

## MISSION

To improve the quality of life for individuals and families of Northeast Florida affected by substance abuse, mental illness, homelessness, HIV/AIDS and other communicable illness through outreach, prevention, intervention, treatment and housing services.



# H.O.P.E



## ABOUT THE AGENCY

River Region Human Services, Inc. provides substance abuse, mental health, intervention, residential, and outpatient treatment services. The agency's prevention services include HIV/AIDS prevention, education, and outreach. River Region has been improving the quality of life in Northeast Florida since 1972. In partnership with federal and local government agencies, and organizations throughout the community, River Region promotes the importance of maintaining a healthy lifestyle.

### Adult Outreach & Prevention

610 Julia Street  
Jacksonville, Florida 32202  
904-301-1147  
[www.rrhs.org](http://www.rrhs.org)



**H**health  
**O**utreach through  
**P**revention and  
**E**ducation

# H.O.P.E

Health Outreach through Prevention and Education  
An Intervention for African American Men and Women

*River Region has been a leader in the fight against HIV/AIDS for over two decades in the community of Jacksonville, Florida. With funding from the Center for Disease Control and Prevention (CDC), River Region and its collaborative partners work together to reduce the spread of HIV through various interventions and prevention education techniques.*

## H.O.P.E is...

- Nia
- SISTA
- RESPECT



## Client focused HIV prevention and interventions proven effective

### Nia

Includes sessions which are interactive meetings that are equally educational and entertaining. The sessions are led by both a male and female facilitator. Sessions include open, frank discussions on:

- Racial and sexual identity
- Receiving and giving respect
- High-risk sexual behavior
- Making safer sex decisions
- Maintaining sexual pleasure while reducing risk.

### SISTA

Sisters Informing Sisters about Topics on AIDS is a program designed to reduce sexual HIV risk behaviors among heterosexual African American women.

Session include:

- Pride in being a woman
- HIV/AIDS Education
- Being assertive with your Partner
- Life Management training
- Coping skills for living a happy life.

### RESPECT

RESPECT is the first individual level intervention to be added to the Diffusion of Effective Behavioral Interventions (DEBI). The RESPECT intervention utilizes a client-focused, interactive HIV risk reduction counseling model based on Project RESPECT. Counseling, Testing, and referrals are designed to reduce high risk sexual and drug related behaviors using pre/post test counseling and testing.



### INFORMATION

For more information about the H.O.P.E. program and session locations call 904-301-1147 or send an email to [HOPEProject@rrhs.org](mailto:HOPEProject@rrhs.org).



We look forward to serving you.



**River Region Human Services, Inc.**

*Empowerment of people through collaboration, excellence, compassion and respect of others.*