

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Program Name

Project TALC (Teens and Adults Learning to Communicate)

Developers

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Program Description and Overview

Project TALC is designed to provide coping skills to parents living with HIV and their adolescent children.

- For parents, the goal is to reduce emotional distress and problem behaviors, such as substance use.
- For youth, the goal is to reduce emotional distress, problem behaviors and teenage parenthood.

The intervention, based on social learning theory, includes 24 sessions spaced out over a period of 12 Saturdays in local community centers. The first eight sessions are delivered only to the parents. These sessions address how to adapt to their HIV status, maintain healthy lifestyles, deal with emotional reactions to AIDS and the stigma associated with it, an how to disclose their HIV status to their adolescent child/children. The remaining 16 sessions are delivered to both parent(s) and adolescents. These sessions address reducing emotional distress, maintaining positive family relationships, and avoiding risky behaviors such as sexual activity and teenage pregnancy. Additional sessions are available for adolescents whose parents die from the disease. These sessions involve participation from both the adolescents and their new guardians/caregivers and focus on dealing with loss and grief, adjusting to their new relationships and preventing risky behaviors and teen pregnancy.

Project TALC can be offered over a period of four to six years.

Core Components

Content Components

- Parent and Family
 - Positive Family Relationships
- Counseling/Therapy
- Coping Skills
- Avoiding Risky Behavior
- Personal Beliefs and Values
- Condom Use Skills
- Refusal Skills
- Problem Solving
- Goal Setting

Pedagogy Components

- Goal Setting activities
- Problem Solving activities
- Role Plays
- Refusal Skills activities
- Small groups discussion groups
- Parent-adolescent group
- Parent only sessions

Implementation Component

- Use at least one trained *Project TALC* facilitator (original program was delivered by social workers and psychology graduate students who completed a five day training program with developer)
- Small groups on Saturdays in local community center/community-based organization
- 2-3 hours sessions
- First eight sessions targeted to parents only
- 16 sessions with both parent and adolescent child/children
- Additional sessions are available for adolescents whose parent(s) die from the disease. These sessions involve participation from both the adolescent and their new guardian/caregiver.

Target Population

Target Population Evaluated

- Male and female parents living with HIV
- Male and female adolescents
- Adolescents between 11-18 years old living with a parent with HIV

Potential additional target populations noted by developer

- None noted

Program Setting

Program Setting Evaluated

- Local community centers

Potential additional program settings noted by developer

- Community-based organizations

Program Duration

- 24 sessions total
 - 8 sessions with parent(s) only
 - 16 sessions with both parent and adolescent
- 2-3 hour Saturday sessions
- Can be implemented over 4-6 years

Curriculum Materials

Curriculum materials are available from Sociometric Corporation Program Archive on Sexuality, Health, and Adolescent (PASHA) at <http://www.socio.com>.

Adaptations

Basic allowable adaptations

- All proposed adaptations must be approved by developer
- Program can be implemented in community-based setting

Program Focus

Project TALC focuses on HIV and pregnancy prevention.

Research Evidence

- Study Citation:** Rotheram-Borus, M.J., Lee, M., Leonard, N., Lin, Y.Y., Franzke, L., Turner, E., Lightfoot, M., & Gwadz, M. (2003). Four-year behavioral outcomes of an intervention for parents living with HIV and their adolescent children. *AIDS, 17*(8), 1217-1225.
- Study Setting:** Community centers in New York City
- Study Sample:** 413 adolescent children of parents living with HIV, who received services and were recruited from the New York City Division of AIDS Services
- Mean age 14.7 years
 - Approximately 49% Latino, 35% African American, 50% Latino, 3% white, and 10% other race or ethnicity
 - 48% male and 52% female
- Study Design:** Cluster randomized trial. Families were randomly assigned to either a treatment group that received the intervention or a control group that did not receive any additional information or services. Surveys were administered periodically over a 4-year period—every 3 months during the first 2 years of the study and every 6 months afterwards.
- Study Rating:** The study met the review criteria for a **high** study rating.
- Study Findings:** Four years after the program started:
- Adolescents participating in the intervention were significantly less likely to report being a teenage parent.
- The study also examined program impacts on measures of emotional distress, problem behaviors, self-esteem, and family life stressors. Findings for these outcomes were not considered for the review because they fell outside the scope of the review.

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