



## A Single-Session Individual Level Behavioral Intervention for Young African American Men Who Have Sex with Women

### The Intervention

**FOF** is a clinic-based, behavioral intervention designed to be delivered by peers in a brief one-on-one session. **FOF** was developed by Dr. Richard Crosby (Crosby et. al., 2009), who is among the nation's leading and most respected adolescent and young adult sexual health researchers. **FOF** aims to educate and motivate clients to use condoms correctly and consistently in order to reduce the spread of HIV and other STDs. It is intended for the participant to receive the intervention one time. **FOF** is based on the Information, Motivation, and Behavioral Skills (IMB) model, which states that people need information, motivation, and practice with a behavior in order to properly learn that behavior. It is also based on Bandura's Social Learning Theory, which states that people learn new behaviors through observational learning, imitation and modeling.

### Why It Works

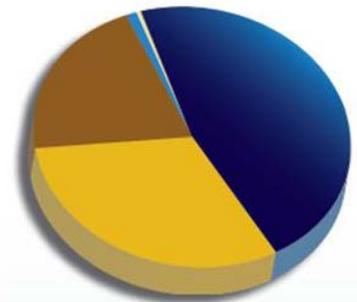
**FOF** is designed to be delivered in a STD clinic setting by a specially trained Peer Health Advisor (PHA) who is a peer recruited from the target community or population. Following registration at a clinic or an STI diagnosis, clients are asked to meet with the PHA for a 45-60 minute session. During the session the PHA establishes rapport with the client, discusses and addresses the client's barriers to condom use, advises on avoiding errors when using condoms, and even practices correct condom and lubricant use with the client a few times. At the end of the session, the client is provided a selection of different types of condoms and water-based lubricants and allowed to take some with him.

### Target Population

African American men who have sex with women (MSW), ages 18-29, who are seeking treatment at a STD clinic due to STD symptoms or diagnosis, who have used a condom in the last three months, and who are not knowingly HIV-positive.

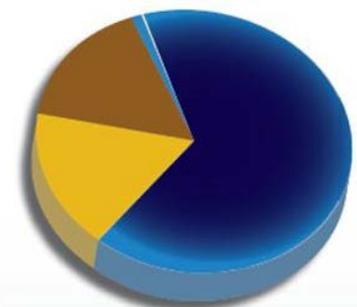
### THE STATS

#### MALES



African-American males made up **46%** of all new HIV cases amongst males in the USA in 2009.

#### FEMALES



African-American females made up **66%** of all new HIV cases amongst females in the USA in 2009.



## Research Results

A two-year study was conducted to evaluate whether or not the program reduced specific risk behaviors among eligible men who participated at an STD clinic in Kentucky. After STD diagnosis, 226 eligible men were randomized to either a personalized, single-session intervention (delivered by a PHA) or standard of care. Behavioral assessments were conducted at baseline and 3-months post-intervention, as well as a 6-month medical record review. Over the 6 months following the intervention, men receiving the intervention were significantly

- Less likely to acquire subsequent STDs,
- More likely to report using condoms during last sexual intercourse,
- Reporting fewer female sex partners

Clients who received **FOF** also reported fewer acts of unprotected sex and had higher proficiency scores for condom application skills.

## FOF Materials and Services

In 2009, CAI was funded, under the CDC's Replication of Effective Programs (REP) Initiative, to replicate, translate and package **FOF** for distribution to the field. CAI worked closely with Dr. Crosby to translate the intervention into a comprehensive implementation package. The implementation materials were piloted in four clinics across the United States to ensure its usability in the field.

The **FOF** Implementation Package includes the following:

- **FOF** Implementation Manual
- **FOF** Facilitator's Guide
- **FOF** Monitoring and Evaluation Guide
- A Three-day Training of PHAs (participants receive a Participant Handbook, DVD, PowerPoint slides)
- **FOF** Technical Assistance Guide
- **FOF** promotional materials.

CAI provides training and technical assistance to agencies interested in implementing **FOF**. Our services include adapting the intervention for specific populations and communities and for use in different settings. CAI can also work with states to support the implementation and roll-out of **FOF** across health systems and networks.

## FOF AT A GLANCE

**FOF** supports public health priorities to integrate HIV prevention into STD services and engage the community in the design and delivery of STD-related services, in order to enhance outcomes and promote health equity.

**FOF** is also:

- Low cost
- High impact
- Sustainable
- Peer-led
- Evidence-based
- Sex positive
- Supports condom use

**FOF** is based on 5 principles:

1. Unconditional respect for men
2. Practice is good
3. Options and know how
4. Condoms can feel better
5. Protect our future

## GET STARTED AT YOUR AGENCY

For more information on the **FOF** Intervention Package, contact:

Billy Sherrod at CAI  
for more information  
[bsherrod@caiglobal.org](mailto:bsherrod@caiglobal.org)  
212 594 7741 x 265

505 8<sup>th</sup> Avenue, Suite 1900  
New York, NY, 10018  
**CAIGLOBAL.ORG**