

POSITIVE LIFE - LIFE SKILLS FOR PHAs

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Shaping Frontline Services to Meet Needs: Programs that Can Change Lives
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HIV PREVENTION, ENGAGEMENT AND
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Life skills have been defined by the World Health Organization (WHO) as “abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life”.

Using various methodologies and stimuli, it teaches problem-solving behaviors which can be used by PHAs in the management of their everyday affairs and in their roles as community leaders.

The Toronto PWA Foundation (PWA)'s Positive Life Program is a life skills program. Using various methodologies and stimuli, it teaches problem-solving behaviors which can be used by PHAs in the management of their everyday affairs and in their roles as community leaders.

The Positive Life Program is modelled on the YWCA Life Skills Program

Philosophy of Life Skills

- Choice/ Non-Mandatory
- “Here & Now”
- All learning levels are accepted
- Life skills is based on the assumption that that skills can be taught/learned, modeled and practiced, because they are behavioral.
- Skills can be “broken down” into manageable parts.

Philosophy of Life Skills

- Increases an individual's self-esteem and **self-efficacy** is desirable
- Group members start with different skills and different levels of skills, they set their own goals
- Life skills is an adult learning that incorporates different learning styles.
- **Balanced Self Determined Behavior***

Self- Efficacy & Health

- Self-efficacy and health behaviors such as, physical exercise, dieting, condom use, dental hygiene, seat belt use, or breast self-examination are, among others, dependent on one's level of perceived self-efficacy (Conner & Norman, 2005).

The Goal of Self Determined Behavior

- Balanced Self Determined Behavior: When your behavior is determined by your needs while respecting the needs of others
- Other Determined Behavior: When your behavior is determined by the needs of others
- Self Determined Behavior: When your behavior is determined by your needs alone at the expense of others

Positive Life Program Delivery (Methodology)

- 10-15 group members
- Minimum 10 weeks
- 2-2 ½ hours per group session
- Follows Life Skills DACUM (Designed Curriculum)
- Follows Life Skills Lessons/phases

The Life Skills DACUM

- Designing a Curriculum
- 5 areas> Self, Family, Community, Leisure, Occupational
- During the program all areas of the DACUM are addressed.

Life Skill Lesson Phases

- Warm-up
- Unfinished Business
- Goals
- Stimulus
- Evocation
- Objective Enquiry
- Skills Practice
- Application
- Evaluation

Positive Life Focus Group

March 12th 2013

- I have changed my perception and I am aware of my own behaviors and how they affect others.
- The Positive Life Program was a space for learning, sharing knowledge and created an opportunity for positive change....
- I gained trust through building supportive relationships and safe spaces for volunteers and clients at my agency.
- Learning how to put myself in other people's shoes and meeting them where they are at, is my biggest journey.

Positive Life Focus Group

March 12th 2013

- I am will to allow my self and opportunity for continued learning, practicing skills learnt and open to future training opportunities.
- The Positive Life Program was a space for learning, sharing knowledge and created an opportunity for positive change....
- I have learnt how to balance self determined behavior among my fellow peers, friends and colleagues.
- I am more sensitive to self and open to understanding how others feel.

Lessons Learned

- PWA initially experienced challenges in recruiting to this program, as “life skills” was understood as a demeaning term
- PWA’s ability to meet the growing demand for this program is affected by its human resource limitations. Currently, there is a lack of trained facilitators for this program. The development of an advanced course to teach program graduates to facilitate this program is recommended.