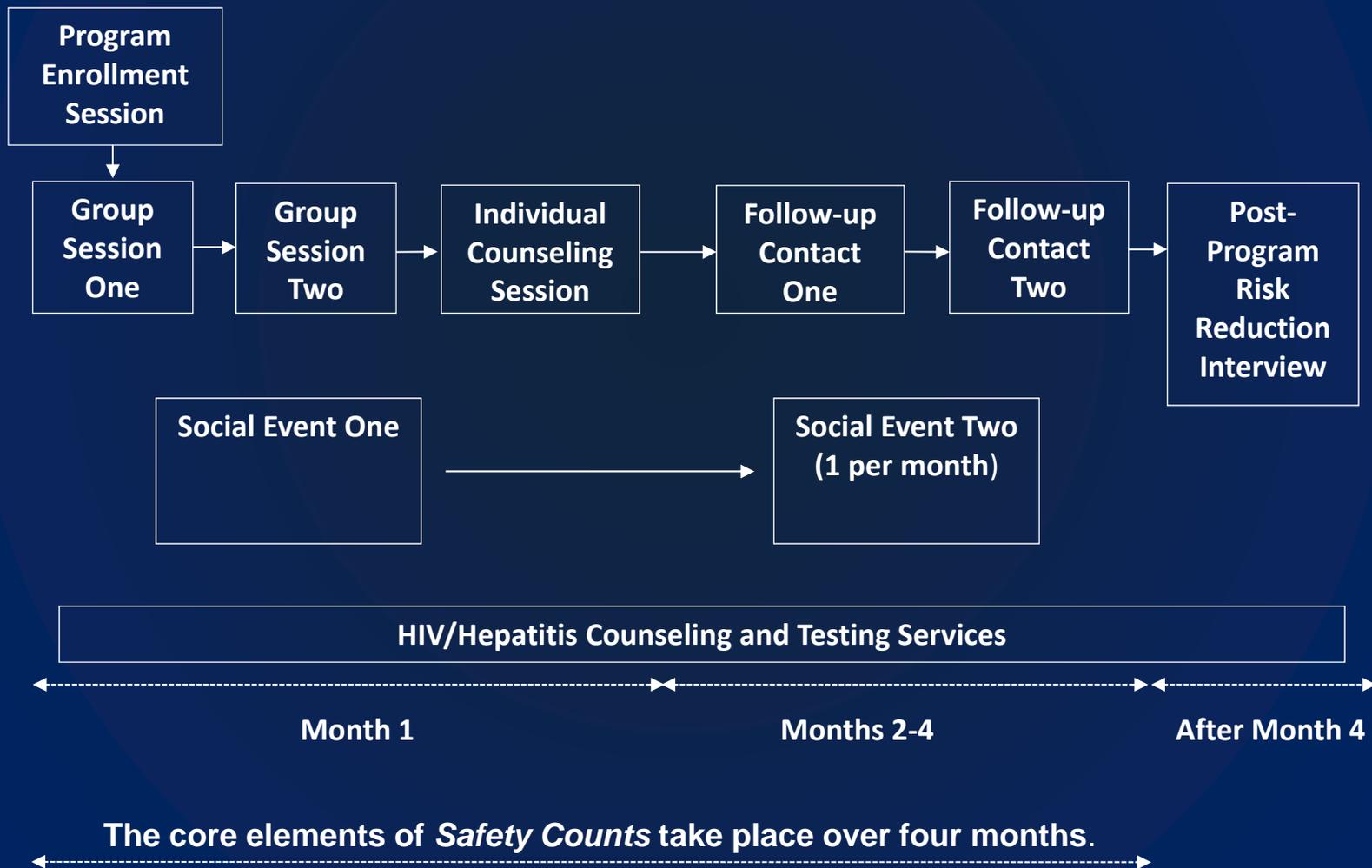


Objectives of *Safety Counts* EBI

- Introduce methods of reducing HIV and viral hepatitis risk to drug users.
- Assist participants in receiving counseling and testing for HIV and hepatitis.
- Motivate and help participants choose and commit to specific behavioral goals in an effort to reduce their risk of becoming infected with or transmitting HIV and hepatitis.
- Assist participants in defining concrete steps toward achieving their personal risk reduction goals.
- Provide social support and problem solving in individual as well as group settings to assist participants in achieving their risk reduction goals.



Safety Counts Program Design



Map of Adaptation Process (MAP)

- Adaptation of an evidence-based intervention (EBI) is a five-step process, as outlined by the CDC (McKleroy et al., 2006).
- The five “action steps” include:
 - 1) ASSESS
 - 2) SELECT
 - 3) PREPARE
 - 4) PILOT
 - 5) IMPLEMENT



Action Steps 1 - 2

ASSESS and SELECT

August 2009 to August 2010

Assess and Select

- Five development meetings were held with staff members
- A focus group comprised of transgender clients was held to solicit input from the community
- Grant writing and submission under CDC-RFA-PS10-1003



Why Did We Choose *Safety Counts* to Adapt for High-risk Transgender Women?

- Currently, there is a paucity of evidence-based interventions targeting transgender women, and the National HIV/AIDS Strategy calls for a renewed focus on prevention for this population.
- The LAC HIV Prevention Plan recommends that curricula for this population be tailored to meet their unique needs and to address the multiple co-factors influencing their HIV risk.
- There are an appropriate number of group and individual sessions, i.e., the EBI is feasible for the target population.
- Although the number of sessions is not excessive, the content is in-depth.
- Offers an opportunity to adapt risk-reduction success stories (video recorded on DVDs) specifically for this population.
- Offers social events for participants and guests.

Action Step 3

PREPARE

August 2010 to March 2011

Core Elements vs. Key Characteristics

- Core Elements of *Safety Counts* include:
 - Group Sessions One and Two (one each)
 - Individual Counseling Session (one or more)
 - Monthly Social Events (two or more)
 - Follow-up Contacts (two or more)
 - HIV/Hepatitis Counseling and Testing (ongoing)
- During the adaptation of any EBI, all Core Elements must be maintained, and they were.
- Key characteristics, however, can and have been modified to reflect and represent the experiences of high-risk transgender women.

Key Characteristics

- Transgender-specific incentives, e.g., hair/wigs, make-up kits (Recruitment/Outreach/Social Events)
- Language and pronouns (Throughout)
- HIV/hepatitis risk behaviors (Throughout)
- Referrals and resources (Throughout)
- Assessments/worksheets/goal cards (Enrollment/Groups/Individuals/Follow-up)
- Stages of Change examples (Group 1)
- Group icebreaker samples (Groups 1 and 2)
- Sample risk-reduction success stories (Groups 1 and 2)
- Examples of risk-reduction success stories on DVDs (Groups 1 and 2)
- Setting risk-reduction goals (Group 2)
- Reviewing personal goals (Individual Sessions)
- Goal-related risk-reduction activities (Social Events)
- Program-related entertainment activities (Social Events)
- Social Event themes (Social Events)
- Examples of overcoming barriers (Follow-up Contacts)

Adapting *Safety Counts* for High-Risk Transgender Women

Safety Counts for Drug Users

TranSafety Counts for High-Risk Transgender Women

Risk Reduction Goals:

- Decreasing unprotected anal and vaginal sex
- Using a new needle for every drug injection
- Reducing drug use
- Decreasing the number of exchange sex partners
- Using a new needle for every drug or hormone injection
- Reducing hormone misuse

“Non-Hot Topic” Example:

- Stop smoking
- Find a job
- Money management

Icebreakers

Each group session starts with an icebreaker so that participants have an opportunity to introduce themselves and become comfortable with the other group members.

Safety Counts for Drug Users

- **Funniest Story:**
Participants tell the group their “funniest thing” story
- **Toilet Paper Game:**
Participants tear off squares of toilet paper from a roll and tell the group that number of things about themselves

TranSafety Counts for High-Risk Transgender Women

- **The Name Game:**
Participants share how they chose their name
- **Spirit Animal:**
Participants select an animal they relate to and explain to the group

Program-Related Entertainment Activities

Each social event opens with an activity designed to be entertaining and light-hearted, while strengthening their commitment to the *Safety Counts* program.

Safety Counts **for Drug Users**

- Mock Skit:
Participants make fun of some aspect of the *Safety Counts* intervention
- The Professor:
Staff wear oversized glasses and incorrectly answer risk-reduction questions

TranSafety Counts for High-Risk **Transgender Women**

- Love Letters to Self:
Participants write a love letter to themselves
- A Life Map and/or Collage of the Future:
Using old magazines and art supplies participants graphically express their life (these can be done together or as two separate activities)

Goal-Related Risk-Reduction Activities

- During social events, all *Safety Counts* group members and their guests participate in an activity that addresses some aspect of the risk behavior change process.

Safety Counts **for Drug Users**

- Participants share a social support story
- Participants discuss triggering events

TranSafety Counts for **High-Risk Transgender** **Women**

- *TranSafety Counts* Jeopardy: Each column is a topic related to *TranSafety Counts*, e.g., HIV, hepatitis, STIs, Stages of Change, and questions increase in value
- STI Dating Game: Participants “date” a person with a STI

Video-Recorded Risk-Reduction Success Stories

During each group session, participants watch two videotaped risk reduction success stories.

Safety Counts for Drug Users

- 2 written stories or DVDs are developed at program implementation and used throughout

TranSafety Counts for High-Risk Transgender Women

- Each participant who completes the intervention and maintains her risk reduction goal will have the opportunity to video record her story for use in future groups. Thus the stories will change and be ongoing throughout implementation. She will also be given a copy of the DVD.
- Video recordings take place during the Post-program Risk Reduction Interview

Action Steps 4 – 5

Implementation Stage

March 2011 to June 2015

Recruitment Materials

The logo for TranSafety Counts features the word "TranSafety" in a red, sans-serif font and "Counts" in a larger, bold, magenta, sans-serif font. The text is centered between two horizontal purple lines.

TranSafety Counts

*Reducing HIV and Hepatitis Risk
in Transgender Women*

- Developed with direction from our CBA providers and CAB
- Focus groups were held with members of the community*
- Trifold brochure, postcards, and fold-over palm cards

*CAB and community members rejected all design concepts presented by non-transgender graphic artist.



“My community, family and friends have been my social support through the difficult and glorious times in my life.” -Mariana



CALL or Text 323-422-2913



Find us on Facebook at TranSafety Counts

CALL or Text 323-422-2913

For More Information About TranSafety Counts

Community Resources:

- TransAction 323-463-1601
- Friends Community Center 323-463-1601
- Transgender Economic Empowerment Project (TEEP) 323-993-7677
- Blenestar 323-660-9680
- LA Gay & Lesbian Center 323-993-7400
- Jeff Griffith Youth Center 323-461-8163

Medical Services:

- AIDS Healthcare Foundation (AHF) 323-860-5200
- BAART Community Healthcare 213-353-1140
- SABAN Free Clinic 323-653-1990

Mental Health Services:

- Hollywood Mental Health Center 323-769-6100

Emergency Hotlines:

- 911 Emergency Call 911
- Fire & Paramedics 1-800-688-8000
- Domestic Violence 1-800-548-2722
- Suicide 1-800-273-8255

Friends Community Center

1419 North La Brea Avenue
Hollywood, California 90028

This program is funded by the Centers for Disease Control and Prevention and sponsored by Friends Research Institute, Inc.

TranSafety Counts

Reducing HIV and Hepatitis Risk In Transgender Women



TranSafety Counts

*Reducing HIV and Hepatitis Risk
In Transgender Women*



*“TranSafety Counts
helped me with
good problem
solving” –Carly*



*All participants will work closely
with a counselor to set and meet
personal goals.*



TranSafety Counts is a program at Friends Community Center that works with transgender women to reduce their risk of getting infected with or transmitting HIV and/or hepatitis.



TranSafety Counts is open to all transgender women, who might be at risk of getting infected with or transmitting HIV and/or hepatitis.



TranSafety Counts offers both one-on-one and group sessions in a warm and supportive setting. In the groups, participants learn about their risk of getting infected and/or transmitting HIV and hepatitis. Participants learn ways to protect themselves and the people they care about.

TranSafety Counts offers two group sessions and one-on-one counseling. **There is also a monthly social event for participants and their guest.** For those interested, we offer risk counseling services and HIV testing.

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**“Education is power.
I found out that education
is power and it can keep
me on the right path.” –Terri**



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TranSafety Counts

*Reducing HIV and
Hepatitis Risk In
Transgender Women*



TranSafety Counts

"My community, family and friends have been my social support through the difficult and glorious times in my life."
-Karana



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- Group Sessions
- One-On-One Counseling
- Social Events
- HIV Testing



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The Implementation of *TranSafety Counts* for High-Risk Transgender Women

- Enrollment began on March 14, 2011
- To date:
 - 178 potential participants have been screened
 - 151 have enrolled
 - Plan to enroll 246 high-risk transgender women by June 30, 2015



Maintaining Cultural Sensitivity

- Must stay in touch with participants and the community to ensure program is meeting their needs!
- Focus Groups with participants & CAB
- Select changes made post-implementation:
 - Group times
 - Length of intervention



Thank You!



For more information,
please contact:

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(323) 422-2913

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