Individual-level Interventions (ILIs)

Individual-level interventions seek to change individual behaviors in a setting where one provider works with one client or patient, sometimes referred to as ‘one on one’. ILIs may work with individuals to increase perception of STD/HIV risk, develop strategies to reduce those risks, and support on-going risk reduction efforts. Examples of ILIs include risk reduction counseling, partner counseling and referral services (PCRS) and comprehensive risk counseling services (CRCS). ILIs are recommended for persons who may not feel comfortable in group settings.

Group-level Interventions (GLIs)

Group-level interventions seek to change individual behavior within the context of a group setting. GLIs are typically comprised of two or more sessions, and led by a facilitator who is knowledgeable about the intervention. Although the focus is on individual-level behavior change, participants engage in activities with other members of the group by sharing their own experience and learning from the experiences of other group members.

Community-level Interventions (CLIs)

Community-level interventions seek to change attitudes, norms, and values of an entire community and/or target population. CLIs seek to improve the risk conditions and behaviors in a community through a focus on the community as a whole, rather than by intervening with individuals or small groups. This is often done by attempting to alter social norms, policies, or characteristics of the environment. Examples include community mobilizations, social marketing campaigns, community-wide events, and policy interventions.

Structural Interventions (SIs)

Structural interventions aim to modify the social, economic, and political structures and systems in which we live that influence risk-taking behaviors. SIs may include the development of new legislation, media campaigns, health care initiatives, or other broad-scale efforts to make institutional changes to improve health or reduce risk. SIs typically require collaboration among many partners, and may take many years to be realized, given the nature of the change they aim to affect.