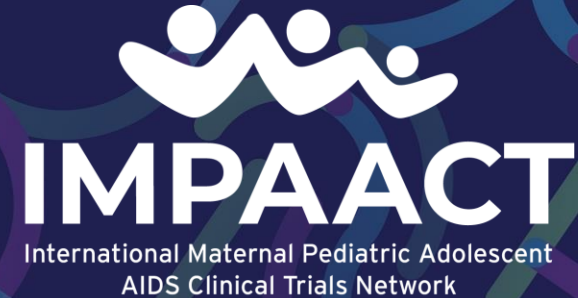


IMPAACT 2016:

The ADAPT-ITT Framework Leveraging Youth and Supporter Voices in the Adaptation of a Trauma-Informed Cognitive Behavioral Therapy Group-Based Intervention for Youth Living with HIV and Mental Health Distress

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It takes a village...

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The Population Need

Mental Health and HIV among Youth



Mental Health Distress

- Poor HIV outcomes
- Poor quality of life

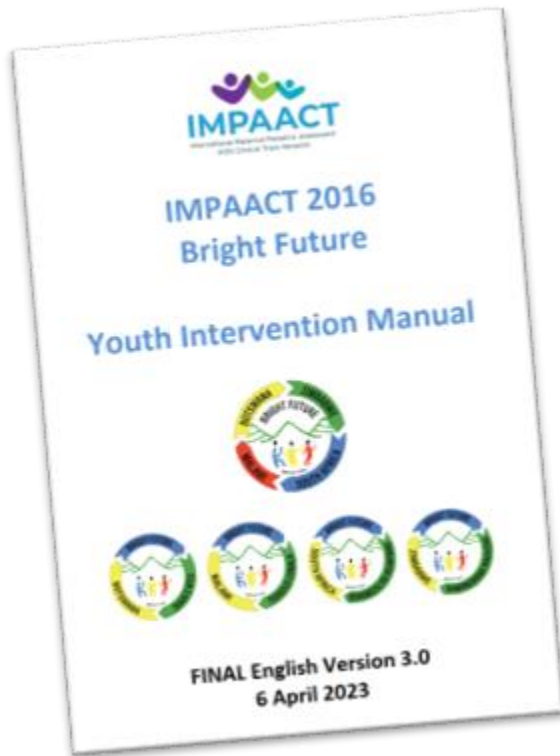


Obstacles Impeding Care Support

- Communication barriers
- Caregiver-Youth dynamics
- Logistical barriers to care access

The Intervention

Trauma-Informed Cognitive Behavioral Therapy (TI-CBT)



Intervention: Peer-led, Group-based, Manualized TI-CBT

- ▶ Psychosocial and health education
- ▶ Cognitive restructuring
- ▶ Relaxation techniques



Participants: Youth living with HIV & mental health distress, and their chosen Caregivers

Equitably Reaching Low Resource Settings



Botswana
Malawi
South Africa
Zimbabwe



The Adaptation ADAPT-ITT Framework¹

Assess a population's risk and protective factors

Decide on an intervention

Administer intervention components for local relevance feedback

Produce intervention modifications

Topical expert consultation

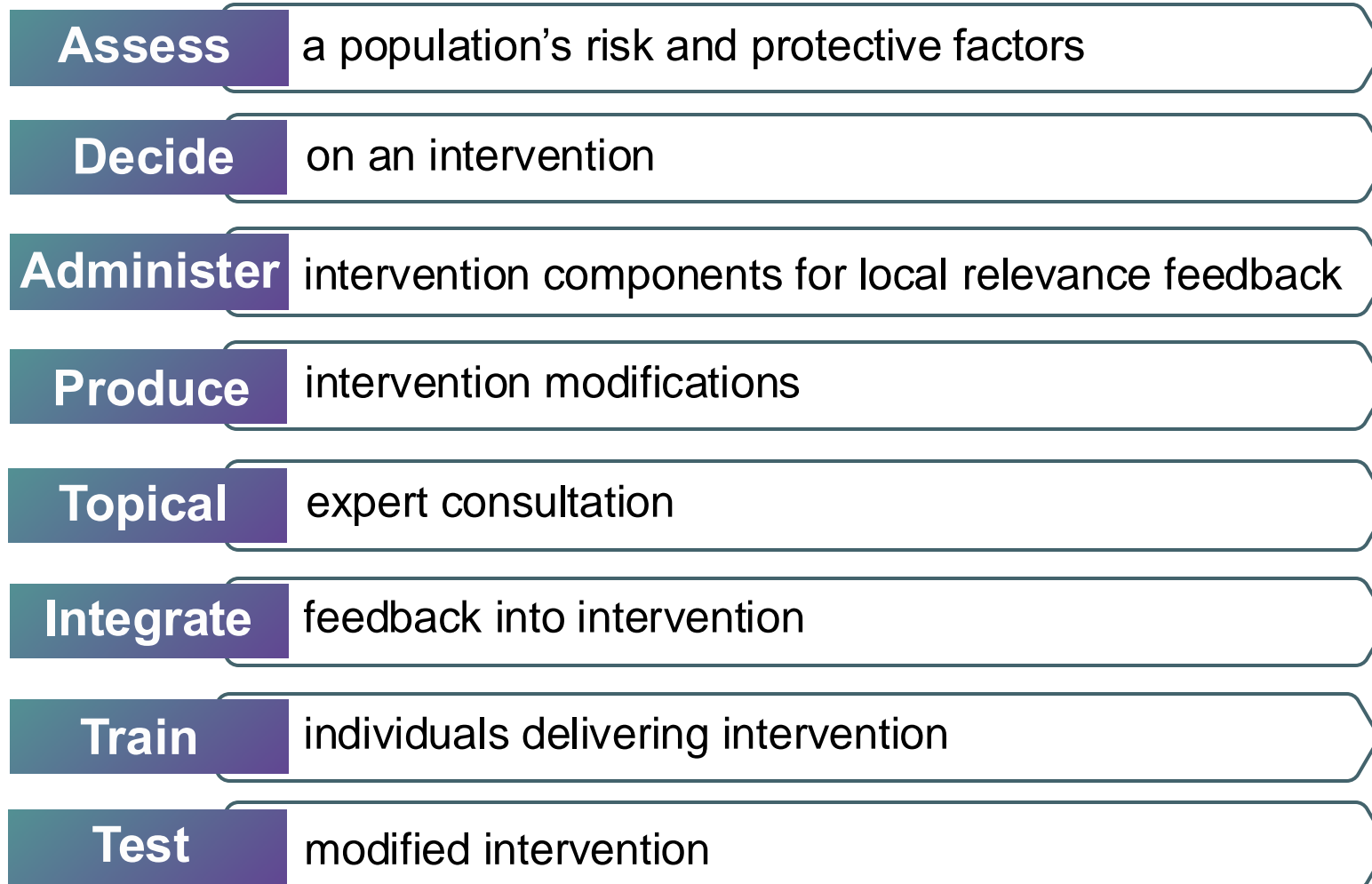
Integrate feedback into intervention

Train individuals delivering intervention

Test modified intervention



The Adaptation ADAPT-ITT Framework ¹



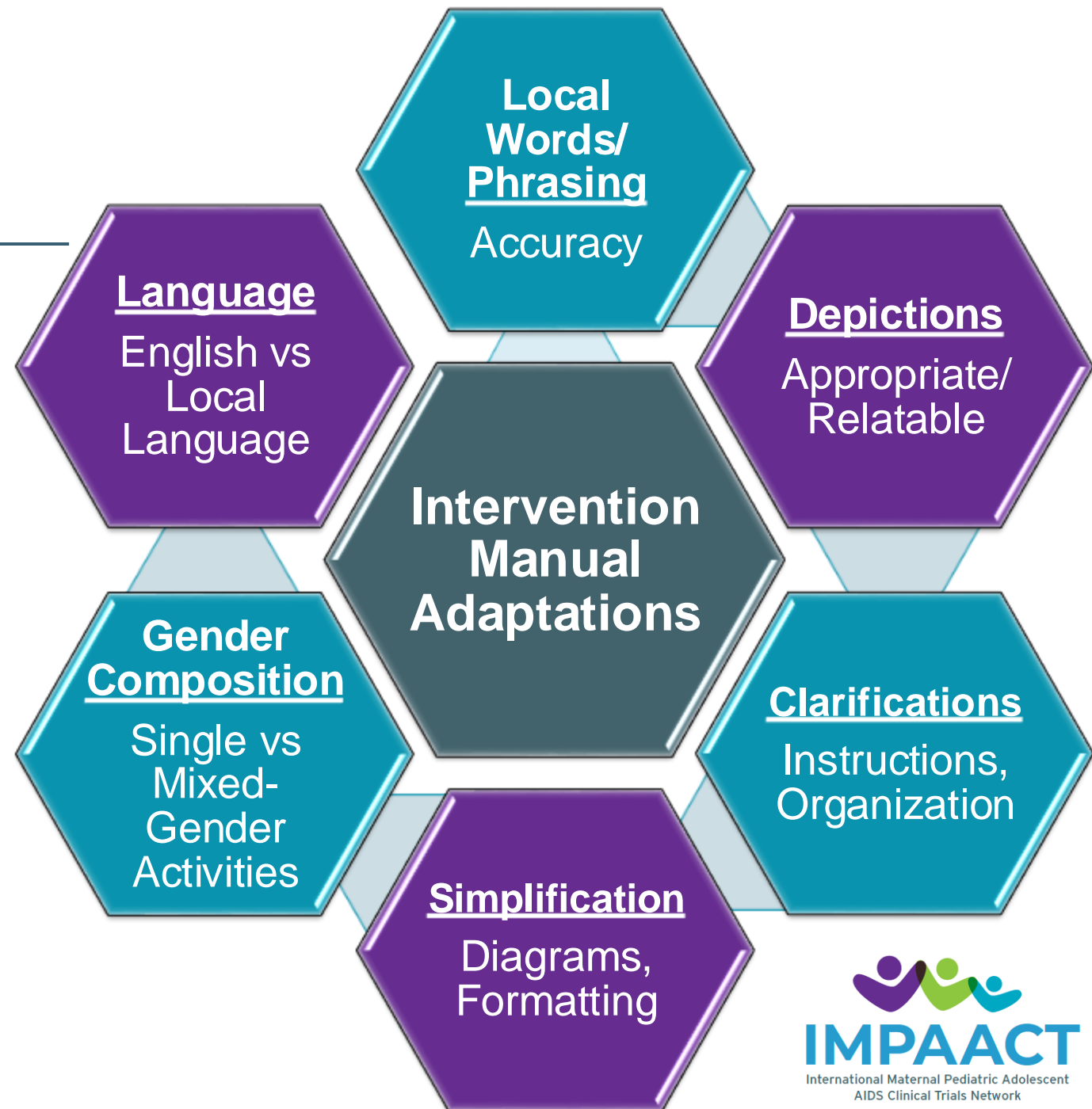
- ✓ **Community Engagements**
- ✓ **Focus Groups**
- ✓ **Translations**
- ✓ **In-Person Trainings**
- ✓ **Pilot Tests**



¹Wingood GM, DiClemente RJ. The ADAPT-ITT model: a novel method of adapting evidence-based HIV Interventions. J Acquir Immune Defic Syndr. 2008;47 Suppl 1:S40-6.

The Outcomes

- Community Engagements
- Focus Groups
- Translations
- In-Person Trainings



The Outcomes

- Pilot Test

Intervention Manual

No Changes

Logistics / Scheduling

Holidays vs
No Holidays

After School vs
Weekends

Back-to-Back
Sessions

Randomized Trial Adjustments

Improving
Questionnaire
Instructions

Offline Back-up
Options

The Recommendations

Iterative Adaptation Process

Using the ADAPT-ITT framework as an iterative adaptation process will engage key community members and stakeholders to ensure evidence-based interventions are tailored, acceptable, appropriate, accessible and equitable across varying community settings.



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Seke North CRS
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St Mary's CRS

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