

Avatars Travel for Free: Decreasing Disparities in Community Access to Training and Capacity Building

Antonia M. Villarruel, PhD, RN, FAAN

Michelle Aebersold, PhD, RN

Emily Yeagley, MA, MPH

Megan Czerwinski

Armani M. Hawes

**BRIDGING THE GAPS: ELIMINATING DISPARITIES IN TEEN
PREGNANCY AND SEXUAL HEALTH**

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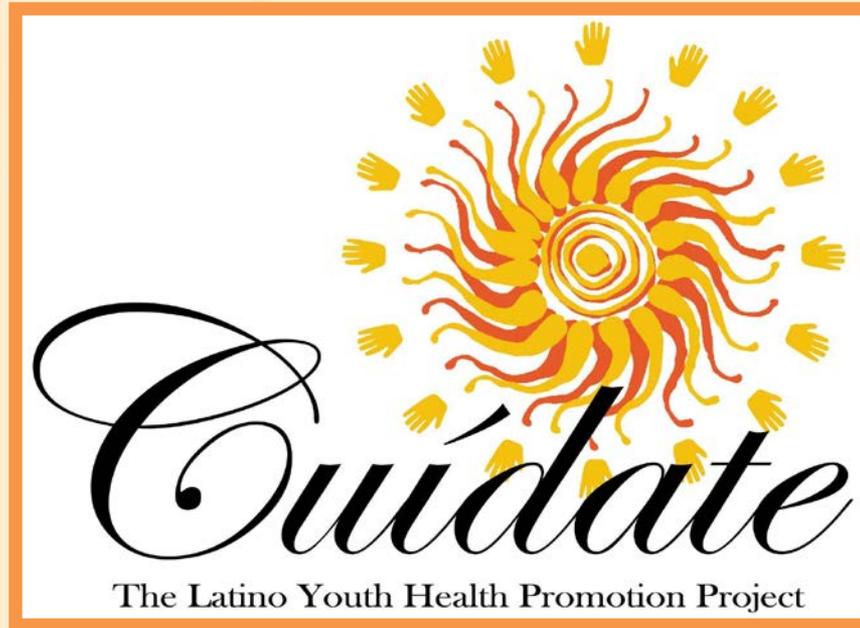
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Workshop Objectives

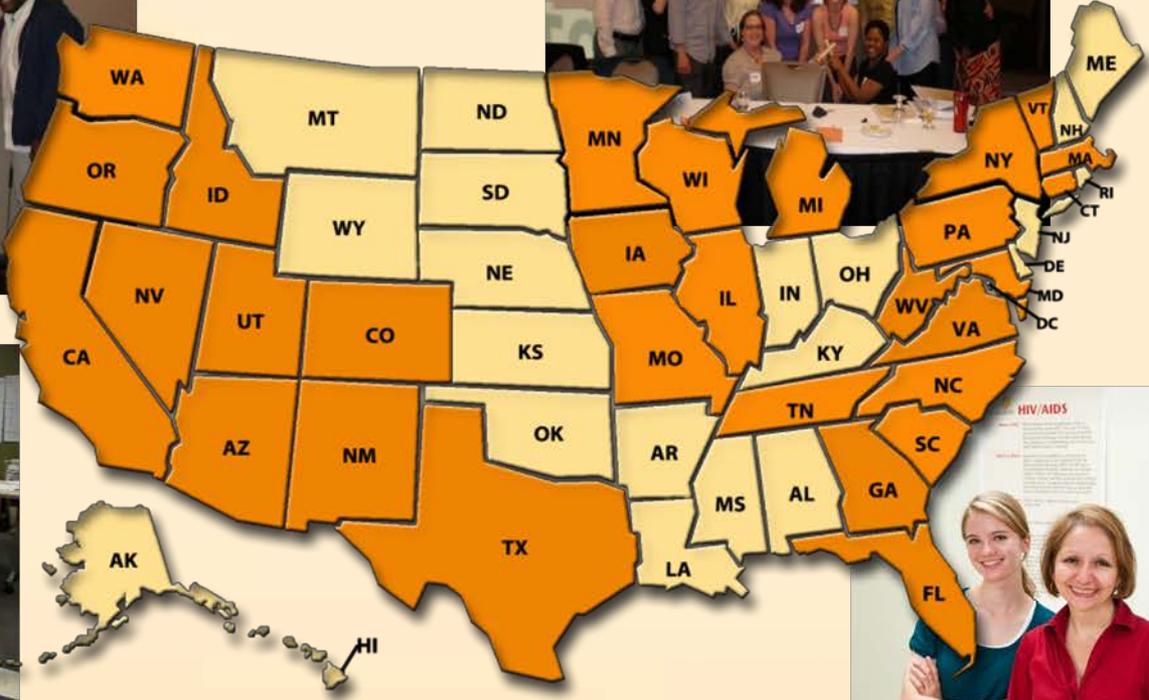
- Objective 1.** Participants will be able to critique the use of a virtual environment for learning how to implement an EBI with fidelity.
- Objective 2.** Participants will be able to identify specific strategies for adapting face-to-face training activities for use in a virtual environment.
- Objective 3.** Participants will be able to identify recommendations for ways in which training and capacity building in a MUVE could be useful in their pregnancy prevention efforts.

Agenda

- Introduction to Cuídate
- EBI training challenges
- Multi-user virtual environments (MUVES)
- Second Life (SL)
- Community of Inquiry framework (COI)
- Adapting face-to-face training to SL
- Advantages and disadvantages of using MUVES
- Using MUVES in your own work



- Sexual risk reduction intervention for Latino youth
- Six-session, small group format
- RCT – long term outcomes
 - Increased condom use
 - Decreased sexual intercourse
 - Decrease in number of partners
- Community engaged approach



¡Cuidate! Facilitator Training

Training Objectives

- Identify the core elements and key characteristics
- Recognize how Latino culture supports safer sex decisions
- Respond appropriately to challenging questions or sensitive situations

¡Cuídate! Facilitator Training

Facilitator Training Format

- Experience modules of the curriculum
- Increases familiarity with curriculum
- Builds self-efficacy in conducting the program
- Receive direct feedback from expert trainers

Evidence-Based Interventions: Training and Technical Assistance

- EBIs can provide improved health outcomes *if implemented correctly*.
- EBI training often relies on resource intensive formats.
- Gaining access can be a major challenge to training.
- Alternate trainings formats may increase access.

EBI Training and Technical Assistance

- **Small group discussion #1.** Think about the EBIs that you implement in your work:

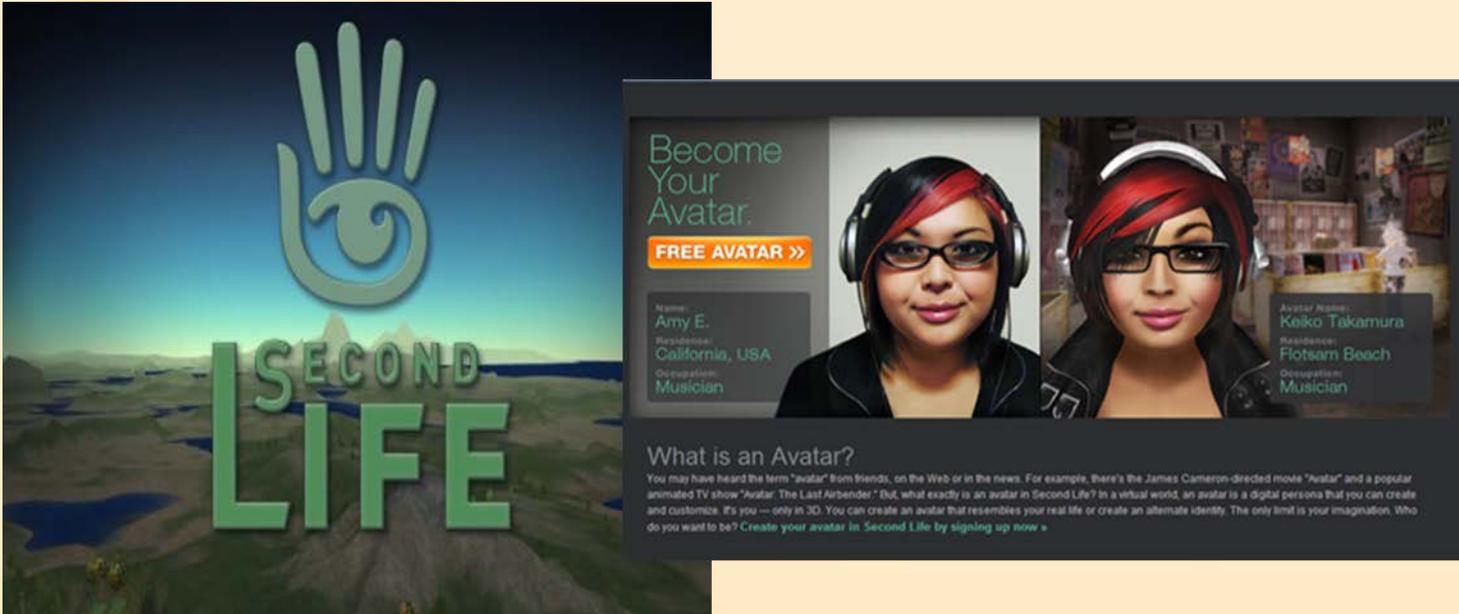
- What training requirements are involved?
- What are some of the training challenges that you face?
- How difficult/easy is it to gain access to training?
- How does difficult-to-access EBI training impact the communities you serve?

- Do you receive ongoing technical assistance related to the EBIs that you implement?
- How might ongoing technical assistance benefit your work with the community?

Multi-User Virtual Environments (MUVES)

- Avatars – online manifestations of people
- Creates a sense of community
- Opportunities for social interaction
- MUVES have been used in training and education (Mitchell et al, 2011)

Second Life®



Second Life is a free 3D MUVE where users can socialize, connect, and create using voice and text chat (Linden Lab, 2014).

Community of Inquiry Framework (COI)

- Constructs:
 - Cognitive presence-extent to which learners are able to construct and confirm meaning through sustained reflection and discourse
 - Social presence-degree to which participants in computer-mediated communication feel affectively connected one to another
 - Teaching presence-the design, facilitation and direction of cognitive and social processes for the purpose of realizing personally meaningful and educationally worthwhile learning outcomes

Activity-Two Truths And a Lie

- Find a partner!
- Each partner says 3 statements: two truths and one lie
- Try to determine which statement is false

Large Group Debrief: Two Truths and a Lie

- What strategies did you use to determine the truths and the lie?
- How important were facial expressions?
- Did you pay attention to gestures (e.g., hand movements, posture, shoulder shrugs)?
- Did you and your partner make eye contact throughout the activity?
- How important was eye contact to your guess of truth vs. lie?

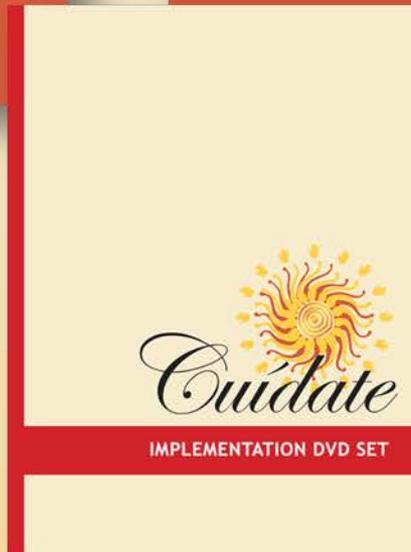
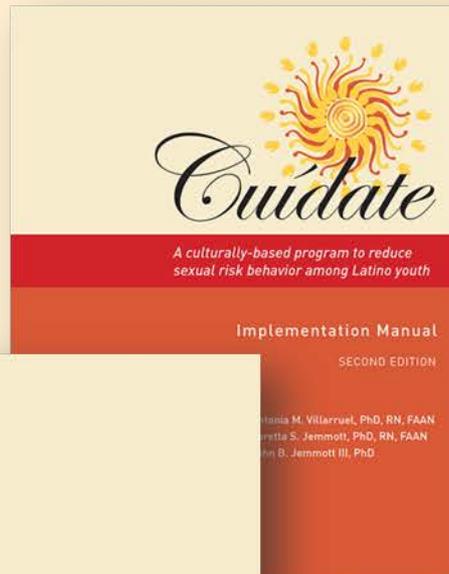
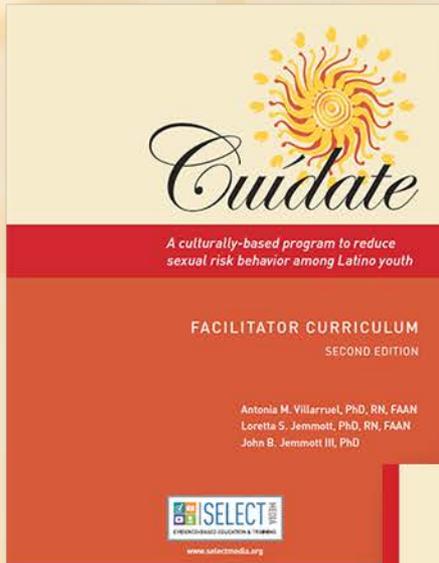
¡Cuídate! Training in Second Life®

Training Participants

- Five training sessions occurred from July – October
- Total of 35 participants from NY to CA



¡Cuidate! Training Materials



Adaptation of ¡Cuídate!

Facilitator Training Program

Intro to ¡Cuídate!

Core Elements

1. Incorporating the "Voice of ¡Cuídate!" - using one of yourself and one's partner, family and community - throughout the program.
2. Using authority and legitimacy appropriate materials and activities to draw and emphasize core values/cultural values, specifically health/fitness and gender equity and bias. Have an conversation with your own behavior.
3. Incorporating activities that "wow!" - knowledge and influence position, attitudes, beliefs, and self-efficacy regarding HIV sexual-risk-reduction behaviors.
4. Marketing and practicing the effective use of content.
5. Building participant's skills in problem solving, negotiation of roles, and refusal of unsafe sex.

Click above to view the video
Need help with this material? Ask us your questions!
Etc

Facilitator Training Program

Welcome To ¡Cuídate!

Welcome to the ¡Cuídate! Facilitator Training Program!

This website will serve as a tool for you to use throughout your time in the training. Using the navigation panel on the left hand side of the page will provide you the opportunity to:

- Learn about ¡Cuídate! and the program's purpose
- Learn how to create your own avatar and begin using Second Life in the training
- The topics in the agenda will be to prepare you for your training in Second Life
- Get help from our staff with any issues that may arise during any time throughout your training.

Training Dates & Times:
Session 01
Orientation: 10/11 1:30pm - 01/1 Training Date: 10/24-10/25 10am - 2pm

Already Done with Training?
Click here to go to Next Training Content

Your Agenda

The following items listed below are tasks that you should complete at different points in the training:

Complete before your orientation:

1. Complete the Second Life Orientation
2. Complete Before Your Training Activities
3. Attend pre-training meeting with staff in Second Life
4. Complete Overview of ¡Cuídate! Website

Complete after your orientation session:

1. Working Demonstration of Module 1

Support

- Lúdice Program Questions
- Web Site: Update Your Training Activities
- Second Life Help

Announcements

- Sign up For Technical Assistance
- Life In Personal Development Resources
- Having Trouble with the Website?

NIH Grant No. 1R21MH0957201A1 | Need assistance or have additional questions? Email umso-cuidad@umich.edu
Resources Here powered by: ProFlow

Creating a Second Life Account & Avatar Building

VIDEO

To get started, you will need to create a Second Life account:

1. Type in the URL: <http://www.secondlife.com>
2. Find the orange button in the middle of the page that reads: "Join Now" and Click It.

3. You will now select the avatar of our choice using the scrolling arrows, and click "Choose This Avatar"
 - This is how you will appear on the screen in the Second Life program.
 - You will have the opportunity to modify your appearance later.

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Creating a Second Life Account & Avatar Building

4. Now you will be required to enter a name for your avatar. *
 - This will be your username and will be displayed in Second Life
 - If the username is available, click on next step.
 - If it is not, choose a different username.
5. Remember or write down this username you will use to login to Second Life.
6. The next step will ask you for profile information:
 - Email, Date of Birth, Password, Security Question & Answer
 - Remember as with your username, to take note of your password for logging in

7. Finally, click on "Create Account" at the bottom to finish creating your account.

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Preparing Participants for SL®

Communicating in Second Life VIDEO

There are two ways to communicate with other people in Second Life:

- 1. Text Chat**
Using the "Chat" function by typing messages with your keyboard.
Click on the "Chat" button at the bottom of your screen which will open a Chat Box, allowing you to type in a message then after pressing enter, the message will appear for all nearby avatars to see on the screen.
- 2. Voice Chat**
This feature requires the use of a headset, earphones with built-in microphone, or a screen with a built-in microphone and speakers (i.e. a laptop or desktop with mic & speakers).
Once you have verified that your speakers and microphone or headset are functioning, select the "Speak" button on the bottom menu in Second Life.
A green halo should appear above your avatar's head that will vibrate when you speak into your microphone, verifying that it is indeed working.

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CONVERSATIONS

Avatar	Message	Time
Emily	Emily received permission to type privately	
Emily	Emily accepted your friendship offer	
Emily	Emily received your secondary offer	
Emily - connector	25159801 09:14	
Emily (HyattKey)	received your secondary offer	
Second Life	20130404 07:13	
	You initiated a voice call	
	Your call has been answered	
Angel Felix	angelix	10:45
Melle		

Cuídate Training F2f vs. Virtual



Debrief-Teachback

- Large Group Discussion
 - What were the differences in the F2F and SL versions of the teachback?
 - Would being an avatar impact your behavior in the activity?

Report out to larger group

Technical Assistance in Second Life



Video of TA Session



Participant Facilitator Feedback



Participant Facilitator Feedback

- Access
 - “The ability to interact without the cost of travel.”
 - “More people can be included and costs can be reduced.”
 - “I strongly prefer face-to-face training, but acknowledge the geographical advantages to the online environment.”
 - “The fact that it was easy for educators from across the country to attend without travel costs and disruptions to my work.”

Participant Facilitator Feedback

- Presence/Social interaction
 - “Most helpful to sit and listen to other people’s ideas.”
 - “[I] liked listening to others people’s experience”
 - “Great to hear ideas from people around the country.”
 - “Helpful to observe the other facilitators implement a lesson and listening to the feedback from the trainers.”
 - “Very interactive. Very engaging”
 - “Overall enjoyed the experience. I enjoyed the group work.”

Participant Facilitator Feedback

- The importance of body language
 - “I didn't care for Second Life...being in a actual real time classroom, being able to see everyone.
 - “The element of watching individual’s body language & facial expressions is priceless... “
 - “You can't see everyone and their body language which is important when facilitating trainings...”
 - “[It was] not as kinesthetic and visual as a face-to-face training, and it's weird trying to have conversations with a group of people you can't see.”
 - “Being in SL [I] realize how vital face to face communication is. Skills came across as reading the book and not actually practicing facilitating.”

Advantages of Training in a MUVE

- Disseminates EBIs more broadly
- Creates a sense of community
- Brings together diverse people (developers, front-line providers, students)
- Reduces cost associated with travel
- Leverages the promise of technology
- Shares expertise and experience

Challenges of Training in a MUVE

- Technology access
- Group discussions
- Facial expressions
- Eye contact
- Technology learning curve

Applications to Your Work

- **Small group discussion #2.** Think about the work you do:

- Are there any training opportunities to incorporate something like this within your agency?
- How would you and your staff begin implementation?
- How do you think your agency would react to these changes?
- What are some benefits and barriers to using something like Second Life in your work?

Thank you! Questions?



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CONTACT INFORMATION

Antonia Villarruel, PhD, RN, FAAN
avillarr@med.umich.edu

Michelle Aebersold, PhD, RN
mabersol@med.umich.edu