

Name of Intervention	Many Men, Many Voices
Based on Behavioral and Social Science Theory(ies)	Social Learning Theory
Summary of Intervention	<p>Many Men, Many Voices is a six or seven session, group level HIV/STD prevention intervention for gay and bisexual men of color. The intervention is designed to influence behavior change for HIV/STD prevention. A peer facilitator leads a series of 2 -3 hour sessions. Sessions address behavioral influencing factors specific to gay men of color and encourage sharing of experiences. The participants build an understanding of how their life experiences relate to how they feel about themselves, their attitudes and beliefs, and their risky behaviors. It's a step-by-step process that relies on real dialogue and participant interactions. The program uses behavioral skills practice, group discussions, role plays, and group exercises. The seven sessions address specific influencing factors in a purposeful sequence including:</p> <p>Session 1: The Dual Identity Culture of Gay Men of Color</p> <p>Session 2: HIV Prevention for Gay Men of Color</p> <p>Session 3: HIV Risk Assessment and Prevention Options</p> <p>Session 4: Intentions to Act and Capacity to Change</p> <p>Session 5: Partner Selection, Communication and Negotiation</p> <p>Session 6: Social Support and Problem Solving to Maintain Change</p> <p>Session 7: (optional) Building a Healthy Community</p>
Clearly Defined Audience	Gay and bisexual men of color, including men on the "down low"
Goals and Objectives of the Intervention	<p>Goal: To reduce frequency of unprotected anal intercourse and increase the use of condoms.</p> <ul style="list-style-type: none"> • To foster positive self-identity • To educate participants about their HIV/STD risks • To teach assertiveness skills
Risk Behaviors the Intervention Focuses on	<ul style="list-style-type: none"> • Unprotected anal sex • Penetrative sexual activities that permit body fluid exchange • Multiple sex partners
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> • Knowledge (lack) • Perceived risk (low) • Self-identity (self-esteem)

	<ul style="list-style-type: none"> • Self-efficacy (low) • Ambivalence • Intentions (low) • Sexual relationship dynamics • Group/peer norms (including social support) • Cultural norms
Core Elements	<ul style="list-style-type: none"> • Educate clients about HIV risk and sensitize to personal risk • Develop risk reduction strategies • Train behavioral skills • Train in partner communication and negotiation • Provide social support and relapse prevention
Setting	Community-based organization
Duration	6-7 two to three-hour sessions every week for 6 weeks
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> • Communication and negotiation skills • Self-management skills • Sexual assertiveness training • Condom use
Outcomes	Men who participated reduced their frequency of unprotected anal intercourse and increased their use of condoms.
Type of Intervention	GLI

Journal Citation(s):

Kelly JA, St. Lawrence JS, Hood HV, Brasfield TL. (1989). Behavioral intervention to reduce AIDS risk activities. *Journal of Consulting and Clinical Psychology*, 57(1), pp. 60-67.

Contact:

The Center for Health and Behavioral Training
691 St. Paul St., 4th floor
Rochester, New York 14605
585-530-4382
www.urmc.rochester.edu/chbt

Please visit www.effectiveinterventions.org for more information, or to request a regional training.