

DELIVERABLES

MP+ (as added to the basic Mpowerment Project)

| Deliverables | How Much/ How Often | Description |
|--|--|---|
| Coordinators: | 3 | Coordinators are trained in care, treatment, and adherence issues, as well as available HIV-related resources locally. It is important to have a Coordinator who is living with HIV, is "out" about his HIV status, and is able to discuss issues about living with HIV from his own experience. |
| Core Group (CG): | Weekly | <p>Priority is placed on recruiting some CG participants who are open about living with HIV and are comfortable discussing HIV-related issues.</p> <p>Minimum: 8 men, including new guys, preferably 10-15 men.</p> <p>There is a list of videos for young black gay men; you might consider showing one of those during a core group to stimulate talking about issues that the project might address.</p> |
| M-Groups: Part of Mpowerment, but supports the goals of MP+ | 1 - 2 a month | Participants in M-groups learn about and are motivated to conduct Informal Outreach with their friends, specifically about engaging care if living with HIV and getting tested at least every 6 months if HIV negative. The new M-group manual should be used. |
| Large Events | 4 Large Events/Year | Project sponsored events are meant to attract diverse YMSM to the project. The events should target a range of issues that are important to all YMSM (HIV testing, other issues). |
| | Includes bar zaps, FB postings, anything else possible to promote events | <p>But they also include content with an explicit focus on issues critical for those living with HIV (engaging in care, taking medications regularly, supporting friends living with HIV).</p> <p>After the MP+ part of the project has been running for a while, 2 - 4 medium or large events specifically for men living with HIV.</p> |

| Deliverables | How Much/ How Often | Description |
|----------------------|------------------------|---|
| Medium Events | 8 / year | <p>A variety of activities. Forums on various issues, such as “Black Gay Relationships in 2017-2018”, What Does HIV Treatment Look Like: How to Help Yourself, How to Help Your Community; The Ins and Outs of Using Dating Apps (etc.)</p> <p>Issues facing men living with HIV should be woven into the forums, but probably not be forums themselves.</p> <p>Consider using one or more of the videos for black gay men at some point during a medium sized events.</p> <p>Could also be sporting events (touch football; parties for specific segments of the community; Black Gay Art Show(s); Academy Awards; Music Awards shows; Superbowl, etc.</p> |
| Small, Weekly Events | 2 / week | <p>Movie nights, sports-watching night, sports-playing day, card games, game nights, discussion groups. Perhaps have one discussion group per week and one other event.</p> <p>Weekly discussion groups can sometimes focus on coming out as gay and living with HIV, HIV stigma in the YMSM community, or on dating and relationships when someone is living with HIV. <i>Please see the “Message Tips” that gives specific ideas about things that can be addressed.</i></p> <p>Goal should be no less than about 12 men.</p> <p>Consider starting (or during the event), watch one of the many videos suggested regarding issues facing black gay men.</p> |
| | 1 / week | <p>One discussion group/week for men living with HIV. Can be like a support group, or can focus on issues – dealing with HIV discrimination, dating & relationships, hooking up as a person living with HIV, dealing with your provider, coping with your meds, etc. <i>Please see the “Message Tips” that gives specific ideas about things that can be addressed.</i></p> <p>For events for men living with HIV which may start very small, fewer than 12 men.</p> <p>Consider starting (or during the event), watch one of the many videos suggested regarding issues facing black gay men.</p> |

| Deliverables | How Much/ How Often | Description |
|----------------------|--|--|
| Project Space | Open at least 4 / week | <p>Need to add posters that are specifically about living with HIV:</p> <ul style="list-style-type: none"> - Why it's important to be in care (seeing doctor at least twice/year, taking medications daily) - Tips for remembering to take medications every day - Why it's important to be seeing doctor at least 2 x year - Don't make assumptions about others' HIV status, - That the space is a "gossip-free" environment pertaining to others' HIV status. - <i>Please see the "Message Tips" that gives specific ideas about things that can be addressed.</i> |
| Venue-based outreach | <p>Every 5 - 6 weeks</p> <p>(in addition to Large Event bar zap)</p> | <p>Bar or other community zaps for:</p> <ul style="list-style-type: none"> - Event promotion (and calendar promotion) - Project promotion (Mpowerment and MP+) - Informal outreach promotion ("speak with your friends", "help your friends" about below...) - Outcomes promotion, specifically on: <ul style="list-style-type: none"> o HIV testing every 6 mos o Getting back into care if left it (and living with HIV) o Seeing doctor at least 2 x year o Taking medications every day if living with HIV o Striving to get to undetectable - Need to develop materials for all of these (UCSF has many examples that can be used) - <i>Please see the "Message Tips" that gives specific ideas about things that can be addressed.</i> <p>For large- or mid-sized events, the Outreach Team will advertise the event at community venues 1-2 weeks before the event.</p> <p>These are accomplished by distributing materials during visits to bars that young black gay men attend, community events, coffeehouses/cafes, and other appropriate locations.</p> |

| Deliverables | How Much/ How Often | Description |
|------------------------|--------------------------------|--|
| Outreach Team Meetings | At least monthly | The Outreach Team is responsible for designing outreach performances, making costumes, rehearsing skits, and conducting the actual performances. The Outreach Team—which typically consists of between 10 to 15 volunteers should meet regularly |

| Deliverables | How Much/ How Often | Description |
|-------------------|---|---|
| Social Networking | Facebook fan page 3x week Twitter 5x week, retweeting is cool Tumblr 3x week Instagram 3x week | <p>Posts should focus on outcomes in some way, including:</p> <ul style="list-style-type: none"> - Tips for remembering to take medications every day - Reminders to not to make assumptions about others' HIV status - Getting tested every 6 months or more often - Information about HIV literacy (eg, "did you know that medications do not affect the way you look?"; "take your meds regularly, even if you're drinking, smoking, or "doing stuff") - The importance of engaging in HIV care (seeing doc 2 x year, being in care) - How to support friends living with HIV to engage in healthcare - Messages to decrease HIV stigma - <i>Please see the "Message Tips" that gives specific ideas about things that can be addressed.</i> <p>And of course calendars of upcoming events at the start of every month!</p> <p>Posts should also talk about interesting things for young men, including politics, celebrities, style/fashion, but these do not count in the number of posts listed on the left.</p> <p>TIPS for Social Media:</p> <p>Be regular. Make sure that you're updating regularly. Typically Facebook activity is most popular during business hours Monday through Friday.</p> <p>Relevant posts. Facebook is the place where you share your brand. Its fine to share cool videos and images every now and then, but the majority of the content on your Facebook fan page, should be about your project, what you're doing, how wonderful your activities are – and the messages you're trying to express to others. Remember you're there to push your project and your brand, not somebody else's. Have photos of the staff, have photos of participants, have photos of activities!</p> |

| Deliverables | How Much/ How Often | Description |
|--|---|---|
| Outreach Materials | Core Group M-Groups Positive Living Groups Project Events HIV testing every 6 months Getting in (or getting back in) and staying in care Taking medications every day Supporting your friends to get tested every 6 months, to be in care if they are living with HIV, to take medications every day | Outreach materials distributed at project sponsored events and at community venues contain information about the outcomes we're striving to achieve: <ul style="list-style-type: none"> - Tips for remembering to take medications every day - Reminders to not to make assumptions about others' HIV status - Getting tested every 6 months or more often - Information about HIV literacy (eg, "did you know that medications do not affect the way you look?"; "take your meds regularly, even if you're drinking, smoking, or "doing stuff") - The importance of engaging in HIV care (seeing doc 2 x year, being in care) - How to support friends living with HIV to engage in healthcare - Messages to decrease HIV stigma - <i>Please see the "message tips" that can be addressed. That is, if you are wanting to talk about increasing HIV literacy, look at the message tips and focus on one of those issues mentioned there.</i> <p><i>Please see the "message tips" that can be addressed. That is, if you are wanting to talk about increasing HIV literacy, look at the message tips and focus on one of those issues mentioned there</i></p> |
| Positive Living Group <i>(need to change the name of the group per PLUS Core Group's ideas)</i> | 1 - 2 a month (i.e., minimum, 3 per 2 months), 6 – 8 participants per group | For young men living with HIV. The group addresses literacy about why medications are important to take and the importance of seeing your healthcare provider at least twice a year, feelings about living with HIV and taking medications, how to obtain emotional, informational and practical support about fully engaging in HIV care (including referral and retention in care and adherence to HIV medications), dating and disclosure of HIV status to others, relationships and sex, and how to prepare for and get the most from visits to a medical provider. Confidentiality is stressed. |

| Deliverables | How Much/ How Often | Description |
|---------------------------|---|--|
| Family and Friends Groups | These are still being developed at this time. | These groups bring together YBMSM living with HIV and 1-3 of their close friends or family members for the purpose of building support for men living with HIV. Increase awareness around what it means to be virally suppressed, how to become virally suppressed (adherence to medications), and ways to support the men living with HIV to remain in care. |
| Community Assessment | Annually | <p>An exercise in which the coordinators collect information about the young gay men's community to expand their awareness of the diversity and complexity of their community.</p> <p>It is imperative to learn about colleges in the areas (especially HBCUs), artist crowds, politically-involved men, club-goers, guys who go to gyms, and so forth. There are a lot of social groups to learn about, not just the guys who come to MS.</p> |