



Sexually Transmitted Epidemic Prevention Project (STEP)

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Helpers in the Hood

**a Lay Health Advisor Program for African American males in Wilson
County**

Training manual

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INTRODUCTION

Welcome to the Sexually Transmitted Epidemic Prevention (STEP) Project, Helpers in the Hood Program. A year ago the Respect and Protect program was initiated by STEP to train women as lay health advisors. It was foreseen that eventually a program would be developed for the men in the community. This program was developed to train men to disseminate sexually transmitted disease (STD) information in utilizing their individual assets. The overall goal of this program is to stem the rising incidences of STDs in your community.

Who are Helpers in the Hood Lay Health Advisors

A lay health advisor is a person who has characteristics of a natural helper. Natural helpers have a unique ability to help others. They are comfortable in engaging people on health issues that could be of risk to them. You have been identified as having these characteristics. In nearly every community special people like you are helping others deal with health, educational, financial, and other problems they might encounter in their daily lives. You are seen by your community as someone who is trusted and who others can turn to for advice. People feel comfortable talking to you about personal and private things. They will more often turn to a person like yourself before they confide in a professional. You have a special gift for helping people and it is because of this asset that you were asked to participate in this program. The Helpers in the Hood program is aimed at informing the community through the best way possible to help people protect themselves from STDs.

What You Will Learn

The purpose of this 5 session training is to add new skills and knowledge to what you already do so well as a natural helper. You will learn facts about causes and treatment for AIDS, syphilis, gonorrhea, and chlamydia. The training will emphasize how to talk to other males about the best ways to avoid these STDs and how to use the services in Wilson. Many of these services are free. You will also learn and practice the *Play It, Say It, and Pass It On*, model, which is based on the *Ask, Advise, and Assist* model that the STEP Respect and Protect Lay Health Advisors use to approach and initiate dialogue with African American women.

When you finish the training, you will know about STDs and also improve your ability to help people. You won't make their decisions but you will help them so that they can make the healthiest decisions for themselves. If they have questions you can't answer, you will be able to provide them with resources on who to call and where to go. There is a lot of information in this manual to use as a reference. You are not expected at the end of the training session to know everything that is in the manual. This manual is yours to keep so that you can always find the information you need to help others.

Finally, a Helper in the Hood Program Coordinator, will always be available for you with more information, brochures, videos, and anything else you may need to get the word out to the men about helping and protecting themselves and their partners from STDs.

Who You Will Help

Anyone who is sexually active can get syphilis, gonorrhea, chlamydia, and AIDS. People who use needles to shoot drugs can get AIDS. So, you could reach out to lots of different kinds of people -- men and women of all ages and races. However, the *Helpers in the Hood* Program needs you to give **special attention to African American males between 18 and 35 years old. This is because STDs are rising faster among this group than any other group.** Many of them will be men you come across in your everyday routines--at work, at church, at the gym, through friends, and in your neighborhood. Others you may not know well. Some of them may come to you or you may seek them out. You may counsel these men privately or talk with them in groups. Of course, it's up to you to know what is the best way to reach these men.

After you finish this 5 session training, you will be meeting together each month with an outreach coordinator to continue the training and to talk about how things are going with the men. You can share new ideas work to solve problems, and even decide to do a community project as a group. Just remember that you are not out there alone, but are part of a program that supports you as you help reduce the spread of STDs in Wilson County.

Helpers in the Hood Lay Health Advisor Training Workshop

Training Objectives:

Informational:

- To provide the lay health advisors (LHAs) with information on sexually transmitted diseases and on the main health care providers in Wilson County, NC.
- To present the importance of correct and consistent condom use with main and other partners in the prevention of STDs.
- To provide the LHAs with condom negotiation skills that they can pass on to the men they advise.
- To enable the LHAs to understand the importance of advising people to get checked within 3 days of the appearance of symptoms or if they suspect they have been exposed to an STD.
- To teach the LHAs that many STDs have no symptoms and can only be detected by screening.

Outreach:

- To strengthen the communication skills of the LHAs, especially concerning sensitive subjects such as STDs and condoms.
- To enable LHAs to form networks with other men for mutual support and to mobilize around common issues of concern.
- To have LHAs practice approaching individuals using their individual assets.

Group Cohesion:

- To foster a supportive community among LHAs in Wilson County.
- To enhance and expand LHAs support network through male bonding activities

Programmatic Goal:

- To decrease the rate of STDs among African American men aged 18-35 who live in Wilson County, NC.

Helpers in the Hood Lay Health Advisor Program Session 1

Session 1: Welcome / Introduction and overview of STEP and HITH

Presenters: Geni Eng, and Motivational Speaker (local celebrity)

Time: 2 hours

Objectives:

After this session the participants will have a better understanding of the Sexually Transmitted Epidemic Prevention (STEP) Project and the Helper in the Hood Program and will have pledged their commitment to the success of the program.

Background:

The individuals participating in the Helpers in the Hood Male Lay Health Advisor training program have been specially chosen because of their natural helper characteristics. They have a basic understanding of sexually transmitted diseases and recognize the risks prevalent in their community.

Content Outline:

Welcome to participants (icebreaker)_____ 10 minutes

Celebrity speaker_____ 10 minutes

Introduction to STEP_____ 20 minutes

What is a Lay Health Advisor_____ 20 minutes

Introduction and Overview of HITH_____ 30 minutes

Refreshments and Food_____ 30 minutes

Resources: STEP overview, HITH program overview,

What is the STEP Project



Sexually Transmitted Epidemic Prevention Project

Overview

In most of the United States sexually transmitted diseases (STDs) are most common in large cities. North Carolina has recently been an exception to this rule. In recent years several counties in rural eastern North Carolina have had rates of gonorrhea and syphilis that were not only the highest in the state but have also ranked among the highest in the nation. Researchers in the School of Public Health at the University of North Carolina at Chapel Hill have sought to understand why STD rates have been so high in these counties and they are now attempting to bring those rates down.

In the first phase of the Sexually Transmitted Epidemic Prevention (STEP) Project we collected information to identify the reasons for high STD rates in Wilson. During their usual care at the Wilson County Health Department from 1992 to 1994 clients in the STD clinic responded to a standardized interview about infections, behaviors, and attitudes and beliefs that can lead to certain behaviors. Others outside the STD clinic were also interviewed in a more conversational manner about topics such as the effects of illicit drugs on the community, perceptions about health care providers, and the community's strengths.

Information from the first phase of STEP became the foundation for the second phase: a new program to actually prevent infections and lower the rate of STDs in Wilson. Because we found that STD infections were increasing most in African-American women in Wilson, our program involves mostly African-American women. We will be training about 25 women who live in the neighborhoods that have the highest STD rates, and who are respected by their friends and acquaintances, to talk to these friends and acquaintances about ways to prevent STDs. Once they are trained, these women will be called Lay Health Advisors. They will meet once a month together with a Community Outreach Specialist who will encourage them in their work and provide them with ongoing training. The Community Outreach Specialist will also meet monthly with a group of about 12 people from the community who provide advice about running the program and interacting with the community. These people are called the Community Resource Group.

We have tried this program on a small scale in the town of Stantonburg, outside the town of Wilson but within Wilson County. Six women from Stantonburg were trained as Lay Health Advisors in the summer of 1995. Since that time they have been talking about STD prevention with their friends and acquaintances in Stantonburg and meeting regularly with the Community Outreach Specialist. They will join together with all of you, the Wilson Lay Health Advisors that are being trained now (the fall of 1996).

This program is a new approach to STD prevention in three important ways:

- Programs that only treat infections can lower the numbers of infections for a short while. But these programs don't change the behaviors that cause infections to spread in a community, so the STD rates soon return to their original high level after the extra efforts to treat are over. The STEP Project is focused on **changing behaviors** to sustain lower rates of infection for long periods of time.
- Most programs to change behaviors provide information in the form of pamphlets or talks. However, it often takes more than knowledge to change behaviors. Attitudes and beliefs may also need to change. As people trusted and looked up to in the community, The STEP Project Lay Health Advisors will be able to influence **attitudes and beliefs, as well as knowledge** among their friends and acquaintances.
- Many projects depend heavily on resources such as money or people from outside of the community. This is expensive and can be done for only short periods of time. With our Lay Health Advisors, **the community owns the program**. The Lay Health Advisors live in the community and are trained to talk about STD prevention; and the Community Resource Group advises about how to best run this program in their community. With the community owning the program and volunteering their efforts to make it work, there is no end to how long this program can last.

If STD numbers fall during the time of our program, we would like to take the credit, but it could be that the numbers were falling for other unknown reasons. To determine whether our program really plays a role in preventing STDs, and whether it is worthwhile using elsewhere in the state, we are measuring very carefully the links between our program activities and any changes in the county related to STDs. For example, to see if behaviors

change we are doing neighborhood interviews with women about their behaviors at two different times: once before our program starts and then again after about two years of our program. We hope to see changes in behaviors occur during this time. We are doing the same thing in Kinston, North Carolina, but without our program to see if any changes in behavior occur on their own. In a similar way, with measurements early and then later in Wilson and Kinston, we will be looking in Wilson for lower numbers of infection, higher numbers of visits to the health department for check-ups, and changes in the way health care institutions interact with STD patients, without as much change in Kinston since our program won't be carried out there.

The STEP Project is a group effort. In fact, it is the effort of many groups. Researchers in the **School of Public Health** at UNC obtained the information from Wilson and funds from the National Institutes of Health to start the program; residents of Wilson are serving as **Lay Health Advisors** or as part of the **Community Resource Group**; the **North Carolina HIV/STD Control Section** has provided additional funds; the **Wilson County Health Department** has provided a great deal of support, including an office for the Community Outreach Specialist, Jadis Robinson; the **Wilson Community Health Center** has provided office space for the person overseeing the surveys in Wilson and Kinston, Tammie Carlton; several **other institutions in Wilson** have contributed to the effort at some point along the way; and the **Lenoir County Health Department** is contributing to the evaluation of the program by helping us collect information in Kinston. We have high hopes that this group effort will substantially lower the number of STDs in Wilson.

Helpers in the Hood Lay Health Advisor Program

Session 2

Session 2: Team building, (Ropes Course)

Trainers / Facilitators:

Time: Full day

Objectives:

At the end of session 2 the participants will have set groundrules for the group to follow and abide by, and have a better understanding of the concept of teamwork and how to function as a group.

Background:

For groups to function well in any society or setting they must have cooperation from every individual. The concept of teamwork helps groups to understand each others special characteristics and assets and how it can best contribute to the group. It is essential for the success of a program for people to work together and to resolve any conflict in a reasonable and efficient manner. This session will focus on teamwork and group processes.

Content Outline:

Introduction to group process_____ 15 minutes
Setting the groundrules_____ 20 minutes
Ropes Course_____ Undetermined
Debrief of days events_____ 20 minutes

Resources: Group process literature, flipchart, makers, t-shirts, transportation to ropes course, breakfast, lunch.

Importance of groups

Groups are important to every human being and the skills needed to function in a group are vital to our relationships with each other. We go through life belonging to groups from birth, we are born into families, and as we get older we form or join groups that share a common interest. It is by participating in these groups that we learn how to socialize and behave with other people. The group you are going to be a part of is a special group with common interests. In order to be an effective group these criteria must be implemented.

- 1). Group goals must be clearly understood, be relevant to the needs of group members, stimulate cooperation, and evoke from every member a high level of commitment to their accomplishment.
- 2). Group members must communicate their ideas and feelings accurately and clearly. Effective, two-way communication is the basis of all group functioning and the interaction of its members.
- 3). Participation and leadership must be distributed among the members. All should participate, all should be listened to; as leadership needs arise, members should take turns meeting them. Any member should feel free to fulfill a leadership function as he or she sees the need.
- 4). Appropriate decision-making procedures must be used flexibly in order to match them with the needs of the situation. There must be a balance between the availability of time and resources (such as members' skills) and the method of decision making used. The most effective way of making a decision, of course, is by consensus (everyone agrees); consensus promotes distributed participation, the equalization of power, productive controversy, cohesion, involvement, and commitment.
- 5). Power and influence need to be equal throughout the group and be based on expertise, ability, and access to information, not on authority. Coalitions to help fulfill personal goals should be formed among group members on the basis of mutual influence and interdependence.
- 6). Conflicts among those with opposing opinions and ideas are to be encouraged; conflicts promote involvement in the group, quality and creativity in decision making, and commitment to putting decisions into practice. Minority opinions should be accepted and used. Conflicts prompted by incompatible needs or goals, by the scarcity of a resource (power, money), and by competitiveness must be negotiated in a manner that is mutually satisfying and does not weaken cooperative interdependence among group members.
- 7). Group cohesion needs to be at a high level. Cohesion is related to interpersonal attraction among members, each members' desire to continue as part of the group, the members' satisfaction with and liking for their group membership, and the level of acceptance, support, and trust among the members.
- 8). Adequacy in problem solving needs to be high. Problems must be resolved with minimal energy and in a way that eliminates them permanently. Structures and procedures should exist for sensing the existence of problems, inventing and putting into practice possible solutions. When problems are dealt with adequately, the problem-solving ability of the group increased, innovation is encouraged, and the group effectiveness is improved.
- 9). The interpersonal effectiveness of members needs to be high. Interpersonal effectiveness relates to how well the consequences of your behavior matches your intentions.

From: *Joining Together: Group Theory and Group Skills*.
Johnson, D and Johnson, F. Prentice Hall. 1975

Helpers in the Hood Lay Health Advisors

GROUND RULES

- 1). _____
- 2). _____
- 3). _____
- 4). _____
- 5). _____
- 6). _____
- 7). _____
- 8). _____
- 9). _____
- 10). _____
- 11). _____
- 12). _____
- 13). _____
- 14). _____
- 15). _____
- 16). _____
- 17). _____
- 18). _____
- 19). _____

Helpers in the Hood Lay Health Advisor Program

Session 3

Session 3: STD education and basketball challenge

Trainers/Facilitators: Health educator (basketball challenge)

Time: 3 hours

Objectives:

At the end of this session participants will be able to: identify the symptoms of an STD (specifically Chlamydia, Syphilis, and Gonorrhea). They will also be able to identify risks for STDs and how to properly apply a condom.

Background:

Participants already have an understanding of what an STD is. This session will increase their knowledge and answer any questions that they might have regarding STDs and the people at risk. An STD knowledge pre-test will be given at the beginning of the session and a post-test will be given at the end to assess what the participants have learned. An STD basketball challenge, which will incorporate a shootout from various areas of the court where STD questions will be taped and a two on two game. Slides will also be presented showing male genitals that are infected with an STD.

Content Outline:

STD knowledge pre-test	15 minutes
STD signs and symptoms	45 minutes
Slide presentation (male infected genitals)	10 minutes
Discussion and review	30 minutes
STD knowledge post-test	20 minutes
STD basketball challenge	1 hour

Resources: Pre and post STD knowledge test, STD presentation (Health Educator Wilson County Health Department), slide presentation, Reid St. Community Rec. Center, food and refreshments.

Readings: STD handouts.

SEXUALLY TRANSMITTED DISEASES (STDs)

What are STDs?

There are as many as 20 different Sexually Transmitted Diseases (STDs). STD germs need to live in warm, moist areas of the body. That's why they infect the vagina, penis, anus and mouth. They spread among people through unprotected vaginal sex, oral sex and anal sex.

Some STDs have uncomfortable or painful signs. But there are times when people with an STD feel no signs or symptoms. Other times, the symptoms go away on their own. Either way, the STD germs are still there and can be passed on to another person. If left untreated, some STDs can cause permanent damage that could make a person sterile (unable to have children), blind or brain-damaged. Pregnant women can also pass STD germs to their babies before birth or during the delivery.

Not all STDs are treatable. For example, HIV disease that leads to AIDS has no cure. The herpes virus lives in the body forever and the symptoms can keep coming back because there is no cure.

Signs and Symptoms

Women and Men	Women	Men
Sores, bumps or blisters near or in the mouth, vagina, penis or balls	An unusual discharge or smell from your vagina	A drip or discharge from your penis
Yellow stains on underwear	Pain in the area between belly button and vagina; back pain	Crusting on tip of penis
Burning and pain when you urinate or have a bowel movement	Burning or itching around your vagina	
Fever, chills and aches like a flu	Bleeding from your vagina that is not your regular period	
Swollen glands or swelling in the crotch (the area around your genitals)	Deep pain in your vagina when you have sex	

Here are some reasons why STDs are a problem:

- Men are more at risk of reinfection than women.
- If a condom is not available, some men will go “raw dog”.
- Men will self-treat and will often stop the medication when the symptoms and sores have disappeared. This is usually before the time that they are suppose to stop the medication
- Reinfection strains usually come back stronger than the initial STD. This is due to the individual not following the prescribed regiment for taking medication
- When people have STDs and come in contact with HIV, they have a higher chance of getting infected than people who don't have STDs because the STD infection is an 'open door' for HIV to enter the body.

What do I do if someone thinks they have an STD?

- **Say It** - advise them to get checked out. The STD germs will **not** go away on their own, even if the symptoms do. The sooner they get an STD test and begin treatment, the better the chances that the disease won't hurt them.
- **Say It** - advise them to use condoms to protect themselves and their partner(s).
- **Say It** - advise them that if they have had more than one sex partner, it is a good idea to get an STD test **at least** every six months.
- **Pass it on** - tell them if their partner(s) don't get tested **and** treated too (even if he/she doesn't have symptoms) they will keep passing the STD back and forth to each other.

GONORRHEA (gon-uh-REE-uh)
also called, *drip, GC, 'been burned,' clap.*

In Wilson County, 909 people had gonorrhea in 1994. This is the third highest number in all of the North Carolina counties.

Transmission

Gonorrhea is caused by bacteria that are passed from one person to another during sex. You get gonorrhea by having unprotected vaginal sex, oral sex or anal sex with someone who is infected. If you and your partner doesn't use a condom, it makes it easier for you to get gonorrhea.

The symptoms of Gonorrhea

Most women have no symptoms, some men won't have symptoms. For those who do have symptoms, they show up 2 - 21 days after having sex. Common symptoms include:

FOR WOMEN:

- * Thick, yellow or white discharge from the vagina with bad smell.
- * Burning or pain when you urinate (when you pass water) or have a bowel movement.
- * More pain than usual during periods.
- * Cramps and pain in the lower abdomen.

FOR MEN:

- * Thick yellow or white drip from the penis.
- * Burning or pain when you urinate (pee) or have a bowel movement.

Testing

Your doctor or nurse will collect a small amount of fluid from the inside of the penis and sends it to the laboratory. Results are known the same day of the test or a couple of days later, depending on the symptoms.

What are the treatments?

Gonorrhea can be cured. Antibiotic pills or a shot will kill the gonorrhea germs.

The type of medicine and how much to take depend on people's allergies and their weight.

Only a doctor can recommend the right kind of medicine and how much to take.

To get rid of gonorrhea completely it is important to take **all** the medication that the doctor gives you. Sharing medication will not treat either person.

What can happen if you don't get treated?

YOU CAN GIVE GONORRHEA TO YOUR SEXUAL PARTNER(S)!

- * It is important to talk to your partner(s) so the infection won't get passed back and forth. Each time someone gets re-infected with gonorrhea, it must be treated again.
- * Gonorrhea can lead to more serious infections. Organs important for having children can be damaged.
- * Both women and men may no longer be able to have children.
- * A mother with gonorrhea can give it to her baby during childbirth.
- * Gonorrhea can cause heart trouble, skin disease and blindness.

CHLAMYDIA (klah-MID-ee-uh)

Chlamydia is the most common STD in the US. There are 4 million people who have chlamydia in the US.

In Wilson County, 523 people had chlamydia in 1994. This is the highest number of people with chlamydia in all of the North Carolina counties.

Transmission

Chlamydia is caused by germs that are passed from one person to another during sex. You get chlamydia by having unprotected vaginal sex, oral sex or anal sex with someone who is infected. If you and your partner don't use a condom it makes it easier for you to get chlamydia.

The symptoms of Chlamydia

Most women and some men have no symptoms.

Some symptoms may show up 7 - 21 days after having sex with someone who is infected.

Visible signs may include:

FOR WOMEN:

- * discharge from the vagina
- * bleeding from the vagina between periods
- * burning or pain when you urinate (pee)
- * pain in the belly, sometimes with fever and nausea

FOR MEN:

- * watery, white drip from the penis
- * slight crusting at the tip of the penis
- * burning or pain when you urinate (pee)

Testing

Even if you have no symptoms, getting tested is the best way to avoid the damage that chlamydia can cause. Chlamydia won't show up unless you request a test from your doctor or nurse. Your doctor or nurse will collect a small amount of fluid from your vagina or penis and send it to the laboratory. Results can take up to three days.

What are the treatments?

Chlamydia can be cured. Antibiotic pills will kill the chlamydia germs. The type of medicine and how much to take depend on people's allergies and their weight. Only a doctor or nurse can recommend the right kind of medicine and how much to take.

In order to get rid of chlamydia, it is important to take all the medication that the doctor gives you, even if the symptoms go away. Sharing medication will not treat you or the other person.

What can happen if you don't get treated?

YOU CAN GIVE CHLAMYDIA TO YOUR SEXUAL PARTNER(S)!

- * Chlamydia germs can damage men and women's sex organs and make it difficult to have children.
- * Both women and men may no longer be able to have children.
- * A mother with chlamydia can give it to her baby causing a premature birth. A mother can also give it to her baby during childbirth.

SYPHILIS (SIF-uh-lus)

In Wilson County, 83 people had syphilis in 1994. Wilson ranks very high in the state.

Transmission

Syphilis is caused by germs, called bacteria, that are passed from one person to another during sex. You can also get syphilis from kissing someone with a syphilis sore on their mouth. You get syphilis by having unprotected vaginal sex, oral sex or anal sex with someone who is infected. If you and your partner doesn't use a condom during intercourse, or plastic wrap or condom during oral sex, it makes it easier for you to get syphilis.

The symptoms of Syphilis

There are two stages to syphilis that have noticeable symptoms. Even when you have no symptoms you still have the disease.

1st STAGE (or Primary or Outbreak Stage):

- * Symptoms show up 1 -12 weeks after having sex.
- * A painless, reddish-brown sore will appear in the vagina, penis, anus, mouth or throat. This is often called a "zipper cut." The syphilis germs live in this sore.
- * The sore lasts 1 - 5 weeks.
- * The sore goes away on its own, but you will still have syphilis germs and can infect other people. Because the sore comes after a sexual contact and then goes away, many people think it is not an STD.

2nd STAGE (or Secondary Stage):

- * Symptoms show up 6 weeks - 6 months after the sore appears. Many people do not associate the rash with the sore from before because of the time lapse.
- * A "nickel and dime" rash will appear anywhere on the body like the face, hands, feet and chest.
- * There will be flu symptoms.
- * The rash and flu feelings go away, but syphilis germs are still in your body and can infect other people.

Testing

To find out if you have syphilis, your doctor or nurse will take a small amount of blood and send it to the laboratory. If there is a sore the doctor or nurse will take a small skin sample called RPR. Results take 20 minutes if there is an open sore or if someone had sexual contact with a person with syphilis. Other results can take up to one week.

What are the treatments?

- * Syphilis can be cured.
- * Penicillin shots or other antibiotics kill the syphilis bacteria.

What can happen if you don't get treated?

YOU CAN GIVE SYPHILIS TO YOUR SEXUAL PARTNER(S)!

- * Because the sore(s) is painless, many people continue to have sex.
- * Syphilis sores make it easier for HIV to enter the body.
- * Syphilis bacteria can damage men's and women's sex organs and make it difficult to have children.
- * A mother with syphilis can give it to her baby during childbirth.
- * Syphilis can cause heart disease, brain damage, blindness and death.

HIV/AIDS

In Wilson County, as of June 1996: 132 people have been diagnosed with HIV. Of these, 92 people have been diagnosed with AIDS, and 60 of these people have died.

Transmission

You get HIV by having unprotected sex with someone who has the HIV virus. HIV is a virus that lives in the semen, vaginal fluid and blood of infected people. HIV can be passed through the penis, vagina, mouth or anus. HIV is also spread by sharing the works used to shoot-up drugs. HIV can be passed from a pregnant woman to a child during childbirth or through breast-feeding. If you and your partner don't use a condom, it makes it easier for you to get HIV.

The symptoms of HIV

You could be infected with HIV but still not feel or look sick. People can have HIV for years without knowing it and still infect others. The statistics we have on how many people are infected with HIV are only people we know about. There are a lot of people who don't know that they have HIV.

The virus slowly attacks the body's white blood cells, leaving the person unable to fight off germs that cause infections. Infections lead to serious illness and often death. The late stage of HIV is called AIDS, when infections like pneumonia take over the body.

Symptoms of HIV/AIDS include:

- * lumps (swollen glands) in the armpits, neck or crotch
- * flu-like feelings that come and go: coughing, tiredness and fever
- * weight loss not caused by dieting
- * diarrhea
- * white, painful spots in the mouth
- * purple bumps on the skin and inside the mouth, nose or anus

Testing

Your doctor or nurse will take a sample of your blood and send it to a lab. It may take up to 2 weeks to get the result. It takes between 6 weeks and 6 months after exposure to HIV for the HIV antibodies to show up in blood test.

You can get tested for HIV in two ways. In ANONYMOUS testing, you don't give your name at all. In CONFIDENTIAL testing, you do give your name, but the clinic agrees not to give it to anyone else. Anonymous testing protects your privacy because you are given a number and your name is not attached to the test results.

Why get tested?

- * An HIV-infected person can give HIV to their sex partner(s) or people they share works with.
- * A mother with HIV can give it to her baby during childbirth or from breast-feeding. A medicine called AZT may reduce chances of a mother passing HIV on to her baby if she takes it during pregnancy.
- * If you don't have HIV, you can protect yourself by practicing safe behaviors like using a condom.
- * If you get tested and you have HIV, there are ways to prevent illnesses and keep yourself healthy for longer.
- * By knowing if you have HIV, you can choose to protect your sexual partner(s) or someone you share needles with.

What are the treatments?

There is no cure for HIV and AIDS. Most people die from it. However, if you know that you have HIV, there are ways to keep yourself healthy for as long as possible through diet, exercise and regular medical care.

What can happen if I don't get checked?

YOU CAN PASS ON HIV TO YOUR PARTNER(S)!

- * HIV can progress to AIDS
- * Death

STD BASKETBALL CHALLENGE

This exercise will test the STD knowledge of the LHAs and allow them to practice approaching individuals in a gym setting.

STD Shoot-out.

Manila folders with STD related questions inside are taped on various spots (3 pt. line, freethrow line, top of the key, etc.) on the floor. Participants will pick from five spots on the floor to shoot from. If the shot is made from that spot they will have the option to answer the question themselves or challenge one of the other LHAs to answer the question. If the shot is missed the shooter must answer the question. Points will be dependent on the area from which the ball is shot (3 pt. shot = 3, freethrow = 1, perimeter shot = 2). The winner will be determined by the amount of points earned. In case of a tie a shootout will be held using different questions.

Team Challenge

LHAs will form teams (2 on 2, 3 on 3) and play a game up to 10 baskets or 20 points. The winning team will ask the losing team five STD related questions, but they must know the answer themselves. Points will be determined by the number of questions answered correctly.

Prizes awarded

Helpers in the Hood Lay Health Advisor Program

Session 4

Session 4: Communication Skills, Utilization of Individual Assets and Introduction to Transtheoretical Model of Behavior Change

Trainers / Facilitators: Kurt Scholla, Alan Muriera, Respect and Protect LHAs

Time: 3 hours

Objectives:

At the end of this session participants will be able to effectively communicate with the targeted population utilizing their individual assets in sports related activities. They will be able to identify the behavioral level of an individual using the Transtheoretical Model.

Background:

The participants already possess a unique ability to communicate with people they encounter everyday. This session will enhance the communications skills they already possess and in addition will inform them of their individual assets that they can incorporate into their communication toolbox.

Content Outline:

Introduction to communication skills_____20 minutes

(ROLE PLAY OR ACTIVITY with Female LHAs) (Video taped and replayed) 20 minutes

LISTENING ACTIVITY_____15 minutes

SPEAKING ACTIVITY_____15 minutes

ADVISING SKILLS AND ACTIVITY_____20 minutes

Introduction to Transtheoretical Model (Di Clemente)_____1 hour

Individual Assets activity_____30 minutes

Resources: Communication literature, skills activities, individual assets literature, HIV pre and post test counseling training manual, Di Clemente's Transtheoretical Model, Video camera, LHAs, food and refreshments.

Reading: Di Clemente's Transtheoretical Model of Behavior change.

Communication Skills handout

Helpers in the Hood, Play It, Say It, Pass It On

(Based on the *Ask, Advise and Assist Model*)

In this Session:

You will learn how to listen and talk to people effectively. Some of these suggestions may come naturally to you, others may be new. These guidelines can help you ask the right questions, give useful advice, and offer assistance to people you talk with.

Listening is important

Talking with people about personal matters like relationships and sex takes special skill. Even people who know and trust you may not feel comfortable talking about these things. As a *Helper in the Hood* Advisor, you are learning a lot about different STDs. But as you already know, to help people feel comfortable sharing personal information with you, it's important to be a good listener.

(Listening exercise)

Pair up with a partner and face each other. One of you will act as a receiver (listener) and the other as the communicator (speaker). The speaker will talk about any topic they want for 2 mins while the receiver listens and doesn't interrupt. After the two minutes are up the receiver will paraphrase (say what was just said by the communicator) what they just heard. You will then switch roles and do the exercise again.

How difficult was it to sit there and not ask any questions?

How did it feel?

Could you pay attention to what was being said without thinking about something else?

(Speaking exercise)

The individual will be given an object (paper clip, piece of rope, etc.) to speak about for 1 minute. The information does not have to be true, but it has to be convincing. This exercise will help the LHA to think on his feet and to be able to address a group of people. Criticism and feedback will be given from the audience.

Play It, Say It, Pass It On: Guidelines

Play It: (Ask)

- Because it has been found that African American males bond around sporting activities (Franklin, 1992) the basketball venue was chosen because of the large number of African American males who frequent Wilson Recreation Center.
- The Helper in the Hood LHA will initiate a basketball challenge to individuals in the gym, either one on one or as a team. Before the game starts the LHA will introduce him / themselves and inform the individual(s) of the consequences of the game.

Example dialogue:

LHA- "What's up, man?" (who's got next? this is said only if a game is in progress) If not- "Y'all or you want to run?"

INDIVIDUAL- "All right"

While warming up (shooting around, the LHA will introduce themselves and the program)

LHA - (Introduction)- "How's it going, man" "my name's Alan " hopefully the other person will respond with his name

INDIVIDUAL- "Charles"

LHA- "Check it out man, I'm an advisor with the Helpers in the Hood program, I (we) go around to gyms and talk to guys like yourself about STDs, but check it out, you don't have to listen unless I (we) win the game. But if I lose you can decide whether you want to listen to what I have to say or not. If we (I) win I /we'll ask you some questions about your health and offer you some advice, all (I) we ask of you is that you pass on the information (I)we give you, and if you decide you need anything else concerning what we talked about (I) we can help you out there too. Is that cool?"

INDIVIDUAL- "It's cool."

- Continue warming up and play the game

Say It (Advise)

- Have open ended questions (questions that don't require a yes/ no answer) ready to ask on topics like:
 - Condom use
 - Number of sexual partners
 - STD knowledge

For example, the following question asks for a "yes-no" answer:

- Have you ever had an STD? yes/no

It can be rephrased into an open-ended question:

What have been your experiences with STDs?

Reword the following questions to make them open-ended:

1. Do you know what chlamydia is?
 2. Would your girlfriend/wife agree to you wearing a condom?
 3. Would you go to the Health Department if you thought you had an STD?
- Ask them if they have any questions on anything you have discussed:
 - Screening
 - STDs
 - Where to get condoms
 - Sometimes people want you to tell them what to do, but you can't. The decision they make must be their own. You can offer advice on the choices they have. You can help the person by listing their options.

Pass It On (Assist)

- Remind the individual that they must pass on the information they were given today and if they decide they need assistance with other things other than what you discussed today (like setting up an appointment for him, giving him a ride, or getting him condoms) let them know that you can help them with that also.

Helpers in the Hood Lay Health Advisor Program Session 5

Session 5: Responsibilities and Resources

Trainers / Facilitators: Jadis Robinson, Guest Speakers (agencys)

Time: 3 hours

Objectives:

At the end of this session participants will know the responsibilities of a lay health advisor and will be informed of various resources available for STD screening and treatment.

Background:

Participants already know of some resources that are available to them, this session will add to that knowledge and also inform them of the responsibilities and duties of a Helper in the Hood lay health advisor.

Content Outline:

Review of what a lay health advisor is _____ 15 minutes

Review of HITH commitment pledge _____ 5 minutes

Introduction of responsibilities _____ 1 hour

Review of resources _____ 1 hour

(Guest speakers) _____ 40 minutes

Resources: Lay health advisor article, responsibilities, resources, HITH pledge, food and refreshments.

Reading: LHA responsibilities

HEALTH CARE SERVICES

What You Will Learn In This Session

The goal of this session is to help you know where and how to send people for STD screening tests and treatment. Your recommendations could help many people know what choices they have for health care in Wilson.

Lay Health Advisors

As Lay Health Advisors, you are known and respected for reaching out to people in the Wilson community. By educating people about STDs and helping them avoid STDs, you can give the “wake-up call” for men and women who turn to you for advice. Lay health advisors can reach people privately or by talking to groups in their community. You are able to do this even better than any health worker because people know and trust you.

Health Care Services:

The *Helpers in the Hood Program* will work with several health and social service agencies in Wilson County. The Program Coordinator, will have contact with them. Their contact will help to build bridges between the agencies and the lay health advisors. By working together, the goal is to help as many people as possible get the information and services they need to avoid STDs like, gonorrhea, syphilis chlamydia and HIV.

Wilson County Health Department

Location: 1801 Glendale Drive in Wilson. The bus stops in front of the Health Department every half hour. The Health Department is located behind the Hospital.

Phone: 237-3141

Hours: Health Department Hours Monday - Friday, 8:00 am - 5:00 pm

STD Clinic Hours: 8:00 am - 3 pm, Tuesday - Friday
9:00 am - 3 pm on Monday

- **Night Clinic** is the second Thursday of every month from 5:00 pm - 7:00 pm, but STD services are **not** offered at this time.

How to make an appointment at the Health Department:

There are three different types of STD appointments at the Health Department:

- 1) appointment by making a phone call in advance
- 2) same day appointments
- 3) walk-in appointments

Procedure

- 1) Call 237-3141. Let the phone ring for a long time. If no one answers the phone, it means that they are busy on another line. Your call will be answered. The receptionist will answer, "Wilson County Health Department." Say that you would like to make an STD appointment.
- 2) The receptionist will make an appointment for you whenever there is an open slot. This could be that same day, the next day or within three days.
- 3) Walk-in appointments are only available if there is a no-show for an STD slot. If the person with an appointment does not show within 20 minutes, the walk-in patient can be seen.

- 4) When you walk into the clinic, let the receptionist know that you are there. If you had already made an STD appointment, you only need to give your name. If you are a walk-in, you will need to tell the receptionist your name and that you are there for an STD appointment.
- 5) The total visit time from entering the Health Department to leaving can be from less than one hour to three hours, depending on how busy the clinic is.
- 6) You will be asked to sit in the waiting room until the nurse calls you. *All* male STD services are free. After the clinical exam, you may need to go to the lab to get your blood drawn. Some STD results are known before you leave the clinic. If the test takes longer, then the STD nurse will tell you to call back in two days to get the results. If a person has syphilis, the Health Department will notify that person by phone or in-person.
- 7) If there are laboratory or medication costs, the Health Department will make a payment plan with you so the bill can be paid off slowly.
- 8) Medication for gonorrhea, chlamydia and syphilis are **FREE** at the health department when you get checked by a health department doctor or nurse. If you have any of those STDs, you will be given the medicine there. Medicine for other STDs (like crabs or yeast) must be bought at a local drug store. Anyone with a STD diagnosis from a private doctor or hospital can get free medication for gonorrhea, chlamydia and syphilis as long as the diagnosis is verified (the Health Department can call the doctor).

Free condoms from the Health Department

There are two ways to get free condoms from the Health Department:

1) Make an appointment at the STD Clinic and ask the nurse for condoms. She will give you a bag full of condoms (10-15 condoms).

OR

2a) Go to the Health Department between 3:30 - 4:30 pm on Friday afternoons during the C.A.P.E.S. (Condoms and Prevention Education Services) program.

b) If you are going for the first time, you will need to fill out a short card with your name and address and answer some questions about condoms. The card is used for a record. If you come back again, you don't need to fill out a card again, just tell the receptionist that you have already been to the C.A.P.E.S. program.

c) A health educator will then talk to you and answer any questions you have.

d) She will give you a bag with 10 - 15 condoms.

e) You can come back to C.A.P.E.S. Program each week and you don't have to fill out the card again.

f) Tell the receptionist you are there for C.A.P.E.S. and you already filled out a card. She will notify the health educator.

g) You will get a bag of condoms each time you go.

Wilson Community Health Center

Location: 303 East Green Street in Wilson. The clinic is in the heart of downtown Wilson in the old DSS building behind the old bus station. A bus stops in front of the clinic.

Phone: 243-9800

Hours:

8:30 - 5:30 pm Monday - Friday

Medical Care Providers:

Dr. Ted Wilson

Dr. Michelle Wilson

Erin Carpinelli, RN

Benefits

- The Center provides a full range of primary health services, except for obstetric care.
- Cost of services is on a sliding fee scale based on your income. Wilson Community Health Center accepts Medicaid, private insurance and can make a payment plan with you.
- The Center sees walk-in STD patients, but prefers appointments in advance.
- Wilson Community Health Center will help you fill out Medicaid forms.
- The Center gives out free condoms. You can ask for them at the front desk or from the doctor or nurse. You don't need to fill out forms to pick up condoms-- just ask for them and you will get them in a brown bag.
- There is a female family physician.
- The two doctors at the clinic are African-American.
- People living in downtown Wilson can walk to the clinic.
- You can call and ask a nurse or doctor questions.

Drawbacks

- There is no pharmacy at the clinic, but the clinic can help the patient make a payment plan with a local pharmacy.

How to set up an appointment

- You can either
- a) call and make an appointment
 - b) have a walk-in appointment

How to call and make an STD appointment at the Wilson Community Health Center

- 1) Call 243-9800. The receptionist will answer, "Wilson Community Health Center."
- 2) Tell the receptionist, "I would like to make an appointment to be checked for an STD"
- 3) If you have Medicaid or insurance, make sure you bring your card with you.
- 4) Arrive at the Center a few minutes before your appointment
- 5) Tell the receptionist you are there for an appointment.
- 6) Sit and wait in the waiting room until your name is called.
- 7) Ask for free condoms from the nurse or receptionist.
- 8) Go into the medical room for your exam.
- 9) The doctor or nurse may give you a prescription medicine for an STD that day.
- 10) If you don't have your results on the same day, the Center will notify you of the results.

**What to do for a walk-in STD appointment at the
Wilson Community Health Center**

- 1) Go straight to the Center if you can't wait to make an appointment
- 2) If you have Medicaid or insurance, make sure you bring your card with you.
- 3) Tell the receptionist you are there for a walk-in appointment.
- 4) Give your insurance card to the receptionist or discuss a payment plan.
- 5) Sit and wait in the waiting room until your name is called.
- 6) Go into the medical room for your exam.
- 7) The doctor or nurse may give you a prescription medicine for an STD that day.
- 8) If you don't have your results on the same day, the Center will notify you of the results.
- 9) Ask for free condoms from the nurse or receptionist (this step could go first or last).