

Initial Session

Protocol Components

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Goal 1: Introduce and Orient Client to the Session

Protocol	Example
1. Introduce yourself to client.	Hello, my name is _____ and I'm your Risk Reduction Specialist with _____. What may I call you?
2. Explain your role as a Risk Reduction Specialist.	<p>I will work with you to identify your risks for STD, HIV and Hepatitis C and explore issues related to these risks. This may include talking about sex and/or drug use that may make people uncomfortable. I want to assure you I'm comfortable talking about all these issues.</p> <p>I will be referring to this book to keep us focused and on task; and I may be taking some notes.</p>
3. Indicate the duration of the session.	This usually takes about 30-40 minutes. At the same time, we'll take as much time as you need.
4. Outline content of session. Explore HIV/STD/HCV risks. Identify challenges to risk reduction. Discuss strategies to reduce risk.	We will explore your risks in depth. We will look at what you've done in the past to reduce your risk and ways you can further reduce your risk.

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Goal 1: Introduce and Orient Client to the Session, contd.

Protocol	Example
<p>5. Introduce idea of referrals.</p>	<p>I may refer you to other area services to support you in your risk reduction efforts.</p>
<p>6. Introduce concept of confidentiality.</p>	<p>Everything we discuss today will remain confidential.</p>
<p>7. Address immediate questions and concerns.</p>	<p>Before we go any further, what questions or concerns do you have right now?</p>

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Goal 2: Enhance Client's Self-Perception of Risk, cont'd.

Protocol	Example
<p>5. Discuss client's test history and behavioral changes in response to previous tests.</p>	<p>What tests have you had for STD/HIV/Hepatitis?</p> <p><i>ONLY if previously tested:</i> When were you tested? What were the results?</p> <p><i>Follow-up Question:</i> How did that affect how you protect yourself?</p>
<p>6. ONLY if previous STD/HIV/HCV test result(s) was negative, assess if client engages in risky behavior because of a previous negative test result.</p>	<p>Sometimes a negative test makes people feel they are immune. How does this apply to you?</p>
<p>7. Identify and address examples of mixed feelings and/or conflict between client's beliefs and behaviors.</p>	<p>You came in for a test today, so that tells me you have some concern. At the same time, you have done some things that have put you at risk. Tell me what that's like for you.</p>

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Goal 3: Explore the Specifics of Most Recent Risk Incident

Protocol	Example
1. Explore who, what, where, when, how of most recent risk exposure.	We've talked about what's been going on for you overall, now let's talk about the last time you had unprotected sex (<i>or shared works</i>). Who were you with? What was going on? Where were you? When was it? What did you do?
2. Assess level of risk acceptable to the client.	How worried are you about this?
3. Assess communication about sexually transmitted or blood-borne infections with partners.	What conversations did you have with that partner about his/her risk or if either of you has been tested?
4. Identify circumstances or situations that contribute(d) to risk behavior.	What do you think kept you from protecting yourself at that time? <i>Follow-up Question:</i> How much had you been drinking or using that night?
5. Identify vulnerabilities and triggers to the risk behavior incident.	What else was going on?
6. Assess client's patterns of risk behavior (<i>one time or on-going risk</i>).	Besides this last time, when have you had a similar experience? <i>Follow-up Questions:</i> What was similar about the circumstance? How often does this happen?
7. Identify and address examples of mixed feelings about risk reduction and/or conflict between beliefs and behavior.	You want to be healthy; at the same time, you've some things that have put you at risk. Sounds like a conflict; tell me about that.

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Goal 4: Review Previous Risk-Reduction Experiences

Protocol	Example
1. Identify successful attempts at risk reduction.	Before we talk about what you plan to do in the future, let's talk about what you've done in the past to reduce your risk. What have you done to keep yourself from getting HIV/STD/HCV? <i>Follow-up Question:</i> How did that work for you?
2. Identify obstacles to risk reduction (for each specific identified risk).	What things get in the way of protecting yourself?
3. Explore triggers/situations that increase the likelihood of high-risk behavior.	When does this typically happen?
4. Explore client's communication with partners/friends about risk.	How often do you talk to your partners or friends about HIV/STD/HCV? <i>Follow-up Question:</i> How do you feel about that?
5. Discuss client's level of acceptable risk.	What risks seem okay for you to take?
6. Identify and address examples when client's beliefs and behavior are at odds and/or examples when feelings are mixed about risk reduction.	You're already doing some things to take care of yourself. Being here today shows that you're concerned about infection. Let's talk about that.
7. Explore client's perception of community and peer norms related to risk reduction and encourage the client to state his/her attitudes and beliefs about risk behavior.	How do you think your friends deal with their risks? <i>Follow-up Question:</i> How does that affect what you do?

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Goal 5: Summarize Risk Incident and Risk Pattern

Protocol	Example
<p>1. Summarize the information the client has provided. Provide feedback to client concerning his/her risk for HIV/STD/HCV. Note any frequency (<i>pattern</i>) of the risk behavior. Identify key triggers and/or vulnerabilities. Place risk behavior in the larger context of client's life.</p>	<p>Here's how I understand your situation concerning risks. <i>(Summarize the key issues provided by the client.)</i></p> <p>There are some things that affect your risk. <i>(List specific behavioral, communication, substance use issues.)</i> These risks seem to happen <i>(date, time, location, etc)</i>.</p> <p>Given what we have talked about, I hear that <i>(drinking, drugging, clubbing, etc)</i> makes it more likely that you will take risks.</p> <p>And this seems to impact your relationships with <i>(your partners, your co-workers, and/or your family)</i>.</p> <p>How well does this match what you've told me? <i>Follow-up Question:</i> What else would you like to add?</p>
<p>2. Using identified risk, address examples when client's beliefs and behavior are at odds and/or when feelings are mixed about changing behavior.</p>	<p>It seems you're comfortable with <i>(risk)</i>. How do you juggle that?</p>
<p>3. If applicable, convey concern and urgency about client's risks.</p>	<p>I do see some risk for infection the way things are and a need to take some steps to deal with it.</p>
<p>4. Encourage and support the client in addressing risk issues.</p>	<p><i>(Praise any previous attempts to reduce risk.)</i> Now let's look at some additional things that can support you.</p>

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Goal 6: Negotiate a Risk Reduction Step

Protocol	Example
1. Explore behavior(s) that the client is both motivated and capable to change.	We know that change usually occurs in small steps. What would you most like to do to reduce your risk?
2. Identify a SMART step (<i>specific, measurable, appropriate, realistic, time-phased</i>) toward changing the identified behavior. (<i>Buffet of options may be appropriate here.</i>) DO NOT WRITE THE STEP YET!	What small step could you take in the next week or two that would move you closer to reducing your risk?
3. Break down the risk reduction step into specific and concrete actions.	Now that you've identified something you would like to do, tell me how you could go about making this happen.
4. Identify supports or barriers to the risk reduction step.	What could help make it easier for you to complete this step? <i>Follow-up Questions:</i> Who would be supportive of you in trying this? What could make it more difficult for you?
5. Problem-solve issues concerning the step (<i>role-play may be appropriate here</i>).	How will you handle situations/people that might get in the way of you achieving your step?
6. Confirm with the client that the step is reasonable and acceptable.	How realistic does this step seem to you?
7. Acknowledge that the step is a challenge and that there will be an opportunity to review it in the follow-up session.	Making changes in your life can be challenging. We'll talk about how it went when you return for your results.
8. Ask the client to try to be aware of strengths and weaknesses in the step while trying it.	Try to notice what works and what is challenging for you about the step.
9. Document the risk reduction step with a copy to RRS and client. (WRITE IT DOWN NOW.)	Let's write down your step so we both have a copy. (WRITE IT DOWN NOW.)

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Goal 7: Identify Sources of Support and Provide Referrals

Protocol	Example
1. Assess client's support system.	Making changes can be difficult. Who do you turn to for support?
2. Address the longstanding or hard to manage issues contributing to risk.	Sometimes people find additional support helpful with (<i>drug use, alcohol, sexual behavior</i>). How interested are you in receiving additional support?
3. If applicable, assess the client's willingness to seek professional help/use a referral.	What particular type of support or service would you be willing to consider?
4. If applicable, evaluate what types of referral the client would accept.	What experience do you have with (<i>the suggested referral</i>)?
5. Recognize the challenges of behavior change.	Changing behavior takes time and practice and it is important for you to have someone who can support you in this.
6. If applicable, provide appropriate referral(s) and help client access referral services. (<i>This is also the time and place to provide other referrals that may not be related to his/her risk but were referrals the client needed, ex. assistance with rent/utilities, food, clothing, STD testing, vaccinations, etc.</i>)	Here is the contact information (<i>service or agency</i>). When do you think you could call or go there?

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Goal 8: Support Test Decision

Protocol	Example
1. Discuss benefit of testing at this time.	When you came here, you mentioned getting tested. What might be good about getting tested? <i>Follow-up Question:</i> What might be bad about getting tested today?
2. Address the anticipated feelings and strategies for coping with test results.	What would be the hardest thing to deal with if you found out you were infected with HIV? People sometimes have a hard time coming back for their results; what would keep you from coming back?
3. Explore the relationship between testing and risk behavior.	Getting tested gives people information. Just as a reminder, this test will be a picture of your health from three months ago (<i>six months for HCV</i>). How will getting tested help you reduce your risk for HIV infection?
4. Present anonymous and confidential testing options (<i>this option available for HIV only</i>).	Anonymous testing means we don't connect your name to anything on the test. Confidential testing uses your name but protects your information and makes it easier to provide any services you may need later. What questions do you have about that or about the test itself? (<i>Test now, if applicable</i>)
5. (<i>If testing</i>) introduce partner elicitation.	When you come back for results, if you have HIV or another STD, we'll need to talk about how to reach your partners and how best to let them know they've been at risk.
6. (<i>If testing</i>) review with the client the follow-up schedule for receiving test results.	The test results take _____ (<i>days/weeks</i>) to get back to us. We will make an appointment for you to return in _____ (<i>days/weeks</i>) and I, or someone else, if I'm not available, will meet with you to go over your results.

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Goal 9: Summarize and Close the Session

Protocol	Example
1. Summarize the Risk Reduction session.	We've talked about (<i>name issue, resolutions, decisions, risk reduction step, referrals</i>). You've done a lot of work toward reducing your risks.
2. Identify ways for the client to remember follow-up events.	Your next appointment is (<i>day/date/time</i>). How do you keep track of your appointments? How sure are you that you can make that appointment?
3. Review client and RRS contact information.	Let me make sure that you know how to contact me if you need to talk with me. <i>If testing confidentially:</i> Let me be sure I know how to reach you (<i>review phone number/ address</i>).
4. (If tested) emphasize importance of returning for result(s).	It is very important that you return for your test result(s).
5. Address any remaining questions or concerns. Close the session.	What questions or concerns do you have before we end? Thank you for coming in and thanks for all the hard work you have done today.