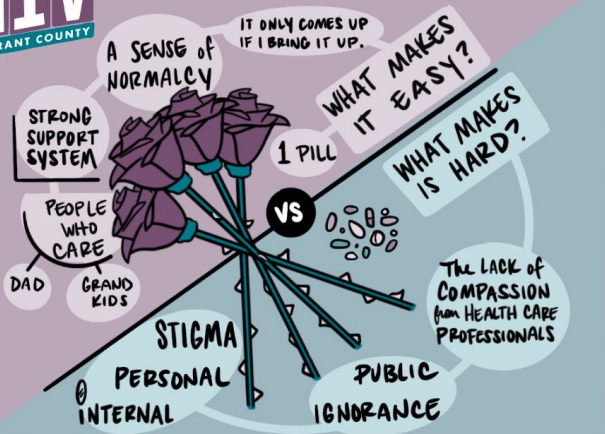


**BEAT HIV**  
TARRANT COUNTY



**HOW DID YOU LEARN TO MANAGE IT?**

WELL INFORMED  
from DAY ONE  
of DIAGNOSIS

ICOTA  
"WAKE UP!!"  
CALL

THIS IS LIFE AND DEATH

VIEWED HEALTH CARE PROFESSIONALS & COUNSELING AS PART OF MY TEAM



A SELFLED PROCESS  
TAKE THESE PILLS

CALL THESE NUMBERS

**RECEIVING PROCESS**

- #1 SOMEONE WHO CAN RELATE & OFFER HOPE, SUPPORT
- #2 NONJUDGEMENT THROUGH EXPLANATION
- #3 CONNECT TO HEALTH PROS
- #4 REMINDER TO TAKE MEDS EAT PROPER DIET

## RECEIVING SERVICES

15 YRS AGO... IT WAS A 3 MONTH WAIT.

NOW YOU CAN GET AN APPT. WITHIN 1 WEEK!

IN FORT WORTH  
IT'S EASY YOU'RE COMPUTER SAVVY & RESOURCEFUL

INSURANCE WEBSITES OFFER REFERENCES

AHF SERVICE ... BUT CONFIDENTIALITY

EVERYONE KNOWS WHAT THE A IN AHF STANDS FOR

BEANS AIDS...  
MISNOMER HIV ≠ AIDS

I HAD TO BE A STRONG SELF ADVOCATE

WE MUST STAND UP IN OUR POWER & HUMANITY

CAN WE TRUST & SHARE WITH EACH OTHER

WE HAVE TO CONTROL OUR NARRATIVE... TELL OUR OWN STORIES



MORE PEER INVOLVEMENT

THE COMMUNITY WAS HELPFUL

**WHAT COULD BE IMPROVED?**

STREAMLINE DOCUMENTATION

MY DOCTORED SCOPED OUT REFERENCES

PEOPLE DON'T HAVE TIME TO SCALE A MOUNTAIN OF PAPERWORK

ESPECIALLY WHEN THEY NEED HELP URGENTLY!

CARE BEATS FEAR

**ARE AGENCIES INCLUSIVE?**  
DEPENDS ON THE TYPE OF REPRESENTATION

**WHAT ELSE CAN BE DONE TO KEEP PEOPLE IN CARE?**

PRIORITIZE MENTAL HEALTH

- PARTY STYLE ORIENTATION
- EDUCATION CRASH-COURSE
- AT HOME / ONLINE INFO-SESSIONS
- WHAT NEEDS TO BE PROVIDED
- COMPUTER LITERACY
- HAIR & SKIN CARE
- TRANSPORTATION
- FOOD SERVICES
- STABLE HOUSING - THE MAIN THING
- PERSONALIZED OUT REACH
- WOMEN'S RETREAT EXPERIENCE
- BREATH-CATCHING MOMENT

**OLD STORY**

YOU HAVE AIDS & 3-5 YEARS TO LIVE...

PEOPLE WOULD RATHER TALK ABOUT YOU THAN TALK TO YOU...

SOCIAL DISTANCING

PAPER OR PLASTIC



SOCIAL MEDIA IS GIFT & CURSE... SPREADS INFO & MISINFO QUICKLY

## ADDRESSING STIGMA

**HOW DO WE MINIMIZE STIGMA & GET TO CARE QUICKLY?**

- DESIGNATE JOBS FOR PEERS
- SCHOLARSHIPS
- MORE P.O.C ADVOCATES
- TRAINING FOR UNINFORMED DOCTORS

REPRESENTATION  
ADS CENTER GAY & TRANS... WHERE ARE THE BLACK WOMEN?

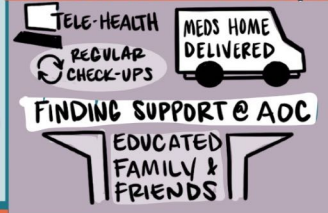




## WHAT'S HAPPY OR EXCITING ABOUT LIFE?



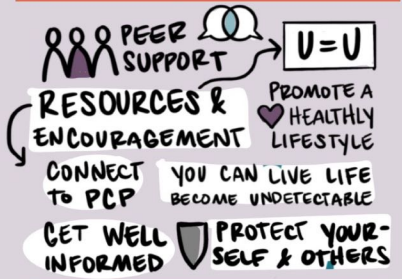
## WHAT MAKES IT EASY?



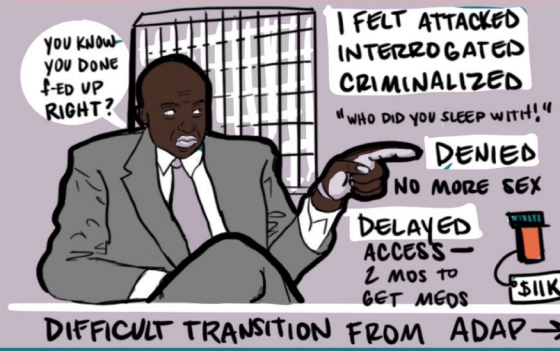
## WHAT MAKES IT DIFFICULT?



## HOW WOULD YOU PREPARE THE NEWLY DIAGNOSED?



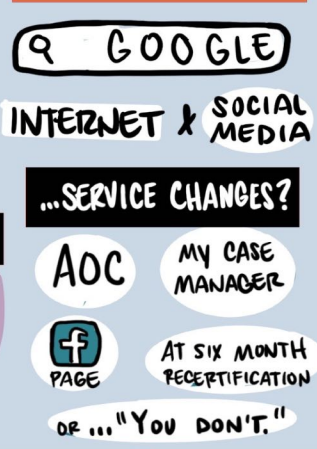
## HOW DID YOU LINK TO CARE (IN DFW)?



## HOW MIGHT WE CHANGE THE TONE?



## HOW DO PEOPLE FIND OUT ABOUT SERVICES?



## HOW TO EDUCATE THE NEWLY DIAGNOSED



FIRST SUPPORT GROUPS THEN COMMUNITY

PHARMACEUTICAL COMPANIES RUNNING AD CAMPAIGNS

## HIV STIGMA



ONE STOP DOC SPOT COMBINE HN & PRIMARY CARE

HOW INFORMED ARE THESE PROVIDERS?

## WHAT CAN WE DO RIGHT NOW?





WHAT MAKES IT...  
EASY OR CHALLENGING

IN CA GOT  
3 MONTH  
SUPPLY



RUNNING OUT...  
NO AUTO  
REFILLS  
MUST  
CALL IN



MUST ORDER  
10 DAYS  
IN ADVANCE

HARDSHIP  
SHOULD NOT  
BE A BARRIER  
TO HEALTH  
\$\$\$\$\$\$

TRY RECEPT  
PHARMACY  
FAST TRACK  
10 DAY  
SUPPLY



HOW WOULD YOU HELP/ INFORM  
THE NEWLY DIAGNOSED?

NOT  
SURE



WHO HELPED YOU CONNECT  
TO RYAN WHITE?

JPS STAFF... REFERRED  
TO HEALING WINGS



IT TOOK 1 MONTH  
TO GET AN APPT...  
PLUS ANOTHER  
WEEK TO GET MEDS

HOW DID YOU LEARN ABOUT SERVICES...  
CONNECT TO CARE?

HAD A MENTOR  
TO WALK ME  
THROUGH IT.

DELAY  
LEADS



TO  
DEPRESSION → HOPELESSNESS

BARRIERS HERE

HARD AT FIRST

MY MOTHER IS A NURSE...  
HELPED ME NAVIGATE  
THE SYSTEM ON MY OWN.

WHY?  
PRIDE...  
IT WAS HARD  
TO ASK FOR HELP  
FEAR &  
STIGMA

EMBARASSMENT  
ABUSE & NEGLECT



TOO MANY  
STRINGS

CULTURAL  
CLIMATE

→ SHELTER,  
HOUSING

HARSH TERMS  
& CONDITIONS



MORE CONTINUITY  
LESS COMPLICATION

→ SAFETY, COMFORT

→ SHELTER,  
HOUSING

HOW CAN SERVICE IMPROVE?

PROFESSIONALS:  
KIND, PASSIONATE  
ABOUT SERVING  
OUR COMMUNITY

→ LOVE IN CARE





## Living WITH & MANAGING HIV

OVERWHELMING AT FIRST

CONNECTED OUT OF STATE

TALKING TO PEOPLE WITH LONGTERM EXPERIENCE



WERE YOU OFFERED SERVICES?

YES... BUT

LONG WAIT TIME  3 MONTHS!  
HARD TO GET INTO A RHYTHM

### STIGMA



TRANSMISSION IGNORANCE

WHAT'S GOOD in your life RIGHT NOW?



WORKING IN THIS FIELD as a PEER

BEING AN ADVOCATE

WHAT'S EASY VS. CHALLENGING

FINDING WHAT WORKS FOR ME

STAYING MOTIVATED

I MUST CHOOSE LIFE DAILY

MAINTAIN A HEALTHY LIFESTYLE

- MEDS
- DIET
- EXERCISE
- SELF-ESTEEM

CONNECTING HELPED ME UNDERSTAND

REALIZE I COULD GET BETTER

HOW DID IT FEEL TO HAVE A GOOD EXPERIENCE

APPRECIATED CONFIDENT



WHAT DID YOU NEED?

MORAL, EMOTIONAL SUPPORT  
EDUCATION/ COACHING  
HOW TO TAKE MEDS  
ESTABLISH A REGIMINE



"FUNNY" LOOKS FROM MED/SERVICE PROFESSIONALS



ADVICE for the NEWLY DIAGNOSED?

EDUCATE YOURSELF... LEARN ALL YOU CAN

THERE WILL BE DIFFICULT DAYS

HAVE the RIGHT PERSPECTIVE

TAKE IT ONE DAY & ONE PILL AT A TIME



RELATABLE DOCTOR

KIND

EMPATHETIC

PRAYS WITH ME

DOESN'T JUDGE ME

HOLDS ME ACCOUNTABLE  
REALITY CHECK



PROVIDER COMPASSIONATE PEOPLE WHO CARE, LISTEN, UNDERSTAND

PERSONALLY... THE WILL TO SURVIVE!

HOW DO YOU FIND OUT ABOUT CHANGES?

PAID ADVOCATES  
CLIENT ADVISOR  
PEERS

FLYERS  
INFO SESSIONS

TACTICS TO CURB STIGMA

HAVE/ GROW A THICK SKIN

NORMALIZATION through ADS, ETC...

PUT INFO OUT THERE  
KEEP IT REAL!  
VALUE YOURSELF



## STIGMA



### WHAT MAKES IT EASY?

KNOWING THAT MY STATUS IS MANAGEABLE



Q AOC PEER SUPPORTED PROCESS NAVIGATION

### HOW DO YOU CONNECT TO CARE?

TELEHEALTH



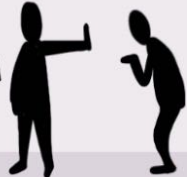
MORE ACCESSIBLE VIA CELL

### HAVE YOU EXPERIENCED SOCIAL STIGMA?

PROVIDERS CALLED ME DISGUSTING & NASTY

SHUNNED BY SIBLINGS

THAT'S CLOSE ENOUGH



### HOW DID YOU LEARN ABOUT SERVICES?

Q INTERNET SEARCHES

PMC PREVENTATIVE MEDICINE CLINIC

PEERS

WHAT CAN YOU TELL NEWLY DIAGNOSED PEOPLE ABOUT LINKING TO CARE?

I PREFER IN PERSON

HIV IS NOT A DEATH SENTENCE  
YOU CAN LIVE LIFE!

WAYS TO IMPROVE CARE/ ACCESS

KNOWLEDGE OF NEW MEDS  
HELP PEOPLE FIND INFO

SOME PEOPLE KEEP THEIR STATUS SECRET OUT OF FEAR OF FAMILIES REACTION



EDUCATION FOR FAMILIES TO DISPEL HIV MYTHS

MORE OPPORTUNITIES TO SHARE PROGRESS AND SUCCESSSES

1 STOP SERVICES

CLINIC PROVIDED TRANSPORTATION

### HOW CAN WE MAKE IT EASIER FOR PEOPLE LIVING w/ HIV?

PEER NAVIGATION  
BETTER PREP PROMOTION

LEARNED ABOUT IT AFTER MY DIAGNOSIS

### SERVICE CHANGES?

CLINIC SHARES INFO & DATES  
PROVIDER REMINDERS

### HOW DID YOU RECEIVE YOUR DIAGNOSIS?

AT THE HOSPITAL  
I WAS SICK

### HOW DID YOU HEAR ABOUT THIS?

SOCIAL MEDIA



SEEK COUNSELING

HAVE SOMEONE TO CONFIDE IN

CONNECT TO LINKAGE TO CARE SPECIALIST



PROVIDERS WHO ARE FRIENDLY SUPPORTIVE & ENCOURAGING

WARM HAND OFF  
REFER & INTRO CLIENTS PERSONALLY!





WHAT'S EXCITING?

FINDING LOVE



THRIVING... BUILT A BUSINESS

SECURE IN MY IDENTITY

FOCUSING ON MY WHOLE HEALTH

Living WITH & MANAGING HIV

1 PILL

IT'S EASY... BUT SOMETIMES TOO EASY... TO FORGET

MENTAL HEALTH



CHALLENGES DEALING W/ SIDE EFFECTS

IE. EXTREME WEIGHT LOSS



SWITCHING MEDS COLD TURKEY CHANGES COMES WITH COMPLICATIONS

UNDETECTABLE BUT SICK

LACK OF PEER SUPPORTS...

HOW DID YOU LEARN ABOUT CARE OPTIONS

SELF TAUGHT HARD TO TRUST PEOPLE IN DFW

WE NEED PEOPLE WHO CAN RELATE

RYAN WHITE DIDN'T COVER HORMONES

WHAT DO YOU TELL NEWLY DIAGNOSED?

I'M HERE FOR YOU

ASK FOR HELP!

NOT A DEATH SENTENCE

EDUCATE YOURSELF

GIVE GRACE FOR YOU & OTHERS



COMPETENT PROFESSIONALS WHO CARE I MEAN REALLY GIVE A F\*CK



HARD TO GET APPOINTMENTS

FEELS LIKE WE HAVE TO JUMP THROUGH HOOPS 1/2 TO GET CARE.

FIND YOUR SUPPORT PEOPLE



PROVIDER THEY ARE SCARED OF BEING CALLED OUT

CONFLICTING MEDICAL ADVICE

HOW CAN WE HELP PEOPLE STAY IN CARE?

SPECIALIZE IN HORMONE THERAPIES HRT DOC



STIGMA

I CAN'T DRINK AFTER YOU...

POLITICS ARE A FACTOR IN FUNDING

INCONSISTENCY SERVICE INCOME QUALITY QUALIFICATIONS

DIFFERENT BY COUNTY & CLINIC

INTERSECTIONAL



LOOKS BASED BIAS

HOUSING

JOB PLACEMENT

WHAT'S MISSING?...

PROCESS IS NOT TRANSPARENT

HIRING PEERS -EQUITABLE PAY