

## **DHSTS Training Requirements by Program Type**

### **CTR (including free-standing and mobile unit testing) funded by DHSTS for Enhanced HIV Testing**

#### **HIV Basic Facts (CSG-214W)**

This course contains a broad range of facts on HIV/AIDS presented in electronic format. The information in this course will focus on HIV-related terminology, the impact of HIV in New Jersey, stages of HIV disease, women and pediatric infection, HIV transmission, prevention and risk reduction, and basic testing issues. A knowledge-based questionnaire with a passing score of 80% or above is required to pass this course.

#### **Client-Centered Counseling (CSG-215)**

Counseling and communication skills are the focus of this course that is designed to provide basic information for new counselors. Experienced counselors interested in a review of basic skills and concepts are also welcome. Topics include: attending skills, reflective listening, verbal and non-verbal communication, reframing, and counselor parameters. This course will also introduce the basic concepts of the Stages of Behavior Change.

#### **Risk Reduction Counseling (CSG-217)**

This course will focus on building the skills necessary to provide effective risk reduction counseling by using case studies, role-plays and demonstrations. Participants will be presented the best approaches to assess client risks and develop appropriate and realistic risk reduction plans that are specific to the clients stage of behavior change. This course will assist Risk Reduction Counselors to identify unique circumstances, triggers, and barriers that affect an individual's ability to reduce risk and give them the skills to reduce their risk for acquiring or transmitting HIV.

#### **HIV Counseling and Testing (CSG-218)**

The topics of this course include: confidentiality and laws pertaining to HIV, window period for seroconversion, types of testing, informed consent, OraQuick Advance, reporting requirements for HIV/AIDS, disclosure, and partner notification. Through role-plays and case studies, participants will be provided strategies to assist clients in making a decision about HIV testing, give HIV test results clearly and directly, make referrals to prevention services as well as care and treatment of HIV, and elicit partner information for the purposes of partner notification. This course is specifically designed for counselors who will be directly involved in providing actual HIV testing services, providing HIV test results, and discussing options for the notification of sexual and injecting drug partners of HIV-infected individuals or those who supervise these activities.

### **Motivational Interviewing (MIT-901) – *when offered***

Motivational Interviewing is a client-centered and guiding approach to helping clients make positive changes in their health behaviors. This evidence-based and empathic way of working with clients can also help the counselor, educator, or clinician to prevent burnout. Participants of this three day introductory workshop will learn how to integrate the spirit of Motivational Interviewing into their work, as well as specific strategies to help clients facilitate change.

### **RESPECT**

RESPECT is an individual-level, client-focused, HIV prevention intervention utilizing “teachable moments” to enhance a client’s perception of their risk and level of concern for HIV infection. Consisting of two interactive counseling sessions, RESPECT allows a counselor to help the client identify triggers, circumstances, and patterns of risk-taking behavior, to increase perception of susceptibility. This course is mandatory for individual who will be implementing RESPECT or supervisors who will be monitoring staff in the implementation of RESPECT.

### **Stigma (STG-900) – *strongly recommended when offered –speak with your PMO***

This one day course focuses on helping participants define stigma, identify the impact of stigma on clients and learn how to recognize stigma and cultural biases in the workplace. This training is appropriate for DHSTS Program Coordinators and other DHSTS grantee staff members.

Additional trainings may be offered specifically for HIV Testing projects funded by DHSTS, please consult your PMO

## [CTR \(Emergency Rooms/Emergency Departments\) funded by DHSTS for Routine HIV Testing](#)

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**Anti-Retroviral Treatment and Access to Services (ARTAS) – *strongly recommended when offered – speak with your PMO***

Anti-Retroviral Treatment and Access to Services (ARTAS) is an individual-level, multi-session, time-limited intervention with the goal of linking recently diagnosed persons with HIV to medical care soon after receiving their positive test result. ARTAS is based on the Strengths-based Case Management (SBCM) model, which is rooted in Social Cognitive Theory (particularly self-efficacy) and Humanistic Psychology. SBCM is a model that encourages the client to identify and use personal strengths; create goals for himself/herself; and establish an effective, working relationship with the Linkage Coordinator (LC).

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**\*\*Effective Facilitation Skills for Group-Level Sessions (EFS-716)**

This training will assist individuals providing Health Education/Risk Reduction (HE/RR) sessions with strategies to raise comfort levels when presenting in front of a group, directing and redirecting groups, resolving problems during presentations, effectively work with other presenters, and working within specified time frames. This training will also focus on defining HE/RR and applying the group-level intervention with a program using the EBI Interventions.

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Additional trainings may be offered specifically for HIV Prevention projects funded by DHSTS, please consult your PMO

*\*\*Training for the contracted Effective Behavioral Interventions will also need to be attended by the appropriate staff and the Project Coordinator*

## Ryan white and Care & Treatment Projects funded by DHSTS

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Additional trainings may be offered specifically for Ryan white/Care & treatment projects funded by DHSTS, please consult your PMO

*\*if testing for HIV as a part of the funded program’s deliverables*

## [Special Projects: Linkage to Care \(Navigators\)](#)

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## **Choosing Life: Empowerment, Action and Results (CLEAR)**

CLEAR (Choosing Life: Empowerment! Action! Results!) is a client-centered program delivered one-on-one using cognitive behavioral techniques intended to change HIV sexual risk behavior. CLEAR is an evidence-based, health promotion intervention intended for males and females over the age of 16 who are living with HIV/AIDS and high-risk HIV-negative individuals. CLEAR consists of 5 core skill sessions, 21 menu sessions, and a wrap-up session that enables prevention counselors to specifically tailor the intervention to address the unique needs of each client. This course is mandatory for individual who will be implementing CLEAR or supervisors who will be monitoring staff in the implementation of CLEAR.

Additional trainings may be offered specifically for Special projects funded by DHSTS, please consult your PMO

[Non-DHSTS Grantees who receive HIV Rapid testing kits through an MOA with](#)

[Robert Wood Johnson](#)

[\(including but not limited to Addiction programs, FQHC's, and Planned Parenthood/Family Planning Agencies\)](#)

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Additional trainings may be offered specifically for HIV Testing projects, please Linda Berezny at DHSTS ([linda.berezny@doh.state.nj.us](mailto:linda.berezny@doh.state.nj.us))