



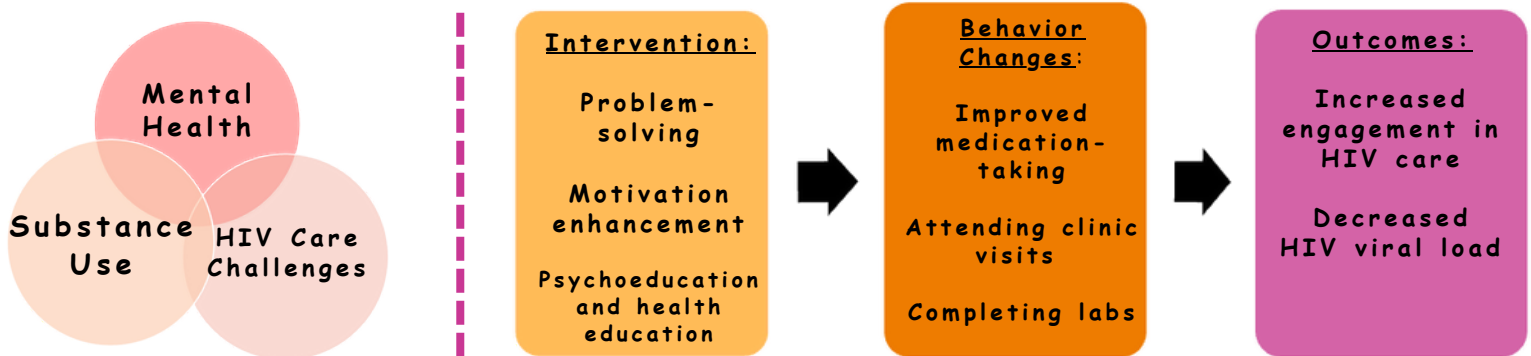
Youth to Text and Telehealth for Engagement in Care

OVERVIEW

12 brief video-counseling sessions and text messaging with counselor to address barriers to HIV care engagement and medication adherence in young adults ages 18-29 with HIV.

INTEGRATED APPROACH

Y2TEC take an integrated approach by discussing **HIV care, mental health, and substance use** across sessions. Sessions are tailored for participants based on assessment in areas of HIV knowledge, mental health symptoms, and substance use frequency and severity. Sessions also include menu options that are collaboratively chosen from topics including romantic and sexual relationships, family of origin, social support, identity, disclosure, and current political climate.



THEORETICAL FRAMEWORK

Based on the Information, Motivation, Behavior skills model using psychoeducation, health education, motivational interviewing, and problem-solving therapy to help young adults identify and address barriers to HIV care engagement.

TRAINING

Counselors are trained by clinical supervisors in roles and responsibilities, telehealth guidelines, crisis intervention protocols, and delivery methods using the Y2TEC manual and role-plays.

Y2TEC Delivery Process

