

MANY MEN, MANY VOICES

A Group-Level Intervention for Gay Men of Color FACT SHEET

Program Overview

Many Men, Many Voices (3MV) is a 7-session, group level intervention program to prevent HIV and sexually transmitted diseases among black men who have sex with men (MSM) who may or may not identify themselves as gay. The intervention addresses factors that influence the behavior of black MSM: cultural, social, and religious norms; interactions between HIV and other sexually transmitted diseases; sexual relationship dynamics; and the social influences that racism and homophobia have on HIV risk behaviors.

3MV is designed to be facilitated by a peer in groups of 6-12 clients. The 2-3 hour sessions aim to foster positive self image; educate participants about their STD/HIV risks; and teach risk reduction and partner communication skills. The sessions are highly experiential, incorporating group exercises, behavioral skills practice, group discussions, and role play.

The 7 sessions address specific influencing factors in a purposeful sequence:

- **Session 1:** The Dual Identity Culture of black MSM
- **Session 2:** HIV Prevention for black MSM: Sexual Roles and Risks
- **Session 3:** HIV Risk Assessment and Prevention Options
- **Session 4:** Intentions to Act and Capacity to Change
- **Session 5:** Partner Selection, Communication, and Negotiation
- **Session 6:** Social Support and Problem Solving to Maintain Change
- **Session 7:** Building Bridges and Community

The intervention can also be adapted to 12 sessions of 75-90 minutes each, or condensed into a weekend retreat, covering the 18-21 hours of intervention curriculum.

Core Elements

Core elements of 3MV are:

- Enhance self-esteem related to racial identity and sexual behavior.
- Educate clients about HIV risk and sensitize to personal risk.
- Educate clients about interactions between HIV and other sexually transmitted diseases and sensitize to personal risk.
- Develop risk-reduction strategies.
- Build a menu of behavioral options for HIV and other sexually transmitted diseases risk reduction, including those that one can act on individually and those that require partner involvement.
- Train in risk-reduction behavioral skills
- Enhance self-efficacy related to behavioral skills.
- Train in partner communication and negotiation.
- Provide social support and relapse prevention.

Target Population

The 3MV intervention targets gay men of color. The intervention also targets men on the 'down low' with or without female partners (i.e., men of color who have sex with other men but do not identify as gay or bisexual).

Program Materials

Educational materials for distribution which may be used to recruit persons into the group.

Research Results

After implementation of the original intervention (12 sessions of 75-90 minutes each), participants reduced their frequency of unprotected anal intercourse and increased their use of condoms significantly more than men who did not participate in the intervention.

For More Information on 3MV

To obtain additional information about the technical assistance system and/or to get your name on a list for a future training, please visit our website www.effectiveinterventions.org.

If you do not have access to the web, you may also

call (800) 462-9521 or email interventions@aed.org

Kelly, J.A., St. Lawrence, J.S., Hood, H.V., Brasfield, T.L. (1989). Behavioral intervention to reduce AIDS risk activities. *Journal of Consulting and Clinical Psychology*, 57(1):60-67.

Wilton, L., Herbst, J.H., Coury-Doniger, P., Painter, T.M., English, G., Alvarez, M.E., Scahill, M., Roberson, M.A., Lucas, B., Johnson, W.D., Carey, J.W. (2009). Efficacy of an HIV/STI Prevention Intervention for Black Men Who Have Sex with Men: Findings from the Many Men, Many Voices (3MV) Project. *AIDS Behav.* 2009; 13(3): 532-544.