

PROJECT ACCEPT INTERVENTION



Project Adolescents Coping, Connecting, Empowering, and Protecting Together (ACCEPT) is a gender-specific, group-based approach to address challenges facing youth with newly diagnosed HIV and promote positive behavior change, ultimately leading to improved engagement and retention in HIV care.¹

Download intervention how-to guides and explore resources to help you innovate while replicating interventions that link, reengage, and retain people within HIV care at www.CIEhealth.org.



Priority Population*

Cisgender adolescents and young adults (ages 16 to 24) who have received a new HIV diagnosis



The Challenge

Approximately 50,900 people with HIV are ages 13 to 25. CDC estimates that youth continue to disproportionately face challenges in accessing care and achieving improved health outcomes, particularly due to low rates of HIV testing and difficulty overcoming socioeconomic and psychological barriers to care.²



The Model

Project ACCEPT uses an educational and skills-building approach to help youth with HIV develop coping strategies, understand their sexual health, assist them to better use the health care system, and create strategies for HIV care and medication adherence.



Pilot and Trial Sites

Randomized Controlled Trials (RCT) at Adolescent Medicine Trials Network for HIV/AIDS Interventions (ATN) locations in Detroit, MI; Chicago, IL; Memphis, TN; and Miami, FL



Impact

The study group receiving the intervention had a 2.33 greater likelihood of HIV medication usage than the control group, which was sustained 12 months post-intervention. The intervention group also had increased appointment adherence, visit constancy, and overall medical visits compared to the control group.¹

*Although Project ACCEPT was originally developed for cisgender youth, it can be adapted to meet the needs of a gender-diverse clientele.

¹Hosek, S.G., Harper, G.W., Lemos, D., Burke-Miller, J., Lee, S., Friedman, L., & Martinez, J. (2018). Project ACCEPT: Evaluation of a group-based intervention to improve engagement in care for youth newly diagnosed with HIV. *AIDS and Behavior*, 22(8), 2650–2661. doi: 10.1007/s10461-018-2034-4

²U.S. Centers for Disease Control and Prevention (2020). HIV and Youth [Internet]. <https://www.cdc.gov/hiv/pdf/group/age/youth/cdc-hiv-youth.pdf>. Accessed November 4, 2020.

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