

Development and pilot of a drug use and HIV stigma reduction training for Tajik migrants who work in Moscow: The SRI-AVL0D intervention

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Additional File 1: Appendix A. Outline of the finalized manual for SRI-AVL0D

SRI AVL0D Facilitators' Guide

Outline

I. OVERVIEW: SRI AVL0D SESSIONS

Session	Topics
1	Explaining Stigma. Misconceptions about HIV and etiology of drug use and addiction Introduction to SRI AVL0D; definition of stigma Facts about drug addiction and HIV; Stigma related to drug use and HIV Leader Educator role & community outreach
2	Fallacies and Facts & Consequences of Stigma Misconceptions and facts of drug use and HIV Consequences of stigma Leader Educator Communication Skills
3	Eliminating the shame and stigma of addiction & Leader Educator communication skills Eliminating the stigma of drug use and HIV Beyond stigma: Real stories of affected people Talking about stigma: Leader Educator communication skills
4	Supportive environment and empathetic understanding Need for a supportive environment and empathetic understanding to curb stigma Role of AVL0D in sustaining community outreach Goal setting for community outreach Graduation

II. SRI AVL0D Curriculum

SESSION 1: Explaining Stigma. Misconceptions about HIV and etiology of drug use and addiction.

OBJECTIVES		
To introduce the purpose of the SRI AVL0D intervention		
To establish group cohesion and expectations		
To generate motivation to remain in the program		
To introduce the concept of stigma		
To give basic information about HIV and drug addiction		
To define Leaders' role as educator and introduce examples of "Leader Outreach"		
To identify a "homework member"		
	SESSION COMPONENTS	ESTIMATED TIME
1	Tea and welcome	10 minutes
2	Introductions	10 minutes
3	Introduction to SRI AVL0D; What is stigma?	30 minutes
4	Facts about drug addiction and HIV, Stigma related to drug use and HIV	30 minutes
5	Leaders as Educators	20 minutes
6	Homework and practice	15 minutes
7	Summary	5 minutes
	Total	120 minutes
Post-session debriefing (facilitators and Program Manager)		20 minutes

SESSION 2: Fallacies and Facts & Consequences of Stigma

OBJECTIVES		
To provide support and positive reinforcement for Leader Educator role		
To review misconceptions and facts of drug use and HIV		
To discuss consequences of stigma		
To introduce and Practice Leader Educator communication skills		
	SESSION COMPONENTS	ESTIMATED TIME
1	Tea and welcome	before session start
2	Homework check-in	15 minutes
3	Fallacies and facts of drug use & HIV	30 minutes
4	Consequences of stigma	30 minutes
5	Leader Communication Skills	25 minutes
6	Homework and practice	15 minutes
7	Summary	5 minutes
	Total	120 minutes
Post-session debriefing (facilitators and Program Manager)		20 minutes

SESSION 3: Eliminating the shame and stigma of addiction and Leader Educator communication skills

OBJECTIVES		
To provide support and positive reinforcement for Leader Educator role		
To review Eliminating the shame and stigma of addiction		
To review Drug users' and HIV stigma stories		
To practice using Leader Educator Communication skills about eliminating the shame and stigma of addiction and HIV.		
	SESSION COMPONENTS	ESTIMATED TIME
1	Tea and welcome	before session start
2	Homework check-in	15 minutes
3	Eliminating the stigma of drug use & HIV	30 minutes
4	Beyond stigma: Real stories of affected people	30 minutes
5	Talking about stigma: Leader Educator communication skills	25 minutes
6	Homework and practice	15 minutes
7	Summary	5 minutes
	Total	120 minutes
Post-session debriefing (facilitators and Program Manager)		20 minutes

SESSION 4: Supportive environment and empathetic understanding

OBJECTIVES		
To provide support and positive reinforcement for Leader Educator role		
To review supportive environment for people who have substance use disorder		
To provide motivation for sustainability of Leader Educator Outreach		
To problem-solve barriers to sustainability for individual behavior change and Leader Educator Outreach		
To promote Booster sessions (if applicable)		
	SESSION COMPONENTS	ESTIMATED TIME
1	Tea and welcome	before session start
2	Homework check-in	15 minutes
3	Need for a supportive environment and empathetic understanding.	30 minutes
4	Role of AVL0D in sustaining community outreach	30 minutes
5	Goal setting for community outreach	30 minutes
6	Graduation Ceremony	15 minutes
	Total	120 minutes
Post-session debriefing (facilitators and Program Manager)		20 minutes