

# 2024 Midwest Stream Forum

Uniting Communities to  
Cultivate Change for  
Health Equity

#MIDWESTSF24



# Viviendo Valiente: A Training of the Trainers Curriculum for Community Health Workers

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# Conflict of Interest Disclosure Statement

- Pedro Coronado has the following to disclose:
  - Has been a paid presenter for Gilead Sciences

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# Unconscious Bias Disclosure

- SCAETC recognizes that language is constantly evolving, and while we make every effort to avoid bias and stigmatizing terms, we acknowledge that unintentional lapses may occur in our presentations.
- We value your feedback and encourage you to share any concerns related to language, images, or concepts that may be offensive or stigmatizing.
- Your input will help us refine and improve our presentations, ensuring they remain inclusive and respectful to participants.

# Learning Objectives

1. Identify positive and negative health behaviors, ways that HIV and STIs are transmitted, and approaches to reduce the risk of transmission.
2. Describe the need for screening based on personal health risk and explore available health resources.
3. Identify access barriers and strengths to promote engagement and retention in medical care and steps to manage care.

# The Viviendo Valiente Training Modules

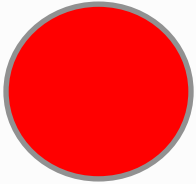
- Module 1: Defining Health and Wellness
- Module 2: HIV/STI Transmission and Risk Reduction
- Module 3: HIV/STI Testing & Treatment as a Key Component of Healthcare
- Module 4: Engagement & Retention in Care

# Model Activity Module 1

## Stop Light Activity

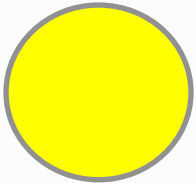


# Stop Light Activity



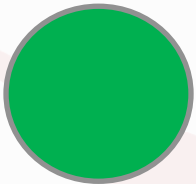
Negative behaviors harm our health.

**STOP** negative behaviors by placing them on the red circle.



Neutral behaviors have no known meaningful impact on our health OR more information is needed to determine their impact.

**SLOW DOWN** neutral behaviors by placing them on the yellow circle.



Positive behaviors are beneficial to our health.

**CONTINUE** with positive behaviors by placing them on the green circle.

# Sin Verguenza: Episode 1

- <https://www.altamed.org/es/svseries>

# Model Activity Module 2

True or False

1 True

2 False

3 I don't know

- Coughing and sneezing transmit HIV

## 2 False

- Coughing and sneezing transmit HIV

1 True

2 False

3 I don't know

- HIV transmission can occur by sharing a glass of water with a person living with HIV.

## 2 False

- HIV transmission can occur by sharing a glass of water with a person living with HIV.

1 True

2 False

3 I don't know

- Pulling out the penis before a person climaxes/cums prevents a partner from acquiring HIV during sex without a condom.



## 2 False

- Pulling out the penis before a person climaxes/cums prevents a partner from acquiring HIV during sex without a condom.

1 True

2 False

3 I don't know

- A woman can acquire HIV if she has anal sex with a man without a condom.

# 1 True

- A woman can acquire HIV if she has anal sex with a man without a condom.

1 True

2 False

3 I don't know

- Showering or washing one's genitals/private parts after sex prevents a person from acquiring HIV.

## 2 False

- Showering or washing one's genitals/private parts after sex prevents a person from acquiring HIV.

1 True

2 False

3 I don't know

- Pregnant women living with HIV will always transmit HIV to their babies.

## 2 False

- Pregnant women living with HIV will always transmit HIV to their babies.

1 True

2 False

3 I don't know

- People living with HIV show symptoms very soon after acquiring HIV.



## 2 False

- People living with HIV show symptoms very soon after acquiring HIV.

1 True

2 False

3 I don't know

- There is a vaccine that can stop a person from acquiring HIV.

## 2 False

- There is a vaccine that can stop a person from acquiring HIV.

1 True

2 False

3 I don't know

- People are likely to acquire HIV by deep kissing or putting their tongue in the mouth of someone who is living with HIV.

## 2 False

- People are likely to acquire HIV by deep kissing or putting their tongue in the mouth of someone who is living with HIV.

1 True

2 False

3 I don't know

- A woman can acquire HIV if she has sex during her “period.”

# 1 True

- A woman can acquire HIV if she has sex during her “period.”

1 True

2 False

3 I don't know

- There is a female condom that can decrease a woman's risk of acquiring HIV.



# 1 True

- There is a female condom that can decrease a woman's risk of acquiring HIV.

1 True

2 False

3 I don't know

- A natural skin condom works better to prevent HIV transmission than a latex condom.

## 2 False

- A natural skin condom works better to prevent HIV transmission than a latex condom.

1 True

2 False

3 I don't know

- A person will NOT acquire HIV if they are taking antibiotics.

## 2 False

- A person will NOT acquire HIV if they are taking antibiotics.

1 True

2 False

3 I don't know

- Having sex with more than one partner can increase a person's risk of acquiring HIV.

# 1 True

- Having sex with more than one partner can increase a person's risk of acquiring HIV.

1 True

2 False

3 I don't know

- People need to take the HIV test only one time after becoming sexually active.



## 2 False

- People need to take the HIV test only one time after becoming sexually active.

1 True

2 False

3 I don't know

- A person can acquire HIV by sitting in a hot tub or a swimming pool with a person living with HIV.

## 2 False

- A person can acquire HIV by sitting in a hot tub or a swimming pool with a person living with HIV.

1 True

2 False

3 I don't know

- HIV transmission can occur during oral sex.

# 1 True

- HIV transmission can occur during oral sex.

1 True

2 False

3 I don't know

- Using Vaseline or baby oil with latex condoms lowers the risk of acquiring HIV.

## 2 False

- Using Vaseline or baby oil with latex condoms lowers the risk of acquiring HIV.

# Sin Verguenza: Episode 2

- <https://www.altamed.org/es/svseries>



# Model Activity Module 3

## Condom Demonstration

# Model Activity: Module 3

Insertive  
Condom

# Model Activity: Module 3

Receptive  
Condom

# Sin Verguenza: Episode 3

- <https://www.altamed.org/es/svseries>

# Model Activity: Module 4

True  
or  
False

1 True

2 False

3 I don't know

- If my doctor does not bring up a concern, I should not bring it up either.

## 2 False

- If my doctor does not bring up a concern, I should not bring it up either.

1 True

2 False

3 I don't know

- When a doctor uses a medical term I should always ask them to explain it.



# 1 True

- When a doctor uses a medical term I should always ask them to explain it.

1 True

2 False

3 I don't know

- It is less expensive to only visit the emergency room once I am very sick.

## 2 False

- It is less expensive to only visit the emergency room once I am very sick.

1 True

2 False

3 I don't know

- When a doctor checks my blood, they screen for all health risks.

## 2 False

- When a doctor checks my blood, they screen for all health risks.

1 True

2 False

3 I don't know

- If a doctor prescribes treatment, I do not need finish the treatment once I feel better

## 2 False

- If a doctor prescribes treatment, I do not need finish the treatment once I feel better

1 True

2 False

3 I don't know

- We are all going to die of something, so treatment is not important.



## 2 False

- We are all going to die of something, so treatment is not important.

1 True

2 False

3 I don't know

- I do not need to tell my doctor what home remedies I am using outside of their treatment. One has nothing to do with the other.

## 2 False

- I do not need to tell my doctor what home remedies I am using outside of their treatment. One has nothing to do with the other.

# 1 True

- My personal health directly affects my family's health.

1 True

2 False

3 I don't know

- If I take care of myself, it will encourage my loved one to take care of their health.

# 1 True

- If I take care of myself, it will encourage my loved one to take care of their health.

# Overcoming Barriers & Retention in Care

Let's play Lotería!

# Viviendo Valiente: Episode 4

- <https://www.altamed.org/es/svseries>



# My Personal Action Plan

- Develop your own health and well-being plan.
  - Utilize the Personal Health Plan worksheet.



# Food for Thought

“Moving allyship to activism is about looking for ways that you, as a person in a privileged position, can truly uplift the voices of those who are often out on the frontlines of change”

-Dr. Jonathan Paul Higgins

# References

- <https://www.altamed.org/es/svseries>
- <https://www.cdc.gov/hiv/default.html>
- <https://targethiv.org/ihip/viviendovaliente>

# Resources

- National Clinician Consultation Center  
<http://nccc.ucsf.edu/>
  - HIV Management
  - Perinatal HIV
  - HIV PrEP
  - HIV PEP line
  - HCV Management
  - Substance Use Management
- Present on ECHO
  - <https://hsc.unm.edu/scaetc/programs-services/echo.html>
- AETC National HIV Curriculum  
<https://aidsetc.org/nhc>
- AETC National Coordinating Resource Center  
<https://targethiv.org/library/aetc-national-coordinating-resource-center-0>
- HIVMA Resource Directory  
<https://www.hivma.org/globalassets/ektron-import/hivma/hivma-resource-directory.pdf>
- Additional trainings  
[scaetcecho@salud.unm.edu](mailto:scaetcecho@salud.unm.edu)
- [www.scaetc.org](http://www.scaetc.org)

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# Thank you!

- Q&A
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- Pedro Coronado
  - [peterc@valleyaids.org](mailto:peterc@valleyaids.org)



# Session Evaluation (in mobile app)

**Please complete the evaluation for this session.**

To do so, click on the link above session description on the Whoova platform. In the mobile app, select session and expand description to access the evaluation link.

The screenshot shows a mobile app interface for a session titled "Intensive: Building Agricultural Worker Wellness and Resiliency". The session is scheduled for Monday, April 24, 2023, from 8:30 AM to 12:00 PM at Capital View Terrace South. The topic is "Overcoming Emerging Issues". The page shows that the session has been added to the user's agenda (3 attending) and includes options for Q&A, Polls, Like (1), and Chat. The "Overview" section is expanded, showing a link to "CLICK HERE TO COMPLETE THE SESSION EVALUATION" and a snippet of the session description. Below the overview is a "Personal Notes" section with a "Take Notes" button. The "Speaker (2)" section lists Monica Garcia, Program Director at MHP Salud, with a "Bio" link and a "Say Thanks" button.

[CLICK HERE TO COMPLETE THE SESSION EVALUATION](#)

Access to mental health resources can be challenging among Migratory and Seasonal Agricultural Workers (MSAWs) due to varied cultural conceptions of mental illness that can also limit their access to mental health care. The Community Resiliency Model (CRM) aims to help create trauma-informed and resiliency-focused communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. This interactive workshop will provide health center staff and Community Health Workers (CHWs) who work with MSAW populations with information and resources to promote self-care, community resiliency, and access to mental health well-being. Participants will practice the core CRM wellness skills: (1) Tracking, (2) Grounding, (3) Resourcing, (4) Gesturing, (5) Shift & Stay and (6) Help Now! - used to bring our bodies, mind, and spirit back into a state of balance. Participants will also have the opportunity to engage in peer-to-peer discussions on mental health concerns and address how these wellness skills can be made accessible to MSAWs and their families to build and restore resiliency.

Learning Objectives:



# Session Evaluation (QR Code)



**<https://www.surveymonkey.com/r/WYC5HJ9>**





**Thank you for attending  
today's session!**

**Enjoy the rest of the  
Forum**

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