

Name of Intervention	Teens Linked to Care
Based on Behavioral and Social Science Theory(ies)	Social Action Theory
Summary of Intervention	Teens Linked to Care is an effective intervention for young people living with HIV and is delivered in small groups using cognitive-behavioral strategies to change behavior. TLC consists of three modules, each of which consists of 8-12 sessions that are delivered in a general sequence. Each module is focused on a different behavioral outcome. <u>Module I: Staying Healthy</u> targets health care utilization and health behaviors. <u>Module II: Acting Safe</u> addresses both sexual and drug-use-related transmission acts. <u>Module III: Being Together</u> focuses on improving quality of life. Young people meet regularly to provide social support, learn and practice new skills, and socialize. This program helps young people identify ways to improve their quality of lives by setting new habits and daily social routines.
Clearly Defined Audience (Groups the intervention was used with)	Young people ages 13 to 19 living with HIV
Goals and Objectives of the Intervention	Goal: To change behavior by: <ul style="list-style-type: none"> <li>• Improving quality of life</li> <li>• Meditation</li> <li>• Focused attention skills</li> </ul>
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> <li>• Unprotected sex</li> <li>• Substance use</li> <li>• Multiple sex partners</li> </ul>
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> <li>• Knowledge (lack)</li> <li>• Self-efficacy</li> <li>• Perceived risk</li> <li>• Skills- communication and negotiation</li> </ul>
Core Elements	<ul style="list-style-type: none"> <li>• The delivery of three modules consisting of 8-12 sessions each.</li> <li>• Delivery of modules in interactive groups</li> <li>• Exercises in each session that are designed to be meaningful personal experiences, leading to development of knowledge and attitudes and increased skills to support adoption of new behaviors.</li> <li>• Individualized homework tasks assigned following each session.</li> </ul>
Setting	Community-based Organization
Duration	3 modules, with 8-12 sessions each

Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> <li>• Communication/negotiation skills</li> <li>• Role playing</li> <li>• Increase social support</li> <li>• Reduce sexual partners</li> </ul>
Outcome	Youth reported fewer sexual partners, including fewer HIV-negative partners, and fewer unprotected sex behaviors. All youth reported increased use of the social support coping style.
Type of Intervention	GLI

Rotheram-Borus MJ, Lee MB, Murphy DA, Futterman D, Duan N, Birnbaum J, and the Teens Linked To Care Consortium. (2001). Efficacy of a prevention intervention for youth living with HIV. *Am J Public Health*, 91, 400-405

Rotheram-Borus MJ, Murphy DA, Wight RG, Lee MB, Lightfoot MA, Swendeman D, Birnbaum JM, Wright W. (2001). Improving the quality of life among young people living with HIV. *Evaluation and Program Planning*, 24, 227-237.

Please visit [www.effectiveinterventions.org](http://www.effectiveinterventions.org) for more information, or to request a regional training.

A complete copy of the TLC intervention is located at:  
<http://chipts.ucla.edu/interventions/manuals/>.