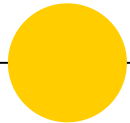


# *Valuable Assets:* Eliciting Peer Perspectives to Revise an HIV Self-Management Curriculum

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Julia Sanchez, PCW  
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# Hello!

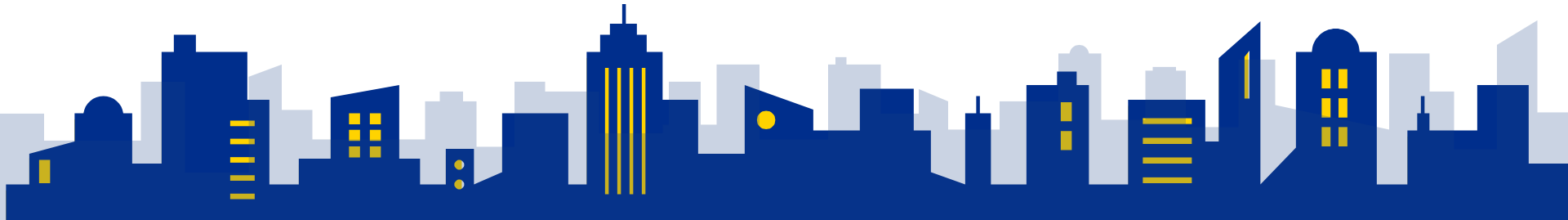
*I am **Amanda Raker***

Implementation Specialist

Care and Treatment Program

Bureau of HIV/ AIDS Prevention and Control

New York City Department of Health and Mental Hygiene





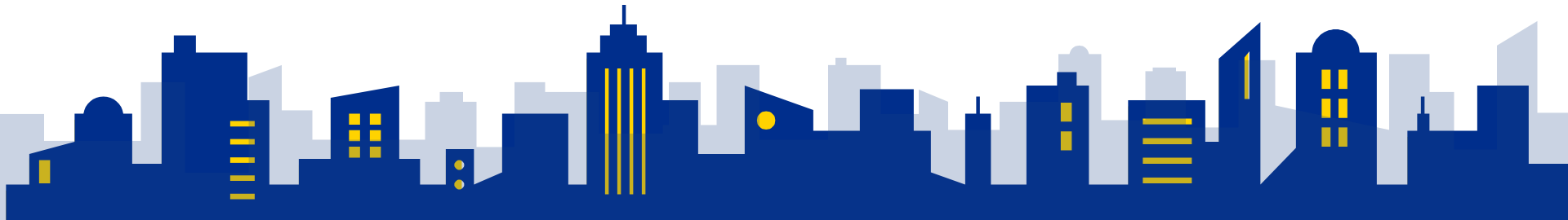
## Introductions

*I am **Julia Sanchez***

Client Support Specialist

The Family Center

Brooklyn, NY





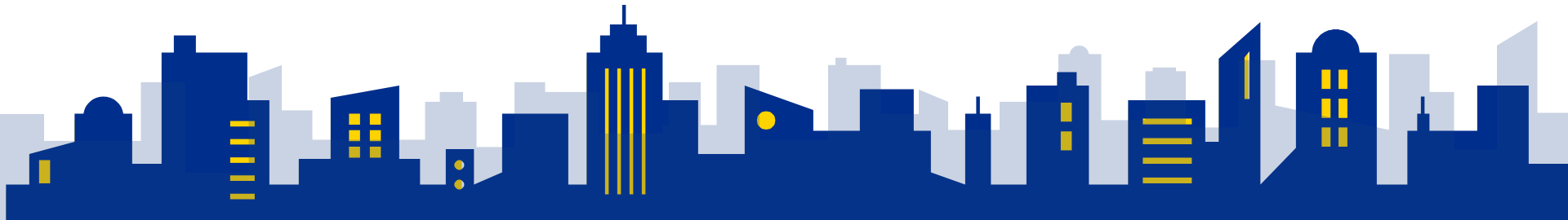
## Introductions

*I am **Malika Minott***

The Positive Life Workshop Training Coordinator

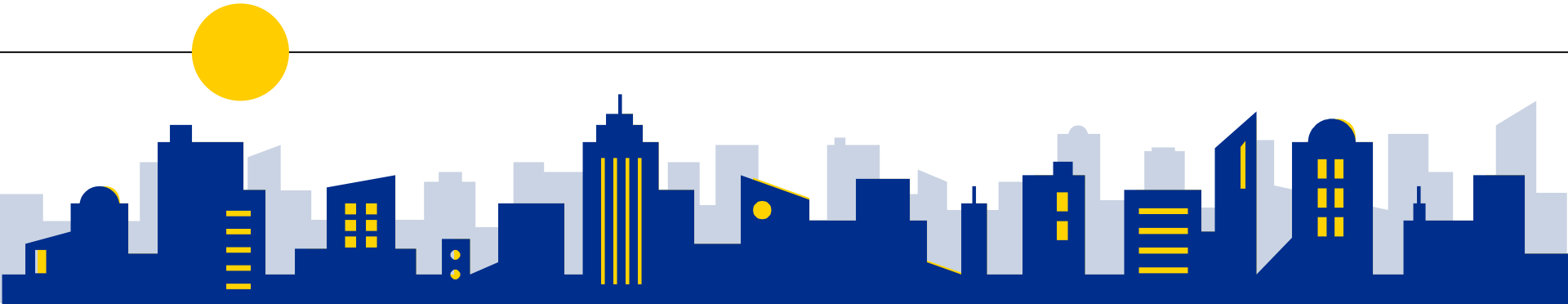
The Alliance for Positive Change

New York, New York



# Definition of a Peer

Peers are individuals who are “...trained to counsel, educate, and/or support behavior change among members of their own social or community group.” (Raja et al. 2008)




# Peers in HIV

- Peers can offer a unique level of support around HIV and self-management (Heisler, et al. 2009)
- Peer-led interventions improve health outcomes among PLW H (Genberg et al., 2016)

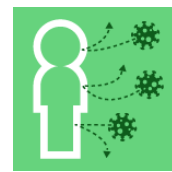


# Examples of Peer Work in HIV Services

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- Patient Navigation
  - Intake
  - Group Facilitation
  - Health Education
  - HIV Testing and Counseling
  - Direct Services
    - Food
    - Clothing
    - Housing
    - *What else?*

## The Positive Life Workshop (TPLW)

TPLW is a health education workshop to support self-management for PLWH. Led by peers who are also PLWH, it includes presentations, activities, and small group work.







## TPLW Curriculum History

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Original curriculum developed in 2011 with the Shanti Project and NYC DOHMH staff

- Introduction and Intensive workshops (2.5 days)
- Topics:
  - HIV and the Immune System, Beliefs, Self-Management, Engagement in Healthcare, Sexual Health, Drug and Alcohol Use, Treatment Adherence, HIV Disclosure, Trusted Support, Self-Assertiveness, Body Care, Nutrition, and Mental Health



## TPLW Curriculum History

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- In 2014, the workshop moved to RFP model with delivery by 3 NYC agencies
  - The Alliance for Positive Change
  - The Family Center
  - Latino Commission on AIDS



## TPLW Curriculum History

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### 20 14- 20 15 Curriculum Revisions

- Completed by members of DOHMH training and clinical staff in the Bureau of HIV (BHIV)
- Re-arranged into 7 modules (20 hours)
- Added PEP, PrEP, co-morbidities, spirituality, immigration
- Revised drug and alcohol use, emotional health, sexual health



## TPLW Curriculum History

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- In 2016, DOHMH Implementation Specialist, through workshop observations and training experience, recognized need for additional curriculum updates and revisions
  - Updated information about HIV
  - Reduce slide burden and increase activities
  - Refresh appearance



## Creation of Workgroups

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- Revisions began as small workgroups for each module. All peers were encouraged to attend.
- Agencies sent 1-2 members per workgroup, usually based on who presented the module
- Workgroups met bi-monthly
  - Food served
  - Temporarily replaced HER Provider meetings

## ● Collaboration with DOHMH

- Implementation Specialist reached out to BHIV Graphic Designer to revise icons and better represent cofactors.





## What are the three types of cofactors?

### Biological



Body care



Drug & alcohol use



Sexual Health



Adherence to HIV treatment



Engaging in healthcare

### Psychological



Beliefs about HIV



Stress



Grief & depression

### Social



Trusted support



HIV disclosure



Self-advocacy



Patient-provider relationship





## ● Major Modifications

- Update language: gender, IPV, harm reduction

Module 4: “Substance Use and Sexual Health”



“Be Safe, Be Healthy”



## Major Modifications

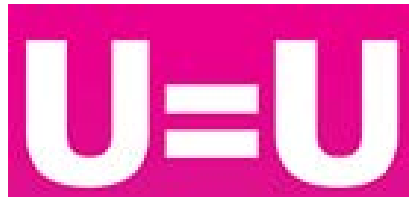
- Addition of interactive activities and use of props
  - STI Activity
  - Nutrition Exercise
    - Build a Plate
  - Participant Polls mid-slides
    - EPE model





## Major Modifications

- Added relevant content such as intersectionality, safety with law enforcement, immigration policies, stigma, and U=U



*U=U was highlighted in both Engagement in Care and Sexual Health modules*



*The stigma snake appears throughout the curriculum on specific topics*



## Major Modifications

- Inclusion of video and mixed media



Winner of Best Slide Change



Module 2: HIV and the Immune System

*Life on the HIV Highway*

# HIV and the Immune System



What are the stages of HIV?

## Acute Infection:

During this time, large amounts of the virus are being produced in your body.

Many, but not all, people develop flu-like symptoms often described as the “worst flu ever.”

## Clinical:

During this stage of the disease, HIV reproduces at very low levels although it is still active.

During this period, you may not have symptoms.

With proper HIV treatment, people may live in this stage for several decades.

Without treatment, this period lasts an average of 10 years.

Some people may progress through this stage slower.

## Wellness:

Today, a person living with HIV who starts HIV treatment, under the direction of a medical provider, can live a long and healthy life.

## AIDS:

If your CD4 cells fall below 200 or less than 14% you are considered to have progressed to AIDS.

If you have HIV and one or more OIs, you will be diagnosed with AIDS, no matter what your CD4 count happens to be.

Without treatment, people typically survive 3 years.



**AIDS**  
short life  
poor health

**Wellville** →

← **AIDStown**

Welcome to  
**Long Life  
&  
Good Health**



**OPPORTUNISTIC  
INFECTIONS**  
**CD4 < 200**  
**CD4 < 14%**

No symptoms  
up to 10 years



**ACUTE INFECTION**





## Peers in the Workgroup

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- Peers reported positive experience
  - Appreciated being part of redesign
  - “Mini Provider Meeting”
  - Opportunity to network and connect with different agencies and peers with shared experiences





## Lessons Learned

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- Feedback from peers was essential
  - They conduct the workshop regularly, so they know what is working and what is not working
  - Client-centered approach
  - Reduced burden to revise as a group
  - Democratic process to allow many opinions and points-of-view



## Post Revisions

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- ⦿ DOHMH Implementation Specialist formatted slides with new content, activities, and icons
- ⦿ September 20 17, each agency got updated slide set with curriculum notes
- ⦿ Summer 20 18, review of year using revised curriculum
  - Small changes (ex: videos to click slides, moving IPV from Be Safe, Be Health to Emotional Health, Intersectionality to Social Health)

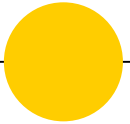


## Peer Panel

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- Let's hear from peers involved in the curriculum revision process
  1. How was it being part of the workgroup?
  2. How has the new curriculum impacted your delivery of the workshop?
  3. What kind of revisions do you see in the future for TPLW?

# Q & A





# Thanks!

*Let's stay in touch.*

You can find us at:

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- ◉ Julia- [jsanchez@thefamilycenter.org](mailto:jsanchez@thefamilycenter.org)
- ◉ Malika- [malika@alliance.nyc](mailto:malika@alliance.nyc)