

# Levels of Interventions

An overview of Interventions

Anthony R. Morgan, GMHC

## What is an Intervention?

- A specific action or strategy to address a particular problem or issue.
- An activity, process, event or system that is designed to correct a problem or change a situation and improve performance.
- An activity or set of activities to which an individual or group is exposed in order to change the individual's or group's behavior.

## Levels of Interventions

- Individual Level
- Group Level
- Community Level
- Structural Level

## Before we start...

- All Interventions have a Theory/model  
The basis for the design of the  
Intervention. Which explains the behavior  
change or outcome.
- Each Intervention has limitations and  
challenges in reaching the priority  
populations

## A closer look ...

- Individual Level Intervention-  
Interventions that use the "one on one"  
dynamic carried out in one or more  
individual sessions.

E.g. HIV Pre/Post Test Counseling,  
Drop-in Counseling

## A closer look ...

- *Group Level Interventions-*  
Interventions that are carried out in one or more group sessions.

E.g. *Street Smart, Many Men, Many Voices*

## A closer look ...

- **Community Level Interventions-**  
Interventions that focus upon an entire community.

E.g. Mpowerment Project, Popular Opinion Leader

“Community” is a very broad term and could mean almost anything.

**Question from Participant:** *Why are there no interventions based on heterosexual black males?*

**Answer from Speaker:** *There are a lot of interventions that target straight men and women at a community level.*

**Comment from Participant:** *Each agency has a target population that they work for – you can't expect organizations to cover all people.*

Billboards and adverts are classed as Community Level interventions

## A closer look ...

### What Are Structural Interventions?

- *Structural interventions* aim at modifying the social, economic, and political structures and systems in which we live. These may affect legislation, media, health care, and the market place.
- *Structural interventions* directly alter the physical environments in which people live, work, play, and have sex, to help reduce risk.
- *Structural interventions* may include:
  - *Policy interventions*
  - *Technological interventions*
  - *Environmental interventions*
  - *Economic interventions*

Structural Interventions are different to the other types – they concern the people who run the system – e.g. seat belt laws, car seats for babies, needle exchange program funding.

The greatest challenge is to stand up to people in power and to try to reach communities that aren't historically reached by most outreach.

## Structural Level Cont'd

### Examples of Successful Structural Interventions (Needle exchanges)

In 52 cities around the world without Needle Exchange Programs (NEPs), HIV infection rates increased by 5.9% per year on average.

In the 29 cities with NEPs, HIV infection rates decreased by 5.8% per year.

Conclusion: "NEPs appear to lead to lower levels of HIV infection among IDUs."

Hurley SF, Jolley DJ, Kaldor JM. Effectiveness of needle-exchange programmes for prevention of HIV infection. *Lancet*. 1997;349:1797-1800.

## Choosing an Intervention category

*HIV will not be effectively combated using one intervention at a time. We need a mix of Intervention types to Speak to various individuals and Communities.*

## Value of a broad mix

Select a topic:

- HIV Education among youth (13-24)
- Poly drug use (weed & alcohol) & HIV prevention among Caribbean-American MSM
- HIV/ Hep C Education Transgender Women
- Self efficacy among Lesbian Women

Brainstorm the various level we could Intervene

## The End

Anthony R. Morgan

Coordinator

Youth and Young Adult Initiatives

Gay Men's Health Crisis (GMHC)

119 West 24<sup>th</sup> Street, 8<sup>th</sup> fl.

NY, NY 10011

Tel. 212.367.1372

Fax. 212.367.1370