Presenters:

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TWISTA (Trans Women Informing Sister Trans Women on AIDS) is a culturally competent adaptation of the DEBI intervention SISTA for young transwomen of color ages 16-24.
Core Elements

- Small-group sessions to promote learning and dialogue among transwomen of color (build community & create a safe space).

- Use transwomen of color as program facilitators.

- Use culturally competent materials to increase self-worth and pride in being a transwoman of color (poetry by transwomen of color, etc.).

- Discuss sexual health within the context of experiences of transwomen of color.

- Identify & discuss culture- and gender-related barriers to using condoms.
Curriculum

1.) Transgender & Ethnic Pride
2.) HIV/AIDS Education
3.) Harm Reduction & Safer Transitions
4.) Assertiveness Skills Training
5.) Coping Skills
6.) Review & Peer Teach-Backs
Program Structure

- Sessions are held at Broadway Youth Center in the TWISTA room (decorated with images and information that reflect the amazing contributions of transwomen of color throughout history).
- Total of 6 sessions are held twice a week on Tuesdays and Thursdays at 6pm.
- Participants are provided with dinner, cash incentives, and transportation for each group session.
TWISTA Room

BEFORE

AFTER
TWISTA Room Deco
Recruitment & Retention Strategies

*Importance of utilizing peer-based recruitment

Internal Recruitment:
- Broadway Youth Center

External Recruitment:
- Street outreach
- Club outreach
- Special Events (Balls, Pageants, Community forums)
- Internet outreach (MySpace, BlackGayChat.com, Craigslist.org, Menfornow.com, Urbanchat.com, Blacktsgirls.com, Adam4adam.com) ([www.myspace.com](http://www.myspace.com))

Retention Strategies:
- Reminder calls
- Reminder emails
- Drop-in Program
60 Participants Enrolled

- 22 Program-only Participants
- 38 Research Participants

4 Average # Sessions Attended

- 43 Participants Graduated

81% retention rate for 3m f/u (21 of 26 eligible)
TWISTA Research Outcomes*

- Total number of paying/trade sex partners DECREASED from baseline to follow-up
- Total number of male partners whom participants had unprotected anal sex with DECREASED from baseline to follow-up
- 40% of participants INCREASED their partner communication skills at 3m follow-up
- 50% of participants had level or INCREASED self-esteem at 3m follow-up
- 60% of participants had LOWER rates of depression at 3m follow-up

* Outcomes to date on participants who completed baseline and 3m research component.
TWISTA Motto

TWISTA Love is strong,
TWISTA Love is safe,
TWISTA Love is surviving!
Contact Information

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