Supplemental Table 1: Workshop Sessions

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| Session | Format | Length | Description of session activities [Workshop components] | Personal Coach Assignment |
| 1 | Group | 90 minutes | * Establish rapport. * Introduce the purpose of the Workshop: to train individuals to use CBT skills to help themselves feel better [Be a Personal Coach] | Remember a pleasant experience. |
| 2 | Group | 90 minutes | * Identifying and restructuring negative thoughts and social interactions [using Yellow and Blue metaphor\*]. * [Using STOP mnemonic: Slow down, Thoughts (Yellow or Blue), Options, Practice] to practicing behavioral activation of cognitive restructuring skills | Write down two things you do to slow down |
| 3 | Group | 90 minutes | * Developing Personal Coach statements [as a way to restructure cognitions and give self credit for using the skills] * Practice STOP in different scenarios. | See how many situations you are able to use STOP. |
| 4 | Group | 90 minutes | * Identifying pleasant and supportive social network members [Yellow People]. * Setting a goal for spending time with a Yellow Person. | Choose someone from your Yellow people list and given them credit for the impact they have had on you. |
| 5 | Group | 90 minutes | * Identifying Yellow and Blue places. * Developing strategies for restructuring cognitions, feelings and behaviors in Blue places. | Spend time in a Yellow place. |
| 6 | Group | 90 minutes | * Review of sexual risk behaviors and prevention options. * Using STOP in sexually risk situations. | Share sex risk reduction options with someone. |
| 7 | Group | 90 minutes | * Review of HIV and HCV drug risk behaviors and prevention options (injection, snorting and smoking behaviors). * Using STOP in drug risk situations. | Share drug risk reduction options with someone. |
| 8 | Individual | 60-90 minutes | * Check-in about learning and using skills * Goals for using skills * Risk reduction goals |  |
| 9 | Group | 90 minutes | * Sustaining skills: STOP, Personal Coach statements, Yellow and Blue | Identify three options for sustaining the skills. |
| 10 | Group | 90 minutes | * Graduation ceremony giving credit for hard work and program completion. |  |

\* *Yellow and Blue* was a metaphor used to personify and symbolically represent negative and maladaptive (Blue) thinking, people, and environments versus pleasant and supportive (Yellow) thinking, people, and environments.