

GRANT ANALYSIS FORM

OPERATING & CAPITAL GRANT PROJECT/PROGRAMS

Department/Division: Health

Contact Person & Phone No: Geof Swain, MD, #8172

Category of Request

New Grant

Grant Continuation

Change in Previously Approved Grant

Previous Council File No. 001158

Previous Council File No.

Project/Program Title: Interventions to Prevent the Spread of AIDS

Grantor Agency: From the National Institutes of Mental Health through the Medical College of Wisconsin

Grant Application Date: N/A Continuing

Anticipated Award Date: November 15, 2001

Please provide the following information:

1. Description of Grant Project/Program (Include Target Locations and Populations):

This is a 3-year grant project to determine the effectiveness and the cost-effectiveness of specific brief counseling interventions in decreasing AIDS transmission risk behaviors. Previous studies have shown that intensive counseling models are effective at decreasing AIDS risk behaviors, but these models demand substantial logistical support and require clients to attend multiple sessions. Thus both costs and drop-out rates are high, despite the underlying effectiveness of these intervention models. Other more brief and focused models have been shown to be effective for alcohol and drug abuse behaviors. The purpose of this study is to see if such brief counseling interventions will work for AIDS risk behaviors too.

This study project will be done in cooperation with the Medical College of Wisconsin's Center for AIDS Intervention and Research (CAIR), a nationally known and respected group dedicated to decreasing the impact of AIDS through research. The Milwaukee Health Department has had previous successful collaborations with CAIR.

In this current project, four hundred male and four hundred female clients of the City of Milwaukee Health Department Sexually Transmitted Disease Clinic whose behavior puts them at increased risk for HIV infection will be recruited during the first two years of the study. Study personnel will assess the subjects' risk behaviors upon entry to the study. They will then provide each subject with one of 4 versions of a single 60-minute counseling intervention: information only, information plus motivational enhancement, information plus risk-reduction skill building, or all three types of counseling. Each subject will then return at 1, 3, 6, and 12 months after their counseling session to determine the extent to which their AIDS risk behaviors have decreased. The results will be analyzed statistically to determine the effectiveness and the cost-effectiveness of each of the four brief counseling models.

The findings of this study will specify what are the essential elements for most effectively changing HIV risk behaviors in a brief intervention that is feasible to implement in either a public health or a community agency setting. The results will be of great value to HIV testing and counseling centers, community-based organizations, other public health clinics, substance abuse treatment centers, and other providers of prevention services to individuals at risk for HIV infection.

2. Relationship to City-wide Strategic Goals and Departmental Objectives:

This project and its outcomes are directly related to City and Health Department objectives of reducing communicable disease rates, specifically rates of Sexually Transmitted Diseases (STDs) and HIV. The behaviors that place individuals at risk for HIV/AIDS are essentially the same behaviors that place them at risk for other STDs such as chlamydia, gonorrhea, and syphilis. Clearly it makes more sense to prevent such diseases from occurring in the first place than it does to treat them after a person has become infected. Currently our prevention efforts are more complex and less effective than we would like. This project will delineate whether a brief, practical, and easy-to-implement counseling strategy will be more effective and more cost-effective in preventing the risk behaviors that lead to these diseases. If so, such a strategy could be implemented in the Health Department and in many other community-based sites, and we would expect that to lead to significant reductions in the rates of these serious communicable diseases in Milwaukee.

3. Need for Grant Funds and Impact on Other Departmental Operations (Applies only to Programs):

This project requires substantial staff resources for recruiting, counseling, and follow up of the study subjects. Without grant funding the department simply could not support this project. We expect this project to have a positive impact on other departmental operations for several reasons. First, we expect a synergistic relationship between this program and the STD Prevention Training Center activities that we will be doing in collaboration with the Cincinnati Health Department. Second, CAIR has substantial clinical and research resources relative to HIV and AIDS that we may be able to access as a result of this cooperative effort. Third, the findings from this project will be immediately applicable to the daily work of the nurses at the City's STD Clinic. Fourth, it is possible that we may be able to apply what we learn from this project to other programs that have a substantial behavioral component, for example our tobacco program and our community nutrition program.

4. Results Measurement/Progress Report (Applies only to Programs):

5. Grant Period, Timetable and Program Phase-out Plan:

The first year of the grant covers September 1, 2001 through August 31, 2002.

6. Provide a List of Subgrantees:

N/A

7. If Possible, Complete Grant Budget Form and Attach to Back.