



# An Introduction to FOF

## The Intervention

FOF is an evidence-based, peer-delivered, clinic-based, single session individual-level behavioral intervention based on formative research conducted by Richard Crosby, Ph.D (Crosby et. al., 2009) which demonstrated:

- decreased STD re-infection rates,
- increases in self-reported use of condoms at last sex, and
- decreases in self-reported number of partners among men who received the intervention.

The intervention aims to educate and motivate clients to become correct and consistent condom users in order to reduce the spread of HIV and other STDs. The intervention is delivered in an STD clinic by a Peer Health Advisor (PHA), a trained peer from the community served by the clinic. Clients are recruited during routine clinic visits to meet with the PHA for a single 45-60 minute conversation. During this conversation the PHA establishes a rapport with the client, learns about the client's barriers to condom use, discusses how to address errors when using condoms, asks the client to practice correct condom and lubricant use, and allows the client to learn about and take home with him a wide variety of high-end condoms and water-based lubricants.

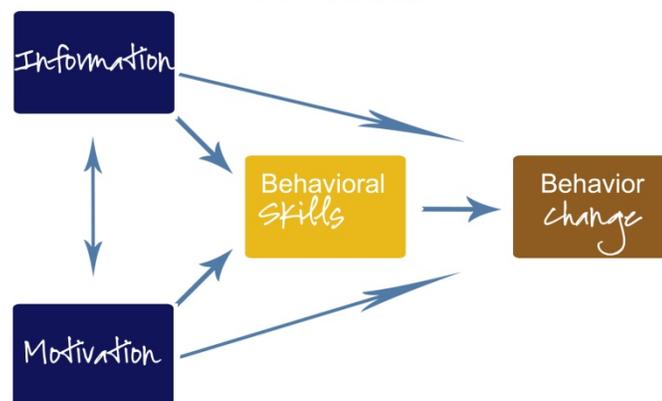
## Target Population

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

## Theories and Models Used

The FOF intervention is based on the Information, Motivation, and Behavioral Skills Model (IMB).<sup>1</sup> This theory asserts that HIV-related information, motivation, and behavioral skills are the fundamental determinants of HIV/STD prevention. If an individual is well-informed, motivated to act, and possesses the skills and confidence to take effective action, he or she is more likely to initiate and maintain patterns of HIV/STD preventive behavior.

The IMB Model





# What CAI can provide:

Having developed the materials and curriculum for dissemination of FOF to the field under the CDC's Replication of Effective Programs (REP) 11 and Diffusion of Evidence Based Interventions (DEBI) initiatives, CAI is ideally positioned to provide the training and technical assistance necessary to implement this intervention with fidelity, having previously piloted the program at four sites in different cities across the United States. For agencies interested in implementing FOF for improving correct and consistent condom use among their clients, CAI proposes providing the following materials and services:

## **The FOF Planning and Preparation Kit**

- *The Implementation Manual:* A guide for agencies implementing the intervention, the Implementation Manual contains information to help agency administrators through pre-implementation planning and set-up, the implementation of the intervention, and continued monitoring and evaluation of the intervention once it has been implemented. It also contains a Facilitator's Guide, which contains the actual content of the intervention itself, as well as any and all materials necessary for intervention implementation (forms, timelines, templates, marketing materials, etc.).
- *Agency Readiness Checklist:* The elements that need to be identified, in place, or in pre-implementation stages, in order to be prepared to implement the program.
- *Pre-Implementation Services:* CAI is able to provide technical assistance regarding pre-implementation planning and provide support to ensure that FOF is the right fit for the agency, including a review of strategies and approaches to identification and hiring of PHA.

## **The Three-day FOF PHA Training Session**

- *Training Services:* The 3-day training is designed to be delivered to a group of 10-12 people at a time. Agencies send their PHA(s) and manager(s) to the training, which either takes place at CAI's offices or at a central location, depending on the number of agencies interested in implementing the intervention in the area. During this training, PHAs and managers develop the necessary knowledge, skills, and attitudes to deliver the intervention with fidelity, including identifying agency-specific implementation and monitoring strategies.
- *Training Materials:* We will provide the Participant Training Manual, Training DVD and Training PowerPoint Presentations.

## **Follow-up TA for Implementation, M&E and CQI**

- *TA Services:* CAI will provide technical assistance before, during, and after training, to ensure that fidelity to the original research is maintained and to help address any questions or challenges agencies face during the implementation process. Technical assistance can be delivered via e-mail, over the phone, or through a site-visit by one of our TA specialists.
- *TA Materials:* TA services include the provision of the FOF TA Guide. The FOF TA Guide was developed from the lessons learned following pilot testing of the intervention in clinic sites. It addresses common questions raised about implementing FOF, strategies for possible barriers and challenges, and key recommendations from the pilot clinic sites as they completed preparation, training and began implementing the intervention