

Mpowerment (MP) and MP+ Core Elements and Key Characteristics

| MP Core Elements | Key Characteristics (Each Core Element Should Have the Following Characteristics) |
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| 1. Core Group | 1a. Is made up of young gay/bi/same gender-loving men (SGL) men 1b. Critically examines decisions it makes based on project philosophy and guiding principles 1c. Is empowered to be the decision-making body of the project by making important decisions 1d. Reflects the diversity of its community, including “out” HIV+ men 1e. Meets weekly 1f. Meetings are productive and fun and social 1g. Supports each other and their friends to have safer sex, get tested every 6 months, and engage in Continuum of Care (CC) if living with HIV (link/relink in care; maintain in care by attending visits with providers at least 2 x year; take medications daily) |
| 2. Volunteers | 2a. Have decision making power 2b. Feel welcome in the project 2c. Have opportunities to learn new skills; meet new men; do worthwhile, meaningful, fun, and interesting work 2d. Are a diverse group who reflects the community, particularly with respect to HIV status 2e. Support each other and their friends to have safer sex, get tested every 6 months, and engage in Continuum of Care (CC) if living with HIV (link/relink in care; maintain in care by attending visits with providers at least 2 x year; take medications daily) |
| 3. Coordinators | 3a. Facilitate a community empowerment process 3b. Follow through on responsibilities in a timely manner 3c. Ensure that project activities are carried out 3d. Start the diffusion process throughout the community of having and encouraging others to have safer sex, getting tested every 6 months, and engaging in Continuum of Care (CC) if living with HIV throughout the community 3e. Know and understand the local young gay/bi/SLG men's |

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| | <p>community, including diverse social networks</p> <p>3f. Demonstrate leadership skills</p> <p>3g. Attend to the needs of a diverse community with respect to HIV status</p> <p>3h. Understand HIV prevention (including Continuum of Care) and community building</p> <p>3i. Maintain an environment at the Center of mutual respect, including reducing “cattiness” and gossip, and increasing acceptance of all participants regardless of HIV status</p> |
| <p>4. Community Center/ Project Space</p> | <p>4a. Is safe to be yourself, to not have to go through receptionist, to enter and leave at night, to not have people in vicinity to see well who goes and comes out</p> <p>4b. Is in an accessible location for those without cars and in an appealing location</p> <p>4c. Is comfortable</p> <p>4d. Is adequate for a project's needs</p> <p>4e. Displays posters that support safer sex, getting tested every 6 months, engaging in the Continuum of Care of the ethnic/racial group(s) the project is targeting</p> <p>4f. Displays posters/art that supports being gay/SGL men of the ethnic/racial group(s) the project is targeting</p> <p>4g. Provides free condoms and lubes throughout space</p> <p>4h. Displays Ground Rules in room where Core Group and other meetings are held and in room where M-group is held</p> <p>4i. Displays or has pamphlets on where to get HIV testing in an environment of young men of ethnic/racial group project is targeting, where to get PrEP and what it is, where to obtain STI testing, and where to get counseling</p> |
| <p>5. Formal Outreach (includes both social events the project hosts AND outreach to community at venues)</p> | <p>5a. Provides social opportunities for young gay/bi/SGL men</p> <p>5b. Is infused with messages about having safer sex, getting tested every 6 months, or engaging in Continuum of Care (CC) if living with HIV (link/relink in care; maintain in care by attending visits with providers at least 2 x year; take medications daily)</p> <p>5c. Peers influence positive behavior changes</p> <p>5d. Creates a sense of community</p> <p>5e. Recruits new guys to groups and other project activities</p> <p>5f. Enlists new project volunteers</p> <p>5g. Fun and appealing events</p> <p>5h. Happens regularly</p> |

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| | <p>5i. Involves the distribution of written materials about having safer sex, getting tested every 6 months, or engaging in care if living with HIV (link/relink in care; maintain in care by attending visits with providers at least 2 x year; take medications daily), using fun, uplifting, attractive images, as well as condoms and lubes</p> |
| <p>6. M-groups</p> | <p>6a. Are well-facilitated by 2 individuals 6b. Teach informal outreach skills and motivates men to do it 6c. Provide opportunities to learn and practice new skills (e.g. condom use, negotiating safer sex) 6d. Eroticize safer sexual practices 6e. Provide an opportunity for young gay/bi men to socialize and get to know each other 6f. Clarify myths about safer sex and HIV medications, increases literacy about HIV medications, why getting tested every 6 months, engaging in care and taking medications every day is important for men living with HIV 6e. Help men consider how they can support their friends who are living with HIV</p> |
| <p>7. Informal Peer Outreach</p> | <p>7a. Diffuses norms of having safer sex, getting tested every 6 months, and engaging in care and taking medications daily if living with HIV 7b. Interactions happen in a non-judgmental and supportive ways 7c. Influences positive behavior change 7d. Is reinforced in the MP/MP+ through distribution of materials in the community about conducting it with friends, and reinforced at the Project Space at the Core Group meetings and other activities 7e. is modeled to others by the Core Group and Coordinators</p> |
| <p>8. Publicity for Project & Project's Activities</p> | <p>8a. Is attractive to young gay/bi/SGL men, depicting men of the ethnic/racial group(s) the project is targeting 8b. Follows a well thought out and targeted publicity plan (see manual for this) 8c. Is distributed or posted well before the events 8c. Reaches diverse segments of young gay/bi men (and different HIV statuses) 8d. Informs young gay/bi men about project activities 8e. Is targeted to young gay/bi/SGL men 8f. Is not widespread throughout general community 8g. May be more discrete when publicizing events for men living with</p> |

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| | HIV |
| 9. HIV Testing at Project Space OPTIONAL | 9a. Must be offered in a way that men can get tested discretely (i.e., so that others at the Center do not readily know the person is getting tested) 9b. Is not conducted by the Coordinators |