

HIV Peer Support Navigation

People Living with HIV (PLWH) have a first-hand understanding of the HIV services that are available in Wyoming, and are able to serve as an excellent resource for individuals who have been newly diagnosed or someone who is struggling with any aspect of an HIV diagnosis. HIV Peer Support Navigators are HIV positive individuals or parent/guardian of HIV+ children, with special training and a willingness to provide HIV navigation support to others living with HIV. Peers are able to provide guidance and advocacy that is intended to supplement the education and information provided by medical case managers and clinicians.

HIV Peer Support Navigator Program Goals

- Provide support through lived experience, knowledge and understanding.
- Improve health outcomes for those living with and affected by HIV in Wyoming.
- Overcome barriers that may prevent engagement, retention, or re-engagement in treatment.

Role of HIV Peer Support Navigators

- Visit with referred clients regarding the client's concerns
- Assist clients with learning the ins-and-outs of Wyoming's Ryan White (RW) and AIDS Drug Assistance Program (ADAP) eligibility process
- Help clients navigate barriers related to HIV care, prevention and treatment
- Provide suggestions for treatment adherence based on training and lived experience as needed
- Provide suggestions to overcome social challenges and disclosure related to HIV
- Provide realistic advice for integrating adherence and wellness practices into daily life
- Help train and mentor new peer navigators

HIV Peer Support Navigator Requirements

- HIV+ individual or parent/guardian of an HIV+ child
- Employ effective self-care strategies
- Ability to advocate for self and for others
- Strong communication skills and the ability to communicate in a positive manner
- Able to communicate challenging topics in a respectful manner
- Interpersonal skills with knowledge of cultural competency and literacy levels that allows the Peer Support Navigator to provide assistance to all program participants with respect and compassion. It is also important for Peer Support Navigators to be mindful of their own personal and cultural identity as well as how these influence their perceptions
- Knowledge of HIV, disease progression, and physical impacts including the role of viral load and CD4 cells and a thorough knowledge of HIV transmission and prevention
- Knowledge of Wyoming's RW and ADAP eligibility processes and other HIV services in Wyoming
- The importance of adherence to antiretroviral medication regimens for preventing disease progression and the development of viral resistance
- The ability to provide training and education on strategies that improve medication adherence
- A general understanding of medication side effects and how side effects can impact treatment adherence
- Knowledge of sexually transmitted infections (STIs) including transmission and prevention, as well as their connection to HIV

HIV Peer Support Navigator Referral Process

1. An HIV+ individual or parent/guardian of an HIV+ child living in Wyoming is interested in being linked to an HIV Peer Support Navigator.
2. If the referral is being made by someone other than the HIV+ individual or parent/guardian of an HIV+ child the HIV+ individual or parent/guardian of an HIV+ child must be aware a referral is being made on their behalf and agrees to be contacted by a Peer Navigator.
3. The HIV+ individual, parent/guardian of an HIV+ child, or other referral source completes the HIV Peer Support Navigator Request Google form at <https://forms.gle/bZ21LpRKU61MCMMAA> .
4. The Prevention Program Manager will contact an HIV Peer Support Navigator to determine their availability to receive a new Peer Support referral. When an available Peer Support Navigator is located the Prevention Program Manager will share the Peer Support Navigator's contact information with the referral source, the HIV+ individual, or parent/guardian of an HIV+ child.

HIV Peer Support Navigator Reporting Process

1. By the 7th of each month, Peer Navigators will complete the HIV Peer Support Navigator Monthly Reporting Google Form at <https://forms.gle/6E8CTYPYFWTBJxxG7> to reflect your HIV Peer Support Navigator activities for the previous month.
2. Invoices will be generated and HIV Peer Support Navigator stipend payments will be made, as agreed upon with CDU, to the CDU approved HIV Peer Support Navigators who have completed the reporting process.

HIV Peer Support Navigator Application Process

1. An HIV+ individual or parent/guardian of an HIV+ child living in Wyoming is interested in becoming an HIV Peer Support Navigator.
2. The HIV+ individual or parent/guardian of an HIV+ child completes the HIV Peer Support Navigator Application Google Form at <https://forms.gle/19ms2ACrxY9rKpz48> .
3. The HIV Peer Support Navigator selection team will review applications.
4. The Prevention Program Manager will notify the applicant of the of the selection team's decision.
5. If the application is approved, the applicant will complete all required training as requested by CDU, follow the HIV Peer Support Navigator Reporting process, and complete the required documents to receive HIV Peer Support Navigator stipend statements from CDU.

HIV Peer Support Navigator Training

Required Training

Peer Support Navigator Training

- TBD

QPR Suicide Prevention Training

- <https://www.qprtraining.com/setup.php>
 - Code WYO

Trauma Informed Care Basics

- <https://youtu.be/uraDbhfFvsk>
- https://www.cdc.gov/cpr/infographics/6_principles_trauma_info.htm

Cultural Competence

- <https://implicit.harvard.edu/implicit/selectatest.html>
 - Race ('Black - White' IAT). This IAT requires the ability to distinguish faces of European and African origin. It indicates that most Americans have an automatic preference for white over black.
 - Sexuality ('Gay - Straight' IAT). This IAT requires the ability to distinguish words and symbols representing gay and straight people. It often reveals an automatic preference for straight relative to gay people.
 - Age ('Young - Old' IAT). This IAT requires the ability to distinguish old from young faces. This test often indicates that Americans have automatic preference for young over old.
 - Gender - Science. This IAT often reveals a relative link between liberal arts and females and between science and males.

Basic knowledge of Wyoming HIV Treatment Program

- <https://health.wyo.gov/publichealth/communicable-disease-unit/hiv/aid/>
- <https://health.wyo.gov/publichealth/communicable-disease-unit/hiv/>
- <https://health.wyo.gov/publichealth/communicable-disease-unit/hiv/resources-for-patients/>

WhY PrEP Matters website

- <https://wyprepmatters.com/>

CHN PrEP and HCV navigation process

- CDU Webinar on Google Drive
<https://drive.google.com/drive/folders/1oQRgzW9mB34Jyec3a1fIXZcQtCfvXuth?usp=sharing>
- Referral Form:
<https://forms.gle/pHM8d81zC6hXXohh9>

CAPPA Basics

- <https://health.wyo.gov/publichealth/communicable-disease-unit/cappa/>

HIV disease progression, and physical impacts including the role of viral load and CD4 cells and a thorough knowledge of HIV transmission and prevention.

- <https://youtu.be/JY1qi3bf-Os>
- <https://www.cdc.gov/hiv/basics/livingwithhiv/understanding-care.html>
- <https://www.cdc.gov/hiv/basics/index.html>

CDU Screening Recommendations

- <https://health.wyo.gov/publichealth/communicable-disease-unit/hiv-prevention-program/>

CDU 101: 2021 Edition

- https://drive.google.com/drive/folders/1HgIc-0TE2si_bh2XJRybIKFjpsc9flEs?usp=sharing

Harm Reduction

- <https://harmreduction.org/about-us/principles-of-harm-reduction/>
- <https://harmreduction.org/our-work/action/wyoming/>
- <https://harmreduction.org/issues/safer-drug-use/facts/>

Additional Training Resources

STD Prevention Basics

- <https://www.cdc.gov/std/prevention/default.htm>

General HIV medication knowledge

- <https://www.cdc.gov/hiv/basics/livingwithhiv/treatment.html>
- <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-treatment-basics>

KnoWyo programs and website

- <https://health.wyo.gov/publichealth/communicable-disease-unit/hiv-prevention-program/>
- <https://knowyo.org/>
- <https://knowyo.org/clinics/>
- <https://knowyo.org/are-you-at-risk/>
- <https://knowyo.org/stds/>
- <https://knowyo.org/get-free-condoms/>
- <https://knowyo.org/get-tested/>
- <https://knowyo.org/at-home-hiv-testing/>
- <https://knowyo.org/quiz/>
- <https://knowyo.org/get-consent/>

CDU Website

- <https://health.wyo.gov/publichealth/communicable-disease-unit/>

CDU Monthly Webinars

- <https://drive.google.com/drive/folders/1oQRgzW9mB34Jyec3a1fIXZcQtCfvXuth?usp=sharing>

CDU Monthly Newsletter

- <https://health.wyo.gov/publichealth/communicable-disease-unit>

Basic Knowledge of Wyoming AIDS Assistance funding option

- <https://wyoaids.org/home/about/>

Basic knowledge of Wyoming Medicaid eligibility

- <https://health.wyo.gov/healthcarefin/medicaid/programs-and-eligibility/>

Dealing with difficult people

- TBD

Self-Care

- TBD

Cultural Competence

<https://implicit.harvard.edu/implicit/selectatest.html>

- Disability ('Disabled - Abled' IAT). This IAT requires the ability to recognize symbols representing abled and disabled individuals.

- Weight ('Fat - Thin' IAT). This IAT requires the ability to distinguish faces of people who are obese and people who are thin. It often reveals an automatic preference for thin people relative to fat people.
- Asian American ('Asian - European American' IAT). This IAT requires the ability to recognize White and Asian-American faces, and images of places that are either American or Foreign in origin.
- Skin-tone ('Light Skin - Dark Skin' IAT). This IAT requires the ability to recognize light and dark-skinned faces. It often reveals an automatic preference for light-skin relative to dark-skin.
- Arab-Muslim ('Arab Muslim - Other People' IAT). This IAT requires the ability to distinguish names that are likely to belong to Arab-Muslims versus people of other nationalities or religions.
- Transgender ('Transgender People – Cisgender People' IAT). This IAT requires the ability to distinguish photos of transgender celebrity faces from photos of cisgender celebrity faces.
- Gender - Career. This IAT often reveals a relative link between family and females and between career and males.
- Religion ('Religions' IAT). This IAT requires some familiarity with religious terms from various world religions.
- Weapons ('Weapons - Harmless Objects' IAT). This IAT requires the ability to recognize White and Black faces, and images of weapons or harmless objects.

<https://implicit.harvard.edu/implicit/user/pih/pih/selectatest.html>

- COVID-19: Do you implicitly associate COVID-19 with danger? Do you think the precautions are reasonable?
- Treatment IAT: Do you implicitly associate medication or talk therapy with effectiveness?
- Mental Illness IAT: Do you implicitly associate people with mental illnesses with danger?
- Marijuana Risk IAT: Do you implicitly associate marijuana with risk?
- Healthy Self IAT: Do you implicitly associate yourself with healthy or unhealthy?
- Alcohol IAT: Do you implicitly associate yourself with being a drinker?
- Eating Shame IAT: Do you implicitly associate eating high-fat food with shame?
- Exercise IAT: Do you implicitly associate exercise with positivity or negativity?
- Healthy Food IAT: Do you implicitly associate good taste with healthy or unhealthy foods?
- Anxiety IAT: Do you implicitly associate yourself with being anxious or calm?
- Depression IAT: Do you implicitly associate yourself with being happy or sad?
- Self-harm IAT: Do you implicitly associate yourself with dying?