

Incorporating PrEP into Many Men, Many Voices (3MV)

1. Intervention background & how it relates to PrEP:

- 3MV is a seven-session, group-level HIV and STD prevention intervention for black gay men.
- The intervention addresses factors that influence the behavior of black men who have sex with men, including cultural, social, and religious norms; attitudes and beliefs; interactions between HIV and other STDs; sexual relationship dynamics; and the social and psychological influences that racism and homophobia have on HIV risk behaviors. The support and modeling within each 3MV group helps with intention, skills, self-efficacy, and self-identity.
- During the intervention participants learn about a **Menu of Prevention Options** from which they are guided to select one they are willing to adopt and for which they receive social support and problem solving. This Menu now includes HIV PrEP (and PEP), as does the “Transmission Puzzle”.

2. 3MV uniqueness:

Key Points and Outcomes – See Behavior Change Logic Model and 3MV Fact Sheet

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 STDs and sensitize to personal risk.

Develop risk-reduction strategies.

Build a menu of behavioral options for HIV and other STD 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.

Wilton, Leo et al. (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 and Behavior*, 13 (3), p 532-44.

3. Supporting HIV PrEP – 3MV provides:

- Fact sheets and on-line resources for PrEP information for consumers.
- Provision of local directory of clinician/clinics providing HIV PrEP Services.
- Directed referrals to access services, including a PrEP Navigator/Counselor.
- Structure in which to receive on-going social support for adherence.

4. Resources and tools – 3MV provides:

Fact sheets and on-line resources for PrEP information for consumers

Local directory of clinician/clinics providing HIV PrEP Services

5. Take away points:

3MV addresses many of the factors that influence the HIV/STD risk behaviors of Black MSM. Tools are provided, including a Menu of Options to reduce risk and harm. PrEP is listed and discussed as part of the HIV/STD prevention options that is known to be effective among persons at high risk for HIV acquisition. Options are important for this group which often feels fatalistic about getting HIV. Inclusion of PrEP in 3MV is consistent with the intervention’s intent and approach.

For more information – contact CHBT – info@chbt.org